Information Night and Parent Forum

It was great to see so many parents (160+) at school on Tuesday night this week for the Information Evening and Parent Forum. The teachers appreciated the opportunity to talk with parents about matters relating to their Year Level in 2016.

It was also great to have the opportunity to hear from Chris Daicos on the important topic of ‘Building Resilience in Children’. Chris is an entertaining and informative speaker and her presentation was certainly thought provoking for parents and teachers.

I have placed a link on the school website (Notices Section) that has Chris’ PowerPoint Presentation, a suggested booklist and a number of related articles on building resilience that parents may find informative.

Additionally, you will find some parent comments on the evening included in this Contact.

Next week I will post a link for a survey to seek your feedback on this type of Information Night structure, and any other feedback you may have on the evening.
Dance Concert – Request for Help?!

I would draw your attention to the request in this Contact for parents to support the ‘Land Down Under’ Dance Concert with costume preparation. If you have expertise and an interest in this area, your assistance would be greatly appreciated by the children performing.

Car Park and Traffic Safety

I would like to thank parents for their recent cooperation with regard to the Staff Car Park and ‘2 Minute Drop Off Zone’. This has certainly ensured a safer environment for the children.

I would also like to ask that parents take care if they are using the Council Car Park between the school and the Council Oval. Whilst this is not on school property, it is being used by parents as a drop off zone and this causes concern. It means that we again have the situation of children and cars sharing the same space which is far from ideal. Whilst I cannot make rules outside of the school property, I would ask parents to exercise great care if using this Council Car Park. Ideally, it would be better to avoid this area to reduce the congestion and the chance of an unfortunate accident.

Grounds Working Bee – Sunday March 20th

A request for parents to please keep that date free between 9.30-12.30. Details & reply slip to come out next week.

PFA Welcome Picnic

A reminder to families about the PFA Welcome Picnic tomorrow night. The PFA would love to see as many families as possible join in for a pleasant evening in the school courtyard, especially new families to the school. There will be live music provided by some current and past Essex Heights students as well as a sausage sizzle for those who would like the night off from cooking.

Look forward to seeing you there!

See you at the PFA Picnic,

Andrew
PARENT REFLECTIONS ON “BUILDING RESILIENCE IN CHILDREN” WITH CHRIS DAICOS

"What an enjoyable and informative night. Chris took us through the defining features of the "resilient child" - socially skilled, able to solve problems, owning a sense of purpose, and more. She shone a light into our family homes, showing us how to step back and let our children struggle, to let them experience the repeated failures that will set them on the road to success."

Andrea Jordan

Thank you so much for organising such an amazing speaker for the parent information forum. I had expected it to be informative, which it certainly was, but I didn’t realise it would be so entertaining as well! Chris Daicos was such a great speaker and I enjoyed hearing her ideas about building resilience in children, listening well, encouraging independence and helping children problem solve. I was also very impressed to see so many dedicated teachers attending the talk too after a long working day for them.

Many thanks, Michelle

The session on Tuesday evening with Chris Daicos was both entertaining and thought provoking. I came away with several practical ideas on how to encourage the development of resilience in our children. In particular the ideas on how to better communicate and listen to the child with reflective listening were useful. As well, the problem solving approach for when difficulties occur was useful: separating this into two stages, brainstorm possible solutions and then evaluate which one would be best to do, rather than doing the first thing that you think of. The session also encouraged me to let my children take more responsibility in the family. Thank you for organising the session!

Jamie Chamberlain

My Reflections on the evening with Ms. Chris Daicos - "Building Resilience in Chldren"  
1 There was a lot of engagement and laughter from every parent listening to her entertaining presentation.  
2 Give the kids problem solving skills and for them to evaluate the consequences of each solution and pick the best.  
3 Self-esteem is like the needle on the speedometer. It goes high when there has been success in what kids do and that too after failing a number of times.  
4 Resilience is giving kids the means of coping with challenges. One practical take away point from the presentation for me was to try and get my son into Bungi-Jumping to help develop his resilience.  
5 Most of all, kids don't have to be the best, they just need the love of learning and to have friends.

Philip Manuel
Thank you for organising the session tonight. The session was most informative reminded of us of several ways in which to act. Chris was an excellent presenter! As parents, we are doing a lot of what Chris said but there is certainly some areas we could improve on. Some messages we took home which could be useful to those who were unable to attend tonight are:

- Resistance is essential for success
- Continue to encourage children in problem solving using the following techniques
  - critical thinking
  - generate alternatives
  - planning
  - produces change
- Teachers have different expectation of children than the parents
- Listen to gain respect not to respond
- Hear the first question
- Active listening
- Use the teacher – seek assistance with any problems you as a parent are tackling
- Look at how we as parents are teaching our child to be safe

Kind regards

Fiona Nicholson Stocker

“We all lead very busy lives so when we take the time to attend a parent forum you expect to hear from a learned presenter and to feel like you’ve heard something practical you can use. Tuesday night’s forum was all that and more! Chris Daicos presented the right balance of theory and practical experience, gleaned over many years of study and employment, and she was most entertaining in her delivery, having most of us in stitches throughout her presentation! I came away thinking as a family we’re on the right track, but most importantly being a big believer in the old adage “there’s always room for improvement”, I had several ‘Aha” moments which I’m looking forward to incorporating into our lives. Thank you Chris and thank you Essex Heights P.S.

