



Aiming for Excellence

# KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday August 10th, 2023



## DATES TO REMEMBER

### Term 3

Friday 11th August—  
Whole School Assembly  
3pm

Friday 11th August—Y4/5  
High School Musical  
Excursion

Thursday 17th August—  
Morris Gleitzman Y3-Y6

Friday 18th/25th August  
Y5/6 Fitness For All

Wednesday 23 August—  
Book Week—Optional  
Dress up Day

Friday 1st September—  
Father's Day/Special  
Person stall- \$2-\$5

Monday 4th September—  
Tuesday 12th September  
F— Y2 Swimming Program

Wednesday 13th Sept—  
Whole School Art Show/  
Walkathon

Friday 15th September—  
Last Day of Term 3

## KHPS Value of the Week

### Responsibility



### Learning Spaces

I will:

- Be **organised**
- Participate Positively
- Focus on Learning

Dear Parents and Carers,

### Curriculum Day

Last Friday, staff spent the day reviewing school data from the last four years and comparing it against the goals in our Strategic Plan. We also looked at the various highlights and external events that have occurred and how they might have impacted on some of our goals and targets. The most obvious one was COVID and while there were the challenges around this, there were also many positives, such as the use of technology to support learning and communication. We then looked at areas that we, as a staff feel would be beneficial to include in our next Strategic Plan. It was a very productive day and a great way to reflect and celebrate all the achievements and progress we have made over the last four years.

We ran a similar experience with our students and School Council, so that we can have input from our whole school community. While we offered the same opportunity for parents and carers to attend, unfortunately we did not have enough to make this beneficial. We appreciate that it can be difficult to meet during school hours, so for those that would like to have input into our Strategic Plan, please use the link on page 2 to respond to a brief survey.

Keilor Heights Primary School acknowledges the Traditional Custodians of the land on which we meet and learn together, the Wurundjeri People of the Kulin Nation, and we recognise their enduring connection to the land, waters and culture. We pay our respects to their Elders past and present.

### School Survey – School Review

To help KHPS with their school review in term 4, we are asking families to provide feedback on some of the experiences offered at KHPS.

Please complete the below survey.

<https://forms.gle/zeHDQUn3Ez2y3RXt8>

### Parent Opinion Survey

Earlier this week, you should have received an invitation through Compass to participate in the Parent Opinion Survey. This survey is sent out to families each year by the Department so that schools can use this feedback to gain an understanding of what aspects families are happy with and areas for future improvement. This survey is separate to the one above I mentioned earlier, but we would encourage you to have your voice by participating.



### Mental Health Initiative

Last week, Ben and I attended our Principal Network Meeting where we learnt more about the new Mental Health Fund that will be introduced over the next four years. It was reassuring to learn that we are well ahead in this area and many of the things that we have been working on and have implemented over the last two years are all part of the reforms. These include having a Wellbeing Leader, (Lisa Clare), having a Wellbeing Team who lead the implementation of School Wide Positive Behaviours, Respectful Relationships and Berry Street. A Support and Extension Program that supports both academic and Wellbeing, Social and Emotional Development, Clubs and a variety of other initiatives. The new funding will be a great support in making sure that we can continue these initiatives and continue to extend our support for our students in these areas.

