PRINCIPAL’S REPORT

PFA Annual General Meeting

Last week we had the AGM of our PFA, and it was a little disappointing that there was only a small number of parents present. Our PFA carries out an important role in ‘community building’ at Essex Heights PS. In all the activities they organise, either for children or families, they are adding great value for the members of our school community. Of course, there is also the added benefit of raising much needed funds that are used in areas that directly contribute to the children and the curriculum programs. My thanks to the parents who devote time and energy to supporting the work of the PFA.

At the AGM, the members nominated and elected the executive for 2013 and I would like to thank and congratulate;

- Betty Ciorciari – President
- Martha Kotsifas – Secretary
- Nicola Sounas – Treasurer

On behalf of the school community I would also like to thank two members of the past executive who are stepping down from their positions of responsibility. To Kathryn Townley and Jenny Quinn (joint Secretaries) …… thank you both for the leadership you have provided during your time in this executive role, much appreciated!

Yr 6 Camp – Forest Lodge

As mentioned in last week's Contact, on Tuesday of this week the Yr 6 children and teachers travelled to Forest Lodge in South Gippsland for their four day camp. I travelled to the camp on Tuesday afternoon and remained for Wednesday, joining in the activities with the children.

I particularly enjoyed:

- Leading the Night Hike that included spotlighting the local wildlife, getting a little lost, stargazing and an encounter with the local ‘drop bears!’ 😊
- Canoeing on the dam, which included most of the children doing their best to splash and soak the Principal!

CALENDAR DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>12th – 15th March</td>
<td>Year 6 Camp – Forest Lodge Farm</td>
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<tr>
<td>15th March</td>
<td>Last day for Hot Cross Bun Orders</td>
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<tr>
<td>15th March</td>
<td>P.F.A. <strong>Welcome Picnic</strong> - 5.30 – 7.30 p.m.</td>
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<tr>
<td>18th &amp; 19th March</td>
<td>School Photos</td>
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<tr>
<td>21st March</td>
<td>School Council</td>
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<tr>
<td>20th March</td>
<td>Grandparents Day Concert &amp; Picnic – 11.30 a.m. – 2.00 p.m.</td>
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<td>22nd March</td>
<td>Ride to School Day</td>
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<td>25th March</td>
<td>Easter Raffle Drawn at Assembly &amp; Hot Cross Buns distributed</td>
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<tr>
<td>28th March</td>
<td>End Term 1, 2013 – <strong>2.30 p.m. finish</strong></td>
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**Term 2**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>15th April</td>
<td>First day Term 1</td>
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<tr>
<td>6th – 8th May</td>
<td>Year 5 Camp – Sovereign Hill Camp</td>
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<tr>
<td>9th May</td>
<td>School Council</td>
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<tr>
<td>30th May</td>
<td>Meet the Orchestra Excursion– Year 4 &amp; Chamber Strings</td>
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ISSUE 7

14th March, 2013
• Helping with the archery where after some practice shots, the children were able to hit the balloons fairly regularly.

• Assisting the children to get their harness on for the ‘Giant Swing’. However, at the end I was ‘pressured’ into having a go myself! Conquering my fear of heights, and with a large and enthusiastic audience to urge me on, I managed to complete the journey (with only a little screaming)

• Joining in cooking damper over the open fire which was a nice way to finish the day

• The great food that someone else prepares and serves to you. A good system!!

I also really enjoyed the opportunity to get to know the children outside of the school context and to mix with them in a more casual environment.

My thanks to Janet McGinn and Anita Kuchta for all their work in preparation. Thanks also to the other staff attending in Ina Kuehlich, Lisa Carne, Chris Cavill and Carolyn Wilson.

Pink Stumps Cricket Match
Last Thursday we held our annual Staff v. Students Cricket Match in support of the McGrath Foundation. This ‘Pink Stumps Day’ event is a great deal of fun for the whole school, and in particular the children who did (sadly) beat the teacher’s team!! 😞 Importantly however, we also raised $1000 for the McGrath Foundation and this is a great result! Thanks to Anita Kuchta who organises and promotes this event each year, and to the PFA for providing icy-poles and ‘pink lady’ apples for all the children.

PFA Welcome Picnic
A reminder to families about tomorrow night’s PFA Welcome Picnic. The PFA would love to see as many families as possible join in for a pleasant evening in the school courtyard, especially new families to the school. There will be live music provided by a band comprising some past Essex Heights students as well as a sausage sizzle for those who would like the night off from cooking.

Look forward to seeing you there!

10 Ways to Promote Good Mental Health & Wellbeing in Kids
We subscribe to a parenting resource provided through ‘Parenting Ideas’ by Michael Grose. From time to time through Contact I will include resources that may be of interest to families.

