

CALENDAR

July

Mon 13 Term 3 started
Mon 13-Fri 17 ... Student-free Days
Mon 20 Remote learning commences

August

Mon 10-Fri 14 ... Indonesian Week
Sat 15-Sun 23 ... Science Week
Tue 25 Dr Michael Carr-Gregg webinar

September

Thu 3 Prep 2021 Transition 1 ****POSTPONED****
Wed 9 PFA Meeting
Fri 18 Term 3 ends

October

Sun 4 Daylight Saving Time starts at 2am
Mon 5 Term 4 starts
Thu 8 Prep 2021 Transition 2
Mon 12-Fri 23 ... ICAS Assessments (Science, English & Mathematics)
Sat 17-Fri 23 Book Week 2020: *Curious Creatures, Wild Minds*
Mon 19 Prep 2021 Glue & Glitter Art
Mon 19-Sat 25 .. Aussie Backyard Bird Count
Fri 23 Showcase ****CANCELLED****
Mon 26&Tue 27 School Photos

Students do not attend school on public holidays or student-free days.

On Site Attendance

Form for the coming week to be submitted for consideration by 12.30pm on Thursday.

Remote Learning Packs

Packs for coming week available from 9am on Friday.
Year level tubs located outside Office 9am-4pm Friday to Wednesday.

2020 Term Dates

Term 1: 28 January* to 23 March

Term 2: 14 April to 26 June

Term 3: 13 July to 18 September

Term 4: 5 October to 18 December

Statewide student-free days: 28 January*, 14 April, 25 May & 13 to 17 July.

EHPS student-free days: 29 January, 5 March & one additional day to be confirmed.



PARENT PORTAL ON COMPASS

<https://essexheightsps-vic.compass.education>

Essex Heights Primary School

22-30 Essex Road

Mount Waverley VIC 3149

Telephone: (03) 9807 4944

essex.heights.ps@education.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. School closed to visitors;
please contact us by phone or email.



Free Webinar with Dr Michael Carr-Gregg

Dear Parents, Guardians, and members of the Essex Heights Community,

On Tuesday 25th August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).

Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named **Managing the Coronacoaster – Tips for building resilient families in the coronavirus era.**

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- ★ your supportive role
- ★ setting the emotional tone
- ★ focusing on what you can control
- ★ how to deal with disappointment
- ★ further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

Webinar details

When: Tuesday 25th August

Time: 7.30pm

Duration: 45-minute presentation followed by 15-minute questions and answers session

Format: online via Webex

Cost: free

How to register

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page.](#)

Information about this free webinar has also been provided to you via our parent portal on Compass.





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

July

18th Yilin Z
Akira A
Zian A
Jaslene L
20th Hrisi B
21st Timothy L
22nd Olivia Z
Audrey D
23rd Eromi G
25th Lauren J
Clarabelle I
Keaton T
Olivia A
26th Yuki L
30th Nik M
Haritas K
31st Ellie C

August

1st Irene G
2nd Rickson B
Ashley D
3rd Max O
5th Lucas F
6th Liam L
Desiree R
7th Evan L
8th Prabhava R
9th Aaricia T
11th Ian G
Raffi T
12th Emily R
Helena R
Anhad K
Thomas C
14th Aaliyah S
Faye L
Ethan S
15th Alysha H
17th James A
18th Ella F
Kenan J
Shihao H
Rami P
Caitlin D
19th Veronika S
21st Alejandra G
Kai L

Parenting Ideas is one of Australia's most trusted sources of parenting education and support. Our school membership provides our school community with access to excellent resources, including *Insights* articles, and registration to the webinar series at no cost (a saving of \$37).

The latest *Insights* articles:

- Staying the course in COVID times
- Encourage kids to occupy themselves
- Maintaining strong family traditions
- Standing behind difficult decisions

Latest webinars:

- *Understanding techno-tantrums - held on Wednesday 17th June; accessible until 17th September.*

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits.

- *Teaching young people about healthy relationships - to be held on Wednesday 9th September; accessible until 9th December.*

In a world where young people are bombarded by adult themes, sexualised and destructive media messages, it can be hard for parents to feel confident to take on delicate topics with their child. In this webinar Collett Smart gives parents the tools to build a strong relationship with their child where no topic is off-limits and they can come to them with any questions. Key learning and discussion points include: The foundations of healthy relationships and relationship intelligence; How to help a child develop flourishing relationships at each age and stage of their development; Appropriate age guidelines for talking about body safety, sex and sexualised media; How to respond when a child comes across pornography; and Conversation ideas on consent and respectful relationships.

Insights articles and webinar registration details have been distributed via Compass. For further information, access to articles and webinar information, please [CLICK HERE](#).

Are your details up to date?

