

Aiming for Excellence

KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday March 30th, 2023



DATES TO REMEMBER

Term 1

Friday March 31st
Whole School Assembly
3pm

Tuesday 4th April KHPS House Cross Country

Wednesday 5th April— Y1/2 Open Afternoon 2.45

> Thursday 6th April Last Day of Term 1

> **FINISH AT 2.25 PM**

EASTER RAFFLE DRAWN

Term 2

Monday 24th April First Day of Term

Tuesday 25th April ANZAC Day NO SCHOOL

Wednesday May 10th Camp Quality Cancer Education Program







Dear Parents and Carers,

<u>NAPLAN</u>

Congratulations to all of our Year 3 and Year 5 students who completed NAPLAN assessments over the last two weeks. Students demonstrated great stamina and generally felt comfortable and well prepared for the assessments. We hope with NAPLAN being held earlier and all completed digitally, we will receive our results sooner and will let everyone know when they become available.

Energy Drink Warning

This week there have been a lot of reports in the media warning against the dangers of a new energy drink on the market, 'Prime'. These energy drinks contain high levels of sugar and caffeine and are not recommended for children. There are two different types of 'Prime', Prime Energy and Prime Hydrate and neither are recommended for Primary aged students. Prime Energy is actually banned in Australia, however can be purchased online. All energy drinks are not allowed at school.



Influenza

Over the last week we have had a quite a number of students who have been unwell with influenza A. This is quite serious and while we encourage school attendance, it is also extremely important that when your child is unwell, they stay home and rest.

This is so they obviously have the time to get better, but also to reduce the potential for others to also become ill. If your child is away, please remember to inform the school as to why. We are required to record why students are absent, so it is important that we have valid reasons.





Allergy Awareness

This week, students from Years F-4 attended an Allergy Awareness session that was presented by Jackie Nevard from Food Allergy SMART Education Program. The session was specifically designed for students of this age level and helped reinforce the precautions all of us should make to keep ourselves and those around us as safe as possible and reduce the risks for allergy sufferers.

GRIP Leadership Conference

On Tuesday, Ben, Mr Lynch and our four School Captains attended the student GRIP Leadership Conference at the Melbourne Convention Centre. This is a well-recognised course, with 3000 students attending the Melbourne session alone. The day provided our students the opportunity to meet and participate in activities with student leaders from other schools and hear about what leadership role they have in their schools. We look forward to hearing more from our captains and how they are going to bring back some of their learnings to KHPS. (see feedback on page 3)

Easter Raffle and Last Day Term 1

Thank you to PFA for organising an Easter Raffle, which will be drawn at our special assembly on the last day of term, next **Thursday 6th April 2.00pm. All students will be dismissed at 2.25pm.**

Your child should have received a page of raffle tickets and explanation yesterday from PFA. If they did not, please call the office on 9336 1739.

Year 3-6 Cross Country

Next Tuesday 4th April, students from Year 3-6 will be participating in our school Cross Country event, which will be held at Steele Creek. We encourage students to come dressed in their House colours, (still suitable for running). The emphasis is for all students to participate, try their best for their personal goals and for their school House.

Qualifying students will then move onto the next level.

Year 1/2 Open Afternoon

Next Wednesday afternoon the Year 1/2 classes have invited parents, carers and or grandparents to attend their Open Afternoon where they will be show casing the work they have done throughout the Term. The students are very excited about interviewing family members about their childhood experiences and playing some old fashion games.

ANZAC Day

This year Anzac Day falls on the second day of Term 2, Tuesday 25th April which is a public holiday. Our local RSL is holding their official service on Sunday 23rd April. So that schools are able to contribute to the service, Moonee Valley City Council have organised for schools to send in Art works, which will be on display at **Kellaway Avenue Neighbourhood Centre.**

Miss Scott has been working with our students to produce artworks that we can contribute to the display.

we can contribute to the display.



Enjoy the weekend Victoria Graham

Oval Works Continue!







