PRINCIPAL’S REPORT

Yr 5 Camp – Sovereign Hill

As reported in last week’s Contact, I joined the Yr 5 children on their Camp to Sovereign Hill. This was a great trip for the children and enabled them to experience life in the 1850’s, in a way that brings history alive. Camps, excursions and incursions are very important as they provide experiences for the children that would not normally be possible in a school environment. They also help connect their learning to the ‘real world’ and give a context and focus that makes their learning more effective.

There were many highlights on this visit to Sovereign Hill. Some included;

- The chance to stay in accommodation that is ‘onsite’ at Sovereign Hill, thereby adding to the experience.
- Attending the spectacular sound and light show – “Blood on the Southern Cross” which tells the story of the Eureka Rebellion.

CALENDAR DATES

Term 2, 2016

Thurs 9th June  School Council
Mon 13th June  Queen’s Birthday Public Holiday
Wed 15th June  Guitar Concert – 7pm Banksia Collaborative Space
Mon 20th June  Woodwind & Brass Concert – 7pm Hall
Thurs 23rd June  Pizza Lunch Day
Thurs 23rd June  Strings Concert – 7pm St Luke’s
Fri 24th June  Last Day of Term 2, 2.30pm Finish
Sat 2nd July  Election Day Cake Stall and Sausage Sizzle

Term 3, 2016

Mon 11th July  First Day of Term 3
Sat 16th July  Essex Heights PS Birthday – (54)
Mon 18th July  Parent Teacher Discussions
Tues 19th July  Parent Teacher Discussions
Thurs 21st July  Indonesian Day – Whole School
Tues 28th July  Prep 2017 Parent Information Evening
Thurs 28th July  PFA Meeting
Fri 29th July  Pupil Free Day
• On the other evening, attending the Victoria Theatre for a very entertaining pantomime
• The Mine Tour that really gave us a feel for the tough life faced by miners in the 1850’s
• The Education Sessions where the children were able to dress up and act out a number of roles from the diggings.
• Watching the gold pour and seeing liquid gold (worth over $100,000) before our eyes.
• Panning in the creek …. and finding our own gold. In fact, some children suffered from a little ‘gold fever’ and it was difficult to drag them away.
• Perhaps the greatest highlight …. shopping!! The souvenirs and authentic old fashioned lollies proved very enticing and there was some serious shopping taking place in our last hour at Sovereign Hill.

My thanks to the staff who attended and made this experience possible for the children. Thanks to Janet McGinn for her organisation, assisted by Lauren Braithwaite and Con Papanicolaou. Also to additional staff who supported the Camp; Alex Douros, Kathy Halliday, Helen Croft and Jenny Sellick.

Trivia Night – Great Success!

Last Saturday night we had 120 people gather in the Hall for the ‘Essex Heights Trivia Night’. This was organised by the PFA as a fundraising activity but also as a chance for parents and staff to get together for a fun evening. It certainly achieved both goals as we all had a ball, and raised an amazing $5000 at the same time.

Particular thanks go to Andrea Jordan who organised and hosted the evening. She had put hours of work into the questions and games and her efforts were greatly appreciated!

Andrea was also assisted by a great team of parents both on the night and for the setup. I would like to thank all the PFA helpers who assisted behind the scenes to make the night such a success. Particular thanks to Maria Akritidis for her fundraising efforts in securing Table Sponsors. Also to Betty Ciorciari who organised the Silent Auction. These two contributed significantly to the final total.

Congratulations to the members of Table 9 “Fun Times Table” (the Thomas Team) who won the evening. As for the Staff, we had two tables which divided our resources. Otherwise, we would have finished higher up the ladder.

Yet another great event, well done Essex Heights!
Children’s Sleep Needs

I thought I would share an article from my files that came from the Herald Sun, on the benefits of a good night’s sleep for school aged children. The author contends that primary school aged children should be getting up to 11 hours sleep per night in order to maintain their focus during class, improve attendance records and achieve their best possible academic results. Further to this study, it was noted that sleeping habits that affect obesity in childhood lead to ongoing issues as an adult. Clearly we all know the benefits of forming good habits for life and sleep patterns are no different. In an age of endless social media and access to “screen time” via ipods, ipads, computers, interactive television and the like, more and more students are staying up late leading to poor habits. As parents, it is essential that we set clear guidelines for bed time and the use of technology and social media. I speak to many parents who tell me of their battles to get their children to bed on time and to students who think that because they “get away with” going to bed at 9:30 or 10pm that they are somehow privileged. In the end, any primary school student going to bed that late, is not giving themselves the best opportunity to develop healthy life long habits. When we factor in the need to ensure enough time for breakfast and walking to school, in order to get the recommended 11 hours sleep per night, a child needs to be asleep by 8:30pm, perhaps a little later for Year 6 students occasionally. Getting a good night’s sleep will then lead to less irritability, greater focus, increased cognitive functioning and better results all round, which in turn leads to an increase in long term quality of life.

