

CALENDAR

November

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
Thu 28 P-Yr2 House Athletics

December

Mon 2-Fri 6 Busking Competition
Tue 3 Prep 2020 Orientation Day
Wed 4 Yr 2 Royal Botanic Gardens excursion
Wed 4-Sun 15 ... *Ever Higher* Art Exhibition - The Track Gallery

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; however, **WEDNESDAY NEXT WEEK**, due to public holiday.



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.

SHOWCASE

A celebration of music-making for the whole EHPS community

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

Robert Blackwood Hall,
Monash University

Refer to the *Showcase 2019 Bulletin* for all information.

HAVE YOUR SAY, WE'RE LISTENING!

Our **Community Engagement survey** (see last week's *Contact*) is now open and we'd love every EHPS family to respond. The survey only takes 5 to 10 minutes to complete, and will be open **until next Friday, 8th November**. The survey can be completed online in the following languages: [English](#), Chinese ([Simplified](#) and [Traditional](#)), [Korean](#), and [Vietnamese](#).

Printed copies of each survey is available from the School Office. Return the completed survey in a sealed envelope to the box provided in the Office reception by the closing date.

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

Public Holiday

TUESDAY

5th November

Melbourne Cup public holiday

No students at school

Monday 4th November is a school day;
enter absence note on Compass
if student is absent.





November

2nd	Tihana R Ollie S
3rd	Elissa O Kostas D
4th	Dax W Sienna P Jonas L
5th	Bryan X Edward C
6th	Ming Z
7th	Oscar W Andrea L
8th	Daniel H

Information sent home:

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

Year/Group	Notice/Activity
Whole school (each family) PFA Frozen II fundraiser

This week's information on Compass:

Year/Group	Compass News Feed
Prep Showcase
Year 4 Catching on Early - Sexuality Education
Year 6 Prep Photo Transition Program: Multiple Intelligences
Prep to Year 3 Swimming Information
Whole School Showcase Tickets Australian Loyalty & the ANZACs - LAST CHANCE TO VOTE! Melbourne Cup public holiday on Tuesday Remembrance Day Memorabilia After School Care Close Time Reminder

Compass Events:

Year/Group	Notice/Activity and Payment & Consent Due Date
Selected Students 2019 SAE ATOM Awards Student Awards Presentation - consent only by 8th November



Assembly: Monday 4th November

At Assembly on Monday:

- Ashwood Junior Football & Cricket Club 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.

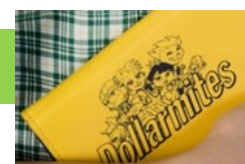
Monday 4th November

Monday 4th November is a school day at EHPS. If your child will be absent from school on Monday, please ensure that an absence note is entered to Compass before the school day begins. Tuesday 5th November is the Melbourne Cup public holiday and the school will be closed and no students attend school on this day.

School Banking



School Banking will be on **Wednesday next week** (6th November) due to the public holiday on Tuesday.



Angela Millan
School Banking Coordinator

Principal's Report



Dear Parents/Guardians and Friends of the EHPS Community,

The day has arrived! **Showcase**, our annual music celebration, is tonight. I look forward to seeing our students and their families at Robert Blackwood Hall at Monash University for a wonderful evening celebrating music at EHPS. Refer to the Showcase Bulletin, accessible on Compass or our school website, if you need to confirm any details. Have a wonderful Showcase everyone!

Have Your Say - Community Engagement Survey

Last week we advised you of the commitment made by our School Council to develop the avenues for better communication and engagement within our school community. 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. A survey has been created that can be completed in English, Chinese (Simplified or Traditional), Korean or Vietnamese, and will only take 5 to 10 minutes either online or on paper. The links to each of the language versions are on page 1 of this newsletter, or a paper copy can be collected from the School Office. Completed surveys on paper are to be returned in a sealed envelope to the box in the Office reception. The survey should be completed **by next Friday, 8th November**.

Softball



Congratulations to the students who competed in the Eastern Metropolitan Region Winter Inter-School Softball Finals on Thursday. Supported by Chris Cavill, the boys won the three matches in their pool to progress to the final. They ended the day as runners up in the competition. Well done to all students for playing so well, and being great ambassadors for our school.

Hats – Terms 1 & 4

Consistent with our Sun Smart School Policy students are to wear a hat in Terms 1 and 4 to protect against UV and the sun. Please ensure that your child has a suitable hat that provides good protection, particularly for the ears. The hats sold at PSW (EHPS uniform supplier) in Mount Waverley are compliant with our SunSmart policy. Students who do not have a hat when outside will be asked to play in the shade.



