

## CALENDAR

### October

Mon 28 ..... Prep 2020 Glue & Glitter Art Session  
Wed 30 ..... Yrs 5&6 District Cricket Gala Day  
Thur 31 ..... EMR Softball Finals

### 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  
Wed 13 ..... 2019 SAE ATOM Awards Presentation  
Thu 14 ..... Yr 4 District Cricket Gala Day  
Wed 20 ..... Prep 2020 Transition 3  
Wed 20 ..... Oxfam Concert  
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](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.

# SHOWCASE

*A celebration of music-making for the whole EHPS community*

**Next Friday, 1st November,  
at 6.30pm**

**Robert Blackwood Hall,  
Monash University**

## HAVE YOUR SAY, WE'RE LISTENING!

School Council has made a commitment to develop the avenues for better communication and engagement within our school community. Therefore, over the past few months we have been exploring how to best understand "community engagement" as it currently exists at Essex Heights. We believe an important step towards this, is to ask for your thoughts and opinions around some key considerations of engagement. The information you provide will ultimately inform us as to how we can better strengthen the partnership between home and school. This in turn will be reflected in your child's happiness, wellbeing and success at school.

We have put together a survey, for each family to complete, available in the following language versions:

- English
- Chinese (Simplified and Traditional)
- Korean; and
- Vietnamese

Completion time is 5 to 10 minutes, and responses will **close on Friday 8th November 2019.**

Should you wish to complete on line, please click your preferred option below.

Printed copies of each version will be available at the Office and can be returned in a sealed envelope prior to the closing date.

*... continued on page 3*

# HAPPY BIRTHDAY!

## October

26th ..... Ellie F  
Alex S  
27th ..... Daisy D  
Lachlan W  
30th ..... Jeremy L  
Jake S  
31st ..... Hayagriv M  
Nadia W

## November

1st ..... James C  
Jasmine Z

## Information sent home:

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

### Year/Group

### Notice/Activity

Whole school (each family) ..... PFA Family Portrait Fundraiser

## This week's information on Compass:

### Year/Group

### Compass News Feed

Year 6 ..... ArtSEL Transition Program: How to protect ourselves  
against depression  
Prep to Year 3 ..... Clamshell Pool for Year 6 Graduation  
Whole School ..... Strengthening kids' self-esteem in a digital world

## Compass Events:

### Year/Group

### Notice/Activity and Payment & Consent Due Date

Year 6 ..... 2019 Year 6 Graduation Bears, Footy or Soccer Balls - payment of  
\$18, extended to TODAY, 25th October  
Prep to Year 3 ..... Swimming Program P-3 2019 - \$95 & consent, plus medical form,  
by TODAY, 25th October  
Selected Students ..... Eastern Metropolitan Region Softball Finals - consent only by  
27th October  
2019 SAE ATOM Awards Student Awards Presentation - consent  
only by 8th November



## Assembly: Monday 28th October

At Assembly on Monday:

- Music Captain announcement
- 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.

## 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](https://consultation.asic.gov.au/financial-capability/review-school-banking-programs/), or visit <https://consultation.asic.gov.au/financial-capability/review-school-banking-programs/>

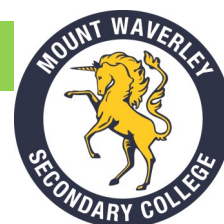


ASIC

Australian Securities & Investments Commission

## 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 Maria in her classroom (B5) over the next few weeks.



# Have Your Say, We're Listening!

## English

<https://www.surveymonkey.com/r/EHPSEnglish>

## Simplified Chinese

### 热切期盼听到您的看法! - 社区互动与参与度问卷调查

Essex Heights小学致力于学生的身心全面发展以及包容兼蓄的理念。校董会现委派本工作小组对社区参与互动与度所面临的障碍进行调查和评估, 希望藉此寻求更好的协作模式以增进学生们的身心发展。我们期盼每个Essex Heights的家庭能用五到十分钟的时间完成以下的调查表。

您可以点击下面的链接做在线调查, 您也可以到办公室领取纸质调查表,于11月8日前填好,放进信封,封口并交回办公室。

[Simplified Version](#)

## Traditional Chinese

### 熱切期盼聽到您的看法! - 社區互動與參與度問卷調查

Essex Heights小學致力於學生的身心全面發展以及包容兼蓄的理念。校董會現委派本工作小組對社區互動及參與度所面臨的障礙進行調查和評估, 希望藉此尋求更好的協作模式以增進學生們的身心發展。我們期盼每個Essex Heights的家庭能用五到十分鐘的時間完成以下的調查表。

