



SUNBURY HEIGHTS PRIMARY SCHOOL

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28th April 2016

April	
Fri 29 th	G4 ACCA Excursion
May	
Wed 4 th	Mother's Day Stall
Thurs 5 th	School Photos
Fri 6 th	Inter School Cross Country
	Prep Mother's Day Morning
Thurs 12 th	G2 Excursion – Sunbury Library
Thurs 26 th	CASUAL CLOTHES DAY – Class Projects
Fri 27 th	Winter Sports
Mon 30 th	School Dental – Phase 2
June	
Wed 1 st	Division Cross Country
Wed 15 th	Region Cross Country
Thurs 16 th	Curriculum Day – NO SCHOOL FOR STUDENTS
Wed 22 nd	G5/6 Excursion – Song Room @ The Arts Centre
Fri 24 th	CASUAL CLOTHES DAY – School Orchard
	Last Day of Term – Early Dismissal



Wednesday, 4th May, 2016

GIFTS
from \$1-\$6

RAFFLE TICKETS
50 cents each or 3 for \$1.

NEWS AND INFORMATION



Thank you to all the families and students who met at the station on Monday morning and took part in the ANZAC Day March and wreath laying ceremony. A special thank you to our school captains Pryasha, Sasha, Jack and Bridey who represented the school with pride.

Curriculum Day

Our Curriculum Day on Tuesday gave our teachers the opportunity to examine the technology section of the Victorian Curriculum and determine ways we currently use technology in the school and ways that we could enhance its usage. Teachers all shared their knowledge and our new staff in particular got to know their XO. Later in the day staff were given the chance to be introduced to the online reading program – ABC Reading Eggs and ABC Reading Eggspress. These programs run from Prep to Year 6 and will support the classroom teaching of the core reading and literacy skills. The staff are currently becoming familiar with the program and over the next few weeks will begin using it in the classrooms. Home access to the program is also available and each teacher will send home an individualized letter with your child's log in details.

Bubbles of Fun and Learning!



There is no doubt that our science program is of the highest standard. Mrs Wilson is always busy planning exciting learning experiences for our prep students. This week the prep classes learnt about bubbles. All you need to create really terrific bubbles is a piece of paper and some detergent (all the better if you add some glycerine). Simply, roll the paper into a tube, dunk it into the bubble mix and away you go. Look at how big the bubbles were



Rotary Club of Sunbury - Grade 6 Saby Sebastian Memorial Spelling Contest 2016



Congratulations to Jack Price, who will be this year's Sunbury Heights Representative in the Rotary Club of Sunbury's Spelling Bee. The competition will be held at the Sunbury Football Social Club, Clarke Oval, on the 24th of May, 2016. Jack, will be supported in quest by his family and our school staff. According to Jack's mum and dad he is already working his way through the dictionary. If anyone see's Jack around the school throw him a word or two to keep him on his toes!

How parent modelling can develop balanced technology habits in kids

Children are natural mimics. They mimic our language, especially the worst aspects of our language such as swearing.

But it's our habitual behaviours that really leave their mark. Our kids pick up good manners, money and saving habits, and now our technology habits. This means we have the chance to develop good or bad habits in kids by our own observable behaviours. So now that digital technology is such an integral part of family-life it makes sense to do all we can to develop smart, balanced technology habits in kids. Here are some ideas to help:

1. **Be mindful of how often you have a mobile device in your hand.** Avoid constantly reading emails or texting while in social situations.
2. **Limit your own media use when you are with children.** Be available emotionally with your children rather than stare at a screen when children are around.
3. **Create tech-free zones.** Keep mealtimes and other family social gatherings tech-free.
4. **Model face-to-face time.** Let your kids see you engaging with 'back-and-forth' conversations with others. This is how kids learn conversation, negotiation and other relationship skills.
5. **Consciously engage.** Join with kids in games and other technological engagement but at the same time connect with kids in other ways too.

Media and digital devices are an integral part of our lives today. The benefits of these devices if used moderately and appropriately are almost limitless. Parents can use the ageless power of modelling to influence their children to be savvy but balanced users of digital technology.

