



# SUNBURY HEIGHTS PRIMARY SCHOOL

EVERY CHILD - EVERY OPPORTUNITY - HELPING CHILDREN SHINE

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The Newsletter is available on our school's website  
Please register your name now.

Newsletter No 4  
1<sup>st</sup> March, 2012

## TERM CALENDAR

DATE	DETAIL
<b>2012</b>	
<b><u>MARCH</u></b>	
<b>Mon 5<sup>th</sup> – Wed 7<sup>th</sup> March</b>	<b>Gr 5 Doxa Camp</b>
Wed 7 <sup>th</sup> – Fri 9 <sup>th</sup> March	Gr 3 Doxa Camp
<b>Tues 6<sup>th</sup> March</b>	<b>Preps Western Water Incursion</b>
Tues 13 <sup>th</sup> March	School Council Meeting – 6.30pm
Tues 13 <sup>th</sup> March	Outreach Science Program – Gr 3-6
<b>Mon 19<sup>th</sup> March</b>	<b>Gr 3 – 6 Athletics Day</b>
Tues 20 <sup>th</sup> March	Curriculum Day
<b>Wed 28<sup>th</sup> March</b>	<b>School Photos</b>
Fri 30 <sup>th</sup> March	Term 1 ends 2.30pm Dismissal

Please remember to return ASAP

### WE ARE UNABLE TO ADMINISTER MEDICATION WITHOUT THESE FORMS

- **2012 Asthma Management Plan** – **MUST** be completed and signed on the back of the form if your child has Asthma medication kept at school.
- **2012 Medication Form** – **MUST** be completed and signed on the back of the form if your child has **ANY** medication at school ie: Ventolin, Panadol, creams etc. We are unable to administer medication without this form signed.

### Sunbury Heights PS Payment Option Plan

Sunbury Heights is sympathetic and understands the differing circumstances of individual students and families. If you are having difficulty paying for books, camps, excursions, etc. Please ring (9744 3377) or come in to see Kerry Hicks, Business Manager, at the office or Kaye Mills (Principal) to discuss a payment plan that would be suitable for you and the school. All conversations are strictly confidential.



**PLEASE SIGN UP TO RECEIVE YOUR ELECTRONIC NEWSLETTER ON THE SCHOOL WEBSITE (ADDRESS ABOVE)**

(Limited copies are printed and are available from the office.)

## PRINCIPAL'S REPORT

### Science Outreach Program

Thank you to Ms Harding for booking a VSES outreach science program for our students in grades five and six. The outreach program will visit our school on March 13. This program will be provided free-of-charge to our students and will include four sessions covering five activities, informal teacher professional learning with each lesson and free equipment to enable your teachers to conduct these activities with other classes in future.

Each class will be shown one of our Mission to Mars astronaut suits as an introduction followed by "The Search for Life on Mars", an activity looking at microscopic fossils and living organisms from Earth as well as larger fossils including spiders and insects in amber, trace fossils such as dinosaur footprints and coprolites (fossilised dinosaur faeces). Each class will also participate in one of the following sessions.

1. **States of Matter** Discovering the nature of gases by smelling scents which have passed through the wall of a balloon. Discovering the connection between temperature and the speed of movement of particles by putting dye in hot and cold water and watching the rate of dispersion. Investigating the space between particles by trying to compress gases, liquids and solids. All equipment to run this activity in future is included.
2. **Analysing Martian Soil.** Discovering the nature of "Martian" and Earth soil through chemical analysis. Testing for pH, water content and the presence of carbonates in soil. We leave all equipment and reagents necessary for testing other soil samples.

3. **Protecting astronauts from UV radiation.** Students test sunscreen and various materials to discover their ability to offer protection against UV. They use UV sensitive beads to observe changes due to UV light. They construct a personal UV monitor to wear in the playground and take home. This activity reinforces the School's Sunsmart policy. We leave petri dishes, sunscreen, UV beads and various fabrics to test in future classes.
4. **Mystery Science.** Students are presented with a range of "Mystery Cubes" and "Mystery Tubes". Their task is to deduce what is on the hidden side of the Cube and what is inside each Tube. They justify their answers without ever getting to check whether they are right or not. Students find this a little confronting!

