



Aiming for Excellence

# KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday March 2nd, 2023



## DATES TO REMEMBER

### Term 1

Friday March 3rd-  
Y5-6 Interschool Sport—  
HOME

Wednesday March 8th-  
World Maths Day

Friday March 10th  
Whole School Assembly  
3pm

Tuesday 28th March  
Foundation-Y4 Allergy  
Awareness Session



Thursday 30th March  
SchoolPix Photo Day

Tuesday 4th April KHPS  
House Cross Country

Thursday 6th April  
Last Day of Term 1

Dear Parents and Carers,

There have been lots of exciting things happening at KHPS over the last week and more coming up.

Our various clubs have begun across the school, including our cooking group, gardening group and craft group. These students are working with our ES staff, Riley our School Chaplain, Mrs Robinson and Ms Clare and learning new skills so that towards the second half of the year they will put these into practice with the broader community.

### World Maths Day

Next Wednesday is World Maths day and to celebrate how important Maths is in our everyday lives, our Maths Team have planned some engaging whole school Maths activities. To find out a little more please see page 4.

### Swimming

On Tuesday, several of our students participated in the District Swimming Competition. Congratulations to all involved.

Mr Matton was super impressed with how well our students performed, well done to Phoebe A, Emma F, Jack F, Alex G, Zoe G, Andrew G, Chloe H, Amy O, Georgia O, Katie T, Alex W, Layla W & Ava W.

Six swimmers are moving on to the next round. Good Luck to Phoebe A, Jack F, Alex G, Zoe G, Andrew G & Katie T who will compete at the Moonee Ponds Divisional Swimming Carnival on March 9. Please see sports report on page 5.

### School Council

A reminder that our Annual General Meeting will be held on Tuesday 14<sup>th</sup> March. We have received some parent nomination forms but places are still available. If you would like to know more about school council or nominate, please see Kelly in the office for a form.



### Junior Play Ground

We thank the junior children for their patience while we had some repairs to their playground. It is now back in action and great to see the children having full use of it again.

Enjoy the weekend

Victoria Graham



### GARDENING group

We walked around the school and found a great spot to build an awesome garden bed for the school. We thought about what we could put in the garden bed and decided we should put in herbs and veggies, edible flowers and some potted fruit plants. The cooking group would also be able to use some of these things.

We are working on creating a community garden where we can share our learning and all the things we grow in our school community. We thought if it was really good we could sell some of our veggies, or we could donate them to a community group because veggies are expensive.

We first of all, needed to measure the area because we had to build-up the garden bed. We worked out the length x width and depth. We estimated first, and was really close to the proper measurement. We knew we needed to put more soil in the garden bed, special soil that will help grow our veggies. Aldi has good soil but we need more from a special garden group.

Some of us are used to using tools. My uncle bought me electric tools to help around the house, so I know you need to be really careful when using them. WE all had a go at using the electric drill, and we all helped each other. Andrew is the BEST at gardening.

WATCH this space everyone, something really special is going to be happening in front of the prep playground!!

LV, Luka, Mika, Thomas, Rishaan, Frankie, Tylah 5 / 6's.

