

# NEWSLETTER

View Street, Healesville 3777

Telephone 59 624053

Facsimile 59 626201

www.hps.vic.edu.au

*Edition 9*

*26<sup>th</sup> March, 2015*

## A NOTE FROM THE PRINCIPAL

**Early finish Friday March 27<sup>th</sup> - 2.30pm**  
**Bus Travellers finish at 2.15pm**  
**Term 2 Return on Monday April 13<sup>th</sup>**

### Friday Assembly

Friday we will be conducting an end of term assembly commencing at 2.15pm and concluding at 2.30pm where students will be dismissed for the term 1 holiday.

### School Captains

Congratulations to our school captains and house captains who received their captains tops at our Monday assembly this week. After the assembly I had a parent come and see me showing a photo from many years ago. How the tee shirts have changed.



### ATHLETICS DAY

All Year 3 to Year 6 students participated in the Healesville District Athletics day on Wednesday. It was fantastic to see so many students participating and performing at their personal best. I felt very proud when a Principal from a neighbouring school mentioned how well behaved Healesville PS students are. Congratulations to all the students and teachers for a fantastic day.

*(continued page 3.....)*

## SCHOOL EVENTS

### MARCH

**Friday 27<sup>th</sup>**

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

**Last day of Term 1**

**Bus Travellers finish 2:15pm**

Sovereign Hill Instalment Due

### APRIL

**Monday 13<sup>th</sup>**

Term 2 starts

**Friday April 17<sup>th</sup>**

Canberra Camp Instalment Due

Sovereign Hill Instalment Due

**Monday 20<sup>th</sup> – Friday 30<sup>th</sup>**

Grades 4, 5 & 6 – Swimming

**Tuesday 21<sup>st</sup>**

School Photos

**Friday April 24<sup>th</sup>**

Sovereign Hill Instalment Due

**PLEASE NOTE DISMISSAL TIME FOR  
 LAST DAY OF TERM TOMORROW**

Students will finish at 2:30pm

**BUS TRAVELLERS will finish at 2:15pm**

## STUDENT AWARDS

**PC:** Hunter E, Summer C **PP:** Billy C

**1K:** Deklan H **1D:** Tim B

**1/2A:** Hunter S **2R:** Kane S-N

**3A:** Whole Grade, Maddie C

**3B:** Skye R

**34L:** Alex B **4C:** Kaiden S

**5K:** Caitlin K **6W:** James F

**PE:** Evelyn BW - Prep C

**Performing Arts:** Curtis P - 1D

## CANTEEN

**APRIL 2015**

<b>Mon &amp; Tues</b>	<b>CANTEEN CLOSED</b>	
<b>Wed 15<sup>th</sup></b>	Skye Hamilton	
<b>Thurs 16<sup>th</sup></b>	Rebecca Church	Samantha Stribbling
<b>Friday 17<sup>th</sup></b>	Shelley Buettner	Dianne Lowe

### CANTEEN

Thank you to those that ordered Hot Cross Buns. Your buns are being delivered to the Canteen today, Thursday 26th.

Please remember that tomorrow Friday 27th March there will be **no lunch orders available**. The canteen window will be open for play time and lunch time to sell off any remaining stock.

Rosters for term 2 are now available for collection at the canteen. If you would like to be included in helping in the Canteen please come and see me. Canteen duty involves one day a month from 9 - 2pm, with opportunities to come and go throughout the day.  
Thank you, Vikki Chandler

### Parents & Friends Club

Our Easter raffle will be drawn tomorrow afternoon before the students are dismissed. Winners who are not at school will be notified. Many thanks to everyone who bought tickets and to those families that made a donation too. A special thankyou to Healesville Candy Emporium for their donation also.

Happy Easter, hope you enjoy the holidays and stay safe.

Thanks for your support,  
Maidi Mitchell and Kylie Short.



