<u>MEADOW HEIGHTS PRIMARY SCHOOL</u>

NEWSLETTER



Week 7



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, Carers and Families

REMEMBRANCE DAY 11/11/2023

Saturday 11 November 2023 is Remembrance Day — a day for us all to remember those who have served and those who have died in all wars and peacekeeping operations.



About Remembrance Day

Remembrance Day marks the date in 1918 when the First World War came to an end. It is officially observed at the 11th hour of the 11th day of the 11th month each year.

Remembrance Day will be marked by a pause at 11 am on Saturday 11 November 2023 for a minute's silence, to remember people's service and sacrifice.

As Remembrance Day does not fall on a school day, schools are not required to fly the Australian national flag at the masthead.

Victoria's Shrine of Remembrance will hold a commemorative service on Remembrance Day. The service will be live streamed on the Shrine's <u>Facebook</u> and <u>YouTube</u> channels from 10:30 am. Refer to the <u>Shrine of Remembrance</u> website for more information.

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.

We are currently organising class structures for 2024, so please let us know if your child is leaving.

Have a great week.

Kind regards

Mrs Margaret LEACH School Principal

IMPORTANT DATES

| | DAY | <u>DATE</u> | ACTIVITY |
|---|-------------------------|-----------------|--|
| _ | NOVEMBER 202 Tuesday | <u>23</u> 14 | Year 1 – Shrine of Remembrance Excursion |
| | Thursday | 16 | Prep Orientation in the Hall |
| | Monday | 27 | Year 5/6 – Open Water Excursion |
| | Wednesday | 29 | Year 2 – Funtopia Excursion |
| | DECEMBER 202 | : <u>3</u> | |
| | Friday | 1 | Year 1 – Funtopia Excursion |
| | Tuesday | 5 | Year 6 Graduation |
| | Wednesday | 6 | Year 5/6 Funfields Excursion |
| | Thursday | 7 | Prep End of Year Celebrations – Sun Theatre |
| | Friday | 8 | Year 3/4 – YMCA/Tenpin Bowling Excursion |
| - | Tuesday | 19 | Parent/Teacher Meetings – Online bookings open |
| | Wednesday | 20 | Last Day of School 2023 – bell rings 1.20pm |
| | JANUARY 2024 Tuesday | 30 | First Day of School 2024 – bell rings 8.50am |
| | | | |



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 SWPBS school. We
ask students to follow the
school's values by being
PROUD, RESPECTFUL,
EXCELLENT and RESPONSIBLE.

Wellbeing News

Dealing with stress

Every child is an individual and will approach life and its challenges in completely different ways. By paying attention and listening to your child, you'll be able to identify their stressors and help them cope. Some common things that cause kids stress are:

- · relationships with friends
- · teasing and bullying at school
- · family relationships tension with parents and siblings
- · being tired
- · being hungry
- · worrying about world events
- · being stuck inside because of our current weather.

Helping kids stay calm

Check out these strategies you can use to help your child shift from feeling stressed, anxious, or frightened to feeling safe and calm, and ready to move on.

- Watch closely. How does your child take in information? How do they seek out social connection and communicate?
- Respond. Acknowledge their feelings and respond with reassuring words or a hug. Talk about helpful ways of
 managing feelings and encourage your child to try out different options. Remember that it's not always easy for
 kids to know what's bothering them, and they may not always be able to talk about it.
- Show empathy. Try to see things from your child's perspective and understand their motives. This helps you to ward off any potential problems and respond quickly and appropriately.
- Use problem-solving techniques. Talk about the things that are bothering them. Break the problems down
 together and help your child see the different perspectives and solutions. Find out more about problem-solving
- Provide structure and predictability. Have age-appropriate routines and limits.

Include relaxation breaks in your day. Give stretching, exercise or quiet time a go.

- Teach by showing. Show kids how you manage your own feelings effectively. Acting calmly will help to reassure your child that they too can manage difficult feelings.
- Useful questions to ask yourself:
 How do you know when your child is feeling overwhelmed or stressed?
 What do you do to help them become calmer? Does it work?
 What else could you try?
- · Getting more support if you need
- If your child is <u>showing signs</u> of emotional or behavioural difficulties it's important to seek help early and address any problems before they get worse.
- Getting support for yourself, through family and friendship networks or your GP, is also very important. This support helps to build your own resilience, so you can care for your kids.





