

## CALENDAR

### November

Tue 19	Chorale visit to Essex Heights Juniors
Wed 20	Prep 2020 Transition 3
Wed 20	Keyboard Concert
Thu 21	Heroes & Villains graduation fundraiser
Thu 21	Yr 1 Scienceworks excursion
Sun 24	PFA Family Portrait fundraiser
Mon 25	Region Cricket Finals
Tue 26	Piano Concert
Wed 27	State Softball Finals
Thu 28	P-Yr 2 House Athletics

### December

Sun 1	PFA Frozen II fundraiser
Mon 2-Fri 6	Busking Competition
Tue 3	Prep 2020 Orientation Day
Wed 4	Yr 2 Royal Botanic Gardens 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.

## PRINCIPAL'S REPORT

Dear Parents/Guardians & Friends of the EHPS Community,

Over the past few week we have had so many exciting activities at school. Assemblies have been full of outstanding student achievements in Sport, Science Talent Search, amazing student of the week awards to name just a few. The swimming program has also been well attended and the children have really enjoyed it, especially once they got into their new routine.

Recently there has been significant interest in new families enrolling into Essex Heights. This is evidence of the schools excellent reputation and the value placed upon our programs and the overall curriculum that we offer. Next year, our school numbers will be a little smaller because we are farewelling the biggest year level in the school, our marvellous Year 6 cohort.

The Prep 2020 Information Evening was held on Tuesday. The parent feedback was so very positive. Families were given a run through of a typical day, met the 2020 Prep teachers and Specialist teachers. Prep numbers have consolidated at around 80 but there have been further enquiries during this week. A huge thanks to Carolyn Wilson and Mel Boyle for their excellent organisation of a very informative evening, and to the new Prep teachers, specialist staff, Ina and Kathy H for their great presentations, and presence on the nights.

## Oxfam Concert 2019

On Monday night, our Chamber Choir, Contemporary Band and the Guitar ensemble performed at the annual Oxfam concert at Box Hill Town Hall. This concert raises funds for Oxfam, but more importantly gives young people from schools in our region the opportunity to perform and display their talent. Once again, our students performed so well, with confidence and maturity. They all really showcased their talent. All the students were great ambassadors for our school. Many thanks to Tanya Dolence, Magdalene Lim and Peter King for preparing the students so expertly. Also a big thank you must go to the parents who supported their children by attending on the night.



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## November

16th	.....	Liam M
18th	.....	Ryan L
19th	.....	Isabella H Alex P
20th	.....	Ghin S Divyaansh S
21st	.....	Emilie S
22nd	.....	Hiruni G Max K

## Information sent home:

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

### Year/Group

### Notice/Activity

Whole school (each family) ..... Ever Higher Art Exhibition flyer

## This week's information on Compass:

### Year/Group

### Compass News Feed

Year 3 ..... ArtSEL - Homework. Recognise Bullying

Years 4 & 5 ..... ArtSEL Homework - Bullying Prevention. Recognise. Report.  
Refuse

Prep to Year 3 ..... Swimming update

Clothes for swimming tomorrow

Whole School ..... Gallery Opening Hours: 11.00am to 3.00pm

## Compass Events:

### Year/Group

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

Year 1 ..... Scienceworks - 'What's with the Weather?' - pay \$22 and  
consent by 18th November

Year 2 ..... Year 2 Royal Botanic Gardens - pay \$30 and consent by  
24th November

Selected Students ..... Chorale - Essex Heights Juniors Visit - consent only by  
18th November

Grade 5/6 Region Cricket - consent only by 18th November

State Softball Finals - consent only by 22nd November

## Assembly: Monday 18th November

At Assembly on Monday:

- ANZAC Writing Competition
- Maths Olympiad
- AMEB certificates
- Heroes & Villains graduation fundraiser
- Science Talent Search
- 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.

## Leaving EHPS?

Our planning for the 2020 school year is well underway. Therefore it is essential that we know if any students are not returning next year. If your child is not returning to EHPS in 2020, please advise the following information to Jo in the Office:

1. Date of last day at EHPS
2. Name of the school that they are enrolled at
3. Commencement date at new school
4. The reason for leaving EHPS
5. New contact details, if any are changing (eg address, phone number, email)

## Principal's Report



### SunSmart

At Essex Heights Primary School we value healthy environments and encourage appropriate behaviours to minimise overexposure to UV and to reduce skin and eye damage and skin cancer risk. We encourage behaviour change through education and role modelling. Therefore I would like to strongly encourage all families to discuss appropriate sun smart behaviours with your children.