您可以點擊下面的鏈接做在線調查, 您也可以到辦公室領取紙質調查表,於11月8日前填好,放進信封,封口並交回辦公室。

[Traditional Version](#)

## Korean

### 여러분의 귀한 의견을 부탁드립니다! - 학교 행사 및 자원봉사 참여에 관한 설문 조사

에섹스 하이츠 프라이머리 스쿨은 학생들이 잘 지내는 것과, 서로에게 포용적인 자세를 대하는 것을 중요하게 생각합니다. 학교 카운실에서는 여러분 자녀들이 더욱 잘 생활하는 데 있어서 여러분들과 어떻게 더 잘 협력할 수 있는 지에 대한 방법을 모색하고 있습니다. 그 하나의 방편으로, 여러분들이 학교 행사에 참여하시거나 자원봉사를 하는 데에 있어서 방해가 되는 요소들을 파악하고자 설문조사를 마련했습니다. 다음 설문 조사를 각 가정당 하나씩 작성해 주시면 감사하겠습니다. 설문 조사 마치는 데 5-10분 정도 걸릴 것입니다.

아래 있는 링크를 클릭하시거나 학교 오피스에서 설문조사지를 받으셔서 작성하신 후 밀봉하시고 2019년 11월 8일 금요일까지 학교 오피스에 돌려주시면 감사하겠습니다.

<https://www.surveymonkey.com/r/EHPS-Korean>

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## Have Your Say, We're Listening!

### Vietnamese

#### Hãy nói lên tiếng nói của bạn, chúng tôi đang lắng nghe ý kiến của bạn! - Bản Khảo Sát Sự Hợp Tác Cộng Đồng

Tại Trường Essex Heights, chúng tôi quan tâm đến sức khỏe và tinh thần của các em học sinh. Chúng tôi cổ động sự tham gia và đóng góp ý kiến của tất cả thành viên cộng đồng.

Hội Đồng Trường đã ủy nhiệm một Nhóm Làm Việc để tìm hiểu, xem xét và tìm cách vượt qua những trở ngại ngõ hầu tất cả cộng đồng có thể tham gia vào những hoạt động của trường, như thế chúng ta có thể hiểu rõ cách nào nhà trường và gia đình có thể cộng tác với nhau trong việc nâng cao sức khỏe và hạnh phúc của con em chúng ta. Chúng tôi đang làm một cuộc khảo sát ý kiến. Mỗi gia đình sẽ điền hoàn tất một bản khảo sát và bạn chỉ mất khoảng 5 tới 10 phút để hoàn tất bản khảo sát này thôi.

Bạn có thể nhấn xuống đường link bên dưới hay cũng có thể lấy bản copy ở văn phòng, sau khi điền xong hãy cho vào bì thư rồi niêm phong và gửi lại cho chúng tôi.

Hạn cuối để nộp là ngày 8/11/2019.

<https://www.surveymonkey.com/r/EHPS-Vietnamese>

We thank you in advance for your participation and time!

谢谢您的参与!

謝謝您的參與!

참여해 주셔서 감사합니다!

Xin chân thành cảm ơn!

George Perini and Tonia Preyser on behalf of  
The Community Engagement Working Party  
EHPS School Council

## Principal's Report



Dear Parents/Guardians & Friends of the EHPS Community,

### Showcase

***Do you have your Showcase tickets?***



Only one week to go before the musical event of the year!!!!

Showcase will be held on Friday 1st November at Robert Blackwood Hall, Monash University.

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.

... continued on page 5

## Principal's Report

### Hats – Terms 1 & 4

Consistent with our Sun Smart School Policy we expect our students to wear a hat in Terms 1 and 4 to protect against UV and the sun. This is a reasonable position and I would ask that you assist us in this area. Whilst caps might be popular, they usually give little protection, particularly for the ears.



Please note that for your child's safety and protection, students not wearing a proper SunSmart hat will not be allowed to play in the yard and will have to spend recess and lunchtime in the shade being supervised by a member of staff.

Sometimes hats are misplaced, so if your child says that they have lost their hat, check the lost property boxes located around the school. If your child does not have a hat that protects their neck and ears, that is either broad brimmed, legionnaire style or bucket, I strongly urge you to purchase an approved Essex Heights hat from our uniform shop, PSW in Mount Waverley.

