

## CALENDAR

### July

Mon 29-Thu 1 ... REACH Assessment: English  
Tue 30-Tue 6 ..... Singapore International Choral Festival  
Wed 31 ..... Prep Zoo excursion

### August

Thu 1 ..... Prep PMP  
Thu 1 ..... Yrs 5&6 MWSC Production excursion  
Fri 2 ..... EHPS Student-free Day  
Mon 5-Fri 9 ..... REACH Assessment: Mathematics  
Wed 7 ..... Prep 100 Days at School Celebration  
Wed 7 ..... Yr 6 MWSC Gateways Transition Peer Support  
Thu 8 ..... Prep PMP  
Thu 8 ..... Yrs 5&6O/L/M Engineers Without Borders incursion  
Fri 9 ..... Yrs 3-6 House Athletics  
Mon 12 ..... Sensory Garden Opening  
Mon 12 ..... Prep 2020 Storytime  
Tue 13 ..... Yr 3 CERES Community Environment Park Excursion  
Thu 15 ..... Prep PMP  
Thu 15-Wed 21 . Book Fair  
Fri 16 ..... Hari Indonesia  
Fri 16 ..... Secondhand Uniform Stall  
Sat 17-Fri 23 ..... Book Week: *Reading is my Super Power*  
Mon 19 ..... Monash Youth Music Festival

*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 - contact the Office.

### Enrolment

Enrol now for entry in 2020.

### 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](mailto:essex.heights.ps@edumail.vic.gov.au)  
[www.essexheightsps.vic.edu.au](http://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,

This week I would like to focus on a very important topic which is at the forefront of family discussion as well as school wide educational conversation. The issue that I am sure you are aware of is "the appropriate use of technology and how much screen time is ok for children?".

The Australian Government Department of Health ([CLICK HERE](#)) recommendations are very clear:



Australian Government  
Department of Health

- Children younger than 2 years of age should not spend any time (ZERO time) watching television or using other electronic media (DVDs, computer and other electronic games).
- For children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and electronic games) should be limited to less than 1 hour per day.

Please note that this means ALL screen time, not just devices. It includes TVs and DVDs, even on in the background.

The Department also recommends that children should be active and playing games both indoors and outdoors.



AUSTRALIAN  
PARENTS  
COUNCIL

The Australian Parents Council also has similar recommendations -

[CLICK HERE](#) - but includes that children between 5-17 should spend less than two hours per day with screen time.

Some educational researchers will even go further by suggesting that all children between the ages of 0-5 should spend no time in front of a screen.

... continued on page 3

**Student-free Day  
NEXT FRIDAY**

**2nd August**

**No students at school**

Care available 7am to 6pm - book  
with Paul Davis





## July

28th ..... Tyrone I  
Ella B  
30th ..... Nik M  
Max C  
Haritas K

## August

1st ..... Jiabin L  
Irene G  
2nd ..... Rickson B  
Ashley D

### Information sent home:

Follow up with your classroom teacher about any items on this list

Whole school (all students) ..... Link Health & Community Dental Van Visit -  
Keep Kids Smiling - Free Dental Check Up



### This week's information on Compass:

Year/Group	Compass News Feed
Prep .....	100 Days!
Year 1 .....	Year 1 Newsletter - Term 3
Year 3 .....	Year 3 Newsletter
Year 4 .....	Taskworks Sleepover Forms REACH English and Mathematics Assessments
Whole School .....	Student Unapproved Absences Grade 3-6 Athletics Carnival - Sign up to help! Family Financial Statements



### Compass Events:

Year/Group	Notice/Activity and Payment & Consent Due Date
Prep .....	Prep 2019 Melbourne Zoo Excursion - \$35 & consent by 31st July
Year 3 .....	CERES Community Environment Park - \$36 & consent by 9th August
Year 4 .....	Taskworks Excursion and Sleepover 2019 - \$100 & consent by 5th August
Years 3 to 6 .....	Grade 3-6 House Athletics Carnival - \$10 & consent by 5th August
Years 5 & 6 .....	Engineers Without Borders (Day 2) - info only Mount Waverley Secondary College The Addams Family Production - \$7 & consent by 1st August

## Assembly: Monday 29th July

At Assembly on Monday:

- Chamber Choir performance
- ArtSEL presentation
- Singapore Choir performance
- 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.