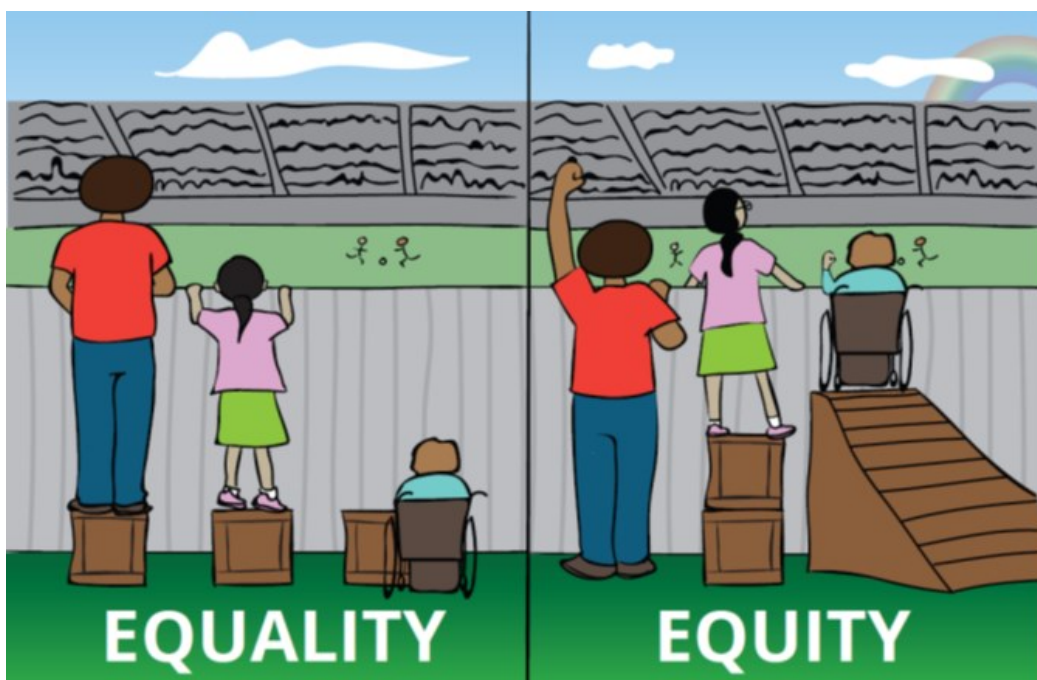
I would like to include a picture that is quite commonly used to explain the difference between Equality and Equity. By having these supports and programs in place, our aim is to achieve Equity.

### Gardening Group

It's Harvest Time and we will have some school grown veggies for sale at assembly on Friday afternoon, please bring along a gold coin donation which will be used to purchase seeds and seedlings for the Spring/Summer harvest.

**Have a great weekend**

**Victoria Graham**





# PE @KHPS

## Buckley District Inter-school Athletics Carnival

On Monday, 39 students from grades 3-6 participated in the 2023 Buckley District Athletics Carnival. All of our athletes did a fantastic job with some outstanding individual performances on display.

As a result of our students' performances, KHPS received the 'enrolment' pennant for being 1st place out of 8 schools relative to our student enrolment numbers which is a great achievement.

Congratulations to our entire athletics team, especially to those who have qualified to compete at the Moonee Ponds Divisional finals on Tuesday the 5th of September at Keilor Athletics Track.

Further information will be sent home to these students shortly. I'd also like to say a huuuuge thank you to all of the parents and family members who came to support our students, in particular our parent helpers, Gemma A, Rebecca B and Jenna A who assisted with running the high jump. Your support is greatly appreciated.

## Well done to the following students who have qualified for the Moonee Ponds Divisional Finals:

Alexia V Discus and Shotput

Ava S 200m Sprint and Long Jump

Jake C Long Jump

Finn M Triple Jump

Katie T Triple Jump

Alison C Discus

Diya K Hurdles and Triple Jump

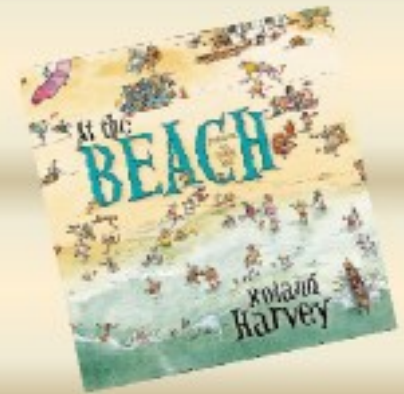
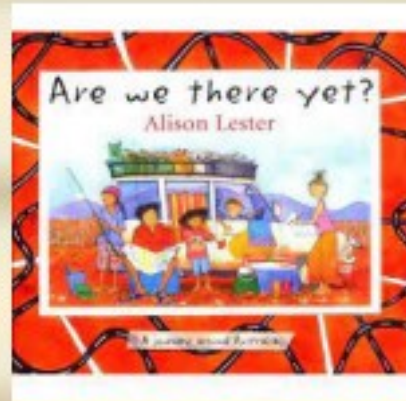
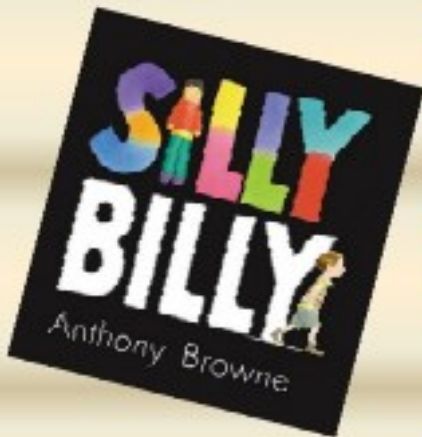
Loukia K Discus and High Jump

