



Aiming for Excellence

# KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday June 8th, 2023



## DATES TO REMEMBER

### Term 2

Mon 12th June—KING'S  
Birthday—NO SCHOOL

Wed 14th June—Fri 23rd  
June Y3/4 Swimming

Wednesday 21st June—  
Parent/Teacher Interviews  
**SCHOOL ENDS 1130AM**

Thursday 22nd June Y56  
Reptile Encounters  
Incursion

Friday 23rd June Last day  
of Term 2— 2.30pm finish

**Available at the  
school office**

**BEANIES  
\$15**

Dear Parents and Carers,

### Parent Teacher Interviews

Communication was sent home through Compass earlier this week about Parent Teacher Interviews, which will take place in the final week of Term 2, with the main day being Wednesday 21<sup>st</sup> June. **REMEMBER SCHOOL FINISHES @ 11:30 JUNE 21ST** We strongly urge all families to make a time to meet with their child/children's teacher to discuss both their strengths and future areas for improvement. If you are having any difficulty making a booking, please call the office and they will help.

Reports will also be made available on Compass on Monday 19<sup>th</sup> June. We will be asking parents for feedback on our current report system and provide a brief survey at the parent teacher interviews. We would appreciate your feedback so we can take it into consideration on the way we report to families in the future.

### Oval

Work on the oval is continuing to progress well and despite the heavy rain over the last 24 hours, it is at a stage where it has had minimal impact. Tiger Turf are currently putting the crushed rock down and then they will be laying the artificial turf.

### School Anxiety

For most students, coming to school is a positive experience and they look forward to seeing their friends, teachers and engage in learning. For some students though, it can be more challenging, and while they still want to come to school, they can struggle with certain aspects and find it difficult to say goodbye to their parents. This can also be stressful for parents and carers. If you are experiencing some of these struggles it is important to remember that you are not alone and we can work through it together.

If you are interested in being part of a support group that will be held at school, please let the office or myself know. It might just provide an opportunity to share experiences, debrief or talk through things that have helped your family. If we have enough interest we can also organise for external experts to come and talk through some strategies and supports.



## Play Leaders

Yesterday a group of our Year 5/6 students participated in Play Leader training at school.

Resilience Youth Australia facilitated this program and Mr Matton and Mrs McDowall attended and participated with the students. Students spent the morning learning various games that promote team work, co-operation, fun and inclusion. They also learnt important leadership skills and how to manage small groups and help to resolve any conflicts if they arise. After lunch, Play Leaders were able to put what they learnt into practice by running games with the Year 1/2s. This is the second year that we have run the program and Play Leaders will begin to run these games with our younger students during lunch times and some PE sessions.

Alex – ‘I thought it was fun and everyone got a turn at all of the activities’.

Branko – ‘I liked getting to know and work with the younger kids and it was fun playing with them’.

Levi – ‘I liked the games because they involved teamwork’.

Ivy – ‘I learnt how to keep a situation from escalating and controlling it’.

Enjoy the Long Weekend—Remember **NO SCHOOL ON MONDAY**.

Victoria Graham



## **KEILOR HEIGHTS PRIMARY SCHOOL HAVE NEW BANK DETAILS**

Please find below our new bank account details effective immediately:-



**BSB: 063093**

**ACCOUNT: 10002824**

**ACCOUNT NAME: Keilor Heights Primary School**

**Our Bendigo Bank account will be permanently closed shortly  
If you currently have automated direct deposits coming to the school, please remember to  
update with the new bank details as listed above**

### **Foundation bags 2023 survey**

Have your say about this year's Foundation bags in a short survey, closing Sunday 9 July.

Each year, the Department of Education gives every Foundation student attending a Victorian government school a bag full of goodies to celebrate this milestone in their education journey. The information and educational resources in the bags are designed to help Foundation students and their families thrive from the start of Term 1.

The department is inviting parents and carers of current Foundation students to participate in a short survey about the 2023 Foundation bags, by 5 pm on Sunday 9 July 2023.

Your feedback will help the department learn what families liked about the bags and what can be improved in 2024. You can have your say at:

### **2023 Prep Bags - Evaluation Survey (Prep Families) ([surveymonkey.com](https://www.surveymonkey.com))**

The survey takes 5 to 10 minutes to complete, and responses are anonymous.





# PE @KHPS

## What are Year 1/2s learning in PE?

Students in Years 1 and 2 have been practising a variety of movements as part of an Obstacle Course Challenge. These include activities involving bounding, hopping, leaping, ducking, dodging/weaving, climbing, crawling, scooting and sprinting. Students have practised completing each of these challenges in a timely and efficient manner. Before the end of term, students will complete a timed run of the course and aim to be one of 4 class champions.