Planning for 2020

Our planning for the 2020 school year is well underway. If your child will not be returning to EHPS in 2020, please advise details at our Office next week to assist our planning and preparation.

Public Holiday on Tuesday

Next Tuesday, 5th November, is the Melbourne Cup public holiday and the school will be closed, so no students at school on Tuesday. Families are reminded that Monday 4th November is a school day. If your child will not be at school on Monday, parents/guardians must put an absence note on Compass selecting an appropriate category.

I look forward to seeing you at Showcase tonight.

George Perini
Principal

Avoiding jumping to conclusions

This week in ArtSEL, we are learning to avoid jumping to conclusions. When you jump to conclusions, you make assumptions about what is going. That means you believe you know what is going on in a situation without really having enough information about it. Sometimes when you jump to conclusions, you assume the worst. That means, you don't think clearly about the situation and you may react without having all the facts. First, use your calming down techniques. Then, try to get some more information before jumping to conclusions.



Year 6 Transition Program: My Boundaries & Expectations

In ArtSEL, we started a new unit on My Boundaries and Expectations. This week, the student's discussed their areas of intellectual strength. When students' know their multiple intelligences, we can work towards developing a growth mindset and overcome ways that limit or sabotage their success.

What we covered:

How to identify your strengths

To unlock your genius you need to work out what you are already good at. Building upon strengths goes a lot further than fixing weaknesses.

You don't need to be good at everything

The good news about the different areas of intelligence is that you don't need to be a genius in every area. To develop intelligence you need to know what you are good at and amplify those strengths. Intelligence is made up of many parts and not just limited to IQ and academic smarts.

Mapping My Pizza Smarts

The students identified their strengths (i.e., their different smarts) in their pizza 'smarts' chart. The pizza was divided into eight different slices, representing eight different types of intelligence. (Just remember, unless you're an absolute genius, you're never going to have full sized pizza slices in every section!)

These are all the smarts: Self Smart. People Smart. Music Smart. Body Smart. Picture Smart. Logic Smart. Word Smart. Your intelligence is like a multi-flavoured pizza. Some slices are large and bursting with ingredients while other slices are small and have hardly any bits on them at all. This is true for most of us.

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

Nikki Olsen
ArtSEL Teacher

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/>

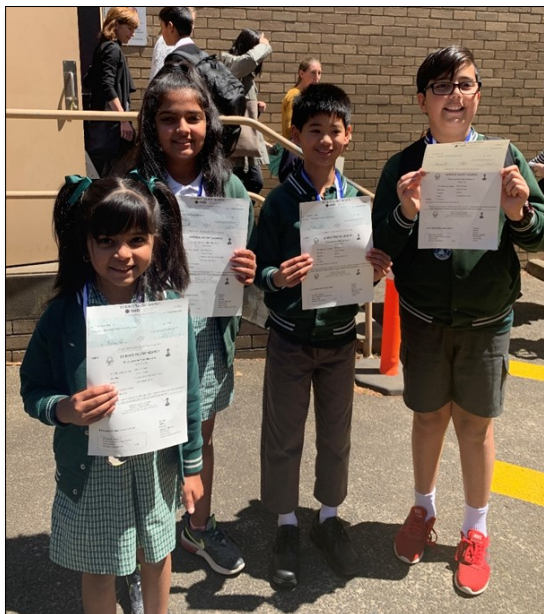


ASIC
Australian Securities & Investments Commission

Science Talent Search 2019



After months of planning and researching, the Science Talent Search has come to an end for another year. This year's topic of 'Destination Moon' produced many though provoking plans of using the moon as a base to launch into the beyond.



Minor Bursary awards have been received by:

Ayana R & Zinia R

Project: Colonisation on the Moon (Poster)

Gabriel T & Hayden L

Project: Moon Quest (Board Game)

Marcus W

Project: Destination Moon (Picture Story Book)



Look at our proud recipients of Minor Bursary awards, left to right, Ayana R, Zinia R, Gabriel T and Hayden L. Marcus W not present.

Marita Steward (56S)
STS Coordinator

Australian Loyalty and the ANZACs



Thanks to everyone that submitted an Audience Choice vote for 56A's entry, **Australian Loyalty and the ANZACs**, in the Upper Primary (Years 4-6) category of the 1-Minute Film Competition. Voting closed at midday today.



