



Aiming for Excellence

KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday March 21st, 2024



DATES TO REMEMBER

Friday March 22nd Y5/6 ISS -
AWAY

Friday March 22nd -
ODD SOCK DAY

Friday 22nd March Easter
Raffle Drawn



Tuesday 26th March - KHPS
Cross Country Y3 - Y6

Thursday 28th March - Last
Day of Term 1
School Finishes 2.25pm

Term 2

Monday 15th April
First Day Back

Wednesday 17th April Y5/6
to Rosehill College

Friday 19th April Y5/6 ISS -
AWAY

Thursday 25th April
ANZAC DAY - NO SCHOOL

Friday 26th April -
CURRICULUM DAY - NO SCHOOL

Dear Parents and Carers,

NAPLAN and Planning

Over the past two weeks, students in Years three and five have sat NAPLAN Assessments. We are very proud of how our students have approached these tests and look forward to receiving the results during Term 2 so that we can share these with students and families and use the data for future planning.

This week teachers have been using various data sets and student voice to plan for next term. Teachers plan with their team so that they can take collective responsibility for students across their cohort. Teachers differentiate within their classrooms and across the cohort to meet individual and group needs, such as using fluid groupings for different curriculum areas.

Cohort newsletters will go out to families early next term, so that you are informed with what your child is learning and various activities and events that will be held.

School Council Elections – Annual General Meeting

Last week we had our Annual General Meeting. I would like to thank our outgoing school council members for their time and welcome new committee members. We always appreciate parent involvement and are aware of the juggling act you have to do with your own family and work commitments.

I would like to acknowledge the time and work Scott Gowland has provided the school, in particular towards improving our school grounds.

Thankyou to Scott Douglas who will continue in his role as School Council President, Phoebe Lynch who is Vice President, Vicky Evangelou who will continue as Treasurer and Nicole Jennings as Secretary.



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.



KEILOR HEIGHTS PRIMARY SCHOOL
Ronald Grove, Keilor East 3033
Phone 9336 1739

Email Address keilor.heights.ps@education.vic.gov.au
Web Address www.kheights.vic.edu.au

Outgoing Members:

Scott Gowland

Jo Weate

Benjamin Pickett

New Members:

Belinda Nouri

Kristy Yassine

Rosie Valentine

Current Council Members:

Victoria Graham

Bree Hansen

Rebecca Sanders

Kristy Duncan

Easter Raffle – Friday 22nd March

A reminder that the Easter Raffle will be drawn at a special assembly tomorrow at 3.15pm. Our final assembly for Term One, will be held on the last day of term, where our usual awards and presentations will happen.

**Last Week of Term One**

Next week is the last week of term. As usual, I cannot believe how quickly it has gone. We have had a really positive start to the year and we are very proud of how students have settled into their new classes and taken on board new responsibilities. Next week I will be taking Long Service Leave and return at the beginning of Term Two. Rosie Valentine will be Acting Principal during this time if you have any concerns.

Wishing everyone a safe and lovely Easter and term break. I look forward to catching up with what people have been up to on my return.

Happy Holidays

Victoria Graham



KEILOR HEIGHTS PRIMARY SCHOOL

WORLD DOWN SYNDROME DAY

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on
Friday 22nd March**

**Odd Socks and Silly Socks
are encouraged.**

World Down Syndrome Day is celebrated globally on 21/03, however we are celebrating on Friday due to school photos being the day before.

TERM 1 - INTERSCHOOL SPORTS



TBALL

I LOVE BEING IN THE GIRLS TBALL TEAM BECAUSE WE GET TO MEET NEW PEOPLE AND PLAY GREAT GAMES.

THE MIXED TEAM WAS A GREAT OPPORTUNITY TO PLAY AND LEARN FOR EVERYONE IN OUR SQUAD.

TENNIS

I REALLY LIKED BEING IN THE TENNIS TEAM BECAUSE WE LEARNT A LOT OF NEW SKILLS AND IT WAS EXCITING.

I LOVE PLAYING AGAINST DIFFERENT TEAMS AND BEING COMPETITIVE AGAINST THEM!

BASKETBALL

IT WAS A REALLY FUN EXPERIENCE BEING IN THE BASKETBALL TEAM, THE GIRLS WORKED WELL TOGETHER AND WE REALLY ENJOYED OURSELVES.

I LIKE OUR TEAM BECAUSE IT WAS UNIQUE AND EVERYONE BROUGHT SOMETHING DIFFERENT TO THE COURT.

SPORTS CLUB

SPORTS CLUB WAS GREAT BECAUSE WE GOT TO TRY NEW THINGS AND PLAY DIFFERENT GAMES SUCH AS BOCCI.

