



Aiming for Excellence

# KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday February 29th, 2024



## DATES TO REMEMBER

Term 1, 2024

Friday 1st March -  
Year 5/6 Interschool Sport  
AWAY

Friday 1st March - 3pm  
Whole School Assembly

Monday 11th March -  
LABOUR DAY - NO SCHOOL

Wednesday 13th March-  
Wednesday 20th March Y3  
& Y5 NAPLAN

Thursday 14th March -  
CYBER SAFETY DAY

Thursday 21st March  
SchoolPix Photography

Tuesday 26th March - KHPS  
Cross Country Y3 - Y6



HATS MUST BE WORN FOR  
TERM 1

Dear Parents and Carers,

## Congratulations Swimming Team

On Monday we had 12 of our students attend the Buckley District Swimming Carnival to compete in various swimming events at the Interschool Swimming Sports. Congratulations to all students for their efforts and results in a competitive field.

A special mention to Alex who will be moving onto the next level and representing Keilor Heights at the Moonee Ponds Divisional Carnival on Thursday 7th March. Good Luck Alex!

Zoe G – 2<sup>nd</sup> B/S, 4<sup>th</sup> F/S, 4<sup>th</sup> relay

Emma F – 2<sup>nd</sup> F/S, 2<sup>nd</sup> B/S

Alex W - 4<sup>th</sup> B/S, 2<sup>nd</sup> F/S relay

Lucy R – 4<sup>th</sup> B/S, 4<sup>th</sup> F/S, 4<sup>th</sup> medley

Vihana P – F/S

Nevaeh C – F/S, B/S

Alex G – 1<sup>st</sup> F/S, 1<sup>st</sup> B/S, 4<sup>th</sup> medley,  
4<sup>th</sup> relay

Atharv S – 7<sup>th</sup> F/S, 4<sup>th</sup> B/S, 4<sup>th</sup> Open  
B/S, 4<sup>th</sup> F/S relay

Amy O – 5<sup>th</sup> F/S, 4<sup>th</sup> B/S, 3<sup>rd</sup> open B/S, 4<sup>th</sup> F/S relay

Clarabelle S – 3<sup>rd</sup> B/S, 4<sup>th</sup> F/S relay

Artin T – F/S, F/S relay



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](mailto:keilor.heights.ps@education.vic.gov.au)  
Web Address [www.kheights.vic.edu.au](http://www.kheights.vic.edu.au)

### Allergy Awareness Professional Learning

This week, staff attended an Allergy Awareness Training session, facilitated by Jackie Nevard.

Some of the key messaging was how to minimise risks by not sharing foods and hand hygiene, whole school community awareness and safe alternate options to promote inclusiveness. This is a timely reminder for parents to discuss the importance of not sharing foods with other students. While we do not and it is not recommended for us to 'ban' food products, we sometimes ask parents to refrain from packing certain foods in their child's lunch if there may be a child in that class who is anaphylactic.

**WE ARE FOOD  
ALLERGY SMART**



### NAPLAN – Week 8

This year, NAPLAN for Year Three and Year Five students will be held during Week 8, Wednesday 13<sup>th</sup> March - Wednesday 20<sup>th</sup> March. A Parent Information Brochure was sent home through Compass to those families whose children will be participating. It is important to recognise that students are being assessed regularly throughout the year and this is just another form of assessment. We use the results to moderate against classroom work and other assessments to work out where your child is working against the curriculum and then co-create future learning goals.

If you do have any queries or concerns about your child participating in NAPLAN testing, then please speak to your child's classroom teacher, Rosie or myself.

**NAPLAN**  
NATIONAL ASSESSMENT PROGRAM  
Literacy and Numeracy

### School Council Elections – Annual General Meeting

School Council is an important regulatory/governance body that supports and tracks our school against our priorities and targets, develops and endorses whole school policies and events. Last year we had our School Review so this year will be the first year of our New Strategic Plan, with new priorities, goals and targets. This report will be made available to the whole school community in the near future once it has been through the final stages of endorsement.



