PRINCIPAL’S REPORT

**** Industrial Action Tomorrow Thursday 14th February ****

I wish to remind parents that there is a whole day ‘Stopwork’ scheduled for tomorrow
THURSDAY 14TH FEBRUARY. Further details of grades affected have been notified and are also available by calling the Office.

Student Leadership Positions
Our Year 6 students play a pivotal role in this area and we expect to formally present badges to our School Captains, House Captains and other Leadership positions on Monday 25th February. We are pleased to have our local State Parliament Member, Michael Gidley to join us for that Assembly to make the presentations. (Please see the list of the 2013 Student Leaders later in Contact.) Please note that in order to have Michael present the badges, we will hold this Assembly in the morning for this week only, beginning at 9:00am.

Similarly we look forward to continuing the great work undertaken by our Junior School Council and will have positions announced later in the month. Our Junior School Council will be coordinated by Maria Capsalis and Renae Simpson and comprises representatives from Years 3-6.

Importantly, all students in Year 6 will be given opportunities for leadership and development. An integral part of this approach is the development of public speaking skills in all students. We look forward to our students working with us to conduct Assemblies and perform other duties in the year ahead.

LAMP Program
A new leadership initiative this year has the Year 5 classes participating in a program known as LAMP. This stands for ‘Leadership and Multicultural Program’, facilitated and funded through the Migrant Advisory Centre.

The LAMP Program has three aims:
1. To increase the students’ knowledge and understanding of new and emerging cultural communities at their school and in their local community.
2. To assist students to successfully settle in their primary school.
3. To teach leadership skills to a select group of grade five students.

The program will run throughout Semester 1 and includes whole class activities, leadership training for small groups and guest presenters.

We are pleased to be involved with this initiative as it provides a great foundation for the Year 5 children who will take up leadership positions in Year 6. It also enriches the multicultural content of our curriculum program.

**International Visitors to Essex Heights**

Last Thursday we were very pleased to host a visiting delegation of teachers from the ‘Prasarnmit Demonstration School (Elementary)’ in Thailand. This school, of some 1500 students, is a leading Government primary school in Bangkok. It works closely with the University and is known for its progressive curriculum and innovation. This delegation was visiting a number of schools in Melbourne gathering ideas and this included our extensive programs here at Essex Heights. They were very impressed with both the facilities and programs that we shared with them and took a number of photos and notes of their visit.

Part of the conversation with these teachers included the possibility of cultural exchanges or visits between our two schools and this is something we will explore with them in the coming months.

The fact that leading international schools are making time to visit us here at Essex Heights is testament to our work as an educational community, and I look forward to continuing to build these international links during my sponsored Study Tour to China later this year.

**School Council Election - 2013**

A reminder that the nomination period, as outlined in the parent bulletin circulated earlier this week, closes on Monday February 18th at 4:00pm. Self Nomination forms are available from the Office, or on the Essex Heights PS website under the Notices tab. The completed forms will need to be returned to the Office.

**Car Parking & Safety**

I would like to seek parental assistance with some traffic safety concerns that have come to my attention. Of course, our main focus is the children’s safety and these matters are raised to ensure we are doing our best to provide a safe and secure environment for the children as they travel to and from school.

- The car park at the front of the school is for Staff and allocated Permit Holders only. It is not a ’Drop Off Zone’ for children and it is not safe to use it as such.
- Equally, this Staff Car Park is not a pedestrian access and it is not safe for children to enter and leave school via those gates. As cars enter and leave that area regularly, we ask that no children enter school via that route.

The only entrance to school, from Essex Rd, is through the front gate.

- The ’2 Minute Drop Off Zone’ at the front of the school is not a Car Park and parents are not able to leave their car there and walk away. I have asked the Council By-Laws Officers to patrol this area more frequently and parents not complying risk a fine.
- As there is a solid white line in front of the school, it is not legal for parents to conduct a ‘U-Turn’ across this line. Again, the Council By- Laws Officers will patrol this area.
- Please ensure that all children cross Essex Rd at the supervised crossing in the front of the school. I have noticed some parents encouraging their children to cross at other places and this is a very dangerous practice when Essex Rd is busy at 9am and 3:30pm.

I invite all parents to support us in these requests in order to ensure the safety of all the children.
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.

Parent Information Evenings for Yr 1-6 Classes
As publicised earlier this week, we have scheduled Parent Information Evenings for 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.

