



KINGSTON HEATH PRIMARY SCHOOL



Kingston Heath Primary School Newsletter

Principal Report

Hello to our KHPS community.

Who would believe that we are five weeks into the term already?

Our great school is buzzing with excitement with so many wonderful events happening, including:

- The Foundation to Grade 4 Swimming Program at Waves;
- PYP Exhibition Showcase;
- Junior School Council meetings;
- Excursions;
- Year 6 Graduation preparation;
- Whole School Working Bee
- Foundation 2023 events
- Green team / Sustainability Leaders Garden project
- End of Year Concert preparations, and more!

It's great to see our students actively involved in their learning and to see our school grounds improving gradually.



STUDENT PLACEMENT INTO 2023 CLASSROOM PROCESS

Over the coming weeks, staff will place students into draft 2023 classes. Teachers have not yet been allocated to grades, and the teacher placement process will occur later in the term when we know all staff intentions for the new year.

It is not possible for parents to 'name their child's new teacher' and this is not an opportunity to do so. We have full confidence in our staff. The selection process is very thorough and considers students' social, emotional and academic wellbeing, whilst also ensuring balance.

As acting Principal, I understand there is sometimes valuable feedback to be shared when teachers are placing students into new classes. This information should pertain to academic and wellbeing outcomes for the child. A time window opening from **Monday 7th November** and closing at 3.30pm on **Friday 11th November** will be available for the Principal to receive any parent feedback about their child's placement that is relevant to education and wellbeing. This feedback may guide us in our placement decisions, but no promises can be made.

DATES TO REMEMBER

PJ Day - GOLD COIN
Friday 4th November

Professional Practice Day
Wednesday 9th November
No students required at school

Colour Run - Rescheduled
Monday 14th November

Character Dress-Up Day
Friday 2nd December



The feedback will only be accepted in writing to the school's email address (kingston.heath.ps@education.vic.gov.au). No verbal or other submissions will be considered. A receipt will be issued to you via reply email acknowledging that your feedback has been received. Emails should be addressed with the subject line: "Attention Karen Roberts"

It is important that parents understand that feedback offered outside this time window will not be accepted, except for exceptional circumstances. We thank you for your support in this process. Please note that whilst your letter will be officially acknowledged as being received, the outcome of your child's placement will occur using the same process and timeline as all other children. This is in keeping with the spirit of fairness for all.

It is relevant for parents to alert us to any issues with relatives (e.g. cousins in the same year level) as we will not necessarily associate students via surname. Also, if you have made requests previously, these no longer apply and must be made again considering the current circumstances. You would need to mention issues raised in previous times via a new email.

We look forward to seeing you soon.

Karen Roberts

A.P. REPORT

Welcome back Mr Mac!

Last week, Mr Mac returned to school full time after his paternity leave with baby Bea. I know we will all welcome him back and have lots of questions about the new addition to the McCulloch family. It's been a pleasure to work as Acting Assistant Principal while he's been away and thank you to everyone for being part of such a great school!

It's a Baby Girl



Ryan McCulloch (aka. Mr Mac)
Acting Assistant Principal

Working Bee

There is an African proverb you have probably heard of: "It takes a village to raise a child". According to Wikipedia, it means that it takes an entire community of people to interact with children for those children to grow in a safe

Thank you **so much** to our wonderful volunteers who weeded, pruned, swept and planted the front areas of the school. The difference that a few hours made was fabulous. Another big thank you to all the students who helped take care of the oval and the courtyard areas picking up rubbish, weeding and sweeping to make our learning spaces look clean and tidy. They all enjoyed a well- deserved treat afterwards.



Look out for tables of fresh produce from the school gardens that will be available (for a gold coin donation) at forthcoming events such as assemblies. We have a great range of herbs, fruits and vegetables available including rhubarb, broad beans and parsley. With your support we can keep our gardens producing a wonderful array of fruit and vegetables.





Child Safety

In July this year, a new set of Child Safety Standards were introduced by the Victorian Government. As a result, all schools in Victoria had to revisit their school policies and ensure they were in line with the new standards. At KHPS we have reviewed, re-written and published many new policies that are now published on our school website.