### Magna Latch Gates – Tyne Court and Council Carpark

As you are aware over the past 12 month we have replaced most of the fence around the school perimeter. As part of this work we have installed self-closing pedestrian gates (Magna Latch) so as to ensure that all exits are closed. I know that a few people have experienced difficulties opening the gates. These gates have a built in device as part of their safety that does not allow the latch to be opened if it is being touched. So please open that latch first and then open the gate.



Our maintenance man has been around to all of the gates on Thursday and made sure that they are all fully operational.

I look forward to seeing you around the school.

**George Perini**  
Principal



## Australian Loyalty and the ANZACs

**ONE WEEK TO GO to submit your Audience Choice vote!**



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.



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. Information has been published on Compass for the Years 5 and 6 students who are finalists in this competition; consent required by 8th November.





### How to handle put-downs

In ArtSEL this week, we are learning to handle put-downs. Sometimes, people may say things on purpose that are hurtful or mean and these are called put-downs. Put downs are not OK because it makes you feel unimportant, small or even angry. They can cause a lot of strong emotions. If this happens we can:

- either ignore the person, or
- assertively tell the person to stop, then
- say something positive about yourself and get help if the put-downs continue.

### Year 6 Transition Program: How to protect ourselves against depression

This week in ArtSEL, we are learning about how to protect ourselves against depression.

About 20% of people experience depression at some time in their lives. While we can't guarantee that we can protect everyone from depression, there are things that we can do to make it less likely.

#### **SADNESS IS NOT ALWAYS BAD**

Everyone loves being happy but being sad at times is not such a bad thing. Sadness gives us time for thinking things over, sometimes regretting things we have done and helps us to resolve to be better people. Feelings of sadness and disappointment over setbacks are part of being human.

Knowing that you won't be happy all the time is important. Accept that there are some things you just can't control. All feelings pass and we can learn from the whole range of feelings, sadness included.

#### **LOWER THE AMOUNT OF STRESS**

Try to identify some of the major sources of stress in your life and develop systems to deal with them. If you can't avoid the stressful situations at least develop a de-compression strategy. This is a way of winding ourselves down after being revved up. Going for a walk, doing some exercise and being active are some of the best ways.

#### **FIND SOME GOOD FRIENDS**

Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

#### **EAT HEALTHILY**

What we eat changes our moods. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats.

These are 'good' fats so don't be hesitant about eating them! Whole grain oats have been shown to help with depression, as their folic acid and B vitamins release energy slowly. Foods high in selenium, which is found in meat, fish and cereal grains, have also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

#### **GET SOME EXERCISE**

Exercise decreases stress hormones such as cortisol and increases endorphins (happy chemicals). Exercise also helps release dopamine, adrenaline and serotonin, which work together to make you feel good.

Endorphins are a hormone like substance, produced in the brain and function as the body's natural painkillers. During exercise endorphins can leave you in a state of euphoria with a sense of wellbeing.

The most effective type of exercise for the release of endorphins is cardiovascular exercise and aerobics.

Moderate exercise for 10 minutes a day is enough to improve your mood and increase energy but it is suggested that you do 30 minutes per day.

*... continued*



### **BE GRATEFUL AND LUCKY**

Even people who have had rotten things happen to them can rise above them. They usually do this by deciding to be lucky. While we can focus on the things that have upset us, most of us have many things and people to be grateful for. Focusing on that part of your life and deciding you are lucky makes an enormous difference to your life.

### **GET ENOUGH SLEEP AND REST**

Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful antidepressant, serotonin, are built and rebuilt between the sixth and the eighth hour of sleep.

Over 60% of people who sleep five or less hours a night end up obese and depressed.

If you are having difficulty sleeping:

- Try relaxation methods before sleeping
- Write out a to-do list for the next day before getting into bed
- Have a pre-sleep ritual e.g. reading or warm bath
- Switch off the electronics, especially phone
- Decrease caffeine consumption late in the day (e.g. coke or coffee)
- Decrease your intake of sugar
- Go to bed at the same time every day and wakeup at the same time every day
- Avoid late nights
- Avoid naps especially after 4pm
- Avoid spicy, sugary or heavy foods before bed
- Have the room at a comfortable temperature
- Block out distracting noise
- Don't sit in bed while studying.
- Get in the habit of reserving your bed for sleep
- Warm milk before bed is good as it is high in tryptophan, which aids sleep.

### **LAUGH MORE**

Laughter raises our levels of serotonin and dopamine. Make a point of watching TV shows or movies that make you laugh. Share funny stories and jokes with friends. People report that laughing even when they don't feel happy improves their mood and sense of wellbeing.