The GRIP Leadership was a fun experience. I learnt so many ways to become a better leader, and heard many ideas on how to make our school a better place. In all I thoroughly loved the experience and what it had to offer. Georgia O

I really enjoyed the GRIP Leadership program, because I got to learn a whole lot of ideas and tips to become a better leader for my school. I learned how to work with peers and become an others first leader.

Diya K

Being at the GRIP Leadership was a very enjoyable experience, I took a lot from what they thought us. It was very fun especially when a kid did the splits.

Cooper L

On Tuesday I attended a leadership conference with the other school captains. We were one of 217 schools who attended the event at the Conference Centre. We did a bunch of fun activities throughout the day that helped us learn how to be better leaders. I learnt what makes a good leader including putting others first, listening to others and to always try and see the positives. I also learnt how to get people engaged and want to be involved in ideas and events. I really enjoyed this experience and look foreword to using what I have learnt to be the best leader I can be.

Layla W







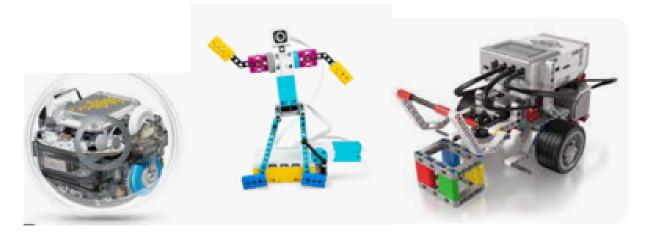
- Tickets are \$2.00 each or 3 for \$5.00
- Please cut purchased tickets, place them along with money in an envelope and return to school
- Tickets and money due by 9am Thursday 6th April
- Raffle will be drawn on April 6th at assembly
- 1st, 2nd & 3rd Prizes



Easter Raffle	Easter Raffle	Easter Raffle
Laster Maffie	Laster Maffie	Laster Maffie
Name:	Name:	Name:
Phone No.:	Phone No.:	Phone No.:
Grade	Grade	Grade:
Easter Raffle	Easter Raffle	Easter Raffle
Vame:	Name:	Name:
Phone No.:	Phone No.:	Phone No.:
Grade:	Grade	Grade:
Easter Raffle	Easter Raffle	Easter Raffle
lane:	Name	Name:
S. C.	Phone No.:	Phone Mr.
Grade	Grade	Gode



Coding Club After School Program



For: Grade 5 and Grade 6 Students – prepare your students for Year 7 using a range of robotic platforms.

Where: Essendon Keilor College, East Keilor Campus (Quinn Grove, East Keilor).

When: Term 2, Wednesday after school

3.45pm - 4:30pm (4 weeks, Beginning 10th of May)

Cost: — exclusive offer to students of Keilor Heights Primary School, Avondale Primary School, Keilor Primary School.

*Be Quick.....Limited places call Anna (office) on

8331 0109 to book.*

BUY A BOX OF 120 CADBURY CHOCOLATES FOR ONLY \$20



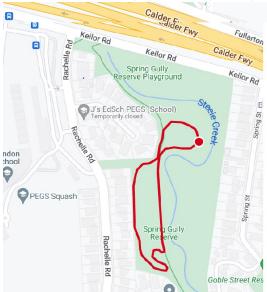




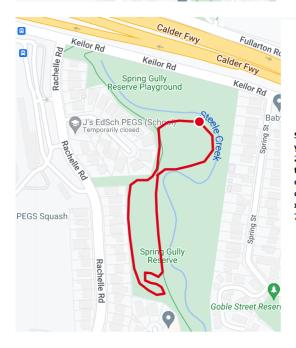
KHPS House Cross-Country/Buckley District Interschool Cross-Country Trials (Years 3-6)

Dear Parents and Guardians.

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. 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).



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)

Every lap completed of the circuit will earn house points, in addition to extra points being awarded for the top 10 finishers, 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 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.

On the day, Year 3/4 students (10 years and under) will walk down with their teachers promptly at 9.10am and return to school at approximately 11.00am. Year 5/6 students (11 years old and older) will walk down with their teachers at 10.15am and return to school at approximately 12.00pm.