If you would like to learn more about the role of school council and would be interested in becoming a member, please come and see me. Self-nomination forms are available at the school office.

Nomination close Friday 8<sup>th</sup> March 4.00pm.

Enjoy the weekend

Victoria Graham



### **BOOK CLUB**

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

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

**FRIDAY, MARCH 15TH, 2024**

**Using Scholastic Book Club LOOP online**

**ORDERS ARE NOT TAKEN THROUGH THE SCHOOL OFFICE**

# WELLBEING at K.H.P.S.



ASPIRE



RESPECT



RESPONSIBILITY



RESILIENCE

As the first month of school comes to a close we reflect on the wonderful things that are well underway at KHPS. The Start Up Programs are now complete, where classes set routines, explored learning and behaviour expectations and most importantly, built relationships with students and peers. Through an Inclusive Classrooms approach we endeavour to provide rich learning experiences that engage our learners in a variety of ways, taking into consideration student voice and the belief that students learn at different rates and in different ways.

## SWPBS

School Wide Positive Behaviour Support (SWPBS) is a school-wide framework for teaching, modelling and reinforcing appropriate and positive behaviours. Learning and behaviour expectations are clearly defined in each classroom and are aligned to our school values of RESPECT, RESPONSIBILITY, RESILIENCE and ASPIRE. Positive behaviours are promoted and acknowledged, using recognition and reward systems, with an aim of preventing problem behaviours before they arise.

## Programs & Supports



The Berry Street Education Model (BSEM) provides strategies for teaching and learning that enables teachers to increase engagement of students with complex, unmet learning needs and to successfully improve all students' self-regulation, relationships, wellbeing, growth and academic achievement.

### RESILIENCE RIGHTS & RESPECTFUL RELATIONSHIPS



Respectful Relationships education is a core component of the Victorian Curriculum. It is an initiative to support schools and early childhood education settings to promote and model respect and equality. It also supports educators to teach our children how to build healthy relationships, resilience, and confidence. The Resilience, Rights and

Respectful Relationships program is assessed in the Victorian Curriculum areas of Personal and Social Capability and Health and Physical Education. Topics covered are:

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

- Help-Seeking
- Gender and Identity
- Positive Gender Relations



Cyber Safety is an integral part of our Learning Technologies program at Keilor Heights PS. Students from Foundation—Year 6 are taught how to use technology and the internet in a safe and responsible way. Cyber safety is a team effort between the student, family and school.

## Lunchtime Clubs & Play Leaders

We are currently in the process of setting up the Chill Out Space and organising Lunchtime Clubs for our students who wish to do alternative activities than out in the yard.

Watch this space for updates on what's happening at KHPS!

We have begun our Play Leaders Program this week, which saw some senior school students supporting students while at play.



**Parenting tip:** When your child returns from school at the end of the day try asking them: 'What Went Well today?'

Focus on positive experiences being the first thing your child tells you when they see you.

Stay tuned for some more Wellbeing updates in the weeks to come,

*Mrs Lisa Clare*

**Mental Health and Wellbeing Leader**

### [KHPS Camp Survey](#)

We are asking all families to provide their feedback and suggestions about our current camp program at KHPS, all parents are encouraged to provide feedback from the Foundation year levels through to Year 6.

This can be done by either clicking on the link below or scanning the QR code.

[https://docs.google.com/forms/d/e/1FAIpQLSfSA8Q10vDrkSp67pU5lxxY5si-JVBleN87u\\_VgpwcUp7iNOQ/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSfSA8Q10vDrkSp67pU5lxxY5si-JVBleN87u_VgpwcUp7iNOQ/viewform?usp=sf_link)



### **BOOK CLUB**

Book Club Issue 2 Catalogue has been distributed,  
If you are interested in placing  
an order please do so by

**FRIDAY, MARCH 15TH, 2024**

**Using Scholastic Book Club LOOP online**

**ORDERS ARE NOT TAKEN THROUGH THE SCHOOL OFFICE**



## Year 5/6 AFL Clinic

Last week the year 5/6 students participated in a clinic run by the AFL. We were lucky to have Amar as our instructor for these sessions, who is an EDFL umpire with a number of years' experience.

