

CALENDAR

October

Sat 19 PFA Meeting
 Mon 21-Sun 27 . Aussie Backyard Bird Count 2019
 Tue 22 Yr 4 District Cricket Try Outs
 Fri 25 Secondhand Uniform Stall
 Mon 28 Prep 2020 Glue & Glitter Art Session
 Wed 30 Yrs 5&6 District Cricket

November

Fri 1 World Teacher's Day Staff Lunch
 Fri 1 Showcase
 Tue 5 Melbourne Cup public holiday
 Wed 6-Fri 15 P-Yr 3 Swimming Program
 Thu 7 Music: Count Us In
 Tue 12 Prep 2020 Parent Information Evening
 Thu 14 Yr 4 District Cricket
 Wed 20 Prep 2020 Transition 3
 Thu 21 Yr 1 Scienceworks excursion

*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 Hats - every day in Terms 1 & 4.

School Tours

for 2019 or 2020 entry - Thursdays at 9.30am.
 Bookings essential - contact the Office.

Enrolment

Enrol for 2019 and 2020 entry.

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: 29 January, 30 January, 22 May & 2 August

2020 Term Dates

Term 1: 28 January* to 27 March
 Term 2: 14 April to 26 June
 Term 3: 13 July to 18 September
 Term 4: 5 October to 18 December
 * 28 January is a state wide student free day.
 EHPS student-free days: 28 January, 29 January, and 2 further dates to
 be advised



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/Guardians & Friends of the EHPS Community,

Student Planning and Placement for 2020

As we move into this term, we enter into an exciting time for many children. Often they are thinking about next year and their transition into the next year level. At this time, the teaching staff are also beginning discussions regarding the placement of children in grades for 2020. This is a very complex task as there are many factors to take into account in trying to get the best student combinations. The educational needs of each child must be the most important criteria so that each child has the best prospects of learning to their full potential. When developing class lists, teachers ensure that each class has an equitable spread of boys and girls with a range of academic abilities. Student compatibility and behaviour is also taken into account and ***students are placed with children with whom they work well.*** This process is about placing children together who cooperate and get along in their learning. Children's feedback will be sought by their classroom teacher. The allocation of classes takes many hours of consideration and planning by staff and it is taken very seriously to ensure that the children's learning potential is maximised.

If you have matters that are of interest to the educational needs of your child, please put them in writing and return to me by Friday 25th October.

This, of course, is an opportunity for me to gain an insight into the matters that you see as important for the educational wellbeing of your child. Our staff will consider requests carefully when allocating students to classes and I can assure you that all information will be handled confidentially at all times.

Please note however that I cannot guarantee that requests will be met due to the many competing and complex priorities throughout this process.

As parents you play an important role in modelling resilience to your children. Thought should be given to how you will respond if your child has an issue with their class grouping. It is appropriate to discuss the matter with your child so that you can understand their concern and you may undertake to raise a query with a staff member. It is most important though to model responsible and proactive behaviour that encourages a child to understand that there



October

19th	Meyli N Taite B Nicola C Angela D
20th	Sophie L
21st	Nina V
22nd	Dylan C Matthew L
23rd	Mousa O Orlando T
24th	Joe G

Information sent home:

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

Year/Group

Notice/Activity

Prep & New Families in 2019 ... Showcase 2019 Bulletin

This week's information on Compass:

Year/Group

Compass News Feed

Prep	Farm
Year 1	Year 1 Newsletter - Term 4
Year 3	Year 3 Term 4 Newsletter
Year 6	MWSC Second Hand Uniforms
Years 5 & 6	Term 4 Newsletter
Whole School	Showcase 2019 Bulletin
	The Mango Fundraiser
	Volunteers needed to man EHPS Art Exhibition: Follow the link
	Showcase tickets on sale
	Australian Loyalty and the ANZACs - VOTE NOW!