Dylan W Triple Jump

Mr Matton

PE and Sports Co-ordinator





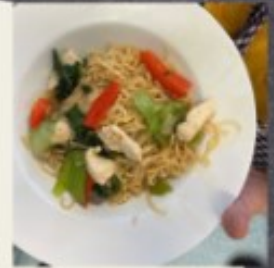
## 3/4 Author Study

The 34's are currently exploring three authors in their literacy block. During this Author Study, children are reading books created by the author and identifying their style, themes and characters. The three authors we are studying are Anthony Browne, Alison Lester and Ronald Harvey.



# Life Skills Group

Over the last two weeks the Life Skills group have hand picked vegetables from the school's veggie garden to use in their recipes.



## What Went Well

- Aiden - Chopping the onion.
- Giselle - Trying Two Minute noodles a different way.
- Byron - Using the ingredients from the school's garden
- Sean - Being able to know how to check if the chicken is cooked properly.



## HARVEST TIME

As Spring is just around the corner, the KHPS Gardening group have begun harvesting some of our Winter crops that we will be selling. Some small bags of bok choi, lettuce, silverbeet, and turnips will be available for purchase before / after assembly on Friday for a gold coin donation.



Our gardening group will be using money raised to purchase seeds / seedlings for the Spring / Summer crop and any future gardening activities.

Your support would be greatly appreciated.



**If you have any seeds to donate to the Outdoor Skills Group it would be greatly appreciated.**

## ITALIAN – TERM 3 – WEEK 5

In Term 3, Prep students have been learning about body parts and typical Italian expressions through word repetition, the story of Pinocchio and playing lots of games, such as *Simone Dice* ("Simon Says") and a body parts game using dice which they have made themselves.



## ITALIAN – TERM 3 – WEEK 5

In Term 3, Year 1 and 2 students have begun learning how to describe the colour of things, in particular, fruit. They have been learning by word repetition, playing student led games and creating their own sentences at the board.



## ITALIAN – TERM 3 – WEEK 5

In Term 3, Year 3 to 6 students have been learning how to talk about sports and activities that they play and do as well as looking at the history of the FIFA Women's World Soccer Cup. They have played student led games and have started work on a Sports poster, writing about their sports preferences in Italian.



Students and Teachers at KHPS will be celebrating Book Week on **Wednesday 23<sup>rd</sup> of August.**

Each cohort are busily planning literacy activities based on this year's short-listed books. At 1:15 there will be a 'teacher swap' where all teachers will be reading their favourite book to a designated class. Students are eagerly anticipating who this will be.

**If students would like to dress up as their favourite book character, it will be an optional 'dress up' day for all students.**



## **Morris Gleitzman 2023 Tour**

On Thursday the 17<sup>th</sup> of August the world-renowned Author Morris Gleitzman is coming to KHPS. Our Year 3-6 students will be listening to him talk about his career and the many books he has written. Students can also bring along any books they own written by Morris and he will happily sign them. I hope this is an enjoyable and memorable event for our students. Further information for families is on Compass.