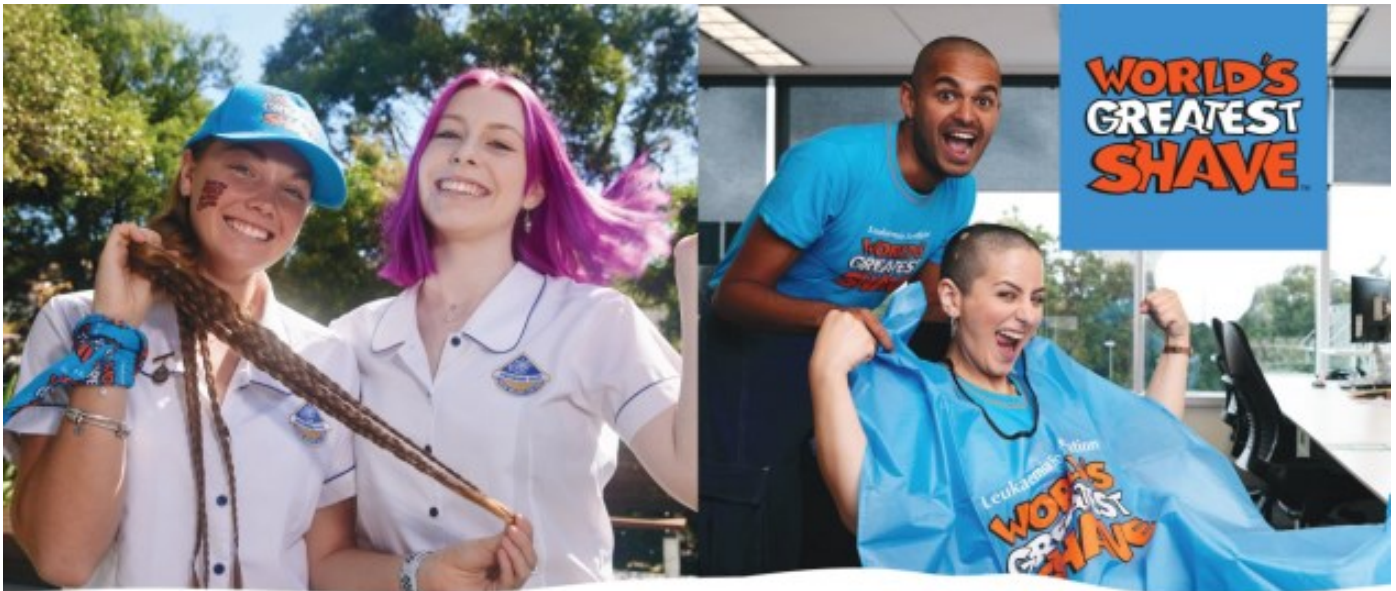


## **BOOK CLUB**

Book Club **Issue 2 Catalogue** has been distributed,

If you are interested in placing  
an order please do so by

**MONDAY, MARCH 20th, 2023**



# RYAN LYNCH

is

# SHAVING

on

17/03/2023

SCAN HERE  
TO SPONSOR ME!



## ABOUT MY FUNDRAISING!

Together we can make a difference!

Let's do this!

MY GOAL IS

**\$200**



World's Greatest Shave

Leukaemia  
Foundation



Next Wednesday, March 8<sup>th</sup> is World Maths Day. Keilor Heights is having a whole school activity at 9.15am where all students will participate.

Teachers will discuss with their class the task involved and each class will have their own estimate.

If you have time to stay and watch please feel free.

For information on some surprising mathematical careers please click on the link below.

<https://www.kidsnews.com.au/mathematics/check-out-10-surprising-mathematical-jobs-ahead-of-world-maths-day/news-story/ce191dd614ed94b7f93f7aed6ab38e5e>

## Cyber safety Project

Thank you to families who have registered for the Cyber Safety Project parents and guardians webinar series.

Last Thursday was the first of four webinars and it was great to see some of our families join and develop an understanding of the world in which our children are living.

We highly encourage families to join the next session.

**Safety on the Socials - Tuesday 9th May 2023 at 7:30pm.**

The information shared by the cyber safety project is invaluable and it is vital that we continue to work together as a team to ensure the safety of our children online. For those who missed the session you can watch the first webinar below.

[www.cybersafetyproject.com.au/webinars](http://www.cybersafetyproject.com.au/webinars)





### Buckley District Swimming Carnival

On Tuesday, 13 superstar swimmers from Keilor Heights Primary took on the might of the Buckley District at the 2023 Buckley District swimming carnival. Our swimmers did a fantastic job representing our school with each giving 110%. The support and encouragement which they gave each other throughout the day was outstanding even as the drizzle came down.

Congratulations to our entire swimming team and especially to Phoebe (U10 girls freestyle, 11 yr old girls freestyle relay), Andrew (U10 boys breaststroke), Alex (11 yr old girls breaststroke, 11 yr old girls freestyle relay), Jack (11 yr old boys backstroke, Katie (11 yr old girls backstroke, 11 yr old girls freestyle relay) and Zoe (11 yr old girls freestyle relay), who have qualified to compete at the divisional swimming carnival on Thursday March 9th at Oak Park Leisure Centre.