We invite you to have a look at our policies and in particular our new *Child Safety and Wellbeing* policy and our *Child Safety Code of Conduct*. If you have any feedback, comments or suggestions in regard to these policies (or any of our school policies), please contact me.

Daily Attendance reminder - "Every day counts"

Soft starts and Morning arrival: Learning starts daily at 9:00am. Children arriving after 9:00am must sign in at the office. Learning Centres are generally open from 8:50 for a 'soft start', to allow students to arrive with enough time to undertake their morning routines such as preparing their belongings, greeting their friends and teachers and feel calm, settled, and ready-to-learn.

Please note: The school grounds and buildings are UNSUPERVISED PRIOR TO 8:45am. Staff are not on duty before this time. If you require that your child arrive at school before 8:45am they should be enrolled in TheirCare for before school care.

Sue Riley, PYP Coordinator



THE PYP AT KHPS- CONCEPT DRIVEN CURRICULUM

The PYP encourages students to learn through concepts – but what do we mean by this? A concept is a “big idea”— a principle or notion that is enduring and is not constrained by a particular origin, subject matter or place in time (Lynn Erickson 2008).

- Concepts represent ideas that are broad, abstract, timeless and universal.
- Concepts add depth and rigour in student thinking to the traditional “two-dimensional” curriculum consisting of facts and skills.
- Concepts place no limits on breadth of knowledge or on depth of understanding, and therefore are accessible to every student.
- Concepts represent the vehicle for students’ inquiry into the opportunities and challenges of local and global significance.
- Concepts are concise; they are usually represented by one or two words.

The PYP has identified seven ‘Key Concepts’ each with an accompanying question that help to guide teachers and students in their teaching and learning by adding building understandings across, between and beyond subject areas.

As an example, we can think of change and how something is transforming when we are writing an adjective to describe an object; how numbers change when we multiply or divide them; how states of matter change in a science experiment or how we change the direction of a ball by applying force as we kick it in PE.

By using these key concepts, or subject-specific concepts also known as related concepts, it allows students to deepen their understanding and make connections between their learning.

If you would like any further information about the PYP, please don’t hesitate to contact me, or you can also look on www.ibo.org



Sue Riley, PYP Coordinator



School Vision & Values - An update for the KHPS community



"A value is a way of being or believing that we hold most important" (Brene Brown).

As we have commenced a review of our school's Vision and Values we thank the members of our parent community who responded to and contributed to our values survey. Following your submissions, and the work by our staff over a number of workshops, four key themes emerged.

- Theme 1 was around Community/ Collaboration/ Teamwork/ Connection etc.
- Theme 2 was around Caring/ Compassion/ Kindness/ Love/ Joy/ Gratitude etc.
- Theme 3 was around Achievement/ Aspiration/ Confidence/ Excellence/ Perseverance/ Learning/ Growth etc.
- Theme 4 was around Trust/ Respect/ Authenticity/ Honesty/ Accountability/ Loyalty/ Integrity etc.

Our next step in this process is to narrow and operationalise these themes. For example, what does it look like when people are acting/behaving in alignment with our values, vs acting/behaving out of alignment with our values? That is,

"Living into our values means that we do more than profess our values, we practice them. We walk our talk - we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviours align with those beliefs" (Brene Brown)

We will be putting this to our student body over the coming weeks. We will examine and define some of the key values that fall within the above themes, and most importantly unpack what these might 'look like' in action at school.

When we are a little further along with our work around Values, we will begin to articulate a Vision for our school. A vision statement is a written declaration clarifying our school's meaning and purpose for all community member.

According to the Department of Education and Training, a school's vision creates the foundation for success and a narrative for change if the school can determine:

- Why are we here?
- What do we stand for?
- How do we achieve our goals?

We look forward to having all of our community involved further in this process as we move forward, so we will stay in touch on our progress!