At school we require children to wear a sun protective hat that protects their face, neck and ears (legionnaire, broad-brimmed or bucket hat). Peak caps and visors are not considered a suitable alternative. We encourage the use of sunscreen and to wear sunglasses outdoors. As well we advise students to seek shade where possible.



In terms four and one we need to be particularly vigilant about Sun Smart practices.

To view the EHPS SunSmart Policy, please [CLICK HERE](#), or access on our school website.

### Transitions at Essex Heights

Throughout their time at school, children go through many transitions, e.g. from Kinder to Prep, from one year level to the next, and from primary school to secondary school. Each one brings with it excitement and a few possible nerves due to the anticipation. It is important that we discuss with the children what they might expect, reduce their anxiety and give them skills to approach their progression.

Teachers will work with the children to prepare them for the move into their next year level and class. It is important that we approach this task collaboratively. All efforts will be made to make this transition a great experience for your children. As a family you too can help by supporting your child, giving them strategies to make new friends and modelling to them that change is a positive thing and that there will be a good outcome in their new environment. This all helps to build resilience in our children. It is important that we all work together to ensure that the children are adequately prepared for their transition.

The transition from Year 6 to secondary school is a significant move for most students. This year in our ArtSEL program in Year 6, a transition program was initiated to help each student have a positive start in their new school next year.

As I mentioned above, you as parents also play a very important role in helping to prepare children for this big change. Sometimes parents ask about how they can help their children. The following article, written by Sharon Witt, an experienced secondary teacher, author of 12 books for young people and very successful presenter on building resilience has many useful tips on this subject.

*Entering high school can be just as daunting for parents as it is for a child. It is a huge time of change, and coupled with the fact that starting secondary school often coincides with the onset of puberty; it can be quite a roller-coaster ride!*

*Spend as much time as you can reassuring your child that they do not have to face this change alone and that it will be, for the most part, a positive experience. Avoid sharing any horror stories you may have experienced as a teenager in high school – these will not help your child. Rather, recall any positive experiences you had, especially if you made life-long friends at high school.*

*Organisation is crucial to helping your child cope well with entering high school. Those students that are well organised have a much better chance of settling in those first few weeks of secondary school.*

#### **Here are 6 tips for preparing your child for high school:**

1. **Ensure your child has everything they need for high school well before school starts for the year**  
*Having items missing at the beginning of the year will frustrate not only your child but the teachers. Ensure they have enough books to write in for each subject and always have spares on hand at home.*
2. **Practise using public transport if your child is using it for the first time**  
*For many students, changing schools means they may now have to travel on buses or trains for the first time. Help them to familiarise themselves with the bus/train timetable and offer a contingency if they miss their transport. If possible, practise the trip during the holidays.*

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## Principal's Report

### 3. **Set up a designated study space in the home**

*This tip is so important as so many children don't have a specific area set up to allow them to quietly complete their homework. The bedroom is not recommended, as this is purely a space for sleeping and relaxing. Use any area that is reasonably quiet and well lit. Set up a desk with a computer, if possible, along with stationery items.*

### 4. **Set up a high school parent folder**

*This will be a place to file all correspondence so that you can know exactly what is happening for your child at high school, including important dates. If you know what is going on at school, you will be able to help your child feel in control and stay organised. I cannot recommend this highly enough. As a parent you really need to stay on top of school information, at least until your child has established their own routine and systems for staying organised at school.*

### 5. **Encourage healthy sleeping patterns at least one week before starting high school**

*If your child has got into a holiday habit of staying up late and waking up at lunch time, they will get a rude shock come first day of school when their sleeping patterns are all out of whack! Get your child into 'school routine' for sleeping during the final week of the holidays.*

### 6. **Keep your child's high school in the loop**

*Inform your child's new school if they have special needs or learning difficulties. Teachers will benefit from being made aware of any particular needs or special circumstances that will help them in working with your child. If there are any specific family issues that might affect your child's ability to settle into high school, communicate these to your child's class or home-room teacher as soon as you know who they are. Never underestimate the importance of keeping the lines of communication open with your child's school.*

I look forward to seeing you around the school.

**George Perini**  
Principal



## ArtSEL

### Recognising Bullying

This week in ArtSEL, we have learnt to recognise bullying. Bullying is when someone continues to keep picking on someone else on purpose, over and over. The person it is happening to has not been able to make it stop. It is one sided and unfair. It is not when, someone is being mean on a once off situation, it is happening continuously. Clues of bullying include:

- Continuously, hurting someone's body or belongings
- Continuously, using words to hurt someone's feelings
- Continuously, leaving someone out on purpose
- Continuously, getting others to be mean or exclude someone.