Also, a big thank you to the parents and guardians who transported their children and to Angela F who helped out with timing on the day! Your support was greatly appreciated.



**If anyone is able to wash approximately 20 Art Smocks for Robyn Scott our Visual Arts teacher please come to the office and let her know. Thank you!**



# WELLBEING at K.H.P.S.



Aspire



Respect



Responsibility



Resilience

To begin the school year all grades across the school were involved in the Start Up Program, where students explored our school values of Aspire, Respect, Responsibility and Resilience through a range of activities that promote self-awareness and co-operative learning. In addition to this, classroom routines were established, and behaviour expectations made clear so as to create a positive learning environment.

## School Wide Positive Behaviour Support (S.W.P.B.S.)

### at Keilor Heights P.S.

We are a school that uses the S.W.P.B.S. frameworks to foster positive learning environments where students feel happy, safe and engaged in their learning. Students are encouraged to make positive choices in their behaviour and learning and are rewarded for displaying our school values in all settings across the school. Teachers have begun introducing 'Khoins' as our universal reward token system and are in the process of using student voice to determine reward outcomes. This week the Wellbeing Team of staff will meet to reflect on past practices and procedures and organise prizes for the first Khoin Trade shop for 2023 in the coming weeks. Students will have the opportunity to trade their 'Khoins' for a prize in recognition of their positive behaviour.



The *K.H.P.S. Schoolwide Positive Behaviours Expectation Matrix* identifies behaviours expected by our whole school community. This document can be found in every learning space and shared environment throughout the school. A copy of the matrix is provided on the next page.

### RESILIENCE RIGHTS & RESPECTFUL RELATIONSHIPS

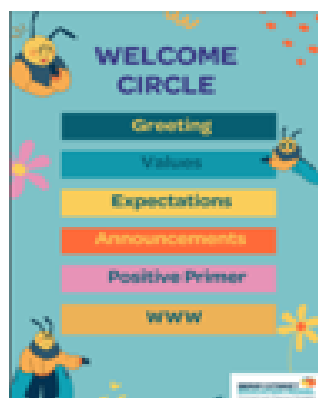
The **Respectful Relationships Program** is in its second year of implementation at KHPs. As part of social and emotional learning and respectful relationships, all classes are embedding this program into their classroom curriculum throughout the year. The Respectful Relationships Program is a requirement of the *Department of Education and Training* as a recommendation from the *Royal*

*Commission* in 2016. It is a prevention strategy in schools that aims to create an environment that fosters safety, respect, equal opportunity, gender equality, voice and improved cultural awareness.



The Berry Street Education Model is another teaching and learning strategy we implement here at KHPs. The model is designed around the notion of 'All students must have the opportunity to understand themselves and how they learn', *BSEM, 2021*. A group of staff attended a professional development workshop last year and we have booked another group of teachers to attend in Term 3 this year. Staff and students continue to explore a variety of brief activities that engage, redirect and explore one's own thinking in a fun and co-operative manner. These activities may include:

- *Morning Welcome Circle*
- *Brain Breaks*
- *Emotional Literacy*
- *Self-Regulation strategies*
- *Being Ready to Learn*
- *Engagement/ motivation*
- *Self-Care*



## Anxiety in Children

Does your child display symptoms of anxiety? Are you looking for help to support your child's emotional needs? The Victorian Government has launched a free program for parents to access support in dealing with childhood anxiety.

Interested in signing up? Here's the link:

<https://www.triplep-parenting.net.au/vic-en/triple-p/>



Australian Government  
Department of Health and Aged Care



Delivery of the Triple P – Positive Parenting Program® to parents and carers of children in Australia is supported by funding from the Australian Government Department of Health and Aged Care under the Parenting Education and Support Program

## Girls in Sport

See details below for an opportunity for girls to become involved in motorsport.



Former Formula 1 development driver Susie Wolff launched the 'Dare to be Different' program in 2018. Motorsport Australia joined forces with Susie Wolff to introduce the program to Australia. The initiative was designed to help young girls from around Australia understand the opportunities that await them in the motorsport industry, whether it is as a driver, engineer, mechanic or one of the many other roles in a growing industry.