IT WAS FUN BECAUSE THERE WERE MANY OPPORTUNITIES TO PLAY AND LEARN.

COOKING & GARDENING WITH THE 3/4S



Facilitated by our delightful ES staff members, Andrew and Sue, the Year 3/4 students have thoroughly enjoyed engaging in KHPS's fresh Cooking and Gardening program this term. Students took charge of nurturing the garden beds through seeding and cultivating the soil, watering the beds, planting a variety of vegetables and herbs, and harvesting the produce. Using the tomatoes that had been grown, students then participated in a cooking class where they made a creamy tomato pasta. It was great to see students develop new life skills that they will continue to use.



WELLBEING at K.H.P.S.



ASPIRE



RESPECT



RESPONSIBILITY



RESILIENCE

Harmony Week 18th-24th March 'Everyone Belongs'



Harmony Week recognises diversity and inclusion in our multicultural society. Harmony Week is celebrated during the week (Monday to Sunday) that includes 21 March, which is the United Nations International Day for the Elimination of Racial Discrimination. Australia is one of the most successful multicultural countries in the world and we celebrate this and work to maintain it.

Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background. Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live. All people who migrate to Australia bring with them some of their own cultural and religious traditions, as well as taking on many new traditions. Collectively, these traditions have enriched our nation.

Facts:

- nearly half (49 per cent) of Australians were born overseas or have at least one parent who was
- we identify with over 300 ancestries
- apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.

These facts are taken from the ABS 2016 Census Data

Here at KHPS we acknowledged Harmony Week through class activities and a whole school picnic on Wednesday.



WDSO 21st March 2024
theme: 'End the Stereotypes'



On 21 March we create a single global voice advocating for the rights, inclusion and wellbeing of people with Down syndrome.

World Down Syndrome Day aims to focus on inclusion and fairness, creating equal opportunities for people with Down Syndrome, rather than stereotyping what people can't do.

Here at KHPS we acknowledge World Down Syndrome Day by encouraging the school community to wear 'Silly Socks' on Friday, 22nd March.

The 'Lots of Socks' campaign encourages all people to wear socks that make them be noticed- odd socks, colourful socks, crazy design socks and more. The idea is to start a conversation, so when people ask you about your socks you can tell them, "I'm wearing them to raise awareness of Down syndrome".

MHiPS – a whole school approach to mental health and wellbeing

Last week Mrs Clare, Ms Robinson and Ms Graham attended a two-day training session in the city to learn about the Mental Health in Primary Schools Program. It was a valuable insight into the research behind the program, facilitated by the Murdoch Institute, part of The University of Melbourne.

As the Mental Health and Wellbeing Leader Mrs Clare's role will be to work across the school community to facilitate the implementation of a whole-school approach to mental health and wellbeing. This includes building the capability of the whole school about mental health and wellbeing (identification, promotion and prevention), provide support to staff to better identify and support students with mental health needs, establish clear pathways for referral for students requiring assessment and intervention, and monitor and evaluate student progress.

Chillout Space – Yoga



Over the past fortnight students have had the opportunity to do some lunchtime yoga in the Chillout Space with one of our parents, Michelle. Michelle runs her own business, 'Rise Up Kids Yoga and OT,' and dedicated some of her time to our students who explored relaxation through Yoga.



Listen out for more updates on what's happening in the Chillout Space in Term 2.

Mrs Lisa Clare

Mental Health and Wellbeing Leader

Trivia Night



WEDNESDAY 8TH MAY

DOORS OPEN @ 6:30PM

TRIVIA STARTS @ 7:00PM



\$20

PER PERSON

BOOK A TABLE OF TEN OR
SINGLE TICKETS TO BE
PLACED ON A MIXED TABLE

Avondale heights football Club
2 Canning st Avondale Heights



DRINKS AT BAR PRICES
BYO NIBBLES



EVERYONE WELCOME!!!!

EASTER RAFFLE

LAST CHANCE FOR TICKETS

AND TICKETS ARE OUT NOW
PLEASE BRING THEM BACK TO THE OFFICE BY
THURSDAY 21ST MARCH

**Tickets will be drawn
March 22nd at our
Assembly**

★ \$2 each or 3 for \$5 ★

**THREE WONDERFUL
HAMPERs TO BE
WON**

*All tickets must be cut up before
returning them to the office*

Learn Italian with Signora Di Sipio



Here are some words and phrases the students will hear me say in class:

Grazie - thank you

Prego – you're welcome

Scusa – excuse me

Per piacere - please

Siedetevi – sit down

In piedi – stand up

Apri i tuoi libri – open your books

Ascolta – listen

Colora – colour in

Incolla nel libro – stick it in your book

Andiamo - let's go

Chiudi la porta – shut the door

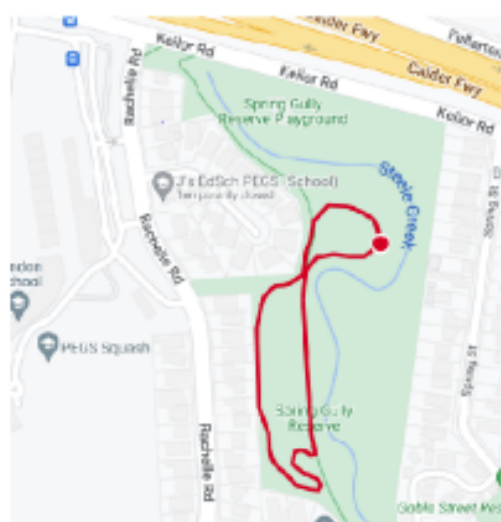


KHPS House Cross-Country/Buckley District Interschool Cross-Country Trials (Years 3-6)

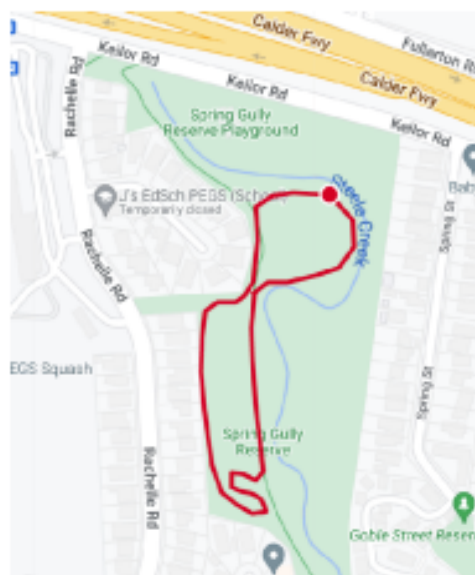
Dear Parents and Guardians,

This year's **KHPS House Cross-Country/Buckley District Interschool Cross-Country Trials** for students in years 3-6 will take place on Tuesday, March 26th. 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).

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 2024.



Students turning 10 years old or younger in 2024 (born 2014, 2015 and 2016) will complete 3 x laps of approximately 670m (2km).



Students turning 11 years old in 2024 (born 2013) and students turning 12 or 13 years old in 2024 (born in 2011 or 2012) will complete 4 x laps of approximately 750m (3km).

The event is also a qualification opportunity for students (top 8 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 4 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 11.15 am. Year 5/6 students (11 years old and older) will walk down with their teachers at 10.15am and return to school at approximately 12.15 pm.

In the case of students in Year 4 who are turning or have turned 11 in 2024, or Year 5 who are turning or have turned 10 in 2024, 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.

You will previously have consented to the 2024 General Incursion/Excursion form on Compass which is sufficient for students attending

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 Year 5)	10.55-11.25
12/13 years old- girls and boys (Generally Year 6)	11.30-12.00

this event. Parents/guardians who have not given consent will have received a reminder recently via Compass. Please ensure this is actioned prior to the day so that your child is able to attend.

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 encouraged to apply sunscreen prior to coming to school.

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.

Let's Talk with Coffee and Cake



Any interested parents or carers of KHPS students with mixed abilities/ displaying challenging behaviours are invited to attend a parent/carer group in Term 2 for a chat, coffee and cake.

When: Thursday 1st May
At: Fat Chef Keilor East
Time: 8pm-9pm
Email Phoebe Lynch
(mum of Owen in Gr2)
phoebely@hotmail.com
if interested in
attending.



PE @KHPS

MOVE IN MARCH

Walk, ride, scoot or skate
to and from school as many
times as you can in March '24



MOVE & WIN CHALLENGE

Fill in the Challenge Passport each day you get moving
to WIN prizes including \$100 Rebel Sport vouchers,
FREE family swim passes and sport drink bottles.



mvcc.vic.gov.au/schools | 9243 8888



Get active and practice
road safety together



Keep track using your
Challenge Passport



Moonee Valley Council—Move in March 2024

Keilor Heights Primary has signed up to participate in Moonee Valley Council's 'Move in March' program which aims to promote physical activity when travelling to and from school. Join in by collecting a Challenge Card from the school office, and mark each day your family walks, rides, scoots or skates to and from school.

Return your completed Challenge Cards to the office at the end of March to go in the prize draw. Prizes include:

- 10 x \$100 Rebel sports store vouchers
- Ascot Vale Leisure Centre family passes
- Keilor East Leisure Centre family passes
- Queens Park Pool family passes
- 50 water bottles.

You can still participate if you live too far to walk all the way, just park a few blocks away from the school and walk part of the way to and from school!