It is essential that your child's home address (and mailing address if different) are up to date. If you've moved and not advised the school, please provide the new details to us in writing to the school email -

essex.heights.ps@education.vic.gov.au - so you don't miss any mailed communication from the school.

If any other details, e.g. work phone number during school day, mobile phone number, email, have changed, please also advise the details in writing.

Are your details
up to date?



Dear Parents and Carers

We are about halfway through this second lockdown and I hope that you and your family members are coping well. The medical and government officials are 'optimistic' that we are on the right track.

From a school perspective we are encouraged by the continual support that families are providing the children, but we really understand the growing pressure of weeks of lockdown. We also are very mindful that adults are juggling family and work pressures while trying to ensure that children are completing their remote learning tasks.

As a school, and in fact as a whole education system, we understand that this year has been disruptive and that traditional learning methods have had to be modified. All families need to remember a few things:

- Children have learnt so many things this year, within and beyond the curriculum
- Many children have flourished in this new learning mode
- There have been some amazing and unexpected learning experiences
- As always, when children return to learning on site at school, teachers will, as always, assess where they are up to in their learning and cater for their next steps accordingly.
- There is no need for undue concern at this time. All children have been impacted during this year.

At present, in this challenging home period, it is important that all adults look after their own wellbeing so that they can in turn look after and monitor the health and wellbeing of their children.

Below I have tried to summarise advice from Department of Education, as well as Health and Human Services websites.

What we all need to keep doing

- Practise [good hygiene](#) and regularly and thoroughly wash your hands.
- Maintain [physical distancing](#), keep at least 1.5 metres away from others.
- All Victorians must wear a face covering when they leave home, no matter where they live.
- If you feel unwell **do not go to work**.
- Get tested at a nearby [testing location](#). Return home immediately.
- If you are worried you will lose pay while you wait for test result or you have tested positive and need to self-isolate you may be eligible for a [worker support payment](#).
- If your condition worsens contact your GP or a health professional. If you become very unwell and are having trouble breathing contact triple zero, you may need to be admitted to hospital.

Make sure you are taking care of yourself

Looking after your own wellbeing and mental and physical health is important.

If looking after yourself is challenging and you have concerns about how you are coping, support is available.

For more information, visit: [Taking care of yourself](#)

Looking after your child's wellbeing

Wellbeing comes from physical, mental and emotional health.

For children and young people, there are many things that build positive wellbeing. Wellbeing can come from:

- Understanding and managing emotions
- Having good relationships
- Experiencing a sense of accomplishment
- Taking part in healthy activities, getting lots of sleep and eating well.

For more information, including wellbeing activities and conversation starters, visit: [Looking after your child's wellbeing](#).

... continued on page 4



Looking after your child's mental health

Changes in your child's mood and behaviour are normal part of growing up.

While you know your child better than anyone, sometimes it can also be hard to know the difference between normal behaviour and potential mental health concerns. No one expects you to be an expert in mental health.

For more information, including wellbeing activities and conversation starters, visit: [Looking after your child's mental health](#).

Physical activity and healthy eating

Keeping active and eating well helps maintain your child's physical and mental health. It also helps with concentration, memory and problem solving.

For more information, visit: [Keeping your child active and eating healthy](#).

Sometime parents and carers need support to work through the complexities that arise, particularly in times such as this. Below are two avenues for support.

Parentline

Parentline is a phone service for parents and carers of children from birth to 18 years old. It offers confidential and anonymous counselling and support on parenting issues.

What does Parentline do?

Qualified counsellors are available to:

- talk about any issues to do with parenting and your relationships with your child
- help you with ways to cope and be a positive parent
- help with your family's wellbeing and resilience
- connect you with services in your area.

The Parentline information states:

- We respect your privacy. Your call is confidential and anonymous.
- Calls are not time limited and you can call back as often as you need.
- Our qualified and experienced counsellors have social work or psychology backgrounds. You can ask for a male or female counsellor and ask to speak to the same counsellor if you call back again.
- We can assist non-English speaking parents and carers connect to a translating and interpreting service.
- If you're hearing impaired, you can call Parentline using the National Relay Service.
- Calls from a landline are charged at a local call rate. Mobile call rates will depend on your network provider. Check with your provider if you're unsure.
- We are happy to call you back to minimise the cost to you. If you choose a call back, we will ring back, and you'll be placed at the front of the queue until you're connected with the next available counsellor.

Some reasons to ring Parentline

You can discuss a range of issues about parenting, including:

- child behaviour and development
- parent / carer child relationships
- education
- bullying
- living with teenagers
- family violence
- family breakdown
- parental stress

The Parentline contact number is: 13 22 89

... continued on page 5

Principal's Report

Positive Parenting Program

Another excellent resource is the Positive Parenting Program (PPP or Triple P) This service provides a free on line parenting advice.