## Family Financial Statements

Family financial statements have been issued to families this week by email. If you've received a statement (please check your Junk folder if not in your Inbox), outstanding charges are payable now. Compass Pay or BPay are the preferred methods of payment. Credit card/Eftpos (Visa/MasterCard; minimum transaction of \$20), cheque payable to Essex Heights Primary School, or cash (correct amount as we don't hold any cash in the Office), are payable at the Office.

## Year 7 2020

The Year 7 2020 placement process for our Year 6 students is continuing. If any details of the school that your child will be attending has changed since the application form was lodged earlier this year (eg confirmed enrolment at an independent school, or declined a previously accepted enrolment at an independent school), please advise Jo in the Office no later than Wednesday (31st July).

Parents/carers of students attending government secondary schools will be notified of the Year 7 Placement for 2020 by letter from EHPS on Wednesday 7th August.

## Principal's Report

I realise that each family will approach things in a different way but we certainly know that too much screen time is detrimental to the general health and wellbeing of individuals. It can result in anxiety, headaches, tiredness, lack of social interaction skills, negative behaviour, social isolation and finally a decline in academic performance.

I would like to share the reflections of one of our Essex Heights families, as they tried to address this issue.

*"We never thought we'd be 'rules-based' parents. But after consistently watching our children obsess about screen-based technology - how much time they had, how much time their siblings had, how much time we had, and how poorly behaved they were when were asked to turn off the screens - something had to change. So we decided to have no screen-based technology time throughout the school week. The first few days and nights were very painful for all as the children seemed to have 'withdrawal' symptoms - leading to their worst behaviour. We wanted to renege, but over time we saw improvement. Mornings and evenings now included board and card games, or requests to play outside together or with us. SUCCESS!*

*After 12 months of maintaining this system and largely benefiting from happier children and family times, we noticed the screen cravings for weekends intensify, as if they were prepared to hang on during the week, but Saturday and Sunday meant SCREENS! So, at the Queens Birthday long weekend we took the next big step - no screens from 930 am to 5 pm. Again, this decision was hugely unpopular and we've never worked so hard as parents - playing ball sports, going on bike rides, making cakes, etc. All this activity and togetherness was not only tiring but hugely rewarding. After a few weekends in a row, this is now the norm and we couldn't be happier. We still enjoy watching movies together and playing console games, but as one child even remarked 'Dad we [brothers & sisters] don't fight as much as we used to - I think it's because we're not on screens anymore!'. MORE SUCCESS!*

*Putting screen-based rules in place won't be for everyone, and if families do, it will have a tough settling in period, and put more emphasis on parents' time and energy to play more with their children, but for us, it has been well worth the effort."*

As you can see, this was a difficult and challenging decision but with such positive consequences. I would sincerely like to thank the family for sharing their story with our community.

I suppose ultimately it comes down to the role of parents. It is about guiding children in their growth, setting definite boundaries, and understanding the context of your family. No one model fits all but being proactive and knowing the issues and trying to address them is crucial.



Martine Oglethorpe, from the Office of the eSafety Commissioner, has the following advice for parents:

### The role of parents and screen time

These little devices that connect us, entertain us, provide us with information, show us where to go, keep us organised and allow us to indulge in retail therapy from almost anywhere, have become an integral part of our daily lives. Most of us won't leave home for long periods of time without being tethered to a digital device.

But when it comes to our children and their screen-time habits, we are often lamenting the role the devices play. These little screens that offer so much and answer so many of our needs also leave us wondering how much is too much for our kids, and how do we keep it under control?

When parents ask me this I urge them to dig a little deeper and look at what else they could really be asking. We need to look at how each individual child is coping with their screen time. Are they still doing the things they always enjoyed before they had access to a screen? Are they able to put the screen away without a fight? What sorts of things are they doing on the screen? Is it a positive experience? Are they learning something? Are they interacting with it or merely consuming media? These are questions we need to be constantly revisiting throughout their adolescent years.

At the same time, we need to make sure they are learning good habits from the beginning and gaining the skills and behaviours they need to stay in control of their screen time. To help form these habits, here are a few things you can do to keep screen time under control ... without your kids resorting to techno-tantrums.

... continued on page 4

## Principal's Report

### **Look at how you are role modelling screen-time behaviours**

We know our kids learn much more from watching what we do, as opposed to listening to what we say. So how is your technology use affecting you? Are you ignoring others because you are scrolling? Are you falling asleep with a phone or tablet landing on your forehead? Are you able to give yourself over to certain tasks and focus without being distracted by beeps and notifications? Are you giving yourself some time without a device to enjoy family, friends and activities that keep you healthy and balanced?

