

CALENDAR

October

| | |
|-------------------|--|
| Mon 5 | Term 4 start |
| Mon 5-Fri 9 | Remote Learning for Prep to Year 6 |
| Thu 8 | Prep 2021 Story Time & Songs via Zoom |
| Fri 9 | PFA Virtual Trivia Night |
| Mon 12 | Prep-Year 6 students return to school |
| Wed 14 | World Teachers Day Lunch |
| Mon 19-Sat 25 .. | Aussie Backyard Bird Count |
| Thu 22 | Footy Colours Day |
| Fri 23 | Friday before AFL Grand Final public holiday |
| Mon 26-Fri 30 ... | Yr 5 ICAS Science, English & Maths |
| Thu 29 | Yr 4 ICAS Science |

November

| | |
|-------------|------------------------------|
| Tue 3 | Melbourne Cup public holiday |
|-------------|------------------------------|

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

Whole School Assembly

Every Monday at 2.40pm in Stadium.
SCHOOL ASSEMBLIES CANCELLED

School Banking - every Tuesday.

SCHOOL BANKING POSTPONED

School Tours

Thursdays & Fridays at 9.30am. Bookings essential.
SCHOOL TOURS CANCELLED; VIRTUAL TOUR ON WEBSITE



School Hats - every day in Terms 1 & 4.

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.

2021 Term Dates

Term 1: 27 January* to 1 April

Term 2: 19 April to 25 June

Term 3: 12 July to 17 September

Term 4: 4 October to 17 December

* 27 January is a state wide student free day.

EHPS student-free days: 28 January, and 2 further dates to be advised



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 currently closed to visitors; please contact us by phone or email.



Principal's Report

Dear Essex Heights Community,

Our staff are so excited to have the children returning to school next week. The staff are busily preparing their classrooms to welcome the children back. Our aim is to help every child to transition back to on site learning as smoothly as possible.

The Department of Education & Training (DET) has outlined three clear priorities for all schools for Term 4:

- Student Wellbeing
- Literacy and Numeracy, and
- Transition of students to their next year of learning.

Our staff have already spent time planning a program and activities that will reintroduce students back to school and build upon their experiences over the past two terms.

Leading educational psychologists have made it abundantly clear that the most important thing that schools should do, is to ensure that we look after the social and emotional wellbeing of every child. Children that are happy, who feel safe and supported, and engaged at school will learn quickly and effectively. Sadly, if those precursors are lacking, limited academic progress will occur. At Essex Heights we will ensure that all our students are well prepared for learning.

On Wednesday I sent a Compass notice outlining the plans and procedures for next week's return to school. I have included that information again in this issue of the 'Contact'.

I look forward to seeing you all again next week.

Kind regards,
George Perini
Principal





October

12th Eli K
13th Isla F
Pranavi D
Jacob A
Kenan W
14th Ethan L
15th Lucas Z
Myia Y
16th Madison L
Abhyuday S



Welcome to the following students who have commenced at EHPS:

- ★ Jiangying (Emily) and Allen A - Year 2 and Prep
- ★ Christian V - Year 3
- ★ Danny L - Year 5

Hats in Term 4

In accordance with our SunSmart Policy, all families are reminded that students are required to wear a hat every day when outdoors throughout Term 4. These should be in the school uniform bottle green, and legionnaire or wide brimmed style for maximum sun protection. Please ensure that your child's hat is named, so that it can be returned promptly if it's misplaced. Children without a hat will be directed to play in a shaded area.



parenting * ideas

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

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

Recent *Insights* articles distributed via our parent portal on Compass and accessible on our school website:

- Wellbeing strategies for parents
- Help kids tap into their inner resources
- A topic you can't ignore

Upcoming Webinars:

- *Parenting like a cat and dog* - to be held on Wednesday 11th November at 8pm; accessible until 11th February 2021.