In the case of students in Year 4 who are turning or have turned 11 in 2023, or Year 5 who are turning or have turned 10 in 2023, students will be asked prior to the day to choose whether they want to run for fun (and walkdown) with their class/peer group, or run to compete and trial for interschool cross-country (and walkdown) with their age group.

Age	Start/End time
10 and under girls (Generally Years 3 and 4)	9.40-10.10
10 and under boys (Generally Years 3 and 4)	10.15-10.45
11 years old- girls and boys (Generally Yr 5)	10.55-11.25
12/13 years old- girls and boys (Gen Yr 6)	11.30-12.00

You will previously have signed the local walking excursion permission form which is sufficient for students attending this event. A reminder was sent out via Compass recently to a small number of families who had not given consent and this needs to be actioned prior to the day.

Students are encouraged to wear appropriate clothing for physical activity that also displays their house colours. If your child does not have anything to wear, face paint, headbands, hair accessories etc. are alternative ways to demonstrate house pride. Students will

need to take a water bottle and sun smart hat along to the event, and are encourage to apply sunscreen prior to coming to school.

Parents and quardians are welcome to come down and spectate but will need to remain at the assembly area/start & finish line while significant.

Parents and guardians are welcome to come down and spectate but will need to remain at the assembly area/start & finish line while students are competing in their events.

Some parent helpers may be required so if you are able to provide assistance throughout the morning then please let Mr Matton know in person or via Compass beforehand.

If you have any questions please don't hesitate to get in contact with Mr Matton.





MON 10 APR | PUBLIC HOLIDAY

Big Childcare is offline today due to the public holiday. Our cast are resting up after having a few too many Hot X Buns and Easter Eggs. Never mind, they will be back after the easter long weekend.



It's Easter time, so that can only mean one thing. Eggstreme fun! You can expect egg decoration, Easter themed games and of course a BIG easter egg hunt! So



WED 12 APR | ARCADE & BOWLING

Calling all gamers, stretch those thumbs and switch on as we step into the world of virtual reality and head to the

\$75 + \$40

\$75 + \$20

local arcade to battle those bosses, catch the coins, go on an adventure or take a spin to win !



THU 13 APR | STUFFLERS

Today the Stufflers Bears are coming to our centre, you will get to choose your very own plush toy, you can name

it, stuff it, make it a costume and even take it home with you as a new friend to add to the collection!



FRI 14 APR I BIG SPORTS DAY

Start stretching and warming up because today's session is going to be ACTIVE! From sack races, to relays and long jumps. We'll make sure everyone is included on this super sporty session!





MON 17 APR | DUDE PERFECT

\$75

Trick shots, crazy sports and epic challenges to make your mates go WOW! Just like the dudes from Dude Perfect, we'll be having a nationwide challenge to see which centre can land the most perfect shots!



TUE 18 APR | MOVIES

Settle inn the corns a poppin', the movies where the bus is stoppin'! The lights are dimmed, and the screen is set for a fun for all ages movie. Check with your centre manager to see what we'll be watching today!



WED 19 APR | THE BIG COOK

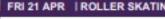
Today is all about cooking! Our in house MasterChefs will be running an interactive cooking workshop where you get to learn, create and make delicious food to... And guess what, you get to eat it too!



THU 20 APR | LUNA PARK

It's our annual BIG day out to Luna park, and we have the whole park to ourselves! Ride the Scenic Railway, face the Twin Dragons or for the smaller ones hop on the carousel. Luna Park is always a favourite for everyone!





Roll up roll up for a roller skating derby at the local roller ring! It's an action-packed day to show off your skills on wheels. Never skated before? That's okay, we'll show you how and teach you something new!

CAMP QUALITY'S CANCER EDUCATION PROGRAM HAS BEEN BOOKED TO VISIT YOUR PRIMARY OR PRESCHOOL. WE CAN'T WAIT TO SEE YOU!