Compass Events:

Year/Group

Notice/Activity and Payment & Consent Due Date

Year 4	Grade 4 School Cricket Team Try-Outs - opt in by 20th October
Prep to Year 3	Swimming Program P-3 2019 - \$95 & consent, plus medical form, by 25th October



Assembly: Monday 18th October

At Assembly on Monday:

- ArtSEL presentation
- JSC presentation
- 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 were issued last Friday by email (please check your Junk folder if you can't find it in your Inbox) to families with outstanding charges on their school account. All outstanding charges are payable now:

- Compass Pay or BPay are the preferred methods of payment.
- At the Office:
 - 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).
- Instrumental Music: Charges are not payable via Compass. Refer to your family statement sent by email today. Payment by BPay preferred; otherwise at the Office. All charges are overdue and payable by TODAY, Friday 18th October. Please note: this is an additional program outside the school's curriculum and therefore prompt payment of fees is essential in order to maintain the financial management of the program and our commitment to the Instrumental Teachers.

Please see our Business Manager, Barbara McCann, if you are experiencing financial difficulty and want to discuss a payment plan; Barb is available each weekday except Wednesday.

Principal's Report

are many opportunities outside of class time to be with friends and this class arrangement will be an opportunity to make new friends and new working relationships.

I would like to also clarify a few points with respect to teacher allocation to classes for 2020. All staff at EHPS are highly competent professionals who work for the best of all children. Any genuine issue will be considered seriously however ***special requests for particular teachers will NOT be contemplated***. Students will be placed in classes that best suits their best educational needs and the overall requirements of the school.

Eastern Metropolitan Region Athletics

Again this year, a number of students were successful and won through the school, division and district athletic meets to represent the school at the Eastern Metropolitan Region Track and Field Championships held at the Bill Sewart Athletics Track on Thursday 17th October. The conditions were very tough due to the cold weather, wind and rain, but our team overcame the bad weather and performed with distinction.

We are very proud of Essex Heights athletics results this year, led by captains Jayda M and Nicholas T at District. Following this, 18 students progressed to Division, and six students continued, progressing to Region. An outstanding achievement!

The results of the Region finals were as follows:

Kayla S, 12-13Yr	1500m 9th & 800m 10th
Lucia C, 12-13Yr	High Jump 15th
Nicholas T, 12-13Yr	80m Hurdles 6th
Aydin J, 11Yr	80m Hurdles 4th
Rihan R, 11Yr	800m 9th
Emma C, 9-10Yr	80m Hurdles 5th & Long Jump 15th



Congratulations to all the students that competed on Thursday and to families who provided transport and supported the children at the event. A very special thank you must go to Ms Cotterell for her tireless and meticulous organisation of all aspects of the Sport Education program. Thanks Elisha!!



Showcase tickets selling FAST!!!!!!

Have you bought your tickets for Showcase yet? Tickets are selling fast, do not miss out!!!

The children and teachers are well into rehearsal and preparation for this year's Showcase that will be held on Friday 1st November at Robert Blackwood Hall, Monash University. The staff team, led by Tanya Dolence, Alyssa Kennedy and Con Papanicolaou, are coordinating Showcase and working together with our instrumental staff, teachers and parents. We are all looking forward to this marvellous musical extravaganza, and the enjoyment it will create for our students and their families. We also look forward to all members of our school community being involved.



Grounds Update

Over the holidays some grounds work was completed to improve our play areas. Soft fall was added to the Prep and Year 1 & 2 playgrounds. Also drainage work has been completed so that the Year 1 & 2 playground does not get waterlogged again. We also installed removable football goal posts and portable soccer goals so as to reduce wear and tear on the oval.

I look forward to seeing you around the school.

George Perini
Principal



Managing Anger

This week in ArtSEL, we have learnt to control anger.

Everyone gets upset from time to time. It is important to recognise our body signals when we are getting upset. For example, you might feel hot, go red and clench your fists. When we are aware of these body signals, it is time to do something about it before we 'flip our lid'. When you experience this, use your calming down strategies: such as slow deep belly breathing and positive self-talk.



Year 6 Transition Program: Unhelpful Coping Styles

Last week in ArtSEL, we learnt the 'Art of Happiness'. This week we are looking at some of the common unhelpful coping styles students use when they approach social dilemmas.

