PRINCIPAL’S REPORT

Thanks for Garden Watering
Over the school holiday period, our School Council Grounds Convenor, Darren Mattingly, arranged a watering roster for the new garden beds and trees. The families that supported this roster have ensured the gardens survived the long dry holidays and are looking very healthy. Thanks to Darren (and his family) for their part in arranging and participating in this roster. Thanks also to the other families for their great contribution: Murphy, Perkin, May and Thomas families.

Planning and Preparation Days for 2013
During Tuesday and Wednesday of last week, all teaching and non-teaching staff were involved in planning and preparation that focussed upon the directions and focus of our Strategic Plan; our team development and goals; the development and provisions around student management and student support; models of teaching and learning and a range of other initiatives.

I thank the teaching, support staff, office staff and cleaning team for their efforts in making our start as smooth as possible. Furthermore it has been fabulous to have Paul Davis and the team at our Holiday Program providing an enjoyable experience for the many students and families who have relied on this service during the last three weeks.

New Preps
Last Friday, our 110 Prep students commenced with all that enthusiasm and energy that is so infectious in a school. Our Prep team of Pam Rowler, Lena Papadatos, Lauren Braithwaite, Felicity O’Flynn, Brianna Hendy, Emma Amos and Natalie Zaibak, together with a number of specialist and support staff welcomed our students and parents as they began their journey at Essex Heights.

It was also really pleasing to note the many new families who are joining us here at Essex for the first time; we extend a special welcome to them.

CALENDAR DATES

<table>
<thead>
<tr>
<th>2013</th>
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<tbody>
<tr>
<td>8th February</td>
<td>Second hand Uniform Sale – 3.00 – 4.00 p.m.</td>
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<tr>
<td>11th February</td>
<td>Swimming Trials - Monash Recreation &amp; Aquatic Centre</td>
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<tr>
<td>13th February</td>
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<tr>
<td>13th February</td>
<td>PFA Meeting – 7.30 p.m. in Staffroom</td>
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<td><strong>4th February</strong></td>
<td><strong>Proposed Stopwork Industrial Action</strong></td>
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<tr>
<td>18th February</td>
<td>Parent Information Evening – Years 3 &amp; 4 - 6.30 – 7.30 p.m.</td>
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<tr>
<td>19th February</td>
<td>Parent Information Evening – Years 1 &amp; 2 - 6.30 – 7.30 p.m.</td>
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<tr>
<td>19th February</td>
<td>Parent Information Evening – Years 5 &amp; 6 - 7.30 – 8.30 p.m.</td>
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<td>21st February</td>
<td>School Council Meeting</td>
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<td>22nd February</td>
<td>Mulgrave District Swimming Carnival</td>
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<td>25th February</td>
<td>Leadership Badge Presentation at Assembly</td>
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<td>4th March</td>
<td>Parent Teacher Discussions</td>
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<td>5th March</td>
<td>Parent Teacher Discussions</td>
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<tr>
<td>28th March</td>
<td>End Term 1, 2013 – 2.30 p.m. finish</td>
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TERM DATES FOR 2013

Term 2  15th April – 28th June
Term 3  15th July – 20th September
Term 4  7th October – 20th December
Thanks to the many Essex Heights parents who have assisted in welcoming our new Prep families to this friendly community. During the coming Wednesdays our Prep staff will be conducting literacy and numeracy assessments with our students in preparation for the year ahead so the Prep children will not be attending school on that day.

**Educational Contributions 2013**
You will have received a letter this week in relation to this important area. Your support is crucial if we are to continue to provide the high calibre programs and opportunities for our students in the times ahead. Please read the letter carefully and contact the Office if you have any questions.

**Proposed Industrial Action**
Given there has been no resolution to the ongoing dispute between the Baillieu Government and the AEU, it appears that the industrial unrest experienced last year is set to continue into 2013. Therefore, I wish to advise parents that there is a whole day ‘Stopwork’ scheduled for **THURSDAY 14TH FEBRUARY**. Further details of grades affected will be made available closer to the day.