Camp Quality's cancer education program has been teaching kids about cancer with a fun and interactive puppet performance, for over 33 years. The program focuses on telling the broader cancer story, including how to support someone who is facing their own cancer diagnosis or that of a loved one.

The free Cancer Education Program visits primary schools and education and care services around Australia, and is shown to reduce bullying, absenteeism and the need for mental health support services for kids impacted by cancer. An independent KMPG report showed the total Social Return on Investment of the Cancer Education Program is \$5 for every \$1 spent.

The program includes newly developed Teacher Resource Packs aligned to the Australian Curriculum, Early Years Learning Framework and state-based curriculums. **Teacher lesson plans, classroom activities and our Talking About Cancer guide** provide further learning on the social and emotional impacts of cancer. We also offer a free Kids' Guide to Cancer App that can be downloaded to your smartphone or tablet. Our resources have been developed in consultation with subject matter experts in the health and education sectors and help to facilitate conversations about cancer.

THE BIG PARTY

AGES: EARLY LEARNING CENTRE
- YEAR 2
DURATION: 30 MINUTES

Ariel has a brain tumour. Her big brother Tom knows she's having a tough time in hospital, so today he's bringing her something he's sure will cheer her up straight away - an invitation to Lucy Carmichael's Bouncy Castle Birthday Party on Saturday! Only, Ariel can't go... how will she ever explain to the other kids why she doesn't have any hair, and why she's tired and skinny...? The Big Party by Julianne O'Brien is an empowering story, using interactive puppetry to teach us about cancer and the importance of positivity and recognising our own strengths.

THE BIG SCORE

AGES: YEAR 3-6
DURATION: AHR (INCLUDING
POST-SHOW Q&A SESSION)

Siblings Tom & Ariel's lives are turned upside down when Ariel is diagnosed with a brain tumour. Leaving their home on the country farm and moving to the city for Ariel's treatment at hospital, they must start fresh at a new school, with new teachers, new friends and a whole new normal. Will Ariel ever make it through Year 5, and will Tom ever become a soccer superstar? The Big Score by Julianne O'Brien is a touching story, using interactive puppetry to teach us about cancer and the importance of hope and acceptance.

"It took away the stigma and fear from cancer. As we have a student at our school being treated for leukaemia, it helped the children understand what she is going though and why she has lost her hair. Having an understanding of the disease has certainly increased empathy in the other children too" – Principal

"The manner in which the show addresses cancer is age appropriate while clearly articulating the facts. It has helped me to be able to talk about cancer in a positive and reassuring manner"

Educator

1300 662 267 campquality.org.au puppetprograms@campquality.org.au







Girls aged 8 – 15 years old have a unique opportunity to get an insight into the motorsport world. These events are free and targeted at schools. Registrations are welcome from individuals wishing to participate. Motorsport activities and workshops are used as a tool to expose the girls to the various career pathways in the sport.



Over 800 Schools, 30,000 Children, 200,000 Projects Made

Children construct a range of Engineering craft based projects to test and develop, all of which can be taken home!

Learn all about: Forces, Electronics, Pneumatics, Power, Aerodynamics, Energy, Friction, Simple Machines + More



Every Monday for 7 weeks during Term 2

Starting: 01/05/23 Time: 3:30 - 4:30pm

\$150 per term or 4 payments of \$37.50

Register via our website: www.stemgineers.com.au Scan or CLICK _____ the QR code below.







BOOKINGS ESSENTIAL!

Places are limited and are reserved on a first come first reserved basis. If the club is full, please register your interest on the waiting list as we may be able to extend the number of places available. All materials are supplied.





STEmgineers



Young Engineers

After School Club

Over 800 Schools, 30,000 Children, 200,000 Projects Made

Children construct a range of Engineering craft based projects to test and develop, all of which can be taken home!

Learn all about: Forces, Electronics, Pneumatics, Power, Aerodynamics, Energy, Friction, Simple Machines + More

Examples of club projects: Balloon Car, Cotton Ball Launcher, Jumbo Grabber, Sling Rocket, Vibrating Bug & Pyramid Slingshot.