Here are some of the common unhelpful coping styles:

WAIT FOR THE SITUATION TO BE RIGHT BEFORE HAVING A GOOD TIME

One of the most dangerous words is 'someday'. People say things like, 'someday I'll be happy', 'someday I'll do what I want to do' or 'someday I'll be confident'. Putting off having a great life until you have the right job/house/partner/friend is a great way of putting off life all together.

COMPARE YOURSELF TO OTHERS

Spend hours thinking about how much more beautiful, happy, intelligent, creative, insightful and wonderful everybody else is compared to you. Think that glossy people who are featured in glossy magazines have glossy lives despite lots of evidence to the contrary.

GIVE OTHERS THE POWER TO CONTROL YOUR LIFE

This occurs when you don't do the things you want to do. Let other people choose your life directions and priorities for you. This allows you to avoid responsibility. When you end up miserable (and believe me you will!) blame the people you let make the decisions.

ALWAYS TRY TO MAKE OTHER PEOPLE HAPPY AT THE EXPENSE OF YOUR OWN HAPPINESS

Try to fix other people or spend your life trying to please them. Base your life decisions on what other people will think of you rather than what you want to do.

FEEL IT IS BETTER TO AVOID REJECTION THAN TO LOVE

Play safe. If you don't try to love people you can't be let down or hurt. Resign yourself to a life of perpetual disappointment.

TALK YOURSELF OUT OF STUFF YOU REALLY WOULD LIKE TO DO

Spend time telling yourself you can't do things because you are not smart enough or talented enough. You can really begin to believe that if you don't try, you can't fail.

SAY YES WHEN YOU MEAN NO

It's nice to be helpful and agreeable but if you say yes to things you don't want to do, you can end up feeling really bad about yourself or resentful of people. Long-term resentment turns into bitterness.

BELIEVE YOU DON'T DESERVE TO BE HAPPY

Believe that you need to be smarter, more good looking, more sporty, more creative, more popular or more skinny before you can be happy.

Which unhelpful style do you use? What could you do instead?

If you would like to know more about this program, please come and see me.

Nikki Olsen
ArtSEL Teacher

SHOWCASE

A celebration of music-making for the whole EHPS community

FRIDAY 1st NOVEMBER at 6.30pm
Robert Blackwood Hall, Monash University

Tickets for **Showcase 2019** are on sale now

Tickets went on sale this week, as advised on Compass. They are selling quickly, so make sure you don't miss out. Performing students **DO NOT** need to have a ticket purchased for them. Children under two years of age may attend without a ticket if they are seated on the laps of their parent/guardian and not occupying a seat; please note that prams cannot be taken into the auditorium.

Tickets are \$18 (standard) or \$14 (concession - student/senior/pensioner/Health Care Card/children 2-15 years). Tickets are purchased from the Monash Academy of Performing Arts (MAPA):

- **Online** - [click here](#) or enter <https://www.monash.edu/mlive/whats-on/events/showcase-2019/> into your web browser.
- **Visit the MAPA Box Office** - 49 Scenic Boulevard, Monash University, Clayton, open Monday to Friday 9.30am to 4.30pm. The Box Office will be open in the hour before the performance.
- **Phone the MAPA Box Office** on 9905 1111, Monday to Friday 9.30am to 4.30pm.

The MAPA Box Office will be open in the hour before the performance to collect pre-purchased tickets, or purchase a ticket if any remain.

The Showcase 2019 Bulletin has been provided via Compass, and contains all the information you need to know about this event.

We look forward to celebrating Showcase 2019 with you!

Tanya Dolence, Alyssa Kennedy & Con Papanicolaou

Student Photos at Showcase

Showcase will feature a slideshow of every single EHPS student. The Showcase Committee are working on getting photo permission from all families for this occasion. If you have received a green form regarding this, please return it early next week.