Triple P – positive parenting is a free online tool to help you:

- raise happy, confident and resilient children
- manage misbehaviour so everyone in the family enjoys life more
- encourage positive behaviour
- set family routines and rules that everyone can follow
- balance work and family life with less stress
- take care of yourself.

The program is suitable for families with children between the age of 2 and 16 years.

The current pandemic has raised new parenting challenges for everyone. This program, funded by the Victorian Government, helps parents during these challenging times.

Find out more at the [Triple P program website](#).

I hope you all keep healthy and safe.

George Perini
Principal



School Photos

The School
Photographer

NEW
DATE!

School photos have been rescheduled to **Monday 26th and Tuesday 27th October**.

If you know that your child will be absent on either or both of these dates, please ensure you have entered an absence note on Compass **and** sent emails to your child's teacher and Gael Munro.

ICAS ASSESSMENTS™

ICAS Science, English and Mathematics assessments have been offered for Years 3 to 6 students this year. As advised, the registration due date was extended, and has now closed.

The world-renowned ICAS Assessments are developed by UNSW Global, a wholly owned subsidiary of UNSW Sydney, with over 35 years' experience in educational assessments. Learn more about ICAS here: unsw.global/ICAS

ICAS Assessments are now online, a move that reflects a sector-wide transition to computer-based assessments. This allows greater accessibility for students and faster delivery of results.

All Years 3 to 6 students who have been registered online and have returned the permission form to school will now do the assessments **between 12th and 23rd October**. The specific date for each subject will be advised in Term 4.

Revised information about the assessments was provided via Compass, and can also be accessed from the Notices section on the [Parent Resources page](#) on our school website.

Alexandra O'Connor
ICAS Coordinator

Term 3 Arrangements

Term 3 commenced on Monday 13th July and concludes on Friday 18th September.

Stage 4 restrictions due to COVID-19 are in place until Sunday 13th September.

Students did not attend school in week one (Monday 13th to Friday 17th July); these were student-free days, no school work was be provided as it wasn't required.

From Monday 20th July, our school moved to remote and flexible learning. The Victorian Government has again stated that all students who CAN learn from home MUST learn from home. We are supporting families where parents and carers cannot work from home and have no other means of supervising their children or others who need the support that on-site provision enables.



On Site Attendance

The criteria for students eligible to attend school for on site supervision are:

- children of parents/carers who cannot make suitable arrangements to supervise children at home, including children of teachers in government schools who are required to return to work on-site
- vulnerable students
- students with disabilities who choose to attend on site.

On-site learning will be a very different experience compared to normal schooling. There will be unfamiliar teachers and students will be in different surroundings, not necessarily their classroom. They will be supervised and assisted to complete the remote learning program that their peers are accessing from home.

On Site Attendance Application: Parents/guardians of children who meet the criteria must submit an On Site Attendance form and a copy of the parent/carer Permitted Worker Permit each week specifying the reason why you require your child to be onsite, the day/s required, for the morning (AM), afternoon (PM), or all day. The form must be emailed to Mr Perini by 12.30pm on Thursday for consideration. The form will be provided by Compass each week; it is also accessible from the Notices section on the school website (Communication menu -> Parent Resources, scroll down to Notices). You will be advised of the acceptance or otherwise of your request. Late applications impact our planning and preparation for the coming week, and may result in a place not being available.

Arriving for On Site Attendance: Parents/guardians and students are to arrive at 8.50am (no earlier) at the front gate of the school in Essex Road. Parents/guardians must not enter the school grounds. A staff member will meet you at the gate and your child's temperature will be taken. If your child has a temperature of 37.5°C or over, they will not be permitted to stay at school. If you need to deliver your children earlier than 8.50am, then they must be booked into Before School Care; phone Paul Davis, OSHC Coordinator, on 9807 2615.

Early departure during On Site Attendance: If your child will be leaving school before 3.30pm, you must specify on your On Site Attendance form what time you will be collecting your child. Parents/guardians must wait at the front gate of the school and ring the Office on 9807 2615; do not enter the school grounds. Your child will be brought to the front gate.

Dismissal from On Site attendance: Parents/guardians are to arrive by 3.30pm and wait at the front gate of the school in Essex Road; do not enter the school grounds. Students will be brought to the front gate. If you cannot collect your child at 3.30pm, you must book them in to After School Care; phone Paul Davis, OSHC Coordinator, on 9807 2615.