Seasons For Growth, Grief and Loss program



Last Term our chaplain Michael Wanyama undertook professional development to train as a facilitator of the Seasons for Growth Grief and Loss program. He will be beginning to run these programs for students in need next term. Below is an outline of the program. If you **think your child would benefit from being involved in the program please complete the form at the bottom of the newsletter.**

Seasons for Growth is a small group loss and grief education program. The Children and Young People's Program strengthens the social and emotional wellbeing of children and young people (aged 6 -18) who are dealing with significant loss or change. This may include the death of a loved one, parental divorce or separation, the experience and aftermath of natural disaster, moving house or school, as well as many other life changes and losses.

Small groups of 4-7 children work with a trained adult Companion (facilitator) who supports the children in learning new ways to share, think about and respond to the changes and losses in their lives. Children learn that they are not alone in dealing with the effects of change, loss and grief. They build their understanding and communication, decision making and problem solving skills as part of a supportive peer group.

The *Seasons for Growth* Children and Young People's Program takes place over a structured eight week period filled with peer-to-peer learning opportunities - with time to talk and listen as well as take part in activities including drawing, music, art, journaling, roleplays and story telling. A celebration session and two follow up 'reconnector' sessions complete the program, and each session explores an age appropriate concept, for example "Change is a part of life" and "Caring for my feelings". The story of the seasons is used to explain the cycles of life, including change and loss, and provides a valuable metaphor for children to explore and understand their own story.

Important Visitors to the School

Tomorrow Rob Mitchell, the Federal Member for McEwan will visit the school with the CEO for Hubs Australia ???? to talk to Sharon Ramunno and myself about the success of our Community Hub and to discuss ways we can develop it further. Rob will be at the school from 2.30 and would also welcome the opportunity to catch up with other members of our school community. If you have any issues you would like to discuss with Rob please drop into the Hub when you come to pick up your child.

Students celebrating birthdays this week...

	<p style="text-align: center;">Joel INGLIS</p>	<p style="text-align: center;">Jakeb TURVEY</p>
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School Photos

SCHOOL PHOTO'S Thursday, May 5th 2016

ONLINE ORDERS - No need to return your form to school.

CASH ORDERS Order forms and cash payments (must be the correct amount) must be received by **Tuesday, 3rd May**.

Anyone requiring additional sets of photos, additional order forms can be obtained from the school office.

Forms are child specific, important for those wishing to order online. If the form you have received is not for your child, please return it to your child's class teacher and you will be given the correct form – sorry for any inconvenience caused.




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**Mt. Carmel Tennis Club
Family Open Day 2016**

"Come along and bring your friends,
it will be great fun for all ages"

There will be free activities for everyone including:

tennis lessons
social play
ball machine
speed gun
jumping castle
face painting
bbq provided
freebies for the kids



Where: Mt. Carmel Tennis Club,
Stewarts lane
Next to St. Anne's Primary School

Date: Sunday the 1st of May
Time: 12.00pm to 3.00pm

Sign up for tennis lessons on the day and receive a new tennis racquet plus a hotshots t-shirt.

Sunbury Heights Community Hub

Where everyone counts everyday

MONEY MINDED WORKSHOP

Free workshop with expert training on everyday money matters. Helps people improve financial knowledge, gain control, gain confidence and make informal decisions when using money and managing their money.

In this workshop you will learn:

- Planning and Budgeting
- Saving and spending
- How to set and achieve saving goals
- How to spend and save wisely
- Set up savings for the future

This workshop provides you with all you need to know about money matters.

Wednesday 18th May
SUNBURY Heights Community Hub
10:00-12:00
Free

WEEKLY EVENTS IN THE HUB

Monday's
On the Rise Playgroup (1.00 – 3.00pm)
Grades 3-6 Homework Club (3.15 – 4.00pm)

Thursday's
Breakfast Club (8.00 – 8.40am)

Friday's
Hub Club Playgroup (9.00 – 11.00am)






We value our partnerships with...




NEW SCHOOL BANKING REWARDS IN TERM 2.....



Sunbury Heights Primary School

Where everyone counts everyday




2017 Prep Information Sessions


'During both sessions you will have the chance to see the classrooms in action'

Morning Session: Tuesday, 10th May - 9.15-10.15am
Evening Session: Tuesday, 17th May - 6.30-7.30pm

*Or why not arrange a personal visit.....
for more information contact Kaye Mills on 03 9744 3377.*

www.sunburyheightsps.vic.edu.au

 Find us on:
facebook.




Yes, I, would like my child/ren to participate in the **Seasons For Growth, Grief and Loss program with the Chaplain Michael Wanyama** .

Name of child.....

Grade

Parent Signature.....

Date