For Years 3-6 Only.

CLICK HERE









BOOKINGS ESSENTIAL!

Places are limited and are reserved on a first come first reserved basis. If the club is full, please register your interest on the waiting list as we may be able to extend the number of places available. All materials are supplied.



A free family event with entertainment and D.I.Y.

Date: Thursday 30th of March 2023

Time: 6pm to 8pm

Activities and fun for the whole family

Enjoy a great day out with the whole family at Bunnings Maribyrnong, with kids Easter crafts, Pony rides, Tim the magician, Adults DIY, pop corn, raffles, Give aways and much more...





Refer to your local store for details and book your spot using the QR Code above.

For more information contact us on XXXXXXXX or visit www.bunnings.com.au/storenameXXXXX





Classes start Friday April 14th

Meaningful school holiday fun is here.

Rise Up Kids Yoga & OT have your school holiday kids fun covered with Yoga Workshops on offer for all ages - and even for boys!



Meaningful Fun for Kids Yoga Workshops!

5-8 YEAR OLDS Friday 14th April 9:30am to 11:00am 90min workshop Only \$30 9-13 YEAR OLDS Friday 14th April 1:30pm to 2:30pm 120min workshop Only \$40 4-6 YEAR OLDS Thursday 20th April 1:30pm to 2:30pm: 60min session Only \$20

LOCATION: Yoga Freedom Studio 1/5 Military Rd, Avondale Heights 3034





Dunk it like Lebron. Hammer it like Thor.

8-13 YEAR OLD BOYS Thursday 20th Apr 2023 11:30am - 12:30pm: 60min session Only \$20 LOCATION: Yoga Freedom Studio 1/5 Military Rd, Avondale Heights 3034



Children with ASD Yoga Workshop

7-12 YEAR OLDS Thursday 20th April 9:30am to 10:30am: 60min session Only \$97" (NDIS FUNDED) LOCATION: Yoga Freedom Studio 1/5 Military Rd, Avondale Heights 3034



WORKSHOP INCLUDES YOGA MAT, PROPS, HEALTHY SNACK, CRAFT ACTIVITY, SMALL GIFT AND ARE RUN BY CERITFIED YOGA INSTRUCTOR & PAEDIATRIC OT

Use the QR-code web link to learn more and book.

Contact Michelle Roberts for more information about Rise Up Kids Yoga & OT classes by calling 0449 554 036 or emailing michellerobertsot@yahoo.com



riseupkidsyoga.com.au

"I really lave to observe the development of friendships between the older and younger children on the WSB. It really helps the school community - it's like an unofficial buddy system!" Mary Reynolds, Walking School Bus Volunteer

"Apart from the obvious health benefits, being a valunteer for the WSB enables me to interact with my daughter and her school friends in THEIR environment."

John Casey, Walking School Bus Volunteer

"I enjoy the social nature of the walking bus, the walking and the sense that there are young children who have a responsible adult outside of their family who is safely looking after them and getting to know them."

Suzanne Priestley, Walking School Bus Volunteer

"The connections my family have made with the other kids and parents who valunteer for the Walking School Bus are also invaluable" Fiona Hillary, Walking School Bus Volunteer



What is the Walking School Bus?

The Walking School Bus" is a fun, healthy and safe

Moonee Valley City Council, schools, traders and

The Walking School Bus** (WSB) is not a real

'bus stops' on the way to school.

vehicle, but a group of children who walk to school

accompanied by two adult leaders (one 'driver' and

The Walking School Bus follows a specific route on specific days selected by your school and volunteers.

ensure the safety of the children. Safety precautions

include a 1:8 adult to children ratio. All volunteers are

expected to undergo safety training, registration and

hold a Working with Children Check (WWC). Moonee

These routes have been carefully planned by the volunteer coordinator and audited by Council to

one 'conductor'). Picking up and delivering children at

way for primary school aged children to travel to and from school. Run in collaboration with VicHealth,

community groups, this free program has far reaching

the local community and especially the children.

