

NEWSLETTER

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Edition 8

19th March, 2015

A NOTE FROM THE PRINCIPAL

The term is nearly over and many exciting extra curricula activities have taken place. Each of these activities is directly linked to our curriculum and endeavour to increase the level of student engagement across the school. One activity that stuck out to me was the Cross Age Activities we completed last Friday. Each student was introduced to students from other year levels and a teacher they may not have had much to do with before. This is a way to strengthen the community spirit and the feeling of being one big community that works and cares for each other.

Swimming Success

Congratulations to Olivia, Brooke, Aimee, Megan, Ella, Sophie, Verity, Lily and Davey for qualifying for the Eastern Metropolitan Regional Swimming Carnival for 2015. It is a fantastic effort to reach this level and as a community are very proud of you all.



GRIP Leadership Day

Being a leader at school is an important responsibility and a fantastic opportunity to make an impact on others, whilst growing as a leader yourself. 2015 School Captains and the House Captains were given the opportunity to participate in the annual GRIP Leadership day at the Melbourne Convention Centre. The program involved 2200 students from a wide variety of schools across Victoria. The program gave students the opportunity to develop skills that prepare them for the role of being a leader at HPS. Each week the School Captains will meet with me to discuss school issues and celebrations as well as participating in activities that build their leadership capacity. The first topic we will be covering will be 'Being a Role Model'

(continued page 3.....)

SCHOOL EVENTS

MARCH

Friday 20th

Hot Cross Buns Order Due
Sovereign Hill Instalment Due

Tuesday 24th

Year 6 Information Night 6.30pm

Wednesday 25th

District Athletics – Don Road
Parents & Friends Get Together – 1.30pm

Friday 27th

HEWI Excursion to Grace Burn 3/4L & 4C

Last day of Term 1

Bus Travellers finish 2:15pm

Sovereign Hill Instalment Due

APRIL

Monday 13th

Term 2 starts

Friday April 17th

Canberra Camp Instalment Due
Sovereign Hill Instalment Due

Monday 20th – Friday 30th

Grades 4, 5 & 6 – Swimming

Tuesday 21st

School Photos

Friday April 24th

Sovereign Hill Instalment Due

**PLEASE NOTE DISMISSAL TIME FOR
LAST DAY OF TERM FRIDAY 27TH MARCH**

Students will finish at 2:30pm

BUS TRAVELLERS will finish at 2:15pm

STUDENT AWARDS

PC: Riley K	PP: Riley M
1K: Jack K, Asha M	1D: Amelia L
1/2A: Frankie C	2R: Lily H
3A: Pat M	3B: Audrey L
34L: Nicky M	4C: April H
6S: Jacinta S	6W: Nick I
P6J: Ben J	PE: Riley M – PP
Performing Arts: Jesse T – 1D	

CANTEEN

MARCH 2015		
Mon & Tues	CANTEEN CLOSED	
Wed 25 TH	Jenny Daniels	Tash Bassett
Thurs 26 th	Rebecca Church	Skye Hamilton
Friday 27 th	NO LUNCH ORDERS LAST DAY OF TERM	

CANTEEN

- Order forms and money for Hot Cross Buns are due back by **tomorrow** 20th March.
- Rosters for term 2 are now available for collection from the canteen. There is always room for more helpers, if you would like to help in the canteen, please come and see me.

Thanks, Vikki Chandler

Parents & Friends Club

More Easter raffle donations are still required please. Your contribution to our raffle is needed by **Wed March 25th** so we can make up some awesome prizes in time for the draw on **Friday 27th (last day of term 1)**.

Thanks to everyone who ordered berries from "The Big Berry" fundraiser. We would like to be able to run this again, and maybe even as an ongoing order, but need to know if the interest is out there among our school community. If you think you'd be interested in ordering next time (maybe early in Term 2?) please let us know by phoning the office and leaving a message or emailing the school at healesville.ps@edumail.vic.gov.au.

Our last get-together for the term will be next **Wednesday March 25th from 1:30pm**. Please come along and share a cuppa and help us make up the Easter raffle prizes. Always love to see new faces and children are most welcome.

Thanks for your support, Maida Mitchell and Kylie Short.

