A NOTE FROM THE PRINCIPAL

Congratulations Socceroos.
Week 2 of term 1 has started and I have been very impressed how all of our students have settled back into the routine of school. I have included some great ideas on setting your children up for a great year at school in this Newsletter. Attending school every day is also an aspect of giving your child the best opportunity in life educationally, socially and emotionally. As parents it is important that we do everything we can to give our children the tools to be successful. Have a great year full of learning.

Hats:
A reminder that, in accordance with our Sun Smart Policy, the children are required to wear hats throughout Term 1. These should be in the school uniform dark green, legionnaire style or wide brimmed for maximum sun protection. I would ask parents to ensure that children are bringing the appropriate headwear to school each day.

Pupil Free Day – Wednesday 18 March
18 March has been pencilled in as our first pupil free day for 2015. This date has yet to be ratified by school council therefore it is only a tentatively looking at this stage. I would assume, however, that it will be passed by school council at our first meeting on Monday 9th February. The staff on that day will be working with Tracey Ezard, Education consultant and coach, on developing and living school values and how this can develop a positive learning culture.

School Council Nominations
It is at this time of the year that we call for nominations of Parent Members on our School Council. School Council is the body that oversees the running of the school and members have an opportunity to look at how schools function from another perspective and be involved in some aspects of school decision making. If you would like to be involved in School Council and nominate for a two year or one year position please come and see me or the office and collect a nomination form. If you are unsure of what it entails as a Parent Member, I can put you in touch with an existing member who can explain a little bit more and answer any questions you may have.

EVERY DAY COUNTS – School Attendance
We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. Missing school can have a major impact on a child’s future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they’ll have missed more than a year of school.
There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.
Coming to school every day is vital, but if for any reason your child must miss school, there are things we can do together to ensure they don’t fall behind:

• Speak with your classroom teacher and find out what work your child needs to do to keep up.
• Develop an absence learning plan with your teacher and ensure your child completes the plan.
Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

Cameron Heath, Principal
Parents & Friends Club
Welcome to the 2015 school year. Hopefully your children have settled into their new school routines and are enjoying their learning.
A honey drive (with delicious produce supplied from Cathedral Valley Honey available for order) will be first on our to-do list for this term. An order form will be sent home in the next couple of weeks.
And we would like to invite you to our first get-together of the year on Wednesday Feb 25th from 1:30pm in the Bristol. All welcome with new faces encouraged to come and see what we’re all about. Tea & coffee provided. Come & share your thoughts, ideas and questions
Thank you for your support,
Maidi Mitchell and Kylie Short

ART ROOM NEEDS
I hope you have saved lots of goodies for your children’s use in the Art Rooms exciting program! We really need - 12 hole egg cartons, ice-cream containers with lids, ribbons, christmas and birthday cards, cardboard tubes and cereal boxes. Thank you for your help with these items.
SMOCKSSMOCKSSMOCKS
A reminder that all students need an Art smock when they come to the Art room as many of the paints and dyes do not come out of school clothing. The uniform shop sells the ones that we want all students to wear. Some smocks that are purchased elsewhere are not adequate if they are made of plastic as the liquids run off them instead of being absorbed.
Smocks need to have a double lined front to ensure paints don’t seep through onto your child’s clothing
Fenna Hogg, Art Co-Ordinator

Healesville Netball Association
Registration Day
Thursday February 12th
4-5.30pm at Healesville High Sports Stadium
Net-Set-Go
12/under
16/under
Mixed open
for more info call President Yvette Stanley
0417595164
or email registration officer Janet Flamsteed sflamste@bigpond.net.au

Literacy and numeracy at home- TOP IDEAS
Play a game of 20 questions.
One person thinks of a thing, eg a football, the other players then ask questions to try and figure out the object. The questions must have yes/no answers, and you only get 20 questions!

Welcome back to a brand new year and also welcome to all the new families that have joined the school. Just to let you know that Camp Australia runs a “Before and After School” service within Healesville Primary school every day. Before school starts at 7:00 (We supply a simple breakfast) and afternoon commences at 3:15/3:30 till 6:30 pm. We also supply a simple afternoon snack. If you require anymore information then don’t hesitate to enquire at the office or come and see us any day or ring us on 0405 440 885.

There has been a couple of changes with some of the assisting staff, Regan has decided to persue his University study and Angelina has been appointed an assisting teacher at Dixon’s Creek. We thank them both for their dedication and friendly funfilled personality I know the children will miss them. We now welcome a new member who will be with us for 4 days a week and next week I will detail her philosophy.

Welcome to Stacey Marriott.

It has been great listening to the children’s adventures over the holidays and we hope that we can encourage some great drawings and colouring in as a result of this.

