PRINCIPAL’S REPORT

School Council Elections 2013
As notified in the recent parent bulletins, we have now concluded our School Council Election process for 2013. The School Council members are;

<table>
<thead>
<tr>
<th>Parent Members</th>
<th>DEECD Members</th>
<th>Principal</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Thomas</td>
<td>Joan Scott</td>
<td>Andrew Crossett</td>
</tr>
<tr>
<td>Andriana Anevlavis</td>
<td>Ina Kuehlich</td>
<td></td>
</tr>
<tr>
<td>James Fitzpatrick</td>
<td>Anita Kuchta</td>
<td></td>
</tr>
<tr>
<td>Maria Skouteris</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anne Vythilingam Choy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nicola Sounas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trevor Sharrock</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Belinda Barnett</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I wish to express appreciation to three outgoing councillors for their valuable contribution to the Essex Heights community. Thanks to parent representatives Darren Mattingly (Grounds Committee) and Rosemary Martin (Policy & Planning Committee), and to DEECD representative Janet McGinn (Minute Secretary). These councillors have contributed in a range of roles and committees and their contribution and expertise has been greatly appreciated.

The first School Council meeting for the new Council will take place on Thursday, March 21st at 7:30 pm. At this meeting we will elect the School Council Executive and also confirm Co-ordinators and membership of the various sub-committees.

These sub committees are open to all members of the school community and are not limited to elected School Councillors.

Following the first meeting of our new Council there will be a call for expressions of interest to join these sub-committees so please consider your interest and availability in joining a committee.
The current School Council Sub-committees are;

Finance,  Policy & Planning,  Outside School Hours Care (OSHC),  Grounds

Please talk to me if you would like to find out about what this membership entails.

**Year 6 Student Leadership Positions**
A reminder that our local State Parliament Member, Michael Gidley, will join us for Assembly this coming Monday, February 25th, to make leadership badge presentations. **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.**

**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. Details of our online booking system will be forwarded to parents tomorrow.

**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/

**Somers Camp**
On Tuesday this week we farewelled Margaret Fitzpatrick and 14 Year 5 & 6 students who left for 10 days at the Department’s seaside camp at Somers. The children will join with other students from schools in our area for a wonderful outdoor educational opportunity. We have the chance to participate in this camp every two years and it will be a memorable experience for all the children involved.

***Important School Notices***
This week you received an important notice. This is a ’group permission notice’ that covers a number of items requiring annual parent consent. Please ensure this is returned to school with **one notice signed for each child**.

**Surplus Tables and Chairs**
We have a number of surplus classroom tables and plastic student chairs in storage. They were replaced by new classroom furniture last year and will shortly be disposed of. If you can find a use for this furniture, please contact the Office to make arrangements for collection.

**Set Yourself Up for a Great Year**
At the beginning of the school year, much time is spent getting to know the children and helping them to understand and manage school routines, to organise their items and orient themselves comfortably in the classroom and playground. We work extensively on extending friendships and building relationships, both in our grades and across all year levels and indeed the whole school.

I recently read an interesting article **Set Yourself Up For a Great Year** written by Andrew Fuller (www.andrewfuller.com.au) and I hope you find these tips helpful:

1. **Build positive relationships with everyone you know.**
   Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

2. **Challenge yourself.**
   You are much, much smarter than you know. If you practise doing your best in life you will succeed because very few people ever practise doing their best. To do your best you have to get out of the habit of predicting that things won’t go well for you. If you look for what’s going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.
3. **Prepare yourself for learning.**
Thinking positive isn't enough for successfully achieving goals. Implement ways to reduce distractions, or else learning will become a frustrating experience. Human nature is such that not everyone in your life will be a well wisher in your self-improvement and learning plans. They may intentionally or subconsciously distract you from your goal.

4. **Get enough sleep.**
Getting enough sleep helps you to manage stress, stay happy and also increases your marks. You need at least 8 hours and sometimes as much as 9 and a quarter hours a night.

5. **Eat breakfast**
A lot of people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches.

6. **Do the most important things first**
Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, “What is the one thing I could do this week that would improve my results?”

7. **Use your time well**
Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours.

8. **From little things big things grow**
Do a little bit often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do repetitive interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

9. **Focus and immerse yourself**
For at least some time every day switch all forms of technology off and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something.

10. **Play more**
Get active; break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you’ve been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy, regular bursts of exercise makes a massive difference to your stress levels, happiness and sleeping.

11. **Decide to be happy.**
Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now. Have a look at the things in your life you can feel lucky that you have. Appreciate the people who like you and love you. Make the most of the moment and seize the day. Have a fantastic year.

For more tips, please go to: [www.andrewfuller.com](http://www.andrewfuller.com)

See 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.
PARENTS & FRIENDS 'NEWS'
The Annual General Meeting will be held on Thursday 7th March, 2013 at 7.30 p.m. All welcome
Stay tuned too for more information in relation to the ‘Welcome Event’ which is scheduled to be held on the evening of Friday 15th March.

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.