### **Have rules that are 'no brainers' for your family**

When it comes to technology, the rules often change as our children develop and mature. But we can also make some universal rules for the whole family based on our individual family values and what is important to us. It may be that there are no phones in the bedroom at night. It may be that there is no technology after a certain time of the day. It should certainly be that devices never ever come to the table at dinner time. Aiming for at least a few meals where the family is eating together is crucial. Your kids need this time to talk, connect with family and have a break from being 'switched on' to a device. They need to get into the habit of not eating and scrolling. So make your rules early and stick to them.

### **Build a culture of balanced play in your home**

There is no doubt that we as parents need to work harder today to nurture all the many elements of a child's development. When a small device appears to provide them with so much it is little wonder our kids have trouble putting them down and going outside to play. Unlike a book or a game there is often no end to what happens with a device. There is always something more to see or do, another level to reach, another city to build or another army to destroy. So we need to get better at providing lots of other ways for our kids to be entertained, informed and connected to others. This may mean we have to physically go outside and play with them rather than simply tell them to go out. It may mean we have to insist on visits to places where devices don't come out. Kids still want to run and jump and play – they just need to be reminded and encouraged to do so even more today. By building other ways to learn, play and interact into our kids' lives from an early age, we are helping these things become part of their daily lives – habits that in turn become behaviours.

So while we often feel like the devices are taking over, all of these strategies rely on us – the parents. We need to be the ones to get in early and help show them the way. We need to take a look at what we are modelling to them in terms of our own device use and our own lifestyle. We need to be helping them form the right behaviours. There are many wonderful benefits that come with these devices, so ensuring we are using them in positive ways, and are in control, will go a long way to ensuring we are all reaping those benefits.

I encourage all families to discuss the issues related to screen time and then make the best decisions possible that suit your family situation and that is the most beneficial for the long term well being and health of your children.

See you around the school.

**George Perini**  
Principal





## Singapore International Choral Festival



Early this year, members of Chamber Choir were asked to give expressions of interest into whether they would like to take part in a trip to Singapore to compete in the Singapore International Choral Festival. We had a prompt and very positive response! Parents and students met with staff at Essex to discuss the possibilities and the practicalities of the trip. It meant the students needed to make a firm commitment to work hard throughout the year in preparation for the performance.

We have been so pleased to see the dedication, focus and commitment the students have shown towards this event. Students have given up many of their lunchtimes and recesses to rehearse as a choir. They have practised at home, they even gave up time on Election Day to raise money for the trip and they gave an afternoon of their time to come and rehearse for the competition on their holidays. The improvement they have made has been outstanding and they should all feel extremely proud of their efforts.

Next Tuesday, 33 students, 13 parents and 4 teachers will travel to Singapore where they will represent Australia and Essex Heights in the 2019 Singapore International Choral Festival. They will compete against 38 other choirs in the Under 12 section. Four of the choirs we are competing against will be coming from Indonesia. As well as competing, the choir students will be given the opportunity to meet and mingle with students from some other choirs and make some international friends. Students will be given an individual workshop for our choir by a world-renowned choral conductor. On Saturday they will give a public performance at the Asian Civilisations Museum. In the evenings we will get to attend concerts of other international choirs. When we are not busy with the festival we will make sure to fit in some sight-seeing around Singapore.

Please wish the students luck as they embark on this very special opportunity. If you would like to view the Grand Prix (a competition of the finalists from each section) it will be streamed online. To access this you can 'LIKE' Singapore International Choral Festival on Facebook. The link will be available closer to the Grand Prix, which will be held on Sunday 4th August, 7.30 Singapore time.

*Tanya Dolence*



## New ArtSEL Program for Year 6s - Transition Program

The ArtSEL Transition program is a new initiative at EHPS to support Year 6 students transitioning from primary to secondary school. This program will help to equip students to make a positive start to secondary school, and build a solid foundation for their secondary education.



In Terms 3 and 4, students will be bringing home from school 'Student Handouts' that complement several of the ArtSEL lessons. These activities are intended to support students' personal development, questions, and reflections from Primary School as they transition through to secondary school.

