

NEWSLETTER

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A NOTE FROM THE PRINCIPAL

Pupil Free Day – Friday 17 October

A reminder that tomorrow is a Pupil Free Day at Healesville Primary School. The staff will be working hard on the following plus other important items around student learning gains.

- What does a good Learning Intention look like and why are they important
- Effectively differentiation the curriculum to cater for individual student needs
- Collegiate visits – importance of and what are we looking for when we visit another teacher

150th Celebration for Healesville

Over the next few weeks students at HPS will be learning about Healesville and its history to start to prepare for the towns 150th celebrations. Students may be walking around parts of the Healesville Township to experience and learn the rich history our amazing town holds. It is an exciting time in the town's History and it is important that the students are involved.

Bushfire Season is approaching

As we start to approach the bush fire season again, it is very important that all contact details are up to date if we need to contact you. This also includes any emergency contact numbers you have for your child/children. Can you please ensure you check your details at the school office and make any changes accordingly.

Dogs on the school grounds

A reminder to all parents and families that it is important to always have your dog on a lead and under control. Many people in our community are not dog people and are not comfortable with a dog being allowed to get close to them, therefore can we ensure that dogs are on leads and kept away from students and adults that are uncomfortable. Thank you for your understanding in this matter.

School Council

Monday 13 October School Council had our monthly meeting. Some of the major points we covered where:

- Bell Times. We talked about possibilities of moving eating times and end of day. Nothing has been decided as yet.
- 2015 Budget and Finances were discussed and are tracking well.
- Camp structure for Year 3, 4, 5 and 6
- Policy development and ratification. Student Engagement and Wellbeing Policy and Bullying and Harassment Policy.
- Discussion around NAPLAN results. Overall we are seeing an upward trend in almost all areas. Continued focus on improvement through the School Strategic Plan
- Enrolment numbers are looking ok for Preps next year
- Lizard lounge

Lizard Lounge

Over the last few years the lizard lounge has been run by 2 teachers at recess and lunchtimes as well as having to look after the reptiles over weekends and holidays. It has been expressed that the amount of time spent in regards to the lounge is impacting on the teachers planning and preparation for classroom education and therefore we are unfortunately slowly closing the lounge. The discussion has been made that the school will look for alternative homes for the reptiles, ensuring that they are well looked after and cared for.

Cameron Heath, Principal

SCHOOL EVENTS

OCTOBER

Friday 17th

CURRICULM DAY – Pupil Free Day

Monday 20th – Friday 31st

Junior School Swimming

Thursday 23rd

Orienteering (Maroondah Dam) Grades 3-6

Friday 24th

Orienteering (Maroondah Dam) Grades 3-6

Wednesday 29th

Parents & Friends Meeting – Bristol 2pm

Friday 31st

Healesville Sanctuary 2R & 2S

NOVEMBER

Monday 3rd

CURRICULM DAY – Pupil Free Day

Tuesday 4th

MELBOURNE CUP DAY – PUBLIC HOLIDAY

Thursday 6th

Bridges to Prep 2015 –

Numeracy Afternoon 2.45-3.30pm

Saturday 8th

Healesville 150th Community Celebration

Monday 10th

School Council Meeting

Thursday 13th

Grade 3 Sleepover

Monday 17th – Friday 21st

Grade 6 Camp

Thursday 20th

Bridges to Prep 2015 –

Literacy Afternoon 2.45-3.30pm

Thursday 27th

Healesville Sanctuary 10 & 1/2A

CURRICULUM DAY

Just a reminder that
Curriculum Day is

TOMORROW

(Pupil Free Day)

ENROL NOW FOR PREP 2015

CANTEEN

OCTOBER 2014

Mon & Tues	CANTEEN CLOSED	
Wed 22 nd	Cathryn Cosson	
Thurs 23 rd	Marilyn Caldicott	Rebecca Church
Fri 24 th	Susan Ferguson	Lyn Brendish

Literacy and numeracy at home - TOP IDEAS

Find out all about your name. What is the meaning of your name? Why did your parents choose your name? Where does your surname come from? Interviewing your parents, using the internet and baby name books are great ways to research.