### ATHLETICS SPORTS

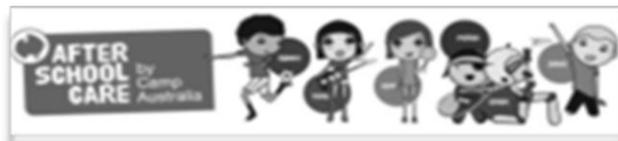
Yesterday the Healesville District Athletics Sports were held at the Don Road Sports Complex. All of the Year 3-6 children had the opportunity to be involved and it was a great day. The children were well behaved, tried hard and represented the school in a positive fashion. In the Grade 6 Girls Champion, Meagan G finished in third place and received the bronze medal, as did James B in the Grade 6 Boys Champion. Jordyn A also a Grade 6 student, who competed in the 11YO Girls Age Group had a fantastic day winning the Shot Put, Discus, Long Distance, Sprint and Long Jump, she appears to have been overlooked in the champion girls award and we are following this up with the association.

Finally for the first time in at least 5 years we won the Champion Large School, well done to all students and all of the athletics practice in PE classes appears to have paid off, well done to the PE teachers

*Chris Kent*

### Literacy and numeracy at home- TOP IDEAS

Plan some family activities for the holidays. You could research on the internet, then look up a map to see where you are going to go.



Last week of term and just to let you all know that our service will start an hour earlier to accommodate the early finish of the schools and we will still be there until 6:30pm.

This week we had a Harmony Day where we discussed different cultures and foods etc. and we are also organising some Easter activities and the children have been undertaking some great colouring pages.

We hope that all have a great Easter Break and look forward to a refreshed group next term.

Don't forget that Camp Australia has holiday services at other sites, either go to <http://www.campastralia.com.au/holidayclubs> or ring our customer service on 1300 105 343 for venues and bookings

Thanks,

Bob, Michelle, Stacey, Nicola & Melissa from Camp Australia.

### **VISUAL ARTS NEWS – Exciting Project!!**

Our School has been selected to take part in creating some of the Art Works to be displayed in this exciting community project!

'Tall trees and Tributaries is a project that has been developed by a group of artists from the Shire of Yarra Ranges that will bring the current awareness to Melbournians about the Yarra's catchment. On Sunday the 19th of April from 4.30-6.30pm 300 audience members will walk through Birrarung Marr and witness many beautiful installations, song, dance, storytelling, performance and percussion. The lanterns will be used in Ashlee Hugh's installation with LED lights in them. They will be returned the week after to the school for the children with some beautiful electronic images of the event.'

The Lanterns will be constructed by the children from our school in the Art room over 2 full days. This will occur during the first week back in Term 2.

More news about this later!

*Fenna Hogg  
Creative Arts Leader*

### 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**

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

### **Cyber safety and Bullying**

Cyber safety and Bullying is something that we all should be aware of. Facebook, Kick and like programs can cause stress on maturing young minds. I urge all parents talk to their children about safety on the internet and that Facebook, Kick and similar social media platforms have a minimum age on them for a reason. Some suggestions I can give are to delete the app that is of concern, limit the time your child spends on devices, look through each of the apps to see what is being posted and to sit and talk to them about appropriate use of devices and apps.

### **Screen Time Volume Can Hurt Kids**

As the holidays are upon us the attraction for children to sit in front of a digital device for hours on end is appealing. It is vital that children are running and playing outside, so please encourage your children to play outside as much as possible.

Last year The Age carried an article by reporter Miki Perkins regarding a recent Australian study into 'screen time' for young children. The research carried out at Deakin University by Dr Trina Hinkley explores the issues faced by young children who spend long hours in front of TV or other electronic devices. The link to obesity and health has been well documented, but this study also points to detrimental effects on behaviour and psychological health.

I encourage you to read the article as it raises some interesting issues for families to consider.

<http://www.smh.com.au/digital-life/digital-life-news/wellbeing-of-preschoolers-at-risk-from-increased-exposure-to-smartphones-tablets-computer-games-20140318-34yqr>

I hope you all have a safe and relaxing holiday with family and friends. I will be spending time with Ben and Alex relaxing and playing games together as well as improving my golf swing.

### **Journal Article of Interest**

Working Memory is a commonly used word in education and neuroscience. The following article provides information and tips for families and parents.