As a baseline for success at school, experts recommend the following for primary school aged children:

• Establishing and maintaining a regular bedtime routine, including on weekends and during school holidays – this should include no screen time after the evening meal and bath time, story time/wind down time for up to 1 hour before tuck in time;
• A calm and excitement-free home environment after evening meal time;
• Avoid drinks containing caffeine (eg. Coke, and energy drinks) as caffeine takes approximately 9 hours to leave the system and affects the quality of sleep;
• Between 10-11 hours sleep each night for children 5-12 years of age – tuck in time between 7:00-8:30pm.
Early Dismissal

A reminder for parents that the children will be dismissed on the last day of Term, Friday June 24th at 2:30pm.

See you around the school,

Andrew

Take Home Reading

Dear Parents,

Take Home Reading Books will not be sent home from Friday 10th June. We would really appreciate you looking at home for any Home Reading Books and returning them to your child’s class. We even welcome back books that may have been missing for a few years…no questions asked!

It’s important that your child still reads at home, so maybe you could borrow books from your local library or look on your own bookshelves for books that your child can read.

Thank you
The Literacy Support Team
Berita Bahasa Indonesia!

Sayembara Lisan: State-wide annual Indonesian Oral Competition

*Best of luck to our students who will be competing in the Finals on Saturday June 18th.*

**Prep-2 Division:** William T, Aiden D, Nandita C, Jane L, Sienna B

**Years 3 and 4 Division:** Isabelle D, Bhuvi D, Malavika C, Alma Z, Ava H

**Years 5 and 6 Division:** Rebecca L, Caitlyn D, Ruby H, Kiska A, Chika Y

Do you have books that you can donate for schools in remote Indonesia?

If so, please bring them to the Sidney Myer Asia Centre - Melbourne University on 18 June 2016 (during the Sayembara Lisan Finals) and look for Berlina who will be at the desk.
Mobile: 0402933558. Email: buabvictoria@ppia-vic.org

If other families have books to donate, please pass on your donation to one of the students attending the Finals – thank you 😊

Terima kasih
Alex Douros (Bu Douros)
douros.alexandra.k@edumail.vic.gov.au
Hi all

We laughed, danced and played hard on Saturday at the **PFA Trivia Night**. I had a great time and I hope everyone who attended did as well. Too many staff members turned up to fit on to one table so I was mean and made them split into two groups. Mr Crossett would like me to tell you that IF they had been allowed to stay as one group, then THEORETICALLY they would have had a podium finish in third place. As it was, Caroline and David Thomas’s table of brilliant folks took off the ultimate prize. Trevor Sharrock’s table of ring-ins, and former champions Sarah and Brett Wilson and friends came equal second. Actual third place went to carryover champions Andrea Fyfe and friends. Well done everyone on a game well played.

Not only was the Trivia Night a fun night, but we raised about $5000 as well. A massive thank you to Maria Akritidis, who really showed her stuff when it comes to drumming up sponsorships and donations, and to Betty, who did a wonderful job with the silent auction. Big thanks also to all the helpers beforehand and on the night: Kaye, Caroline, Jen, Sonia, Andrea H, Andrea F, Fiona and Martha. Special thanks to the admin staff, who support us in so many ways: Katrina, Barb, Janine, Gael and Andrew.

Many local businesses supported the event, and I would encourage you to support them in return. We’re grateful for their support, and they’re listed later in Contact. In fact, if you ask **McGrath Real Estate** for a home valuation before the end of July, and you mention the trivia night, they will donate another $100 per valuation to the school!

Our next event is an **Election Day Cake Stall and Sausage Sizzle** on Saturday 2 July (the middle weekend of the school holidays). If you’re around during the holidays and can do some baking for the cake stall that would be great. It’s a wonderful opportunity to raise money for the school. Thanks to Jenny Spowart for organising the cake stall. We will be **packing cake kits in the hall on Monday 20 July** from 9am. Please come along and help if you can.

