**Edition 27**
**28th August, 2014**

### A NOTE FROM THE PRINCIPAL

**Education Support Staff Appreciation Month**
August is ‘ES Appreciation Month’ and I’d like to acknowledge the work of the Education Support Staff in our school. Their contribution to our community extends well beyond the classroom. They not only support some of our most in-need students but work in intervention programs, ICT, library management, administration and volunteer for many tasks well beyond their employment expectations.

I appreciate all of our wonderful ES staff and on behalf of the Healesville Primary School community I would like to thank them for working so hard and supporting our community.

Thank you to Tina, Michelle, Kerrin, Gina, Eleanor, Alicia, Maidi, Viv, Jeni, Esther, Harry, Sandi, Simone and Sue.

**Uniform Shop Change of Supplier – Term 2014**
School Council and myself have been in negotiation with Michael from **Surrey Clothing** to formulate a contract that provides the needs of all HPS students and families in terms of school uniform. I am excited to announce that as of the start of term 4, 2014 Surrey Clothing will be our school uniform supplier. Surrey will provide us with a range of high quality school uniforms while providing quality service as well as an online option for purchasing. We welcome Michael and his team and look forward to a long association with Surrey Clothing at Healesville Primary School.

**Parent Opinion Survey - lucky family.**
Congratulations to the **Stillman** family for winning the $50 Coles Voucher. It wasn’t $70 million but just as good!

**Year 6 Play – ‘A Super Wedding’**
I have watched over weeks the Year 6 production slowly come together with students learning all the many jobs involved in producing a play. Acting, learning lines, set design, back stage organisation, prop movement and lighting are all aspects of theatre the students have learnt. Congratulations to all of the Year 6 students who participated, the hard work really paid off.

I would also like to take this opportunity to thank Howard Proctor for giving up his valuable time to direct the play and run all rehearsals, and all the parents who designed and made costumes, did make up, etc. Without the support of dedicated parents and community members Healesville Primary School would not be able to have such a wonderful event.

Congratulations to all students, teachers, family members and community members, the **play** was an outstanding success.

**Retaining Wall**
As you may have noticed the retaining wall behind The Hub (P6J) has been failing and becoming a safety issue for all the HPS community. Work started on Monday pulling the existing wall down and rebuilding of a concrete and steel wall has begun. The workmen have been very mindful of the students and have barricaded the area off during the dismantling and construction. We do hope that this has not caused too much inconvenience, but the safety of all students is paramount.

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### SCHOOL EVENTS

**AUGUST**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 29th</td>
<td>Grades 3 &amp; 4 – Footy Clinic</td>
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<td>Interschool Sport Launching Place</td>
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**SEPTEMBER**

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tuesday 2nd</td>
<td>Grades 5 &amp; 6 – Cricket Clinic</td>
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<td></td>
<td>Prep Excursion – Healesville Sanctuary</td>
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<td>Wednesday 3rd</td>
<td>Chess Tournament at HPS</td>
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<td>Parents &amp; Friends</td>
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<tr>
<td>Thursday 4th</td>
<td>‘Character Book Dress Up’ day</td>
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<td></td>
<td>Fathers’ Day Stall</td>
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<tr>
<td>Friday 5th</td>
<td>Fathers’ Day Stall (extra day)</td>
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<td></td>
<td>Interschool sports - Millgrove</td>
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<td>Monday 8th</td>
<td>School Council Meeting</td>
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<td></td>
<td>‘Principal for the Day’</td>
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<tr>
<td>Tuesday 9th</td>
<td>Grades 5 &amp; 6 Cricket Clinic</td>
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<td></td>
<td>Chess Tournament – Mt Evelyn</td>
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<tr>
<td>Thursday 11th</td>
<td>Grade 1 &amp; 2s - Jungle Jangle Arvo – 2pm</td>
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<td></td>
<td>Bridges to Prep Program - Science – 2.45pm</td>
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<td>Music Recital – 6.30pm School Hall</td>
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<td>Friday 12th</td>
<td>Grade 3 Bike Hike</td>
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<td></td>
<td>Grades 3 &amp; 4 – Footy Clinic</td>
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<td>Monday 15th</td>
<td>150th Healesville Celebration Meeting – Library 3:30pm</td>
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<tr>
<td>Thursday 18th</td>
<td>Grade 3 Poetry Recital in Hall – 2.30pm</td>
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<tr>
<td>Friday 19th</td>
<td>Grades 3 &amp; 4 – Footy Clinic</td>
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<td>End of Term 3</td>
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**Principal for a Day**
It has been really enjoyable reading all the applications from Year 6 students who are wishing to be Principal for a Day. The successful applicants will be notified next week and be in the position of Principal on Monday 8 September. Good luck to all who have applied.