In addition, students will complete a personal portfolio that can be accessed by their new secondary teachers. This generates a 'conversation' between the students, his or her teacher and their parent or carer. The ArtSEL Transition Program supports students in creating a snapshot profile of themselves that can be valuable in identity formation. The portfolio can be an effective tool to help teachers identify the individual needs of each Year 7 student coming into the school so that their social, emotional and learning needs can be tailored to support them.

The ArtSEL Transition program teaches skills in the following seven areas:

### **Introduction: Optimal Growing Conditions:**

- Students begin to understand ideas relating to resilience and well-being.

### **1. My Family, My Team:**

- The students identify the adults and people that play a positive role in their life (e.g., who do they go to for help?).

### **2. My Boundaries and Expectations:**

- The students learn about multiple intelligences and aim to develop a growth mindset and to overcome ways that they limit or sabotage their success.
- Develop the idea that having routines, rituals and boundaries contribute to a positive life.
- Understand how stress works in our body and mind.

### **3. My Values:**

- Clarify the values they hold and to consider how these make a difference to their levels of happiness.

### **4. My Friendship Skills:**

- How to broaden their friendship groups.
- Learn how to resolve differences with friends.

### **5. My Power and Empowerment:**

- Describe the range and influence of personal qualities and strengths.
- Monitor their progress in consolidating their strengths.
- Assess the value of working independently.

### **6. My Learning and School Engagement:**

- View their strengths in relation to learning and to broaden their repertoire of approaches to achieving academic success.

### **7. Who Am I:**

- Develop an overview of their identity, strengths, vulnerabilities and Optimal Growing Conditions.

Homework activities are encouraged so that parents can have discussions about the topics and understandings.

If you have any questions about the ArtSEL Transition program, please do not hesitate to contact me for more information. Thank you for supporting your child in learning the skills that lead to success in school and in life.

**Nikki Olsen**  
**ArtSEL Teacher**

## REACH Assessments

A reminder about the REACH Assessments for Years 3 to 6 students registered to participate:

- The REACH **English** Assessments will be in the week beginning Monday 29th July.
- The REACH **Mathematics** Assessment will be the following week, beginning Monday 5th August.



*Alexandra O'Connor*

## Dental Van Visit



The Link Health and Community School Dental Van will visit EHPS from Monday 9th to Wednesday 11th September, inclusive. All students have been provided with a Keep Kids Smiling - Free Dental Check-Up form. If you want your child to have a free dental check-up, please return the completed form by Monday 5th August.

## Prep Melbourne Zoo Excursion

Prep students will be visiting the Melbourne Zoo in Parkville as part of our integrated unit 'Wonderful Wildlife' on Wednesday 31st July. We will be walking around the Melbourne Zoo looking at some of the animals and we will also participate in a Wild Explorer Workshop in the Education Facility.

We will depart school at 9.00am sharp (children will need to be in their classrooms by 8.30 am on this day). We will arrive back at approximately 3.15pm. School uniform is to be worn with suitable walking shoes, and a waterproof parka/coat and beanie are recommended. Please make sure all their belongings are in a small backpack, suitable for them to carry independently, that will carry their filled water bottle (no glass bottles please), with their snack and lunch in separate bags.

Parent volunteers are required, but are limited to two per class. To volunteer you must hold a Working With Children Check and have read and agree to adhere to the Child Safe Policy and Code of Conduct by the signing of the acknowledgement. If this is in place, contact your child's teacher if you are available and want to volunteer.

Excursion information has been published on Compass. Please consent and pay \$35 (CSEF can be used) no later than Friday 26th July.



## Year 4 Taskworks Excursion & Sleepover

Year 4 students will participate in the Taskworks Excursion and Sleepover on Thursday 22nd and Friday 23rd August.

Taskworks is in Mulgrave, and provides hands on educational activities for primary school students to challenge their body and mind. Students will participate in activities that supplement Critical and Creative Thinking, Design and Technology, Health and PE, Geography and Personal and Social Capabilities. All these promote skills in problem solving, teamwork, communication, leadership and initiative.

Excursion information has been published on Compass. Complete your consent and payment of \$100 by Monday 5th August.