Effective parents use more than one style when communicating with their families. They know how to alter their style to suit the situation. In this webinar, Michael Grose uses cat and dog metaphors to introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children. The cat-dog approach to parenting is fun, easy to use, respectful and maximises parent effectiveness in challenging situations.

- *Teaching young people about healthy relationships* - 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.

For further information, and to access the articles and webinar information above, please [CLICK HERE](#).

Return to School

Next week we return to on site learning for all students from Prep to Year 6.

From next Monday 12th October, all students will be expected to attend school. *This means if parents choose to keep their child/children at home we can no longer support their learning from home.* This does not apply to children who need to be absent for severe and chronic medical reasons. For those families, please seek advice from your medical practitioner and an up to date Student Health Support Plan.

To support the health and wellbeing of all our students and staff, our school will continue an enhanced cleaning routine and will continue to encourage frequent hand washing and the regular use of sanitiser. Please ensure that your child is very familiar with thorough hygiene practices.

If your child is ill or is feeling unwell, they must not attend school. If your child is showing signs of cough, sore throat, fever, runny nose or shortness of breath, they must not come to school. Likewise, if your child requires medication such as Panadol, Nurofen, or cold and flu medication they should not be at school. They must remain at home and medical advice should be sought. If a child shows these symptoms at school, parents will be contacted and requested to take their child home.

- *What to do if your child is unwell* - refer to the [Managing Illness factsheet](#) for further information.

While the Victorian Chief Health Officer has advised that students will not be required to maintain physical distancing at school, there will still be a few important changes to our school operations, consistent with health advice. The following will apply until further notice.

Adjusted Start and Finish Times

- **Prep and Year 1** will start school at 8.45am and finish at 3.15pm.
 - Learning begins at 8.45am, students should not be late because they are missing valuable learning time.
 - Students can enter the grounds from 8.30am and will go straight to class.
- **Years 2 to 6** will start school at 9am and finish at 3.30pm.
 - To avoid overcrowding at gates, students should not enter school grounds before 8.45am.
- Students should enter the school ground via their assigned gate - refer to the [Drop Off and Pick Up map](#).
- Siblings can enter together at one of the assigned gates.
- On arrival students will be met at the gate by a staff member and directed straight to their classroom.
- Parents still **cannot** enter the school grounds.
- Children arriving late must go to the School Office for a late pass.
- We encourage students to walk or ride to school – as this is a healthy alternative and reduces traffic congestion around the school. **These students can enter and leave from the Bike Shed gate.**
- The same entry and exit gates are used for the start and the end of the day (see *End of Day Dismissal* below).

End of Day Dismissal

Refer to the [Drop Off and Pick Up map](#).

- Parents must not enter the school grounds. For essential matters, please contact the school by phone or email.
- Parents should socially distance when waiting for children.
 - This is the responsibility of all our community members.
- Families with children in different year levels can collect all their children from the youngest child's designated gate, at the youngest child's dismissal time, i.e. 3.15pm for Prep and Year 1, or 3.30pm for Years 2 and above.
- **Prep – 3.15pm dismissal**
 - Just before 3.15pm, students will be escorted to their designated gate at the front of the school.
 - EHPS Staff car park – PD and PM (entry will be barricaded off)
 - Front Gate – PZB
 - Bike Shed gate – PLM
- **Year 1 – 3.15pm dismissal**
 - Just before 3.15pm, students will be escorted to their designated gate on the Verge using the Instrumental Music Portable gate.
 - Each class lines up in straight lines on the school side of the path.
 - Parents wait on the council oval/Essex Heights Reserve side of the path.
 - Teacher dismisses a child at a time into the custody of the parent.