### **HAVE SOME SOURCES OF 'FLOW'**

We experience 'flow' when we get involved in an activity that captivates us. At the end of these types of activities people think, 'Where did the time go?' There are many sources of flow – computer games, sports, drawing, dancing, reading, swimming and surfing are some. These are the things that you do that absorb you and take you away from your day to day cares.

Losing yourself in a few pleasurable activities that challenge you is highly protective against depression.

### **CREATE A DEPRESSION PREVENTION PLAN**

Try and identify things that can stress you out, make you feel sad or make you worried. Then write down 2-3 plans you could try for each thing. Write down things that make you happy, people who make you feel good, and people you can talk to.

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

**Nikki Olsen**  
ArtSEL Teacher



## Prep Edendale Farm Excursion

We had a great day at Edendale Farm on Thursday 17th October, as always, and thankfully the rain held until the final hour of the day. However, that just meant for more fun with raincoats on and hoods up! The children were involved in four activities:

- ★ the farm tour (there was even a turkey called George ..., and we got to pat/feed four week old goats);
- ★ the worm workshop, where they learnt all about the superheroes of the farm;
- ★ a garden/vegetable patch/orchard tour; and
- ★ then they were able to plant and bring home a sunflower or bean plant .... fingers crossed they grow, and a farm craft, where they use flowers and other herbs from the garden to create patterns and colour onto their own little bag.

Hopefully this gives you a little overview of our day in Eltham.



Photos: Shona Misso & Melanie Boyle



# SHOWCASE

*A celebration of music-making for the whole EHPS community*

**NEXT FRIDAY, 1st NOVEMBER at 6.30pm**

**Robert Blackwood Hall, Monash University**

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

Tickets have sold very quickly, and there aren't many left. Make sure you don't miss out, and buy yours today! 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](https://www.monash.edu/mlive/whats-on/events/showcase-2019/) 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 published on Compass, and provided to new families, and contains all the information you will 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 student here at Essex Heights - we hope! The Showcase Committee are working on getting photo permission from all families for this occasion. If you have received a green form regarding this, but haven't returned it - please return the form on Monday morning.

## 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, with the due date extended to TODAY, Friday 25th October.

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.



## Clamshell Pool Needed for Year 6 Graduation

Year 6 Graduation is approaching and the teachers are trying to source a Clamshell Pool. They were hoping that junior school parents would have one that could be borrowed. It would be used to decorate the Hall as part of the graduation festivities.

Please see Maria Capsalis (B4) if you have one we can borrow.



## Health & PE

### District Cricket



The District Cricket Gala Day for students in Years 5 and 6 who have qualified for the team will be held next Wednesday, 30th October.



### Softball Finals

The Eastern Metropolitan Region Softballs Finals will be held next Thursday, 31st October, at the Waverley Softball Centre in Wheelers Hill. Mr Cavill will meet the team at the venue.

Information for students in the team has been published on Compass. There is no cost for this event, but consent is required by Sunday 27th October.

Contact Chris Cavill if assistance is required.



## Ever Higher Art Exhibition

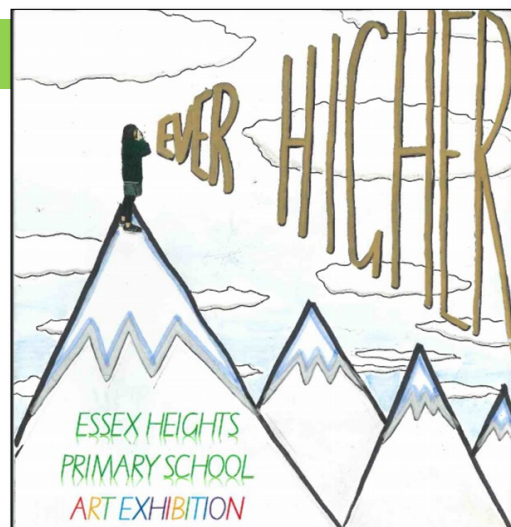
### Volunteers Needed at the Gallery

We are really excited to run our first Art exhibition. 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**



parenting \* ideas

*"Schools are at their dynamic best when teachers and parents work hand-in-hand together"* **Michael Grose**

Parenting Ideas aims to help people successfully raise confident, happy and resilient kids. Over the course of nearly twenty years, Parenting Ideas have become one of Australia's most trusted sources of parenting education and support. Our school membership with Parenting Ideas provides our school community with regular Insights articles and access to their 2019 webinars for parents at no cost.