All of these activities are "hands-on" activities, not demonstrations and similarly take about one hour each. This is a fantastic opportunity for our students to be involved with.

### **Doxa**

Next week our students in grades 5 and 3 are off to Camp Doxa in Drummond just out of Malmesbury. The grade 5 students will catch the 9.45am train from Sunbury to Malmesbury next Monday March 5 and return on Wednesday March 7 at 1.25pm. Staff attending this camp are Miss Ratkowski, Mr O'Keefe, Mrs Jones and Mrs Dexter. Sean Synan will be attending as a community helper. The grade 3 students leave on Wednesday at 11.50am and return on Friday at 2.47pm. Miss Ratkowski, Mr Knight, Mrs Tyers and Mrs Williams will be the staff attending. Jodie Brown will be attending as a community helper. It should be a great week of curriculum, physical education, cooperation and team building. Other school staff will be calling up to join in the activities after school during the week.

### **Staff Car Park**

In the interest of student safety please note that the car park at school is for **STAFF AND DELIVERIES ONLY** and cannot be used as a drop off or pick up point for children. Please refrain from walking through this area with your children on the way to and from school.

### **School Council News**

Thank you to all parents and staff who nominated for School Council. The School Council performs a very important role in the governance of the school. I am very much looking forward to working with the newly formed Council during 2012. Our first meeting will be held on Tuesday March 12<sup>th</sup> where office bearers will be elected. If any parents are interested in attending Council meetings you are more than welcome. Meetings are held on the second Tuesday of the month at 6.30pm.

### **Bullying**

From time to time the topic of bullying is brought to the attention of the staff and I. When a child is being bullied it is very distressing, not only for the child but also for the family who love him/her and the teaching staff who have to support that child's learning and emotional wellbeing whilst at school.

Like all Victorian government schools Sunbury Heights takes bullying very seriously and has guidelines for its prevention and management.

For all parents information I have included the guidelines regarding bullying that Sunbury Heights operates under.

Definition:

Bullying occurs when one or more people deliberately and repeatedly upset or hurt another person, damage their property, reputation or social acceptance.

Bullying can take many forms:

- direct physical bullying involving behaviour such as hitting, tripping, and pushing or damaging property
- direct verbal bullying includes behaviour such as name-calling, insults, homophobic or racist remarks
- indirect bullying is harder to recognise and often takes place 'behind someone's back'. This type of bullying is designed to damage a person's reputation or cause humiliation. It includes behaviour such as lying and spreading rumours, playing nasty jokes, mimicking and encouraging social exclusion
- Cyber bullying is when technology – such as mobile phones, social networking sites and email – are used to create, display or send information or images which are used to harm or harass another person.

There are also many distressing behaviours that are not regarded as bullying, even though they are unpleasant and often require teacher intervention and management.

These can include:

- mutual conflict (conflict where both parties are responsible)
- social rejection or dislike
- single-episode acts of nastiness or meanness
- random acts of aggression and intimidation

All Victorian government schools are required to include anti-bullying strategies in their Student Engagement Policy (or their Student Code of Conduct).

Schools have a duty of care to take reasonable measures to prevent foreseeable risks of injury to their students.

### ***How can I tell if my child is being bullied or bullying others and what can I do?***

Discovering your child is being bullied or bullying others is stressful and upsetting. Most parents initially experience anger, confusion and guilt.

Signs that may mean your child is being bullied include:

- wanting to stay home
- wanting to travel to school a different way to avoid bullies
- being very tense or unhappy after going to school and refusing to talk about it
- changed behaviour and a loss of confidence or self-esteem
- physical signs, such as bruises or scratches, weight gain or loss
- talking about hating school or not having any friends
- doing poorly in school work.