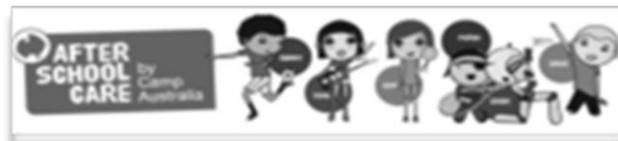


HEALESVILLE PRIMARY SCHOOL PLAY GROUP

Where: Healesville Primary School Library
When: Every Monday during school term
Time: 9:30 – 11:00am
Cost: FREE, please bring a piece of fruit to share

Come along to our casual yet fun group! Arts/crafts/painting, open ended play (sand, water, playdough etc.), outside fun, group times, books, music, and a chance to get together with other parents for a coffee and chat.

Ages - newborn to preschool



Origami was again what the children wanted to do, still planes but we also undertook some boats, (that actually floated), birds and flowers. Great to see the children are able to follow the instructions. Some of their creations is in our reflection book.

The children also enjoyed the outside activities, playing cricket and off ground tiggly on the playground. A great week.

This week is all about hands, joining hands across the world, and whatever else our hands are for (Not for hitting)

Thanks,
Bob, Michelle, Stacey, Nicola & Melissa from Camp

ATHLETICS DAY

Reminder to bring back permission forms and payment to your class teacher for the Year 3 – 6 Athletics Sports Day by next Tuesday. Sports are on Wednesday 25th March.

SECOND HAND UNIFORM

There is still quite a few items on our second hand uniform rack. These items are all only \$1.00 each and include shorts, pants, t-shirts and wincheaters. Please feel free to come and browse through the rack which is near the office. This rack will be out the front of the office until the end of this term.

School Prayer Meeting

Would you like to pray for our school?
Join us at 3:00pm this Friday, 20th March, in room 9.
If you have any questions or prayer requests please contact Cherida on 59626620 or cherida@netspace.net.au

YEAR 6 INFORMATION NIGHT

Tuesday 24th March
6:30pm – 7:15pm

It is important that you attend this session so you can gather all information about your child's year 6 program for the year.

A NOTE FROM THE PRINCIPAL (...continuation page 1)

SLEEP AND SCHOOL AGED CHILDREN

Research has shown that the children that don't get enough sleep at night come to school tired displaying behaviours such as being non-attentive, easily distracted, unable to focus or complete work and so on.

Studies suggest, children aged 5 to 12 need 10-11 hours of sleep per night to allow their brains and bodies to relax and develop at the appropriate rate.

In addition, school-aged children become more interested in TV, computers, the media and Internet – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep patterns. In particular, watching TV or playing a digital device close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems and cognitive problems that impact on their ability to learn in school.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine. Go to bed the same time each night and get up at the same time each day.
- Make child's bedroom conducive to sleep – dark, cool and quiet
- Keep TV and computers out of the bedroom
- Avoid caffeine

If you would like to read more please visit the National Sleep Foundation website.

10 Ways to Promote Good Mental Health & Wellbeing in Kids

We subscribe to a parenting resource provided through 'Parenting Ideas' by Michael Grose. From time to time I will include articles that may be of interest to families.

I found this list recently and include it as a good guide or checklist for families.

10 Ways to Promote Good Mental Health & Wellbeing in Kids

1. Model good mental health
2. Make sure they get enough sleep
3. Encourage kids to exercise
4. Give them creative outlets
5. Provide a space of their own
6. Talk about their troubles
7. Help them to relax
8. Have two routines – weekday & weekend
9. Foster volunteering and helpfulness
10. Bring fun and playfulness into their lives

END OF TERM

Parents are reminded that Term 1 ends on Friday 27th March. Children will be dismissed at 2:30pm from their classroom.

Second term commences on Monday 13th April.

Cameron Heath, Principal

School Council Meeting Update

School Council met on Monday 16th March, and the new Council Executive was selected and membership of the various sub-committees finalised. Nicole Street was re-elected as President, and all Councillors are looking forward to supporting her throughout the year. We also welcomed a number of new members to the table. Thank you to all elected office bearers and sub-committee coordinators for your continued commitment to our school. All Councillors volunteer their time to help Healesville Primary School achieve the best possible outcomes for our students, and we are grateful for their ongoing support and dedication.

Council discussed and endorsed the school's Strategic Plan for 2015-2018 and the Annual Implementation Plan for 2015. These plans provide a detailed description of Healesville Primary School's goals, improvement strategies and measures of success from now until 2018. The plans link directly to the findings from the recent Priority Review that was conducted last year. Council is pleased to report that significant progress has already been made within the school, particularly in the areas of data collection, interpretation and usage to help support learning outcomes. The school will be providing Council with regular updates throughout the year. The school's budget was also passed.

