

CALENDAR

June

Wed 5	Division Cross Country
Wed 5	PFA Meeting
Thu 6	Prep PMP
Thu 6	Yr 1 Bugs, Bugs, Bugs! & Imax excursion
Fri 7	Yrs 5&6 Winter Inter School Sport
Mon 10	Queen's Birthday public holiday
Tue 11	Yr 3 Author & Illustrator incursion
Tue 11	Piano & Keyboard Concert
Wed 12	PD & PM Science Morning
Wed 12	Strings & Harp Concert
Thu 13	PB & PZB Science Morning
Fri 14	Yrs 5&6 Winter Inter School Sport
Mon 17	Percussion & Ukulele Concert
Tue 18	Region Cross Country
Tue 18	Yr 2 Minibeam Mania Day
Wed 19	Prep Responsible Pet Education Program incursion
Wed 19	Guitar & Contemporary Band Concert
Fri 21	Yrs 5&6 Winter Inter School Sport Finals
Mon 24	Brass & Woodwind Concert
Tue 25	Yr 4 Polly Woodside & Cook's Cottage excursion
Thu 27	Prep Cultural Day
Thu 27	Yr 3 Engineers Without Borders incursion

Students do not attend school on public holidays or student-free days.

School Assembly

Every Monday at 2.40pm in the Stadium. *All welcome.*

School Banking - every Tuesday.

School Tours

for 2019 or 2020 entry - Thursday & Friday at 9.30am.
Bookings essential.

Enrolment

Enrol now for entry in 2020. Prep 2020 enrolment to be submitted by Friday 31st May.

2019 Term Dates

Term 1: 29 January* to 5 April

Term 2: 23 April to 28 June

Term 3: 15 July to 20 September

Term 4: 7 October to 20 December

** 29 January is a state wide student free day.*

EHPS student-free days: 30 January, 22 May, and 2 August



COMPASS PARENT PORTAL

<https://essexheightsps-vic.compass.education>

Essex Heights Primary School
22-30 Essex Road
Mount Waverley VIC 3149
Telephone: (03) 9807 4944
essex.heights.ps@edumail.vic.gov.au
www.essexheightsps.vic.edu.au
Principal: Mr George Perini
Office Hours: 8.30am to 4.30pm Monday to Friday
during school terms.

PRINCIPAL'S REPORT

Dear parents and friends of our Essex Heights community,

The Ridiculous Rhyme Show

On Tuesday, members of the Ridiculous Rhyme show entertained the whole school by putting on a one hour performance, full of fun and activities. The children were totally engaged in the comedy, fun and rhyming. This creative way to learn was a great way to remind children of their word skills.

Following the show, the Years 5/6 classes participated in a workshop about film and TV. They discussed the many jobs involved in a film or TV production and they were then placed in different roles to model the filming process. We had producers, directors, actors, audio, camera operators, gofers, hair and makeup artists as well as lighting operators. The students filmed a very short sketch which showed then how the whole process worked. The team then also took questions from the students.

All the feedback from children and parents has been so very positive. I am very pleased that we were able to bring this unique and fun experience to our students. Not only has it built upon their literacy skills but also opened the pathways possible if they are interested in being part of the performing arts.

Essex Heights Values - Respect & Respectful Behaviour

At Essex Heights PS we expect all behaviour to be respectful. We regularly discuss what being respectful means and are constantly very pleased to see EHPS children living this value throughout the year, at school and on excursions, etc. I believe respect to be one of the most important values we can hold. Respect for equipment, respect for each other, respect for diversity, and respect for self.

A respectful child takes care of belongings and responsibilities, and a respectful child gets along with peers.

The most effective way to teach respect is to model respect. When a child experiences respect, they know what it feels like and begin to understand how important it is.

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June

1st	Evelyn J Zoe K
2nd	Stephan L
4th	Catheryn L Hannah C Lachlan B
5th	Josephine L
6th	Emily C Nathan G
7th	Eason C

This week's information on Compass:



Year/Group	Compass News Feed
Prep	Information
Year 3	Grade 3 news for Week 6
Whole School	Encouraging healthy attitudes towards women Webinar: Managing your child's anxiety

Compass Events:

Year/Group	Notice/Activity and Payment & Consent Due Date
Year 4	Polly Woodside Cooks Cottage - 7th June
Selected Students	Monash Waverley Division Cross Country Finals - 2nd June

Assembly: Monday 3rd June

At Assembly on Monday:

- ArtSEL presentation
- Victorian State Schools Spectacular
- School Banking winners
- Student of the Week & Baik Sekali awards

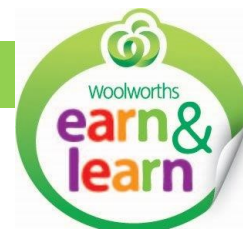
Note: Items listed above are correct at time of publication, but may be subject to change.