From 2020, the program was rebranded to **FIA Girls on Track**, a global not-for-profit initiative to inspire and celebrate women in every aspect of motorsport. We offer girls aged 8-22 a unique opportunity to participate in our free FIA Girls on Track events.

Girls on Track – Inspire Program - Victorian event at Sandown Park, Fri 15 Sep. Sign up on website below.

Website: <https://motorsport.org.au/events/girlsontrack>

*Lisa Clare*  
Wellbeing Leader



<div style="text-align: center;">  <h1 style="margin: 0;">KHPHS</h1> <h2 style="margin: 0;">SCHOOLWIDE POSITIVE BEHAVIOURS</h2> <h3 style="margin: 0;">EXPECTATION MATRIX</h3> </div>								
<u>Learning Spaces</u>	<u>School Grounds</u>	<u>Out in the Community</u>	<u>Digital Technologies</u>	<u>Always</u>				
<p><u>Aspiring to show...</u></p> 	<p><u>Respect</u></p> 	<p><u>Responsibility</u></p> 	<p><u>Resilience</u></p> 	<p>Listen to others, value their contribution</p> <p>Let others Learn</p> <p>Share appropriately</p> <p>Work cooperatively</p>	<p>Put litter in the bin</p> <p>Look after our equipment and facilities</p> <p>Share the space</p> <p>Play cooperatively</p>	<p>Be aware</p> <p>Be polite</p> <p>Represent the school with pride</p> <p>Leave the area how you found it or better</p>	<p>Make positive choices</p> <p>Ask permission before sharing or posting</p> <p>Be Cyber Smart</p>	<p>Use good manners</p> <p>Speak kindly to and about others</p> <p>Encourage and support others</p> <p>Follow reasonable instructions</p> <p>Respect personal space, privacy and property</p>
<p>Be organised</p> <p>Participate positively</p> <p>Treat classroom, supplies and equipment appropriately</p> <p>Focus on learning</p>	<p>Contribute to a clean and tidy environment</p> <p>Use resources and facilities appropriately</p> <p>Enter and exit spaces safely</p>	<p>Help the community</p> <p>Be safe and aware of your surroundings</p> <p>Show and use manners</p> <p>Stay within assigned areas</p>	<p>Use internet as a learning resource</p> <p>Follow the user agreement</p> <p>Protect personal information</p> <p>Report inappropriate use</p>	<p>Ask for help</p> <p>Wear school uniform proudly</p> <p>Report mistreatment and damage</p> <p>Move and act safely</p> <p>Maintain appropriate noise levels</p> <p>Be a positive role model</p>				
<p>Be open to feedback</p> <p>Have a go, don't give up</p> <p>Learn from mistakes</p>	<p>Respond appropriately when things don't go your way</p> <p>Be a problem solver, i.e. STOP, THINK, DO</p> <p>Ask a Peer Mediator for assistance</p>	<p>Demonstrate KHPHS values</p> <p>Acknowledge the achievements of others</p>	<p>Try to problems solve first</p> <p>Ask for help when having computer issues</p>	<p>Have a positive mindset</p> <p>Have a growth mindset</p>				



# BUY A BOX OF 120 CADBURY CHOCOLATES FOR ONLY \$30



THAT'S  
50%  
OFF



Limited stock available from the office

# WHO OR WHAT IS SMIC?

**SMIC IS AN ACRONYM.** One of those clever little words made out of the first initials of a name or phrase. It stands for **School Maintenance Improvement Committee.**

**WHO RUNS SMIC?** Parents and carers of students in our in our school community. SMIC is a sub-committee of the KHPS School Council. SMIC would love a couple of new school members to join its committee, enabling it to do more and generate fresh ideas. (SMIC only meets when needed to plan and activate a grounds project).

**WHAT DOES SMIC DO?** First and foremost, work on making the school grounds a better space to learn and play in for KHPS students. It also makes proactive decisions that ensure the grounds are a safe place for everyone and are kept maintained. Sounds impressive? It is!