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 and are attending the awards presentation; consent only is required by Friday 8th November.

Junior School Council

Remembrance Day Memorabilia

Students from the JSC will be selling poppies, badges and wrist bands for Remembrance Day (11th November) to raise funds for the ANZAC Appeal. Prices range from \$2 to \$5. They will be selling everyday at the front of the school from today, Friday 1st November, to Friday 8th November at 8.45am and 3:15pm.



Thank you for your support.

Prep to Year 3 Swimming Program



Prep to Year 3 students will participate in an intensive eight day swimming program run by Just Swimming at Aqualink Nunawading starting next Wednesday, 6th November, and concluding on Friday 15th November. The swimming program is part of the curriculum and all children are expected to attend.

Students will travel by bus to Aqualink Nunawading, Fraser Place, Nunawading. Each session, conducted by trained swimming instructors, will be approximately 40 minutes each day as follows:

- 12 noon - 12.40pm Prep ZB, 10H, 1B, 2D, & 3F (bus departs 11.20am, returns 1.15pm)
- 1.00pm - 1.40pm Prep M, Prep D, 1G, 2PB, & 3W (bus departs 12.20pm, returns 2.20pm)
- 2.00pm - 2.40pm Prep B, 1P, 2T, 2LD & 3L (bus departs 1.20pm, returns 3.15pm)



EVERY DAY (eight school days from Wednesday 6th to Friday 15th November, inclusive):

1. CHILDREN ARE TO WEAR BATHERS TO SCHOOL UNDER THEIR SCHOOL UNIFORM
2. WHAT TO BRING in a separate bag to their school bag:
 - a. Underwear
 - b. Goggles
 - c. Towel
 - d. Thongs/Crocs, or easy shoes to slip on and off
 - e. Plastic bag for wet clothes
 - f. Swimming cap (recommended)

*** Please ensure all items are clearly named**

Students will be asked to change into their thongs/Crocs prior to leaving school. This will enable a quicker change over in the changerooms. *Note:* School shoes are still required to be worn at school.

All parents are welcome to attend lessons and observe their child's progress; meet your child's class at Aqualink Nunawading. *Note:* only those parents who have arranged with their child's teacher to be a parent helper for swimming and are wearing an identification sticker are permitted into the change rooms.

Parent Assistance Required

Each class will require one parent helper to assist with supervising/changing the students on each day of the swimming program. These parents must have a Working with Children Check and signed the Child Safe documentation (presented and lodged at the Office). Parent helpers must make their own way to Aqualink Nunawading, and be available 10 minutes before and after each session. Advise your availability by returning the form from the Swimming Information notice published on Compass. Your child's teacher will arrange identification stickers for those involved. **Only parents wearing this sticker** are permitted enter the change rooms.

Verity Bright & Natalie Zaibak

Year 6 Graduation

Clamshell Pool Needed

Year 6 Graduation is approaching and the teachers were trying to source a Clamshell Pool that would be used to decorate the Hall as part of the graduation festivities. They were hoping that junior school parents would have one that could be borrowed. If anyone does have one, could you please see Maria Capsalis (B5).

Prep Photo

As part of our graduation ceremony we are seeking the Prep school photo of every Year 6 student. If your child DID NOT attend Essex Heights in Prep, could you please send a copy of the photo to Anita Dix (email address in the Compass message) or send a hard copy of the photo to your child's classroom teacher.





Music Count Us In

This year's Music Count Us In performance is **next Thursday, 7th November, at 12.30pm in the Hall.** Parents/guardians are welcome to join us for the performance; please arrive in the Hall by 12.15pm.

We have loved learning the 2019 song, 'We Are', and the Year 5/6s have created actions. 'We Are' has special significance because one of our past students, Roan Nair, was chosen to help write the song.

He was flown to Sydney where he worked with John Foreman, Jack River, and three other school students from across Australia to compose the song. We were fortunate to have a visit from Roan (now in Year 11) one Wednesday afternoon earlier this year during Prep Choir and 1/2 Choir. He performed his original song to the students, spoke about his experience and how he won this opportunity, answered questions from the students, and he taught us some of 'We Are'. It was a really special experience and he hopes to come and visit again.

At Essex Heights we are so proud to now have two students who have been chosen for this wonderful experience. In 2015 Lynn Ng (as a Year 5 student) helped to write 'Gold'.

