



we show

Respect

we are part of a

Community

we are

Confident

we are always

Learning

NEWSLETTER

Edition 6

Friday 9th March 2018

A NOTE FROM THE PRINCIPAL



Mural

Being part of this amazing community has allowed students from Healesville Primary School to be exposed to many talented people. I have been excited each day this week to arrive at school and see the progress that local artist, Paul Sonsie, has made on our Mural. The platypus and magpie look fantastic and I can't wait until the wall is finished. Thank you Paul for your fabulous art work.

Aboriginal Culture Program

On Tuesday this week all Prep, Year 1 and Year 2 students participated in their first Aboriginal Culture Program including history of our local people and the language that they speak. Brooke Wandin has been working very hard over the past few months to develop a program that educates and celebrates the Koori people.

Easter Raffle

Thank you to all families who have donated Easter Eggs, bunnies, rabbits, etc to our raffle. We will have lots of prizes. If you would like to donate please hand your donation in to your teacher and they will bring it to the office.

Prep – Year 2 Aths Fun Day

Prep, Year 1 and Year 2 students take a bow – you are amazing. I was extremely proud of all the junior students today as they were competing in all the fun events on the oval. Running, jumping, throwing, catching, all sorts of fantastic physical activity. A special thank you to all the parents who took the time out of their busy day to support their children. Well done to all the staff members who organised the day you can also take a bow.

District Swimming

Congratulations to all the students who competed at the Division Swimming at Ringwood Aquanation this week. Mr Kent has a full list of students within this newsletter.

Review

As part of our school review process we are seeking parent feedback about our school. Please follow the link below to complete a short survey (approx 4 mins). Your responses will be anonymous. If you would like to provide any further feedback, please speak to office about making a time. Please complete the survey before 23rd March.

<https://www.surveymonkey.com/r/F3XR3Y3>

Home Reading

Every child is expected to read every day. This includes weekends and we would encourage every child to aim for a minimum of 30 minutes per day. This may mean being read to, attempting sight words or linking pictures to words in the early years, right through to 30 minutes plus of independent reading in the senior school. As I mention regularly, research tells us that students who read for more than 60 minutes a day will achieve significantly higher results than those who do not.

Cameron Heath, Principal

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
41	37	39	45

UPCOMING SCHOOL EVENTS

MARCH

Monday 12th

PUBLIC HOLIDAY—NO SCHOOL

Wednesday 14th

Preps attend Wednesdays from today (fulltime)

Year 6 GRIP Excursion: 7:15am—4:00pm

Bookclub Issue 2 due back

Friday 16th

Eastern Region Swimming Carnival

Tuesday 20th

Grade 5 Art & Tech Day at HHS

Monday 26th

Sean Choolburra Incursion

Tuesday 27th

Healesville District Athletics

Thursday 29th

Last day Term 1— students finish 2:30pm

Bus travellers finish 2:10pm

Friday 30th

Good Friday - PUBLIC HOLIDAY

APRIL

Monday 16th

First Day Term 2

STUDENT AWARDS



PB: Max G & Jayden L

PV: James A & Noah M

1T: Lincoln V

1/2H: Ava K & Brookley H

2G: Eloise S, Lucas M & Ella B

3/4L: Will W & Paisley S

4S: Tyler B

5/6D: Ella K

5/6S: Olivia F & Jye C

5/6W: Mia E

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

School Council News

Last week school council met for the first meeting of 2018. We have a few outgoing members and would like to acknowledge and thank both the outgoing and incoming members to our school council. We look forward to another productive year ahead.

Cameron discussed the progress and start to the year with two successful staff professional development days around targeted teaching. He also discussed the upcoming school review to be conducted in term two and outlined the process of staff, student and parent involvement. It was noted that the Parent Information sessions were well supported.

It was discussed for Junior School Council to have a list of roles and responsibilities to begin their meetings in week 6 and have the potential link with the High School.

Our 2018 three Working Bee dates were set for the year with the last falling just prior to the School Fete on October 27 which Bec Collins has kindly committed and agreed to organise. Any help you can assist her with would be greatly appreciated.

The Rebound Wall on the lower asphalt was discussed and a proposal for a mural by local Artist Paul SONSIE was shown and unanimously voted on to proceed.

Mr Andrew Crossman was acknowledged for his hard work around the school in role as the new groundsman and it was noted that the grounds are looking fabulous. Works on the failing retaining walls will commence in the coming weeks.

The formation of sub committees was postponed to our next meeting on the 20th March 2018.

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

Please remember to write your name on your raffle tickets when you return them.



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.

The Wellbeing Corner

With Penny



Hi there HPS Families,

This week's article continues with the theme of anxiety and how you can help your children overcome the things that worry them and cause stress in their lives.

How did you go with the Gratitude questions from the previous article? Have you been asking those questions each day and sharing with your children? I have written them again below as a reinforcement of the great habit of daily gratitude.

1. What was the best thing that happened to me today?
2. Who am I most grateful for today and why?
3. What am I looking forward to most about tomorrow?

This week's principle is "Empathy". Empathy is the ability to understand and share another being's feelings. In other words, it is putting ourselves in their shoes. When we have empathy, it takes us out of our own problems and helps us to focus on someone else. The next step to help build resilience is to do something for that person, an act of kindness.