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Return to School

- **Year 2 – 3.30pm dismissal**
 - By 3.30pm, students will be escorted to their designated spot on the Verge using the basketball court gate.
 - Each class lines up in straight lines on the school side of the path.
 - Parents wait on the council oval/Essex Heights Reserve side of the path.
 - Teacher dismisses a child at a time into the custody of the parent.
- **Year 3 – 3.30pm dismissed at cricket nets** (*Year 1 dismissal area at 3.15pm*)
 - By 3.30pm, students escorted to designated spot on the Verge using the Instrumental Music Portable gate.
 - Each class lines up in straight lines on the school side of the path.
 - Parents wait on the council oval/Essex Heights Reserve side of the path.
 - If there are students making their own way home, they will be dismissed from there.
 - Teacher dismisses a child at a time into the custody of the parent.
- **Year 4 – 3.30pm dismissed at EHPS Staff car park** (*PM & PD dismissal area at 3.15pm*)
 - By 3.30pm, students escorted to designated spot in the school car park.
 - Each class lines up.
 - Parents outside the school grounds on the footpath (please avoid congregating – make sure of social distancing).
 - Students making their own way home will be dismissed from there.
 - Otherwise, teacher dismisses a child at a time into the custody of the parent.
- **Year 5 – 3.30pm dismissed at front gate** (*PZB dismissal area at 3.15pm*)
 - By 3.30pm, students escorted to designated spot outside the Office.
 - Each class lines up on the school's entry pathway.
 - Parents outside the school grounds on the footpath (please avoid congregating – make sure of social distancing).
 - Students making their own way home will be dismissed from there.
 - Otherwise, teacher dismisses a child at a time into the custody of the parents.
- **Year 6 – 3.30pm dismissed at Bike Shed gate** (*PLM dismissal area at 3.15pm*)
 - By 3.30pm, students escorted to designated spot – Bike Shed gate.
 - Each class lines up in straight lines.
 - Parents outside the school grounds on the footpath (please avoid congregating – make sure of social distancing).
 - Students making their own way home can be dismissed from there.
 - Otherwise, teacher dismisses a child at a time into the custody of the parents.
- Given the dismissal locations and procedures (and Melbourne's weather), all children should have a hooded raincoat and/or hats and sunscreen with them.
 - Years 3 to 6 only may be provided with an umbrella, if your child understands how to use it safely and effectively.
- Parents are strongly encouraged to use the same gates for entry as well as exit so that the children get used to this new routine.
- For public health reasons, parents are encouraged to socially distance and to leave promptly after collecting their child.

Outside School Hours Care (OSHC)

- OSHC will continue to operate every day.
- Children attending Aftercare will be collected from their class by the OSHC staff.
- All pick up and drop offs will be overseen by OSHC staff at the Hall entrance.
- Parents will not be able to enter the Hall.
- To avoid confusion at dismissal, parents need to ensure that their children know that they are to attend the program.
- Children attending the program should have hats and sunscreen.
- The Eucalyptus toilet external door is now being locked at 3.15pm to avoid unauthorized use of the facility.
- Parents with any queries regarding the OSHC program need to contact Paul Davis on 9807 2615 or 0417 941 986.

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Return to School

Early Dismissal

- If a child needs to leave early, the parents must advise the school in advance to organise departure time.
 - Inform the class teacher by email or by phoning the Office, and your child will be sent to the Office at that time.
 - Parents to enter the appropriate absence note on Compass.
- Parents must wait at the front gate, ring the Office, and the child will then be allowed to leave to meet the parent.

Arrangements for Learning and Break Times

At EHPS we will:

- Separate year levels when possible, e.g. there will not be cross year level events, such as Assembly in the Stadium.
- Open windows and doors to promote fresh air flow indoors.
- Maximise use of outdoor learning areas or environments with enhanced ventilation where possible and as practical depending on weather conditions.
- Ensure students and staff largely remain in the same classroom areas where possible rather than moving from room to room.
- If parents elect for their children to wear their own personal, supplied face mask, the student will need to manage this independently.
- OSHC staff will continue to collect students from class at the end of the day.
- Encourage staff to maintain physical distancing as much as practical when working in a classroom together.

Canteen

The Canteen will operate as usual on Monday, Wednesday and Friday, commencing on Monday 12th October. There will, however, be a reduced menu since Maria will need to work on her own. Baked Potatoes, Rainbow Rice and Chicken Burgers will not be available, but Sausage Rolls will be available every day.