[Published on ADDitudeMag.com](#)

### **Remember the Milk! — Tips to Improve Working Memory**

If you forget phone numbers or grocery lists on a daily basis, follow these easy tips to boost your working memory.

*by Eileen Bailey*

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Losing your keys, leaving your wallet in the refrigerator, forgetting your husband's birthday, asking the store clerk to repeat the directions to the gift-wrap department. You might think that these are all examples of inattention.

After digging into working memory studies, I have realized that, while these are examples of inattention, they are mostly signs of poor working memory. Working memory deficits are a symptom of ADHD, autism, and learning disabilities.

### **What Is Working Memory (WM)?**

You might be familiar with the term "short-term memory," which is used interchangeably with the term "working memory." Both refer to thoughts or information you hold temporarily in your memory, so that they are available when you need them to complete a task. Think of working memory as a shelf in your brain. Imagine you are going to the store. You need milk, eggs, and bread. While you're in the store, you suddenly remember you need cereal. You head to the cereal aisle, but as you focus on Special K, the eggs fall off your mental shelf. You arrive home with cereal, milk, and bread, but have forgotten the eggs.

The number of items you store in your working memory might not be as many as the number your best friend can accommodate on his mental shelf. Research shows that young children have limited working memory skills, being able to hold only one or two items in memory. WM continues to develop until around age 15, but not everyone develops at the same pace or has the same working memory capacity. Some people can store more information than others.

Researchers disagree about the number of information "bytes" that can be held by the brain. Some say it's as many as seven items, and others claim it's four. You can increase your working memory capacity by grouping items together. A telephone number is typically 10 digits long, but we often break the number into three groups (555-555-5555), allowing us to use only three working memory slots to remember 10 digits.

### **When Do We Use Working Memory**

You use working memory every day, in many situations: to read, write, plan, organize, follow a conversation, do mental math, or follow multi-step directions. It helps you stay focused on, and engaged with, a task.

Working memory is essential at school. One study, done in the United Kingdom, looked at 3,000 grade-school and junior high students and found that weak working memory was more indicative of struggles in school than was a low IQ. According to researchers, almost all the children with weak working memory scored low on reading comprehension and math tests.

The following are examples of how poor working memory affects your daily life:

- > You want to join in a conversation, but, by the time the other person stops talking, you forget what you wanted to say.
- > You consistently lose your keys, cell phone, or wallet.
- > You get lost easily, even when you were just given directions.
- > You have trouble following a conversation because you forget what the other person has just said.
- > You have many unfinished projects because you become distracted and forget about the first project.
- > You plan to do some work at home, but you forget to bring needed items with you.
- > You have to reread a paragraph several times to retain the information.
- > You miss deadlines at work because of your disorganization and inability to follow through on projects.

No matter what you do, you need your working memory to help you do it.

There are a number of products and services, such as CogMed and Play Attention that you may use to help train your brain and improve your working memory. Some research has shown that they can increase your working memory, but that the benefits may not last beyond the training session. Other research has shown that brain training delivers significant improvements in working memory if you commit to sticking with it.

#### **Working Memory Strategies**

The first step to better working memory is to understand how memory works and to accept your limitations. That doesn't mean saying, "Oh, I forgot," to excuse yourself. It means developing and using strategies to compensate for forgetting. Many people with ADHD use reminder systems to keep things in order. They might use a notepad app on their phone or tablet to keep a running to-do list or a list of items they need at the store. They might use a timer or calendar app to remind them of appointments. Other strategies that will help include:

> **Break big chunks of information into small, bite-sized pieces.** Focus on one or two of them before moving on to the next instruction. Suppose you are getting ready to host a party in your home. You are overwhelmed with everything that needs to get done: shopping, cooking, cleaning, and setting up for the party. Focus on one area, such as shopping. Ignore the rest of the tasks until you are done shopping.

> **Use checklists for tasks with multiple steps.** You might create a checklist for your first hour at work. It might include: listen to messages, return calls, check and answer e-mails, review yesterday's progress, check with supervisor for important tasks to be completed immediately.

> **Develop routines.** Create a routine when you return home from work. Place your cell phone and keys in the same place every time, as soon as you walk in the door.