# WELLBEING at K.H.P.S.



Aspire



Respect



Responsibility



Resilience

## Colder Weather months

During these colder Winter months please discuss with your child the need to dress warm and comfortably for cold and wet days. We also ask that jumpers and jackets are clearly labelled with your child's name as quite often students peel off clothing layers while in warm, heated classrooms. Lost property is located on a clothes rack between the senior boys and girls toilets. Whilst umbrellas are useful for going to and from school we discourage them being used during playtimes as a safety precaution. Donations of uniform are always welcome.



Do you have unused puzzles and board games at home, sitting there taking up room in cupboards? We would love to have complete sets for use in classrooms during wet weather playtimes. Donations can be dropped off at the front office under the Compass check-in area. Thank you in advance for your generosity.



## Respectful Relationships

**RESILIENCE  
RIGHTS &  
RESPECTFUL  
RELATIONSHIPS**

As part of our Respectful Relationships program, students across the school have reflected on their own physical, social and mental wellbeing to share what strategies help them. Furthermore, they have explored some useful tools and strategies to try when faced with challenging situations.

Topics being covered this semester are:

- Emotional Literacy
- Personal Strengths
- Positive Coping
- Problem Solving
- Stress Management

**BERRY  
STREET**

Believing in  
Children,  
Young People,  
Families &  
Their Future.

**Gratitude-** *Focusing on what's good in our lives and being thankful for the things we have.* A great discussion to have with your child.



\*A reminder that if you are interested in being part of a support group at school to address student anxiety, please contact the office or leadership.

*See the next pages for support with managing screen time.*

*Mrs Clare Wellbeing Leader*

# MANAGING SCREEN TIME

Screens are a wonderful tool to use with children, however they are becoming increasingly difficult to monitor and manage.

**Here are a few great examples of questions you could ask yourself to see if the child's screen time under control?**

- ✔ Do you have a plan to **'manage'** screen time? Is it being followed?
- ✔ Does screen use **interfere** with what your family/classroom wants to do?
- ✔ Does screen use **interfere with sleep**?
- ✔ Does the child **easily transition** between screen time and non-screen time? (ie will they get 'off' when directed?)

If after asking these questions you are wanting to put in place some strategies to manage screen time, below are some tips to get you started.

## TIPS TO MANAGE SCREEN TIME

### EXIT PLAN



Many kids with ASD get very engrossed with their screens making it very difficult for them to transition to nothing afterwards. Planning their **next activity before starting screen time** allows them to immediately move onto another activity.

### A COLLABORATIVE MEDIA PLAN

Create a plan with the child which works for the adult and the child. Have agreed rules, routines, expectations (ie around swearing etc)

and consequences. I highly recommend writing down the agreement and putting it somewhere to refer back to.

### SCREEN FREE TIMES\*\*

Instilling allocated screen free times or activities such as meal-times or outings which everybody participates in.

### TURN OFF WIFI



Many routers can now turn off the wifi after a certain time e.g. for bedtime.

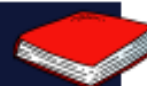
### LIMITING THE AMOUNT OF TIME

This could be done in a number of different ways

- ✔ A self-monitored visual timer
- ✔ Many apps can now be time limited
- ✔ Token systems (see page 13)

Be aware that with some children it is incredibly distressing to stop mid-game, so perhaps, **adjust limits accordingly**. Instead of a certain time period, allow them to play the game a set number of times.

### EXCHANGE SYSTEMS



Allow screen time in exchange for other activities

- ✔ Screen time allocated following tidying-up/ school work etc.
- ✔ Amount of time allowed on screens is half the amount of time spent off the screens

\*\*If the device is being used for communication the child needs access to it at all times.

# 1 HOUR BEFORE BED NO SCREEN TIME

Research has shown the blue light produced by screens disrupts the body's sleep hormone. It is recommended that children should not use a screen in the hour before bedtime. Here are some great activities that you can do in the hour before bed.

## TIPS ON WHAT TO DO BEFORE BEDTIME

Interact with family members

Play a game

Read a book

Do a puzzle

ART  
Craft or colouring in

Prepare for next day

Shower, bath, brush teeth



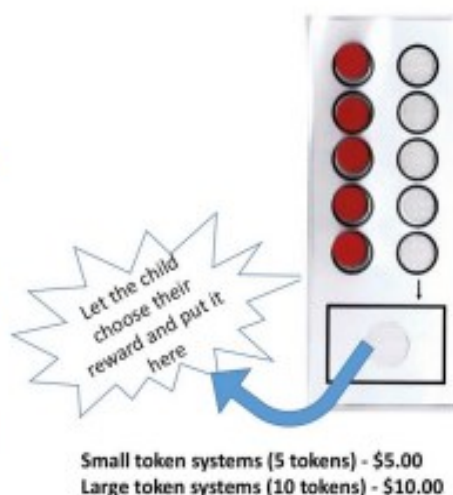
# TOKEN REWARDS

**Tokens are a fantastic technique for managing screen time and a range of other activities. Token systems are great as they are visual and can be used over and over for all ages and stages.**