Bullying is not safe, respectful, or kind. It is against Essex Height's rules. If you see bullying, always report it to the teacher.

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



**Nikki Olsen**  
ArtSEL Teacher



## Year 6 Graduation Fundraiser

### Heroes and Villains Dress Up!

Pow! Dress up as a superhero or a supervillain!

It's on Thursday the 21<sup>st</sup> of November!

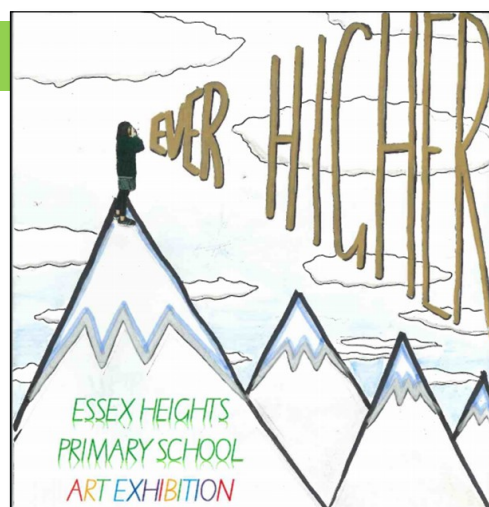
Gold coin donation for Grade 6 Graduation Fundraiser



## Ever Higher Art Exhibition

The weeks are flying by and before you know it, the *Ever Higher* Art Exhibition will be opening! Between Wednesday 4th and Sunday 15th of December, classes will attend an excursion (in school hours) to The Track Gallery. During this time, students will have the opportunity to vote for their favourite class art pieces as part of the People's Choice Award. Students will choose their favourite art piece from the Prep to Year 2 classes, Year 3 and 4 classes, Year 5/6 classes and Specialists (Art, Music, Indonesian and P.E). The winners from each category will receive a special prize for their class!

We cannot wait for our exhibition! It's going to be an amazing display of talent by our students here at Essex!



### Class Art

The children and teachers have been working in collaboration to create class art pieces for the exhibition. You have been sent a notice with a picture of the class art piece and a bidding slip, providing 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**

### Volunteers Needed at the Gallery

If you are able to volunteer two hours of your time to attend the exhibition, please [CLICK HERE](https://www.signupgenius.com/go/8050B48AEA72CA4FB6-artgallery), or enter <https://www.signupgenius.com/go/8050B48AEA72CA4FB6-artgallery> into your web browser. The opening hours are from 11am to 3pm from Wednesday 4th to Sunday 15th December, inclusive, at The Track Gallery in Mount Waverley.

**The Art Exhibition Committee**

## Year 1 Scienceworks Excursion



SCIENCEWORKS

The Year 1 "What's with the Weather?" excursion to Scienceworks in Spotswood is on Thursday 21st November. This excursion is part of our Term 4 integrated topic "Wise Weather Watchers". They will explore the Museum, engage in interactive exhibits, and attend a presentation looking closely at the Science behind weather. They will use this experience to consolidate and extend their understanding of this topic.

Excursion information has been published on Compass. Pay \$22 and consent by 18th November.

## Instrumental Music



### Keyboard & Piano Concerts

The following concerts will be held in the School Hall:

- ★ **Keyboard Concert** - Wednesday 20th November from 6.30pm to 7.30pm; and
- ★ **Piano Concert** - Tuesday 26th November from 6.30pm to 8pm.

We look forward to seeing you there.

## Health & PE

### Region Cricket Finals

The Years 5/6 Boys A cricket team have been invited to participate in the Region Cricket Finals as a wild card entry. The Region Cricket finals will be held on Monday 25th November at DW Lucas Oval in Malvern East.

Parents/Guardians will be required to make arrangements for their child to travel directly to and from this event. Please email Elisha Cotterell if you require assistance with making travel arrangements for your child. Elisha will meet the team at the venue.

Students will need to bring a bag with a healthy snack, lunch and water bottle. This is a Term 4 outdoor event and all students must have a school hat. Sun block is recommended to wear and bring to re-apply throughout the day.

Information has been published on Compass. There is no cost for this event, but consent is required by 18th November.



### State Softball Finals

The Boys' Softball Team have received an invitation to participate in the Victorian State Softball Primary Finals at the Waverley Softball Centre in Wheelers Hill on Wednesday 27th November. Essex Heights finished runners-up in the Eastern Metropolitan Region Finals and have been offered this opportunity because another region do not have a representative for this event.

