



we show
Respect

we are part of a
Community

we are
Confident

we are always
Learning

NEWSLETTER

Edition 35

Friday 10th November 2017

A NOTE FROM THE PRINCIPAL



I hope all families enjoyed the extended weekend! I enjoyed sitting on the couch with my boys talking about the important things in life. It is important that we have deep conversations with our children about what makes life enjoyable.

All children are capable of extraordinary things. The potential for happiness lies in all of us and means different things to everyone. As parents and teachers it is vital that we explain to children that they will face challenges along the journey and that we can bounce back from all challenges. We can give our children the skills to deal with these challenges and have the resilience to move forward. Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are brave, more curious, more adaptable, and more able to extend their reach into the world. The great news is that resilience is something we can nurture. If you would like to learn more please visit <http://www.heysigmund.com/building-resilience-children/>

Chicken Pox

There have been a number of confirmed cases of "Chickenpox" throughout Healesville Primary School.

Extract published by the Communicable Disease Prevention and Control Unit, Victorian Government Department of Human Services:

"Chickenpox - Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children. Any child with an immune deficiency (for example, leukaemia) or receiving chemotherapy should be excluded for their own protection. Otherwise not excluded."

If you would like further information regarding this infection, please contact your local doctor.

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WORKING BEE

Saturday

18th November



On Saturday 18th November at 9am we will be conducting our final working bee for the year. The exciting project that we have been gearing up towards will be carving and installing our friendship seats around the school. As this is heavy work we will be requiring as many hands and as many people as possible to be able to complete the project on the day. If you are handy with a sander, paint brush for sealing the wood with oil, or happy to dig holes to plant out the areas, we would love to see you on the day.

We are also after anyone who has access to a BOB CAT and who may be able to help out. Can you please phone the office and let us know!

We look forward to this idea coming to fruition. Please come along and join in the fun.

Nicole Street,
School Council President

ENROL NOW FOR PREP 2018

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
102	82	71	66

UPCOMING SCHOOL EVENTS

NOVEMBER

Tuesday 14th

Year 3—KEW TRAFFIC SCHOOL

Wednesday 15th

HHS Parent Information Evening for Year 7—2018

5:30pm—7:00pm

Thursday 16th

Prep Transition Afternoon 2.45pm—3.15pm

RACV Incursion—Year 3 & 4's

Friday 17th

Colour Fun Run sponsorship forms and money to be returned to school

Saturday 18th

Working Bee

Tuesday 21st

Year 3—Bike Ed

Thursday 23rd

House Captain Speeches

Friday 24th

Year 3 Warburton Trail Bike Hike

Monday 27th to Friday Dec 1st

Year 5/6 Camp

DECEMBER

Monday 4th

School Council Meeting

Tuesday 5th

Parent Info. Session—Thunderstorm Asthma 2:30pm

Friday 8th

Colour Fun Run 5:30 pm—8:00 pm

Monday 11th to Wednesday 13th

Year 3 Camp

Tuesday 12th

Prep Orientation Day 9:30—10:30am
(Uniform Shop Open 9:00am—1:00pm)

PRINCIPAL REPORT *(continued from page 1)*

Curriculum Days

The staff worked extremely hard over our two curriculum days and I would like to take this opportunity to thank all HPS staff for their dedication to making our school even better than it is presently.

2018 Planning

Thank you again to those parents who wrote to me regarding their child/ren and extenuating circumstances that may influence where their child is placed. Further letters can no longer be accepted as the class placement process has commenced. I have already met a number of times with staff to discuss our school protocols and expectations to ensure that all students are placed following careful consideration of their academic abilities, learning style, social skills, friendships and personality.

Class placements for next year will be communicated in the next few weeks.

Cameron Heath, Principal

**Please note canteen will be closed in the last week of Term 4.
(Closed 21st and 22nd December)**



CAMP AUSTRALIA BEFORE & AFTER SCHOOL CARE

I hope everyone had a really nice long weekend.

This week we will be mostly going outside to play in the sunshine so REMEMBER TO BRING A SPARE HAT TO BEFORE AND AFTER SCHOOL CARE.

