



Aiming for Excellence

# KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday 19th September, 2024



## DATES TO REMEMBER

### Term 3

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**

*Hi everyone,*

We made it! The final week of Term 3 has almost finished, and boy are we pumped for holidays! A reminder that school will **finish at 2:25 TOMORROW**, with Assembly being held in the Gym at 2:10.

### **VSSS**

Last weekend our students represented Keilor Heights PS at the Victorian State Schools Spectacular. These students gave up their lunchtimes for almost two terms to rehearse 15 songs - memorising lyrics and learning accompanying choreography, and even learning how to sign a song in *Auslan* for the event!

Thank you to all the families and staff who came to support the students at John Cain. A massive thank you to Christine Caruana and Emily Carden who worked hard to orchestrate the group. It was an absolutely amazing event that our students and teachers will never forget. The event will be televised on December the 14<sup>th</sup> on Channel 7 and 7 Plus. There are also images and videos available on the VSSS Instagram page. See below for more about the night.

### **Disco and Casual Clothes Day (details pg 6)**

We are looking forward to finishing the term off with a BANG - with the exciting Disco happening tomorrow afternoon. Students are invited to wear casual clothes for the day - I highly recommend anything with sparkles to really get into the party vibes!

### **Before and After School**

A gentle reminder to families that *students are supervised in the yard from 8:45am - 9:00 and 3:25pm - 3:40pm*. During this time, we ask parents to please refrain from participating in physical activities (such as footy, etc.) with the students. We recommend utilising a local park before or after school if you wish to engage in these activities to avoid any accidental collisions or clashes. Thank you for your understanding on this matter.

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.



### Friends for 2025 Classes

As we approach Term 4, it is time to start thinking about plans for 2025. Early next term, teachers will be asking students to nominate 5 friends who they believe they work well with and would like to be in grade with next year. Students will be guaranteed ONE of these friends. Please spend some time discussing this over the holidays with your child so that they are informed and prepared.

### Camp

We are in the final stages of planning for Camp, with payments due on Friday the 4<sup>th</sup> of October (during the holidays). Contrary to the information originally sent out, **please bring medical forms back ASAP** as Mr B will need to collate this information and pass it onto the Camp during the holiday period. Apologies for the miscommunication. Thank you to the families who have volunteered to help at Camp, Mr B will be in touch soon to confirm numbers.

Ms Graham will be back next term, and I know she is looking forward to seeing you all. Although I have enjoyed my time as Acting Principal, I am very happy to be handing the reigns back over!  
Have a wonderful break everyone, see you all next term.

### Rosie Valentine

Acting Principal



**Wow!!!**

Big congratulations to our KHPS students who have made us very proud. They were involved in three big days, and they showed a lot of resilience and patience.

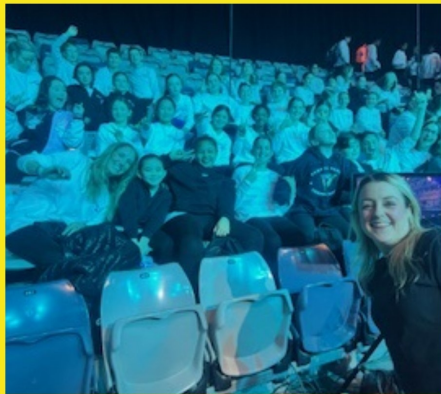
*They were absolute rock stars on the big show day, and did an amazing job. Their singing and dancing were incredible and I'm sure it's a day that they won't forget.*



Well done for their commitment to attending their weekly practise sessions. I'm sure they have learnt that hard work and practise pays off.

Thank you to the parents for their support and to Rosie Valentine and Emily Carden for being part of the VSSS Team.

# THE VICTORIAN STATE SCHOOLS SPECTACULAR



Teacher	Activity
1.Miss Carden	Italian dance – La Tarantella
2. Mrs Papal	Building the leaning tower of Pisa
3.Mrs A	Pasta art
4.Mrs Chapman	Mona Lisa smile
5. Mrs Cowling	Venetian masks
6.Mr B	Roman Tic Tac Toe
7.Ms Pozenel	Tombola
8.Mis Fazzolari	Visiting the sistine chapel
9. Mrs McDowall	Build the tallest tower
10. Mrs Carroll	UNO in Italian
11.Miss Bridie	Roman Mosaics
12.Miss Megan	Science - exploding volcano
13.Ms Caruana	singing/dancing - That's Amore
14.Mr Matton	Bocce

## Italian Day 10<sup>th</sup> of October

Ciao Parents, Carers and Friends,

We are busily organizing a fun and entertaining day for all our students. You are welcome to visit us and celebrate Italian day with all of us next term. Students will be participating in 4 activities (you can see the activities below). At lunchtime come and buy a gelati or a pizza and join in with some singing and dancing with our Italian performer Filippo.

