PRINCIPAL’S REPORT

Pupil Free Day
The teachers spent a very productive day last Friday during one of our four ‘pupil free days’ for the year. We began the morning with all staff working on their goals and strategies for their Performance & Development Plans for 2015. This process formalises a continued professional learning program through the development of school, team and personal goals for this year. Teachers then undertook discussions on their assessment results, examining school wide and grade level data, analysis of individual students and in report writing.

The Education Support Staff were also involved in a professional learning session with a guest presenter, further extending their skills and knowledge in relation to the children they support.

The Office Staff were also able to utilise a ‘quieter day’ to catch up on some important administrative tasks that required a concentrated period of work with minimal interruptions.

This was a very useful day and the opportunity to have a day available for these types of professional discussions and seminars is of great benefit to all the staff.

Student Mid-Year Reports
As mentioned recently in Contact, the teachers have almost completed the Mid-Year Reports that will be available to parents in the last week of Term. These written reports are designed to provide the following:

- A measurement of progress using an A–E scale
- Clear information about your child’s strengths and weaknesses
- An indication of your child’s progress over the previous 12 months
Below is a summary of the Department of Education & Training’s (DET) A-E ratings:

A indicates achievement that is **well above the standard expected** for your child’s year level at the time of reporting. It means that your child understands and is able to successfully work with knowledge and skills that are significantly more complex than would normally be expected.

B indicates achievement that is **above the standard expected** for your child’s year level at the time of reporting. It means that your child understands more complex ideas and has a broader range of skills than would normally be expected.

C indicates achievement that is **at the standard expected** for your child’s year level at the time of reporting. It means that your child’s learning is on track and that they understand and can apply the range of knowledge and skills expected for their year level at the time of reporting.

D indicates achievement that is **below the standard expected** for your child’s year level at the time of reporting. It means there are some skills and knowledge that your child has yet to acquire before they can be said to be achieving at the expected standard.

E indicates achievement that is **well below the standard expected** for your child’s year level at the time of reporting. It means there are significant areas of knowledge and skills your child needs to acquire before they can be said to be achieving at the expected standard.

Reports will be sent home on Wednesday, June 24th and will be followed by Parent-Teacher Discussions next Term on July 20th & 21st

**Class Visit – 3/4L**

I appreciated the chance to visit Sonja Ludvik and the children from 3/4L on Wednesday during an Integrated Studies session. The children have been involved in mapping activities related to their Unit of Study. They began with a discussion of the various continents using a very engaging interactive activity on the flat screen, utilising flash animation. They then completed a paper mapping exercise to reinforce their learning. This was followed by a discussion of how we can represent the earth (a sphere) accurately on a 2D map. This is a difficult concept and Sonja supported their learning by beginning an activity where the children will use a net (plan) of the globe that can be cut out and constructed into a 3D model, helping them to see the translation of one to the other. The children were highly engaged in this activity and it generated some interesting discussion too.

Thanks to Sonja for her great work in developing these mapping/maths skills in the Yr 3/4 children, and her leadership across the school in our ICT program.

**Children’s Sleep Needs**

I thought I would share an article from my files that came from the Herald Sun, on the benefits of a good night’s sleep for school aged children. The author contends that primary school aged children should be getting up to 11 hours sleep per night in order to maintain their focus during class, improve attendance records and achieve their best possible academic results. Further to this study, it was noted that sleeping habits that affect obesity in childhood lead to ongoing issues as an adult. Clearly we all know the benefits of forming good habits for life and sleep patterns are no different. In an age of endless social media and access to “screen time” via ipods, ipads, computers, interactive television and the like, more and more students are staying up late leading to poor habits.
As parents, it is essential that we set clear guidelines for bed time and the use of technology and social media. I speak to many parents who tell me of their battles to get their children to bed on time and to students who think that because they “get away with” going to bed at 9:30 or 10 pm that they are somehow privileged. In the end, any primary school student going to bed that late, is not giving themselves the best opportunity to develop healthy life long habits. When we factor in the need to ensure enough time for breakfast and walking to school, in order to get the recommended 11 hours sleep per night, a child needs to be asleep by 8:30 pm, perhaps occasionally a little later for Year 6 students. Getting a good night’s sleep will then lead to less irritability, greater focus, increased cognitive functioning and better results all round, which in turn leads to an increase in long term quality of life.

As a baseline for success at school, experts recommend the following for primary school aged children:

• Establishing and maintaining a regular bedtime routine, including on weekends and during school holidays – this should include no screen time after the evening meal and bath time, story time/wind down time for up to 1 hour before tuck in time;
• A calm and excitement-free home environment after evening meal time;
• Avoid drinks containing caffeine (eg. Coke, and energy drinks) as caffeine takes approximately 9 hours to leave the system and affects the quality of sleep;
• Between 10 - 11 hours sleep each night for children 5-12 years of age – tuck in time between 7:00 - 8:30pm.

Early Dismissal
A reminder for parents that the children will be dismissed on the last day of Term, Friday June 26th at 2:30 pm.

See you around the school,
Andrew Crossett

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Berita Bahasa Indonesia!
Sayembara Lisan: State-wide annual Indonesian Oral Competition

CONGRATULATIONS!!!

Congratulations to our students who were awarded prizes in this year’s language competition.

The children and their families attended an official presentation evening on Friday June 5th.

