

MEADOW HEIGHTS PRIMARY SCHOOL

NEWSLETTER



20 November 2023

Week 8



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

SUPPORTING OUR CHILDREN

Many in our school community are affected by the devastating events in the Middle East.

All of us are upset and disturbed by the awful events depicted in media footage and images.

This time is particularly distressing for staff, students, families and carers.

We are also aware that students may be significantly affected by public events, mainstream media coverage and social media at this time.

Please be assured that all staff are aware of the extreme emotional toll on many in our community at this time. But please also feel free to get in contact with any of the staff at our school if you would like to ensure we are aware of what your child is going through at this time.

Support is also available through external services including:

1. [headspace](#): 1800 650 890
2. [Kids Helpline](#): 1800 551 800
3. [Lifeline](#): 13 11 14
4. [Beyond Blue](#): 1300 224 636.

Have a great week.

Kind regards

Mrs Margaret LEACH
School Principal

IMPORTANT DATES

<u>DAY</u>	<u>DATE</u>	<u>ACTIVITY</u>
<u>NOVEMBER 2023</u>		
Wednesday	29	Year 2 – Funtopia Excursion
<u>DECEMBER 2023</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
Friday	15	Year 5/6 – Open Water Excursion
Tuesday	19	Parent/Teacher Meetings – Online bookings open
Wednesday	20	Last Day of School 2023 – bell rings 1.20pm
<u>JANUARY 2024</u>		
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 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

MHPs is a School Wide Positive Behaviour School (SWPBS)

Helping Your Child Make the Transition from Primary to Secondary School

WHAT CAN WE DO AS PARENTS TO HELP OUR CHILDREN ADJUST SUCCESSFULLY?

Moving to high school is a time full of excitement and new opportunities, but it can also be difficult or scary for some children. You can help by making sure your child feels prepared and well-supported.

- ✓ Talk to your children often, and most importantly, listen to what they want to tell you.
- ✓ Accept that your child will likely want to be more independent. Try not to stifle this independence and increase their responsibilities so they understand that with independence, comes responsibility.
- ✓ Reassure your child that worries are normal and that everyone has some. Encourage them to talk to you about what they are concerned about.
- ✓ Share your own positive experiences of secondary school and even some fears you had that you overcame, where appropriate.
- ✓ Help your child keep contact with existing peers, as well as providing opportunities for them to make new friends.
- ✓ Practice time-management and timetabling activities. For example, you can ask your child to prepare a meal for the family. They will need to plan for, budget, shop, prepare, cook and clean up- all very important skills that will help them succeed in high school.
- ✓ Continue extra-curricular activities, especially those sporting or community activities that help your child bond with others.
- ✓ Keep an eye out for signs that your child is not coping with the extra pressure. If he or she seems especially down, withdrawn, anxious, angry or impulsive, or refuses to go to school, seek help from professionals. Getting in early allows small worries be managed, so they don't become major issues.



LIBRARY NOTICE

Parents/Caregivers: 'Returns Only' for Library books this week

Please check with your children to see if they have any Library books at home and return them to school.

Notices for payment of lost Library books will be sent home with students and/or on Compass.

Eftpos payment can be made at the school office or over the phone.

Of course, we would much prefer to get the books back!

Thank you,
Library Staff

The Long Walk x Koorie Academy DEADLY Basketball Clinic

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



Ganbu Gulin Program

Ganbu Gulin (One Mob in Woi Wurrung language) Program brings together Aboriginal and Torres Strait Islander students to support them to find voice, build pride and connection to culture and community. Over 8 weeks, Jenaya, Gunditjmarra, The Long Walk School Programs Manager has been working with the deadly students at Kurunjang Secondary College, Taylors Lakes Secondary College, and Broadmeadows Valley Primary School.

At Taylors Lakes and Broadmeadows Valley we spoke about the difference and the importance of Welcome to Country and an Acknowledgement of Country, writing up a group Acknowledgement to use in their school.

At Kurunjang we had Lacey Yeomans, come to every session and work with the students to design, sketch and paint their individual art pieces on canvas. All schools looked at different Aboriginal colouring sheets, symbols, and art to inspire them.