These signs might indicate a problem other than bullying so it is important to discuss with your child what is bothering them.

### What you can do

If your child is being bullied or bullying others you should:

- listen carefully to your child and show concern and support
- give considered advice – don't encourage your child to fight back as this will most likely increase bullying
- help your child to develop positive strategies – such as saying 'Leave me alone', calmly walking away or avoiding situations that might expose them to further bullying
- ask your child questions to understand if there is a repeated pattern of bullying
- establish what, when, where the incident(s) happened and who was involved
- work with the school to solve the problem by establishing a plan for dealing with the current situation and future bullying incidents.

You can then work with our school to solve the problem by contacting us and making an appointment to discuss the issue. Do not directly approach any other student or their family.

In Term Two all our students will have the opportunity to see a performance of a show entitled Stamp Out Bullying.

### S.T.A.M.P.

#### Out Bullying

[Click here to view DVD footage of S.T.A.M.P Out Bullying](#)

- S**tay away      How to avoid bullies.
- T**ell someone      Reporting a bully is not being a 'dobber'.
- A**lways help      The power of peers.
- M**ake friends      Including students who are easily left out.
- P**lay nice      Making sure that YOU'RE not being the bully.

Using comedy, magic and ventriloquism Ben has his young audience in fits of laughter and hanging on his every word as he illustrates the 5 important STAMP principles.

A face, that has been sketched on a pad in front of the students, comes to life as it first looks around the room and then starts talking. The hilarious dialogue which ensues highlights the importance of making friends. In fact the picture continues talking, moving both its eyes and mouth right up to the time it is torn from the pad and given to its new found friend in the audience! A truly neat trick.

Objects appear, mysteriously grow in size and then vanish in Ben's hands as he discusses ways to deal with bullies and to avoid being bullied.

There is loads of audience participation and comedy as the students learn through laughter.



Each strategy of the **STAMP** acronym is explored as Ben, his friend Croc, Brice the bully, drawing and numerous illusions keep students entertained as they learn effective strategies to deal with and prevent bullying.

Regards  
Kaye Mills

### HAPPY BIRTHDAY

To the following students to  
4<sup>th</sup> March 2012

Christian Ramunno, Taylor Hardstaff, Christopher Weedon,  
Matthew McGann, Jesse Spyrou, Jade McLean,  
Jackson Neilson

### PUPIL OF THE WEEK – WEEK ENDING 24<sup>th</sup> FEBRUARY 2012

Teacher	Student	Reason
Junior Xuereb	Kimberley Deeble	For great work.
Junior Ross	Aaron Sapac	For co operating in a small group to complete a task.
Junior Hill	Aljon Banting	For keeping his writing neat and on the lines.
Middle Tyers	Caleb Bertram	For excellent behaviour and work this week.
Middle Peverell (Morcom)	Zach Karaminos	For showing an interest in learning words which end in double letters.
Middle Laing	T-Jay Bartlett	For applying himself to his Maths work.
Senior Langmaid	Nikita Allan-Reardon	For completing her home learning to such a high standard.
Mrs Caddaye ART	6L	For showing good co operation in Art.

### PLAYGROUP FRIDAY MORNINGS 9.00am – 11.00am

Come along Mums, Dads and Bubs, have a coffee and share experiences with our kids.

Kids can play and parents can have a chance to be with others.

Don't be shy; it's great fun for all.

Join us on a **FRIDAY** from 9-11am. Cost \$2.00

### SUNBURYSCHOOL OF CALISTHENICS:

**Does your child like to sing, dance, dress up and perform?**

**Then Calisthenics is just the sport!**

❖ Sunbury School of Calisthenics have started classes for 2012.

❖ New students can still come and try 2 free classes to see how much fun it is.

❖ We accept students from the ages of 3 ½ to adult.

We are looking for students in the 3-7 year age group and encourage you to come and try our uniquesport.