### Strengthening kids' self-esteem in a digital world

As young people spend increasing amounts of time online, their social lives and emotional wellbeing become increasingly entrenched in the digital world. As they journey through adolescence in this permanently public landscape, dealing with the effects on self-esteem, friendship issues, self-worth and wellbeing can be challenging to say the least.

Martine Oglethorpe, a technology expert who is an accredited speaker with the Office of the eSafety Commissioner, has written the latest Insights article and will present the upcoming webinar. Martine has a background in secondary education and a Masters in Counselling.

The webinar will look at how we can best equip our young people to thrive both online and in real life as they grow up immersed in online spaces.

Key learning outcomes from the webinar will include:

- How young people use social media to socialise
- The effects of social media on self-esteem & wellbeing
- How young people can avoid the pitfalls of social media
- Nurturing self-esteem and digital resilience – learning to thrive online

The Insights article has been distributed via Compass and is accessible on our school website. The webinar will be held on Wednesday 30th October at 8pm, and is accessible until 30th November. Registration details for the webinar are at the end of the Insights article.

For further information, including the 2019 webinar series, go to our school website - [CLICK HERE](#).



The Victorian State Schools' Spectacular (VSSS) is an annual event and is one of the largest recurring productions in Australia. The Victorian State Schools Spectacular brings together over 3000 school students performing as a 64 piece orchestra, 1300 voice choir, 1200 mass dancers, 30 lead vocalists, 16 principal dancers, 20 ensemble dancers, eight backing vocalists, roller skaters and puppeteers and much more.

VSSS encourages creative skills, discipline, perseverance and confidence over months of rehearsals. Students, working towards a common goal in a collaborative, competition-free environment. Its dual aim is to provide an invaluable performing arts opportunity to students and to showcase the enormous talent that exists in our schools. This all comes together in a three hour show that celebrates a diversity of performance mediums, including choir, dance, vocal, drama, and orchestra.

Participating students have the opportunity to work with industry professionals including Creative Director Neill Gladwin, Musical Director Chong Lim AM and Dance Director Deon Nuku, (Scooby Doo, Happy Feet, Moulin Rouge).

## Audition registration for 2020 now open

For more information on participating in the 2020 Victorian State Schools Spectacular, and to register - [CLICK HERE](#).



## Before & After School Care

### Accounts

Can families please endeavour to bring their account up to date? We will need all accounts cleared two weeks prior to the final day of term (by Friday 6th December).

If you require care for the last two weeks of Term 4 we request that it is paid in advance. Any days not used will be carried forward to 2020.

### Halloween Party

**The Aftercare Halloween Party will be on Thursday 31st October from 3.30pm to 6.00pm in the Hall.**

All food will be provided. Children can dress up in their costumes if they wish. Only children enrolled in the program are able to attend.

We are also very fortunate to have Betty Ciorciari baking the program her famous Halloween Cake. Betty has baked some amazing Halloween creations over the years. The program is grateful for your hard work Betty.



### Aftercare Activities

Monday .....	Skelton Bones
Tuesday .....	Spooky Halloween Chocolate Bark
Wednesday .....	Creepy Spider Webs
Thursday .....	Halloween Party ( <i>all food provided</i> )
Friday .....	Movie: <i>Transylvania</i>



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 28th October - 11.15am to 1.45pm ..... Sandy Shen

Wednesday 30th October - 9.00am to 1.45pm ..... Angela Millan & Vicky Milevski

Friday 1st November - 9.00am to 1.45pm ..... Katy Smith & Natalie Murphy

*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



### Mangoes – Orders closed today!



Thank you to all those who have ordered their Mangoes. We will let you know as soon as we know the collection date. It should be early December.

### 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 at [www.trybooking.com/562123](http://www.trybooking.com/562123).



T & G PHOTOGRAPHY

### Secondhand Uniform Stall – Thank you Jen



The PFA wishes to thank Jen for organising the Secondhand Uniform Stall over many years. Her final stall was a great success. Thank you to all that served and helped earlier today.

### World Teacher's Day Lunch – Friday 1st November – Food and Help Wanted

A wonderful new team of co-ordinators are organising this year's World Teacher's Day Lunch and have some delicious items planned for the day. However, they do need your help ... especially from the marvellous cooks that abound in our school community. Please consider



preparing a dish for our teachers, and deliver on the day to the Staff Room before the start of school. Helpers on Friday for any amount of time between 9am and 2pm would be most appreciated too. Contact Nicole for further details on 0427 812 124 or email to [ehpspfa@gmail.com](mailto:ehpspfa@gmail.com)



### Save the Date – Sunday afternoon, 1st December

Some Mums who are keen to raise more money for our wonderful school are in the process of organising an additional event. Details next week .... let it go...!