ICT Equipment Hire: In the first instance we will be loaning out Notebooks. If your child's classroom teacher supports the use of an iPad, then, depending upon availability, we will make that available for borrowing. If your family needs to borrow ICT equipment, you must complete the Equipment Loan Agreement form and email to essex.heights.ps@education.vic.gov.au for consideration. The form was sent via Compass, attached to Mr Perini's News Feed article on 14th July; it is also accessible from the Notices section on the school website (Communication menu -> Parent Resources, scroll down to Notices).

Remote Learning Packs: Packs are prepared for each year level to support students who are remote learning at home. These resources are accessible from the Learning at Home site. If it is not possible to print the resources at home, a pack can be produced for students.

Term 3 Arrangements

If a pack is required for the coming week, parents/guardians must request a pack by contacting their child's teacher.

Parents/guardians are permitted to enter the school grounds to collect a remote learning pack for their child; enter via the single pedestrian gate next to the double gates on Essex Road; do not go to your child's classroom or any other location in the school grounds.

Remote learning packs for the coming week are available from 9am on Friday.

Tubs for each year level are located outside the Office between 9am and 4pm from Friday to Wednesday. On arrival, use the sanitiser provided and take a pack from your child's year level box. Packs are unnamed; the exception to this is if a teacher must provide something for a specific student.

Do not take an additional pack prepared for another family, or one from another year level; your child has been provided with what they need for the coming week, taking extra wastes school resources (paper and staff time), and keeps another parent/guardian onsite while a replacement pack is prepared. Packs prepared are appropriate for the coming week; contact your child's teacher by email regarding the work provided if necessary.

A few reminders

The Department of Education & Training (DET) has distributed Operational Guidelines that we are obliged to follow:

- Students who are unwell should not come to school. Students who have a temperature of 37.5°C or above will not be permitted to stay on arrival, or must be collected and go home.
- Parents who need to contact a teacher should use the Parent Portal on Compass, our primary form of communication. You can also leave a message with the School Office and it will be forwarded to the appropriate person.
- Visitors (including students who are remote learning at home who are outside for some exercise) are NOT permitted on school grounds at any time. This includes the use of all the outdoor facilities, sporting and recreational space or equipment. Children are not to ride their bicycles through the school grounds.
- If you need to come to the school, come to the front gate in Essex Road; do not enter the school grounds; ring the Office on 9807 4944 for instructions.
- Before and After School Care is still operating on a daily basis (as advised in Paul Davis' Compass News Feed on 14th July). The service must be used if your child must be at school before 8.50am or after 3.30pm. Please book with Paul Davis, OSHC Coordinator, by phoning 9807 2615.
- The Victorian Chief Health Officer has advised that students over the age of 12 should wear a mask at school if they are able to do so (announced Sunday 19th July). The wearing of masks or coverings is mandatory when leaving home.
- For staff and students that are at school, strict hygiene practices will be maintained.

The DET has a range of options for you to continue to support your children in their learning, available at the DET Learning from Home website: education.vic.gov.au/homelearning.

The latest information about coronavirus (COVID-19) and schools is on the DET website: education.vic.gov.au/coronavirus

And, finally, a reminder that if you, your child, or a family member develops symptoms of a fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, loss of smell or taste, you should get tested at a coronavirus (COVID-19) testing facility and stay home. This is vitally important to keeping our school community safe.

If you would like health information from the Department of Health and Human Services, you can visit dhhs.vic.gov.au/coronavirus

Further information will be communicated when there are updates.



For your information

The following changes have occurred in response to the current Stage 4 restrictions and the ongoing dynamic situation with COVID-19:

- **Prep 2021 School Transition Program:**
 - **Story Time** - scheduled for Monday 20th July and Monday 10th August; cancelled onsite. Prep staff have created Story Time videos which have been posted on our school website.
 - **Transition 1 session** - scheduled for Thursday 3rd September; cancelled onsite. Prep staff have been created a Literacy video which has been posted on our school website.
- **Prep Health Assessments with Visiting Primary School Nurse** - postponed; we are trying to reschedule.
- **EHPS Student-free Day** - scheduled for Friday 31st July; to be rescheduled, date to be advised.
- **Indonesian Day** - scheduled for Thursday 13th August; cancelled as a whole school, whole day event. Activities for students and families organised for an Indonesian Week from Monday 10th to Friday 14th August.
- **Years 4 & 5 Swimming** - scheduled for 31st August to 4th September; cancelled.
- **ICAS Science, English and Mathematics** - registration date extended to Sunday 2nd August; assessments will be conducted to the extended sitting window between 12th and 23rd October; specific date for each assessment will be advised in Term 4.
- **Showcase** - scheduled for Friday 23rd October; cancelled.
- **School Photos** - rescheduled to Monday 26th and Tuesday 27th October.
- **Year 5 Camp** - rescheduled to Wednesday 4th to Friday 6th November.
- **Year 6 Graduation** - Tuesday 15th December - planning to go ahead.