This is the **final week** for borrowing from the Library. Next week all books need to be **returned to the Library no later than Thursday 23rd November**.

Overdue notices will be sent home with students who have not returned books by this date and Compass notifications sent to parents.

End of year stocktake of our 18,000 books will be helped by the prompt return of books by your children. Your assistance with this is very much appreciated.

Thank you, Library Staff



Aboriginal and Torres Strait Islander children
Northwestern Suburbs
Ages 5-17 years old

NEC HANGAR - 32 Watson Dr, Melb Airport VIC 3045 Sunday 19th November 2023 1pm-3:30pm



Culturally safe space to learn new skills & drills
Cultural Workshop

Registration pack Healthy Lunch provided Lots of giveaways & prizes

Limited spots available
REGISTER via QR Code









DPV Health Presents

The Best Time in History to be a Dad Webinar

By Jeremy Macvean from The Father Hood

Dads today can be more actively and emotionally involved in their kids' lives than ever before. This has multiple upsides for men, for their children & for their relationships. Are you making the most of the opportunity?

The webinar will explore the benefits and challenges of being a dad in 2023, how to navigate modern fatherhood, & provide inspiration for what these changes can deliver for you & your family.

WEDNESDAY
6 DECEMBER
7PM- 8PM
2023
ONLINE



REGISTER HERE

RSVP by Wednesday 29th November





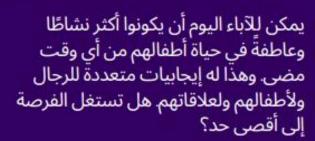
For more information contact:

Lucy Forwood - Senior Coordinator Gender Equity lucy.forwood@dpvhealth.org.au

DPV Health تقدّم

أفضل وقت في التاريخ لتكون أبًا ندوة عبر الإنترنت

مع Jeremy Macvean من Jeremy



ستستكشف الندوة عبر الإنترنت فوائد وتحديات كونك أبًا في عام 2023 وكيفية التعامل مع الأبوة الحديثة وتوفير الإلهام لما يمكن أن تقدمه هذه التغييرات لك ولعائلتك.





سجل هنا

الحجز بحلول يوم الأربعاء 29 تشرين الثاني / نوفمبر

لمزيد من المعلومات يرجى التواصل مع:

Lucy Forwood - منسقة أولى لشؤون المساواة بين الجنسين lucy.forwood@dpvhealth.org.au

سيكون لدى المشاركين خيار الاستماع إلى الندوة عبر الإنترنت مترجمة باللغة العربية أو البنجابية



DPV Health ਪੇਸ਼ ਕਰਦਾ ਹੈ

ਇਤਿਹਾਸ ਵਿੱਚ ਪਿਤਾ ਬਣਨ ਦਾ ਸਭ ਤੋਂ ਵਧੀਆ ਸਮਾਂ ਵੈਬੀਨਾਰ

ਦੁਆਰਾ Jeremy Macvean ਤੋਂ The Father Hood

ਅੱਜ ਦੇ ਸਮੇਂ ਦੇ ਪਿਤਾ ਆਪਣੇ ਬੱਚਿਆਂ ਦੇ ਜੀਵਨ ਵਿੱਚ ਪਹਿਲਾਂ ਨਾਲੋਂ ਵਧੇਰੇ ਸਰਗਰਮ ਅਤੇ ਭਾਵਨਾਤਮਕ ਤੌਰ 'ਤੇ ਸ਼ਾਮਲ ਹੋ ਸਕਦੇ ਹਨ। ਇਸ ਵਿੱਚ ਮਰਦਾਂ ਲਈ, ਉਹਨਾਂ ਦੇ ਬੱਚਿਆਂ ਲਈ ਅਤੇ ਉਹਨਾਂ ਦੇ ਸੰਬੰਧਾਂ ਲਈ ਬਹੁਤ ਸਾਰੇ ਉਪਰਾਲੇ ਹਨ। ਕੀ ਤੁਸੀਂ ਮੌਕੇ ਦਾ ਵੱਧ ਤੋਂ ਵੱਧ ਫ਼ਾਇਦਾ ਉਠਾ ਰਹੇ ਹੋ?

