



we show

Respect

we are part of a

Community

we are

Confident

we are always

Learning

NEWSLETTER

Edition 8

Friday 23rd March 2018

A NOTE FROM THE PRINCIPAL



Developing positive behaviours

To make sure children grow up to be positive and productive adults it is important that school and home encourage positive behaviours. The 'Mom Junction' website is running an article at the moment explaining the 7 Effective ways on how to Promote Positive Behaviour in Children.

Be a role model

Pay heed

Keep your word

Be cautious

Learn to say no

Do not preach

Do not tag them

I thought it would be worth sharing as it has some fantastic ideas. If you would like to read the full article you can find it at http://www.momjunction.com/articles/effective-ways-to-promote-positive-behaviour-in-your-children_0089458/#gref

High Expectations

Why are high expectations so important to a developing mind? Over the course of this term I have been reading many papers and books around developing high expectations and why it is so important for the students at Healesville Primary School. High expectations can be described as a belief in all children's capacity to succeed, regardless of diverse backgrounds. High expectations can be described as 'not putting a lid' on what we think students can achieve. Staff are consistently designing learning experiences that teach students from their individual point of learning. Our school review has come at a fantastic time for us as a school, it is going to spark in depth conversation around high expectations and how as teachers we don't 'put a lid on student learning' but allow them to fly.

Coles Vouchers

The Coles vouchers have been a great success at HPS this year and we have counted over 55,000 vouchers so far. The vouchers will be exchanged for sporting equipment that the entire school can enjoy during PE and Sport sessions. This promotion is quickly coming to an end. The last chance to get vouchers for school is 3rd April. This date is in the holidays so we ask that all vouchers be placed in the Healesville Primary School box at Coles and it will be collected from there. Once again thank you to all community members who have supported this promotion in order to help provide valuable resources for our amazing school.

(continued page 3)

2 View Street, Healesville

P.O. Box 222, Healesville, 3777

Ph: 5962 4053

Email: healesville.ps@edumail.vic.gov.au Website: www.hps.vic.edu.au

House Points Award System - Tally So Far!

YARRA	MYER	WATTS	CHUM
51	57	55	69

Please note that because Term 1 has been a short term,
the Token Reward will be organised early in Term 2.

UPCOMING SCHOOL EVENTS

MARCH

Monday 26th

Sean Choolburra Incursion

Tuesday 27th

Healesville District Athletics CANCELLED

Wednesday 28th

3/4 Science Project Viewing for parents 3:00-3:30pm

Thursday 29th

Easter Bonnet Parade

Term 1— students finish 2:30pm

Bus travellers finish 2:10pm

Friday 30th

Good Friday - PUBLIC HOLIDAY

APRIL

Monday 16th

First Day Term 2

Tuesday 17th

HPSSA District Athletics—selected students

Thursday 26th—Friday May 4th

Senior School (Yr 5/6) Swimming

MAY

Thursday 3rd

SCHOOL PHOTO DAY

STUDENT AWARDS



PB: Elliot K & Phoebe L

PV: Lewis C & Emmy M

2G: Heidi R, Ella B, Makenna G & Matilda G

3/4L: Blake C & Michael L (MJ)

5/6G: Blake G

5/6S: Maddie C, Gideon C & Riley F

**CANTEEN WILL BE OPEN AS USUAL
ON THE LAST DAY OF SCHOOL
THURSDAY 29th MARCH 2018**

Special s

Our Art room is in need of the following:

- * Egg cartons
- * Cardboard food boxes
- * Ice-cream containers with lids
- * Cardboard tubes
- * Christmas wrapping paper
- * Christmas cards and
- * Shells

Any donations greatly appreciated.



**SUPPORT
OUR SCHOOL
AND GET COLLECTING**



We would love your help collecting Coles Sports for Schools for our school. Tell your friends and family to get involved as well, because the more vouchers we collect, the more sports gear our school will receive.

coles

A HUGE THANK YOU to all the parents and community members who helped us to collect the Coles Sports for Schools docketts.

The final day to collect docketts is April 3rd.

Our tally so far is just over 54,000 !!!

Principals Report (from page 1)

Fire at School

Unfortunately we did have a fire at the school last Saturday night, but luckily we are so close to the CFA that they had it all under control before it could spread too far.

The fire was started by a spark from the electrical transformer which has now been fixed and fingers crossed, we don't have any more problems.

Thank you very much to the residents who were first on the scene and used their home hoses to begin to douse the fire.

End of Term

The last day of term 1 is Thursday 29 April. School will be finishing at 2.30pm. The normal school bus will be leaving HPS at 2.10pm.