*Stacey and the crew from Camp Australia,
where we make children smile.*

The Wellbeing Corner



Hello HPS Families and Friends,

This week we continue our series on HABITS. Each week we take a letter of the word and discuss an aspect of what makes a healthy habit.

Have a Goal
Apply Behaviour Consciously
Be Repetitive
I Can Do It
Transform in 21 Days
Stay Focused

Today we will look at what it means to 'Apply a Behaviour Consciously'. New positive behaviours don't often come naturally; often we have a negative behaviour or response to situations which has been repeated all too often making the thought of change daunting. As with the article we wrote two weeks ago, create numerous small attainable goals that are within reach. The tip we want to share here is: create numerous reminders for yourself of the new behaviour you want to implement. It could be regular reminders and alarms on your phone with a short message to yourself of what you want to achieve. It could be post it notes around home, in the car, on the bathroom mirror or wherever is a good spot that will gain your attention. Another helpful idea is to spend time focusing on your thinking about what you want to change, early morning and just before you fall asleep at night are key times to do this as they are times the brain is more open to suggestions (ever hear a song in the morning that won't leave your brain for the rest of the day? Or watch a movie at night that influences your dreams?) Doing these things will help your brain embrace this new idea and way of being.

Have fun focusing on and enjoying the new you!

Penny and Baz



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 Primary School Canteen Menu

Wholemeal Sandwiches, Rolls and Wraps

Choices of salads are: *Lettuce, tomato, carrot Cheese and mayo.*

Choice of meats: *Chicken or Ham*

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

Wholemeal Toasties

Ham and cheese	\$3.50
Tomato and cheese	\$3.20
Ham, cheese and tomato	\$3.80

Hot Food Daily

Mini Homemade Sausage rolls	\$1.50
Ham, cheese and tomato on wholemeal pizza subs	\$1.50
Cheese and herb wholemeal pizza subs	\$1.50
Pizza subs (gf)	\$1.50
Steamed Dim Sims	\$1.10
Noodle Cups	\$3.00
Hot Dogs in whole meal rolls	\$3.60
Mini Meat Pies	\$1.10
Quiche (Bacon & cheese or Spinach & cheese)	\$1.50
Homemade beef lasagna (whole meal)	\$4.00
Fried Rice	\$4.00
Sauce	10c

Hot Food Fridays

Mini homemade beef burger with lettuce, tomato, carrot, tomato sauce and cheese on a whole meal bun.	\$3.70
Crumbed chicken tenders	\$1.50
Chicken tenders (gf)	\$1.50
Gluten Free Pasta with tomato and cheese sauce	\$4.00

Drinks

Flavored milk (fat free) 300ml <i>chocolate, strawberry or banana</i>	\$2.60
Juicy bottles 300ml <i>apple or orange</i>	\$2.60
Juice Boxes (reduced sugar) <i>apple, orange or tropical</i>	\$2.00
Small bottled water	\$1.00
Hot Milo large	\$1.50

Canteen is open on Thursday and Friday only



Cold treats

Available at canteen window only!

A changing range of friendly ice creams and icy poles from 50c to \$2.00

Snacks

Vanilla yoghurt cups with berries	\$2.50
Fresh fruit salad	\$2.50
Fruit Sticks	70c
Muffins-apple or berry	\$1.50
Mini muffins (fruit)	50c
Oat bar slice (no nuts)	\$1.50
Banana bread	\$1.50
Coconut date choc balls	80c
Crackers and cheese	80c
Pikelet with little butter	20c
small bag of popcorn	10c
Popcorn (packaged)	\$1.00
lemon slice	\$1.00
Choc Weetbix slice	\$1.00
Licorice piece	10c
iced cupcake	\$1.50
Rice cake snacks	\$1.00
Noodle Snacks	\$1.00
GF choc cake	\$1.00
GF Vege chips	\$1.00
Anzac cookies	\$1.00
Choc chip cookie	\$1.00
Smartie cookie	\$1.00