**Kind Regards,
KHPS Leadership Team**

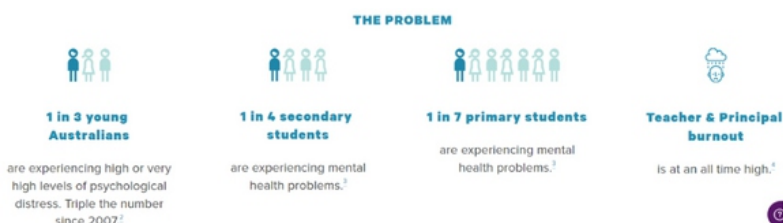
SMILING MINDS AT KHPS



Smiling Minds is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life. You can't separate learning and wellbeing. Wellbeing is essential for learning. With mindfulness, students are more focussed and more engaged learners.¹ (Smiling Mind)

At Kingston Heath, we value the health of the whole child, helping each child to find their own value and self worth, by providing them with building blocks to explore, reflect, value and express themselves.

This year Kingston Heath Primary have embarked on a journey with Smiling Minds to implement practices to support the wellbeing of our students, staff and community. We are excited to educate our community further about mindfulness and how Smiling Minds is supporting our students in the classroom.





THE IMPACT



1 in 5 are disengaged
On average these disengaged students are 1-2 years behind their peers, academically.¹



1 in 4 students bullied.²



3.5 times more likely
to commit violence towards women if bullied at school.³



Youth suicide rates at a 10 year high
Rural and regional most at risk.⁴

What is mindfulness?

"Mindfulness is paying attention to the present moment with openness, curiosity and without judgement".

How does mindfulness help to develop foundational skills?

According to a meta-analysis of more than 70 studies comparing more than 6,000 school aged young people, those who practised mindfulness showed:



Better emotion and behaviour regulation

than 62% of those who didn't practice mindfulness⁵



Better academic performance

than 66% of those who didn't practice mindfulness⁶



Lower depression and anxiety scores

than 66% of those who didn't practice mindfulness⁷



Better social skills

than 64% of those who didn't practice mindfulness⁸

Each week at Kingston Heath Primary, students across all levels are invited to participate in mindfulness exercises, to support concentration, awareness and to be able to refocus their attention to the present. Mindfulness is used not only to calm and refocus our mind after an exciting play time, but to energise the mind in a similar way our brain breaks are used to energise the body. By becoming aware of our thoughts and times where our mind wanders, mindfulness helps draw your attention back to the present, being able to focus and concentrate more readily.

How does mindfulness improve students' ability to learn?

1.

It improves attention⁹, meaning students are more capable of taking in new information without being distracted by internal reactions or preconceived perspectives.⁹

2.

It improves working memory, cognitive flexibility, reasoning, planning, goal directed behaviour and self regulation,¹⁰ essential skills when it comes to learning new information.

3.

It reduces emotional reactivity, behavioural issues, anxiety and depression.¹¹ This means students have fewer potential obstacles standing in the way of their learning.

Resources:

<https://www.smilingmind.com.au/>

<https://app.smilingmind.com.au/home>



**Your Smiling Minds Champions,
Kai-lee Le Dan & Monique Driscoll**

How You Can Support Your Child at Home

We encourage you to get involved in your child's mindfulness journey!



Mindful eating

Think about how your family eats meals – is everyone all over the place or do you sit down and enjoy meals together?

Try and use meal time to savour your food, speak to each other and be present without any unnecessary distractions.

Mindful awareness

Spend time inside your house, in the garden, or even on your commute to your early learning center and simply pay attention to what you can see, hear and smell.

It's amazing how often we go about our day without noticing what's happening around us.

Mindful communication

Try and practice mindful communication by being aware when you are distracted and not paying attention, and bring your attention back.

Try to remind yourself to stop multitasking and simply pay attention when you're speaking to one another. Really try to focus on what is being said and see if you can listen without thinking of other things – it's hard, but worth it!

FOUNDATION!

Narrative writing

In Foundation we have been learning about narratives and the features of narratives.