Well done to Charlotte and Isabelle who presented their songs to a very large audience!
BEFORE & AFTER SCHOOL CARE
The Holiday Program is now out and we are taking bookings. Please contact us on 9807 2615 or 0417 941986 to book your place.

PARENTS & FRIENDS ‘NEWS’
Hi everyone, I hope you had a relaxing long weekend.

This week, just a reminder to order your 2015/2016 Entertainment Book. You can grab an order form at the office, or order online at entbook.com.au/187402c. Trev and I have downloaded the new version to our Entertainment Book app (available in the App or Play Store) and started using it already!

Have a lovely week.

Andrea J

YR 6 TRANSITION INFORMATION
Details of the Year 7 Secondary School placements will be sent home to Year 6 parents on Wednesday 19th August, 2015.

DON’T FORGET – Please report to Front Office to sign the Visitor’s Book and get a Visitor’s Label BEFORE proceeding to the Canteen (in the Stadium).

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>Name</th>
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<tbody>
<tr>
<td>FRIDAY</td>
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<td>10.00</td>
<td>Erica Baddeley, Jo O’Mara, Amanda Kelsall</td>
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<td>11.00</td>
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<td>17th</td>
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<td><strong>Thursday</strong></td>
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<tr>
<td>1ST Percussion Concert</td>
<td>2ND Yrs 3 &amp; 4 Indigenous. Inc. NEW DATE</td>
<td>3RD I.C.A.S. Science Yr 4 - MSO</td>
<td>4TH Yr 3 - MSO</td>
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<tr>
<td>8TH PUBLIC HOLIDAY no school for students</td>
<td>9TH Keyboard Concert 6.30 Piano Concert 7.30 pm</td>
<td>10TH</td>
<td>11TH School Council</td>
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<td>15TH Strings Concert</td>
<td>16TH</td>
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<td>18TH</td>
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<td>22ND Guitar Concert</td>
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<td>8TH</td>
<td>9TH</td>
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<tr>
<td>13TH Term 3 starts</td>
<td>14TH</td>
<td>15TH</td>
<td>16TH</td>
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<tr>
<td>20TH Parent Teacher Discussions</td>
<td>21ST Parent Teacher Discussions</td>
<td>22ND</td>
<td>23RD</td>
<td>24TH Tree planting day</td>
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<tr>
<td>27TH</td>
<td>28TH ICAS English</td>
<td>29TH 100 days of Prep</td>
<td>30TH</td>
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Child's Name: ______________________ Phone: ______________________ Email: ______________________
Melbourne Edition $65 including GST: #____ Book(s) #____ Digital Membership(s) $______ □ Post my order $10.50
Geelong Edition $55 including GST: #____ Book(s) #____ Digital Membership(s) $______ TOTAL ENCLOSED $______
Child's Name: ______________________ Phone: ______________________ Email: ______________________
Class ______________________
Payment type: □ Cash □ MasterCard □ VISA □ Cheque (payable to Essex Heights Primary School)
Credit Card number: ______ / ______ / ______ / ______ / ______ Expiry date: ______ / ______ CVV$: ______
Cardholder's name: ______________________ Signature: ______________________

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94 Essex Road, Mount Waverley
web: stlukeskindergarten.org.au

Looking for something different?
Why not enrol your 3 Year Old in our Saturday Morning Program for 2016

Our 4 Year Old program will also now run over 3 consecutive days from 2016

See our website to find out more about St Luke’s including:
• Our NEW timetable.
• That we are a not for profit Preschool and are able to accept enrolments from outside the City of Monash zone
• Our highly qualified and experienced staff
• The play-based learning that is incorporated with our small classes
• That learning is tailored to a child’s individual needs
• That our programs are non-denominational and multi-cultural

For enquiries, contact our Enrolment Officers:
3-year-old: Alicia - 0432 161 097 or
4-year-old: Tonia - 0433 594 016

Inner East Community Health: Ashburton
Community and Private Dental Services
7 Samarinda Avenue, Ashburton
Call 9883 6822 to arrange an appointment

FREE
Dental checkups and general treatment for eligible children and teenagers.

FREE
0 – 17yrs for holders or dependants of Health Care Cards or Pensioner Concession Card

FREE
No Gap Bulk Billed Checkups and general dental treatment for children and teenagers 2yrs – 17yrs eligible for Medicare Child Dental Benefits Voucher

$31.50 FEE applies for non eligible children 0yrs – 12yrs for checkups and general dental treatment

Inner East Private Dental Service is also available for children and adults. Offering high quality affordable family dentistry.
Do you want to take your first basketball steps and learn the fundamentals of the game of basketball in a fun, safe and professional environment?

Do you play at Domestic level and want to work on your skills?

Do you play Representative basketball and are looking for Elite training sessions to be challenged and bring your game to the next level?

The DC Hoops Academy can help you achieve all this and reach your own basketball goals!

Term 3 Dates: 14th July- 15th September 2015
Times: Tuesday’s 5.30-6.30pm 5-11 years
Tuesday’s 6.30-7.30pm 12+ years
Price: $190 for 10 weeks
Gender: Boys and Girls
Contact: Deb Carr Ph 0433820088
dchoopsacademy@hotmail.com
Venue: Wesley College Glen Waverley

Wesley College (620 High Street Road, Glen Waverley 3150)
The sessions are in the Games Hall which is directly opposite the entrance to the pool. Enter from High Street Road and drive down the main road going straight ahead until you get to the roundabout where you can park.