It has been shown in neuropsychology that every time you do something for someone else, your brain releases oxytocin. Oxytocin leads to an increase in self-esteem and confidence, increased energy, increased levels of happiness and positivity. With all of these great benefits, let's become great at doing acts of kindness.

You can brainstorm ideas with your children about what they can do to bring kindness to someone. Remember that the reward is the great feelings it brings – there is no expectation of something done in return (although this could happen spontaneously).

Good luck with incorporating acts of kindness into your weekly routine with your children. It is a wonderful way to build resilience, and is also helping another being to feel that someone cares for them too!!

Have a great week,

Penny



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.

Sports Report

House Athletics Sports

Last Thursday we held our inaugural Healesville Primary School House Athletics Carnival at the Mount Evelyn Athletics Track. The day was a great success and thank you to all the parents who came along and assisted in the running of the carnival, enabling it to run so smoothly. Students who finished first or second in their event on the day have qualified to represent the school at the District Athletics Carnival which is coming up. Students will receive notices for this event when the date and venue is confirmed by the District.

Results

1st - Myer 2nd - Yarra
3rd - Chum 4th - Watts

Division Swimming Carnival- Monday March 5th

On Monday, 13 of our swimmers swam at the Division Swimming Carnival at Aquanation in Ringwood as a result of their outstanding performances at the District Swimming Carnival. These students were Ashton C, Archie K, Will W, Isabelle W, Mia K, Imogen B, Scarlett T, Mia S, Riley C, Thomas M, Ally C, Mia E and Lara W. Well Done to all of these students for making it to this level of competition.

Students who placed first or second at this event qualified to compete at the Eastern Metropolitan Region Swimming Carnival to be held at Aquanation on Friday March 16, this is the level before the State Championships.

Congratulations and good luck to:

- **Girls 11YO Freestyle Relay 2nd**
Isabelle W, Mia K, Imogen B, Scarlett T
- **Girls 12/13 Freestyle Relay 1st**
Mia S, Ally C, Mia E, Lara W
- **Ally C - Girls 12/13 Freestyle 1st**
- Girls 12/13 Breaststroke 1st
- **Archie K - Boys 9/10 Butterfly 2nd**
- **Lara W- Girls 12/13 Butterfly 2nd**

and possibly our Medley Relay teams.

Chris Kent, PE Coordinator

Ready for the school holidays?

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Holiday

- Teacher Qualified Staff
- Convenient locations
- Exceptional Daily Experiences

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Discover
more over...



nab AFL
Auskick

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

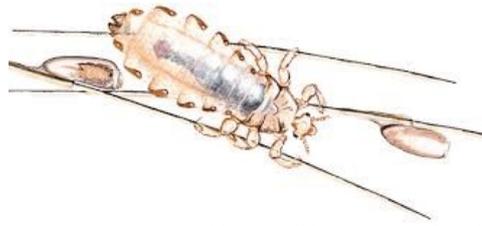
COACHES NEEDED

FOR KINDER, GIRL GROUP & GRADE 3-6 GROUP

For More Details Contact: Justine Roberts 0433 554 986

Register & Pay Online www.aflauskick.com.au

Headlice



While children are at school many families will have contact with head lice. The information contained here will help you find and treat head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together. Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding Head Lice

Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

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 treatments 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.
- 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.

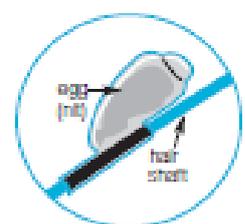
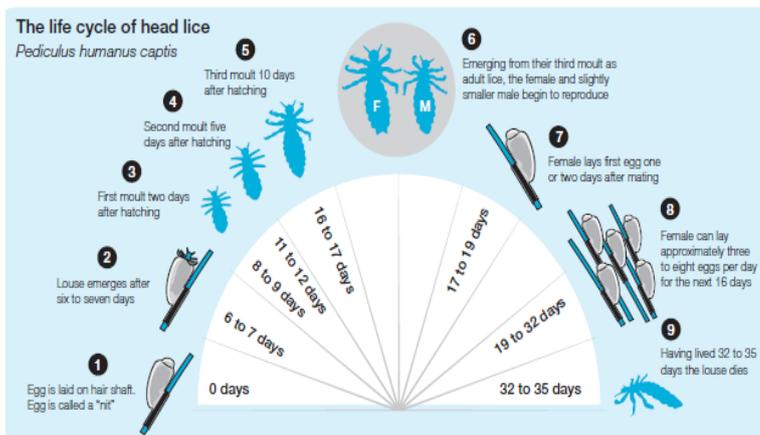
There is no need to treat the whole family - unless they also have head lice.

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

Only the pillowcase requires washing - either wash in hot water (at least 60 degrees C) or dry it using a clothes dryer on the hot or warm setting.

Your child can return to school once treatment has commenced.

If you have long hair, keep it tied back at school to help avoid hair to hair contact.





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
Vegie Chips *	\$1.00
Messy Monkeys *	\$1.00
Burger Flavour	
Cheese Flavour	
Pizza Flavour	
Healthieries Potato Curls *	\$1.00
Chicken	
Popcorn *	\$1.00

* GLUTEN FREE

** GLUTEN FREE AVAILABLE