



Aiming for Excellence

# KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday 12th September, 2024



## DATES TO REMEMBER

### Term 3

Monday 9th September -  
Thursday 19th September  
Foundation - Y2 Swimming

Friday 13th September Y5/6  
**FITNESS FOR ALL**

Friday 20th September—  
Whole School Disco

Friday 20th September—  
Last Day of Term 3—  
Finish @ 2.25pm

### Term 4

Monday 7th October—First  
Day of Term

Thursday 10th October—  
ITALIAN DAY

October 16th/17th—  
Lady Northcote Camp Y3-6

**HATS MUST BE WORN  
FROM 1ST SEPTEMBER**



Good Afternoon Everyone,

Here we are at the end of Week 9! Where has the time gone? Fingers crossed we have seen the last of the wild and windy weather and we can enjoy some fun in the sun! Speaking of fun in the sun, Term 3 holidays are not too far away, so a friendly reminder that school will finish at 2:25 on Friday 20<sup>th</sup> September.

### Sun Smart

A reminder that our students are now expected to be following the No Hat, No Play policy given that we are in September. Students are required to bring their broadbrimmed, bucket or legionnaire hats. If students do not have a hat, they will be asked to sit in the designated shaded area between Buildings A and B.

### Victorian State Schools Spectacular

The big show is on Saturday the 14<sup>th</sup> of September and our KHPS students are very excited to strut their stuff on the big stage at the John Cain Arena. This is a wonderful opportunity for them and I'm sure they are looking forward to performing in front of a very big audience. This Thursday and Friday they are attending the arena for two big rehearsals and just a friendly reminder, it's a full-dress rehearsal. Only 3 more sleeps!

### F-2 Swimming Next week

Our Foundation, Year 1 and 2 students will continue their Swimming Program at the Keilor East Leisure Centre. Thank you to all the wonderful parent volunteers and staff who have supported our students and classroom teachers. These sessions can be tiring, particularly as we head into the last week of term, so please pack some extra fruit snacks to keep those energy levels up!



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)

### Lost Property

With some warm weather coming we have noticed more jackets/jumpers in the yard which are now in Lost Property, please have a look here if your child is missing any school uniform or drink bottles.

### Sahlberg Fitness

Last week, Keilor Heights Primary School welcomed Sahlberg Fitness! Sahlberg Fitness ran a group fitness training session for our Year 5/6 students. The class focused on strength, motor control, self-confidence, and positive mindset, all done in a caring and supportive environment.

The kids had an absolute ball and have become experts in doing a Wall Sit! Ohhh the burn!!!

Here are some comments from the students:

*Finn:* I quite liked the wall sit game at the end.

*Amy. O:* I liked that it challenged us to try our hardest.

*Clarabelle:* I liked the warm-ups that we did because they were challenging and fun!

*Alex. W:* I liked how they entertained us with their music as we trained.

Have a wonderful weekend everyone!

Donna McDowall

Acting Assistant Principal



# WELLBEING at K.H.P.S.



Aspire



Respect



Responsibility



Resilience

**R U OK? Day** on Thursday September 12.

It is our National Day of Action and we encourage you to **Ask R U OK? Any Day** of the year because a conversation could change a life. A lot can happen in a year, a month, a week. Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day.

**Ask R U OK? ANY DAY**

**The 4 steps of an R U OK? conversation**

- 1 Ask R U OK?** *How are you travelling?*
- 2 Listen** *I'm here to listen if you want to talk more.*
- 3 Encourage action** *Have you spoken to your doctor about this?*
- 4 Check in** *Just wanted to check in and see how you're doing!*

Learn more at [ruok.org.au](http://ruok.org.au)

This free interactive video invites primary school students to 'choose their own journey' while navigating feelings and choices during R U OK? conversations.



Produced in collaboration with Life Ed, the video journey features Healthy Harold, joined by two new characters, the 'Thoughts', who contemplate the different approaches to various peer-to-peer situations that may arise in the school day. Students will learn personal and social skills and increase their confidence to able to have an R U OK? conversation with a friend.

Video link:

[https://www.ruok.org.au/education?utm\\_source=LE&utm\\_medium=TX&utm\\_campaign=Prim&utm\\_id=EDY#PRIMARYSCHOOLRESOURCES](https://www.ruok.org.au/education?utm_source=LE&utm_medium=TX&utm_campaign=Prim&utm_id=EDY#PRIMARYSCHOOLRESOURCES)

For more tips and resources, scan the QR code or head to [ruok.org.au/friendbetter](http://ruok.org.au/friendbetter)

**Lifeline**  
Confidential 24/7 crisis support  
Call 13 11 14  
Text 0477 13 11 14

If you are ever concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

**#FriendBetter with R U OK?**  
Tips to help you support your mates

**kids helpline**  
24/7 confidential counselling for 5-25 year olds  
Call 1800 05 1800  
Chat [kids-helpline.com.au](http://kids-helpline.com.au)

Find more support services at [ruok.org.au/findhelp](http://ruok.org.au/findhelp)

**R U OK? is about all of the people who can help someone**

**R U OK? at school**

Hope you're doing ok,  
KHPS Wellbeing Team



## What are KHPS Year 3 and 4 students learning in PE?

In recent weeks, students in Years 3 and 4 have commenced a Gymnastics Unit. They've been participating in a variety of activities including jumps, rolls and partner balances, which require working cooperatively with their peers.

