

# MEADOW HEIGHTS PRIMARY SCHOOL

## NEWSLETTER



Principal, Margaret Leach



31 JULY 2023

Week 4

*We respectfully acknowledge the Traditional Owners of country throughout Victoria and pay respect to the ongoing living cultures of First Peoples.*



Dear Parents, Carers and Students,



This term **our focus Value is Pride**. We encourage students to be proud of their work, their family, their culture and their school.

### DVP - DIANELLA HEALTH AND PLENTY VALLEY COMMUNITY HEALTH

On Thursday our Year 5 & 6 students participated in the **DVP Health Food for thought Program** delivered by a Dietitian from DPV Health. The session aimed to

- improve nutrition and food knowledge,
- encourage children to eat from all food groups,
- encourage children to choose their own lunches and eat lunch every day. The children enjoyed learning about good nutrition and good food habits.

### WATCH THIS SPACE – Mini Golf Construction

In STEM the Year 5 & 6 students with Ms Fernandez have begun working on their mini golf course project. The students have presented their proposal to School Council which included the budget necessary to construct the mini golf course and how to play responsibly. Looking forward to seeing the development of this construction.



### NAPLAN REPORTS

The NAPLAN Reports have arrived and will be distributed next week.

Parents of Year 3 and 5 students will receive a COMPASS message on how the reports can be collected. A brochure will be provided with the report that will explain how to interpret the results.

### PREPARING FOR 2024

We are enrolling students for next year. If you would like your child to attend MHPS next year, please contact the office on 9305 2033. Should you know that your child will not be attending MHPS next year due to you moving etc we ask that you to please let us know as soon as possible.

Have a great week.

Kind regards

**Mrs Margaret LEACH**  
School Principal

## IMPORTANT DATES

<u>DAY</u>	<u>DATE</u>	<u>ACTIVITY</u>
<b><u>AUGUST 2023</u></b>		
Friday	4	Woodlands Netball – Grades 5/6 selected students
Friday	4	Grades 3 – 6 Assembly in the Hall at 2.40pm
Wednesday	9	Grade 2 Incursion – Healthy Bodies and Minds
Friday	11	District Athletics – Grades 3/6 selected students
Saturday to Friday	19-25	Book Week
Friday	25	Grades 3/4 Incursion
Monday	28	
Thursday	31	Preps Zoo Excursion



### HAVE YOU CHANGED YOUR DETAILS?

Please immediately notify the School Office of any changes to your address or contact details. Please update your email address for COMPASS information.

## Office Hours

Monday—Friday  
8:30am to 4:00pm

Last day of each Term the office will close at 2:30pm  
***The office is CLOSED during all school holiday periods***





[Some Tips from the MHPs Wellbeing Team](#)

Meadow Heights Primary School is a School Wide Positive Behaviour Support (SWPBS) school. We ask students to follow the school's values by being PROUD, RESPECTFUL, EXCELLENT and RESPONSIBLE.

## Wellbeing News

**We are a School Wide Positive Behaviour School (SWPBS)**

## CONFLICT RESOLUTION TIPS for kids!



### Get Calm First

Wait until you are calm before addressing a conflict. Take some time to cool off and breathe.

### Ignore or Walk Away

This works good when dealing with something that is annoying you.



### Find a Win-Win Solution

Brainstorm a solution or make a deal where everyone feels heard and that their voices and needs matter.



### Share or Take Turns

Everyone wins!



### Use an I-Message

Say how you feel, what you hope for and how you want to be treated. For example, "I felt \_\_\_\_\_ when \_\_\_\_\_" or "I would like \_\_\_\_\_" or "I want \_\_\_\_\_".



### Play a Game of Chance

...like Rock, Paper Scissors or Flip a Coin.



### Do Something Else

...like play another game.



### Listen with an Open Heart

Listen to the other person without interrupting or judgment. Try to put yourself in their shoes.



### Ask for Help

Get help if you feel unsafe or have tried 2 or 3 of these strategies and still feel stuck.



### Say Words that Mean "No"

Use a strong and respectful voice to say that you are not okay with something.



### Apologize

Saying you are sorry when you make a mistake helps to make repairs.