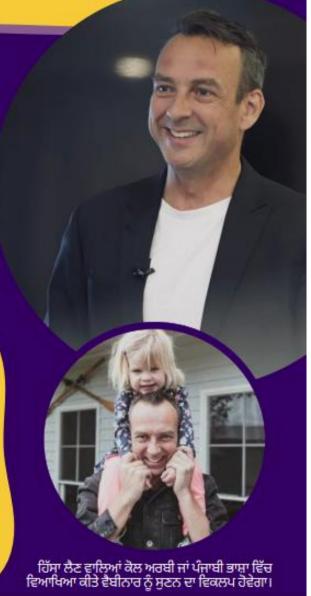
ਇਹ ਵੈਬੀਨਾਰ 2023 ਵਿੱਚ ਪਿਤਾ ਬਣਨ ਦੇ ਲਾਭਾਂ ਅਤੇ ਚੁਣੌਤੀਆਂ ਦੀ ਪੜਚੋਲ ਕਰੇਗਾ, ਆਧੁਨਿਕ ਪਿਤਾ ਬਣਨ ਦੇ ਤਰੀਕੇ, ਅਤੇ ਇਹ ਤਬਦੀਲੀਆਂ ਤੁਹਾਡੇ ਅਤੇ ਤੁਹਾਡੇ ਪਰਿਵਾਰ ਲਈ ਕੀ ਕਰ ਸਕਦੀਆਂ ਹਨ ਇਸ ਲਈ ਪ੍ਰੇਰਨਾ ਦੇਵੇਗਾ।

ਬੁੱਧਵਾਰ 6 ਦਸੰਬਰ ਸ਼ਾਮ 7-8 ਵਜੇ ਔਨਲਾਈਨ



ਇੱਥੇ ਰਜਿਸਟਰ ਕਰੋ

ਬੁੱਧਵਾਰ 29 ਨਵੰਬਰ ਤੱਕ RSVP ਦਿਓ







ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਸੰਪਰਕ ਕਰੋ:

Lucy Forwood - ਸੀਨੀਅਰ ਕੋਆਰਡੀਨੇਟਰ ਲਿੰਗ ਇਕਇਟੀ lucy.forwood@dpvhealth.org.au



1800 FUN RUN (386 786) INFO@SCHOOLFUNDRAISING.COM.AU SCHOOLFUNDRAISING.COM.AU

The Fundraising Group (Australia) Pty Ltd ABN 44 090 756 488

Dear Parent/Guardian.

We will be holding the Colour Fun Run as a major fundraising event this year on *11th December*! We're doing it to raise much needed money for *updating the gym with cooling *.

About the Day

The Colour Fun-Run BIG SHOW is all about Fun! There will be huge inflatables, and you will get to meet Chase the Cheetah! Think of it as a Fun Run carnival! This will be one of the most exciting days on our school's calendar, with everyone's participation the aim, so please make sure they attend of the day and cheer the other kids on!

How Does My Child Fundraise?

Firstly, go to <u>schoolfunrun.com.au</u> and create a student profile page. Everything to do with your fundraising revolves around this page.

Students who raise just \$10 will be able to choose a prize! The more they raise, the better their reward – don't forget to check these out in the sponsorship form! We have educated students on the dangers of door knocking without supervision, and we encourage you to reiterate this at home. The great thing about online fundraising is that you can share the link to your child's profile with friends and family via email, SMS and Social Media.

Online Fundraising

The easiest way to help your child raise money is through online fundraising, where students raise an average of \$120. On top of raising more money, it's also safer and easier than doorknocking and you don't have to worry about handling money! To start fundraising online, go to your student profile page at schoolfunrun.com.au and share your online fundraising link.

Competition Time

To get our event off to a flyer, we're starting our BIG SHOW with a super easy competition! The class with the most online profiles registered by *13th October* will win a class party! To help your child's class win, simply create your profile at schoolfunrun.com.au.

Getting Involved

STUDENTS DO NOT NEED TO RAISE MONEY TO JOIN IN THE COLOUR RUN!

We would love to welcome parents and family members to attend the School Fun Run. I can't wait to see you at our event!

Ordering Prizes – ALL PRIZES MUST BE ORDERED ONLINE

Please contact your school's coordinator if this isn't possible.

Prizes MUST be ordered between the *30th October* and *8th November* Simply visit schoolfunrun.com.au to create / log into your Profile Page between these dates. Then click on the 'CLAIM YOUR PRIZE' button and follow the prompts. If you have any questions, please contact the School Fun Run team on 1800 FUN RUN and they will gladly assist!

Yours sincerely,

Heath Yasunaga (Physical Education Coordinator)





أعزائي أولياء الأمور ومقدمي الرعاية والعائلات.