Please bear with us during this term, as we will be reviewing and checking all your details on the registration and medical forms and require you to sign them as well. So we may hold you up for a couple of minutes when you collect or drop off your children.

Thanks
Bob, Michelle, Stacey, Nicola and Melissa from Camp Australia.

Swimming
In the coming weeks on a date to be confirmed (newsletter next week ) our annual Healesville Primary School House Swimming Carnival will be held at the Healesville Outdoor Pool. After this event a team will be selected to represent the school at the annual Healesville District Interschoool Swimming Carnival on Friday February 27.
More details will follow on each event in the near future
Thanks, Chris Kent

TENNIS
I will be holding a FREE come and try day on Sunday 8th February, 8.30am to 10.30am at the Healesville Tennis Club in Queens Park.
For further enquiries please call me on 0437 008 788
Regards,Wayne Broom
Tennis Australia Club Professional Tennis Coach
STUDENT ABSENCES
If your child will be late to school for any reason, please let us know. A phone call before school starts on the day of the late attendance/absence would be very much appreciated, so we can inform classroom staff or a quick text on Tiqbiz would be great.

SIGNING IN/OUT
When bringing your child late to school, it is very important that all parents/carer enter via the school office and please remember to sign the late arrivals sheet. Parents/Carers who are collecting students from school should also enter via the office prior to collecting your child and record the early dismissal.

SCHOOL BANKING
Commonwealth Bank - Every Tuesday
Bendigo Banking – Tuesday fortnightly (next date: Tuesday 10th February)
NO WORRIES?
Helping Anxious Kids

How can we help children and teens to reduce their anxiety? What skills can we teach them so that they know how to calm themselves?

Explore stories, books, workbooks, CDs, cards and other useful resources that enable anxieties and worries to be discussed and addressed.

With Don Grose, psychologist
Rosemary Allen, teacher and librarian

BOOK NOW
9813 2533

BOOKINGS ARE ESSENTIAL
Wednesday, 18 March (fully booked)
Wednesday 25 March
7.00 - 9.00 pm
Anglicare
47 Castella Street, Lilliardale

PRICE $20.00

For Counsellors, Parents, Teachers

School Banking 2015 is ready for launch.

For over 80 years, the School Banking program has been teaching Australian children lifelong money skills. This year, your child is invited to join the Dollaramites on an intergalactic mission to Planet Savings.

Information on how students can get on board with School Banking, including a Savings Tracker and a rewards redemption card, is available from your School Banking Co-ordinator.

Your school has received parent packs that include all the information you need to get on board. If you haven’t received a parent pack yet, please ask your School Banking Co-ordinator.

Rewarding good savings habits with eight new items in 2015

The School Banking program encourages good savings habits by rewarding students with awesome reward items. For every 10 deposits made through the program, they can redeem a reward from our Outer Space Savers range, including ET DVDs, Planet Handballs, Invisible Ink Martian Pens, Intergalactic Pocketets, Glow-in-the-Dark Solar Systems, Cosmic Light Beam Torches, Outer Space Savers Money Boxes and Lunar Light Bands.

You could win a family trip to Disneyland

In a School Banking first, students who make 25 or more School Banking deposits in 2015 will automatically receive one entry into the competition draw to win a family trip to California’s Disneyland. The prize includes return airfares, five nights accommodation, transfers and three days park entry for up to two adults and two kids, plus AUD$2,000 spending money.

For more information, visit commbank.com.au/schoolbanking

Things to know before you Can: Conditions apply. Promotion starts 9.00am AEDT 27/1/15 and ends 11.59pm AEDT 19/1/15. Entry is open to all Southward account holders aged 5-13 years who participate in Commbank’s School Banking program. Entrants under 18 must have parent/guardian consent. The draw will take place at 12:30pm (AEST) on 22/1/15 at the Promoter’s office. The first valid entry drawn will win a family trip to California’s Disneyland valued at $27,245.

The winner’s name will be published in the public notices section of The Australian on 29/1/15. Promoter is Commonwealth Bank of Australia ABN 46 123 123 124 of Level 2, 11 MacBook Street, Sydney NSW 2000. Full terms and conditions available at commbank.com.au/schoolbanking. NSW Permit No LTPS/14/00037, ACT Permit No TP14/04345, Vic Permit No. 14/3900, SA Permit No T14/2327.
BEGINNING OF SCHOOL YEAR

At the beginning of the school year, much time is spent getting to know the children and helping them to understand and manage school routines, to organise their items and orient themselves comfortably in the classroom and playground. We work extensively on extending friendships and building relationships, both in our grades and across all year levels and indeed the whole school.