Assembly starts at 2.40pm in the Stadium. All welcome.

Earn & Learn

If your family shops at Woolworths, please collect the Earn & Learn stickers earned, stick them onto a sticker sheet, and drop them off in the boxes in our Office reception by 25th June.

Sticker sheets are available at the Office.



ArtSEL

Calming Down

This week in ArtSEL we have focussed on how to calm down when we have a strong feeling.

When you have a strong feeling, it's hard for your brain to think. The first step is to be aware that you are having a strong feeling. Your body will give you clues (such as your heart might start racing, you might get a red face, or you might feel tight all over). After you use your stop signal and name your feeling, you're ready to calm down! You can calm down by doing some slow deep belly breathing, counting, or using positive self-talk. Think for a moment about your favourite way to calm down. Remember to use it if you need to. Calming down helps you think clearly!



Nikki Olsen

Principal's Report

As adults we all have a responsibility to:

Be honest - If we do something wrong, admit it and apologise.

Be positive - We must not embarrass, insult or make fun of children. We should compliment them.

Be trusting - We should let children make choices and also take responsibility for the choices they have made.

Be fair - We must try to listen to a child's side of the story before reaching a conclusion.

Be polite - We should always use "please" and "thank you". Knock before entering your child's room.

Be reliable - We should keep promises. Show your child that you mean what you say.

Be a good listener - Give your child your full attention, be present.

By being good role models we help our children to learn the habits that will make them respectful and responsible young adults. *"Children learn from everything we do".*

Prep Teddy Bears Picnic

On Wednesday the Prep classes had a Teddy Bear day as part of their 'Me and My World' theme. The day was highlighted by a Teddy Bear's Picnic in the Hall. Children wore pyjamas and brought their teddy to school. The whole day was spent on activities related to a teddy theme. In previous weeks the Prep classes walked to Damper Creek and posted an invitation to their teddy to attend their special day. It was amazing how many teddies could make it! The staff and parent helpers also looked amazing in their pyjamas. It was a great fun day, but also a day where the children discovered more about themselves and the important things in their world. Thanks to everyone who made the day so great for the Prep children.



Illness and children at school

As we approach the onset of winter, there is a noticeable increase in colds, coughs, stomach aches and vomiting. We request parents to please keep sick children at home to aid recovery and prevent the spreading of germs to other children, staff and families. We are aware that this is at times inconvenient, but unfortunately a necessity.

If a child is sick overnight or before school, has a temperature with a cold/cough, or is not well, please do not send them to school.

We would also encourage you to remind children about some general good hygiene measures such as hand washing, use of tissues, Gymbusters (an antibacterial hand wash provided in all classes), and encourage no sharing of food. Appropriate bedtimes and a healthy well balanced diet with fruit and vegetables will also assist in your child's general good health.



See you around the school.

George Perini
Principal



Our school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. Through this membership, you receive regular Insights articles and you can attend all of their webinars for parents in 2019 at no cost! Recent articles and upcoming webinar information and voucher are provided to you on your Compass News Feed.

New *Insights* article:

- ★ Encouraging healthy attitudes towards women.

Webinars:

- ★ *Teach girls to build each other up* – available until 29th June. [CLICK HERE](#) and refer to your Compass News Feed for your voucher coupon with the discount code.
- ★ *Managing your child's anxiety* – Tuesday 25th June at 8pm. To register for this webinar and redeem your voucher:
 1. Click on the link provided in the message in your Compass News Feed, or [CLICK HERE](#).
 2. Click 'Add to cart'.
 3. Click 'View cart'.
 4. Enter the voucher code on the voucher attached to the message in your Compass News Feed, and click 'Apply Coupon'. Your discount of \$37 will be applied to the order. This voucher is valid until 25th July 2019.
 5. Click 'Proceed to checkout'.
 6. Fill in your account details. These are the details you will use to login to your account.
 7. Click 'Place Order'.

For more *Insights* articles, the 2019 webinar series, and more Parenting Ideas information and resources - [CLICK HERE](#).

