



Aiming for Excellence

KEILOR HEIGHTS WEEKLY NEWSLETTER



Thursday 17th October, 2024



**Term 4
Hats must
be worn**

DATES TO REMEMBER

Term 4

Friday 25th October—Whole School Assembly 3pm

Monday 4th November
Curriculum Day—NO SCHOOL

Tuesday 5th November
Melbourne Cup—NO SCHOOL

Thursday 7th November—
Foundation Transition
9.15am-10.30am

Friday 8th November—
Whole School Assembly 3pm

Friday 29th November—
House Sports Day

Wednesday 4th December
Whole School Concert

Tuesday 10th December
STEP UP Day

Friday 13th December
Year 6 Graduation

Tuesday 17th December
COLOUR RUN

Friday 20th December
Last day of Term School
Finish @ 2.25pm

Dear Parents and Carers,

It's only the end of week two and already we have had so many events.

A big thank you to Ms DiSipio for organising a very successful Italian day last Thursday, we also had our boys Volleyball team play brilliantly in an extremely close final against Essendon PS last Friday, but sadly just missed out on winning and students from Years 3-6 attended Lady Northcote camp this week.

A big thank you to Mr Lynch for training our Volleyball team and to Mr B for organising camp. Thank you to the staff and parents who attended camp as without volunteers, we would not have been able to provide this opportunity for our students. While the campers were away, students from Years 3-6 also engaged in some fun activities, such as cooking and gardening, thank you to Sue and teachers for coordinating this. One thing that these days have highlighted is the caring way our students engage with each other and especially how our older students support, help and interact with the younger ones.



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

Whole School Performance – Wednesday 4th December

Rehearsals and preparations for our whole school performance are well underway. We will be having two performances to ensure that all families have the opportunity to see their children take to the stage. Our Year 5/6 students will be running various stalls during lunch time and PFA will provide a sausage sizzle for those who would like to buy a sausage for lunch. Tickets will be on sale on Monday. We ask that families only buy for one session so that all families can see one show. Family tickets are for a family of four, however, as always if you have special circumstances, please come and speak to me. There will be an opportunity for people to purchase additional tickets if we have any unsold tickets after our cut-off date. (See flyer on page 3 for more information).

Filming

We will be having a professional film the concert and this will be available to parents of Keilor Heights families only, after the event. We ask that this is not shared on any outside social media platforms for the privacy and protection of our students and families. We also ask that families do not film during our concert for the same reasons and so that everyone gets to enjoy the show. This is also a timely reminder that during special assemblies and other events, please remember you cannot share filming or photos of other students on social media without parent permission or consent.

We thank you for your understanding and cooperation with this.

Wishing everyone a lovely weekend and hope the wet weather clears up a little.

Victoria Graham



KEILOR HEIGHTS PRIMARY SCHOOL

PRESENTS
HITS FROM

MUSICALS & MOVIES

WEDNESDAY 4TH DEC

BE ENTERTAINED BY PERFORMANCES FROM ALL CLASSES, THE VICTORIAN STATE SCHOOL SPECTACULAR & THE KHPS SCHOOL CHOIR

\$10 SINGLE ENTRY OR \$25 FOR 4
TICKET SALES FROM 21ST OCT- 8TH NOV

TWO PERFORMANCES BOTH WITH INTERVALS

FIRST PERFORMANCE
11AM-1PM

SECOND PERFORMANCE
3-5PM

STUDENT RUN STALLS

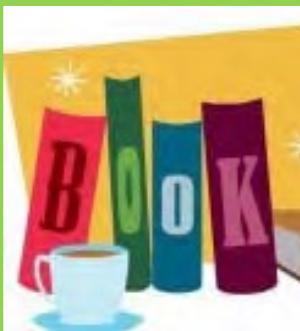
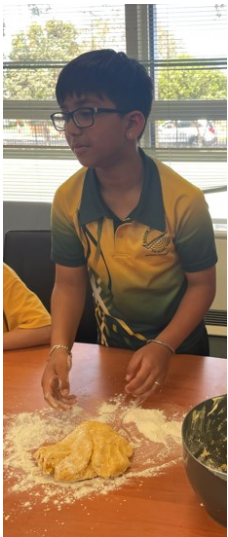
★ ARTS & CRAFTS
★ MINI GAMES

★ HAIR BRAIDING
★ PLANT STALLS

★ GUESSING JARS
★ WATER BOMBS

PFA SAUSAGE SIZZLE
1-2:40PM





BOOK CLUB

Book Club Issue 7 Catalogue has been distributed,
If you are interested in placing
an order please do so by

FRIDAY, 25th October, 2024

Using Scholastic Book Club LOOP online

ORDERS ARE NOT TAKEN THROUGH THE SCHOOL OFFICE

ITALIAN DAY





DEPARTMENT OF EDUCATION



Somers School Camp

A nine day residential outdoor and environmental experience for Year 5 & 6 students

Focusing on developing the Victorian Curriculum Capabilities

- Personal & Social
- Ethical
- Intercultural
- Critical & Creative Thinking

**Experience
FOR
a Lifetime**



**Inspiring optimism and developing the consciousness and care of
SELF, OTHERS and the ENVIRONMENT**

Years 5 & 6 Students from Schools in your area will be participating in the Somers Camp.

