A NOTE FROM THE PRINCIPAL

As we approach the end of the school year the excitement of Christmas starts to occupy our minds. However we still have many hours of quality learning time to go and activities to experience. Healesville Primary School will be running a sausage sizzle and hamburger BBQ at the Great Victorian Bike Ride on Saturday 6th December. The HPS School Council will be running this event; however we need the assistance of 10 parents during the allocated time of 12.30pm – 5.00pm. If you are able to assist please contact the school office.

Electronic Newsletter (Email)

At present we have a number of families who receive the school newsletter via email rather than getting a paper copy. Next year we are trying to cut down on the paper copies of the newsletter and ask families to consider an emailed version. Can you please before the end of the school year email your email address to healesville.ps@edumail.vic.gov.au indicating you wish the newsletter to be emailed or alternatively see the ladies in the school office. The newsletter will also be available on the school website and as a hard copy if required.

School Captains Selection

Last week Year 5 students were given the opportunity to present school captain’s speeches to all Year 2 – Year 5 students. We were extremely impressed with all the speeches and shortlisting has not been an easy job at all. (We originally stated we would interview 3 boys and 3 girls but due to the quality of the applicants we will interview 4 boys and 4 girls.) All students and staff, Year 2-5, were given the responsibility to vote for the boy and girl they thought would make a good school captain in 2015. The Year 5 and Year 6 teacher have begun the hard task of short listing and those students will be notified this week. Mrs Clarke, myself and a School Council representative will interview the short listed students Friday 5th December. Well done to all students who made a speech.

Year 3 Sleep Over

Last week I thanked all the parents who assisted at the Year 3 sleep over but realised that Andrew Crossman didn’t get a mention. Thank you to Andrew Crossman for giving up his time and sleeping over at the Year 3 sleep over.

Year 6 Canberra Camp

By all reports the Canberra Year 6 camp was a fantastic experience for both students and staff. The Canberra camp is a no stop camp visiting many important venues that do impact and have impacted on our great country. Thank you to Mrs Williams, Mr Stafford, Miss Smith, Tina Stewart, Jo Minshull and Michael King for all the organisation and hard work they put in to ensure the camp experience was a success.

Parent Helpers Morning Tea

A successful school is one that can be measured by the involvement of parents in so many areas of school operations & classroom programs. It’s important for students to see parents involved in school activities, which is a particular strength of Healesville Primary School. Basically we could not provide the diversity of extra curricula activities without help from parents.

Parents are involved in many ways - School council and its school sub committees, reading helpers, numerous excursions/incursions, camps, Year 3 sleepover, the swimming program, PFA and all their fundraising and special events for our students, our newsletter, the uniform shop, photography, school banking, supporting students at sporting events e.g. athletics, cross country, swimming, interschool events, and lastly just being available to help teachers in the classroom.

Next Wednesday our staff will be able to offer their sincere and heartfelt thanks to a large number of parent helpers who have given up their time to be involved in their child’s education.

Cameron Heath, Principal

STUDENT AWARDS

PM: Deklan H, Chloe B
PC: Haylee G, Millie W
PP: Archie K 10: Joshua B
1/2A: Amelia S 2B: Imogen B
2R: Skye C 3G: Allie M
5/6S: Jack W 6N: Mitchell McM
P.E: Ru B & Reece S

ENROL NOW FOR PREP 2015
Parents & Friends Club

- **School disco** is on tomorrow in the hall.
  - **Juniors** (Prep – 2) from 5:45pm to 6:30pm.
  - **Seniors** (Gr3 - 6) from 6:45pm-8:00pm.
- **$5.00 entry fee** is to be paid at the door.
- Please enter **via Canteen door** and Exit at the other end of the hall.

- **Best dancer prizes** will be awarded.
- **Glow products** on sale from 5pm at the canteen window.
- Hang around and help if you can.
  - Should be lots of fun.

- **To coincide with first aid sessions** that the students are taking part in, we are running a fundraiser selling **St John’s first aid kits**. Please contact the office if you missed an order form & one can be sent home with your child or emailed.

  Orders and payment are due back tomorrow.
  Please include your child’s name & class on the order form.

  Thanks for your support, **Maidi Mitchell**

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**OKKA PIE ORDER FORMS** - Just a reminder that all order forms and money must be returned tomorrow **Friday 28th November**. Your orders will be delivered on **Wednesday 10th December** - just in time for Christmas!!!

  Thank you, **Vikki Chandler**

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**Dough-Raiser**

When you buy your bread from **Baker’s Delight Healesville**, please nominate **Healesville Primary School** to receive ‘dough-raiser’ points.

For each purchase made, Baker’s Delight will donate a percentage to our school.

  Thanks, **Maidi Mitchell**

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**Special Assembly – 28th November 11:30am**

- **Healesville 150th Commemorative Badge Presentation**

  We are very pleased to announce that all our students will be receiving a special Healesville 150th commemorative badge as part of the 150th celebrations. These have been created and provided by the steering committee. There will be a special assembly on Friday 28th Nov at 11:30am where the badges will be given to the students. We encourage you to talk to your child about the importance of such an item and to help them keep the badge in a special place so they can keep it long into the future.

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**Dough-Raiser**

We have now settled in and it was great to see all the children embrace the move and also assisting in trying to organise areas, a bit cramped, but organised! All we have to do now is move some of the tables into next door and when the Lizards etc. are moved we can then move some of our activities to that room.

This weeks’ theme is Cricket (both bat & ball and the little bug that has a loud noise) hoping to see some great pictures and photos and we will ensure that all the children run around the gym chasing the balls. With the start of summer next week we will be focusing on summer themes then leading up to Christmas.