- ✔ It is important to set the child up for success by making the required activity/behaviour/goal easily achieved when you first start using. Over time you can extend the expectations.
- ✔ Tokens should only be used for positive behaviour support. Be careful removing tokens for incorrect behaviour as this can result in anger, anxiety or frustration. In my experience, it is better to use as a positive reinforcement or reminder. i.e. when you get off the computer at the end of this game you will get a token towards more computer time.
- ✔ I have had extremely positive outcomes using tokens rewards earned at school used for screen time at home, particularly with older students. For example, one for my secondary students if he got to class on time with the required equipment he got a token for time on his playstation when he got home.

## **Have clear rules such as:**

- ✔ Who moves the tokens? The child or adult?
- ✔ What is the reward - decided amount of extra screen time or games
- ✔ Tokens can be awarded for a range of pre decided activities chores eg: packing away, lining up, waiting quietly, tidying up getting to class on time, putting washing in basket etc
- ✔ Have set times they can use the reward time, as sometime: they want it immediately and that is not possible.





# **VOLUNTEERS NEEDED**

**KHPS PARENTS AND FRIENDS**



**Maribyrnong**

**SUNDAY  
JULY 16TH**



**8am-5pm**

**Please contact Bree  
breecheesehansen@hotmail.com  
if you can help out**

**Week 1: - 26 - 30 June**



**MON 26 JUN | CHRISTMAS IN JULY \$75**



We can't wait till the end of the year until Xmas! So today we will be doing all things Xmas-y! Make and wrap presents, bake Christmas cookies and sing the carols to get us into the true Xmas spirit!



**TUE 27 JUN | FLIP OUT \$75 + \$30**



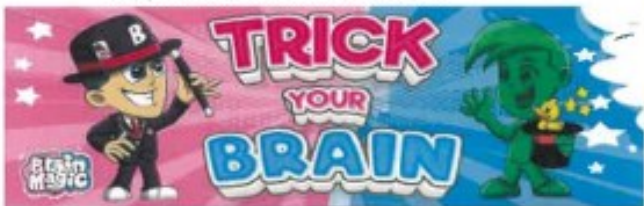
Bounce into this incredible BIG trampoline play centre! Learn a new trick or bounce with a friend until you can't bounce anymore! There's so much fun to be had on this epic day, so jump on in!



**WED 28 JUN | NINJA WARRIOR \$75**



Ninjas assemble! Today you will have the chance to graduate from our Big Ninja Academy. From creating costumes and crafts, to braving the Ninja warrior course, by the end of the day you will become a true ninja sensei!



**THU 29 JUN | TRICK YOUR BRAIN \$75 + \$25**



Join us for the new MEGA show for Big Bobby & Rhodney! You will see some incredible tricks and learn some cool facts on how your brain works! Includes special guests Picco the Clown and the Gamemaster!



**FRI 30 JUN | SLIME TIME \$75**



Slime, paint and everything messy, don't wear your best clothes because it's going to be a crazy mucky day! You're going to get wet AND slimy AND messy! Sorry washing machines, we'll hose them down at the end!

**Week 2: - 3 - 7 July**



**MON 03 JUL | BLOCKERS \$75 + \$25**



Join us for this super incursion for an extraordinary and unique experience using lego bricks. Blockers is an EDUtainment program for children of all ages, so come along and become a master builder!



**TUE 04 JUL | MOVIES: ELEMENTAL \$75 + \$35**



Today we're off to the movies to watch Disney Pixar's latest flick 'Elemental' In a city where fire, water, land, and air characters live together, they discover something elemental: how much they really have in common.



**WED 05 JUL | CRAFT EXPLOSION \$75**



We are getting out everything crafty! Get messy with paint or sculpt a sculpture, young creative minds are always what makes an CRAFT EXPLOSION day. We can't wait to see what masterpieces are made!



**THU 06 JUL | BOWLING & LASER TAG \$75 + \$40**



Join us on this double fun day out! That's right, we're doing two activities in one trip! So warm up your bowling arms and get your shooting eye at the ready, as this day is one not to be missed!



**FRI 07 JUL | PJ DJ PARTY \$75**



Roll out of bed and rack up to Big Childcare, we're having fun in our PJ wear! This fun-filled slumber party is always a favourite with dance parties, competitions, party games and a chill out movie session too!