Art by Myah from Kurunjang SC



Art by students from Taylors Lakes SC



Art by Jorja from Kurunjang SC

To get the students moving but also interacting with other Aboriginal and Torres Strait Islander people in their community, we had Indigenous Outreach Projects come do a connecting culture through dance workshop. We got the students to bring a few friends along and ask their families to join.



Students from Taylor's Lakes SC with IOP Crew & community



THE LONG WALK

We also had Wanyara play Traditional Aboriginal Games. "These sessions are designed to be fun and physical, using language, history and tradition to teach powerful life lessons." Wanyara website. At Taylor's Lakes leading up to this workshop we looked at the book *Dreamtime* at the 'G which talks about the history of Marngrook, The MCG - Sacred Site, and racism in the game of football.

At Taylors Lakes we did a session around Bush Tucker, using Damper Kits and Organic Tomato Sauce from Torres Strait Islander restaurant Mabu Mabu. Kangaroo sausages and hot chips to dip in, "I don't like tomato sauce, but this is actually nice!" - Mackenzie. We also had Macadamia Bush Honey & Native Wattle seed Hummus with carrots for a snack. How deadly is the detail to presentation? Jess and Charlotte used left over banana leaves from the damper, and bottle brush that students collected in their school yard. We looked at the history of damper and the individual native ingredients used.



Taylors Lakes organised for their First Nation students and some friends to go to the Melbourne Museum and kindly had The Long Walk come along. We got to do Tyama: a multisensory experience of nature, Milarri Garden and First Peoples Gallery "The Modern World" self-guided trail. It was great to see how excited and engaged the students were.



To finish off the program we had a small celebration, eating Bush Tucker cakes from Yarn Strong Sista and drinking wattle seed hot chocolate from Mabu Mabu. The Long Walk gave the students some gifts and congratulated these deadly students on attending each session and opening up.

THE LONG WALK

The Long Walk is a charity, inspired by Michael Long's historic walk to Canberra in 2004 to get the lives of Aboriginal & Torres Strait Islander people back on the national agenda.

The Long Walk continues Michael's work through the delivery of cultural & educational programs and uniting Australian's through The Long Walk & Little Long Walk's across Australia.

Michael Long & The Long Walk return to Federation Square every year showcasing & celebrating First Nations peoples & cultures through musical performances, art & sporting activations.

The event concludes with The Long Walk to Dreamtime at the G, as part of the traditional Dreamtime game between Essendon and Richmond.



St Louis de Montfort's School



THE LITTLE LONG WALK package



HOW TO REACH US

EMAIL
jserra@essendonfc.com.au

WEBSITE
<https://thelongwalk.com.au/>



THE LITTLE LONG WALK

Hosting a Little Long Walk is a great way to celebrate & educate students, staff & the whole school community about First Nations peoples & cultures.

A Long Walk Ambassador will deliver an information session leading up to the day. They will talk about the importance of The Long Walk, discuss with students why Michael walked & work with students on banners which will then be carried during your own Little Long Walk.

A First Nations Elder will do a Welcome to Country before we begin the Walk & undertake cultural activities.

BOOK NOW



HUME TENNIS

AND COMMUNITY CENTRE



CARDIO TENNIS

ADULT TENNIS AND FITNESS PROGRAM

ABOUT:
The **NEW** Cardio Tennis Adult Program is here and it is **EXCITING**. Hume Tennis will have two streams of Cardio Tennis for people to enjoy.

Cardio Lite is ideal for those learning to play tennis and looking to get fit.
Cardio Play is for intermediate players who love to play points.