Hygiene

At our school:

- All staff and students must undertake regular hand hygiene, particularly on arrival at school, before and after eating, after blowing their nose, coughing, sneezing, or using the toilet. This will be directed or supervised by staff where required.
 - Refer to the [What to do if your child is unwell factsheet](#).
- Where soap and water are not readily available, hand sanitiser will be made available.
- Students will be guided to undertake hand hygiene before and after using shared equipment.
- Students must bring their own water bottles to school for use (and refilling). It is recommended that students do not drink directly from drinking fountains at this time.
- Staff and students are reminded to clean their mobile phones regularly. The EHPS Mobile Phone, Camera and Electronic Device Policy remains in place.
- Sharing of food is not permitted. **Please do not bring food to share with other children, e.g. birthday treats, etc.**
- Toys should **remain at home**.
- Additional cleaning remains in place.

Communication with Staff

Communication between parents and classroom teachers is very important.

- Parents wishing to speak with a teacher should:
 - Contact the teacher by email, using the EHPS parent portal on Compass to provide information, make an appointment for a phone conversation or to schedule an online meeting.
 - Alternatively, you may call the School Office to leave a message.
- Any school-initiated meeting will also occur by one of these ways, e.g. parent teacher discussions.

I will continue to provide Compass notices as required to keep everyone up to date.

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Return to School

We understand that some families may feel anxious about the move back to classroom teaching and learning. I can assure you that this decision has been taken based on the best health advice available to our government. Furthermore, the Term 2 Return to School was very successful, and I am very confident that this full return will be equally well received and implemented.

More information about the return to school and coronavirus (COVID-19) can be found on the Department's websites, which will continue to be updated:

- [COVID-19 Information](#)
- [Returning to onsite learning](#)
- [Coronavirus \(COVID-19\) advice](#)

Thank you for your continued support and patience during this time. We look forward to welcoming all our students back to the classroom next week.

George Perini
Principal

Footy Colours Day

We will celebrate our annual **Footy Colours Day** on **Thursday 22nd October**.

The children will be involved in a fun filled day, with many sport related activities, including watching some inspiring football videos, completing a quiz (Prep to Year 2 and Years 3 to 6), voting on the 'Teacher Mark of the Year', designing an Essex Heights football guernsey, and participating in a drawing competition (there will be a prize for someone in each year level). Unfortunately, we can't run the parade this year.

Students are invited to dress in their football attire or a sporting attire that they enjoy.

Melanie Boyle



ICAS ASSESSMENTS™

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.

ICAS Science, English and Mathematics assessments have been offered for Years 3 to 6 students this year.

All Years 3 to 6 students who have been registered online and have returned the permission form to school will now do the assessments as follows:

- ★ Year 3 - to be advised
- ★ Year 4
 - ★ Science on Thursday 29th October
 - ★ English on Thursday 5th November
 - ★ Maths on Thursday 12th November
- ★ Year 5 - Science, English and Maths in the week commencing Monday 26th October.
- ★ Year 6
 - ★ Science on Wednesday 4th November
 - ★ English on Tuesday 10th November
 - ★ Maths on Wednesday 11th November

Alexandra O'Connor
ICAS Coordinator

Library



Library Book Returns

If you have any Library books at home, please return them and put in the plastic boxes provided outside the Library door.

Gael Munro

Health Centre



We are all looking forward to welcoming your children back to school.

Here are a couple of points which we'd like you to please read and discuss with your children.

Please call me with any concerns and if you need to give me any up to date medical plans.

I will be available from 11am to 3pm Monday to Friday.

Stay home when unwell

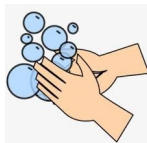
The most important action school communities can take to reduce the risk of transmission of coronavirus (COVID-19), is to ensure that any unwell staff and students remain at home, even with the mildest of symptoms.