**WHO FUNDS SMIC?** You! The fund raising efforts initiated by the school (mainly through The Parents and Friends Group) are its general source of funding. Plus (if it is successful) any local, school, business or government grants. There is also a pool of funds that come from the education department, however they are set aside to maintain the grounds. (Eg. Repair or replace shade sails that tear, audit playground equipment, add soft fall to playground areas to achieve levels of safety accreditation. All critical, but seemingly, the unexciting funds).

**WHAT IS SMIC PLANNING FOR 2023?** Lots! Starting with a Grounds Improvement Morning (Working Bee) in March/April to complete a new turf area near the prep 1-2 playground, then we have our eye on the new oval. We're also planning to revamp the Sensory Garden amongst other ideas.

**AND FINALLY, SMIC IS YOURS.** Local schools are only as good as the families who choose to support the efforts of the volunteer committees and groups the school needs to run them. If you have inspiring ideas on how to improve KHPS, want to help or share some advice (good or bad) then reach out! We'll always listen and support the needs of our school families with work and effort that provides continual improvement and care of students.

Contact Scott Gowland (Parent) on 0449 554 035 or the school office admin team if you'd like to be a part of SMIC and get your hands dirty.

**Together we can make your  
child's school grounds a better  
space to learn and play in.**



**SMIC**  
SCHOOL MAINTENANCE AND  
IMPROVEMENTS COMMITTEE

# Woolworths NetSetGo 'Come and Try day'



Netball Australia's Official  
Introductory Program

🔍 **Woolworths NetSetGO**  
and register today!

**Saturday 18th March 12-1pm**

**Riverside Tennis and Netball Centre, Newsom St,  
Ascot Vale**

**All boys and girls 5-10 welcome!**

**Register at [netsetgo@essendondna.com.au](mailto:netsetgo@essendondna.com.au)**

Winter NetSetGo season starts: 29th April

10 weeks of fun, ball skills and great coaches

See [www.essendondna.com.au/netsetgo](http://www.essendondna.com.au/netsetgo)





Essendon Keilor College

# 28 March 2023

## College Open Night

6:00pm Essendon Campus

## Campus Open Day Tours

Tours on this day will  
take place at 10:00am  
and 1:30pm at all  
campuses by appointment



### Term 1 Weekly School Tours

Please contact the  
appropriate campus  
to book in a tour.

**EAST KEILOR Campus** (Years 7-9)  
82 Quinn Grove, East Keilor VIC 3033  
P 8331 0109

**NIDDRIE Campus** (Years 7-9)  
19 Peters Street, Airport West VIC 3042  
P 9375 8400

**ESSENDON Campus** (Years 10-12)  
286 Buckley Street, Essendon VIC 3040  
P 9319 1300

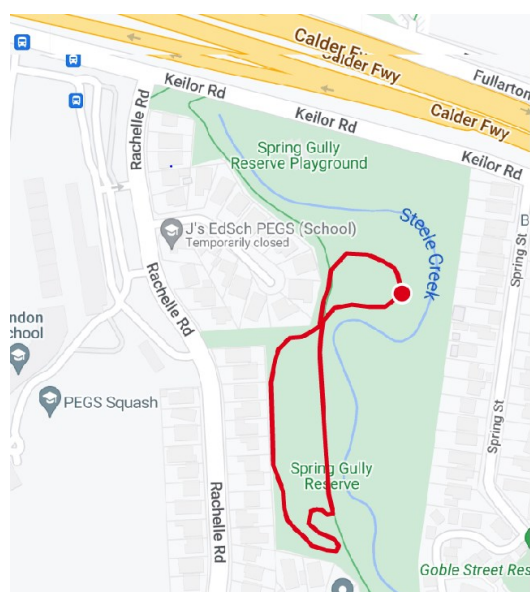


[ekc.vic.edu.au](http://ekc.vic.edu.au)