Here is a little info about Music Count Us In ...

The idea came about as a way of promoting music in schools; each year, one song is written and thousands of schools across Australia sing the same song on the same day at the same time as a way of joining students, teachers, parents and friends nationwide to celebrate the importance of music and community.

If you would like to listen to 'We Are' at home, please use the link provided to you on Compass, or use the following link - <https://www.youtube.com/watch?v=nYUwYAx4VA>. Alternatively, search "MCUI We Are" in your web browser, or use the link provided in the message on Compass.

*Happy singing
Tanya Dolence*

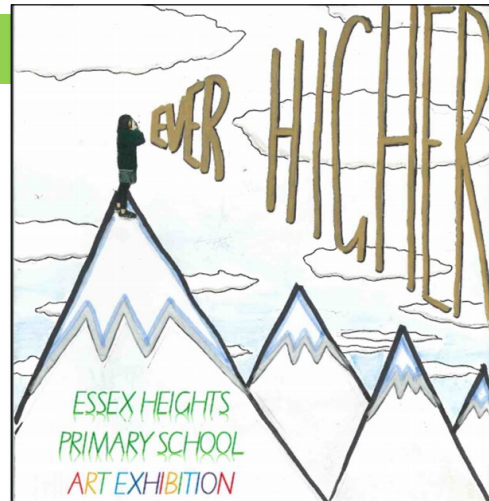
Ever Higher Art Exhibition

We are so excited about running our upcoming exhibition, *Ever Higher*, at The Track Gallery in Mount Waverley from Wednesday 4th to Sunday 15th December.

Class Art

The children and teachers have been working in collaboration to create class art pieces for the exhibition. In the next week, you will receive a notice with a picture of the class art piece and a bidding slip. This will provide the opportunity to place a silent bid to purchase the artwork. Simply fill in the bidding slip and return it to your child's classroom teacher. All proceeds help fund the exhibition so we would appreciate the support.

Happy bidding!



Volunteers Needed at the Gallery

Without volunteers this event cannot happen. We are asking parents/guardians to please consider offering two hours of your time to attend the exhibition. The opening hours are from 11am to 3pm every day, including weekends. If you are able to help, [CLICK HERE](#), or enter

<https://www.signupgenius.com/go/8050B48AEA72CA4FB6-artgallery> into your web browser.

The Art Exhibition Committee

Bird of the Year

Visit the link below to vote for the Australia's Bird of the Year - <https://www.theguardian.com/environment/ng-interactive/2019/oct/27/australian-bird-of-the-year-2019-vote-for-your-favourite>.

Tawny Frogmouth

Podargus strigoides

Is it an owl? Is it a muppet? No, it's a type of nightjar that is surprisingly common in most Australian cities but remains largely unnoticed owing to its habit of looking like a dead piece of wood.

Over the Spring months a resident pair of Tawny Frogmouths have successfully hatched two chicks. The students are caring for the chicks by respecting their privacy and not startling them. Many chicks are vulnerable to predators such as cats and foxes.



Photo courtesy of Maxim King, class iPad



*Photo courtesy of Ms T Dolence
using a Canon EOS 700D*

See Ms Marita Steward for information about wildlife in urban zones.

THE VICTORIAN STATE SCHOOLS

SPECTACULAR

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](#).



Munch & Crunch Canteen



Canteen Roster

Monday 4th November - 11.15am to 1.45pm Christina Duong & Shiri Krebs

Wednesday 6th November - 9.00am to 1.45pm Jing Mu & Paula Di Maggio

Friday 8th November - 9.00am to 1.45pm Nicole Allison & Erica Baddeley

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

Can you please ensure that your accounts are up to date.

If you have any issues with your Child Care Subsidy (CCS), please contact Centrelink as we are limited in our ability to rectify any issues pertaining to your accounts.

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 Thanks



A big thank you to Betty Ciorciari for making a fantastic Halloween cake for the program's Halloween Party on Thursday. You are a star Betty!

Also thank you to all the staff for all the hard work they put in to ensure the Halloween Party was a great success.



Aftercare Activities

Monday Horses on a stick

Tuesday *Melbourne Cup public holiday - no OSHC program*

Wednesday Design your jockey silks

Thursday Oaks Day hats

Friday Fashions on the Field

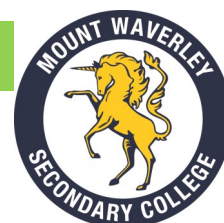
A reminder that After School Care closes at 6pm Monday to Friday. If your child is picked up after this time you will be charged late fees.