- Improve children's overall health
- Children build friendships
- Children gain a sense of independence
- Increase road safety and awareness
- Lower green house gas pollution
- Strengthen community / Council relations
- Children arrive at school alert and ready to learn
- Provide a safe environment for children.

How to be involved

There are many ways that you can be involved in the WSB program. You can:

- Sign up your school
- Register your child/ren to walk
- Volunteer to act as a conductor/driver
- Act as your school's volunteer coordinator

All volunteers are provided with training through Moonee Valley City Council and are required to undergo a WWC to ensure that children are walked to school in a safe and friendly manner. Volunteers are expected to operate according to the bus stop. timetable and follow appropriate safety measures.

Moonee Valley City Council employs a Project Officer to supervise the WSB program. The Project Officer provides administrative support and guidance to all participants. It is Council's responsibility to conduct WSB route safety audits, register volunteers and

mvcc.vic.gov.au



Get on board the Walking School Bus™

Stopping all stations



What are the benefits?

The WSB program has many benefits for your school, By working with Moonee Valley City Council you help:

For further enquiries contact Council's

Transport Project Officer on 9243 8888 or email transport@mvcc.vic.gov.au

9280 0738

9280 0739

9280 0740

9280 0741

9280 0742

9280 0743

9280 0744

9280 0745

9280 0246

Moonee Valley

Moones Valley City Council

Moonee Valley Language Line

Arabic

Camponese

Croatian

Italian

Somali

Spanish

Turkish

All other languages National Relay Service 13 36 77 or relayservice au

9 Kelaway Avenue | PO Box 126 Mooner Ponds VIC 3039 Telephone 03 9240 8888 | Faculmile 03 9377 2100 Email council (#mvct.vic.govau | Website mvct.vic.govau

Việt-ngữ Vietnamese

عربي

中文

Hrvatski

Italiano

Somali

Español

Türkçe

Ελληνικά Greek

- Develop children's physical and social skills
- Decrease traffic congestion around school

Child's name....

☐ Monday

■ Tuesday

☐ Wednesday

☐ Thursday

□ Friday

MODE	-		

Get on board the

on the following days and sessions:

Walking School Bus™

I would like my child to use the Walking School Bus

am pm

am pm

am pm

am pm

am pm

Parent's	name	

School				
20110101				

I I I I I I I I I			

I am interested in becoming a volunteer for the Walking School Bus on the following days and sessions:

Monday	am	p
Tuesday	am	p
Wednesday	am	p
Thursday	am	p
Political		

Please return completed forms to the school and further information will be forwarded









YOU'RE INVITED

OPEN DAY THURSDAY 4TH MAY 9.15AM - 2.15PM

BOOKINGS ARE ESSENTIAL TO ENSURE YOUR CHILD'S ATTENDANCE

OPEN EVENING TUESDAY 9TH MAY

PRINCIPAL'S ADDRESS 6:45PM TOURS 4-6PM

> **GUIDED TOURS TUESDAYS 9:30AM**

> > **BOOKINGS ESSENTIAL**



JOIN THE FUNI

East Keilor Auskick Centre

Overland Reserve, East Keilor Friday's 5.00pm - 6.00pm

daniipalmer89@gmail.com Contact Information:

play.afl/auskick



kids aged 5-12 will have learning Australian Football. NAB AFL Auskick is one of the best, first experiences

In weekly sessions, Auskickers and their families will run, jump, kick, laugh and create their own special moments playing footy.

No matter their skill level, ability or knowledge of the game, Auskick is for everyone!













































PLAY RUGBYLEAGUE



NORTH WEST WOLVES

BOYS - GIRLS

ALL AGES & ABILITIES WELCOME

North West Wolves Rugby League Club AJ Davis Reserve 320 Fullarton Road, Airport West





nwwrlc



PLAY RUGBY LEAGUE.COM

www.northwestwolves.com