## KHPS House Cross-Country/Buckley District Interschool Cross-Country Trials (Years 3-6)

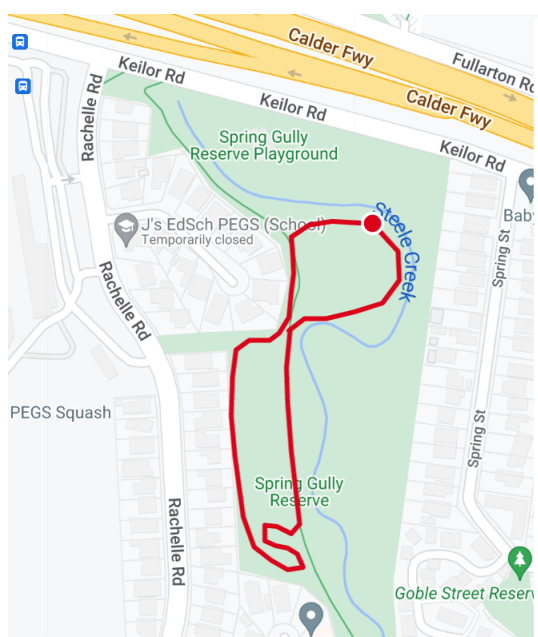
This year's KHPS House Cross-Country/Buckley District Interschool Cross-Country Trials for students in years 3-6 will take place on Tuesday, April 4th (last week of term 1). On this day, all students and teachers in years 3, 4, 5 and 6 will walk down to Steele's Creek/Spring Gully Reserve in Keilor East (near Valley Lakes) to complete either the 2km run (10 years old this year and younger) or 3km (11 years old this year and older).



**Students turning 10 years old or under in 2023 (born 2013, 2014 and 2015) will complete 3 x laps of approximately 670m (2km).**

Every lap completed of the circuit shown will earn house points which will go towards awarding the House Cross-Country Shield for 2023.

The event is also a qualification opportunity for students (top 6 in each age group/gender) who are keen runners and have ambitions to represent KHPS at the Buckley District Cross-Country Event which will be held in Term 2, Week 2 at Brimbank Park.



**Students turning 11 years old in 2023 (born 2012) and students turning 12 or 13 years old in 2023 (born 2010 or 2011) will complete 4 x laps of approximately 750m (3km).**

Students may have different goals on the day but the focus will be on having fun, being active, and doing their best to run/walk as many laps as they can in the allocated time.

For those students who are keen competitors and wish to qualify for the interschool cross-country team and take it right up to other schools in our sports district, they may wish to start training (with parent/guardian supervision) on the courses shown left.

**LOWES**

**2 DAY VIP EVENT**

**20% OFF**  
**SCHOOLWEAR**  
**& EVERYTHING ELSE\***



**MARCH 9<sup>TH</sup> & 10<sup>TH</sup>**

**ZERO & REWARDS CARD HOLDERS  
USE YOUR CARD AT CHECKOUT**



**SHOP INSTORE & ONLINE**

\*T&C'S APPLY, SAVINGS OFF ORIGINAL PRICES.



