School Council Election - 2016
A reminder that the nomination period, as outlined in the parent bulletin circulated earlier this week, closes on Monday February 15th at 4:00pm. Self-Nomination forms are available from the Office or on the Essex Heights PS website under the Notices tab. The completed forms will need to be returned to the Office.

Car Parking & Safety
I would like to seek parental assistance with some traffic safety concerns that have come to my attention. Of course, our main focus is the children’s safety and these matters are raised to ensure we are doing our best to provide a safe and secure environment for the children as they travel to and from school.
• The car park at the front of the school is for Staff and allocated Permit Holders only. It is not a ‘Drop Off Zone’ for children and it is not safe to use it as such.
• Equally, this Staff Car Park is not a pedestrian access and it is not safe for children to enter and leave school via those gates. As cars enter and leave that area regularly, we ask that no children enter school via that route. The only entrance to school, from Essex Rd, is through the front gate.
• The ‘2 Minute Drop Off Zone’ at the front of the school is not a Car Park and parents are not able to leave their car there and walk away. I have asked the Council By-Laws Officers to patrol this area more frequently and parents not complying risk a fine.
• As there is a solid white line in front of the school, it is not legal for parents to conduct a ‘U-Turn’ across this line. I ask parents to continue travelling in the same direction and go around the block. Again, the Council By-Laws Officers will patrol this area.
• Please ensure that all children cross Essex Rd at the supervised crossing in the front of the school. I have noticed some parents encouraging their children to cross at other places and this is a very dangerous practice when Essex Rd is busy at 9am and 3:30pm.

I invite all parents to support us in these requests in order to ensure the safety of all the children.

New Goal Posts

The children were very excited last Thursday when they saw the installation of the new Soccer and AFL goal posts. These are a further improvement to our grounds thanks to the fundraising efforts of the PFA (funds raised in 2015)

Playground Repairs

Thanks also to Mark Mattrow for researching and carrying out repairs to the bridge in the Yr 1/2 Playground. This has been causing us problems for some time so Mark’s assistance is greatly appreciated!

Council Recycling Bins

Last year we were pleased that Monash Council has now included us in the weekly recyclable rubbish collection. We have eleven ‘yellow lid’ bins around the school and teachers have been including the recycling message in class discussions.

However, we do need to have these bins placed on the gutter by Sunday night to ensure pickup early Monday morning. Marita Steward (Yr 2 teacher & our Recycling Coordinator) would like to draw up a roster of families who would be prepared to come up to school on Sunday afternoon and wheel the eleven bins (which will be lined up beside the Art Room) out the front gate and onto the nature strip in front of the school, near the Crossing. If you are able to help in this regard, please contact the Office and add your name to the list. Depending on the number of families involved, this may only be required 1 or 2 times a year? It doesn’t take long at all and the students feel proud to help our school community.

Thank you in anticipation.
Educational Contributions 2016
You will have received a letter last week in relation to this important area.
Your support is crucial if we are to continue to provide the high calibre programs and opportunities for our students in the times ahead. Please read the letter carefully and contact the Office if you have any questions.

Parent/Teacher Discussions
These have been scheduled for Monday, Feb 15th and Tuesday Feb 16th. This is a great opportunity for parents or guardians to meet their child’s class teacher to discuss matters of mutual interest, to ensure that the year is a most successful experience for all involved. Detailed information and your PTO Family Login were sent home with the children last week.

Parent/Guardian Information Evenings
We have scheduled a Parent Information Evening for Tuesday, March 1st. This year we are changing the format slightly and detailed information will be sent home in the coming weeks.

We have invited an Educational Psychologist and Parent Educator, Chris Daicos, to address the first part of the evening. Chris will talk to parents on the important topic of Building Resilience in Children. This will then be followed by classroom visits, meeting with the teachers to discuss matters relating to the particular year level.

Two sessions are planned:
Prep – Yr 3  6:00 – 7:30pm
Yr 4 – Yr 6  6:45 – 8:30pm

Grandparents & Special Friends Day
An early notification to let Grandparents and Special Friends know that we are planning their annual visiting day to school for Thursday, March 24th, 11:30am – 2:00pm including a picnic lunch. This is the last day of Term 1 and we will provide more details closer to the time.