Parents & Friends Club

After many small fundraising activities over the past 12 months or so, we finally raised enough money to pay for a new seat outside the junior building. Hope you all enjoy it! Thanks to anyone who participated in honey drives, Easter raffle, school disco or Mother's & Father's Day stalls, as all these things are run by the parents' club in order to benefit the school.

Thanks to Kylie and Mel for their help at the Prep Information night BBQ last week. It was good to meet some new families of next year's prep students.

Our next get-together is Wednesday October 29th from 2pm in The Bristol. New faces and ideas always welcome & encouraged. Tea & coffee provided.

Thanks for your support, *Maidi Mitchell*

Vegetable Pikelets Recipe makes 12 pikelets

Ingredients:

- 2 cups wholemeal self-raising flour
- *2 cups raw vegetables, chopped finely
- 2 eggs lightly beaten
- 1 cup light tasty cheese, grated
- 1 ½ cups milk
- Pepper to taste
- Small amount of oil for cooking
- Light cream cheese with chives for serving

*Chopped vegetables can be zucchini, capsicum, broccoli, carrot, cauliflower

Method:

1. In a bowl, whisk all the ingredients together.
2. Heat a little bit of oil in a frying pan
3. Once the pan is hot, use ¼ of a cup measurement to pour out the mixture, fry each pikelet until golden and then turn over
4. Serve warm with cream cheese and chives on top.

Tips:

- Add in any grated vegetables you like, you could add in some spinach and/or some potato
- Why not try some spring onions with coriander and a splash of low salt soy sauce for an Asian feel
- If you are gluten intolerant, replace the wholemeal SR flour for rice flour
- These are a great lunch box idea but would also be a great idea for breakfast or a snack.

STUDENT AWARDS

PM:	Viola H	PP:	Riley B
PC:	Ashton C, Hunter S	10:	Zoe V
1/2A:	Luke F	2B:	Rob C
3B:	Jack C	3G:	Ava W
4L:	Casey L	5K:	Archer L
5G:	Jake S	6N:	Nick S



Our "Healesville Outside Schools Hour Care Talent Quest" is up and going and what a group of talented children we have (and how they remember all the words amaze me). We have had singing, dancing, air guitars, doing a magic trick, telling jokes "What is a cow's favourite food? ...Moo(w)ed Grass" etc.

We will be having our final session on Thursday afternoon and thanks for the donations for Camp Australia's Foundation Arm "The Smith Family" Learning For Life Program which supports disadvantaged children all the way through their education (from preps to Year 12). More information is available at our sign-in desk.

We need to remind everyone that our SunSmart policy is:- if the children wish to play outside then they need to wear a hat. We ask that you assist in ensuring that your child has a hat in their bags.

Thanks for the feedback we received and we will be ensuring everyone has something that they like to eat at afternoon snacks. Any other feedback will be greatly appreciated.

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

SAVE THE DATE

**Healesville Community 150th Celebration
Street Parade, Saturday Nov 8th**



*You are warmly invited to a **Celebratory Morning Tea**
Sunday November 30, 2014 at 10am
for the **150th anniversary of Cudgee Primary School***

Fiona Selway (Principal) and
Matt Dodson (Classroom Teacher)
Cudgee Primary School, 3 Hallowells Rd, Cudgee 3265
p: 5567 6346 m:0438 659 095
e: cudgee.ps@edumail.vic.gov.au
www.cudgeeps.vic.edu.au

Anger

Do you ever feel angry? I know I do! I feel angry when I watch the news and hear about innocent children going hungry because their country is experiencing famine, when so many other children in the world have an abundance of food. I feel angry when people drive like maniacs on the roads, swerving all over the place and cutting me off when I am driving. I feel angry when someone who I love and respect lets me down or does or says something that hurts me. I feel angry when the mighty Cats aren't so quite so mighty on the weekend in the footy...

We can all feel angry sometimes can't we? Anger is an emotion that we naturally feel as human beings from time to time. It is okay to feel angry... it is an emotion that we can all experience! The challenge that we are all faced with however is how we choose to act when we are angry about something. While it is natural and okay to feel angry, it is never okay to act out and hurt others because we are angry. We can choose to act in a controlled manner or we can choose to throw caution to the wind and let someone have it! We all have the power to choose how to manage ourselves when we feel angry.