PSW - EHPS Uniform Supplier

Our uniform supplier, PSW, have advised that they have revised their trading hours in response to COVID-19 for the health and wellbeing of their staff and customers. Please refer to the revised operation hours that came into effect on Monday 20th July (see below), and note these strict protocols in place at their retail outlets include:

- Mandatory wearing of face masks
- Exclusion of physical contact with product; and
- Restricted numbers of patrons in store to five at any given time.

New EHPS uniform is only available at the PSW retail store at 288 Stephenson's Road, Mount Waverley.



Retail Operations Update

IN LIGHT OF RECENT COVID-19 DEVELOPMENTS, WE WILL BE ADJUSTING OUR RETAIL STORE TRADING HOURS FROM MONDAY, JULY 20.

Tuesday - Friday 10am - 5pm Saturday 10am - 1pm

****NOTE: SUNBURY STORE // WED, THUR, FRI 10AM - 4PM & SATURDAY 10AM - 1PM
KINGSFORD STORE // WED, THUR, FRI 10AM - 5PM & SATURDAY 10AM - 1PM**

OUR ONLINE STORE REMAINS FULLY OPERATIONAL AND IS PROCESSING ORDERS AS USUAL AT WWW.PSW.COM.AU

Year 6 to Year 7 Transition

The families of our Year 6 students who were seeking a Year 7 place at a government secondary school in 2021 received a letter last week confirming their child's placement for next year.

Any family who did not receive placement at their first preference school, and want to appeal the decision, must write to the Principal of the preferred school, outlining the rationale for appeal. The appeal must be lodged by Monday 31st August using the provided appeal form.

2020 Say No To Bullying Poster Competition Finalists



Congratulations to Audrey (PLM) and Alana (4S) who were finalists in this year's 'Say No to Bullying' poster competition!

Interrelate is a not-for-profit provider of relationship services that specialises in supporting parents and children. Each year they run a 'Say No to Bullying' poster competition.' The theme for this year's competition was *'Celebrate our differences and create a colourful world'*.



As you can see below, Audrey and Alana created two beautiful masterpieces illustrating this theme. Their wonderful artworks were acknowledged for their quality by being selected as one of only 40 finalists out of 5,000 applicants! They have also been asked to become Say No to Bullying Ambassadors and one of their first tasks will be to help choose the theme for next year's poster competition.



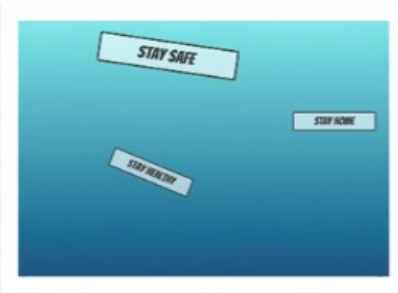
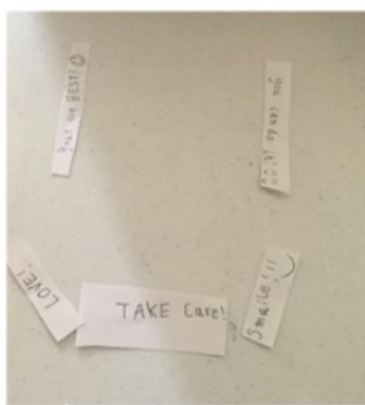
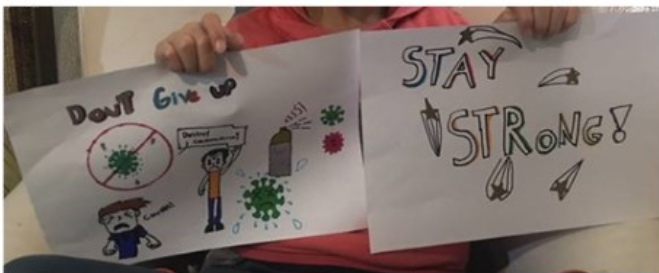
Photos: Aubrey Hudson

Once again, congratulations to Alana and Audrey on their outstanding achievement!



Year 2 Messages

The Year 2s have been creative! They've been writing and drawing messages to remind people to stay safe and be kind to each other. We thought we would share some of the beautiful messages they have created for our local community.



Photos: Renee Dare

Prep 100 Day Celebrations



The 2020 Prep children are well and truly 100 Days smarter! In the week beginning 10th August, we celebrated 100 days of Learning in Prep. This year the Prep students have had an extraordinary year as approximately half of their 100 days of learning has been 'Learning at Home'.

We celebrated with a packed week of counting to 100 and singing to 100 numerous times. We counted Lego, toys, toy cars, hair ties and books. We wrote about what we love about school, what it would be like to be 100, and if we had \$100 how would we make the world a better place. We did plenty of craft and colouring. Our whole class Zoom lessons were packed with dress ups, smiles, sharing of our ideas and work titled 'Cool things to do at School'. The children were engaged in the lessons, they participated eagerly and were SO excited to reach their 100 days milestone.