## Does Attendance Really Matter?

*1 or 2 days doesn't seem like much but...*

If a child misses	The equals...	Which is....	And over 13 years of school that's
1 day per fortnight	20 days per year	4 weeks per year	Almost <b>1.5 years</b>
1 day per week	40 days per year	8 weeks per year	Over <b>2.5 years</b>
2 days per week	80 days per year	16 weeks per year	Over <b>5 years</b>
3 days per week	120 days per year	24 weeks per year	Almost <b>8 years</b>

*...it adds up.*

### School Attendance - Every Day Counts

The following table gives some important information about school attendance. Sometimes, we may think a day or two a fortnight doesn't mean much...but it all adds up!

We are currently in the process of closely monitoring school attendance so that we can ensure all our students are able to reach their full potential.

Please remember that there are only two valid reasons for missing school – illness and natural disasters.

If you have any concerns about your child's attendance, or would like some supports, please do not hesitate to get in touch.

We will be contacting some families this term to find supports that we can put in place to assist with getting your child to school every day.

Kind regards

Stacey White  
Teaching & Learning AP (acting)




**Every School Day Counts!**



Congratulations Prep Classes!




Congratulations Grade 2C ... again!



Meadow Heights Primary School

*Achieving the potential of all learners*




# ATTENDANCE AWARD 2023


## Grade 2C– Ms Delaney

This certificate is awarded to 2C in recognition of having the **highest attendance level** in Years P - 2 for Week 3 of Term 3!

Well done super stars – you are certainly showing our school value of **RESPONSIBILITY**.



Ms White



# BOOK WEEK 2023

'Read Grow Inspire'

19<sup>th</sup> to 25<sup>th</sup> August

## PICTURE BOOK of the YEAR

### Category

These are the 6 books that **Grades 3-6 students** will be voting for as their favourite this year.



## EARLY CHILDHOOD

### Category

These are the 6 books that **Grades P-2 students** will be voting for as their favourite this year.



*Which one was your child's favourite?*





# JOIN THE GIRLS!

**THE FUTURE OF AFLW STARTS HERE**

**Essendon FC - Pascoe Vale & Surrounds  
Auskick Centre**

Cole Reserve, Pascoe Vale  
Monday 31st July - 4th September  
4:30pm-5:30pm

\$60 for 6 weeks, a guaranteed AFLW half-time  
experience & awesome goodies!



أولياء الأمور ومقدمي الرعاية الأعزاء

**DVP -**

**DIANELLA HEALTH AND PLENTY VALLEY COMMUNITY HEALTH**



شارك طلاب الصف الخامس والسادس يوم الخميس في برنامج DVP Health Food for Think الذي قدمه اختصاصي تغذية من DPV Health تهدف الجلسة إلى -تحسين التغذية والمعرفة الغذائية ، -تشجيع الأطفال على تناول الطعام من جميع الفئات الغذائية ، -تشجيع الأطفال على اختيار وجبات الغداء الخاصة بهم وتناول الغداء كل يوم. استمتع الأطفال بالتعلم عن التغذية الجيدة والعادات الغذائية الجيدة

**شاهد هذا المكان - بناء ميني غولف**

في الصف الخامس والسادس من العلوم والتكنولوجيا والهندسة والرياضيات ، بدأ الطلاب مع السيدة فرنانديز العمل في مشروع ملعب الجولف المصغر الخاص بهم. قدم الطلاب اقتراحهم إلى مجلس المدرسة والذي تضمن الميزانية اللازمة لبناء ملعب الجولف المصغر وكيفية التدريب على المسؤولية. نتطلع إلى رؤية تطوير هذا البناء.

**تقارير نابلان NAPLAN**

وصلت تقارير NAPLAN وسيتم توزيعها الأسبوع المقبل، سيتلقى أولياء أمور طلاب السنة الثالثة والخامسة رسالة COMPASS حول كيفية جمع التقارير. سيتم تزويد كتيب مع التقرير الذي سيشرح كيفية تفسير النتائج.



**التحضير لعام 2024**

لقد بدأنا تسجيل الطلاب للعام المقبل. إذا كنت ترغب في أن يحضر طفلك MHPS في العام المقبل ، فيرجى الاتصال بالمكتب على 93052033 إذا كنت تعلم أن طفلك لن يحضر MHPS في العام المقبل بسبب انتقالك وما إلى ذلك ، فنحن نطلب منك إبلاغنا في أقرب وقت ممكن.

أتمنى لكم أسبوعًا رائعًا .

أطيب التحيات

السيدة مارغريت ليتش

مديرة المدرسة