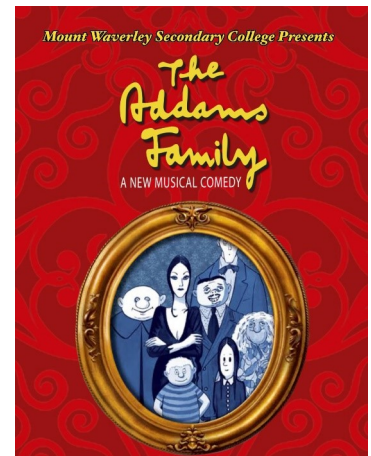


## Years 5 & 6 MWSC Production Excursion

On Thursday 1st August Years 5 and 6 students will attend the final dress rehearsal of Mount Waverley Secondary College's production of *The Addams Family: A New Musical Comedy*. This performance will take place at the Whitehorse Centre in Nunawading. We are looking forward to seeing students from our local community shine, and witnessing previous Essex Heights students contributing to this display of the arts.

We will leave EHPS via bus at 10.30am, and will return to school at about 2.00pm. Information has been published on Compass. Please complete consent and pay \$7 no later than Monday 29th July.

**Moria Lennon & Maria Capsalis and the Years 5/6 Team**



## Berita Bahasa Indonesia



## Hari Indonesia 2019

Hari Indonesia (Indonesian Day) 2019 is on Friday 16th August - just around the corner, and being celebrated again in the week of Indonesian Independence Day. This year, students will again be immersed in Indonesian culture through games, craft and an incursion from a world-renowned Indonesian dance group, Suara Indonesia Dance Group, who were formed and founded in 2001 by Alfira O'Sullivan. The company has performed at a number of national and International festivals as well as conducting workshops for professional and personal development in schools and universities. [CLICK HERE](http://suaraindonesiadance.com.au/) for more information, or type <http://suaraindonesiadance.com.au/> into your web browser.



Parents are invited to join in on the festivities with their child/ren's class. Refer to the timetable to see when you may like to join in; the timetable will be provided to you on Compass, or a copy will be available from the Office. The day will conclude with a whole-school assembly where a snapshot of the day will be showcased.

In the lead up to this exciting day, each building has been allocated an Indonesian island to research and decorate accordingly. The buildings and their islands are as follows: Eucalyptus - Java, Banksia - Bali, Violet - Sumatra, Portables - Rinca, Flores & Komodo Islands. If you would like to research and create an artefact to share with your child's building, please feel free to send it along to the classroom with your child.

**Terima Kasih,  
Bu Sarah**





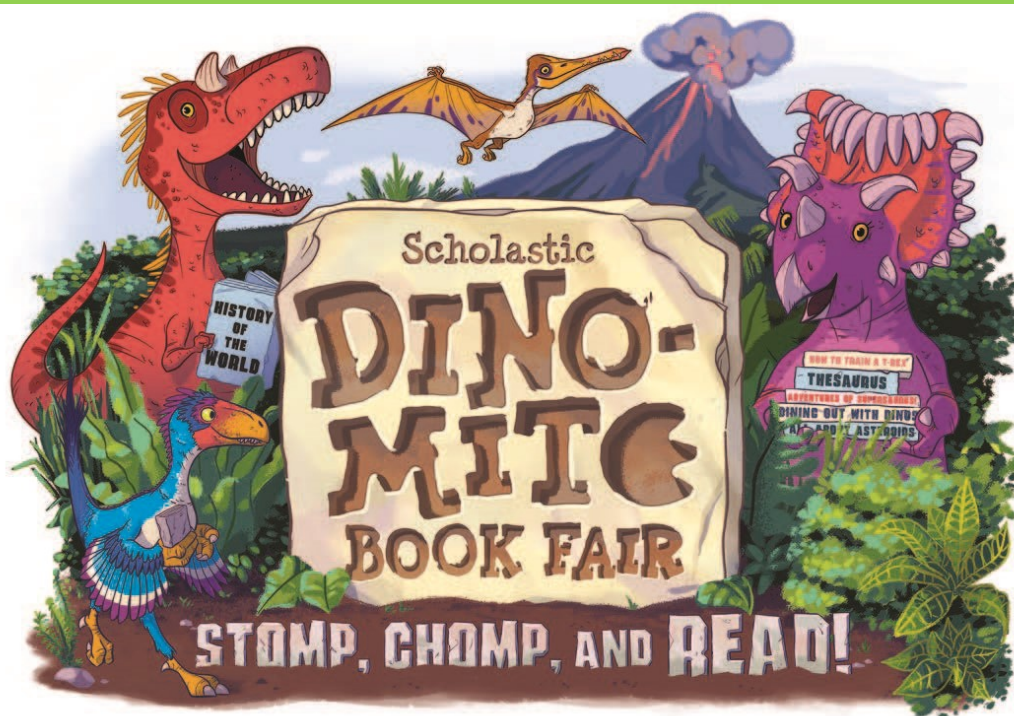
On Thursday, 16 of our 5/6 students attended their FINAL VSSS19 rehearsal. This was held at Mont Albert Primary School where they worked together with 26 other schools to run through the entire show, all eight dances, including entrances and exits. It was an exciting day, filled with great energy with an added bonus of getting our costumes! They did an absolutely amazing job. It is already looking fantastic! They will be continuing two rehearsals a week until the big show in September! If you haven't already, get your tickets! There are two shows on Saturday 14<sup>th</sup> September (1.00pm and 6.30pm) - [CLICK HERE](#) or type [www.ticketek.com.au/spectacular](http://www.ticketek.com.au/spectacular) into your web browser.