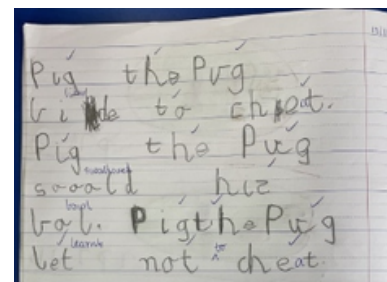
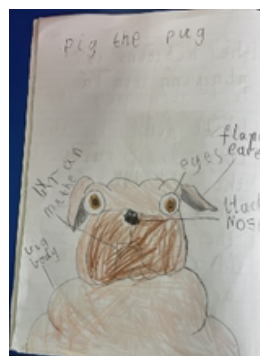
We have explored characters, setting, beginning, middle and end through the Pig the Pug series. We have learned to retell a story and identify the characters outside and inside traits.



Max, FA



Emily, FA



Last week we began our inquiry into the central idea 'Family life has changed over time'. We drew pictures of our family and talked about who is in our family and how they are related and connected.



Kaiser



Tomy



YEAR 1 & 2!

English

The students have been inquiring into how to write a persuasive text. They have been writing to the CEO of Woolworths to persuade him to replace plastic straws on fruit boxes with something more biodegradable. Students have also been learning about the structure and purpose of a procedural text. In the below picture students helped student teacher Miss M to get dressed for her fancy dress party by writing detailed steps for her to follow. In reading, we have been learning about contractions and inferential comprehension.



Maths

In Maths we have been learning about time. We made paper clocks to support students telling the time and have been working on telling and writing both analogue and digital times. We have also been learning about fractions, using paper and objects to demonstrate the equal parts of a whole. We continue to learn our number facts and number fluency every day.



Swimming

Students have recently participated in 8 swimming sessions and have thoroughly enjoyed their time at Waves. The last day was 'Fun Day' where they spent time on the Inflatable, Water Park and Wave Pool.

Respectful Relationships

The students have been learning and practising 'help seeking'. They have been doing role plays on how they would ask for help in different situations. Students enjoyed collaborating with each other and presented their ideas to the class.

YEAR 3 & 4!

What's Been Happening in Learning Centre 3?

It's been a busy Term for the year 3/4's so far as we resumed our weekly Kitchen sessions. Students have enjoyed making and eating a curried pumpkin soup, white bean dip, guacamole dip and noodle salad with black vinegar dressing. A big thankyou to Jen Kat and our parent volunteers for helping make this program a great success.



Students completed their two-week intensive swim lessons at Waves Leisure Centre on Thursday with a Fun day. Students were split into two groups and rotated through the two activities before rejoining in the Wave pool. On the inflatables students had the opportunity to complete challenges like going backwards while being splashed by the instructors, while in the Splash Zone students went on a water slide and had buckets/hoses splashing water on them. The other highlight was the Water Safety Day where students experienced what it was like to swim in their clothing and learned tips to reduce the risk of drowning and injury to themselves and others. Thank you to all of the parents who came along to watch, support and help out each day.

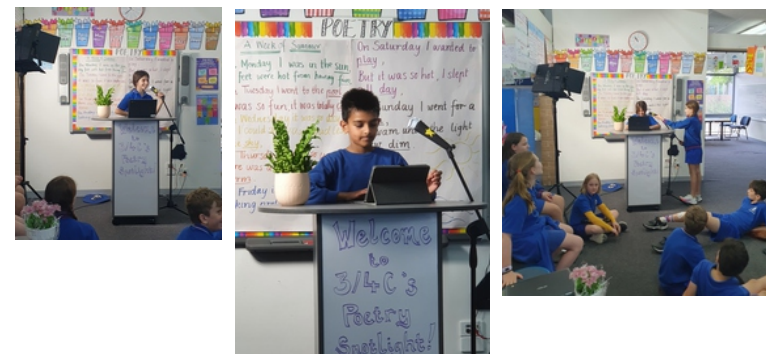


To engage students in our new unit of inquiry, *How we express ourselves*, we attended an animation workshop at ACMI and explored their exhibition on 'The Story of the Moving Image'. We will now be building on this experience as we inquire into the central idea 'Media artworks have been created to influence society'.