Check out some of these below!



## Moonee Ponds Divisional Inter-school Athletics Carnival

Congratulations to the 12 students who competed at the Moonee Ponds Divisional finals on Tuesday:

Leah H Triple Jump

Cruz V Shot Put

Ethan T Triple Jump

Alexia V Discus and Shotput

Ava S Triple Jump

Jake C 100m Sprint & Relay

Finn M Hurdles, Triple Jump & Relay

Levi G Relay

Ardin S Relay

Alison C Triple Jump

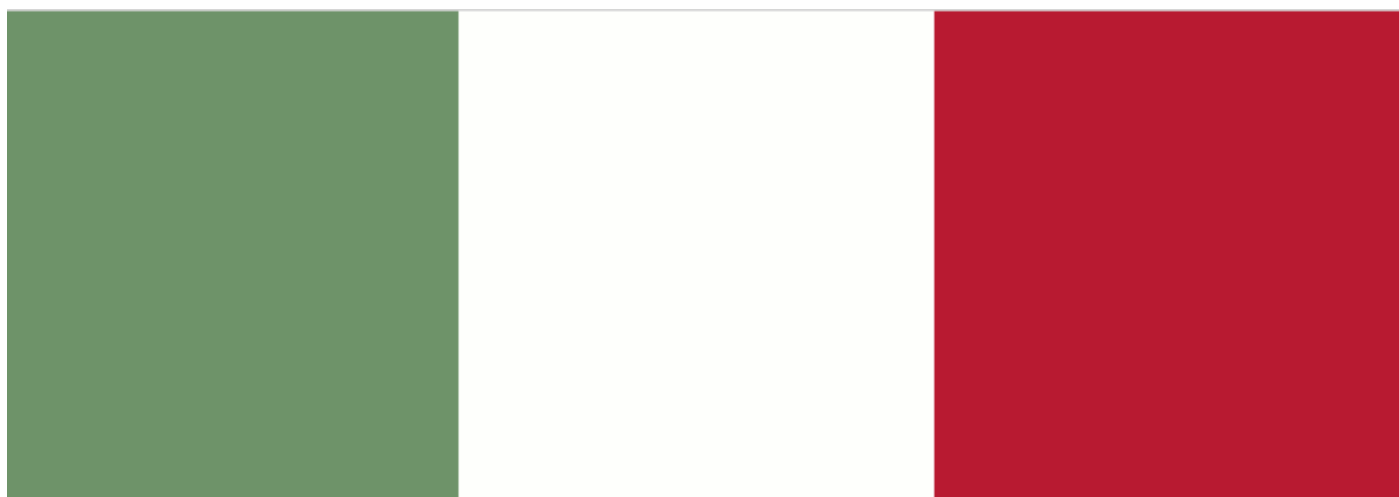
Alex G Discus

Adam A 100m Sprint

Good luck to Leah, Alexia, Ava, Jake and Finn who will represent KHPS at the Western Metropolitan Regional Carnival on Tuesday 22nd of October at Keilor Athletics Centre.

Mr Matton

PE and Sports Co-ordinator



# Italian Day

## Thursday 10th October

- Order a pizza for lunch!
- Buy a Gelati from the Gelati van!
- Dress up in **Italian Theme** - prizes for best dressed.
- Lunchtime Entertainment!
- Fun Italian activities throughout the day.
- Class performances at a special Assembly at 2:30pm.