We look forward to seeing you there!

*Lauren Davies and Kirsten Lightfoot*



## Book Fair ... coming soon!



**Thursday 15th to Wednesday 21st August in the Library**

**Opening on Thursday 15th August from 3.15pm to 4.15pm.**

**Friday 16th to Wednesday 21st August from 8.15am to 9am and 3.15pm to 4.15pm.**

**See you there!**

## Health & PE

### Years 3 to 6 Athletics Carnival - Sign up to help!

The Years 3 to 6 students have been training hard during PE and level sport in preparation for their upcoming House Athletics Carnival at the Bill Sewart Athletics Track on Friday 9th August. Now it is your chance to get involved and show your support by signing up to help on the day. Please ensure the Office has a copy of your Working with Children Check and that you have signed our EHPS Child Safe Policy.

Please use this link to sign up for a morning, afternoon, or both time slots - [CLICK HERE](#).

Your assistance is greatly appreciated, as support at these events is what really makes the day run smoothly! Please email Elisha Cotterell with any questions ahead of this fantastic day!



**Elisha Cotterell**

## School Banking

### New School Banking rewards now available!

Exciting new Term 3 Polar Savers rewards are now available, while stocks last!



*Arctic Owl Fluffy Keyring*



*Scratch Art Cards*

For every deposit made at school students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are two new items released each term, so be sure to keep an eye out for them!

### Funds Raised in Term 2

Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year. Thanks to the fantastic efforts of our banking students, we raised **\$484 in Term 2**. This brings the total raised so far for our school through the School Banking Contributions Program to \$1,171.50. These funds will go towards money raised by the PFA.

Thank you for supporting the School Banking program and remember, School Banking day is every Tuesday.

**Angela Millan**  
School Banking Coordinator

## Before & After School Care

### Curriculum Day

Enrolment forms for the Student-free day on Friday 2nd August are available now, and can be collected during program operating hours. You must pre-book if you wish to access this program. Please note the following:



1. The program operates between 7.00am and 6.00pm.
2. If your child/children is collected after 6.00pm, you will be charged late fees, which are charged at \$1.00 per minute, per child. (This also applies to Aftercare).
3. If you want to cancel your booking for the Curriculum Day Care Program, it must be done before 6.00pm on the Thursday 1st August 2019. Any cancellations after this time will incur full charges unless accompanied by a doctor's certificate.
4. We are unable to accept Curriculum Day enrolments over the phone or via email.
5. Please ensure that you inform the program if a third party is collecting your child. You will need to provide the program with the third parties name, address and phone number. They will need to present a photo identification to staff on collection of your child/children. We are unable to allow children to leave the program by themselves or with a person that is not endorsed by the parents/legal guardian.
6. After two months of not using the program your CCS funding will automatically cease. You will need to contact me to reinstate your funding. Once this is done, you will need to go to your myGov account and confirm that you are the legal guardian of your child/children. Once these steps are completed, your CCS funding will be reinstated.
7. Booked Vacation Care or Curriculum Day enrolments are not transferrable to other families.

Thank you for your understanding and co-operation in the aforementioned.

### Bricks4Kidz

Over the next 3-4 weeks we have Bricks4Kidz coming out on Tuesday's to run Lego Robotic workshops. These are a lot of fun. Due to the intricate nature of the activity and limited resources, we can only accommodate small groups to engage in this fun workshop. Please let me know if you want your children to be part of this workshop.