“Tips on Talking!”
The beginning of the school year is a new and exciting time! It is the perfect opportunity for parents to engage in some great conversations with their children. Our students have many different learning experiences throughout the day, focussing on different curriculum aspects and learning concepts. Yet, often when asked about their day, the response can be very broad “It was good”. “I played cricket”. “Not much happened”. If you want specifics we need to think of explicit questions about key aspects of the day- “What books did you read/listen to today?” “Did you write a story today, what was it about?” “How are you trying to improve your writing?”

In a broader sense, the links between school achievement and parents’ ability and propensity to engage in conversation with children from a young age is indisputable. The language stimulation they receive when they talk
with parents is one factor. The language of first borns is generally more extensive and richer than their siblings who spend less time in one-on-one situations with a parent. In many ways it is through conversations that children get a real sense of us and who we are. It is by talking with our children that we impart some of our knowledge, ideas, wisdom and thoughts as well as getting a window into their world and how they think.

Getting conversations going with some children can be a massive challenge. Busy schedules, homes designed for individual enjoyment rather than group living, and kids that clam up are some of the blockers to conversation that parents meet.

Here are five ideas from Michael Grose (Parent Educator) to help you get more conversation going in your family:

1. **Turn off the TV (and other screens):** Most homes have a range of electronic screens that you compete with to get their attention. Don’t be afraid to take control of those screens and create a little conversational space. Start with a screen-free day each week or screen-free hour each day if you are a home full of screen junkies.

2. **Turn on the TV (and other screens):** If you can’t beat them, join them. Some television programs provide great conversational fodder particularly for older children and teens. This can range from “who’s going to win Australian Idol?”, “what happens to the winners of Australian Idol?” to “what is the point of Australian Idol?”

3. **Have more mealtimes (with the TV off):** The family that eats together talks together…or they should. So make mealtimes special and insist that kids sit until everyone finishes rather than they eat all their peas. Avoid turning mealtimes into food fights that you can’t win.

4. **Move more:** If sitting and chatting is not your child’s thing then try getting them up and moving. Boys will often talk when they walk or play so consider getting some action happening. When their hands are busy the tongues will often loosen up.

5. **Try shoulder-to-shoulder parenting:** Sitting together in a car, washing dishes and playing a game can provide opportunities for talk. Take the eye contact out of the equation and you may find the talk just flows with some kids.

*Every family has their own way of getting the talk happening. Figure out what works for you and make sure it happens.*

See you around the school,

Andrew
Greetings!

Grab a bargain at our secondhand uniform stall in the stadium on Monday 15 February from 3pm to 3:45pm. Helpers very welcome from 2:30pm. Donations of uniforms can be left at the office or in the lost property boxes in a bag marked “donation” (but no old-logo items please).

We hope to see you at our first PFA meeting of the year, on Wednesday 17 February in the staffroom at 7:30pm. We’ll be planning a welcome event, among other things.

See you around the school.

Andrea J

From the Health centre:
Over the next few days, you will receive forms to complete for the Health centre for 2016 if you have indicated that your child has a diagnosis of an Allergy, Asthma or any other medical conditions if you have not already done so.

It is important you review these and complete so that we have up to date information so that we can manage your child at school appropriately. Please contact me if any concerns or questions on 9807 4944 between 11am-3pm.

Thank you
Julie Zuk
First aid Officer

Essex Heights Netball Club is looking for girls and boys in Years 3 & 6 who would like to play netball on Saturday mornings at Ashwood Netball Courts. Training is on Thursdays, 3:30 – 4:30pm, at the school netball courts starting Thursday 4 February. For further information please contact Rosemary Gillespie on 0408 070 435.
RUBBISH FREE LUNCH DAYS

Dear Parents/Guardians,

Essex Heights Primary School is proud of Rubbish Free Lunch days. On Tuesdays and Thursdays, we ask that your child’s food is wrapper free or that any packaging is recyclable. Ideally, your child’s lunch will only contain items that will be eaten, composted or recycled. Any non-recyclable packaging is to be taken home for disposal. Reusable containers are a handy way to pack a rubbish free lunch. They also make it easy to buy food and drink in bulk (instead of single-servings) which can save money over time.

The Rubbish Free Lunch Challenge is one of Essex Heights Primary School sustainability education initiatives. By participating, students will have a better understanding of how we can take action to reduce our waste. Rubbish Free Lunches also save money and promote healthy eating. On average, a child who has a disposable lunch generates three pieces of rubbish per day, which equals a monstrous 30kg of waste per child per year!