In the afternoon there will be a special Assembly where students will be performing an Italian item and winners of the best /most creative dressed will be announced.

Have a relaxing and wonderful break.

Signora Di Sipio 😊

## **VHAP Term 3**

This term the Department of Education and Training (DET) offered an extension program for Year 5 and 6 students. Known as the Victorian High Achievers Program (VHAP), it involves extension in either English or Maths.

Term 3 saw one of our Year 5 and one of our Year 6 students selected to participate in the online English Extension classes, with an educator from DET. The VHAP program ran for 9 weeks and was streamed online every Friday afternoon this term.

Our Year 5 student that participated was Ari Y.



*'I have learnt how to make my writing more interesting and it was fun to do with other people'. Ari*

Our Year 6 student that participated was Guiliana G.



*'When I first got my VHAP acceptance letter, I was so happy because I knew what it was and it showed me that I was really improving in my work. When I logged on to my first VHAP meeting, I was really interested because they were actually teaching me how to make a story interesting like in the movies. I was learning about new things to use in my writing to make it more interesting. I have learnt about archetypes and why we have them, and how to use "show don't tell" by using the five senses. It prepared me for secondary school because everybody's writing has moved on from Year 5/6, where instead of using simple endings, we would use twists and cliffhangers. My tutor was really helpful, and she helped me when I was needed it. 'Guiliana*

We congratulate Ari and Guiliana for completing the VHAP English course for 2024.

**Alicia Murphy**

**Melissa Cowling**

**Patricia Pozenel**

**VHAP Practice Leaders**

# Sweet Things

Term 4 2024

## CANTEEN menu

### EVERYDAY HOT FOOD MENU

#### TERM 4 AND TERM 1

Cheese burger H	\$6.5
Chicken burger H	\$6.5
Sausage Rolls H	\$5
Hot Dog H	\$5.5
Plant Based Hot Dog PB	\$5.5
Veggie Burger	\$6.5
Beef Lasagna H	\$6.5
Fried rice with GF Soy Sauce GF EF	\$5
Spiral Bolognese H	\$6.5
Gluten Free Spiral Bolognese H GF EF	\$7
Spiral Napoli	\$6.5
Gluten Free Spiral Napoli GF EF	\$7
Chicken Goujons x 4 H	\$5
Chicken Nuggets X 3 H	\$4
Gluten Free Chicken Nuggets x2 GF H	\$4
Plant Based Nuggets x2 PB GF EF	\$4
Party Pies x2	\$4

### DRINKS

Moo choc Milkshake 250ml	\$3.00
Moo strawberry Milkshake 250ml	\$3.00
Water 600ml	\$2.50
Apple Juice	\$3.50

### 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	\$5.5
Lettuce, Cheese, tomato, Kewpie Mayo, Tzatziki or hommus Avocado extra \$0.50	
Salad Wrap	\$5.5
Lettuce, tomato, cucumber, grated carrot, cheese with kewpie mayo, tzatziki or hommus Avocado extra \$0.50	
HLT	\$5.5
Ham, Lettuce, Tomato with kewpie Mayo	
Falafel Wrap	\$5.5
Lettuce, Cheese, tomato, cucumber, Kewpie Mayo, Tzatziki or hommus Avocado extra \$0.50	

### SALADS

GARDEN SALAD	lettuce, cucumber, ribbon carrot, tomato with lemon wedge
GREEK PASTA SALAD	Pasta, tomato, cucumber, olives, red onion, feta cheese, oregano, lemon dressing.



SWEET THINGS WITH GREAT LOVE



# Sweet Things

Term 4 2024

CANTREEN m e n u	
<b>SNACKS</b>	
Apple	\$1
Fresh Fruit Salad	\$4
Granola Cups with yoghurt	\$4
Jelly Cups Raspberry & grape H GF	\$3
Lemon Slice EF	\$3
Hedgehog Slice EF	\$3
Chips jumpys /veggie straws	\$2
Banana Bread	\$3
Muffin Chocolate	\$3
Large Choc chip cookie	\$3
Veggie sticks with tzatziki or hommus dip cucumber carrot celery	\$3.5
<b>LEGEND</b>	
DF : DAIRY FREE	
GF: GLUTEN FREE	
EF : EGG FREE	
H : HALAL	
SF: SOY FREE	
NO NUTS ARE USED AT ALL	
<b>WINDOW SALES</b>	
Toast with Nuttalex white and wholemeal	● \$0.50
Pretzels, Banana chips, Dried Apple	● \$1.00
Popcorn	● \$1.00
Jelly H GF Raspberry Grape	● \$3.00
Choc Chip Cookie	● \$3.00
Slice of fruit - watermelon	● \$1.00
Frozen Juice Cup DF GF EF	● \$3.00
Icy poles DF LEMONADE	● FROM \$1 - \$2
<b>SAUCES</b>	
Tomato Sauce	\$0.50
<p>MENU AND INGREDIENT LIST CAN BE FOUND ON THE QKR APP</p> <p>ORDERS ARE DONE THROUGH THE QKR APP</p> <p>CUT OFF IS 9AM</p>	
<b>WINDOW SALES INGREDIENTS</b>	
<p>PRETZELS WHEAT FLOUR, VEGETABLE OIL, SALT, YEAST, BARLEY MALT EXTRACT, RAISING AGENT 500</p>	
<p>BANANA CHIPS BANANA, COCONUT OIL, SUGAR, HONEY , GLUTEN FREE</p>	
<p>APPLE SLICES APPLE, PRESERVATIVE(SULPHITES), CITRIC ACID</p>	
<p>CHOC CHIP COOKIE FLOUR, BUTTER, EGGS, SUGAR, BAKING POWDER, BI CARB SODA, CHOC CHIPS</p>	
<p>JELLY INGREDIENTS ON APP</p>	
<p>POPCORN CORN, BUTTER</p>	