The Prep teachers are so proud of each child. They have shown resilience, patience and their ability to continue their learning in any situation. The parents and families have been an incredible support to their children in many different ways.

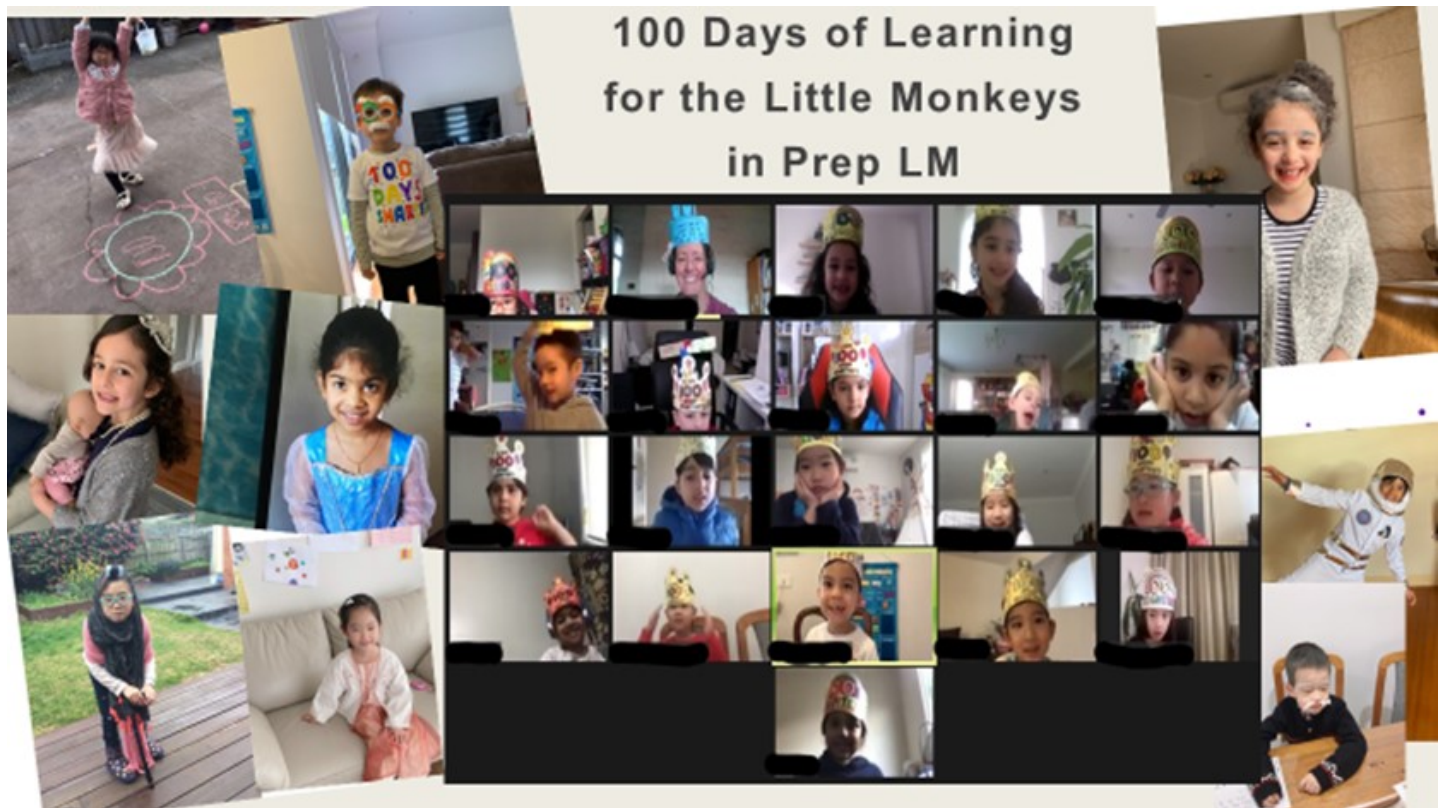
Our Essex Heights staff community got behind our Preps to help them celebrate with many videos of congratulations. There was balloons, singing, dancing, puppets, food eaten and 100 basketball shots! The videos are on our website for all in the community to watch - [click here](#).



A massive CONGRATULATIONS to all the Prep children, and their families for a fabulous start to their school life and a life of learning. A year they will never forget!