Fundraising opportunities were discussed, and a number of good suggestions were made regarding possible ways that the school can raise additional money to help fund important initiatives around the school. The Parents and Friends sub-committee has already raised money this year via the honey and berry drives, with other great fundraising initiatives planned for the year ahead.

The next School Council meeting is scheduled for Monday 11th May 2015. If you have any issues that you wish to raise with School Council, please don't hesitate to speak with one of the Councillors. Photos and names of all Councillors will be on display in the office foyer.

Naomi Wilson, School Council Vice President



Holiday Program - April 2015

Paddlepower

Come and try kayaking!

Lake Lillydale & Westerfolds Park

An exciting Paddlesport program for young people with awards, fun games and activities! Parents and advanced sessions also available.

Go Ahead. Give it a Go!

Locations: Lillydale Lake (3pm - 4:30pm)

Thu April 9 Kayak fun and games!
Sat April 11 Paddlepower River Trip!

Westerfolds Park, Templestowe (3pm - 4:30pm)

Wed April 8 Kayak fun and games!
Fri April 10 Paddle the Rapids!
Sun April 12 Paddlepower River Trip!

(Ask about our 8 week Paddlepower Passport program in term 2!)

Cost: \$20 per session (90 minutes - Coaching and all equipment provided)
(\$15 for club members - join for \$35 annual youth m/ship). Book in for 1 or more sessions!

Bookings: warwickdraper@yahoo.com.au (Bookings essential!)
Bookings close Tuesday March 31st (late bookings only if space available)

This program will be coordinated by 3 time Olympian Warwick Draper and delivered by qualified coaches. We thank Canoeing Victoria for their support through PaddlePower.

PADDEPOWER® The British Canoe Union - This Australian version has been modified by Canoeing Victoria with permission from the British Canoe Union and support from the Victorian Government.



Parent-Child Mother Goose Program®



Enjoy an hour of rhymes, songs, and stories with your child.

Dates for 2015

Parents/Carers with children 0 - 2 years old

Term 2: Monday 13th April to 22nd June (no group Mon 8th June - Queens Birthday Holiday)

Term 3: Monday 13th July to 14th September

Time: 9:30am - 11:30am includes morning tea

Location: Healesville Child and Family Centre, 6 Vimy Ridge, Healesville 3777

Contact: Bronwyn or Claire on 5662 4704 for more information or to register.

Cost: FREE

each
social and community health

main office
building 2, 254 canterbury road bayswater vic 3153
t 1300 00 EACH (1300 00 3224)
f 03 9876 0100
e info@each.com.au each.com.au



WIN!
WANT TO PLAY AT THE 2015 TOYOTA AFL GRAND FINAL? nab FOOTIFY
Enter the NAB AFL Auskicker of the Year competition for your chance to be there!

Healesville Auskick 2015

Queens Park Oval 9:30-11am

Week 1 - Saturday 18th April

Register and Pay Online - <http://www.aflauskick.com.au>

For More Details Contact:

Aaron or Michelle - 0439 342 534 / 5962 2115

Join Our Team AFLAUSKICK.COM.AU



The 3rd Annual Walk to Coranderrk 2015

WHEN: 9.30 am, Saturday 28th March

START: Coronation Park, Healesville - WILL ADD MELWAYS REF

FINISH: Coranderrk Station, 19 Barak Lane, Healesville - distance 5kms

REMEMBER: Hat and appropriate footwear, sunscreen and water bottle

After the walk, light refreshments will be provided and you are invited to bring a picnic lunch to enjoy at Coranderrk.

A bus will be available to transport people back to Coronation Park.

The Annual Walk to Coranderrk commemorates the trek made by Wurundjeri elders William Barak, Simon Wonga and others during early 1863 as they searched for a permanent home for their people. The group of 40 travelled across The Great Divide, from the Acheron to the Watts River, selecting land at the junction of the Yarra River and Coranderrk Creek, now Badger Creek - close to the eventual location of Healesville. The walk acknowledges and honours the quest of indigenous people to find a place of their own.

For descendants of original inhabitants, walking home to Coranderrk symbolises their people's journey as they searched for a home. Now, the walk also represents the journey into the future as Coranderrk is to be restored as a living place of belonging where everyone will be welcome: indigenous and non-indigenous. This re-enactment of part of the 1863 walk invites us all to reflect on history and to show our commitment to the strengthening of unity between all Victorians.

The rejuvenation of Coranderrk is taking place and everyone is welcomed to share the celebration of strength and survival as we walk and work together.

www.coranderrk.com

coranderrkfestival@hotmail.com

Facebook: Coranderrk Festival 2014