**Parents, Carers and Friends are welcome and encouraged to attend throughout the day.**

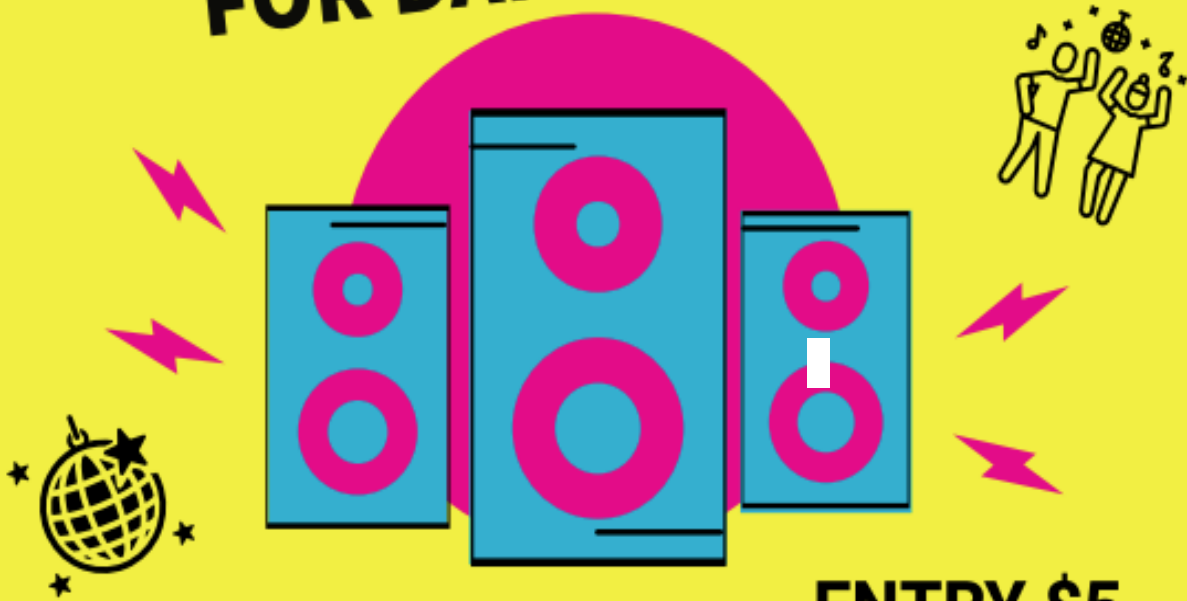


You can order your child's pizza lunch and pay for lunchtime music entertainment on **Compass NOW**.

Keilor Heights PS PFA  
Invites you to the  
**SCHOOL**

# DISCO

## FOR DANCING & FUN



**ENTRY \$5**

### **PRIZES TO BE WON**

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**Years: Foundation - 2**  
**11.30am - 12.25pm**  
**Years: 3 - 6**  
**12.35pm - 1.30pm**  
**Casual Clothes allowed**

**September**

**20**

**2024**

**[LAST DAY OF TERM]**

**\*Check Compass for more info\***



# Kids Yoga & Wellbeing Workshops

The perfect indoor activity to get them off the screens, moving, laughing and relaxing.

Connect, Flow & Flourish this Spring School Holidays with a Spring Vibes Workshop

SPRING VIBES YOGA WORKSHOPS  
**Yoga Freedom Studio  
Avondale Heights  
Monday September 23**  
Ages 4-7 Class: 10:00am - noon  
Ages 8-13 Class: 1:00pm - 3.00pm

SPRING VIBES YOGA WORKSHOPS  
**Yoga Freedom Studio  
Avondale Heights  
Wednesday October 2nd**  
Ages 4-7 Class: 10:00am - noon  
Ages 8-13 Class: 1:00pm - 3.00pm



CLASSES INCLUDE USE OF YOGA MATS, PROPS, A HEALTHY SNACK, CRAFT ACTIVITY, TUITION BY CERTIFIED CHILDRENS YOGA INSTRUCTOR & PAEDIATRIC OT

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



**RISE UP**  
KIDS YOGA & OT

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

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)

*Learn Italian with Signora Di Sipio*



*We are learning the seasons in Italian this week.*

## *LE STAGIONI*



*Do you know which season we are in?*

*Sì. E` la primavera!!*

*What is your favourite season?*



Week 1 | 23<sup>rd</sup> – 27<sup>th</sup> September



**MON 23** Everyone's Birthday \$75

Love birthdays but hate waiting for them? We've got you covered! Join us for Everyone's Birthday, where each child gets a special gift. Enjoy a day filled with fun, games, and treats, making it a celebration to remember for everyone!



**TUE 24** Werribee Zoo \$75 + \$50

On this day out you can see a whole range of animals on this open range adventure. You have the chance to go on a safari and get up close with some of the most incredible creatures Australia has to offer!



**WED 25** Big Camp Out \$75

Experience the adventure of Big Camp Out! Come in your PJs, pitch tents, make snacks, and enjoy campfire stories. Connect with the outdoors for a day of fun, laughter, and unforgettable memories!



**THU 26** Football Frenzy \$75

Join us for a day packed with exciting sports action, including AFL, rugby, soccer, and more. Whether you're kicking goals, scoring tries, or making epic passes, it's all about fun, teamwork, and thrilling games. Don't miss out on this sports-filled extravaganza!