Whatever you may be doing over the holidays, please stay safe, enjoy time with your family and friends and have a fantastic break. **Term 2 begins on Monday 16 April.**

(If you and your family use our school grounds during the holidays and see any suspicious activity, please call DET Emergency Management (9589 6266 or Healesville Police 9871 4111).

Cameron Heath, Principal

Are you experiencing Family Violence? Help is available.



Located at this school on select days, or by appointment, is a local specialist family violence service to support members of our school community who may be experiencing family violence.

This free service can provide information and specialist support, or are available just to have a chat.

If you would like to drop in or make an appointment with the EDVOS Family Violence worker, enquire with the school administration for further details.

Or call EDVOS directly on **9259 4200**. If you are in immediate danger please call **000**



Eastern Domestic Violence Service Inc.
EDVOS is a child-focused and child safe organisation.

PO BOX 698, Ringwood VIC 3135

☎ 9259 4200 ✉ edvos@edvos.org.au 🌐 edvos.org.au



If you are in immediate danger
please call ☎ 000



The Wellbeing Corner

With Penny



EEK! MY CHILD IS ANXIOUS (Part 3)....

This week's article concludes our series on anxiety for this term.

So far, we have discussed two key habits that you can begin to install in yours and your children's lives. They are **Gratitude** and **Empathy**. The final factor in this series about reducing anxiety in yourself and your children is the art of **MINDFULNESS**.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. To be mindful takes practice and awareness. The best method by which to do this is to learn and practice the art of meditation.

Meditation is actively choosing to be still, delving into your inner thought life. It is to become aware of your emotions, thoughts and the way your body feels. Meditation requires you to stop the busy activities of the day and just BE. There are different methods of meditation and a number of apps that are available. Calm and Smiling Mind are apps that can be downloaded into your phone that give guided meditations focusing on breathing and visualisation. They are free.

Below are some benefits of meditation both for our mental and physical states (source: Resilience Project website) -

Mental – reduces depression, reduces anxiety, improves decision-making, improves ability to focus, reduced drug/alcohol abuse.

Physical – relieves stress, prevents heart disease, lower blood pressure, reduced chronic pain, improved sleep, makes you less nervous.

When you incorporate the elements of **gratitude**, **empathy** and **mindfulness** into yours and your children's day, you will begin to see and feel the remarkable difference these practices make to your stress levels and overall wellbeing.

Have a great week, Penny



We would like to welcome back Bob who is helping us on Mondays and Wednesdays, the kids are so pleased to see him back. This week we have been focusing on Easter word finders, Easter colouring and making Easter baskets. The kids can't wait for Easter! Today we celebrated Harmony Day where everyone talked about where they were born and where their parents were born and also what additional language they knew, very interesting.

This week has also seen the children do some pavement art on the walkway with coloured chalk, very imaginative fairies, Puffing Billy and Harry Potters just to name a few of the masterpieces.

Have a great week.

Stacey, Loveleen, Brook and now Bob from Camp Australia.

Surrey Uniforms

Our uniform shop is open every Monday morning between 9.00 and 10.00am.

By purchasing through our contracted supplier you are helping the school with much needed funds through the payment of commission. Purchasing through Surrey also ensures a subsidy on the Year 6 leavers jackets.

Surrey Clothing hold the contract to supply our uniforms and they are the **ONLY** legal suppliers of Healesville Primary School branded items. You can purchase items by coming into the school on Mondays or by ordering online. The online process is very simple and the orders arrive at school within a matter of days. The link to Surrey's online ordering system can be found here:

<https://surreyclothing.com.au/school-login/>

User name: HPS. Password: HPS.

Any other supplier of our uniform is in breach of the schools intellectual copyright and has been informed that they are to cease selling our uniform and any branded items immediately. This includes school bags and hats. A number of parents have queried why their items are different to what other children are wearing/ carrying and this is due to the fact that they have been purchased from an unauthorised dealer.

The school is actively working on this issue and we ask for your cooperation in purchasing only from our contracted supplier, Surrey Clothing.



Healesville

Surrey Clothing
Visit the Uniform Shop at
Healesville P.S
Mondays
Hours:
9am - 10am
E: admin@surreyclothing.com
P: 9890 3487
Order Online for Free Delivery to
the School Office
www.surreyclothing.com.au

BUY YOUR UNIFORM ONLINE

→ Go to www.surreyclothing.com.au

→ On the right side of the screen click on - Your School

→ Enter your Initial School Login on the right sidebar

→ **Username: HPS** **Password: HPS**

This will display the uniform items for purchase.

→ Once you add items to your cart, you will be able to choose a preferred shipping method and proceed to checkout.