To plan your route to school, check out Moonee Valleys school maps, just enter our schools name in the search button and it will show you our Active Path routes to school, School Crossings and Walking School Bus routes www.mvcc.vic.gov.au/live/my-neighbourhood/schools/

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Kids Yoga & Wellbeing Classes

Book your child in for some real 'Meaningful Fun' these Easter School Holidays

**At One Studio
Essendon
Thursday April 11**

Ages 4-8 Class: 9:00am - 10:30am
Ages 9-13 Class: 10:30am - 12:30pm

**Yoga Freedom Studio
Avondale Heights
Monday April 8**

Ages 4-8 Class: 9:30am - 11:00am
Ages 9-13 Class: 1:00pm - 3:00pm



CLASSES INCLUDE USE OF YOGA MATS, PROPS, A HEALTHY SNACK, CRAFT ACTIVITY, AND A SMALL GIFT. TUITION BY CERTIFIED 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

*Requirements for using NDIS funding and cost of workshop



RISE UP
KIDS YOGA & OT

riseupkidsyoga.com.au

KEILOR HEIGHTS PRIMARY SCHOOL

JOIN US ON WEDNESDAY 15TH MAY FOR EDUCATION WEEK CELEBRATIONS

OPEN MORNING

FOR CURRENT YEAR F - 2 FAMILIES

9-11 am

Participate in a morning of activities and learning with your child and check out all the amazing things they've been getting up to!

SCHOOL TOURS

FOR NEW AND PROSPECTIVE FAMILIES

10 am: Tours with school leaders

10:30 am: Presentation in the Chill Out Space.

Come and learn more about our Whole School programs and what a day at KHPS looks like!



CONTACT

TO BOOK YOUR TOUR

P: 03 9336 1739

E: keilor.heights.ps@
education.vic.gov.au

FAMILY STEM AFTERNOON

2:30 - 3:25: Year 3 - 6 students will be showcasing their work in the STEM room and Chill Out Space.

3:40 - 5:30: Participate in family friendly STEM activities, run by our teachers, across Building A & our outdoor areas.





**come
find your
awesome**

**KEILOR HEIGHTS AUSKICK
CENTRE**

Keilor Heights Primary School

12th March - 23rd April - 3:35-4:35PM



play.afl/auskick





Essendon Keilor College

OPEN NIGHT

16 April 2024 - 6:00pm

Niddrie Campus 19 Peters Street, Airport West

Come hear about:

- High Achievers Program
- Sporting Academies
- The advantages of multi campus education



ekc.vic.edu.au

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



CYBER SAFETY PROJECT

LIVE ONLINE VIA ZOOM

WITH ON-DEMAND
REWATCH

LIVE
WEBINARS
AT 7:30PM

(AEDT/AEST)

PARENT & GUARDIAN WEBINAR SERIES 2024

Join the Cyber Safety Project and special guest experts as they explore a diverse range of topics pertinent to raising children in a digital age.



Protecting Children Online

Kristi McVee | Child Abuse Prevention & Education

6 MAR 2024



The Sexual World of the 21st Century Adolescent

Daniel Principe | Collective Shout

30 APR 2024



Talk to Me First - Exposure to Explicit Content

Justine Kiely-Scott | Sex Education Australia

1 MAY 2024



Game Aware - Healthy Gaming

Andrew Kinch | GameAware

30 JUL 2024



Building Digital Resilience

Ash Manuel | Growing With Gratitude

3 SEPT 2024



My First Mobile Device

Luca Gennai | Cyber Safety Project

22 OCT 2024

REGISTER NOW OR FIND OUT MORE
cybersafetyproject.com.au/parents



The Sexual World of the 21st Century Adolescent

SUITABLE FOR PARENTS/GUARDIANS OF 12 - 17 YEAR OLDS

7.30PM AEST | 30 APR 2024



DANIEL PRINCIPE
COLLECTIVE SHOUT

**PARENT & GUARDIAN
WEBINAR SERIES 2024**

CYBER SAFETY PROJECT

REGISTER NOW OR FIND OUT MORE:

<https://cybersafetyproject.com.au/parents/>



Premium Partner



2024 Walk West



We're back! 7 April, 8am-12pm

Join the fun and help Western Health purchase two ECMO machines, allowing patients to recover from life-threatening heart and lung conditions. **All welcome.**



walkwest.whfoundation.org.au

Sign-up today!



Western Health
FOUNDATION

Major
Event
Partner:



Sponsors:





HARMONY DAY

A graphic featuring the text "HARMONY DAY" in large, bold, black letters with a white outline, set against an orange background. Below the text is a row of colorful human figures holding hands, representing diversity and unity. The figures are in various colors: brown, purple, blue, red, black, green, light green, dark green, blue, pink, yellow, and red.