Keilor Heights PS PFA  
Invites you to the  
**SCHOOL**  
**DISCO**  
FOR DANCING & FUN

**TOMORROW**

**ENTRY \$5**

**PRIZES TO BE WON**

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\*

# 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.

<p><b>Week 1   23<sup>rd</sup> - 27<sup>th</sup> September</b></p> <p><b>MON 23 Everyone's Birthday \$75</b></p> <p>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!</p>	<p><b>Week 2   30<sup>th</sup> SEP - 4<sup>th</sup> October</b></p> <p><b>MON 30 Kid's On Wheels \$75</b></p> <p>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!</p>
<p><b>TUE 24 Werribee Zoo \$75 + \$50</b></p> <p>On this day 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!</p>	<p><b>TUE 01 Big Show Day \$75 + \$75</b></p> <p>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!</p>
<p><b>WED 25 Big Camp Out \$75</b></p> <p>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!</p>	<p><b>WED 02 Picnic In The Park \$75 + \$32.50</b></p> <p>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!</p>
<p><b>THU 26 Football Frenzy \$75</b></p> <p>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!</p>	<p><b>THUR 03 Balloons, Balls &amp; Bubbles \$75</b></p> <p>Step into a world of fun at Balloons, Balls &amp; 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!</p>
<p><b>FRI 27 OFFLINE - No Care Provided</b></p> <p>Big Childrens 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!</p>	<p><b>FRI 04 Movies \$75 + \$42.50</b></p> <p>Settle in the comfy popcorn, the movies where the bus is stopped! 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!</p>

# 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.

Contact Michelle Roberts for more information about Rise Up Kids Yoga & OT classes by calling 0449 554 036 or emailing michellerobertsot@yahoo.com

**RISE UP**  
KIDS YOGA & OT  
riseupkidsyoga.com.au





Student	Class	Being For
Thomas N	F1A	Aspiring to Try His Best During Handwriting. Keep up the great work.
Marigold K	F1A	Aspiring to Try Her Best During Maths Lessons. Keep up the great work.
Edward C	F1B	Wearing his responsibility hat when walking to swimming and showing his best behaviour at the pool.
Koah T	F1B	Aspiring to do his best during writing sessions and not giving up. Well done Koah!
Mason D	F1B	Aspiring to do his best during writing sessions and attempting to spell tricky words. Well done Mason!
Ariella M	F1C	Aspiring to Do Her Best During Reading.
Franklin C	F1C	Aspiring to Do His Best During Reading.
Whole Class	F1C	Showing Responsibility & Respect During our Swimming Program.
Whole Class	2A	Showing Great Responsibility in Walking from School to the Swimming Centre & Back. You made KHPS proud!
Maggie D	2B	Showing Great Leadership & Kindness.
Connor C	2B	Showing Resilience with His Writing.
Sienna B	34A	Focus on Improving Sentences in Literacy Tasks.
Olympia K	34A	Amazing Work on Writing Numbers & Letters.
Jackson K	34B	Taking on Feedback, Especially in His Writing & Using it to Produce a More Free Flowing Report.
Ryan L	34B	Showing Greater Focus when Working Independently, Making Sure He is Completing His Work to a High Standard.
Paris S	34C	Her efforts in working hard with her learning and for being a helpful member of our class. Well done Paris!
Vivian N	56A	For Aspiring to achieve in numeracy by challenging herself with extending prompts.
Nathaniel BM	56A	For Having a growth mindset in numeracy by trying new strategies.
Logan L	56B	Always Being Organised with His Equipment & Completing Reading Homework Regularly this Term.
Sarah R	56C	Being a Responsible Learner.

#### SPECIALIST AWARDS

Whole Class	2B	Working very hard on your dance routine and for being so enthusiastic. Well done STARS!
Whole Class	56B	Excellence in Visual Art & STEM
Whole Class	2A	Working hard during our Kicking Unit and making fantastic progress with their learning. Well done!
Whole Class	34B	Excellence in Italian