> **Practice working memory skills.** Use the brain training programs mentioned above or create your own. Write down six unrelated words. Start by trying to remember the first two words without looking at the paper, and add another word as you succeed.

> **Experiment with various ways of remembering information.** You may remember a list more easily if you create a song or make up a rhyme. Others find that visualization helps them remember multiple items. When you are heading home from work, visualize yourself stopping at the store, picking up milk, cheese, bread, and yogurt. Imagine going to each section of the store, and see what it looks like. Because images are more powerful than words, you are apt to remember everything you need at the store as you follow your visualization.

> **Reduce multitasking.** According to a study completed at the University of Sussex, multitasking can actually shrink certain areas of your brain, and is linked to shortened attention spans. Complete one task and then move on to the next.

> **Use mindfulness to minimize distractions and sharpen working memory.** A study, completed at Massachusetts General Hospital, Harvard Medical School, and the Massachusetts Institute of Technology, found that daily mindfulness exercises increased recall and allowed participants to tune out distractions by regulating sensory input.

> **Add exercise to your daily routine.** Some studies have shown that working memory increases with daily exercise. While the reasons for this aren't fully understood, scientists believe physical activity improves the health of brain cells. It can also indirectly affect memory by improving mood, helping you sleep better, and reducing stress — areas that can affect cognitive abilities.

Cameron Heath, Principal

## **ACTIVE APRIL**

Dear Parents,

With holidays just around the corner what better time than now to consider the importance of exercise and some time in the great outdoors. I have registered myself and our school for the Premier's ACTIVE APRIL challenge. Take some time to read the information below and check out the website for some great holiday fun. If you join our school team and record your activities you can get lots of benefits such as discounts in selected sports store and free entry to various places in Melbourne including the Aquarium and Melbourne Park. I know my family will enjoy the free YMCA passes on the holidays.

I am hoping to make a display when we return from school of the different ways we all keep active. If you would like to take part in this send a photo of your family enjoying a sport to school in the first week back and put their name and class on the back so it can be returned.

**Next term there will be Running Club before school on Monday, Wednesday and Friday starting from about 8.30 so if you want to work on your fitness meet outside the hall.**

To register go to [activeapril.vic.gov.au](http://activeapril.vic.gov.au) and log in with the Username hps321 and password Healesville1.

Our team name is HealesvillePS and our team ID is Healesville-ps2.

Thanks everyone and happy exercising !

Tanya Dale (Phys Ed teacher)



## HEALESVILLE PRIMARY SCHOOL UNIFORM SHOP

Surrey Clothing

**EASTER HOLIDAYS**- Shop to be closed from 3rd April to 6th April 2015

Open on Saturday 11th April 2015

**ANZAC DAY**- Closed on Saturday 25th April 2015

- SAVE TIME AND PURCHASE YOUR QUALITY SCHOOLWEAR ONLINE; [www.surreyonline.com.au](http://www.surreyonline.com.au)  
When you first register you must use [Activation key: hsp14]
- Remember purchasing from Surrey Clothing is directly supporting your school

**The Uniform Shop at Healesville PS**  
Fridays 9am - 10am during the Term.

Due to the limited space at the uniform shop  
it's best to order online or phone  
for pick up's on Friday.

**A: 2/36 Koornang Road, Scoresby 3179**

**P: (03) 9763 1101**

**E: [info@surreyclothing.com.au](mailto:info@surreyclothing.com.au)**

**Trading Hours: MON - FRI 9am - 5pm**

## Raising Boys

Here are some great ideas from Michael Grose's website [Parentingideas.com.au](http://Parentingideas.com.au) about raising boys:

**Boys are wired differently to girls.** They think differently and about different things than girls.

They mature more slowly, particularly when it comes to language development, social skills and their fine motor skills.

They are **organisationally challenged** as well. They are more boisterous, more self-conscious and more awkward than girls...particularly as they move into adolescence.

**Loyalty** is a high driver for most boys. Many will get in to fights at school to back up their mates, or because someone said something nasty about their little sister.