*Cameron Heath, Principal*
Parents & Friends Club

- **Father's Day is September 7th.** Our school gift stall will be held on Thursday 4th & Friday 5th of September. All students will get a chance to purchase from the stall on Thursday (after recess) and the remaining gifts will be available for everyone from 2:30pm on Friday. Students are asked to bring their money (all gifts are again just $5.00 each) on Thursday if they would like to buy something. We need to restrict purchases on the first day to 1 gift per student so as all children get a chance to see the whole range. If your child would like to buy more than one gift, they are most welcome to return on Friday. If you are able to help out by selling gifts at the stall please contact me via the school office.

- Donations for the father’s day raffle will be accepted at the office up until Wednesday. Please consider contributing a little something for our prize baskets to make them extra special. Tickets are also on sale now for the usual low price of 6 for $2.00.

- Yesterday was our regular end-of-month get-together date but due to other commitments we were unable to meet. We will be gathering next Wednesday (September 3rd) to prepare for the father’s day stall and raffle. All welcome. 

  Thanks for your support, Maidi Mitchell

**UNIFORM SALE**

40% discount on ALL HPS logo items

- Be Quick!

  Shop Open at HPS : Mondays 2:45 to 3:45 pm & Thursdays 8:30 – 9:30 am

**BOOK WEEK**

Thursday September 4th is “Character Book Dress Up” and the all students and staff are encouraged to dress up as their favourite book character. There will be an assembly in the hall at 9:00 and prizes awarded to the best dressed Prep -2, 3- 4 and 5-6. Also Prep - 4 will participate in a book reading later in the day. Time will be advised later.

**STUDENT AWARDS**

<table>
<thead>
<tr>
<th>Prep M:</th>
<th>PP:</th>
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<tbody>
<tr>
<td>Joshua S</td>
<td>Tim B</td>
</tr>
<tr>
<td>PC:</td>
<td>1O:</td>
</tr>
<tr>
<td>Jake K, Chloe W</td>
<td>Rebecca J</td>
</tr>
<tr>
<td>2R:</td>
<td>3G:</td>
</tr>
<tr>
<td>Olivia M</td>
<td>Levi V</td>
</tr>
<tr>
<td>5K:</td>
<td>6N:</td>
</tr>
<tr>
<td>Damian M</td>
<td>Brandon G</td>
</tr>
<tr>
<td>5/6S:</td>
<td>6W:</td>
</tr>
<tr>
<td>Ella C</td>
<td>Jayden G</td>
</tr>
<tr>
<td>P/6J:</td>
<td>Hannah B, Chloe P, Lilly-Anne D</td>
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**LEGACY**

We are currently selling badges, wristbands and pens in aid of Legacy. If you wish to help this worthy cause, please bring your money to the office or see Mrs. Williams. The pins are $2.00, wristbands are $3.00 and pens are $5.00.

 literacy and numeracy

at home - TOP IDEAS

Create a menu for your family dinners this week. Talk about what you are eating and encourage healthy choices.

**HOMWORK CLUB**

Last Homework Club for the term is on Monday 1st September. There will be no Homework Club on the 8th & 15th September.

 Thanks, Marlene Williams

**BUS TRAVELLERS**

Healesville High School will no longer be running a Wet Day Timetable. Therefore the bus will leave at 3.12pm EVERY school day.

**SAVE THE DATE**

Healesville Community 150th Celebration

Street Parade, Saturday Nov 8th

Parents invited to our next 150th Celebration planning meeting to be held at 3:30pm on Monday 15th September in the library. Please come along and share ideas about the school’s involvement in the parade and stalls.
Do you have a hobby you have been unable to do, due to your ‘little helpers’ or you just can’t find the time? Well then, you must come along to our craft night, and have some time out and meet some new friends.

Simply bring along your craft of choice, whether it be some scrapbooking, knitting or sewing. If you don’t have a craft, maybe you might want to start. What a great way to start, by having people around to ask and guide you. (Please note that this is not a lesson, so you are free to go at your own pace and do what you wish). So please come along and join us, we look forward to meeting you!