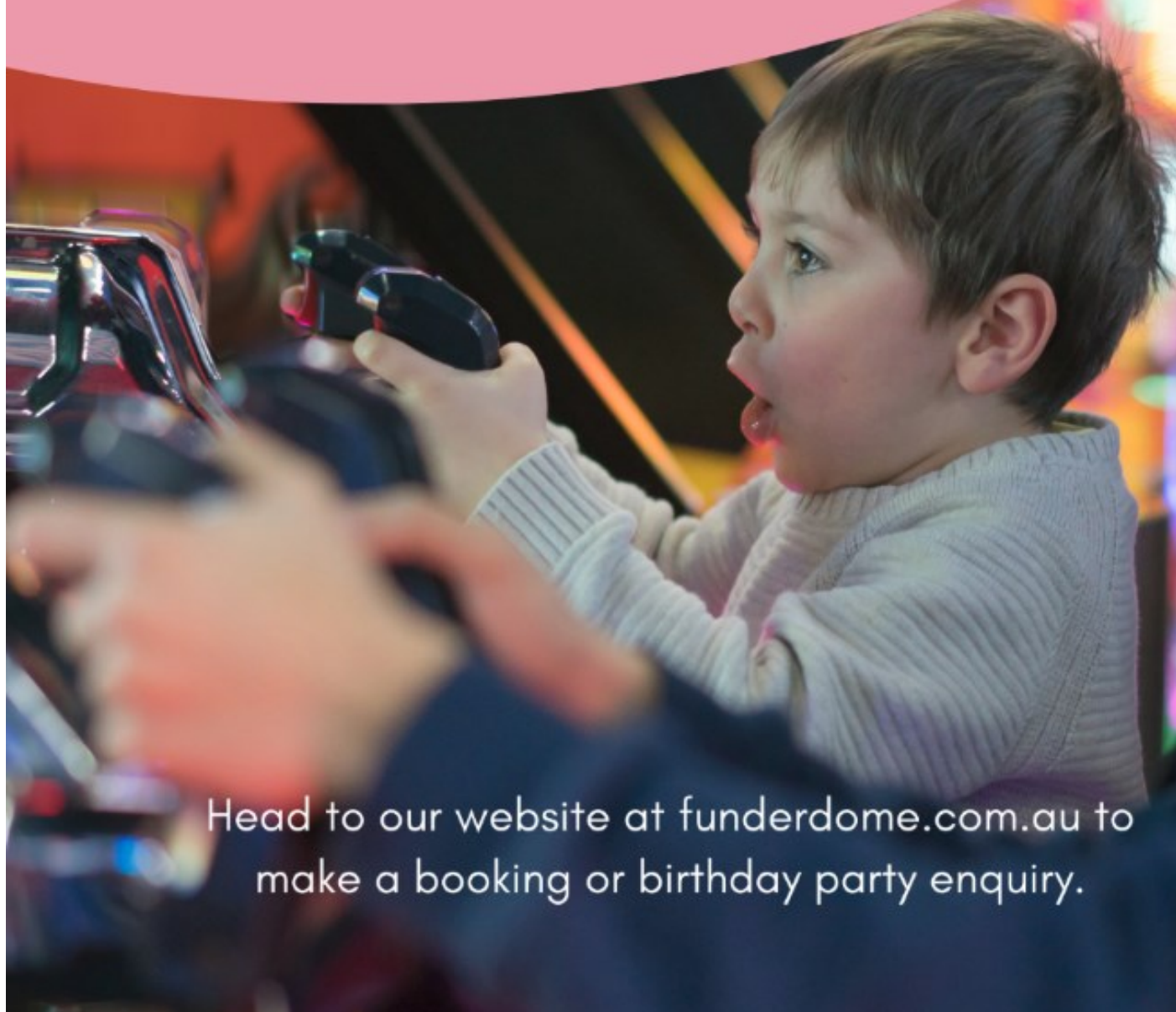
Visit us at

## THE FUNDERDOME

at Highpoint Shopping Centre

Located next door to Hoyts!

Children welcome Mon-Sun 10am - 8pm



Head to our website at [funderdome.com.au](http://funderdome.com.au) to make a booking or birthday party enquiry.



# ALLERGY AWARENESS SESSION



**FUN,  
EDUCATIONAL  
AND  
INTERACTIVE**

Jackie Nevard, author and creator of My Food Allergy Friends is coming to our school! Educating young students in a fun, interactive way. Allergy education for students.

## WHAT WE COVER IN OUR SESSIONS:

- One in 10 infants have allergies, we discuss the most common allergens
- The symptoms of an allergic reaction
- The importance of having an EpiPen or Anapen
- Reinforce YOUR school allergy policies
- We explain the importance of washing our hands and why we don't share food or drinks at school
- We help students to become 'Food Allergy Smart'
- We discuss ways we can help our friends with allergies by including them and informing a teacher if they become sick
- Every student receives a certificate for attending our food allergy session
- We read a story and have activities for younger students available\*
- Each school receives our School Allergy Poster Pack

\*Please note all craft cut outs, colouring pages and school quiz will be emailed to your school to print out before the day

**See you Soon!**

**1 in 10 infants will develop a food allergy  
Education is the key to managing food allergies**

[www.myfoodallergyfriends.com](http://www.myfoodallergyfriends.com)