Walk Safely to School Day

Walk Safely to School Day is an annual, national event when all primary school children are encouraged to walk and commute safely to school. It is a community event seeking to promote safety, health, public transport and the environment. It also promotes the important message that active kids are healthy kids. Children need a minimum of 60 minutes exercise per day. Encouraging less driving and more walking aims to decrease dangerous vehicle congestion around schools and reduce carbon emissions from idling cars.

On Friday 17th May, Junior School Council members counted over 140 Essex Heights students walking or riding safely to school! To reward their efforts, JSC members welcomed each student with some healthy fruit and a Walk Safely to School Day ticker. It was wonderful to see so many students going out of their way to help the environment and improve their own fitness! Congratulations to all the JSC members for promoting the event and for waking up early on a cold Friday morning to support the event.



Prep Teddy Bears' Picnic



Family Science Games Nights



Deakin University is hosting three Family Science Games Nights during National Science Week. Come along to an exciting evening playing science board games. Have fun with family and friends and learn some science.

Each Deakin University campus will be hosting a Family Science Games night where families can play a range of science educational board games.

Collect groups of animals in Go Extinct and learn about classification; learn about the body while trying and kill family members in Organ Attack; and build a killer virus with Virulence. A variety of board games suitable from early childhood to adult will be available to play.

Events will be run by Deakin University science education academics and students who are experienced in playing games for learning. Information about resources that enable families to continue play or create science games will be available on the night.

All Family Science Games Nights will run from 6pm to 8.30pm on Thursday 15th August.



Attendance is FREE but spaces are limited, so please register through Eventbrite to secure your place - [CLICK HERE](#).



DESTINATION NEVR YOUTH CONCERT 2019

On Tuesday night I was lucky enough to be able to attend the North Eastern Victoria Region's annual concert at the Victorian Arts Centre in the city. I was so proud to see our students shining on the stage. We had nine students involved across three different ensembles, these students were able to take part based on ability and experience on their instruments. During Term 2, they travelled to other secondary schools for two long rehearsals, this meant that students needed to practise their part in their own time to be ready for the performance, which requires a great deal of dedication.

This year we had students involved in Concert Band, Wind Band, and the Symphony Orchestra. As they sat on stage you could see the concentration and focus on their face. It was also lovely to see the faces of other past students on the night still showing their love of and dedication to music and creating more memorable moments. The students involved should all feel very proud in their efforts.



Maxim, Yura, Ruby, Heidi, Jack, Jay Sern, Kenan, Hong Jin, Shuying, Evelyn & Timothy

Tanya Dolence

On Tuesday night, we had the NEVR concert and I was lucky enough to be involved in it. We performed at Hamer Hall in front of two thousand people. There were at least ten acts. And they were wonderful.

I performed in the Wind Band. It was a wonderful experience playing in a huge band with so many instruments on such a renowned stage. And even better when I heard the enthusiastic applause from the audience. It was a truly unforgettable experience. **Shuying**

Shuying and I performed in the Wind Band. We played two pieces that related to the theme; Under the Cherry Blossoms which was about travelling in Japan and Sun Cycles which was an Egyptian piece about the way the sun travelled in the sky. I really enjoyed playing both of the pieces as they sounded beautiful when all the parts just merged together and made a sound so pretty. I loved the excitement of Sun Cycles and the elegance of Under the Cherry Blossoms. When I first arrived to the rehearsal, I was very nervous because most of the others were in high school. On stage, I was so excited to be on such a recognised stage. It was a marvellous experience to be able to play in the Wind Band. **Evelyn**

It was nice knowing that you're not the only one playing on your instrument. **Hong Jin**



I did really well playing the high notes. I watched and stayed in time with the conductor. I liked listening to the orchestra because there were many different sounds. I got to meet up with many past Essex Heights students on the night. I wish to be involved again next year. **Jay Sern**

The experience was amazing. I had an amazing time. I could hear a lot of different sounds in the orchestra which were astounding. I made a lot of friends. I played well but I know I can do even better. There were a lot of people that were much older than me, so it was a great experience to be in the orchestra as my first go. There were some students who had to participate for two years before they could participate in the orchestra. **Dennis**

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Music



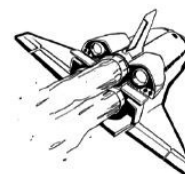
For me it was such a great experience, everybody was friendly and it was just SO fun in general.

On the first day of rehearsal I thought it would be so hard and challenging and it was, but in a way that I loved. It was just the right level for me and all three pieces we were chosen to play were beautiful.

When we went on stage it was thrilling. we sat down in our seats and listened to the intro happening behind us saying what tonight's theme would be, which was DESTINATION, kind of like a space exploration theme. As I sat down I realized how many people there were, and all of a sudden I felt a tingling sensation of THRILL.