The abiding wish of all boys from school age through to adolescence is to fit in and be part of a group. They are group-oriented by nature.

Approval is at the heart of working successfully with boys. They will walk over broken glass or hot coals if they sense you like them... which is an important message for teachers too.

### **Boys and Confidence**

Boys need specific parenting. Here are some examples:

- They **like limits and boundaries**. They help them learn. They also like to push against them too so you had better have a backbone if you are raising boys.
- Boys also respond to **think** language. If you want to know how a boy feels, just ask him how he thinks... and he'll probably tell you how he feels.
- Boys generally are **more impulsive** than girls so strategies that help boys think and reflect on their behaviour are really beneficial.
- Boys **embarrass easily** and they generally respond better when they are praised in private, rather than publicly.

When you understand the differences between genders your discipline, confidence building and communication strategies have greater impact, particularly when parenting boys.

Joel Hawting, Chaplain



EASTERN RAPTORS RUGBY LEAGUE CLUB IN  
PARTNERSHIP WITH KNOX CITY COUNCIL



## FREE ACTIVE APRIL ACTIVITIES!

### **SCHOOL HOLIDAY CLINIC**

**WEDNESDAY 8<sup>TH</sup> APRIL 10-12pm**

Boys and girls aged 8-12 years old are invited to attend a FREE Rugby League Clinic, run by NRL Development Officers and fully accredited and experienced Coaches, followed by a Sausage Sizzle.

Bookings essential – RSVP by 1 April.

### **FAMILY FUN DAY!**

**SATURDAY 11<sup>TH</sup> APRIL 10 – 3pm**

A fun packed day for everyone! Bring the kids down to have a go at some of our FREE Activities. Watch some of our players in action with Rugby League Demonstration Games showing safe play codes including mini, mod and international rules rugby league, Sausage Sizzle, Raffle and much, much more!

Both events will be held at our Home Ground:  
Colchester Reserve  
Colchester Road, Boronia



Also seeking players for the 2015 Season  
Boys and Girls: 4 – 18 years old and  
Girls LeagueTag: 12-18 years old.



For more information please or to make a booking contact our Club Secretary, Rebecca Marnock on 0421 154 776 or visit our website:  
[www.easternraptors.com.au](http://www.easternraptors.com.au)

Follow us on Facebook [www.facebook.com/easternraptorsRLC](http://www.facebook.com/easternraptorsRLC)



## Healesville Fitness Centre

1 Crisp St Healesville  
SCHOOL HOLIDAY MINI BOOT CAMP WITH  
HEATHER

Ages 6-10 years

Both Wednesdays of the Easter School Holidays  
9am till 10am

\$8 per child per session

**Book in now, call 5962 5699**

### **LOST PROPERTY**

Please check lost property before the holidays. We have a lot of clothes which are unnamed and in very good condition.

### **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 windcheaters. 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 **tomorrow**.



# BACKYARD LEAGUE CENTRE

## Eastern Raptors

### **NRL BACKYARD LEAGUE CENTRE**

Session 1— 15th April  
Session 2— 22nd April  
Session 3— 29th April  
Time: 5:30pm—6:30pm

Venue: Colchester Reserve, Colchester Rd, Boronia.

Open to children aged 5-12

Cost: FREE

All students completing the program receive a football

To secure a place, register online at  
[bycentraptors.leaguesnet.com.au](http://bycentraptors.leaguesnet.com.au)



Backyard League is an exciting initiative introducing students to Rugby League in a safe, non-competitive and fun environment.

For more information contact Len Mason 0411 057 303 or [lmason@nrl.com.au](mailto:lmason@nrl.com.au)

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# Find and tick



## Log-in

Open tiqbiz and register/log-in.



## Find

Inside the menu, click on 'Find & Tick'.  
Type our name into the search bar.  
Select us from the results.



## Tick

Click the grey tick on the boxes that apply to you.  
When the tick turns green, you're connected.



## Inbox

Click on the Inbox icon.  
This is where you will receive our instant messages,  
newsletters, notices and calendar events.

For technical support,  
please email our friendly team.

Email: [team@tiqbiz.com](mailto:team@tiqbiz.com)

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