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:

http://www.essexheightspsvic.edu.au/

See you around the school,

Andrew Crossett
Principal

STUDENT LEADERSHIP ROLES FOR 2013

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<thead>
<tr>
<th>School Captains</th>
<th>Music Captains</th>
<th>Library Captains</th>
<th>Environment Captains</th>
<th>Art Captains</th>
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<tbody>
<tr>
<td>School Vice Captains</td>
<td>Music Vice Captains</td>
<td>Library Vice Captains</td>
<td>Environment Vice Captains</td>
<td>Art Vice Captains</td>
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<tr>
<td>Danica D. Alex W.</td>
<td>Sean C. Danielle M.</td>
<td>Susan R. Kenneth D.</td>
<td>Peter T. Natasha G.</td>
<td>Tasveena N.</td>
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<tr>
<td>Boyd Captains</td>
<td>Drysdale Captains</td>
<td>Lindsay Captains</td>
<td>Nolan Captains</td>
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<tr>
<td>Ryan B. Seungho H.</td>
<td>Amelia K. William P.</td>
<td>Vinuthi W. Kate H.</td>
<td>Daniel S. Georgia W.</td>
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</tr>
<tr>
<td>Boyd Vice Captains</td>
<td>Drysdale Vice Captains</td>
<td>Lindsay Vice Captains</td>
<td>Nolan Vice Captains</td>
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<tr>
<td>Maxine S. Jordan R.</td>
<td>Zac H. Mark R. G.</td>
<td>Georgina Q.</td>
<td>Sithija P.</td>
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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.

PARENTS & FRIENDS ‘NEWS’

Wednesday 13th February is our first PFA meeting for 2013 everyone is welcome. It will be held in the staffroom at 7:30pm.

BASC

Could you please provide me with your family's and children's Customer Reference Number. If I do not have this you will not be entitled to the Childcare Rebate or Benefit.

At Before Care we are having limbo and hoola hoop games so if you want a small taste of the pacific islands come along and have some fun.

On Tuesdays and Fridays the program is fortunate to be part of the Active After Care Program. This is a program that is endorsed by The Australian Sports Commission. Jessie McCartney from Sport Development Services is the provider of this wonderful program. Jessie has a distinguished resume. He has worked as a coach, program development officer and skills coach with the touring Sri Lankan cricket team, Dutch and local Hockey teams, District and Sub - District cricket teams and at various private school sporting teams. He brings a wealth of knowledge to our program in relation to children's fitness and well being. Twice a week he provides the children with a variety of activities designed to develop their physical fitness, team work, problem solving techniques and team development. He does this in a fun and non threatening style that caters to all ages and abilities. So if you are coming to Aftercare of Tuesday or Friday get ready to have a blast.
Remember we will always try to accommodate children who prefer not to be part of the Active After Care activities.

If your children are coming to Aftercare can you please ensure that they have hats and sunscreen.

Thanks,
Paul Davis, Co-Ordinator

Canteen is now operating Monday, Wednesday and Friday. Please check the new Menu for all new pricing for 2013. Thank you to everyone who has volunteered to assist in Canteen. Your individual rosters will be sent home soon.

<table>
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<tr>
<th>PRINTED LUNCH BAGS</th>
<th>50 bags = $3.00</th>
<th>10 bags = $0.60</th>
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<tr>
<td>Please contact Maggie on 9807 1815 if you have any queries or are unable to attend</td>
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The next official Schools Clean Up Day will take place on Friday 1 March 2013.

Since 1992, school communities across Australia have demonstrated their support for caring for the environment through participating in Schools Clean Up Day. In 2012, over 2,600 schools registered nationwide cleaning up the streets, school grounds, parks and waterways.

Essex Heights Primary School has been registered as a site and everyone will be getting active recycling and cleaning the school grounds.

A colouring in competition has begun and students entries will be displayed in the Hall. Entries close Monday 25th and can be handed in to Marita Steward and Ina Kuehlich.

This is just a reminder that the last student account opening session at school will be

**Friday 15th February at 9.00 am in the Hall**

Please bring along your driver’s license or other suitable identification if you would like your child to participate in the program.

If you can’t come on Friday you can always open an account at the Commonwealth Bank for your child (child’s birth certificate and adult identification required).

School banking helps your child to learn about money and saving but is also a fundraiser for our school, please contact Stef on sscanning10@gmail.com if you have any questions.

**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.

Come and Try classes
Under 8 year olds on Monday
25 February 4pm – 5pm
Under 12 year olds on Thursday 21 February
4pm – 5.30pm
at Electra Community Centre,
21b Electra Avenue, Ashwood.

Come along and have some fun.

Enquiries call Wendy on 9561 1505
or email cerescalisthenics@gmail.com

The Essex Heights Netball Club is looking for players for 2013.
The club has one team in the Under 11 Modified competition and one team in the Under 13 competition, as well as older age levels and Senior teams.
If your child is interested in playing netball, Essex Heights Netball Club would be keen to assist you. All our Junior teams train at the Ashwood courts, Cassinia Avenue, Ashwood every Wednesday from 4-5pm.
Contact the Secretary, Lynley Ingerson essexheightsnetballclub@gmail.com or mob: 0434 247 304

Mount Waverley North Primary
Food & Drink
Auctions
Games
Rides
Stalls
Lucky Dips

Autumn Fete
16th March 11am - 5pm
Marcus Avenue, Mt Waverley

PRODUCTS & SERVICES ADVERTISED IN ‘CONTACT’ ARE ON A PAID BASIS AND ARE NOT NECESSARILY BEING PROMOTED BY ESSEX HEIGHTS PRIMARY SCHOOL.