2020 School Year

Start of School Year

- Tuesday 28th January - Term 1 commences; compulsory statewide student-free day in all Victorian government schools.
- Wednesday 29th January - EHPS student-free day; first of three student-free days in 2020 school year.
- Thursday 30th January - Years 1 to 6 students commence (8.50am to 3.30pm).
- Thursday 30th January to Wednesday 5th February - Prep School Entry Assessment (SEA) - one hour interview with the Prep student between the student and the teacher; parents/guardians do not stay (date and time will be advised). Uniform is not required. Students are to bring a water bottle to their SEA interview.
- Thursday 6th February - Prep students commence; Prep students will have a staggered start between 9am and 10am (specific time will be advised), and finish at 1.30pm.
- Friday 7th to Friday 14th February - Prep students attend school from 8.50am to 2.30pm.
- From Monday 17th February - Prep students begin attending school full time from 8.50am to 3.30pm.

School Terms

Term 1: Tuesday 28th January* to Friday 27th March

Term 2: Tuesday 14th April to Friday 26th June

Term 3: Monday 13th July to Friday 18th September

Term 4: Monday 5th October to Friday 18th December

* 28th January is a compulsory student-free day in all Victorian government schools.

Student-free Days in 2020: Tuesday 28th January, Wednesday 29th January, plus two additional days to be advised when ratified by School Council. BASC provide care from 7am to 6pm.

Public Holidays in 2020 during school terms - no students at school:

Monday 9th March Labour Day

Monday 8th June Queen's Birthday

Tuesday 3rd November Melbourne Cup Day

School Banking Survey

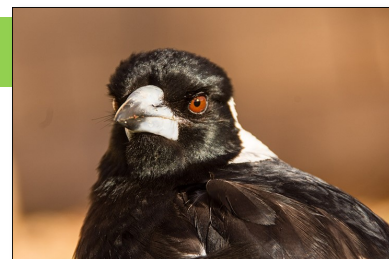
The Australian Securities and Investments Commission (ASIC) recently announced that it is seeking the public's views of school banking programs to help inform its review. ASIC would like to hear from you. You can do this online by answering ASIC's short survey and providing any other feedback. Simply [CLICK HERE](#), or visit <https://consultation.asic.gov.au/financial-capability/review-school-banking-programs/>



Swooping Birds

We have several swooping birds at the front of the school at the moment. Please be aware of this when visiting the school, and talk to your children about this behaviour and the importance of not distressing the birds or disturbing their nests; perhaps suggest playing in a different area of the playground for the short time that the birds are nesting and protecting their babies.

The City of Monash provide some useful information about swooping birds - [CLICK HERE](#).



Aussie Backyard Bird Count



Our Nation's Most Important Event starts next Monday, prepare yourself by downloading the Aussie Bird Count app. The app is really well resourced with support for beginners and challenges for the more experienced twitcher. Both common and scientific names are provided.

Choose a place at home or a park nearby to enjoy this annual event.



The Aussie Backyard Bird Count, Monday 21st to Sunday 27th October, aims to engage school communities in the natural world while getting to know the birds in their local schoolyard through participation in a simple, fun, all-ages activity that can be done anywhere.

By taking part in the Aussie Backyard Bird Count the students will become citizen scientists. Citizen science creates opportunities for students to connect with the natural world, gain scientific skills, and learn about topics such as life cycles, habitats, adaptations, and interrelationships. This can be a gateway to many exciting discoveries and creates a partnership between the students and professional scientists to help answer questions scientists couldn't answer on their own.

For more information - <https://aussiebirdcount.org.au/>

Contact Ms Marita Steward for any further resources and make your count as special as it can be.

Marita Steward

Australian Loyalty and the ANZACs



Class 56A are finalists in the Upper Primary (Years 4-6) category of the **1-Minute Film Competition** with their entry *Australian Loyalty and the ANZACs*. The students,

supported by Maria Capsalis and Jenny Austin, worked on their film for many weeks and are very proud of their efforts. Voting for the Audience Choice is open now, and your vote would be greatly appreciated - [CLICK HERE](#) to submit your vote. Voting is open until midday on Friday 1st November.

