

MEADOW HEIGHTS PRIMARY SCHOOL

NEWSLETTER



11 September 2023

Week 10



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



Principal, Margaret Leach

Dear Parents and Carers

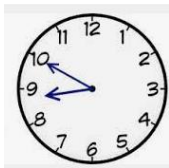
Swimming

The children have now completed 4 days of swimming and have enjoyed their experience. A BIG thank you to Mr Yasunaga for organising the swimming program and to all the staff who have collaborated to ensure that this program is successful from collecting notices, supervising at the pool and the many other different tasks required. Also, a thank you to parents in supporting this program.

8:50 am

School starting time

Just a friendly reminder that school commences at 8:50am so children are able to get ready for learning at 9:00am. We request that children who attend earlier than 8:50am do not go to the basketball court. If you attend earlier than 8:50am please take your child to the **HUB for breakfast**. The HUB is open at 8:30am.



Sunhats

The warm and sunny weather is at our doorstep. Just a reminder that children will require their sunhats next term.

Day Light Saving: Sun, 1 Oct 2023 – Sun, 7 Apr 2024

At 2am on the first Sunday in October clocks are put forward 1 hour. It ends at 2am (3am daylight saving time) on the first Sunday in April when clocks are put back 1 hour. Adjust your -clocks, watches and alarm clocks, Video, DVD, CD players, microwave, and refrigerator.



Last day of term

Term 3 ends Friday, the 15th of September at 2:30pm. School resumes Monday the 2nd of October at 8:50am.

Thank you again for your support, have a great week and enjoyable term break.

Kind regards

Mrs Margaret LEACH
School Principal

IMPORTANT DATES

<u>DAY</u>	<u>DATE</u>	<u>ACTIVITY</u>
SEPTEMBER 2023		
Monday to Thursday	11 - 14	MHPS Water Safety Programme – Swimming
FRIDAY	15	END OF TERM III, 2.30 PM CLOSE
OCTOBER 2023		
MONDAY	2	TERM IV COMMENCES, 8.50 AM
Thursday	5	Grade 3/4 Excursion - Melbourne Museum

LAST DAY OF TERM III

**Friday, 15 September bell rings at
2.30pm**

**Be mindful to pick your child up at
2.30pm. Office will close at 3pm.**

Have a great holiday!



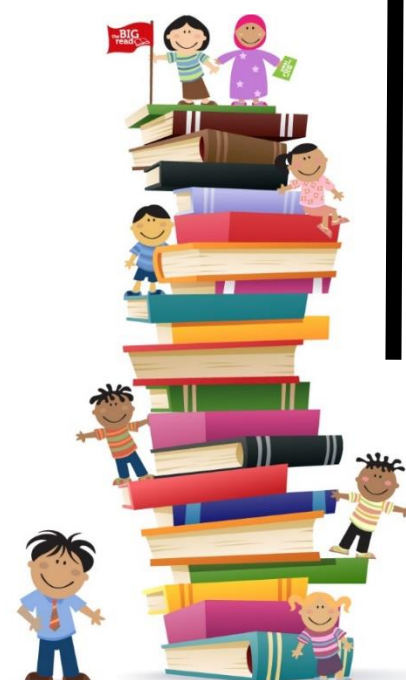
HAVE YOU CHANGED YOUR DETAILS?

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

MHPS is a School Wide Positive behaviour School. We teach, model and promote the resolving of conflict or issues in ways that are non-violent. We ask parents to reinforce the school values by teaching children to prevent conflict.

How?

This model can help students resolve conflicts on their own:

1.STOP. Don't let things get out of control. Take a step back and try to calm down, since anger makes conflicts more difficult to resolve.

2.SAY what the conflict is about. Make sure you both have a clear understanding of what is causing the disagreement and clarify what each of you wants or doesn't want.

3.THINK of positive options. What's a fair solution that meets both of your needs?

4.CHOOSE a positive option that everyone can agree on.

5.RESPECT the opinions of others, even if you can't agree.

Effective conflict resolution also requires children to remain positive, patient, and sincere.

Some tips on what NOT to do include:

- Resorting to name-calling
- Using physical violence
- Interrupting the other person
- Refusing to listen
- Insulting someone's family

Congratulations Grade 1A



Meadow Heights Primary School

Achieving the potential of all learners



ATTENDANCE AWARD 2023

Grade 1A– Mr Torchia & Mrs Kovacevic

This certificate is awarded to 1A in recognition of having the **highest attendance level** in Years P - 2 for Week 9 of Term 3!