Students will need to travel to this event by private vehicle, to arrive at 9am. Chris Cavill will meet the team at the venue. Please contact Mr Cavill if you require assistance with these arrangements.

Information will be published soon on Compass. There is no cost for this event, but consent will be required by 22nd November.

Congratulations and good luck Essex Heights!



## Sustainability Team



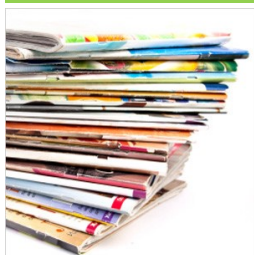
At our School we:

- ★ Recycle our paper and mixed recycling
- ★ Email our school newsletters instead of printing
- ★ Participate in the Rubbish Free Lunch
- ★ Recycle mobile phones, photocopier cartridges and iPads
- ★ Send furniture and books to Timor Leste
- ★ Recycle food scraps by composting or feeding them to the chooks
- ★ Encourage students to be responsible for their own rubbish
- ★ Eat our lunches indoors

*To all the families that participated in our Sustainability program at Essex this term we would like to say thank you. This program is not possible without your assistance.*



Regards,  
**Marita Steward and the Sustainability Captains**



### Magazines Wanted

Donations of old magazines for Art would be greatly appreciated. Please deliver to the Art Room.



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 18th November - 11.15am to 1.45pm ..... Angela Barwick

Wednesday 20th November - 9.00am to 1.45pm ..... Sophie Sautner & Chengyan Zhou

Friday 22nd November - 9.00am to 1.45pm ..... James Douglas & Yuni Lee

*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



T & G PHOTOGRAPHY

### Family Portrait Fundraiser – Sunday 24th November

There are only a few spots remaining, so book now for 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. **Book your session now at [www.trybooking.com/562123](http://www.trybooking.com/562123)**



### FROZEN II – Sunday 1st December

The cinema is filling up so don't forget to purchase your tickets to see Frozen II at Pinewood Cinemas. Remember some of the money will go towards a new Years 1 and 2 playground!

[Book your tickets here.](#)



### Collecting Mangoes

The delivery date will be confirmed soon.


**Fiona Nicholson Stocker**  
(Mum of Allison 3F)  
[ehpspfa@gmail.com](mailto:ehpspfa@gmail.com)




## Community Noticeboard

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





  
 Rotary Club of Emerald & District Inc.

# 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**


**THANKS TO OUR FANTASTIC SPONSORS**  


Trophies to 1st Girl & Boy in each run!

Train rides with Thomas the Tank Engine

Show Bags & Certificates for runners

**Enter Online**  
[www.kidsfunrunwiththomas.org.au](http://www.kidsfunrunwiththomas.org.au)  
 Information Line 0408 769 491

 Find us on facebook.  
 Kids Fun Run with Thomas

A COMMUNITY EVENT HELD SINCE 1993

# HILLTOP MARKET

## SATURDAY

## 16 NOVEMBER 2019

### 9am - 2pm







CAKES  
CRAFT  
PLANTS  
BOOKS  
JEWELLERY  
WHITE ELEPHANT  
GOURMET FOODS  
APRON STALL  
SAUSAGES/BURGERS  
FRAMES & PAINTINGS  
ANTIQUE & CLASSIC CARS



In cooperation with St John's and St Luke's Uniting Churches



**High Street Road Uniting Church**  
**Mount Waverley**  
 482 High St Road Mt Waverley - Cnr Stewart St  
 Melway 61 G12

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

  
 Australian Youth Choir

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

 australian\_youth\_choir

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

## Are you a parent of a child between 4 and 10 years old?




If you would like to learn skills to help manage your child's challenging behaviours, you are invited to a **FREE** parenting program

Online, group and one-on-one programs available in 2020

Location of sessions – Clayton, Hawthorn, Thornbury and Flemington

**TUNING IN TO KIDS** may assist you to:

- help your child manage difficult feelings such as worry, sadness, frustration and anger
- build your connection with your child
- better understand what underpins challenging behaviours
- stay calm when dealing with tantrums
- help your child develop social skills and reduce aggression.

For further information contact  
9371 0218  
or [BigTIK-admin@unimelb.edu.au](mailto:BigTIK-admin@unimelb.edu.au)

  
 THE UNIVERSITY OF MELBOURNE

  
 SWINBURN UNIVERSITY OF TECHNOLOGY

Programs are being run as part of a research study

If you are interested in Tuning In To Kids, please come to the School Office to collect a parent information letter.



# 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/E7Rah2W38B9XMREh1>

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 