Program includes:

- ☐ 50% off all programs for 2023
- ☐ Just \$10 per class
- ☐ Unlimited classes per week
- ☐ Movement Challenges
- ☐ For beginner to advanced players
- ☐ Social and friendly

cardio play

cardio lite



HUME TENNIS

AND COMMUNITY CENTRE



Junior Tennis Membership

Blue Stage **Red Stage** **Orange Stage** **Green Stage**

LEARN AND PLAY:
We have an amazing 4 stage tennis program for children to get into tennis. For just \$22.00 p/week a junior membership includes:

- ☐ A Hot Shots tennis lesson
- ☐ Access to play and practice on the 16 courts anytime
- ☐ A friend/parent can play with child for **FREE**.
- ☐ Complimentary entry to selected tennis events & holiday programs

AWARD WINNING VENUE:

- ◆ The 2014 Tennis Australia Newcombe Medal for Hot Shots
- ◆ "2023 Club of the Year" Tennis Victoria

ENQUIRIES:
1300 HUMETC (486 382)



My 3 children (ages 11, 8 and 6) started tennis last year - they love their lessons and we are always going to the courts to practice as a family"
- Liz (mother of Louis, Freddie and Lily)

225 MARATHON BOULEVARD, CRAIGIEBURN • PH 1300 HUMETC (1300 486 382) • humetennis.com.au

225 MARATHON BOULEVARD, CRAIGIEBURN • PH 1300 HUMETC (1300 486 382) • humetennis.com.au

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.

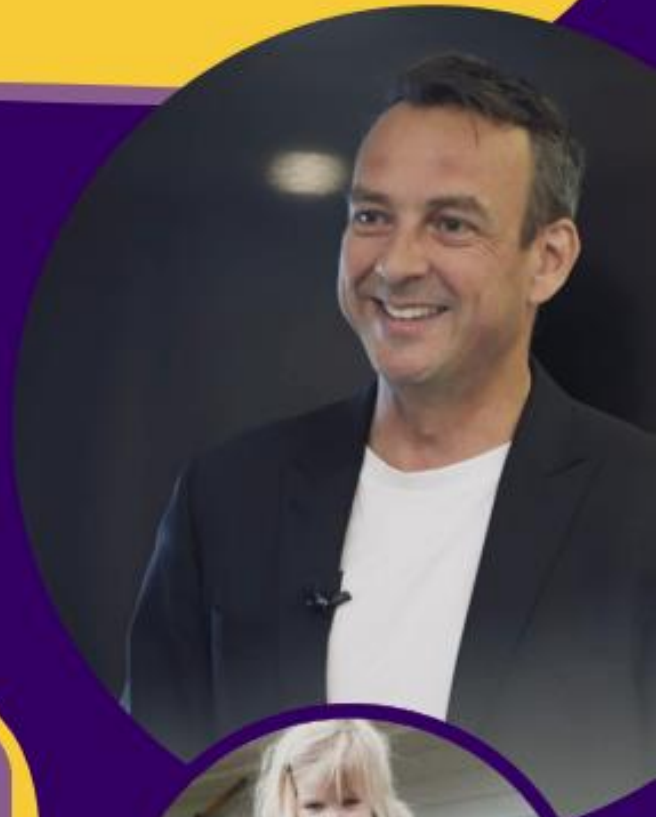
WEDNESDAY
6 DECEMBER
7PM- 8PM
2023
ONLINE



www.trybooking.com/CLWQP

REGISTER HERE

RSVP by Wednesday 29th November



Participants will have the option to hear the webinar interpreted in Arabic or Punjabi.



**DPV
Health®**

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 The Father Hood



يمكن للآباء اليوم أن يكونوا أكثر نشاطًا وعاطفة في حياة أطفالهم من أي وقت مضى. وهذا له إيجابيات متعددة للرجال ولأطفالهم ولعلاقاتهم. هل تستغل الفرصة إلى أقصى حد؟

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.



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

الأربعاء

6 كانون الأول / ديسمبر

7 مساءً - 8 مساءً

2023

عبر الإنترنت



www.trybooking.com/CLWQP

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



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 ਨਾਲ 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।



ਹਿੱਸਾ ਲੈਣ ਵਾਲਿਆਂ ਕੋਲ ਅਰਬੀ ਜਾਂ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿੱਚ ਵਿਆਖਿਆ ਕੀਤੇ ਵੈਬੀਨਾਰ ਨੂੰ ਸੁਣਨ ਦਾ ਵਿਕਲਪ ਹੋਵੇਗਾ।