Cheerio

Andrea J
THANKS TO OUR TRIVIA NIGHT TABLE SPONSORS

Box Hill Indoor Sports
Indoor sports & kids’ parties
boxhillindoorsports.com.au
pumpedinflatablesports.com.au

NumberWorks’nWords
Glen Waverley
Specialist Maths and English tuition
numberworksnewwords.com
9574 9964

Primary Skills Tutoring
Mt Waverley
primaryskilltutoring.com.au
primaryskilltutoring@gmail.com

Australian Skin Clinics
Chadstone Shopping Centre
www.ozskin.com
9081 0777

Ray White Mt Waverley
Real estate agents
raywhitemountwaverley.com.au
courtney.matthews@raywhite.com

Carter Grange
Custom homes, Mulgrave
cartergrange.com.au
1300 244 663

Subway Mt Waverley Village
317 Stephensons Rd
Subway Box Hill North
2/511 Middleborough Rd
lyn@subs4u.com.au

The Shack Mums Fitness
Burwood
theshackmilitaryfitness.com.au
info@sportsshack.com.au

Kids Connect Therapy
Ashwood
kidsconnect.com.au
info@kidsconnecttherapy.com.au

KazBarTupperware
Speak to Karyn
kazbartupperware@gmail.com
0423 343 867

McGrath Mt Waverley
Real estate agent
mcgrath.com.au
NadiaKaczmarek@mcgrath.com.au

Vida Tennis
Mt Waverley
vidatennis.com.au
kane@vidatennis.com.au

Liberty Builders
Boutique apartment builders
libertybuilders.com.au
amy@libertybuilders.com.au

The Shack Mums Fitness
Burwood
theshackmilitaryfitness.com.au
info@sportsshack.com.au
THANKS TO OUR TRIVIA NIGHT PRIZE DONORS

Agent Bricks  
Airstream Cafe  
Allied Group Services  
AMF Bowling  
Another Sweet Slice  
Australian Skin Clinics  
Bank of Melbourne  
Beebi Belle Party Supplies  
Box Hill Indoor Sports  
Brazilian Butterfly  
Cannings  
Chemist Warehouse  
Envie Fitness  
Fernwood Fitness  
Harvest Blend Cafe  
Interlude Patisserie  
Jones the Grocer  
Just Swimming  
The Local Framing Studio  
Lollipops - Forest Hill  
Luna Park  
Matthew Flinders Hotel  
McGrath Real Estate  
Michael Gidley, State MP  
Nachos Cantina  
Novotel Glen Waverley  
Priceline Ashwood  
Primary Skills Tutoring  
Seed Creations  
The Shack Military Fitness  
Sticky Beaks  
Subway Mt Waverley  
Village / Box Hill North  
Timezone - Forest Hill  
Vida Tennis  
Waverley Gymnastics  
WRAMPS Fitness

CANTEEN

MONDAY  
10.00 a.m.  
13th June  
PUBLIC HOLIDAY

WEDNESDAY  
10.15 a.m.  
15th June  
Georgie Kelly, Prue Mahar

FRIDAY  
10.15 a.m.  
10th June  
Penny Flemming, Andrea Jordan, Caroline Thomas

If you are unable to help please ensure that you advise Maria as soon as possible. DON’T FORGET –  
Please report to Front Office to sign the Visitor’s Book and get a Visitor’s Label  
BEFORE proceeding to the Canteen. Any queries phone Maria on 0409 934 573
Please collect the bins from driveway behind art room. Check the gate and if the gate is locked please use alternate gate. Please space the bins out for the driver. The bins need to go out Sunday night as collection times vary on the Monday morning. Alternately they cannot go out on Sat as we may receive a fine or worse still the bins may fall over!! Please see Marita Steward V7 after adding your name to the roster. The roster is kept at the Front Office.

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<tr>
<th>DATE</th>
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<td>26&lt;sup&gt;TH&lt;/sup&gt; District Cross Country Prep 2017 Info Evening</td>
<td>27&lt;sup&gt;TH&lt;/sup&gt; PFA meeting 7.30pm Staffroom</td>
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COMMUNITY NOTICE BOARD

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

Sausage Sizzle
Membership Specials
Ball Games
Children’s Entertainment
Fun Galore!

Sunday the 19th of June
Family Fun Day

Join us!

1pm start, Hays Paddock in Kew East.
Melways reference is 4G J2.
Hall booked in case of bad weather.

RSVP for this event by the 17th of June

Moush
0430 504 119
info@singlesparentsactivekids.org
www.singlesparentsactivekids.org

FOSTER CARERS NEEDED
If you have thought about foster care, please get in touch and ask the questions you have always wanted to.
Ring Key Assets 1800 932 237 or 1800 WE CARE
Email: info@keyassets.com.au/
The NEW 2016 | 2017 Entertainment™ Book and Digital Memberships are available now and are packed with thousands of up to 50% OFF and 2-for-1 offers.

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