**PLEASE
VOTE!**

The 1-Minute Film Competition is an initiative of Australian Teachers of Media (ATOM). It provides Australian and New Zealand primary and secondary school students with the opportunity to make a 60-second short film or animation, and win fantastic prizes in the process. The theme for this year's competition is Loyalty. The first-place prizes include filmmaking prize packs valued at over \$550 for the two primary school categories and over \$900 for the two secondary school categories!



The winners will be announced at the 2019 SAE ATOM Awards Student Awards Presentation, held at SAE Creative Media Institute Melbourne on Wednesday 13th November.

This year the Year 2 and Year 5 students have continued their participation, from last year, in the Deakin Interdisciplinary Maths and Science Learning Project. The Year 2 have students completed a water consumption investigation, designed and researched whirlybird flights and completed chemical science investigations. The Year 5/6 students have completed a Chemistry and Astronomy Learning Sequence. Students have shared stop motion



animations and movies explaining how the Moon appears in Melbourne with students from Verona School, Wisconsin USA, who are also studying moon phases. We eagerly await the U.S. students' response and explanation of how they see the moon in the Northern Hemisphere.

In these sequences the science and the mathematics learning combine in ways that enrich each. The students have particularly enjoyed these activities, generating and analysing their data.



Some comments from students included:

"I now know, I don't drink enough water" (Yr 2)

"It's interesting to see what makes whirlybirds fly longer" (Yr 2)

"We observed chemical changes – I really enjoyed the activities" (Yr 2)

"Science is my favourite subject" (Yr 2)

"It's really different to think of things at a molecular level" (Yr 5)

"I didn't know that the moon doesn't appear the same in the Northern Hemisphere" (Yr 5)

"It's hard to comprehend how large the Solar System is, modelling it in the school yard helped" (Yr 5)

This term the Year 2 students are commencing a Fast Plants Learning Sequence in which the students will grow and observe their own plants' life cycle. Students will monitor and record the plants' growth, investigate plant structures, such as flowers and seeds, and analyse their recorded data. The Year 5 students are conducting a Body Maths Investigation, in which they predict the heights and mean height of their cohort and correlate data, comparing their height and range of heights with their buddy students' heights.

Year 6 Graduation Memorabilia

It is tradition at Essex Heights that Year 6 students are given the chance to remember their friends and teachers by purchasing a Graduation Bear, Footy or Soccer Ball. Each item is of high quality, comes with a pen, and is in a plastic poly bag for protection. This is a very popular way to celebrate their time at primary school. The cost is \$18 per item. Information has been published on Compass, including the form to select which item you want to purchase.

If you want to purchase a graduation bear, footy or soccer ball for your child:

1. Return the slip on the form attached to the Compass notification to your classroom teacher with your selection marked (do not include payment); and
2. Pay \$18 in Compass.

by TODAY, Friday 18th October. Contact the Office if the Compass notice for payment has expired.



Ever Higher Art Exhibition

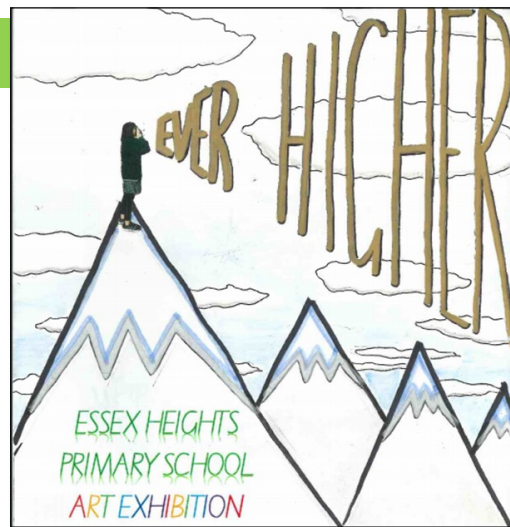
Volunteers Needed at the Gallery

We are really excited to run our first Art exhibition. However, without volunteers this event cannot happen. We are asking parents/guardians to please consider offering two hours of your time to attend the exhibition at The Track Gallery in Mount Waverley. The opening hours are from 11am to 3pm every day (including weekends). The *Ever Higher* exhibition will run from Wednesday 4th to Sunday 15th December.