As we started the first piece (which was like a spooking space theme) I just couldn't stop smiling from nervousness, but as we kept on playing a gained confidence and it turned out so incredibly well.

As we walked off stage I had a sense of relief and proudness. I really hope I could do it again next year.



Maxim K

THE VICTORIAN STATE SCHOOLS

SPECTACULAR



We are proud and excited to have some of our students participating in the *2019 Victorian State Schools Spectacular*. The Spectacular brings together government school communities from across Victoria. This year's theme is *Made of Stars*.

Essex Heights students will be performing in the mass dance group in Quadrant 2. It has been suggested to purchase tickets for best viewing of these students in sections 17, 18, 19, 44, and 45.

The three-hour live show – involving music, dance, skateboarding and circus arts – will be performed twice to an audience of around 12,000 people at Melbourne Arena on Saturday 14th September at 1pm and 6.30pm.

The Spectacular is a creative vision of industry professionals including Creative Director Neill Gladwin, Musical Director Chong Lim AM, Dance Director Deon Nuku, (Scooby Doo, Happy Feet, Moulin Rouge) and Associate Dance Director Yvette Lee (Dancing with the Stars, X-Factor Australia, Australia's Got Talent and So You Think You Can Dance).

For a fun, family entertainment experience, and to cheer on our students from the audience, be quick to secure tickets when they go on sale at **9am on Wednesday 12th June** via Ticketek - [CLICK HERE](#) or type www.ticketek.com.au/spectacular into your web browser.

Adult \$40
Child Under 15 \$20
Concession \$30



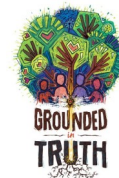
Buy 10 tickets and get one adult ticket free (the 11th ticket is free) by calling Group Bookings on 1300 364 001.

Lauren Davies and Kirsten Lightfoot

Before & After School Care

This week at Aftercare we celebrated Reconciliation Week.

It has been a lot of fun with some great activities that respectfully acknowledge our original landowners. Helen and Rita have put together a display of some of the children's work and it looks fantastic.



After School Care Activities for the week ending 7th June:

Monday Magic Diffusing Art
Tuesday Magic Workshop
Wednesday Soccer Clinic with Mat and Luke
Thursday Spaghetti and Marshmallow Construction
Friday Cooking: Pancakes

If you have any questions, please send them to davis.paul.d@edumail.com.au.vic.gov.au, or phone BASC on 9807 2615 or 0417 941 986.

Thank you,
Paul Davis
Coordinator

Munch & Crunch Canteen



Canteen Roster

Monday 3rd June - 11.15am to 1.45pm Monica Fulton
Wednesday 5th June - 9.00am to 1.45pm Karen Lam & Qingfang Yu
Friday 7th June - 9.00am to 1.45pm Erica Baddeley & Amanda Kelsall

Please remember to sign the Visitor's Register in the Office before coming to the Canteen.

If you are unable to do your rostered duty, or you have any queries, please contact Maria as soon as possible on 0409 934 573.

Maria Vlahos
Canteen Manager

Parents & Friends News



PFA Meetings

The next PFA Meeting is on Wednesday, 5th June, at 7.30pm in the Staff Room.

All parents and friends are welcome to attend. Some of the topics up for discussion are:

- Brainstorming some items that the PFA need to operate efficiently.
- Communication with the school community, eg. Social Media (school Facebook and WeChat groups), class emails, catch ups, PFA noticeboard etc.

We would especially like to invite the 2019 Class Reps to discuss how we can help each other in our roles which we provide for our school.

Please diarise the remainder of the PFA Meetings for this year: Wednesdays - 24th July, 21st August, 16th October and 4th December. All welcome.

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We're on Facebook

Join us on Facebook

**ESSEX HEIGHTS
PRIMARY SCHOOL**

COMMUNITY GROUP

<https://www.facebook.com/groups/259711334954222/>

For: reminders, tips, information & ensuring a strong and connected school community.

Entertainment Membership

Order the NEW 2019-2020 Entertainment Membership - [CLICK HERE](#).



Buy the 19|20 Membership
and you could win
Woolworths WISH eGift
Cards to the value of \$1,000

Competition ends 11:59pm AEST June 1

*Terms and conditions apply

Woolworths

entertainment

The PFA can be contacted via email on ehpspfa@gmail.com.

See you around the school,
Fiona Nicholson Stocker
(Mum of Allison 3F)