With thanks & best wishes

Tonia
Since inception, more than 48,000 schools have been involved in Schools Clean Up Day removing an estimated 105,600 ute loads of rubbish across Australia. As registrations roll in for Schools Clean Up Day’s 25th Anniversary, Chairman and Founder, Ian Kiernan AO, is confident that 2016 will be a record breaking year.

“I am very proud to have worked with our school communities over the past 25 years and thank the students, teachers and parents who have made it happen each year. Schools Clean Up Day belongs to you; your generosity and passion for the environment have made each annual event possible. So let’s make this year one of celebration and results,” said Mr Kiernan.

“Schools Clean Up Day is about more than just picking a rubbish hotspot and removing litter. It is about nurturing the young people in our community to be responsible and passionate about their local environment and the places in their community that they love best. It is about encouraging the next generation to be rubbish scouts for the rest of their lives,” said Mr Kiernan.

Clean Up Australia is a not-for-profit charity which relies on donations from individuals and businesses to help us fund the free materials we provide for the thousands of volunteers at community sites all year round.

We look forward to a fun day which helps promote environmental stewardship.

The Sustainability Team
Celebrate Harmony Week

We are looking forward to our exciting whole school incursion on Monday March 7th, celebrating Harmony Week. Students will be watching a performance which includes dances from all around the world - Italian, African, Indian, Aboriginal, Turkish, Russian, Spanish, Indian, Greek, Irish, Chinese and more!

Students are encouraged to come dressed on the day in the National clothes or colours of their family’s heritage.
Prep-6 Dance Concert

Monday May 2\textsuperscript{nd} and Tuesday May 3\textsuperscript{rd}

A request for help please

We are looking for some parent/family volunteers who would be available to assist with the organisation of some costume items for our school dance concert.

If you would be available to assist please email me directly 

\url{douros.alexandra.k@edumail.vic.gov.au}

by Monday March 7th.

Thank-you
Alex Douros 😊
(on behalf of Georgia Lombard – Dance Teacher)
Greetings

Remember to pop your kids on their bikes and scooters for **Ride2School** day tomorrow. Kaye, Stef and Michelle will be providing drinks and snacks before school for all the children who ride or scoot.

It looks like the weather is going to be perfect for **Welcome Night** tomorrow. Bring a picnic blanket or some chairs from 6pm and enjoy some live music as the sun goes down. Sausages and drinks will be available for sale, or you can bring your own dinner.

Our **annual general meeting** is on next Wednesday 9 March from 7:30pm in the staff room. Come along to hear a wrap-up of 2015, discuss plans for 2016, and vote in a new committee.

See you at Welcome Night!

Andrea J

---

**BEFORE & AFTER SCHOOL CARE**

Dear Parents,

The April Vacation Care Program will be out on the 4-3-16
If you have not received an account from the program can you please contact me on davis.paul.d@edumail.vic.gov.au
If a nominated contact is picking up your child from aftercare can you please inform the program prior to 3.30 on the day of pick up.

Thank you

---

**CANTEEN**

Rosters have been sent home. Let me know if you don’t have yours.

<table>
<thead>
<tr>
<th>DAY</th>
<th>Time</th>
<th>Date</th>
<th>Roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRIDAY</td>
<td>10.00 a.m.</td>
<td>4th March</td>
<td>Perry Fleming, Andrea Jordan</td>
</tr>
<tr>
<td>MONDAY</td>
<td>11.00 a.m.</td>
<td>7th March</td>
<td>Helen Giakoumatos, Dana Meamoni</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>10.15 a.m.</td>
<td>9th March</td>
<td>Catriona Corben, Angela Hoemann, Lianqi Wang</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>10.00 a.m.</td>
<td>11th March</td>
<td>Richelle Mil, Sherry Ruili, Karen Zhang, Michelle Marazakis</td>
</tr>
</tbody>
</table>