**X FRI 27** OFFLINE – No Care Provided

Big Childcare is offline today in observance of the public holiday. It's our time to recharge, and we hope you get the chance to do the same with your family. Enjoy the day!

*The Spectacular!*  
**Spring**

Week 2 | 30<sup>th</sup> SEP – 4<sup>th</sup> October



**MON 30** Kid's On Wheels \$75

Get ready for Kid's On Wheels! Bring your bikes and roll into a day of wheeling good fun. Learn how to maintain your bike and enjoy thrilling rides and games. It's a day packed with skills, excitement, and plenty of bike adventure!



**TUE 01** BIG Show Day \$75 + \$75

Step right up for the most spectacular Show Day ever! Dive into a carnival extravaganza with exclusive access to thrilling rides, exciting games, and fantastic entertainment. Did we mention that everyone gets a show bag? Don't miss out on this spectacular highlight!



**WED 02** Picnic In The Park \$75 + \$32.50

Pack your picnic basket! Enjoy a delightful day outdoors with tasty treats, fun slides, swings, and classic park games. It's the perfect chance to relax, connect, and have a blast with friends and family under the sun!



**THUR 03** Balloons, Balls & Bubbles \$75

Step into a world of fun at Balloons, Balls & Bubbles! Enjoy a mix of cooking, physical activities, crafts, and science experiments. From bouncing balls to bubbling concoctions, it's a day of creativity, learning, and excitement for everyone!



**FRI 04** Movies \$75 + \$42.50

Settle in the coms 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!

## 2024 Events Calendar KHPS

### Term 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	July 15	16	17	18 **Y2 Science Incursion	19
Week 2	22	23	24	25	26 Foundation 100 Days of School
Week 3	29	30	31	Aug 1	2
Week 4	5 District Aths	6 Back Up for Aths	7	8	9 **OLYMPICS DAY
Week 5	12 BOOK FAIR WEEK	13	14	15	16
Week 6	19	20 Responsible Pet Education Event	21	22	23
Week 7	26	27	28 VSSS Rehearsal	29	30 Father's Day Stall
Week 8	Sept 2	3	4	5	6 **Assembly 3pm
Week 9	9 F – Y2 Swimming till 19/09	10	11	12 RU OK DAY VSSS Rehearsal	13 VSSS Rehearsal VSSS Show on 14/9
Week 10	16	17	18	19	20 Last Day T3 2.25PM Finish **PFA Disco

### Term 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Oct 7	8	9	10 Italian Day	11
Week 2	14	15	16 Years 3 – 6 Lady Northcote Camp	17	18
Week 3	21	22	23	24	25 World Teacher Day
Week 4	28	29	30	31	Nov 1
Week 5	4 Curriculum Day	5 Cup Day	6	7	8
Week 6	11	12	13 Yr 2 Late Night	14	15
Week 7	18	19	20	21	22
Week 8	25	26	27	28	29
Week 9	Dec 2	3	4 School Concert	5	6
Week 10	9	10	11	12	13 Year 6 Graduation
Week 11	16	17 ** Colour Run	18	19	20 Last Day T4 1.30PM Finish

\*\* NEW EVENT

Instrumental Music Lessons - on school campus  
Places still available for next term!



### Small Group & Private Lessons

- Primary Music Institute offer instrumental music lessons right here on school campus!
- To find out all about the music lessons please visit PMI's website. You can check which instruments are available, get up to date program details and apply for lessons online
- Please **ENROL TODAY** via PMI's website
- Lessons are held once per week on campus – with lessons typically during school hours
- Private lessons (1-on-1) and pair lessons (max 2 students) are also available
- Online lessons (after hours) are also available direct to your home – contact us to find out more
- Instrumental music can improve your child's school results – including for reading, maths, coordination, IQ, abstract reasoning, performance confidence... and is great fun!

# ESSENDON

*Family,  
fun,  
friends &  
fitness!*



# LITTLE ATHLETICS



**REGISTRATIONS NOW OPEN**

**Summer season 24/25**

Competition from 8am every Saturday starting 5 October 2024  
Under 6 to 17 - all abilities welcome!

***Come & Try Day***

***Find out more or register for membership now***

A great chance to see how Little Athletics works, ask any questions and have your child have a go at some of the events! No registrations needed.

**Saturday September 14th from 10am**  
Moonee Valley Athletics Track Corio Street, Aberfeldie



[www.elac.com.au](http://www.elac.com.au)

[elacmemberships@gmail.com](mailto:elacmemberships@gmail.com)



**FREE**  
**COUGIRLS**  
Football Clinic

*GameFit*

Overland Reserve  
9am - 12pm Wednesday 25th September  
All Skill Levels Welcome <https://www.trybooking.com/CUXTP>

Register Here



CYBERSAFETYPROJECT

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)