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

S. White

Ms White



With higher UV levels from September onwards it is important to use a combination of sun-protection measures to minimise the risk of skin and eye damage and skin cancer.

From **TERM IV (2 October)** when outdoors at MHPS, it is **COMPULSORY** that staff and students wear appropriate clothing that covers as much skin as possible and a legionnaire cap to protect the head, face, neck and ears. Staff and students should also apply SPF 30+ broad spectrum sunscreen, use shade whenever possible and if practical, sunglasses should also be worn.

Students without appropriate hats must sit in the shade in the main courtyard during their breaks.
NO HAT! NO PLAY! NO SUN!

MHPS appreciates your support in our efforts to encourage your child about the importance of being SunSmart. MHPS legionnaire caps can be purchased at the school office for \$8 via eftpos (no cash).

The Hub will be offering these activities next in Term IV



MEADOW HEIGHTS PS COMMUNITY HUB

Invites you to come along and join in the fun!

For further information on any of our programs
please contact Salwa Salem on 9305 2033



Programs

Mondays

8:20-8:50 Healthy Breakfast

**9:30-11:00 English Classes (Child
minding is provided)**

11:00-12:00 Gardening

Tuesdays

8:20-8:50 Healthy Breakfast

**9:30-11:00 English classes (child
minding is provided)**

11:00-12:00 Cooking Classes

Wednesdays

8:20-8:50 Healthy Breakfast

9:00- 9:30 Coffee & Chat

**9:30-11:00 Play & Learn Play
Group**

Thursdays

8:20-8:50 Healthy Breakfast

9:00 – 9:30 Coffee & Chat

9:00-10:30 Talk & Play Group

Fridays

8:20-8:50 Healthy Breakfast

9:00-10:30 social group

9:00-11:00 Food bank Packs



Youth

S E R V I C E S

SPRING

SCHOOL HOLIDAY PROGRAM

MONDAY 18 SEPTEMBER 2023:

Youth Fest! Town Hall Takeover

Time: 12pm – 4pm

Age: 12 – 24

Location: Town Hall Broadmeadows

10 Dimboola Rd, Broadmeadows

Walk ins only, no booking required

TUESDAY 19 SEPTEMBER 2023:

Spoken Word/Poetry Writing Workshop

Time: 12pm – 3pm

Age: 16 – 21

Location: Sunbury Youth Centre

51-53 Evans Street, Sunbury

Bookings required

Art Workshop with Kenny Pittock

Time: 2pm – 5pm

Age: 12 – 18

Location: Broadmeadows Youth Central

33-37 Pearcedale Parade, Broadmeadows

Bookings required

WEDNESDAY 20 SEPTEMBER 2023

Art Creative Workshop

Time: 11am – 2.30pm

Age: 10 – 14

Location: Kalkallo Community Centre

33 Toyon Road, Kalkallo

Bookings required

Cooking Workshop

Time: 11am – 2pm

Age: 12 – 18

Location: Roxburgh Park Youth Centre

75 Lakeside Drive, Roxburgh Park

Bookings required

FRIDAY 22 SEPTEMBER 2023:

World Cooking Table

Time: 11am – 2.30pm

Age: 12 – 18

Location: Sunbury Youth Centre

51-53 Evans Street, Sunbury

Bookings required

MONDAY 25 SEPTEMBER 2023:

Create Your Own Board Game

Time: 1pm – 3pm

Age: 10 – 14

Location: Broadmeadows Youth Central

33-37 Pearcedale Parade, Broadmeadows

Bookings required

Mixed Sports

Time: 1pm – 3pm

Age: 12 – 18

Location: Hume Regional Hockey & Lacrosse Centre

450 Grand Blvd, Craigieburn VIC 3064

Walk ins only, no booking required

TUESDAY 26 SEPTEMBER 2023:

Intro to AFL

Time: 1pm – 3pm

Age: 12 – 18

Location: Roxburgh Park Football Club

75 Lakeside Drive, Roxburgh Park

Walk ins only, no booking required

WEDNESDAY 27 SEPTEMBER 2023

Futsal Tournament

Time: 10am – 3pm

Age: 15 – 25

Location: Broadmeadows Aquatic and Leisure Centre

41-85 Tanderrum Way, Broadmeadows

Bookings required

Arcade Zone

Time: 12pm – 4pm

Age: 12 – 18

Location: Sunbury Youth Centre

51-53 Evans Street, Sunbury

Walk ins only, no booking required

THURSDAY 28 SEPTEMBER 2023

Your Rights at Work Training

Time: 1pm – 3pm

Age: 14 – 24

Location: Hume Global Learning Centre – Craigieburn

75-95 Central Park Avenue, Craigieburn

Bookings required



VYF
VICTORIAN
YOUTH
FEST

Youth Services & Hume Libraries have partnered together to deliver additional school holiday activities as apart of the 2023 Victorian Youth Fest. This program is funded by the Victorian Government.



Scan to book or for
more information visit
hume.vic.gov.au/youth





positive partnerships

Working together to support school-aged students on the autism spectrum

FREE WEBINAR

INTEREST BASED LEARNING



There is an old adage, "what we learn with joy, we never forget". There is a wealth of research on the value of utilising the strengths and interests of our students as a central part of their education. Join us for this webinar which focuses on practical ways to utilise the interests of young people across all ages of schooling.

During the webinar, we will:

- Recognise the immense value of personal interests and natural strengths
- Understand how to authentically incorporate these interests into educational programs
- Incorporate strengths based goals into individual learning plans

There are two different session times to choose from.



Thursday 5th October 2023 –
12:00 PM - 1:00 PM (AEDT).



Thursday 5th October 2023 –
7:00 PM - 8:00 PM (AEDT).

All of our webinars are free and participants that attend receive a certificate following the completion of the webinar.



To register for this webinar and find upcoming ones, visit
positivepartnerships.com.au



positive partnerships

Working together to support school-aged students on the autism spectrum

FREE WEBINAR TRANSITIONS & CHANGE (PRIMARY)





Be part of an interactive hour where you will have the opportunity to listen, share and learn with parents/carers, teachers and others who support individuals on the autism spectrum.

During this webinar, we will:

- consider a range of transitions and times of change
- explore the characteristics of autism and the impact they have on transitions
- reflect on how a child-centred approach can support transitions and change
- focus on a collaborative team approach to plan for successful transitions
- discuss strategies to support successful transitions and planning for change.

There are two different session times to choose from:

 **Tuesday 17 October 2023**
12:00 PM - 1:00 PM (AEDT)

 **Tuesday 17 October 2023**
7:00 PM - 8:00 PM (AEDT)

All of our webinars are free and participants that attend receive a certificate following the completion of the webinar.



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KIDS

SCHOOL HOLIDAY FUN SEPTEMBER 2023

5 TO 13 YEARS



180-182 Widford Street
Broadmeadows
9302 2131

Dallas
Neighbourhood
House.



WHAT'S ON?

Monday 18 September

10am-11.30pm
PAPER CREATIONS
1pm-2.30pm
CRAFTY MINDS

Tuesday 19 September

10am-11.30pm
PAINT IT UP
1pm-2.30pm
LEGO FUN & GAMES

Thursday 21 September

10am-11.30pm
ZUMBA KIDS
1pm-2.30pm
DONUT DECORATING

Monday 25 September

10am-11.30pm
SCIENCE FUN TIMES
1pm-2.30pm
JEWELLERY MAKING

Tuesday 26 September

10am-11.30pm
NO BAKE FUN
1pm-2.30pm
CREATIVE AFTERNOON

Thursday 28 September

10am-11.30pm
POT YOUR HERBS
1pm-2.30pm
DJ DANCE & KARAOKE
PARTY



\$5 per activity
Register and pay via this QR code.

Sayın Veliler ve Bakım Sağlayıcılar,

Yüzme



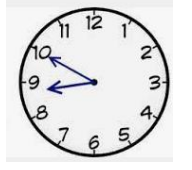
Çocuklar yüzme programının 4. Gününü tamamladılar ve bu deneyimden büyük bir zevk aldılar. Yüzme programını organize ettiği için Mr Yasunaga'ya ve bu programın başarılı olmasını sağlamak için işbirliği içinde olan, ayrıca bildirimleri toplama, havuzda denetim yapmak gibi gerekli daha birçok farklı görevi yerine getirdiklerinden dolayı tüm personele YÜREKTEN TEŞEKKÜR EDERİZ.