Students participated in a variety of activities that helped us to develop and further work on a variety of AFL skills. We participated in a range of skill-based tasks that included the sports salad, longest kick, handballing activities, kick to kick, tackling games and grab the ball.

Despite the weather starting to heat up everyone had a great time and were able to learn and further develop their skills.



Some student comments;

\* It was fun

\* I FOUND IT INTERESTING, FUN AND EXCITING

\* It was very helpful for beginners

\* We learnt some new skills that helped me



\* Ameer was friendly and helpful when I wasn't sure of how to do the skill



Thank you to Mr Matton for organising the clinic and to the AFL for providing this opportunity for us.

**Year 5/6 Teachers and Students**



# PE @ KHPS

## What are F-2's learning in PE?

Students in Foundation and Year 1 have been participating in running and tagging games, with a focus on playing safely, remaining within boundaries, and using different strategies to be successful. Year 2s have been practising their overarm throwing skills with a focus on sequencing an increasing number of skill components during their throws. All F-2 students have been taking part in an additional multi-skills lesson each week where they practise a wide variety of skills and challenges.





# VISUAL ART

## Year 5/6

In Visual Art, the year 5/6 students have been learning about one-point perspective art. They followed a series of steps to turn their name into a perspective piece.







# MOVE IN MARCH

## Walk to school, kinder and childcare in March 2024

### 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/](http://www.mvcc.vic.gov.au/live/my-neighbourhood/schools/)



School Council is an important regulatory/governance body that supports and tracks our school against our priorities.

**Nominations close  
Friday  
8th March  
4.00pm.**

# 2024 SCHOOL COUNCIL

KEILOR HEIGHTS PRIMARY SCHOOL

## NOMINATIONS ARE NOW OPEN

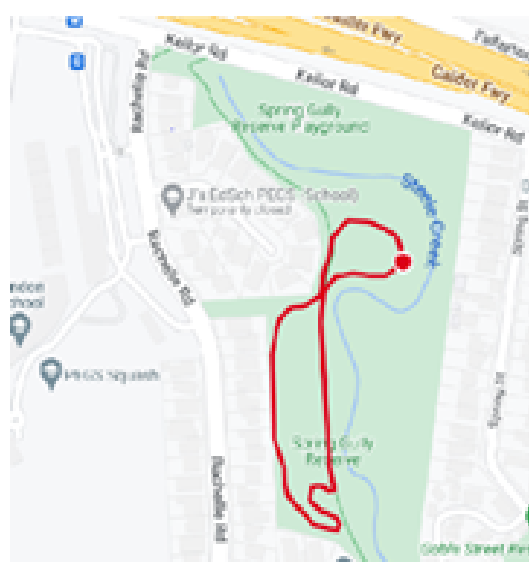
If you would like to play an active part in your child's education while they are at KHPS or perhaps have a particular skill set or background that you feel could benefit the school, please consider joining school council

If you would like further information about school council, talk to one of our current members, or Victoria. Self-nominations forms will be at the office.