Due to the move we are on the lookout for a flat screen TV as the one we have is big and bulky and takes up a lot of room. If someone has one that they would love to donate the children would really appreciate it.

Any comments and/or suggestions would be greatly appreciated (good or bad).

  **Thanks, Bob, Michelle, Regan, Angelina, Nicola & Melissa from Camp Australia.**

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**Library Stocktake**

Please return all school library books a.s.a.p. so we can begin this year’s stocktake. **Thankyou.**
Canberra Camp

Telstra Tower
The lift was going up and up and up until BANG! It halted to a violent stop and the doors opened. Everyone was screaming with excitement looking out the window, but that wasn’t it! Up the blank, grey stairs was an amazing sight! At the top of Telstra Tower stood the most amazing view of Canberra. The lights were glimmering and the stars just made it perfect. I never wanted to leave Telstra Tower! Just one of the many amazing experiences on Canberra camp.

Ruby L

As soon as I jumped out of the bus I turned around and there it was, all lit up in colours. We walked into the building and then entered the elevators, this moment I was longing for. When the elevator doors opened you couldn’t see much until you walked to the railings. Amazing! What a view, all of Canberra lit up in lights. Telstra Tower was the most exciting adventure. Grade 6 camp was the best camp ever.

Carmen H

It was very quiet as we walked in. I grabbed a stool and sat down. The guide started telling us about what we saw surrounding us. There was a whole series of paintings and each had something to do with Ned Kelly. I listened and learned lots of things about him. I thought the artist, Sidney Nolan had painted each picture very well and they all had lots of detail. Then we moved on to a beautiful painting of a lady and a dog. I really enjoyed my experience at the National Gallery in Canberra.

Gabby B

Canberra Camp - Telstra Tower
I walked off the bus and stared at the massive building, then froze thinking about being up there. We walked up to the building and went inside. Soon enough we were inside a moving elevator, it went so fast and felt really weird. When the doors opened it was dark and wind blew in my face. I walked slowly closer and closer to the railing and when I got there I was amazed at the sight. You could see all the lights in Canberra at once. I will never forget the time I went to Telstra Tower.

Kimberley M

Canberra Camp
We get off the bus next to a massive statue of an acrobat. I have a fair idea where I am. I look to my right I see more statues of sport, and a building. We all go inside. We get split into two groups. My group went to a room and I couldn’t believe what I saw. The room was packed to the roof with sport simulation. We got to try all of them in about 45 mins before our group leader said we had to leave, but it wasn’t over. Our group leader took us on a tour around the AIS. It was fantastic.

Dylan S

I was in an elevator, I was near the top. I am at the top of the Telstra Tower. The view was breathtaking. I had been here once before, but it was nothing like this. The lights sparkled and danced below. Outside the cool breeze comforted me as I took photos. When I reached the bottom I was exhilarated.

Rosie F

I was hanging off a bar thinking ‘I’m going to do this’. Then the guy said, 3, 2, 1 GO and I let go and as I came down lots of people were clapping and shouting my name – Jacob, Jacob, Jacob. The drop-slide was the best thing at Questacon.

Jacob S

Snapshot
I was in an elevator, I was near the top. I am at the top of the Telstra Tower. The view was breathtaking. I had been here once before, but it was nothing like this. The lights sparkled and danced below. Outside the cool breeze comforted me as I took photos. When I reached the bottom I was exhilarated.

Rosie F
Healesville Primary School
Giving Tree.

Once again, as in previous years, our students are invited to give gifts to the elderly residents of Holmwood & Monda Lodge Nursing Homes.

If you wish to participate in this community activity, you need to:

1. Take a Healesville Primary School Giving Tree Voucher from the Xmas Tree in the school foyer and present it to the office, who will register your name.

2. You will receive an envelope containing all the instructions.

3. The present needs to be wrapped and returned to the School office by Friday 5th December and will be delivered to the residents during the next week by students of the school on behalf of the wider Healesville community.

This is a great community activity and we hope all families from Healesville Primary School will participate.

Once again we thank you for participating.

Children & Exercise

We all know how important it is to be active don’t we? We hear about the benefits of exercise every day on the radio and on TV shows. We see advertisements for fitness products or government ads which encourage us to be active or which highlight the dangers of leading a sedentary lifestyle. We all know – whether we exercise or not! – that exercise is crucial if we want to live a long and healthy life.

Children are no different to us in this area and need to be given opportunities to be active. The following information is taken from www.betterhealth.vic.gov.au and outlines some of the many benefits of supporting your children to be active and to exercise regularly.

Kids love to be active. Making physical activity a part of their daily routine is not only fun, but also healthy. Encouraging kids to be active when they are young establishes a routine that could stay with them throughout their life.

The benefits of physical activity

Some of the benefits of physical activity and exercise for children include:

- Improve cardiovascular fitness (heart and lungs)
- Achieve and maintain a healthy weight
- Improve posture
- Better sleep
- Boost self-esteem and confidence
- Improve concentration
- Help relaxation
- Build strong bones and muscles
- Improve balance and develop skills
- Maintain and develop flexibility
- Opportunities to make friends and enhance social skills.

Recommended amount

Australia’s Physical Activity Recommendations for 5–12 Year Olds state that kids need to do a minimum of 60 minutes of physical activity every day. But remember, more is better – even up to several hours! This can be built up throughout the day with a combination of moderate to vigorous activities.

Stay tuned for part two of this topic next week!

Joel Hawting, Chaplain

Playgroup

Monday mornings straight after Assembly in school library.
A fun yet casual group would love to see some new faces.