There are many things that we can do to help manage our children and ourselves when they or we are feeling angry. Here are a couple of ideas taken from REACHOUT.com:

- Count to 100. The actual counting doesn't help, but thinking about something other than what's angering you for 100 seconds can help you avoid blowing a fuse.
- Leave and come back. Sometimes you'll be too angry to deal with something in a good way. If this happens, recognise it, leave, and come back when you're calmer and can approach the situation differently.
- Do something physical. Exercise is one way to get your anger out.
- Distract yourself with video games or tunes if you're at boiling point.
- Come back and deal with what's bothering you when you're not quite as angry.
- Talk to someone. You could offload to a counsellor, friend, family member, psychologist or other mental health worker. Counsellors are especially good because they're trained to deal with this stuff, and don't have a stake in the situation that's making you angry. If you want to talk to someone NOW, call Kids Help Line (1800 55 1800) or Lifeline (13 11 14). Relax. Learn relaxation techniques, go to a quiet, calm, place like a park, and let your anger lessen. Then come back and deal with the causes of your anger once you're calmer.

It is so important that we learn to deal with feelings of anger. It is important for our health and also for other people's health around us. Choose to deal effectively with anger this week!

Joel Hawting, Chaplain

Reading to Children

I think every parent knows the value of reading books to young children. However, I was interested in an Age article last year: **"Reading together still important after children start school, expert says"**. Professor Bridie Raban, at the University of Melbourne's Graduate School of Education makes the point that many parents stop reading to their children after they reach school age, and this is a lost opportunity to continue to develop their literacy skills

"Research identifies a clear link between the development of good literacy and numeracy skills at an early age and higher levels of educational achievement, employability, higher earnings and social participation later in life," she said.

Despite the bells and whistles of digital books, 86 per cent of Australian children preferred a traditional book.

The article provided the following tips for parents:

Reading tips

1. Make reading part of the daily routine. Make a bedtime story something to look forward to.
2. Read regularly yourself.
3. Join a local library.
4. Read books on different topics and find themes that interest your kids.
5. Play word and word association games.
6. Talk with your child: it builds communication skills, vocabulary and increases confidence.



Source: *Literacy Solutions and Optus*

The online article can be found at:

<http://www.theage.com.au/national/reading-together-still-important-after-children-start-school-expert-says-20130827-2sntd.html>

A Report about Jesse Graham

Jesse Graham is a journalist for the Mountain Views Newspaper. He came and spoke to the grade 2 children about why he likes to write - this is what he told us.

To get more ideas read books to inspire yourself. A big book isn't always a good book. He loved writing books about zombies. He loves his job. His favourite author is Andy.

Flynn

Jesse comes back to school

Last Thursday Jesse Graham came to Healesville Primary school to talk to the Year one and two children.

Jesse spoke to us about how to write reports and become a journalist. He said "you need to be a good speller and writer." Jesse said he loved writing at school. He always keeps his phone nearby for a "hotline" to new stories.

He inspired us to become better writers.

I'M GOING TO BE THE BEST I CAN BE!



Healesville Tennis Club invites all families with children from 3 - 12 years of age to a new

FREE ANZ Hot Shots Community Play - utilising modified equipment provided

Kids & families/grandparents/carer

- all join in together and have fun

Held at Queens Park tennis courts

- enter via Don Road Melway Ref: 270 D12

6 week program - Every Thursday in October

Thursday 16th October

Thursday 23rd October

Thursday 30th October

Thursday 6th November

Thursday 13th November

Thursday 20th November

After School - 3.45 pm - 4.45 pm

Volunteer Members of Healesville Tennis Club offer this program twice a year -

it'll be on again in 1st Term 2015

To Book Your Place: Phone Kathy 59 62 36 39

www.healesvilletc.org.au

Come & Try Tennis

Program designed for instant positive feedback to beginners

Mums & Dads & Grandparents & Carers.

Learn tennis basics with your children