If you have any questions, comments or concerns about the Rubbish Free Lunch, please don’t hesitate to contact Marita Steward in V5.

Thank you for supporting your child’s participation in Essex Heights Rubbish Free Lunch Challenge.

‘Dancing Around the World’

Celebrating Harmony Week

We are looking forward to our exciting whole school incursion on Monday March 7th, celebrating Harmony Week. Students will be watching a performance which includes dances from all around the world Italian, African, Indian, Aboriginal, Turkish, Russian, Spanish, Indian, Greek, Irish, Chinese and more!

Students are encouraged to come dressed on the day in the National clothes or colours of their family’s heritage.
Dear Parents,
The program will be updating families enrolment forms. If your details have changed could you please relay the new information to the program. This term the program will be introducing two new exciting nights. Kids Unlimited we be running an electronics program and Georgia from Creative Dance and Drama will be conducting Performing Arts workshops. Kids Unlimited electronic workshops will be running on Thursday nights. The Performing Arts workshops will start from the 16/2/16. Both workshops will run from 4.30 to 5.30. This term the program will also focus on activities that relate to the children’s identity. It should be a lot of fun. This week we are doing emojis.
Thank You
Paul Davis

Canteen is up and running.
Monday, Wednesday and Friday
Thankyou to all the people who have volunteered for CANTEEN. Rosters will be sent out soon.
Menu/Price lists have been sent home and is also available on the school website.
### ESSEX HEIGHTS PRIMARY SCHOOL CALENDAR

#### FEBRUARY 2016

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FINANCIAL ASSISTANCE
INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student’s background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:
- $125 for primary school students
- $225 for secondary school students.

HOW TO APPLY

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

MORE INFORMATION

For the CSEF application closing dates and more information about the fund visit www.education.vic.gov.au/csef
Creative Dance Classes 2016
Essex Heights Primary School

After School Dance classes will continue to be offered in 2016 for students in Prep to Year 4 at Essex Heights Primary. Classes take place in the Stadium by Georgia Lombard from Creative Dance and Drama. Prep/Year 1 will be on Tuesdays and Year 2-4 will be on Wednesdays. Class begins at 3.40pm and finishes at 4.25pm.

The Term 1, 2016 Dance program commences on the following dates:

- Prep/1: 6 sessions $60 Tuesday 16\textsuperscript{th} February
- Year 2-4: 6 sessions $60 Wednesday 17\textsuperscript{th} February

The program provides children with the opportunity to:

- Learn basic warm up routines
- Learn a choreographed dance routine
- Create their own movements
- Perform the dance for a small audience at the end of the term

If you would like your child to participate please obtain a registration form from the school office or visit creativedanceanddrama.com and request an After School Dance form via the contact page.

Georgia Lombard
Creative Dance and Drama
0402 024 891
Healthy Social and Emotional Development in Young Children to Support their Wellbeing

A FREE EVENT FROM THE CITY OF STONNINGTON

Presenter: GLENDÁ GRUMMET – VIC FACILITATOR KidsMatter EARLY CHILDHOOD

Showing anger in a healthy way. Figuring out conflicts peacefully. Taking care of someone who has been hurt. Waiting patiently. Following rules. Enjoying the company of others.

For young children these social and emotional skills can often be very difficult to learn and understand. Like any skill, young children develop these abilities in small steps over time. Using the KidsMatter Early Childhood Framework, we will explore together what you can do to support your child’s social-emotional development so that they may build healthy relationships with others.

WHEN: Wednesday, 9 March 2016 from 7:00 PM to 9:00 PM

WHERE: Malvern Town Hall - Banquet Room. 1251 High Street, Malvern

Ticket bookings at eventbrite.com.au
St Luke's Twilight FIESTA

Saturday
5th March 2016
2pm 'til 7pm.

94-96 ESSEX RD,
MT WAVERLEY

Market Stalls
Jumping Castle
Gourmet Food
Classic Cars
Plants

Live Music
White Elephant
Animal Farm
Collectables
Books

www.stlukesmtwaverley.unitingchurch.org.au
15-20th February
Health and Fitness Fair

Join us at EnVie as we explore the many aspects of health and fitness.
Plus, your chance to win a one year fully inclusive membership!

EnVie Mt Waverley
2 Centreway, Pinewood Shopping Centre

Please email us to receive a full schedule of events
mtwaverley@enviefitness.com.au