**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.
# Essex Heights Primary School Calendar

## February 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>9&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>10&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>11&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>12&lt;sup&gt;TH&lt;/sup&gt;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15&lt;sup&gt;TH&lt;/sup&gt; Information Evening</td>
<td>16&lt;sup&gt;TH&lt;/sup&gt; Information Evening</td>
<td>17&lt;sup&gt;TH&lt;/sup&gt; PFA Meeting</td>
<td>18&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>19&lt;sup&gt;TH&lt;/sup&gt;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>23&lt;sup&gt;RD&lt;/sup&gt;</td>
<td>24&lt;sup&gt;TH&lt;/sup&gt; Pink Stumps Cricket Day</td>
<td>25&lt;sup&gt;TH&lt;/sup&gt; School Council</td>
<td>26&lt;sup&gt;TH&lt;/sup&gt;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29&lt;sup&gt;TH&lt;/sup&gt; Pupil Free day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## March 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1&lt;sup&gt;ST&lt;/sup&gt; Parent Info Night</td>
<td>2&lt;sup&gt;ND&lt;/sup&gt;</td>
<td>3&lt;sup&gt;RD&lt;/sup&gt; School Photos</td>
<td>4&lt;sup&gt;TH&lt;/sup&gt; School Photos Schools Clean Up Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7&lt;sup&gt;TH&lt;/sup&gt; Harmony Day</td>
<td>9&lt;sup&gt;TH&lt;/sup&gt; Prep Science Morning 9-11am PFA AGM 7.30-8.30pm</td>
<td>10&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>11&lt;sup&gt;TH&lt;/sup&gt;</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14&lt;sup&gt;TH&lt;/sup&gt; Labour Day Public Holiday</td>
<td>15&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>16&lt;sup&gt;TH&lt;/sup&gt; Yr 6 Camp</td>
<td>17&lt;sup&gt;TH&lt;/sup&gt; Yr 6 Camp</td>
<td>18&lt;sup&gt;TH&lt;/sup&gt; Yr 6 Camp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21&lt;sup&gt;ST&lt;/sup&gt; Harmony Day</td>
<td>22&lt;sup&gt;ND&lt;/sup&gt;</td>
<td>23&lt;sup&gt;RD&lt;/sup&gt;</td>
<td>24&lt;sup&gt;TH&lt;/sup&gt; Grandparents Day Last day of Term</td>
<td>25&lt;sup&gt;TH&lt;/sup&gt; Easter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28&lt;sup&gt;TH&lt;/sup&gt; Easter</td>
<td>29&lt;sup&gt;TH&lt;/sup&gt; Easter</td>
<td>30&lt;sup&gt;TH&lt;/sup&gt;</td>
<td>31&lt;sup&gt;ST&lt;/sup&gt;</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
School Photos

Arthur Reid Photographers will be coming to our school, on Thursday the 3rd of March and Friday the 4th of March, to take class and individual photos. By now, each child should have received an envelope with details of the photo selections available to you. If you would like a special photo, such as a family shot or a special group, you will need to go online to Arthur Reid and fill out your choices. The address for this is given in their brochure. This offers security for you and accountability for the company. Whole Year level choir photos will also be taken and are available for purchase. These are often forgotten but as we get closer to showcase are requested. Easier to order now than later.

This is an opportunity to catch a memory for you and your child to look back on in years to come. A school photo speaks volumes, showing friends at school and teachers etc.
COMMUNITY NOTICE BOARD

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

St Luke's Twilight FIESTA

Saturday
5th March 2016
2pm 'til 7pm.

94-96 ESSEX RD,
MT WAVERLEY

Market Stalls  Live Music
Jumping Castle  White Elephant
Gourmet Food  Animal Farm
Classic Cars  Collectables
Plants  Books

www.stlukesmtwaverley.unitingchurch.org.au
Healthy Social and Emotional Development in Young Children to Support their Wellbeing

A FREE EVENT FROM THE CITY OF STONNINGTON

Presenter: GLENGA GRUMMET – VIC FACILITATOR KidsMatter EARLY CHILDHOOD

Showing anger in a healthy way. Figuring out conflicts peacefully. Taking care of someone who has been hurt. Waiting patiently. Following rules. Enjoying the company of others.

For young children these social and emotional skills can often be very difficult to learn and understand. Like any skill, young children develop these abilities in small steps over time. Using the KidsMatter Early Childhood Framework, we will explore together what you can do to support your child’s social-emotional development so that they may build healthy relationships with others.

WHEN: Wednesday, 9 March 2016 from 7:00 PM to 9:00 PM
WHERE: Malvern Town Hall - Banquet Room. 1251 High Street, Malvern
Ticket bookings at eventbrite.com.au
Located in 2 Leslie court Burwood, our ready made training facility gives a great offer for all standards of fitness levels and those on their fitness journey. The shack military fitness facility also boasts an outside obstacle course, the only one in Melbourne!

**MILITARY MUMS TRAINING (Level 1)** - 9:30 & 10:30
A military style training session to get that heart rate up! Bring your children for some free coordination sessions.

**BATTLE FIT (Level 2)** - 6-9am & 6pm
Hardened military sessions for anyone who is looking for those great military style workouts.

**SPECIAL Ops (Level 3)** - 7pm
For candidates who have passed battle fit training. Taken by former former special forces soldiers. Get an insight on what level you have to be at to protect and serve our country!

**CHILDREN COORDINATION SESSIONS**
While mum trains, let our staff take your children through fundamental movement and coordination activities

**CLUB/SCHOOLS ALSO WELCOME!**

facebook: www.facebook/thesportsshackgym
Email: info@sportsshack.com.au
Phone: (03) 9888 9625
Website: www.theshackmilitaryfitness.com.au