I found this list recently and include it a good guide or checklist for families.

10 Ways to Promote Good Mental Health & Wellbeing in Kids
1. Model good mental health
2. Make sure they get enough sleep
3. Encourage kids to exercise
4. Give them creative outlets
5. Provide a space of their own
6. Talk about their troubles
7. Help them to relax
8. Have two routines – weekday & weekend
9. Foster volunteering and helpfulness
10. Bring fun and playfulness into their lives

See you around the school,

Andrew Crossett
Principal
SCHOOL PHOTOS
The photos will be taken next week on Monday and Tuesday 18th and 19th March. Please ensure you return the envelopes to your child’s classroom by Monday. The proposed schedule of times is available from the Office.

PARENTS & FRIENDS 'NEWS'
Thanks to the dedicated parents who attended the PFA AGM last Thursday. Congratulations and thank you to Martha Hatzikosmidis and Morwenna for becoming our new Secretaries, and Nicola for staying on as Treasurer.

Hot cross bun orders are due by Friday 15th March so please make sure your orders are in. Also Easter raffle are to be returned by the 20th March.

Welcome picnic is tomorrow, Friday 15th March from 5:30-7:30 and the weather is looking great so come down and enjoy an evening of entertainment by CRINQL CUT. There will be sausage sizzle and drinks for sale. If anyone is available to help cook or setup on the evening please call me on 0417393782 or just turn up at 4:30 pm outside the hall.

Thank you and enjoy your weekend
Betty Ciorciari

ACTIVE TRAVEL NEWS
It’s fantastic to see so many children riding their bicycles and scooters to school, as well as all those walkers. Research has shown that physical activity before school enhances learning at school.

The bike shelter riding records are well under way with quite a few completed ones which will go in the draw for some great prizes at the end of term. If you have a riding record on your bike or scooter, please make sure that it has your name written clearly on it.

Friday 22nd is National Ride to School Day, to celebrate this event all children riding their bikes and scooters to school will receive a muesli bar or a drink and a sticker, as well as getting one “clip” closer to a completed riding record. To all the walkers, your special day is Friday May 24th "Walk Safely to School Day". Keep listening for special activities on that day.

BASC
The April School Holiday Program is now available and can be collected any day. Get in early and book if you would like to use this service during the holidays.

Don’t forget to ring and leave a message on our Answering Machine (9807 2615) any day if you would like your child to go to Aftercare.
**Canteen**

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>15th March</th>
<th>Linda Cornell, Leigh Sherpa, Felicity Bolitho, Penny Fleming</th>
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</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>18th March</td>
<td>Tas Stamopoulos, Vicki Milevski</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>20th March</td>
<td>Suttwee Yap, Belinda Barnett, Sarah Cobelli</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>22nd March</td>
<td>Stefanie Wendler-Canning, Caroline Thomas, Christine Interrigi</td>
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**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.

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**ESSEX HEIGHTS Primary School**

**Grandparents & Special Friends Day**
**Wednesday 20th March, 2013**

**Concert & Picnic time**

Dear Grandparents & Special Friends,

We are planning a concert and picnic lunch for Wednesday 20th March from 11.30 a.m. to 2.00 p.m.

This will be a great opportunity to visit your grandchildren at school, see their classroom and enjoy a picnic lunch on the oval together.

The program for the day will be:

- **11:30 am**  – meet in The Stadium for a ‘Welcome Assembly’ & Concert
- **12:15 pm**  – visit classrooms with your grandchildren
- **1:00 pm**  – meet on the oval to share a picnic lunch (BYO – chairs, picnic rug and lunch)

We look forward to hosting you here at Essex Heights Primary School.
ST. LUKE'S \ FAYRE

Saturday March 16 2013
9am to 2pm

NEW - Jumping Castle & Pony Rides

Books, Cakes, Craft, Toys, Treasures, Fairy Tent, Sporting Goods, Sweets, White Elephant Store and so much more!

Roving Clown, Children's craft, Coconut Shy, Hoopla, Lucky Dip, Lucky Envelopes, Plaster Mould, Wet Sponge Shy, Wood Etching, Fun and Friendship!

Enquiries: Don Sharp phone 9808 5738
When was your child’s last eye exam?

Millennium Optical
Bulk Billed Eye Testing
PH 9803 3995
59 Blackburn Rd, Mount Waverley
Mon – Fri 10 am -5pm
Sat 12pm-4pm

ASHBURTON PRIMARY SCHOOL
GRAND FAIR
24th March 2013
10am-4pm

Come clown around with us
Fakenham Road Ashburton www.ashburtonps.vic.edu.au