FROM THE HEALTH CENTRE

CHILDREN WITH FOOD ALLERGIES
Essex Heights Primary School has a number of children who suffer from severe life threatening food allergies known as anaphylaxis. Any food can cause anaphylaxis but generally these foods account for 90% of all reactions: Peanuts, Tree Nuts, Shellfish, Fish, Milk, Egg, Sesame, Soy and Wheat.

Any food brought into the school can have serious consequences to children at risk. We ask parents, students and staff to be sensitive to the critical needs of these children at school who have severe food allergies.

If food is brought in to share for a birthday or special occasion, please provide the teacher with a printed list of ingredients before distributing.

Parents of children with food allergies may choose to provide an alternative “treat ” to be kept with the class teacher for these occasions.

We thank you for your co-operation with this.

HEADLICE
Please take the time to read the attached information provided in this week’s newsletter re Headlice. There appears to be quite a few new cases of head lice and I ask that you take the time to look and treat your child accordingly so we can hopefully eliminate these. Strategies such as tying long hair up in pony tails or plaits and regular home checking with the comb and conditioner method described in the information attached are effective in minimising the spread of headlice.

If you want any further information or advice, please ring Julie in the Health Centre.

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 Night at the Museum

White Night Melbourne
Saturday 23 February
6pm - 10pm at Melbourne Museum

Melbourne Museum is the perfect first stop to your White Night Melbourne.

This Saturday evening until 10pm, Melbourne Museum will come alive with spooky torchlight dinosaur hunts (byo torch), dinosaur dress-ups, insect and reptile handling and if you’re lucky, you might spot our roaming dinosaur puppets!

Cost: Adults $10, Children and Concessions free
PLUS Waa and the Seven Sisters: Adults $6, Children $3

Pre-purchase tickets online or call 13 11 02

Pink Stumps Day at Essex Heights Primary School
7th March, 2013
Game starts at 1.45 p.m.


FRIDAY  22nd February  Shruti Purandare, Irene Lui, Sandya Manojkumar

MONDAY  25th February  Beth Randell,

WEDNESDAY  27th February  Dimple Kaul

FRIDAY  1st March  Jenny May, Gina Chen, Margaret Rendell

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
Are you interested in environmental sustainability and strengthening the local community? We’re building a community-owned and run renewable energy collective in the eastern and south-eastern suburbs of Melbourne.

We need your help to build this fantastic community project.

The Monash Renewable Energy Collective is holding an information session on March 7, 2013 at 7:30pm at Notting Hill Neighbourhood House, 37 Westerfield Drive, Notting Hill. We will be explaining to residents how they can play an integral role in developing the Collective.

We are looking for individuals to join the Collective and assist with research, community engagement and operations. Assisting in any capacity is very welcome.

We will build a community-owned renewable energy resource that will generate a return for investors; the local community members. We are also aiming to run educational programs on how to minimise our carbon footprints and will be advocating for a shift to 100% renewable energy.

For more information visit our website: www.monashrenewableenergy.blogspot.com and find us at www.facebook.com/MonashRenewableEnergyCollective.

Please RSVP to monashrenewableenergy@gmail.com, but if you forget, don’t let that deter you from coming!

---

**JOEY SCOUTS**

FOR BOYS & GIRLS

AGES 6-7yrs

WEDNESDAYS, 6pm - 7pm

- Games
- Crafts
- Team-building exercises
- Education about nature, the environment, safety, and helping other people.
- Great for developing independence, resilience and creativity in young children.
- Joey Scouts have the opportunity to move through Scouting as they grow - a rewarding experience that could last a lifetime.

**Come to our Open Night**

**WEDNESDAY MARCH 6, 6-7pm**

Or visit on any other Wednesday

Call Sue on 9802 0119 for more information

1st Bennettswood Scout Group

21 Station St, Burwood (opposite Leonard St)

---

**EMMANUEL Calisthenics**

From 3 years of age

**2013 CLASSES BEGIN TUES FEB 5**

Contact Kathryn 9528 3592 or www.emmanuelcalisthenics.com.au

Classes at:

Amsleigh Park Primary School

State Street, East Oakleigh

**DANCE - PERFORM - SING - ACT - GYMNASTICS**
HT Heat Basketball Club

Would you like to play basketball?
A great way to find out is to have fun and learn more at our free skills sessions

Who: Girls and boys born after 31 December 2002
(Under 8 and Under 10 Players)

When: 4– 4.45 PM on Tuesday 26 February & 5 March 2013
(come to one session or both)

Where: Junior Gym, Huntingtower School
77 Waimarie Drive, Mount Waverley
Remember to wear runners and bring your friends!
Would you like to be a School Crossing Supervisor?

The role of a “Lollipop” person is a paid position that is important to our community and we need dedicated, reliable people to join our team. If you are interested and can commit to Monday to Friday, 8am – 9am and 3pm – 4pm in an ongoing role, then please call us now.

Crossings are available within the Monash districts.

Thankyou

Chandler Macleod Workforce
Ashleigh Rea – 03 8562 9648
745 Springvale Road, Mulgrave