**Parent Information Evenings for Yr 1-6 Classes**
We have scheduled Parent Information Evenings for the following dates and times, with a separate notice coming home to families next week. Please note there is no Information evening planned for the Preps as this was conducted late in 2012.

Please also note the following dates and times:

- Level 3 (Yrs 3 & 4) – Monday, February 18th – 6:30pm – 7:30pm
- Level 2 (Yrs 1 & 2) – Tuesday, February 19th – 6:30pm – 7:30pm
- Level 4 (Yrs 5 & 6) – Tuesday, February 19th – 7:30pm – 8:30pm

**Parent/Teacher Discussions**
These have been scheduled for Monday, March 4th and Tuesday March 5th. This is a great opportunity for parents to meet their child’s class teacher to discuss matters of mutual interest, to ensure that the year is a most successful experience for all involved. Again, information will be forwarded shortly.

**Updating Medical Information**
It is important for families to consider any changed medical needs of their children and ensure that we have up to date records regarding asthma, anaphylaxis, allergies or other conditions that may impact on the children at school. Please contact our First Aid Officer, Julie Zuk, via the Office to discuss these or any other related medical notifications.

**Student Illness and Accidents**
At this time early in the school year it is imperative that we remind parents about the necessity to keep us up to date with phone numbers and emergency contact details. If your child is ill at school, or suffers an accident, then staff will give immediate care and appropriate first aid. However, it is necessary on occasions to contact parents and we are often frustrated by out of date information that delays this process. **Please make sure you notify the Office of any changes to yours or your Emergency Contact details.**

Obviously in extreme cases we may also deem it necessary to call an ambulance before consulting parents and you need to be aware of this. Please also keep the Office informed of any change in medical issues faced by your children as this helps us to make the best choices for their welfare.

Parents and guardians should also be aware that they are generally responsible for paying the cost of medical treatment for injured students, including any ambulance transport costs. Most medical costs will be refundable by Medicare. If you are a member of an ambulance or health insurance fund, you may also be able to claim transport or other expenses from the fund. **The Department of Education and Training does not hold accident insurance for school students.**

**Is other Insurance available? Yes.**
There are commercial providers of insurance for students and they can be found through the Yellow Pages or your Insurance Broker.

**Students, Parents & Staff Personal Property**
On a similar topic, personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises.

Please note the Department of Education and Early Childhood Development **does not hold insurance for personal property brought to schools** and it will generally not pay for any loss or damage to such property.
Electronic ‘Contact’
As was the case last year, we will shortly return to Contact being available in electronic form only. Consequently, we will provide families with a printed Contact for February and then from the first week in March, it will be available online only. You can register for a weekly email reminder through the school website:


Great First Week
Over the last week I have had the pleasure of visiting your children in their classrooms and specialist programs. I could not be more pleased with the atmosphere of calm and productive endeavour evident throughout the school. The teachers’ focus has been on reintroducing our ‘Essex Heights Values’ and the ‘Expectations & Behaviours’ as outlined in the Student Code of Conduct booklets. They have also been aiming to build strong relationships and establish a positive environment in each classroom, and I have certainly seen that in operation.

As part of these activities each group is producing a profile poster highlighting important information about their class, like this example from 1L. If you are visiting the classes in the coming weeks, have a look out for the posters as they give a really interesting snapshot of our school community and the variety of cultural backgrounds that make up Essex Heights.

It is also wonderful to see students who are new to Essex Heights being welcomed into the school and to see all children playing safely and cooperatively in the playground.

This great start certainly points to a positive and exciting year ahead for all in the Essex Heights community.

Looking forward to seeing you around the school,

Andrew Crossett
Principal

EDUCATION MAINTENANCE ALLOWANCE
The Education Maintenance Allowance is paid to parents of eligible students under 16 whose children are enrolled at a Government or non-Government School in Victoria. This is paid in 2 instalments on the 28th February and 2nd August, 2013 for Instalment 2.

To be eligible you must hold a valid Centrelink Pension Card, Health Care Card or Pensioner Concession Card or Veterans Affairs Pension or be a Foster Parent. Parents who are the holder of a Carer Allowance are not eligible for the EMA.