Please also be aware that it is Hay Fever season and some symptoms of Hay Fever and COVID-19 may be hard to differentiate. If your child suffers from Hay Fever, please make sure that we have an up to date allergy plan at school and you administer antihistamines on "high risk" days if that is the usual treatment for your child.



Please be aware that if we have any doubts whatsoever, you will be asked to collect your child from school as soon as possible.

Practise good hygiene



All students at school will be encouraged to undertake regular hand hygiene, particularly on arrival to school, before and after eating, after blowing their nose, coughing, sneezing or using the toilet.

Students should bring their own water bottle for use at school, as students should not drink directly from drinking fountains at this time. Taps may be used to refill water bottles.

Sharing of food should not occur. Please do not bring in food to share for Birthdays or special occasions.

Use non-contact greetings (not shaking hands, hugging or kissing).

Julie Zuk
First Aid Officer

School Uniform



Our school uniform is available from PSW - [click here](#).

Sustainability



Aussie Backyard Bird Count

Get involved in the Aussie Backyard Bird Count this year from Monday 19th to Sunday 25th October - [click here](#).



Ms Steward and the Sustainability Captains

Parents & Friends News



Trivia Night

We thought it was appropriate to celebrate the last week of remote learning by getting together virtually and holding a Trivia Night. We are fortunate to have our very own Trivia Expert - Andrea - to host this evening's event. Thanks Andrea for organising and hosting this event!

We hope all those who are able to attend enjoy themselves. Thank you to the three locals who have donated some lovely prizes: Gladys Liu MP, Monica Fulton (Tupperware Consultant), and Caz Mott (Jitterbox).

At the time of publication, there are a few spots left. We'd love you to join in if you're free:

1. Go to the EHPS Community Facebook group - <https://www.facebook.com/gfbfns2020roups/259711334954222> and click on "Going" to secure your spot.
2. Have Zoom and the Kahoot! app downloaded on separate devices.
3. Go to your Compass News Feed for the Zoom and Kahoot! links (message sent Friday 9th October).
4. Enter the Kahoot! PIN when advised via Zoom.
5. Enjoy and have fun!



World Teachers' Day

The PFA wish to thank all teachers and staff for their outstanding work this year. To show our appreciation we have arranged for staff to have lunch on us next Wednesday, 14th October, in recognition of World Teachers' Day. Thanks Jitterbox (Caz Mott)!

Bon appetite!



The PFA Committee look forward to seeing you outside school respecting social distancing rules next week!

Fiona Nicholson Stocker
(Mum of Allison, 40)

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.





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



ASHWOOD CRICKET CLUB PRESENTS

WOOLWORTHS CRICKET BLAST

Both Junior Blasters (ages 5-7)
& Master Blasters (ages 8-10)
programs available

**FRIDAY NIGHTS
FROM 5:30PM**

8 WEEK PROGRAM FROM 29 JANUARY

Register at
playcricket.com.au





GLEN WAVERLEY COUGARS CRICKET CLUB

Affiliated with Inner South East Cricket (ISEC) and the Eastern Cricket Association (ECA)



JUNIOR CRICKETERS WANTED!

U11's, U13's, U15's & U17's (male & female)

WOOLWORTHS CRICKET BLAST (ages 5 - 10)

The Glen Waverley Cougars are actively seeking junior cricketers to join our great club for season 2020/21 and beyond! Whether you are new to cricket or have some experience, we welcome all new players to join our junior teams.

We are also excited to launch our new **Woolworths Cricket Blast** - an action packed program tailored to coaching kids of all abilities the basic skills of cricket in a fun, safe and engaging environment!

For more information, please reach out via one of the following channels:

KRIS LEWISCHENKO - PRESIDENT

kris.lewischenko@yahoo.com.au

WWW.COUGARS.NET.AU

enquiry@cougars.net.au

FACEBOOK

Glen Waverley Cougars Cricket Club





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Calm Parents Happy Kids

A Parents Building Solutions Program for Parents of Children aged 2 to 12 years

Do you want to:

- Learn ways to deal with anger and anxiety in your children and in yourself?
- Improve communication and relationships with your children?
- Discover strategies to manage challenging behaviour?
- Take care of your own emotional wellbeing and resilience?