**VOLUNTEERS
NEEDED**

If you are able to help, [CLICK HERE](https://www.signupgenius.com/go/8050B48AEA72CA4FB6-artgallery), or enter <https://www.signupgenius.com/go/8050B48AEA72CA4FB6-artgallery> into your web browser.

Mr Hudson or Nikki Olsen



Munch & Crunch Canteen

Canteen Roster

Monday 21st October - 11.15am to 1.45pm Cindy Yeo & Saifon Photha

Wednesday 23rd October - 9.00am to 1.45pm Samantha Yarnold

Friday 25th October - 9.00am to 1.45pm James Douglas

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



Before & After School Care

Accounts

Thank you to the families that have brought their accounts up to date.

Some families have had issues with their Child Care Subsidy (CCS). I will endeavour to help as much as I can, however I am severely restricted due to the structure of the CCS funding agreement. Invariably families will need to contact Centrelink if there are issues with their CCS.

We would like to bring all accounts up to date as years end is upon us.

Halloween

The witching hour has arrived and Halloween activities are in full swing. Don't forget our Halloween Party on Thursday 31st October from 3.30pm to 6pm in the Hall. If you are coming to the party can you please put your name down on the guest list which will be out during program hours. *Note: only children enrolled in the program can attend.*

Afterscare Activities

- Monday Halloween Cookies
- Tuesday Decorating Your Haunted House
- Wednesday Spinning Ghosts
- Thursday Jack-O-Lantern decorations
- Friday Movie: *Monsters Inc.*



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.

Paul Davis
Coordinator



MWSC Secondhand Uniform

Maria Capsalis (56A teacher) has a selection of Mount Waverley Secondary College uniforms - some sports and some regular - in various sizes. If you are interested, please see her in her classroom (B5) over the next few weeks.



Parents & Friends News



Mangoes - we're taking orders now!

Thank you to all those who have ordered their Mangoes. You have until **next Friday**, 25th October, to order so don't miss out! A copy of the [flyer](#) was provided to all families last week, is attached to the message on Compass, and is on the school website. Please sign up [here](#) if you can help count from 9am to 10am Monday, Wednesday and Friday over the next couple of weeks.

PFA Meeting - Saturday 19th October at 4pm - New Time, New Place

We are trying something new and are having our first meeting of the term on a Saturday afternoon. Please join the PFA tomorrow, Saturday 19th October at 4pm, at Basilico, 216 Blackburn Road, Glen Waverley (just near the corner of Blackburn and High Street Roads).

Please come and help us organise the Teacher Lunch and more. All Welcome!



Secondhand Uniform Stall - Friday 25th October

The next Secondhand Uniform Stall will be held **next Friday**, 25th October, in the Stadium from 3pm to 3.45pm. Helpers welcome from 2.00pm. Please put your donations in a Lost Property box or leave at the Office. Donated items should have names removed, be clean and in good condition. No old logo items please.

Any donations of smaller sized items to accommodate new Prep families for next year would be most appreciated.

World Teacher's Day Lunch - Friday 1st November

It is a tradition that we provide our wonderful teachers and staff with lunch on the day of Showcase. Please consider contributing a plate or helping serve on the day. Come to the PFA meeting tomorrow (Saturday 19th October at 4pm) to help plan for this event.



T & G PHOTOGRAPHY

Family Portraits Fundraiser - Sunday 24th November

Every family who participates will receive a FREE 8x10 size family portrait, and our school will receive a \$15 donation from T&G Photography for every family that is photographed and a \$5 bonus from each full package sold. This family portrait fundraising event is a great opportunity for families to have a beautiful portrait taken for free!

Please book your session now - [CLICK HERE](#) - or enter www.trybooking.com/562123 into your web browser. For more details refer to the information on the next page.



Sunday, 24th of November

Free Family Portrait for everyone !



YOURS TO TAKE HOME

8X10 **FREE** FAMILY
PORTRAIT

VALUED AT \$125

Book at:

www.trybooking.com/562123

BOOK EARLY, SITTING
NUMBERS LIMITED.

I had lots of fun with my family!!!