Student	Class	Being For
Will D	FA	Consistently Showing the School Values
Sylvie R	FB	Giving Writing Tasks a Go & Being Resilient
Jack C	12A	Building His Writing Confidence & Becoming an Independent Learner
Sarah A	12B	A Hard Working Member of 1/2B & Always Aspiring to Do Her Best
Aurelia G	12C	Always Showing the KHPS Value of Aspire
Isla A	12D	Aspiring to do Her Best & Complete Set Tasks
Amelia D	34A	Always Challenging Herself & Wanting to Find Out Ways to Solve Problems
Olympia K	34B	Respect—Responsibility—Resilience—Aspire
Evan K	34C	Aspiring to do His Best & Complete Set Tasks
Seattle K	56A	Showing Responsibility by Ensuring She Always Completes Her Tasks
Alexia M	56A	Always Showing Resilience by Positively Responding to Challenges
Shakir E	56B	Demonstrating the School Values Across All Learning Areas
Byron B	56C	Aspire—outstanding Reading & Improved Focus in Class
Levi N	56C	Resilience—For His Perseverance in Numeracy Challenges
Alex G	56D	Being Accepted into the Victorian High Ability Program

#### SPECIALIST AWARDS

Whole Class	34B	Excellence in P.E.
Whole Class	56A	Excellence in Italian



# WOMENS FITNESS CLASSES

NO JUDGEMENT  
ALL FITNESS  
LEVELS WELCOME  
LOSE FAT  
TONE UP

Want to learn more?

Call Coach Becca 0434155387

[forever-young.online](http://forever-young.online)

# Safety around schools

## Providing safe school zones for all children



### Keep children safe in a school zone by:

- walking or cycling to school to decrease traffic congestion
- adhering to the 40km per hour zone when travelling in an operated school zone
- checking the restrictions set by the regulations and parking signs in the area and abiding by them
- not stopping or parking illegally – these actions will be noticed and infringements will be issued by Council.

### You should:

- always let your child out on the kerb side of the road
- never call your child from across the road – teach them to wait until you walk over to get them or to use the school crossing

- talk to your child about what they should do if you are not there on time.

### A children's crossing is a legal crossing when two flags are in place.

#### Teach your child to:

- always stand one step back from the kerb
- wait for the Crossing Supervisor to go out onto the crossing and blow their whistle (two short blasts), then cross the road
- not ride bikes, bounce a ball, fight, muck around or run across the crossing
- always stay within the lines of crossing and walk in front of the supervisor (never behind them)
- always be alert and listen to what the Crossing Supervisor says.

## Parking near a school.

- Do not park on or near a school crossing
- Do not double park and let your child out on the road.
- You cannot stay in the drop off/pick up zone for longer than two minutes or you will be issued with an infringement.

Make sure your child is waiting in the zone before you arrive

## Infringements

Council regularly patrols schools as part of our School Crossing Program. Council will issue infringements to anyone who does not obey signs or regulations. Infringements can be affixed to the vehicle or posted to the registered owner of the vehicle.

Offence	Offence description	Fine
Stopped in a 'no stopping' area	Drivers cannot stop, even briefly.	\$185
Stopped in a bus zone	Only public buses can stop here.	\$111
Parked for period longer than indicated	This is when you have overstayed the time limit indicated on the sign.	\$92
Stopped in a parking area for people with disabilities	You need a special disabled parking permit to park here. The permit number and expiry date must be visible from the outside.	\$185
Stopping on or near a children's crossing	A driver must not stop on a children's crossing, or on the road within 20 metres before, or 10 metres after the crossing.	\$185
Stopped on a footpath	You cannot leave your car standing on a footpath, it obstructs the path of pedestrians and is also very dangerous.	\$111
Stopped on or across a driveway or other way of access	No part of your vehicle can be parked or stopped across a driveway or other way of access.	\$111
Parked/stopped on a nature strip	A driver must not stop on a nature strip as it can obstruct the view of oncoming traffic and cause damage to infrastructure.	\$111

Updated September 2022

### Moonee Valley Language Line

العربية	Arabic	9280 0738	Ελληνικά	Greek	9280 0741	Español	Spanish	9280 0744
廣東話	Cantonese	9280 0739	Italiano	Italian	9280 0742	Türkçe	Turkish	9280 0745
Hrvatski	Croatian	9280 0740	Somali	Somali	9280 0743	Việt-ngu	Vietnamese	9280 0746

All other languages 9280 0747





National Relay Service 13 36 77 or [relayservice.com.au](http://relayservice.com.au)

This publication is available in alternative accessible formats on request.

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