Ms Di Sipio



# **VOLUNTEERS NEEDED**

**FATHERS/SPECIAL PERSONS DAY STALL**

**9am-2:30pm**

**Friday 1st Sept**

**Working with children's check required**



**Contact  
breecheesehansen@hotmail.com**

# CANTEEN

## menu

### SPECIAL DAYS MENU

#### Friday

|                  |     |
|------------------|-----|
| Cheese burger H  |     |
| Chicken burger H | \$6 |

### EVERYDAY HOT FOOD MENU

|  |        |
|--|--------|
| Sausage Rolls H                        | \$4    |
| Hot Dog H                              | \$5    |
| Plant Based Hot Dog PB                 | \$5    |
| Veggie Burger                          | \$6    |
| Beef Lasagna H                         | \$6    |
| Vegetable Lasagna                      | \$6    |
| Fried rice with soy sauce EF           | \$4.50 |
| Fried rice with Tamari Sauce GF EF     | \$4.50 |
| Spiral Bolognese H                     | \$6    |
| Gluten Free Spiral Bolognese H GF EF   | \$7    |
| Spiral Napoli                          | \$6    |
| Gluten Free Spiral Napoli GF EF        | \$7    |
| Chicken Goujons x 4 H                  | \$5    |
| Chicken Nuggets X2 H                   | \$3    |
| Gluten Free Chicken Nuggets x2 GF H SF | \$4    |
| Plant Based Nuggets x2 PB GF EF        | \$4    |
| Party Pies x2                          | \$3    |

### DRINKS

|                                |        |
|--------------------------------|--------|
| Moo choc Milkshake 250ml       | \$2.50 |
| Moo strawberry Milkshake 250ml | \$2.50 |
| NU Water 600ml                 | \$2.00 |
| Groove drinks                  | \$4.00 |
| Grape                          |        |
| Cool blue                      |        |
| Raspberry                      |        |

### TOASTIES

#### WHOLEMEAL, WHITE & GF BREAD

|                             |        |
|-----------------------------|--------|
| Cheese Toastie              | \$4    |
| Cheese & Tomato Toastie     | \$4.50 |
| Ham Toastie                 | \$4.50 |
| Ham, Cheese Toastie         | \$4.50 |
| Ham, Cheese, Tomato Toastie | \$5    |

### WRAPS

|  |     |
|--|-----|
| Chicken Tender   | \$5 |
| Lettuce, Cheese, tomato, Kewpie Mayo<br>Avocado extra \$0.50                                 |     |
| Salad Wrap   | \$5 |
| Lettuce, tomato, cucumber, grated carrot,<br>cheese with kewpie mayo<br>Avocado extra \$0.50 |     |
| HLT  | \$5 |
| Ham, Lettuce, Tomato with kewpie Mayo  |     |

### SNACKS

|                                      |        |
|--------------------------------------|--------|
| Apple                                | \$1    |
| Fresh Fruit Salad                    | \$4    |
| Granola Cups with yoghurt            | \$4    |
| Jelly Cups Raspberry & grape H<br>GF | \$2.50 |
| Lemon Slice EF                       | \$2.50 |
| Hedgehog Slice EF                    | \$2.50 |
| Piranha popcorn sweet & salty        | \$2.50 |
| Vegemite scrolls                     | \$3    |
| Chips jumpys /veggie<br>straws       | \$2    |



SWEET THINGS WITH GREAT LOVE



Classes start Friday  
August 18<sup>th</sup>

# Feel Good Fridays.

Rise Up Kids Yoga & OT's 'Feel Good Fridays' is a fun and relaxing way for kids to end their week with joy and positive energy.

Feel Good Fridays is a four week program specifically designed for children in middle to upper primary school (grades 3 to 6) and involves:

- > Simple yoga movements and games,
- > breath work and fun activities that focus on building connection, developing self-esteem, feeling comfortable within their own skin and
- > celebrating everyone's uniqueness!

It's also a place where kids can just be themselves, have a laugh (or two) and walk away with a spring in their step! Who doesn't want that as a way to glide into the weekend?

No previous yoga experience required and your child DOESN'T need to be flexible!

All equipment, art supplies, journal, small gift are included in the program fee. Smiles, hugs and laughs are free!

## COST & INCLUSIONS

\$55 for (\$13.75 per session) – includes all equipment and materials, journal and special gift each session.