To finish off our literacy unit on poetry we held a poetry reading session. Students selected their two favourite poems to recite in front of their class. Students focused on speaking clearly, with enthusiasm and making eye contact. As audience members we focused on providing constructive feedback to help our class members improve their public speaking skills.



YEAR 5 & 6 NEWS!

This term is a particularly epic term for Year 5 and 6 students, and it's already begun:

Exhibition

The students worked stupendously hard to present their knowledge in a variety of ways to engage an audience from the age of 5 to adult which was truly transdisciplinary as it involved a range of curriculum content and skills.

All students developed their English skills in reading to find relevant information while researching and paraphrasing this in their writing.

We worked on our Maths skills by conducting surveys, presenting and analysing the data and finding relevant credible statistics to interpret and make conclusions to present as well.

Students developed a piece of work using a lens from another area of the curriculum, such as The Arts, The Humanities (History, Geography and Economics), Health and Physical Education, and Science.

Students also created an interactive component so visitors to the Exhibition were able to engage interactively with their topic, including board games, pledge boards, Kahootz, and more.

Students took action in a variety of ways, including raising awareness of their problem at the Exhibition.

Ella, Patty, Lenny and Marley inquired into cancer and raised \$1010 for the National Breast Cancer Foundation.

They held a raffle and the winners were:

1st place: Ayla Saides

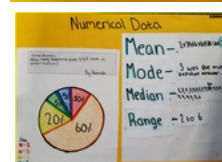
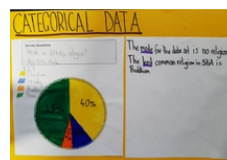
2nd place: Catherine Ingham

3rd place: Ms Wheatley



English

We are all very excited to be applying our learning of the reciprocal reading roles from earlier in the year and working in cooperative learning groups with some brand new books which we have purchased. We have also been looking at speeches in preparation for Year 6 students to write their Graduation speech and Year 5 students to write their Leadership speech.



Maths

Students have been working on the Statistics and Probability strand of Maths and the Data Representation and Interpretation sub-strand. They have conducted categorical and numerical surveys, completed frequency tables using their knowledge of fractions, decimals and percentages, presented their data in pie charts using their knowledge of geometry to use a protractor, then interpreted the information.



Social Emotional Learning

We are continuing to learn how to be mindful by taking bitesize meditations through the Smiling Mind program. Students are learning about Gender Identity in the Rights, Responsibilities and Respectful Relationships program.

Transition

Teachers are completing transition reports and sharing information with secondary colleges to support the Year 6 students in their transition. Cheltenham Secondary College visited and their Year 7 band and senior Avenues Band performed for all our Year 5 and 6 students to showcase some of the instruments they could learn and the skill level that is achievable. Our very own drummer, Noah, demonstrated his drumming skills at the end of their performance!



Graduation

We are in the throes of planning the Year 6 Graduation and after consulting with parents and our school leadership team these events have been decided upon to celebrate this significant event on Wednesday 14th December.

8:50 Students arrive at school 'dressed to impress' for Graduation

8:50 - 11:50 In class activities

11:50 - 12:40 Students enjoy a pizza lunch in their classrooms and check their presentation

12:50 - 2:20 Graduation Ceremony held in Kingston Heath Primary School's Performing Arts Centre - Parents/carers are invited to attend

2:20 - 2:40 Afternoon tea

2:40 - 3:50 Students enjoy a disco in the Art Room while parents continue their afternoon tea in the Performing Arts Centre

3:50 Students are dismissed

Thank you to all the parents who have already offered to help. Watch out for Compass posts with more information!



HATS! HATS! HATS!

Reminder that - as a SunSmart school - **hats are required to be worn from September 1st**. This includes during recess and lunch breaks, for P.E. class, and other outdoor events such as assemblies.

We still have a large number of students "forgetting" to bring their hats. Please support this message at home and remind your child to pack their hat. Students without a hat are directed to play under the breezeway/courtyard.

Greetings Kingston Heath community,

Hi, my name is Donna and I would like to introduce myself as the co-ordinator of Kingston Heath Primary After School Care Service. I have a background in Children's Education which has been my passion for over twenty five years.