Application forms can be collected from the School Office and must be lodged here by the 28th February, 2013. No late Applications can be accepted.
Hello and welcome back, hope all the children have settled in, especially all the new families. On Friday the 8th February between 3pm and 4pm there will be a second hand uniform stall, outside the hall. If anyone is available to help, either set up or stay for the stall, your help will be appreciated.

Our first PFA meeting will be on Wednesday the 13th February at 7:30 pm in the staff room. If you are interested please come along, it’s a great way to meet parents and get involved in our fundraising for the school.

Second-hand Uniforms

A group of parent volunteers run a stall of second-hand uniforms. There are lost property boxes in (or near) each building. All clearly named items are returned to their owner. We try very hard to decipher handwritten labels, but the iron-on or sewn ones are much easier! We need surnames as well as first names (whilst you might recognise the handwriting and correctly identify "Alex", we certainly can't).

Our first stall for the year will be held this Friday (8th February) outside the school hall from 3-4pm. If you've been clearing out your school uniform drawers over the holidays, we'd love to accept any clean, good quality items including hats and chair bags. Bring them to the stall, or leave them in the lost property boxes (with the labels removed, or you'll get them back!).

We always welcome helpers, so make yourself known to us, or email the PFA on ehpspfa@gmail.com

Enjoy your weekend
Betty Ciorciari

Swimming Trials for Essex Heights School Team

Swimming trials for the upcoming Mulgrage District swimming carnival will be held on Monday 11th and Wednesday the 13th February at Monash Aquatic and Recreation Centre (MARC). The trials will be conducted from 4 – 4:45pm on both afternoons. Students turning 9-13 years old this year, are competent swimmers and/or take swimming lessons are requested to attend the trials. Attendance at one session only is required. You will need to organise for your child to get to MARC for the trials. Parent assistance to help record student times is also appreciated.

If your child is unable to attend and would like to be considered for the carnival then your child’s best time for their intended stroke(s) over 50m in a 50m pool is to be recorded in your own time, signed by a swim coach and given to Mr Wooster by the 15th February. The Mulgrage District swimming carnival is to be held on February 22nd.

Ben Wooster
Inter-School Sport Co-ordinator

BASC

I trust you all had a fantastic break over the Christmas period. We had a lot of fun at the January Vacation Care Program. Some of the program highlights were: Ice Cream Sundae Creations, Rain Sticks, Boomerang Decorations, Rise of the Guardians, Wreck it Ralph, Spider Webs and Party Day. The April Vacation Care Program will be out very soon so please enrol early.

At present the program has no mobile phone. Please use the landline number 9807 2615.

Could all new families ensure that they provide me with their child and families Customer Reference Number. This is too ensure that you receive your Childcare Rebate and Benefits.

Finally I would like to express my gratitude to The Essex Heights School Council and the greater Essex Heights community for the scholarship I received at the end of last year. I am extremely humbled to have this honour bestowed upon me by the community. Thank you to everyone for all your encouragement and support. It is a pleasure to be part of such a wonderful and outstanding community.

Thank You, Paul Davis
Welcome to 2013. Looking forward to a very happy productive year in Canteen.

Volunteers are required to bring the Canteen to life! Forms have been sent home to volunteer your time. It's a very valuable way to contribute to the school. Please return the forms as soon as possible so that Rosters can be finalised. Rosters are for the whole year, but please specify any special requests so that everyone who would like to help is accommodated. There are vacancies on the Wednesday and Friday Rosters. There have been several changes to the Menu Price List so please check before you put in your lunch orders. Especially note: That the price of filling for sandwiches, Rolls, Jaffles and Potatoes need to be included on your order.

PRINTED LUNCH BAGS
50 bags = $3.00  10 bags = $0.60
Please contact Maggie on 9807 1815 if you have any queries or are unable to attend

++++++++++++++++++ SCHOOL BANKING +++++++++++++++++++
Welcome and welcome back to all future and current bankers. We enjoyed banking with the children last year and also achieved a fantastic result for the school. Lots of kids have been very diligent in their savings routine which is exciting. The most regular banker was Ashley Ng with 39 deposits, what a great achievement, congratulations!!!