## **KHPS House Cross-Country/Buckley District Interschool Cross-Country Trials (Years 5-6)- 26th of March**

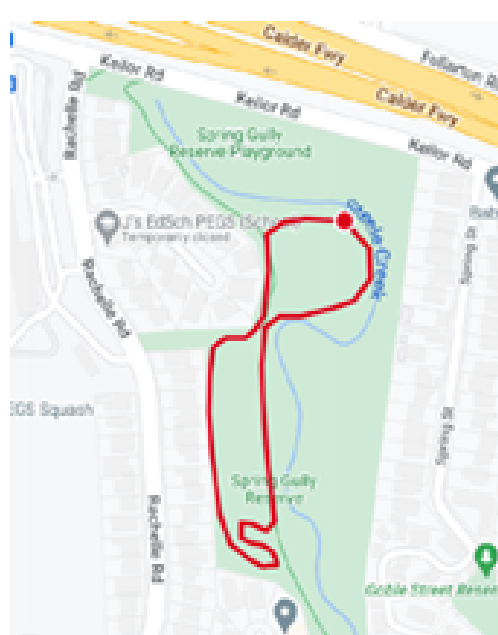
This year's KHPS House Cross-Country/Buckley District Interschool Cross-Country Trials for students in years 5-6 will take place on Tuesday, March 26th (last week of term 1). On this day, all students and teachers in years 5, 4, 5 and 6 will walk down to Steele's Creek/Spring Gully Reserve in Keilor 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 younger in 2024 (born 2014, 2015 and 2016) 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 2024.

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 4 at Brimbank Park.



Students turning 11 years old in 2024 (born 2011) and students turning 12 or 13 years old in 2024 (born in 2011 or 2012) 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.

If you have any questions about either of these events, please don't hesitate to get in contact with Mr Matton.

*Learn Italian with Signora Di Sipio*



*Ciao, this week students are learning to count in Italian.*

*You can help the junior students by listening to this number song.*

<https://www.youtube.com/watch?v=8JsdiTiowGM>

**Here are the numbers from 1-10**

**1 uno**

**2 due**

**3 tre**

**4 quattro**

**5 cinque**

**6 sei**

**7 sette**

**8 otto**

**9 nove**

**10 dieci**



3 DAY VIP EVENT

20% OFF EVERYTHING\*



March 6<sup>th</sup> 7<sup>th</sup> & 8<sup>th</sup>



INSTORE & ONLINE

\*T&C's apply, no rainchecks, savings off original prices.

# HELP KHPS WIN \$10,000

**THE  
PANCAKE  
PARLOUR**

SCHOOL REWARDS

***ALL YOU HAVE TO DO IS  
SIGN UP &  
EAT AT THE PANCAKE  
PARLOUR***



**Upload the Pancake Parlour app**



**Register KHPS in school rewards**



**Dine at any Pancake Parlour and earn points for the school**



**Scan your barcode upon payment and earn points for both yourself (free food etc) and the school**

**To receive bonus points, call in advance to make a reservation for parties of 10 or more people (super bonus points for reservations of 20 or more people).**



# big

CHILDCARE

## WELCOME TO BIG!

Are you searching for a safe, nurturing environment for your child before and after school? Look no further than Big Childcare! Our vibrant programs are designed to ignite curiosity, foster creativity, and provide a supportive space for your child's growth.

With our experienced staff, engaging activities, and emphasis on individualized attention, your child will thrive in our care.

Plus, with the assistance of CCS (Child Care Subsidy), the cost can now be less than a cup of coffee! Don't miss out on the opportunity to give your child the best start and end to their day.

**Enroll with Big Childcare today!**



## HOLIDAY CARE

Looking for a fun and enriching experience for your child during the school holidays?

Look no further than Big Holiday Care! Our exciting programs offer a wide range of activities to keep your child engaged, inspired, and entertained.

From arts and crafts to outdoor adventures, we provide a safe and stimulating environment for your child to explore and make new friends.

Give your child unforgettable holiday memories and yourself peace of mind. Enroll with Big Holiday Care today!