My hobbies range from very quiet to very loud! I can be found quietly fishing or gardening in my very small but very colourful garden, on the other end of the spectrum, I can be out riding with other Triumph motorcyclists either touring or out for a leisurely Sunday ride.

The program here at the school offers fantastic activities before, after and during the holidays for children. The children are at the heart of both the program choices and the menu, the menu is varied, healthy and encompasses dietary and multi cultural needs also.

We value engagement with the children and make an effort to offer activities based on their needs and interests. Their menu is also based on healthy choices that the children have requested.

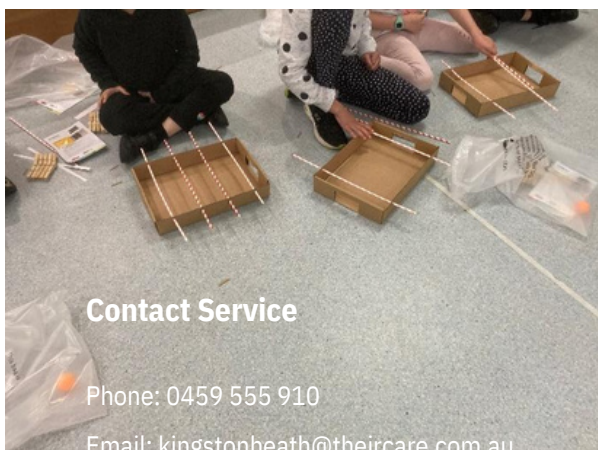
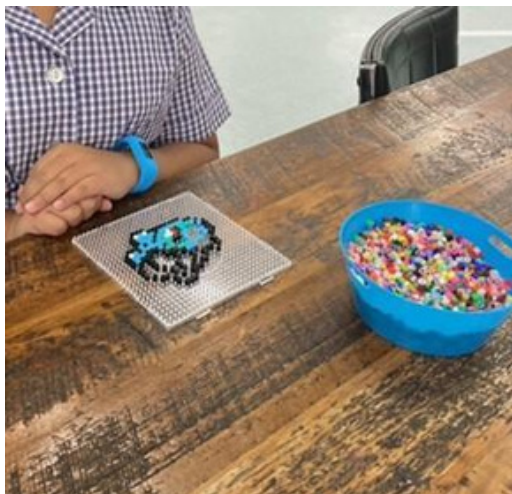
Any parental input is welcome and we would love to hear from you with suggestions, donations of pre-loved toys (especially Lego or dress up items) or if you have any concerns.

Have a great weekend.

Kingston Heath School

- **Bookings** are essential prior to attendance. We cannot guarantee a place for your children without bookings.
- Please ensure that children bring their **Hats & Water Bottles**.
- TheirCare is a **NUT free** service, please make sure you pack **NO NUTS** for children
- Children are required to stay home when **unwell** and fully recover before coming back to service.
- **Face masks** are strongly recommended for families to come in for pickup/drop off

KH TheirCare Gallery



Contact Service

Phone: 0459 555 910

Email: kingstonheath@theircare.com.au

Contact Head Office

Times



**CHELTENHAM
JUNIOR
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**2022
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PANTHER PROUD**

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**nab
AUSKICK**

**IGNITE A PASSION
FOR THE GAME!**


CHELTENHAM PANTHERS

LePage Park, Cnr Herald & Argus St, Cheltenham

SATURDAY MORNINGS 9:15AM-10.30AM

JON MORGAN
0427 388 453 / auskick@cjfc.com.au

play.afl/auskick



**INSTRUMENTAL MUSIC LESSONS
AT KINGSTON HEATH PRIMARY SCHOOL - TERM 1, 2022**

Dear Parents,

Poco Music conducts Instrumental Music lessons at Kingston Heath Primary School during school hours. We are now taking enrolments for Term 1, 2022

Instrumental lessons are offered in Piano, Ukelele, Guitar, Bass, Drum kit, Brass, Woodwind, Strings and Singing. Lessons are taught by fully qualified teachers in a fun environment.