### Activities at After School Care

Monday .....	Cooking (Blondies)
Tuesday .....	Lego Robotics
Wednesday .....	Basketball workshop
Thursday .....	Paper Plate Portraits
Friday .....	Curriculum Day program from 7am to 6pm - bookings required (see above)

If you have any questions, please send them to [davis.paul.d@edumail.com.au.vic.gov.au](mailto: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 29th July - 11.15am to 1.45pm ..... Irit Ziv

Wednesday 31st July - 9.00am to 1.45pm ..... Samantha Skuja & Liyong Lu

Friday 2nd August ..... *NO CANTEEN - Student-free Day*

*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



**FAMILY SCIENCE GAMES NIGHT**

**COME ALONG TO AN EXCITING EVENING OF SCIENCE GAMES!**

Deakin University will be hosting a Family Science Games Night where families can play a range of science educational games.

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 science games will be available on the night.

Attendance is *FREE* but to secure your place please register at:  
<https://deakinsteve.org/event/family-science-games-night-2019/>

**Monday 12<sup>th</sup> August, 6:00pm – 8:30pm**  
**Deakin University Warrnambool, Princes Highway, Warrnambool**

**Wednesday 14<sup>th</sup> August, 6:00pm – 8:30pm**  
**Deakin University Geelong, 75 Pigdons Road, Warrnambool**

**Thursday 15<sup>th</sup> August, 6:00pm – 8:30pm**  
**Deakin University Burwood, 221 Burwood Highway, Burwood**

*Have fun with family and friends and learn some science.*

10-18 AUGUST 2019 [www.scienceweek.net.au](http://www.scienceweek.net.au)

[CLICK HERE](#) for more information and to book.





### PFA Meeting

Thanks to everyone who attended the PFA meeting on Wednesday and helped organise the events for this term.



### Secondhand Uniform Stall

**Friday 16th August from 3pm to 3.45pm** in the Stadium.

Helpers needed from 2.00pm.

Donations for the secondhand uniform stall can be left at the Office or in the lost property boxes at any time - please mark the bag "donations". Donated items should be clean, have names removed, and be in good condition (no "old" logo, stained or torn items)! Thank you.

### We're on Facebook



### Entertainment Membership

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



The PFA can be contacted via email on [ehpspfa@gmail.com](mailto:ehpspfa@gmail.com).

**Fiona Nicholson Stocker**  
(Mum of Allison 3F)

## Community Noticeboard

Products & services advertised in Contact are placed on a paid basis and are not necessarily being promoted by Essex Heights Primary School.





**FREE**

**VICTORIA**  
**WIDE**  
**SERVICE**

For:

**Parents**

**Grandparents**

**Carers**

of children aged 2 to 12 years

### Positive Parenting Telephone Service

Our free 6 to 10 Week program helps you to:



Have Stronger more positive relationships



Set rules and limits



Manage everyday behaviour problems

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.






**Enrol now and make a positive start to last a lifetime**

Call us for more information or to enrol

**1800 880 660**

Enrolments are taken all year round 



**LIONS CLUB OF WHEELERS HILL INC.**

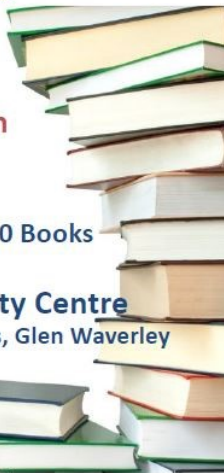
# LIONS CLUB BOOK SALE

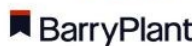
**\* Saturday 27 July 2019**  
8 am ~ 4 pm

**\* Sunday 28 July 2019**  
9 am ~ 12 noon


- Fiction Sorted By Author A to Z
- 25 Non-Fiction Categories; 9,000 Books

**\* At the Black Flat Community Centre**  
Cnr. Springvale and Waverley Roads, Glen Waverley





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## LEARN TO PLAY BASKETBALL



Nunawading Basketball delivers a variety of introductory and development programs for children aged 5-12 years.

Sessions are available on a Monday, Tuesday, Thursday and/or Sunday afternoon and focus on establishing the fundamental skills of the game in a fun learning environment.

Contact [luke@nunawadingbasketball.com.au](mailto:luke@nunawadingbasketball.com.au) for more information on the most appropriate session for your child.

Tuesday / Thursday  
Aussie Hoops 4:00pm  
Skills Academy 4:00pm  
Next Gen 4:00pm

Friday  
Spook Hoops 4:00pm

Sunday  
Aussie Hoops 12:30pm, 1:30pm  
Skills Academy 12:30pm, 1:30pm  
Next Gen 12:30pm, 1:30pm

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