ذکری یوم 11/11/2023

السبت 11 تشرين الثاني 2023 هو يوم الذكرى - وهو يوم لنا جميعًا لنتذكر فيه أولئك الذين خدموا والذين ماتوا في جميع الحروب وعمليات حفظ السلام.

نبذة عن يوم الذكرى



يصادف يوم الذكرى التاريخ الذي انتهت فيه الحرب العالمية الأولى في عام 1918. ويتم الاحتفال به رسميًا في الساعة الحادية عشرة من اليوم الحادي عشر من الشهر الحادي عشر من كل عام.

وسيتميز يوم الذكرى بالوقوف دقيقة صمت عند الساعة 11 من صباح يوم السبت 11 تشرين الثاني 2023، استذكاراً لخدمة الناس وتضحياتهم.

نظرًا لأن يوم الذكرى لا يصادف يومًا دراسيًا، فلا يُطلب من المدارس تنكيس العلم الوطنى الأسترالي على سارية العلم.

سيقيم ضريح فيكتوريا التذكاري قداسًا تذكاريًا في يوم الذكرى. سيتم بث الخدمة مباشرة على قنوات الفيسبوك واليوتيوب الخاصة بالمزار من الساعة 10:30 صباحًا. ارجع إلى موقع ضريح الذكرى لمزيد من المعلومات.

الاستعداد لعام 2024

نحن نقوم بتسجيل الطلاب للعام القادم إذا كنت ترغب في أن يلتحق طفلك بمدرسة MHPS العام المقبل، فيرجى الاتصال بالمكتب على الرقم 93052033 .

نقوم حاليًا بتنظيم الصفوف الدراسية لعام 2024، لذا يرجى إخبارنا إذا كان طفلك سيغادر.

أتمنى لكم أسبوعًا رائعًا. أطيب التحيات السيدة مارغريت ليتش مديرة المدرسة

ANMA GÜNÜ 11/11/2023

11 Kasım Cumartesi günü, — hepimizin tüm savaşlarda ve barışı koruma operasyonlarında görev yapmış olanları ve hayatını kaybetmiş olanları andığı bir gün olan Anma Günü'dür.





Anma Günü

Anma Günü, Birinci Dünya Savaşı'nın sona erdiği 1918 yılını işaret etmektedir. Resmi olarak her yıl 11. Ayın 11. Gününün 11. saatinde yer alır.

Anma Günü 11 Kasım 2023 Cumartesi günü, sabah saat 11'de 1 dakikalık saygı duruşuyla yapılan hizmetleri ve canlarını feda edenleri anmak üzere yerine getirilecektir.

Anma Günü, okul gününe denk gelmediğinden, okulların Avustralya ulusal bayrağını göndere çekmesi gerekmemektedir.

Anma Günü nedeniyle, Anma Günü'nde Victoria Anma Binası'nda bir Anma Töreni yapılacaktır. Tören, <u>Facebook</u> ve <u>YouTube</u> kanallarında sabah saat 10:30'da canlı olarak yayınlanacaktır. Daha fazla bilgi için Anma Binası'nın <u>Shrine of Remembrance</u> internet sitesine başvurunuz.

2024 YILINA HAZIRLIK

Gelecek yıl için öğrenci kaydı yapıyoruz. Gelecek sene çocuğunuzun MHPS'a devam etmesini istiyorsanız, lütfen 9305 2033 nolu telefondan idare ile iletişime geçiniz.

Şu anda 2024 yılı için sınıfların yapılanmasını düzenliyoruz, bu nedenle çocuğunuz okuldan ayrılıyorsa lütfen bizi bilgilendiriniz.

İyi tatilller.

Saygılar,

Mrs LEACH

Okul Müdürü



2 Day Autism Workshop for Parents and Carers

Doncaster, VIC







This workshop is for parents, full time carers and grandparents.



Interpreters available upon request



14 and 15 November 2023 9.30am - 2.30pm



Mercure Doncaster 6 Tower Street DONCASTER 3108 Victoria

Morning tea and a light lunch will be provided

During the workshop you will learn about:

Free workshop

- The diversity of autism
- Sensory processing
- Understanding behaviour
- Working together with your child's school

Join other local families to learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit: www.positivepartnerships.com.au Contact: ccorrigan@positivepartnerships.com.au



For help, call: 1300 881 971