Join us for 6 online sessions, learn valuable strategies, whilst taking some time out for you!

When: Thursday evenings (6 weekly sessions) 15th Oct to 19th Nov 2020
Time: 7:00 to 8:30 pm
Where: Online via Zoom
Cost: Free of charge for parents and carers in Melbourne's Eastern Region.

Bookings: Contact Sharon 0438 683 049
sharon.muir@anglicarevic.org.au

PARENTZONE

anglicarevic.org.au

BETTER TOMORROWS

Emotion Focused Parenting

A Parents Building Solutions Program

Would you like tips and strategies to:

- Better understand and talk with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

When: Wednesdays (6 evening sessions) Oct 21st to Nov 25th 2020 7:00pm - 9:00pm
Where: Online - Via Zoom
Cost: Free of charge for parents in the Eastern Suburbs of Melbourne (Bookings essential)
Bookings: Julia at ParentZone on 9721 3629 or 0400 866 495

PARENTZONE

anglicarevic.org.au

BETTER TOMORROWS

50% DISCOUNT



kids' discount

Your school is affiliated with Cabrini Emergency Department. Your child has access to this exclusive offer.

Open 24/7, 365 days a year | Specialist paediatric care
 Be seen quickly; Live estimated wait time at

www.cabrini.com.au

The 50% discount offer applies to the attendance fee only, and does not apply to any further out of pocket expenses such as hospital admission, X-rays and pathology.



Alan, Ada and Eva Selwyn Emergency Department

www.cabrini.com.au/EDdiscount

Community Noticeboard

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LION BUSHIDO
KARATE ACADEMY

ONLINE KARATE CLASSES

LIVE VIA ZOOM

STAY ACTIVE FROM HOME

BEGINNER CLASSES

4-6yr olds - Wednesdays 5:15pm- 5:45pm

7-13yr olds - Mondays 5:30pm-6:00pm

Teens & Adults- Wednesdays 5:45pm- 6:30pm



For bookings phone 9887 4098

www.lionbushido.com



Dads Matter

Dad's at their best - helping children to thrive

Are you a dad who would like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- Further develop your relationship with your young people?
- Get your head around what they need from you?

Come along to these 6 online sessions. Share strategies, strengths and stories. Take some time out for you and celebrate the importance of being a Dad!

When:

Tuesdays (6 evening sessions)
27th October to 1st December 2020

Time:

7:00 pm to 9:00 pm

Where:

Online - Via Zoom

Cost:

Free of charge. Bookings are essential.

Bookings:

Julia on 0400 866 495 or 9721 3629

PARENTZONE

This is a Parents Building Solutions Program

anglicarevic.org.au

BETTER
TOMORROWS



Talking Teens

A Parents Building Solutions Program

Do you want to:

- Improve your relationship with your teenager?
- Improve communication with your teen and resolve family disputes?
- Understand why young people behave the way they do?
- Learn effective ways to deal with anger and anxiety - both yours and theirs

Join us online to learn strategies and take some time out for you.

13, 20, 27 Oct & 10, 17, 24 Nov 2020

Program runs across 6 sessions

Time:

7:00 pm - 8:30 pm

Where:

Online via Zoom

Cost:

Free of charge for parents and carers in Melbourne's Eastern Region.

Bookings:

Laurie on 0488 501 204 or
laurie.arrowsmith@anglicarevic.org.au

PARENTZONE



Health
and Human
Services

anglicarevic.org.au

BETTER
TOMORROWS

3 WAYS TO STAY SAFE WHILE YOU'RE OUT



Stay 1.5 metres
away from others



Wear a face
covering



Wash your
hands regularly

If you have symptoms, stay home.

STAYING
APART KEEPS
US TOGETHER

Visit vic.gov.au/CORONAVIRUS

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