## PROGRAM DATES

- > Friday 18th August – 4.45pm to 5:45pm
- > Friday 25th August – 4.45pm to 5:45pm
- > Friday 1st September – 4.45pm to 5:45pm
- > Friday 8th September – 4.45pm to 5:45pm

Enrolments  
are now open.  
Only 12 places  
available.  
Don't miss out!

## About the classes

These workshops are run by paediatric Occupational Therapist (OT) and Children and Teens Yoga Teacher, Michelle Roberts. Michelle has more than 20 years of clinical experience working with children as an OT.

She is knowledgeable about children's development and wellbeing and is passionate about supporting and empowering them to become the best version of themselves all whilst having heaps of fun!

## LOCATION:

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



Use the QR-code web link to register your interest 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](mailto:michellerobertsot@yahoo.com)

\*Minimum of 8 enrolments required for program to run



**RISE UP**  
KIDS YOGA & OT

[riseupkidsyoga.com.au](http://riseupkidsyoga.com.au)

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**&**  
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| Student    | Class | Being For   |
|------------|-------|---|
| Harlow P   | FA    | Excellent Writing   |
| Suliman E  | FB    | Working Hard on Adding Numbers                                      |
| Gertrude G | 12A   | Aspiring During Her Learning & Showing Respect to Her Peers         |
| Stacie S   | 12B   | Being an Enthusiastic & Respectful Class Member                     |
| Jackson G  | 12C   | Aspiring to do His Best with His Learning                           |
| Archie B   | 12D   | Aspiring to do His Best in All Areas                                |
| Ethan H    | 34A   | Asking Questions to Help Him Keep on Track When Completing His Work |
| Chanae D   | 34B   | Being a Great Supportive Friend                                     |
| Daniel M   | 34C   | Aspiring to Do His Best Work in All Areas                           |
| Jack F     | 56A   | Showing Responsibility in Maths by Always Checking His Work         |
| Abhijay T  | 56B   | Listening to Instructions & Following the Morning Routine           |
| Ivy M-B    | 56C   | Her Phenomenal Book Responses Every Week                            |
| Ivy G      | 56D   | Displaying Confidence when Asking Questions                         |

#### SPECIALIST AWARDS

|             |     |                                  |
|-------------|-----|----------------------------------|
| Whole Class | 34B | Excellence in Italian            |
| Whole Class | 56D | Excellence in Physical Education |
| Whole Class | 34C | Excellence in Visual Arts        |

## About Us

**State Schools' Relief is unique. No other Australian state or territory has a similar organisation.**

Since 1930, State Schools' Relief has been providing anonymous support so that students receiving our assistance can do so with dignity. It's our belief that every student deserves the opportunity to participate in their education without barriers.

## Who are we?

State Schools' Relief is a Victorian not-for-profit organisation that supports the needs of disadvantaged government school students by providing new school uniforms, school shoes and a host of other essential educational resources, including learning devices.

Our simple and practical service ensures that all students can attend school in warmth and comfort with a greater sense of belonging and improved self-esteem, which in turn assists students to engage in their learning and strengthen their educational outcomes.



## How we help

Issues such as poverty, neglect, unemployment, health issues/ illness, financial hardship, bereavement, domestic violence, homelessness, and natural disasters continue to affect many Victorian families. We work side by side with all Victorian primary, secondary, specialist and language schools to ensure that any students facing hardship have the necessary items they require for school.



## Do you need assistance?

State Schools' Relief provides support to any Victorian student attending a government school, on the advice of the school.

If you are a parent or carer and you need financial assistance with your child's government education, please make an appointment with the school principal, assistant principal, or welfare/wellbeing coordinator to discuss your situation.

State Schools' Relief | 1/8 Johnston Court, Dandenong South VIC 3175 | PO Box 4528, Dandenong South VIC 3164  
03 8769 8400 | [contact@ssr.net.au](mailto:contact@ssr.net.au) | [www.stateschoolsrelief.org.au](http://www.stateschoolsrelief.org.au) | ABN: 77 455 214 193