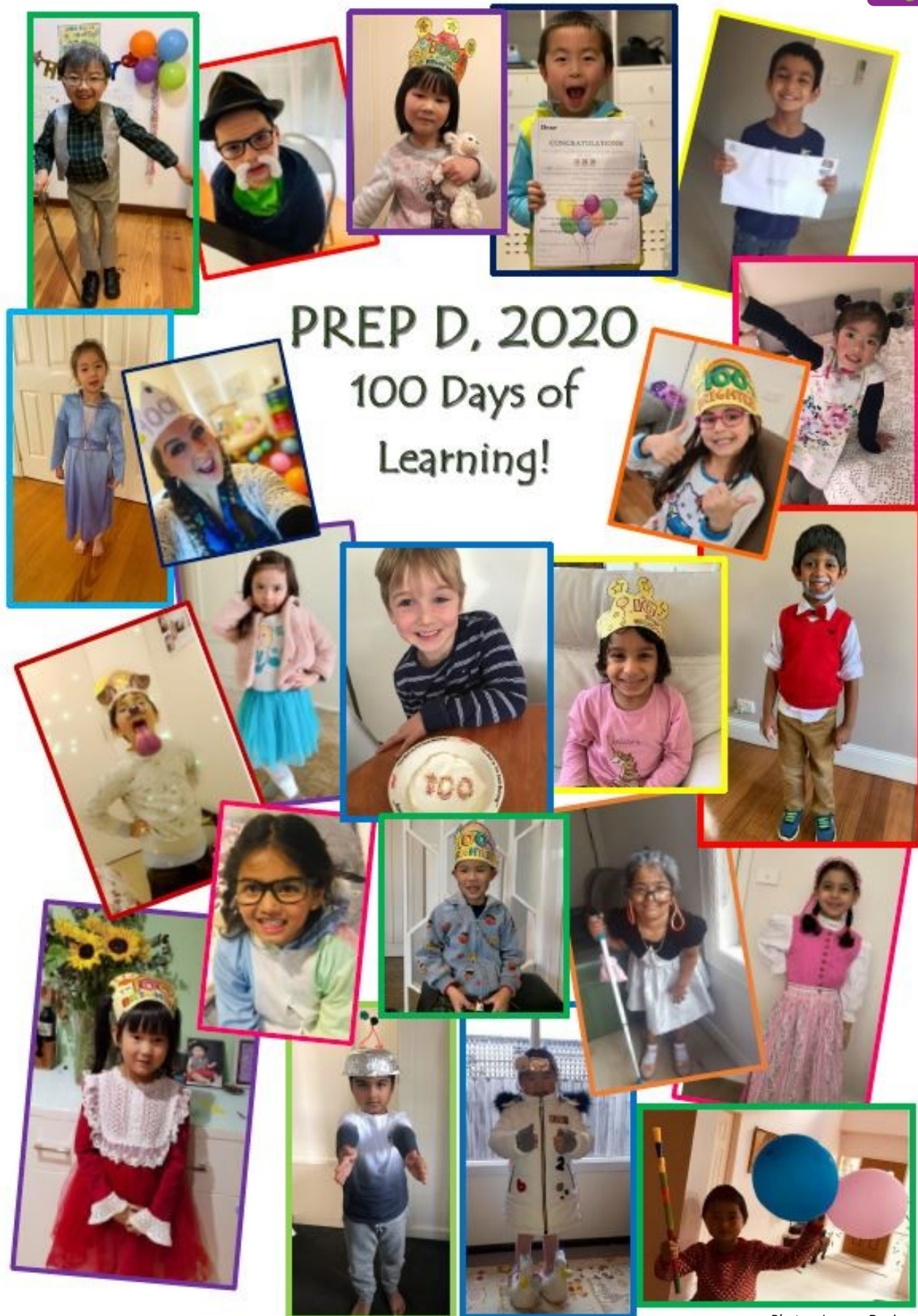
Photos: Natalie Zaibak & Verity Bright



Photos: Kirsten Lightfoot & Nicole Morton



Photos: Shona Misso



Photos: Lauren Davies



Father's Day Talent/Joke Competition

Thank you to all the Dads who have made submissions to our Father's Day Competition. We would love to see more jokes and particularly talents ... Come on, share them not just with your family but the EHPS community! Send in your talent/joke now to ehpspfa@gmail.com. Entries close at 6pm on Monday 31st August. Winners notified 1st September.

FATHERS' DAY IN 150?



WHAT BETTER WAY TO CELEBRATE...?

**ENTER YOUR DAD INTO THE ESSEX HEIGHTS PFA'S
FATHER'S DAY TALENT / BEST DAD JOKE
COMPETITION!!**

GREAT PRIZES TO BE WON!