I recently read an interesting article Set Yourself Up For a Great Year written by Andrew Fuller (www.andrewfuller.com.au) and I hope you find these tips helpful:

1. **Build positive relationships with everyone you know.**
   Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

2. **Challenge yourself.**
   You are much, much smarter than you know. If you practise doing your best in life you will succeed because very few people ever practise doing their best. To do your best you have to get out of the habit of predicting that things won’t go well for you. If you look for what’s going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

3. **Prepare yourself for learning.**
   Thinking positive isn't enough for successfully achieving goals. Implement ways to reduce distractions, or else learning will become a frustrating experience. Human nature is such that not everyone in your life will be a well wisher in your self-improvement and learning plans. They may intentionally or subconsciously distract you from your goal.

4. **Get enough sleep.**
   Getting enough sleep helps you to manage stress, stay happy and also increases your marks. You need at least 8 hours and sometimes as much as 9 and a quarter hours a night.
5. Eat breakfast.
A lot of people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches.

6. Do the most important things first.
Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, “What is the one thing I could do this week that would improve my results?”

7. Use your time well.
Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours.

8. From little things big things grow.
Do a little bit often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do repetitive interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

9. Focus and immerse yourself.
For at least some time every day switch all forms of technology off and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something.

10. Play more.
Get active; break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you've been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy, regular bursts of exercise makes a massive difference to your stress levels, happiness and sleeping.

11. Decide to be happy.
Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now. Have a look at the things in your life you can feel lucky that you have. Appreciate the people who like you and love you. Make the most of the moment and seize the day. Have a fantastic year.

For more tips, please go to: www.andrewfuller.com
# Healesville Primary School Uniform Price List & Order Form

2014 - 2015

Purchasing from Surrey Clothing is directly supporting your school.

## Uniform

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>HPSG</td>
<td>Short Sleeve Polo with Logo</td>
<td>$22.00</td>
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<td>HPSD</td>
<td>School Dress Check, Button, Red &amp; White</td>
<td>$30.50</td>
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<td>HPSO</td>
<td>Long Sleeve Polo with Logo</td>
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<td>HPSH</td>
<td>Optional Galantico Skirt</td>
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<td>HPSX</td>
<td>Hooded Zippered Jacket with Logo</td>
<td>$37.00</td>
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<td></td>
<td>Size: 4-12, 14</td>
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<td>Polo Fleece Zippered Jacket with School Logo</td>
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<td>HPSR</td>
<td>Optional Rain jacket</td>
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<td>HPSV</td>
<td>Optional Heavy Jacket</td>
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<td>HPAW</td>
<td>Heavy Tunic with Adjustable Hemets</td>
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<td>Heavy Skirt with School Check</td>
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<td>Library Skirt</td>
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<td>HPHN</td>
<td>Library Bag (Red or Blue)</td>
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<td>Size: 4-16, 10-14</td>
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<td>HPHT</td>
<td>Library Hat (Red or Blue)</td>
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<td>HPJF</td>
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*Pricing subject to change without notice.*

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*Contact Surrey Clothing for further details.*
HEALESVILLE PRIMARY SCHOOL
2014 - 2015 UNIFORM PRICE LIST & ORDER FORM.
Purchasing from Surrey Clothing is directly supporting your school.

SOCKS

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<th>CODE</th>
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<th>COLOUR</th>
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<td>White</td>
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<table>
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<tr>
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<td>4-5</td>
<td>Bottle</td>
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<td>0100</td>
<td>Chino Bag</td>
<td>1-3</td>
<td>Red</td>
<td>$14.99</td>
</tr>
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</table>

Children Name: .................................................. Class: ........................ Ph. No: ( ) ..................................
Payment Method (please circle): Money Order / Cheque / Credit Card Total Amount Enclosed: .................................
Credit Card

Signature

Expiry Date

Served By (optional):

PAYMENT OPTIONS
We accept Cash, Cheque or Credit payments. We also have EFTPOS available.
Cheques made payable to SURREY CLOTHING DISTRIBUTORS.

This order form must be completed and left at the school office with the student’s name, class and payment details.
We will fill the order and send it to the school for delivery to the classroom.

UNIFORM SHOP OPENING HOURS
The Uniform Shop at Healesville PS
Fridays 9am - 10am during the Term.

Or at Surrey Clothing (Head Office)
Mon - Fri 9am - 3pm
Last Fri of School Holidays: 10am - 1pm
Xmas Break: 19th Dec 2014
Re-Open: 12th Jan 2015

BUY YOUR UNIFORM ONLINE
Simply follow these easy steps

Go to www.surreyonline.com.au
On the left side of the screen click on Register
Enter your details and create a password
Record these details for future use and keep in a safe place
Enter Activation Key: hspl4
Click on Save Changes
On the left side of the screen click on Healesville Primary School
This will display the uniform items for purchase.