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

Thank you,
Paul Davis
Coordinator

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.





Secondhand Uniform Stall

Thanks to Jen, Mel, Sophie, Pauline, James, Cindy, Niki, Tania Jae and Yuni for helping raise \$722 for our school at the Secondhand Uniform Stall last week. Great effort, and once again, thank you Jen for coordinating this stall for the past few years!

Raining Mangoes

Thanks everyone for your orders. Sharon ordered a whopping 140 trays this week from our wonderful supplier, Bowen Special Mangoes. We'll let you know the date and time of the delivery as soon as it is confirmed.



World Teacher's Day Lunch

We wish to thank Nicole and Caz for coordinating this event, those who helped on the day or supplied delicious dishes for our teachers. It is a long-standing tradition to thank our wonderful staff and help sustain them for the busy day and night ahead at Showcase.



T & G PHOTOGRAPHY

Family Portraits Fundraiser – Sunday 24th November

Don't forget to book your FREE 8x10 size family portrait! 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. **Please book your session now at www.trybooking.com/562123.**

FROZEN II – Sunday 1st December

Come and join your school friends and be amongst the first to see Frozen II at Pinewood Cinemas. It is a great way to start the end of year celebrations with your EHPS friends and start raising money for the Year 1 and 2 playground! [Book your tickets here.](#)



Congratulations to all our performers at Showcase.

Fiona Nicholson Stocker
(Mum of Allison 3F)
ehpspfa@gmail.com

Bread Tags for Wheelchairs



1st Bennettswood Joey Scouts are grateful for the great support already received. Please help us to help other people by collecting **Bread Tags and Plastic Bottle Tops** - leave donations in the boxes in the School Office reception. More information about where the tops and tags go can be found at www.breadtagsforwheelchairs.co.za and envision.org.au. Thank you!

BREAD TAGS
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. *Note: no lessons for the next two Tuesdays, 5th and 12th November.*

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 full for Term 4. *Note: no classes on 5th and 12th November.*

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 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



kids' discount



50% DISCOUNT

on attendance fees for school students
aged 17 years and under.

To check that your school has registered
for this **EXCLUSIVE** offer, visit:
www.cabrini.com.au/EDdiscount.

Saving

\$205

8am-6pm weekdays and

\$240

weekdays from 6pm-8am
and all weekend

Why choose Cabrini Emergency Department (ED)?

- **Be seen faster:** Cabrini ED is open 24 hours a day, 7 days a week.
- **Real time waits :** to check current ED waiting time in a click, www.cabrini.com.au
- **Specialist paediatric care:** Cabrini ED is a specialist team, supported by modern imaging and treatment services for kids.
- **Personalised call back service:** calls offered to every patient within 48 hours' of discharge.



- The discount of 50% applies to the attendance fee only and would not include any further out of pocket expenses such as X-rays and blood tests
- Cabrini is a private, Catholic, not-for-profit healthcare service that does not rely on funding from government or the Catholic Church. Therefore, they must charge fees for emergency medical care. Unfortunately health insurers do not cover emergency attendances, so they rely on these fees to cover our costs

**Cabrini Emergency Department . . .
Your private alternative!**



For more information - [click here](#).

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
Phone: 03 9905 1709

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


Student Researchers:

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

Ms Samantha Galea, 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/

Find us on 



WHAT IS GCMABACUS?

This is a 'Whole Brain Development' program with a proven concept that can improve arithmetic skills and enhances mental abilities such as concentration, observation, visualization, imagination and memory.

WHY LEARN/USE ABACUS?

Abacus is an instrument that was invented some 3000 years ago primarily in China, which later spread through countries like Korea, Japan, Taiwan, Malaysia, etc. It was used in ancient times for calculating numbers through the Basic Arithmetic System. It has now been proven as a 'Whole Brain Development' tool over the last two decades. Abacus became popular over the world after being transformed from a calculating instrument into a 'Holistic Brain Development Program', in addition, to make learning Math easy, fun and effective.



GCM ABACUS
0431 616 364

ABACUS LESSON

MENTAL ARITHMETIC
PROGRAM

儿童珠心算



MEMBER OF ABACUS COMMITTEE OF TAIWAN CHAMBER OF COMMERCE
ABACUS AND MENTAL CALCULATION EXAMINATION IS HELD ANNUALLY

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