FUN & RELAXED FAMILY PORTRAITS

PROFESSIONAL STUDIO QUALITY PORTRAITS

PHOTOGRAPHY & VIEWING ON THE SAME DAY

YOU CHOOSE THE PHOTOS YOU LIKE



MUM & DAD



OUR FAMILY



TRUE BLUE SISTERS

We look forward to you helping to make sure these events are a great success!

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

Fiona Nicholson Stocker
(Mum of Allison 3F)

Bread Tags for Wheelchairs



1st Bennettswood Joey Scouts would like you to help us to help other people by collecting **Bread Tags and Plastic Bottle Tops**.

Please leave donations in the boxes in the School Office reception. More information about where the tops and tags go can be found at www.breadtagsfor wheelchairs.co.za and envision.org.au. Thank you!

BREADTAGS
for wheelchairs

Erica Baddeley
Assistant Joey Scout Leader
1st Bennettswood Joey Scouts



Kelly Sports



Kelly Sports is Australia's number one provider of sports coaching for primary school students, helping provide children the capability and confidence to develop a life long love of sports. The Super Spring Sports program for Term 4 offers basketball, cricket, soccer, hockey and crazy games. The ten week program started on Monday 14th October, and will run weekly until Monday 16th December (last week of term), from 3.40pm to 4.40pm. Students meet Kelly Sports coaches on the basketball courts. Students from Prep to Year 6 can enrol. The program costs \$132 for 10 sessions. An enrolment form has been provided for every student; follow up with your child's teacher if you have not received it. Register by returning the form to Kelly Sports, or register online at www.kellysports.com.au.

Dance Classes



Lunchtime Dance

Lunchtime Dance classes will run on Tuesdays in Term 4 for students in Years 1 to 6. Lessons commenced on Tuesday 15th October, and conclude on Tuesday 3rd December.

Children will be involved in dance warm ups, dance creation activities and learn a choreographed dance. In the last session students will perform their routine for family and friends giving them a sense of achievement. A notice will be sent home a week before this performance.

The lessons run for 30 minutes, take place in the Hall, and are taught by Georgia Lombard from Creative Dance and Drama.

The cost is \$40 per child for six lessons.

If you would like your child to participate please obtain a registration form from the School Office, download from the school website, or visit creativedanceanddrama.com and request a form via the contact page.

After School Dance

After School Dance for Prep to Year 2 is now full for Term 4.

Georgia Lombard
Creative Dance and Drama

Chess



Chess classes commenced on Wednesday 16th October. The Term 4 program is for ten lessons, from 3.40pm to 4.30pm, run by tutors from Chess Ideas. Students meet in the Violet Building Collaborative

space. The cost is \$14 per lesson or \$140 for the term, payable by the third week of term. Registration forms are available in the Office; complete and return with payment to Chess Ideas, or register online - [CLICK HERE](#). If you have any queries, please contact Chess Ideas by phone on 9532 8370.



Andrew Russell

Community Noticeboard

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



1st Bennetswood Glizards'

RELAY FOR LIFE MOVIE NIGHT

All money raised goes to fund cancer research and support for those affected by cancer

Saturday 19th October | 6-10 PM

1st Bennetswood Scout Hall
21 Station Street Burwood

\$15 per person
All ages welcome

Book at trybooking.com/BFBQG
or email glizards1@gmail.com





ST STEPHEN'S & ST MARY'S

Spring FETE

Saturday 19 October 2019
10am - 2pm

- Cookies & Cakes
- Jams & Preserves
- Books, CDs & DVDs
- Toys & Games
- Christmas Crafts
- Plants & Garden
- 'Green' Gifts
- Treasure Stall
- Devonshire Teas & Sweet Delights
- Hot food:**
 - Sausages & Burgers
 - Asian Delights
 - Jacket Potatoes
 - REAL coffee!
- Live Entertainment!**

KIDS ZONE with Petting Zoo, Face Painting, Treasure Hunt, Crafts and heaps more!

Come and join us for a day of fun & celebration!