# 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](http://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

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

I look forward to seeing you around the school.

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



## 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](http://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](http://creativedanceanddrama.com) and request a form via the contact page.

### After School Dance

After School Dance for Prep to Year 2 is 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.



# Are you and your child both struggling with anxiety?

If you're a parent with a child aged 7-12 years, and you both experience anxiety, we would like to **invite you to participate** in a study treating emotional disorders with cognitive behavioural therapy.

**What you can expect:** If you and your child are appropriate candidates for this study, you will both receive a no-cost comprehensive diagnostic assessment of anxiety and related symptoms by provisional psychologists at Monash University's FEAR Clinic. Following this, if both you and your child are assessed as having an anxiety disorder, you will be invited to participate in a low-cost treatment program of cognitive behaviour therapy (CBT).

The CBT treatment involves participation in 10 one-hour therapy sessions conducted at the Monash University FEAR Clinic. Parents and children will typically be treated separately, however, some treatment components will involve children and parents taking part in activities together. Throughout the CBT program, participants will also be required to complete questionnaires related to their symptoms, and to engage in between-session activities designed to consolidate knowledge and skills introduced during treatment sessions. Following treatment, a further assessment will be conducted to determine symptom and diagnostic change.

Monash University Human Ethics Committee research study approval number: 9781.

**For further information or to register your interest, please contact:**

Dr Peter Norton, Ph.D.  
Clinical Psychologist  
Professor, Monash School of Psychological Sciences  
[Peter.Norton@monash.edu](mailto:Peter.Norton@monash.edu)  
Phone: 03 9905 1709

Co-Investigator  
Dr Katherine Lawrence  
Clinical Psychologist  
Phone: 03 9902 4480


Student Researchers:

Ms Chloe Salvaris, [Chloe.Salvaris@monash.edu](mailto:Chloe.Salvaris@monash.edu)  
Doctor of (Clinical) Psychology Candidate, Provisional Psychologist

Ms Samantha Galea, [Samantha.Galea@monash.edu](mailto:Samantha.Galea@monash.edu)  
Doctor of (Clinical) Psychology Candidate, Provisional Psychologist

Online registration of interest:  
<https://goo.gl/forms/F7Rah2W38B9XMREh1>

FEAR (Fear, Emotions, and Anxiety Research) Clinic:  
Building 1, 270 Ferntree Gully Rd., Notting Hill, 3168  
Phone: 03 9902 4480  
Web: [med.monash.edu.au/psych/fear/](http://med.monash.edu.au/psych/fear/)

Find us on 





**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](http://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**

**Bring out the best  
in your child with  
singing.**



Enrolments for the Australian Youth Choir are now open to boys and girls from 7 years.



An opportunity to develop singing, build confidence and make new friends.



Weekly rehearsals in Burwood during school Term; workshops and concerts included in the year.

**TRY OUT NOW TO START  
FEBRUARY 2020**

**9836 2877**

**Take your child's singing from the  
shower to the stage!**

Visit our **website** [www.niypaa.com.au](http://www.niypaa.com.au)

[@niypaaofficial](https://www.facebook.com/niypaaofficial)

[australian\\_youth\\_choir](https://www.instagram.com/australian_youth_choir)

The Australian Youth Choir is a division of National Institute of Youth Performing Arts  
Australian (NIYPAA) ABN 28 007 124 629



**Parentzone**  
EASTERN



## 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](http://anglicarevic.org.au)



**BETTER  
TOMORROWS**

**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](http://numberworksnwords.com/au)

**Specialist Maths tuition  
and English tuition**



# Want to try tennis?

Get started today with a **FREE** intro  
at the MCC Glen Iris Valley TC



Get into tennis at MCC  
Glen Iris, Mt Waverley  
- Coaching  
- All ages and  
standards catered for

- Kids hot shots tennis lesson

- Mon to Fri from 4.00pm

- Sat and Sun Mornings

- Private tennis lessons

- Adult sessions - morning  
and evening lessons.

- Junior development &  
performance squads

Contact us to organise your **FREE** lesson time

260 High St Rd Mt Waverley

Angelo 0407477798 [angelo@vidatennis.com.au](mailto:angelo@vidatennis.com.au)