COST OF LESSONS:

- \$39 Private 30 min lessons
- \$29 Private 20 min lessons

Upon enrolment we will contact you to schedule lessons along with upfront payment for the term or place you on an ongoing direct debit arrangement.

We will also provide you with access to our student portal which will enable you to send messages, access your child's lesson notes and roll attendance.

You will also have visibility of credits that may be applicable throughout the term.

If you would like to enroll your child for lessons, please fill out our enrolment form online at www.pocomusic.com.au by clicking on the "Enroll Now" button.

For more enquiries please email us at: admin@pocomusic.com.au or call our office on [9584 7341](tel:95847341)

Kind Regards,
Maria



Join us today!

*Just an hour a fortnight can
make a huge difference to the
wellbeing of an older person.*

CBCHS provide full training and support

**For more information please contact
Sally Alacqua on 8587 0322 or visit
<http://bttr.im/opdeo>**



CENTRAL BAYSIDE
COMMUNITY HEALTH SERVICES

The Community Visitors Scheme (CVS) provides a wonderful opportunity to volunteer within your own community to enhance the well-being of an older person experiencing loneliness. At the same time experience something richly rewarding in your own life.

This government-funded program matches a volunteer visitor with a lonely or isolated person living in an aged care facility or in their own home.

The visits are purely social, with the intention of developing an ongoing friendship and social connectedness.

**All volunteers must be fully vaccinated
(including booster) and undergo a police check.**

Music Therapy 🎵

Katani La Rocca

Registered Music Therapist

Music is a wonderful medium that everyone can engage with. No background in instrumental playing is needed to use music to assist in wellbeing and support, and sessions are a judgement free space

Music Therapy can assist your child to

- Positively express and make sense of emotions
- Develop social skills through music making
- Build confidence
- Improve mood and decrease anxiety
- Promote verbal communication
- Develop physical ability and improve coordination
- Enhance motivation to participate in positive behaviours

If you would like more information
please contact Katani (Kat)
0437 652 315
musicwithkatani@gmail.com

MUSIC WITH
KATANI



What happens in music therapy sessions?

A music therapy session can include activities such as:

- Music improvisation
- Song Sharing
- Songwriting
- Singing
- Relaxation

Music Therapy and the NDIS

Music therapy sessions with Katani can currently be funded by the NDIS under "Capacity Building"



**A DEVELOPMENT PROGRAM FOR
PLAYERS WANTING TO TAKE THEIR
GAME TO THE NEXT LEVEL.**

**SCAN TO
REGISTER FOR
TERM 4!!**



- **WEEKNIGHTS**
- **1 HR SESSIONS**
- **SMALL GROUPS**
- **CORNISH COLLEGE**



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Mondays & Wednesdays

5:30-6:30

5-7 YO | 8 - 11 YO

**FREE
TRIAL**

\$10 sessions



Kids Parties

- Space jump
- Sports & jump
- Dodgem cars
- Nerf wars
- Bubble soccer
- Laser tag

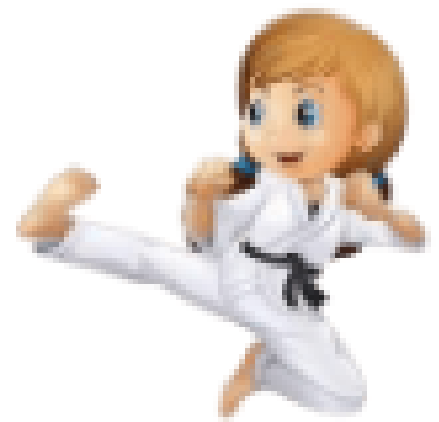
 **9547 2555**

 **546 Springvale Rd,
Springvale South**

springvaleindoorsports.com.au

TSR MARTIAL ARTS

KIDS CLASS FREE TRIAL



Defensive training that addresses aggressive confrontation
with a realistic approach

COMBATIVE TRAINING

Time:

6pm-6.45pm (8-13yr)

Location:

Cheltenham Community Centre CNR Chesterville Rd & Pine
Street, Cheltenham, Vic

Dates

Term 1,2,3,4 / Wednesdays / Bookings Essential

0430 282 080



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