383 High Street Road, Mount Waverley

YOUR CHILDREN ARE AMAZING ALREADY. WE JUST HELP THEM PROVE IT.

From Prep to Year 10, NumberWorks'nWords after-school tuition brings out the best in Aussie students by:

- tailoring lessons according to each individual's needs
- setting achievable goals and monitoring their progress
- developing our own programmes using only qualified Maths and English experts

**Maths & English
FREE ASSESSMENT
BOOK NOW!**

Glen Waverley Ph **9574 9964**

numberworksnwords.com/au



Specialist Maths tuition
and English tuition

**Sport
Fitness
Confidence
Self Defence
Discipline
Fun
Friendship**

Karate Classes

Free Uniform – Book in early!!

Thursdays:
Essex Heights Primary School
Essex Road, Mount Waverley
Juniors, 7 to 13 years, 6:30pm to 7:45pm
Teenagers & Adults, 6:30pm to 8:15pm



LION BUSHIDO KARATE ACADEMY

www.lionbushido.com

LBKA Centers:

**Forest Hill – Wantirna – Rowville – Glen Waverley – Mount Waverley
Dandenong – Doncaster East – Cranbourne
Fountain Gate – Narre Warren South – Patterson Lakes**

For Bookings Phone 9887 4098



Boys for Beginners

A Parents Building Solutions Program for Parents of Boys aged 3 to 12 years

- Do you want to understand the nature of boys?
- Improve communication with them?
- Are you overwhelmed by their non-stop energy?
- Join us to learn tips and strategies to better understand and nurture your sons.

When:

Thursday (6 sessions)

24th October - 28th November 2019

Time:

10.00 - 12.00 pm

Where:

Waverley Baptist Church
2 Lum Road, Wheelers Hill

Cost:

Free of charge. Bookings Essential

Bookings:

Helena 9721 3623 or 0488 501 204

anglicarevic.org.au



**BETTER
TOMORROWS**



Parenting Anxious Children Seminar

Does your child or teenager worry, feel anxious and seem stressed at times?

Would you like to gain a greater understanding of anxiety and learn some helpful strategies to support your child?

Learning to cope with anxiety, stress and fear can be deeply challenging, not only for children but also for parents and the family.

The Anxiety Recovery Centre of Victoria (ARCVic), a specialist state-wide mental health organisation, is passionate about educating parents so that they can feel emotionally strong and empowered to help their children.



Monash Early Years & Family Services and ARCVic invite you to join us for a parenting anxious children seminar.

Topics to be covered include:

- » Understanding anxiety and normal childhood development
- » How personality and environment contribute
- » The signs and symptoms for you and your children
- » Methods and strategies for you and your children
- » Relaxation exercises
- » Tips on building resilience
- » Where to go for more information and help
- » Take home material to support your learning

DATE Wednesday 23 October 2019
TIME 6.30pm - 8.30pm
WHERE Function Room, Civic Centre
Glen Waverley

Seminar is free. Bookings are essential as there are limited places.

Please contact: Rebecca Giles on 9518 3571
or Rebecca.Giles@monash.vic.gov.au

KIDS FUN RUN with THOMAS

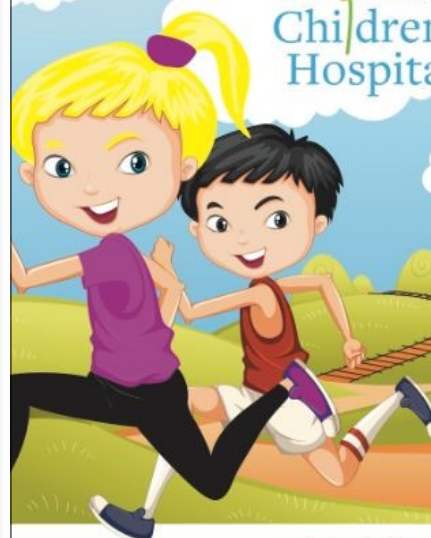
24th of November 2019 at Puffing Billy Station Gembrook

Children 3-12 years running against Thomas The Tank Engine

Proudly supporting

**Monash
Children's
Hospital**

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