Banking will start on Friday, 8th February.
Account opening sessions at school 11th and 15th of February (see below).
For all new students or anyone who would like to join the program here is how it works:
1. Get youth saver account from the Commonwealth Bank. There will be account opening sessions at school on 11 February during assembly in the afternoon and on 15 February after school drop off at 9.00 am in the hall. All you need is your driver’s license.
   If you can't come to school on those dates you can open an account directly at any Commonwealth Bank by taking your child’s birth certificate and your driver’s licence to the bank.
2. Once you have an account number your child can now make deposits through the school by bringing the filled in deposit slip in the yellow pouch to school each Friday. Please make sure you include the exact money.
3. Your child earns a silver coin for every deposit made. When your child has earned 10 silver tokens we will swap the 10 tokens for 1 gold token which your child can keep. They also qualify for a little gift from the bank for every 10 deposits they make. The gifts for this year are on a reward card. Your child picks a gift, fills out that part of the reward card and sends it back to us.
4. The school receives a commission of 5% of all deposits made through the school and $5 for every new banker.

We hope the gifts encourage your children to become weekly bankers and get into the habit of saving regularly. Also, please remember the bank only gives your child the bonus interest rate if they bank at least once a month. If you have questions or would like to help with banking please call or email Stef on 9808 7694, sscanning10@gmail.com

Christian Religious Education [C.R.E.]
C.R.E. is available to all students at E.H.P.S. Parents who are interested in becoming C.R.E. teachers are needed. Training is provided and a Working with Children Check Card is necessary. These positions are Voluntary.
If you would like more information, please ask at the School's Office.
A cancer prevention plan for women

Finding cancer early offers one of the best chances to cure the disease.

Look for:

- Lumps, sores or ulcers that don’t heal.
- Unusual changes in your breasts – lumps, thickening, unusual discharge, nipples that suddenly turn inwards, changes in shape, colour or unusual pain.
- Coughs that don’t go away, show blood, or a hoarseness that hangs around.
- A loss in weight that can’t be explained.
- Any loss of blood, even a few spots between periods or after they stop.
- Moles that have changed shape, size or colour, or an inflamed skin sore that hasn’t healed.
- Blood in a bowel motion.
- Persistent changes in toilet habits.
- Persistent abdominal pain or bloating.

These symptoms are often related to more common, less serious health problems. However, if you notice any unusual changes, or these symptoms persist, visit your doctor.

Check for early breast cancer

Have a free BreastScreen Australia mammogram (breast x-ray) every two years. Regular mammograms can reduce the number of women who die from breast cancer by 35 per cent. Screening mammograms look for early breast cancers in women without symptoms.

BreastScreen Australia is a breast cancer screening program offering free screening mammograms to women aged from 40 years, specifically targeting women aged 50-69 years. To book your appointment with BreastScreen Australia phone 13 20 50.

Today, some interesting facts about the bra.

During recorded history, women have used garments and devices to cover, restrain, or lift their breasts. In the Minoan civilization era, around 1400BC, female athletes could be depicted wearing braziers or bikini like undergarments.

Did you know that the Greek really liked the breasts? In fact, women would wear all sorts of things to push them up or exposed them and show how big they were. Now the Romans on the other hand, they were male oriented, so the women would actually bind their breasts to keep them closer to their chest to keep them minimized.

The word brazier, in old French, literally means arm protector. The word brazier was used as a chest plate, kind of like a suit of armor. As time developed, the corset, which was similar to that same chest plate was then referred to as brazier.

The first bra was invented in 1813 by Mary Phelps Jacobs. She called her invention the Carr say Crosby. Why? I don’t know because it’s much easier to say bra.

A man actually invented the padded bra to protect female athletes during sporting events. Who would have known that today we like padded bras to enhance our bust lines?

Did you know that you can get a job as a professional bra fitter? There are a number of stores where you can be a certified professional bra specialist.

Over the past 15 years, the average bra size has gone from a 34B to a 36C.

Not only are women wearing bras these days, some men are as well. They may suffer from a medical condition known as gynecomastia, or it could possibly be because of obesity. The men chose to wear these bras for support and comfort.