Okula Başlama Saati

8:50 am

Çocukların saat 9:00'da öğrenmeye hazır olmaları için, okula başlama saatinin 8:50 olduğunu hatırlatmak isteriz. Okula sabah saat

8:50'den önce gelen öğrencilerin basketbol sahasına gitmemelerini rica ediyoruz. Okula sabah saat 8:50'den önce gelerseniz, lütfen çocuğunuzu **kahvaltı için Okul Toplum Merkezi'ne** götürünüz. **Okul Toplum Merkezi, saat 8:30'da** açtır.



Güneş Şapkası

Ilık ve güneşli günler kapımızda. Gelecek dönem çocuğunuzun güneş şapkası takması gerekeceğini hatırlatırız.

Yaz Saati Uygulaması

1 Ekim 2023 Pazar – 7 Nisan 2024 Pazar

Ekim ayının birinci günü gece saat 2:00'de saatler 1 saat ileri alınacaktır. Bu uygulama Nisan ayının birinci Pazar günü gece saat 2:00'de (Yaz saati uygulamasına göre gece 3:00'de) saatlerin 1 saat geri alınmasıyla sona erecektir.

Saatinizi, alarm saatinizi, Video, DVD, CD çalarınızı, mikrodalga fırınınızı ve buzdolabınızı ayarlayınız.



Dönemin Son Günü

3.Dönem, 15 Eylül Cuma günü saat 2:30'da sona eriyor.
Okul 2 Ekim Pazartesi günü 8:50'de tekrar eğitime başlayacaktır.

Desteğiniz için tekrar teşekkür eder, sizlere iyi bir hafta ve keyifli bir dönem tatili geçirmenizi dileriz.

İyi bir hafta dileklerle,
Saygılar,
Mrs Margaret LEACH
Okul Müdürü

أعزائي أولياء الأمور ومقدمي الرعاية

السباحة

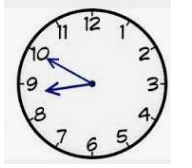
أكمل الأطفال الآن 4 أيام من السباحة واستمتعوا بتجربتهم. شكراً جزيلاً للسيد ياسوناجا على تنظيم برنامج السباحة ولجميع الموظفين الذين تعاونوا لضمان نجاح هذا البرنامج بدءاً من جمع الإشعارات والإشراف على حمام السباحة والعديد من المهام المختلفة الأخرى المطلوبة. كما أشكر أولياء الأمور على دعمهم لهذا البرنامج.

وقت بداية المدرسة

مجرد تذكير ودي بأن المدرسة تبدأ في الساعة 8:50 صباحاً حتى يتمكن الأطفال من الاستعداد للتعليم في الساعة 9:00 صباحاً. نطلب من الأطفال الذين يحضرون قبل

الساعة 8:50 صباحاً عدم الذهاب إلى ملعب كرة السلة. إذا حضرت قبل الساعة 8:50 صباحاً، فيرجى اصطحاب طفلك إلى مركز **HUB** لتناول الإفطار. يفتح **HUB** الساعة 8:30 صباحاً.

8:50 am



القبعات الشمسية

الطقس الدافئ والمشمس على عتبة بابنا. مجرد تذكير بأن الأطفال سيحتاجون إلى قبعاتهم الشمسية في الفصل الدراسي القادم.

التوقيت الصيفي

الأحد، 1 تشرين أول 2023 – الأحد، 7 نيسان 2024

في الساعة الثانية صباحاً من يوم الأحد الأول من شهر تشرين أول ، يتم تقديم الساعة بمقدار ساعة واحدة. وينتهي الساعة 2 صباحاً (3 صباحاً بالتوقيت الصيفي) في يوم الأحد الأول من شهر نيسان عندما يتم تأخير الساعات ساعة واحدة. اضبط الساعات والمنبهات والفيديو وأقراص **DVD** ومشغلات الأقراص المضغوطة والميكروويف والثلاجة.



آخر يوم في الفصل الدراسي

ينتهي الفصل الدراسي الثالث يوم الجمعة 15 أيلول الساعة 2:30 ظهراً. تستأنف المدرسة يوم الاثنين 2 تشرين أول الساعة 8:50 صباحاً.

شكراً لكم مرة أخرى على دعمكم ، أتمنى لكم أسبوعاً رائعاً وإجازة ممتعة.

أتمنى لكم أسبوعاً رائعاً.

أطيب التحيات

السيدة مارغريت ليتش

مديرة المدرسة