→ To keep track of your future purchases set-up an account when you log out.



surreyclothing.com.au

424 Station Street, Box Hill Vic 3128

P: (03) 9890 3487

info@surreyclothing.com.au

It's Easter Raffle time— 6 tickets for \$5



Once again we are asking for donations for the Annual Easter Raffle. Items can include chocolate bunnies, blocks of chocolate, Easter eggs, colouring books, cups and Easter related items etc. Please place them in the basket in your child's class or they can be left in the office. Tickets will be sent home today and the raffle will be drawn on the last day of term with all proceeds going towards our new Mural wall. Thank you for your continued support.



Healesville Dental Clinic

33 Symons Street
Healesville, Victoria, 3777
Ph/Fax: 03 5962 4673

healesvilledental@onestream.com.au

Is your child/children eligible for the Government funded Medicare CDBS scheme? If your child is between the ages of 2 and 18, they may be eligible for up to \$1000.00 of bulk billed dental treatment over a 2 year period.

Book in for a check-up and treatment plan today by contacting our friendly staff on 5962 4673.

Eligibility is means tested and can be based on you receiving Family Tax Benefit, if you are unsure of your eligibility please contact us or Medicare today.



HEALESVILLE AUSKICK 2018

Clinic 1 (Fri 16th March) & Clinic 2 (Fri 23rd March)
5pm-6.30pm @ Don Rd Sporting Complex

Term 2 Clinics – Saturday's 9.30am-11am @ Queens Park

COACHES NEEDED

FOR KINDER, GIRL GROUP & GRADE 3-6 GROUP

For More Details Contact: Justine Roberts 0433 554 986

Register & Pay Online www.aflauskick.com.au



Looking for quality vacation care during the school holidays?

Here at Cire we offer a fantastic program full of fun and adventure to keep your kids entertained throughout the school holidays.

Three convenient locations
Mt Evelyn, Woori Yallock and Badger Creek

For further information visit www.cire.org.au
or call 1300 835 235

Cire
children's services

The best
start for
your children



HEALESVILLE PRIMARY SCHOOL CANTEEN MENU

Open Thursdays and Fridays Only

Wholemeal Sandwiches, Rolls and Wraps **

Choices of Salads are:

Lettuce
Tomato
Carrot
Cheese

Choices of Meat:

Ham
Chicken

Salad only	\$3.70
Meat and Salad	\$4.00
Vegemite Sandwich/Roll	\$2.00

Wholemeal Toasties **

Ham & Cheese	\$3.50
Chicken & Cheese	\$3.50
Tomato & Cheese	\$3.20
Ham Tomato & Cheese	\$3.80
Chicken Tomato & Cheese	\$3.80

HOT FOOD

Mini Homemade Sausage Roll	\$1.50
Mini Meat Pies	\$1.10
** Mini Pizza - Tomato Base	
Ham & Cheese	\$1.50
Cheese & Herb	\$1.50
** Hot Dog in wholemeal roll	\$3.60
** Steamed Dim Sims	\$1.10
** Home made Lasagne	\$4.00
** Home made Fried Rice	\$4.00
** Crumbed Chicken Tenders	\$1.50 GF

HOT FOOD - FRIDAY ONLY

** Mini home made beef burger with tomato sauce cheese & salad	\$3.70
** Mini Chicken Schnitzel burger with lettuce & aioli	\$3.70

DRINKS

Flavoured milk	\$2.60
Choc, banana, strawberry	
Juice Boxes	\$2.00
Apple	
Orange	
Tropical	
Apple / Blackcurrant	
Sml Water bottle	\$1.00
Hot Milo	\$1.50

SNACKS

Yoghurt	\$2.50
Vanilla	
Strawberry	
Fresh Fruit Salad	\$2.50
Home made muffins	\$1.50
Berry or Apple	
Home made mini muffins	\$0.50
Berry or Apple	
Home made Banana bread	\$1.50
Home made Coconut date balls	\$0.80
Home made Iced cup cake	\$1.50
Home made Lemon Slice	\$1.00
Home made Choc Weetbix slice	\$1.00
Home made Anzac Cookie	\$1.00
Home made Choc Chip Cookie **	\$1.00
Home made Pikelets	\$0.20
Home made Popcorn sml *	\$0.10

SNACK PACKAGED

Liquorice Piece	\$0.10
Veggie Chips *	\$1.00
Messy Monkeys *	\$1.00
Burger Flavour	
Cheese Flavour	
Pizza Flavour	
Healtheries Potato Curls *	\$1.00
Chicken	
Popcorn *	\$1.00

* GLUTEN FREE

** GLUTEN FREE AVAILABLE