Breast cancer is the lead cause of death for women in the US with cancer. Something you may not know is that men and women have the same type of breast tissue. So men can get breast cancer as well.

Friends of the Children Foundation

“Walk for Monash Children’s”
Registration pack

Thank you for your interest in supporting Monash Children’s Hospital through the fun walk/run at Jells Park on February 24 at 8.30am for a 9am start.

We look forward to seeing lots of people enjoying themselves, and raising awareness and support of our children’s services. The funds raised on the day will contribute towards the purchase of a special ‘vest’ that will be used to help treat young cystic fibrosis patients at Monash Children’s Hospital. This is a family friendly event and all children under the age of ten will have free entry. There will be also be a sausage sizzle and balloons for children.

Registration:
We encourage participants to transfer their $15 registration fee to:
Account name: Friends of the children Foundation
Account Number: 5696-74376
Branch No. (BSB) 013-257
Please use the surname and first initial as a reference for all participants registering so this can be checked on the day.
Please email/send your registration form back to fotcf@hotmail.com or 11 Winifred Street, Oakleigh Victoria 3166
If cash payment for registration is required it can be negotiated by calling 9594 2700.

Sponsorship:
Please bring your sponsorship money and sponsorship sheet on the day (we can provide individual receipts on the day as per request). Please note we can only except cash unless the donation is over $100.
Ring 9594 2700 prior to February 24 if you need to arrange alternative payment.
We look forward to seeing you there and thanks again for your support!
Waverley Gymnastics Centre
GLEN WAVERLEY CAMPUS

WOULD YOUR CHILD LIKE TO LEARN HANDSTANDS,
CARTWHEELS & SOMERSAULTS?? HERE'S THEIR CHANCE!
Gymnastics is not only a fantastic and fun sport in its own right; it also
gives an exceptional base level of coordination, skill and confidence that
assists children to achieve in all their other sports and life skills!
Waverley’s Glen Waverley campus at Wesley College is an outstanding venue, with exceptional fully
qualified coaches, offering fun and challenging gymnastics classes for primary school-aged children of all
abilities! We also run daytime classes at our Mt Waverley venue for pre-school aged children.
Times: Monday & Tuesday afternoons, & Saturdays.
Address: 620 High Street Road, Glen Waverley
(Melways Ref. 62 A12)

TERM 1 BOOKINGS ARE NOW
AVAILABLE!!

For more information, or to book a trial class, please call 9887-9611
or visit www.waverley.gymnastics.org.au.

JUNIOR AUSKICK 2013
Qualified Coaches
Sunday 10.30am - 12pm
New Players Welcome
Ages 5 & up

MT WAVERLEY FALCONS
JUNIOR FOOTY 2013
Qualified Coaches
Sunday Games
New Players Welcome
Ages 7 - 16
U9 – U14 –
Auskick

Recruiting Now!
Registration on Sun 17th Feb
10.00am - 12.00pm
@ Pinewood Reserve, Pinewood Drv
Mt Waverley - Mel 70 G4
Call
Daniel Billing - 0417 307 837
Bec McCrea - 0415 248 279

COME & FLY WITH THE FALCONS IN 2013

Registration on Tues 12th Feb
4.30pm - 6.00pm
& Registration on Sun 17th Feb
10.00am - 12.00pm
@ Pinewood Reserve, Pinewood Drv
Mt Waverley - Mel 70 G4
Bring a friend and a $25 Rebel Sport Voucher is yours, upon registration of your friend.
Call Paul - 0439 653 883
Mary - 0434 445 556

COME & FLY WITH THE FALCONS IN 2013
Free Tennis Open Day

Sunday 17th February 2013
11.00am to 2.00pm

- Free Tennis Coaching
- Jumping Castle
- Free court usage
- Demo racquets
- Ball machine use
- BBQ
- Club Membership Specials
- One of Melbourne Premier Tennis Clubs

Glen Iris Valley Tennis Club
260 High St Road Mt Waverley

Come & play tennis where our Aussie Fed Cup Team played

Contact: info@vidatennis.com.au
0401 052 636