From: Tuesday 22nd July To: Wednesday 13th August

FURTHER INFORMATION WILL BE SENT SOON

www.somerscamp.vic.edu.au

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
^{SF} 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



CANTEEN

menu

SNACKS

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

LEGEND

DF : DAIRY FREE

GF: GLUTEN FREE

EF : EGG FREE

H : HALAL

SF: SOY FREE

NO NUTS ARE
USED AT ALL

WINDOW SALES

Toast with Nuttelex 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

SAUCES

Tomato Sauce	\$0.50
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MENU AND INGREDIENT
LIST CAN BE FOUND ON
THE QKR APP
ORDERS ARE DONE
THROUGH THE QKR APP
CUT OFF IS 9AM

WINDOW SALES INGREDIENTS

PRETZELS

WHEAT FLOUR, VEGETABLE OIL, SALT, YEAST, BARLEY MALT EXTRACT,
RAISING AGENT 500

BANANA CHIPS

BANANA, COCONUT OIL, SUGAR, HONEY , GLUTEN FREE

APPLE SLICES

APPLE, PRESERVATIVE(SULPHITES), CITRIC ACID

CHOC CHIP COOKIE

FLOUR, BUTTER, EGGS, SUGAR, BAKING POWDER, BI CARB SODA, CHOC CHIPS

JELLY INGREDIENTS ON APP

POPCORN

CORN, BUTTER

OCTOBER 17TH, 18TH & 19TH

3 DAYS ONLY

20% OFF
EVERYTHING*

INCLUDING SCHOOLWEAR





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

riseupkidsyoga.com.au

NETSETGO TERM 4



**GIRLS & BOYS
BORN 2013-2018**



**TERM 4 (9/10 - 27/11)
WEDNESDAY'S
5:30 - 6:30PM
\$80 + VNA**

**KEILOR HEIGHTS
PRIMARY SCHOOL**

REGISTER HERE



AUDREY 0487 694 153
NORTHWESTTIGERSNC@GMAIL.COM
WWW.NORTHWESTTIGERSNETBALLCLUB.COM

NORTH-WEST TIGERS NETBALL CLUB



2025 TRIALS & REGISTRATION

**SUNDAY 10TH NOVEMBER
10AM - 11:30AM
13&U, 15&U AND 17&U (BORN 2008-2013)
KEILOR HEIGHTS PRIMARY SCHOOL
KEILOR EAST**

**ALL PLAYERS MUST REGISTER FOR 2025
NETSETGO, 11&U, 13&U, 15&U, 17&U, 21&U & OPEN**

**REGISTRATION & TRIALS LINK:
<https://www.trybooking.com/CVYAZ>**

**AUDREY 0487 694 153 ANGELA 0409 336 755
NORTHWESTTIGERSNC@GMAIL.COM**



You might have noticed our pink signage and line markings for our drop off and pick up zone. This zone is not for waiting in.

Carers should always drop off or pick up their child/ren from the designated area and, in this zone:

- ask your child to head straight to the pick up zone once the bell rings – they will then be ready and waiting once you arrive
- plan to arrive after the bell rings, not before, as you cannot wait in the zone
- remain in your vehicles at all times
- move forward to join the queue so that other vehicles can get into the zone
- use the hand brake and put the vehicle in park when it is stationary
- do not double park
- do not park across a pedestrian crossing
- do not undertake a U-turn in close proximity to the school.

Students should:

- keep your seat belt on until the vehicle has stopped in the zone
- have your school bag and other items in a safe position on the floor and ready for you to take with you when the vehicle has stopped
- always get in and out of the vehicle through the safety door (the rear footpath-side door).

What does the no parking sign mean?

It means that you cannot park in the zone during the times identified on the sign as it is to be used only as a pick up or drop off zone during those times.

You can only stay in this zone for two minutes. If you overstay this time limit, you could receive an infringement.



Moonee Valley Language Line

العربية	Arabic	9280 0738	Ελληνικά	Greek	9280 0741	Español	Spanish	9280 0744
廣東話	Cantonese	9280 0739	Italiano	Italian	9280 0742	Türkçe	Turkish	9280 0745
Hrvatski	Croatian	9280 0740	Somali	Somali	9280 0743	Việt-ngu	Vietnamese	9280 0746

All other languages 9280 0747





National Relay Service 13 36 77 or relayservice.com.au

This publication is available in alternative accessible formats on request.

Moonee Valley City Council

9 Kellaway Avenue | PO Box 126 Moonee Ponds VIC 3039

Phone 03 9243 8888 Fax 03 9377 2100

Email council@mvcc.vic.gov.au    

mvcc.vic.gov.au