Enquiries please phone: 9539 4349 or visit our website

[www.sunburyschoolofcalisthenics.net.au](http://www.sunburyschoolofcalisthenics.net.au)

## STUDENT BANKING DAY-REMINDER

Teaching your child the all important skill of money management and saving when they are young can empower them for success in the future. The Commonwealth Bank School Banking program is a special initiative designed to do just that. It also has a fantastic rewards program that child can redeem for awesome gifts along the way such as a watch, ball, book light and USB stick. You can participate with as little as 5cents per week.



Please refer to the information pack that you received with instructions how to participate in this fantastic program. When your child banks at school for the 1<sup>st</sup> time they receive their token and the school receives \$5 to go towards our fundraising efforts.

If your child already has a Dollarmites/Youthsaver account with the Commonwealth bank simply fill in the deposit book and amount and simply start banking straight away.

Commonwealth bank account.



**SCHOOL BANKING DAY IS TUESDAY**

### **SUNBURY GYMNASTIC COLLEGE INC**

- Offering classes for children from 2 years of age
- Great way to develop co-ordination, confidence & strength.
- First Lesson is FREE!

Phone: 9740 4957 or 0409 944 403 or check out our Website:  
[www.sunburygymnastics.wordpress.com](http://www.sunburygymnastics.wordpress.com)

### **Upcoming events: (12 – 14 Sussexes Crt, Sunbury)**

**OPEN DAY- Sat 24<sup>th</sup> March** 12noon – 2pm

- Come along and have a try
- Head Coach and members of the Committee will be in attendance

### **EASTER DISCO - Fri 23<sup>rd</sup> March** 7pm-9pm

- Dress up in your favourite Easter theme

## LIBRARY NEWS

### SCHOLASTIC BOOK CLUB

#### **DUE BACK – Friday 16<sup>th</sup> March, 2012**

If your child would like to make a purchase, please fill out the order form on the back of the brochure you are ordering from. If you are ordering from a few brochures, please fill out each order form and place in an envelope with correct money marked scholastic book club.

If you would like to pay by credit card, payments can be made online at [www.scholastic.com.au/payment](http://www.scholastic.com.au/payment) or free call 1800 557 908 with your credit card details. Please make sure you record your 11 digit receipt number on the back of your order form. Please place your order in an envelope, marked scholastic book club.

This is a great opportunity to purchase quality books at reasonable prices. All orders will earn our school free books and resources.

Thanking you  
Bev McIntyre  
Liz Hill

### **Prime Tutoring**

“Helping children reach their Prime with maths”

Prime Tutoring assists with:

- Primary School literacy and numeracy (Grades 3 – 6)
- Mathematics (Years 7 – 11)
- VCE Accounting
- Introductory, Financial and Computerised Accounting (MYOB)

I come to you! Servicing Sunbury and district.

**0430 270 487**

[www.primemathstutoring.com](http://www.primemathstutoring.com)

The Victorian School of Languages offers classes in French and Italian for Years 1 to 6 and 7 to 12 from 4.00pm Mondays at Gisborne Secondary College, \$70 per year.

Enrol online at [vsl.vic.edu.au/](http://vsl.vic.edu.au/)  
Enquiries: Paul Calleja 5428 3691 or just come along and try it.



## **Branca Taekwondo**

Teaching the importance of strong values, good character, and healthy living.

Ph: 0417 501 221 E-mail: [kickinit@brancataekwondo.com](mailto:kickinit@brancataekwondo.com) [www.brancataekwondo.com](http://www.brancataekwondo.com)

Branca Taekwondo is a child friendly, family club teaching the Self Defence, Martial Art and Olympic Sport of Taekwondo. Recognised by the World Taekwondo Federation. No Contact Classes and optional competition focused contact Classes.

Please call Teresa Branca on 0417 501 221 to book a **FREE TRIAL LESSON**, or email to [kickinit@brancataekwondo.com](mailto:kickinit@brancataekwondo.com) to receive a **FREE INFO PACK**.