Best Talent AND Best joke will BOTH win a \$50 Brickworks voucher
All entries will go into the draw to win a \$50 Archie's Fish N Chips voucher
ENTRIES CLOSE 6PM, Monday 31st August 2020

Send your entry (videoes/photos/jokes) to ehpspfa@gmail.com and state:
Dad's name _____ Your name _____ Class _____
Permission to publish on the PFA's Facebook Page? Y / N

The PFA committee will judge and draw the winners on
Tuesday 1st September 2020. Winners will be notified.

START COACHING YOUR DAD NOW!



Showbag Showdown Fundraiser

Thank you to all those who purchased a Show Bag. We apologise for the delay in the processing time, but guess what they arrive in about two weeks!

Due to the lockdown restrictions, the PFA would be grateful if you have ordered a show bag, to email the PFA at ehpspfa@gmail.com and confirm the time and place to collect them (not far from school). The address will be provided on confirmation of pick up. For those who collect school work from school on Fridays, you could collect your show bag on the way or return trip home or when out exercising/shopping. Alternatively, deliveries could be arranged.

PFA Meeting

All parents are invited to attend the next PFA meeting on Wednesday 9th September at 7.30pm. Come and hear an update from George followed by some planning for Term 4.

Our meeting will be conducted online by Webex (not Zoom as we've done previously), so make sure you're set up ready to participate by downloading Cisco Webex Meetings:

Meeting number: 165 780 6056

Meeting password: 6MMgQ3h2JTw

We hope you are coping with the lockdown, and that your family are all safe and well.

Fiona Nicholson Stocker
(Mum of Allison, 4O)

Community Noticeboard

Products & services advertised in Contact are placed on a paid basis and are not necessarily being promoted by Essex Heights Primary School. In responding to any advertisement, you accept full responsibility for the consequences of goods or services received.



Coping with Covid-19



– A guide to speaking to children about returning to 'normal' school life

Cabrini paediatric specialist Dr Daniel Golshevsky has a number of ways parents and caregivers can make the transition back to school as smooth as possible for children, and how to alleviate some common anxieties.

Go to cabrini.com.au/covidtips



Alan, Ada and Eva Selwyn Emergency Department

Community Noticeboard

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St Luke's Preschool Mount Waverley

<http://www.stlukeskindergarten.org.au/>

2021 ENROLMENTS OPEN!

3 & 4 year olds



Our professional and experienced teachers deliver a program which supports each child in developing the social, emotional and cognitive skills in preparation for school. The preschool is fully-equipped to challenge and inspire and satisfy every child's imagination.

Our program follows Victoria Government Department of Education Kindergarten Guidelines and offers experienced based learning options with exciting incursion and excursion activities throughout the year. The preschool, established in 1963, is not-for-profit. We love celebrating the cultural diversity of our community, and enrolments from outside the City of Monash are welcome.

Our 4 year old program is 15 hours/week, with 2 session options (2 full days, or 3 half days), while our 3 year old program is 5 hours/week over two days.

For enquiries or enrolments from outside the City of Monash, contact St Luke's Preschool
Phone: 0466 419 127. Email: stlukes.els@vt.uniting.org

For enrolments within the City of Monash, refer to the Monash Council Enrolments Portal
<https://www.monash.vic.gov.au/Services/Children-Family/Kindergartens/Enrolment>



ENROL YOUR CHILD TODAY!

ST SCHOLASTICA'S KINDERGARTEN

Nurturing a world full of fun and creativity

3 YEAR OLD SESSIONS MONDAY & TUESDAY
9:00 AM TO 3:00 PM

4 YEAR OLD SESSIONS WEDNESDAY, THURSDAY & FRIDAY
9:00 AM TO 3:00 PM

Enrol at www.wpsa.com.au or contact the kinder on 9808 9724



Proudly supported by



Host a Virtual Breakfast in support of The Alfred



theAlfred

The Alfred invites you to host a Breakfast Party with those dearest to you this Fathers' Day.

The breakfast may be with your existing household members or shared virtually (and safely), with a wider group of friends and family. All funds raised will support the critical care work of The Alfred Hospital.

Read about the fundraising rewards and sign up here
alfredappeal.org.au/breakfastparty

#TheAlfredBreakfast

BRINGING UP GREAT Kids

19 AUG – 16 SEPT 2020

WEDNESDAYS
(10.30am - 12.30pm)

ONLINE

Bringing Up Great Kids (BUGK) is a 5 week program for parents/carers of children aged 2-10.

The program aims to build strong, positive and respectful relationship between parents/carers and their children.

BUGK is open to families residing in or connected with the City of Monash.

Learn about children's brain development

Respond to children's needs

Understand the meaning of children's behaviour

Reflect on your parenting approach

Explore ways to be a more effective parent

Monash Family Services

FREE PROGRAM • Bookings essential

For enquiries or to book:
FamilyServices@monash.vic.gov.au