Visit us online at [www.bigchildcare.com](http://www.bigchildcare.com)





PLAY

FOR  
the  
KICKS



come  
find your  
awesome

KEILOR HEIGHTS AUSKICK  
CENTRE

Keilor Heights Primary School

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



[play.afl/auskick](http://play.afl/auskick)







Student	Class	Being For
Jakeob G	F1A	Having a Positive Start to Year 1 & Being a Great Role Model in the Classroom
Ellie S	F1B	Aspiring to Do Her Very Best During our Reading & Writing Lessons
Mia L	F1C	Aspiring to do Her Best in All Areas of Learning
Avesta P	F1C	Aspiring to do Her Best in All Areas of Learning
Elora M	2A	Always Acting Responsibly During Her 'Book Club' Group
Michael M	2A	His Thoughtful Contributions & Excellent Questioning of His Peers
Maggie D	2B	Demonstrating All the School Values - Respect, Aspire, Resilience & Responsibility
Chloe N	2B	Being an Active Member During Class Discussions
Charlie K	34A	A Focused Effort in Her Learning
Isla A	34A	Aspiring to Always Do Her Best During Learning Opportunities
Anna L	34B	Showing Focus in All the Tasks She Completes & Being Confident to Share & Ask Questions
Thomas G	34B	Showing Confidence, Maturity & Self Drive to Do All Tasks Given to Him & to Ask for Clarity when Needed
Emma F	34C	Her Outstanding Persuasive Piece on Why a Chef is the Best Profession
Archie M	34C	His Hard Work During Maths Lessons & for His Ability to Share His Creative Ideas
Gracie A	56A	Always Aspiring to Be Her Best & Showing a Growth Mindset
Fantasia P	56A	Being a Positive Role Model by Collaborating & Displaying Respect for All
Monisha G	56B	Always Displaying the School Value of Respect in All Her Learning
Mihir T	56B	Demonstrating a Positive Attitude Towards All Tasks
Ivy G	56C	Being a Respectful & Responsible Class Member at All Times
Alya K	56C	Being a Responsible Class Member & Being Focused in Class
Finn M	56D	Sharing His Thoughts & Ideas During Class Discussions
Delavie L	56D	Completing Her Nightly Reading & Being Organised in the Classroom

#### SPECIALIST AWARDS

Whole Class	2B	Excellence in Italian
Whole Class	F1C	Excellence in Performing Arts
Whole Class	56B	Excellence in Visual Arts

# PLAYERS WANTED



**Winter 2024**

**u11, u13, u15, u17**

**Email:** keiloreastnetballclub@gmail.com

<https://keiloreastnetballclub.com.au/>

Avondale Heights Community Garden

# HARVEST Festival

# & FAMILY FUN Day

Produce Market

**March 3rd, 2024**

Workshops

Rear 2/22 River Dr

Kids Activities

Avondale Heights

Live Music

Find Out More

Food & Coffee

Yoga in the Garden

Craft Market



Schools

Proudly Sponsor By

**Meatland**  
Milleara





# SIMONE ALBERT

FOOD ALLERGY COUNSELLING

SUPPORT · EDUCATION · THERAPY

Counselling and therapy helps you discover how to navigate through stress, fear and anxiety to live a healthy and happy life.



"DON'T LET WHAT YOU CAN'T DO STOP YOU FROM DOING WHAT YOU CAN DO"



#ThroughTalkingWeGrow



Let's Talk!

I offer confidential video or phone counselling sessions to anywhere within Australia!

Phone, Email or SMS Simone today!

0449 257 855

[simone@foodallergycounselling.com](mailto:simone@foodallergycounselling.com)

 [food\\_allergy\\_counselling](https://www.instagram.com/food_allergy_counselling)  [foodallergycounselling](https://www.facebook.com/foodallergycounselling)

Simone is a registered Counsellor with the Australian Counselling Association



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](https://cybersafetyproject.com.au/parents)



# Protecting Children online

7.30PM AEDT | 6 MAR 2024



**KRISTI MCVEE**  
CHILD ABUSE PREVENTION & EDUCATION

**PARENT & GUARDIAN  
WEBINAR SERIES 2024**

**CYBERSAFETYPROJECT**

**REGISTER NOW OR FIND OUT MORE:**

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