When:
The last Friday of every month.
Dates for the remainder of 2014 are:
29th August, 26th September, 31st October, 28th November

Time: Starts at 7pm

Where: The Salvation Army Hall, Healesville

Cost: $5 donation on the night (Proceeds go towards The Salvation Army youth and mainly music programs.)

Contact: Samantha Stribbling – 0467 629 991

Tea/Coffee and a light supper provided on the night.

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TREATING HEAD LICE

Treating Head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product.
2. Using the conditioner and comb method every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully.

The following points may also be helpful:
- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person’s eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family – unless they also have head lice.

Concentrate on the head – there is no need to clean the house or the classroom.

Only the pillowcase requires washing – either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.
A Note from our Chaplain

Time

Time is something that we all have the same amount of no matter how old or how young we are. We all have 24 hours in a day and we all can choose how we use each of the 24 hours we have.

This week I want to encourage you to consider the time that you give to your children. As parents, we spend a lot of time doing a lot of things for the benefit of our children. We work, we plan, we cook, we drive, we coach, and – if you are in the season of parenting that I am – we change lots and lots of nappies! Whilst children obviously benefit from us doing all of these things for them, children need more than these things when it comes to time spent with their parents.

As parents, we need to consider what quality the time is that we spend with our children. Quality time is not the time we spend rushing around doing things for our children necessarily, but is time where we are purposefully investing in our children – encouraging, nurturing, and celebrating who they are and being interested in the things that they are interested in. That is quality time!

I don’t know about you but when I was a young person, I was fortunate enough to have parents who made the time to have quality time with my brother and I. My Dad would come home from work and spend time playing cricket, football and basketball with us. My Mum would spend time playing games with us, cooking with us, reading with us, and helping us with our homework. My Mum and Dad did spend hours rushing around, driving us to sporting activities and providing for us in various ways, but it was the hours that they spent investing in us and being interested in what we were interested in that really showed my brother and I that we were valuable to them.

So my encouragement to you this week is to show your children that they are valuable by spending quality time with them. Take time out of your busy schedule to sit with your child and read. Take time out to kick the footy. Take time out to play some board games. Take time out to help them with their homework. Children who have quality time with their parents feel safe, secure and flourish generally in life. Why don’t you set aside some time to have quality time with your children this week!

Joel Hawting, Chaplain

School Snacks—A Parent’s Dilemma

Have you and your child disagreed on what snacks go in the lunchbox? Are you confused about what is healthy and what isn’t? Does “pester-power” work in your house?

There are as almost as many kids snacks on the market as there are excuses to get you to buy them. Most come in plastic packaging, are colourful and inviting to kids, and have little or no nutritional value.

The snacks in your child’s lunch should be enjoyable, filling and healthy. Try using this 4 Choice System to choose snacks:

1st Fruit or Vegetables
Fresh fruit or vegetables are the best place to start. Put at least one piece of fruit in the lunchbox every day—fruit or vegetables should always make up one of the snacks. Try a variety of fruits and vegetables, and buy what is in season: it’s usually cheaper and fresher.

2nd Natural Snacks
After fruit and vegetables other basic food products such as dried fruit, freshly popped popcorn, cheese slices or sticks, wholegrain dry biscuits or crackers, half a sandwich, seeds, or yoghurt can be quite healthy. These foods are cheap and easy.

3rd Homemade Baked Goods
Find cake, muffin or slice recipes that are low in fat and contain a fibre source such as wholemeal flour, bran, wholegrain breakfast cereals, grains, fruit or vegetables. It’s a cheap and healthy way to add to the lunchbox. Try having a cook-up on the weekend, make a couple of recipes and freeze them in serve sizes. Overripe bananas can be frozen for use in cakes when you need them.

4th Pre-packaged Supermarket Items
Choose one of the better packaged supermarket products, some of which include: Babypepper cheese wheels, Uncle Toby’s Muesli Bars and Be Natural Wholegrain Bar, Snakatlas, Mainland Munchables light cheese and rice crackers, Sunvalley True Fruit Bars, IXL or Bellistix Fruit Bars, Goulburn Valley Snack Pack. These have lower kilojoules per serve, less fat and less sugar than others. Often serve sizes are small and based on fruit, biscuits or cheese. Look for the fat and sugar content to be less than 5g per serve, or look for energy to be less than 400 kJ per serve.