ਬੁੱਧਵਾਰ
6 ਦਸੰਬਰ
ਸ਼ਾਮ 7-8 ਵਜੇ
2023
ਔਨਲਾਈਨ



www.trybooking.com/CLWQP

ਇੱਥੇ ਰਜਿਸਟਰ ਕਰੋ

ਬੁੱਧਵਾਰ 29 ਨਵੰਬਰ ਤੱਕ RSVP ਦਿਓ



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Health®**

ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਸੰਪਰਕ ਕਰੋ:

Lucy Forwood - ਸੀਨੀਅਰ ਕੋਆਰਡੀਨੇਟਰ ਲਿੰਗ ਇਕੁਇਟੀ
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 schoolfunrun.com.au 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،

دعم أطفالنا

يتأثر الكثير من أفراد مجتمعنا المدرسي بالأحداث المدمرة التي تشهدها منطقة الشرق الأوسط. نشعر جميعًا بالانزعاج من الأحداث الفظيعة التي تم تصويرها في اللقطات والصور الإعلامية.

هذه المرة مؤلمة بشكل خاص للموظفين والطلاب والأسر ومقدمي الرعاية.

نحن ندرك أيضًا أن الطلاب قد يتأثرون بشكل كبير بالأحداث العامة والتغطية الإعلامية السائدة ووسائل التواصل الاجتماعي في هذا الوقت.

يرجى التأكد من أن جميع الموظفين يدركون التأثير العاطفي الشديد على الكثيرين في مجتمعنا في هذا الوقت. ولكن من فضلك لا تتردد أيضًا في الاتصال بأي من الموظفين في مدرستنا إذا كنت ترغب في التأكد من أننا على علم بما يمر به طفلك في هذا الوقت.

يتوفر الدعم أيضًا من خلال الخدمات الخارجية بما في ذلك:

[headspace](#): 1800 650 890

[Kids Helpline](#): 1800 551 800

[Lifeline](#): 13 11 14

[Beyond Blue](#): 1300 224 636

مع تحياتي
السيدة ليتش
مديرة المدرسة

Sayın Veliler ve Bakım Sağlayıcılar,

ÇOCUKLARIMIZI DESTEKLEMEK

Okul toplumumuzdaki pek çok kişi, Orta Doğu'da yaşanan yıkıcı olaylardan etkilenmiştir.

Medyada yer alan görüntü ve fotoğraflarda tasvir edilen korkunç olaylar hepimizi üzmüş ve rahatsız etmiştir.

Bu süreç, özellikle personel, öğrenciler ve bakım sağlayıcılar açısından çok üzücüdür.

Ayrıca, öğrencilerin halka açık etkinliklerden, ana media yayınlarından ve sosyal medyadan önemli ölçüde etkilenebileceklerinin farkındayız.

Lütfen tüm personelin, şu anda toplumumuzdaki pek çok kişinin yaşadığı aşırı duygusal yükün bilincinde olduğundan emin olunuz. Ancak, çocuğunuzun neler hissettiğinden haberdar olduğumuzdan emin olmak isterseniz, lütfen çekinmeden herhangi bir personelle iletişime geçiniz.

Aşağıdaki harici hizmetlerden de destek alınabilir:

1. [headspace](#): 1800 650 890
2. [Kids Helpline](#): 1800 551 800
3. [Lifeline](#): 13 11 14
4. [Beyond Blue](#): 1300 224 636

Saygılar,
Mrs LEACH
Okul Müdürü

LANGUAGES - TURKISH SHARE AWARDS TERM 4 WEEK 7

Following students from Year Levels F – 2 received SHARE AWARDS
*for being **EXCELLENT** by consistently challenging themselves as a learner and
working hard in Languages -Turkish Class.*

ALA BOUMENIKHRA
ELIF BAHADIR
ERTUGRUL KALKAN
ESLEM SAHIN
HAMZA ESMAEL
ISSA AL ASMAR
LANA YANG
MIRSAD CALISKAN
NISA KAYIKCI
PUTRA HARDI FIRDAUS
SELVI NUR GULTEKIN
SIBEL AL BAIATI
SUMEYA JEMAL
TURA YUCE
YAZEED ABUAMER
YUSUF ERISTI
ZARAK KHAN
ZEKI BASKIN