



Our News

News from Templestowe Heights Primary School
Newsletter Term 3 Week 5

12th August 2021

Templestowe Heights Primary School Values

Persistence

Respect

Courage

Responsibility

“inspiring learners for life”

ACTING PRINCIPAL’S REPORT

I think I may have jinxed us all last week by celebrating a full week back at school! Covid and related lockdowns move very quickly but the one thing that stays the same is the quality curriculum that the teachers present to your children every day.

I am extremely proud of all of our staff for how quickly they can put into place the THPS online learning program. A great deal of planning time and effort, and yes WebEx meetings, occur behind the scenes for this to appear on your Google Classroom. We much prefer face to face teaching but the teachers continue to do everything they can to engage and stretch your child’s thinking and learning.

Thanks also to you parents, carers and guardians for interacting with the timetabled lessons, independent tasks and ensuring that our students engage with what is being offered. Having your child online and prepared for learning, models the value that lessons are important and the structures provided keep some normality and order to the unique situation we find ourselves in.

Due to the latest lockdown we have unfortunately had to cancel the Year 3/4 Camp. We have attempted to find another date for this to occur but have been unsuccessful. This is such a shame as many hours of organisation, payments and paperwork have gone into the preparation of this camp, particularly from Kate Stacker and Margaret de Haas. I would like to say a special thank you to Liz James and Despina Alleri for hurriedly going off and completing a CPR course, as is required by DET, in preparation for the camp.

The Year 3/4 teachers are planning something amazing to replace this however, so please let your children know that out of disappointment, will come something else unexpected for them to look forward to...

The lockdown has forced us to hopefully only postpone the Grade 1/2 excursion to CERES. We will make every attempt to coordinate another time for this educational experience to occur for the children.

Student Support Group (SSG) Meetings have to be rescheduled, Print-a-Car postponed and the Production may need to be run differently this year. Even our Junior School Councillors and Environmental Leaders for Semester 2 will need to wait until we are back on site for the selection process in all grades to be completed.

These are the challenges that we continue to face. Will they stop us? No! We find ways around the barriers, as you do at home and in your workplace, as we continue to offer a safe and supportive learning environment for each and every child at our school. We look forward to seeing you again hopefully soon.

To help stop the spread of Covid and especially for the safety of the school staff, I have included the DET guidelines for those who can attend school during lockdown.

- Children where both parents and or carers are considered authorised workers who cannot work from home, work for an essential provider and where no other supervision arrangements can be made:
 - where there are two parents/carers, both must be essential workers, working outside the home in order for their children to be eligible for on-site provision
 - for single parents/carers, the essential worker must be working outside the home in order for their children to be eligible for on-site provision

- Children experiencing vulnerability, including:
 - in out-of-home care
 - deemed vulnerable by a government agency, funded family or family violence service, and assessed as requiring education and care outside the family home
 - identified by a school or early childhood service as vulnerable, (including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service)
 - where a parent/carer indicates that a student with a disability is vulnerable because they cannot learn from home, and/or informs the school the student is vulnerable due to family stress, the school must provide on-site supervision for that student. This may apply to students enrolled in specialist schools and students with a disability enrolled in mainstream schools

Andrew Veal
Acting Principal

CALENDAR OF EVENTS 2021	
Term 3	
Thursday 19 th August	Year 5/6 Living & Growing Session 1
Friday 20 th August	Year 1/2 CERES Excursion
Thursday 26 th August	Year 5/6 Living & Growing Session 2
Monday 30 th August	House Athletics Sports
Thursday 2 nd September	Year 5/6 Living & Growing Session 3
Wednesday 8 th September	Dress Rehearsal Whole School Production School Council Meeting – 7.00pm
Thursday 9 th September	District Athletics
Friday 10 th September	Rehearsal Whole School Production
Saturday 11 th September	Parent Social Evening
Monday 13 th September	School Production
Mon 13 th to Wed 15 th Sept	Life Education Program for Foundation & Year 5/6
Friday 17 th September	Active-A-Thon Term 3 Ends - Students Dismissed 2.30pm
TERM DATES 2021	
Term 4	Monday 4 th October to Friday 17 th December
Pupil Free Days	
Monday 1 st November	

FROM THE OFFICE

The office will be attended from 8.30am to 4.00pm during lockdown. At all other times please email the school at templestowe.heights.ps@education.vic.gov.au

PARENT OPINION SURVEY

WE WANT OUR PARENTS/CAREGIVERS/GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents/caregivers/guardians (previously known as the Parent Opinion Survey). It is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

Approximately 30 per cent of parents will be invited to participate in this year's survey.

All responses to the survey are anonymous. This year, the Parent/Caregiver/Guardian Opinion Survey will be conducted from Monday 26th July to Sunday 22nd August.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any time that is convenient within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

Survey results will be communicated to parents/caregivers/guardians via the school's Annual Report to the Community. Last year, your valued feedback informed the continuing improvement of our approach to flexible and remote learning throughout 2021. Please contact the office if you would like more information.

WELLBEING

During this time of restrictions due to COVID-19, we are reminded by Andrew Fuller, Melbourne-based clinical psychologist, that stress is accumulating and being felt on a community scale. Fuller gives us permission to be gentle on ourselves at this moment. Grab a cuppa and have a read of his articles: '[How to get through a bad day](#)' and '[How to stress yourself out](#)'.

The links to the articles are provided below.

<https://drive.google.com/file/d/1w3l7YZAQzVqNP22H7kSaCPiV2SI4wgII/view>

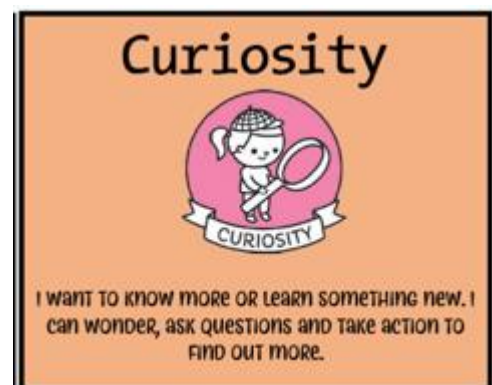
<https://andrewfuller.com.au/wp-content/uploads/2014/08/How-to-stress-yourself-out.pdf>

The other important reminder when stress is present, is to measure it's severity. Research warns us of the connection of anxiety and depression. So take a moment and check in. Here is a Beyond Blue checklist, and remember if you need, reach out and find someone to guide you through this moment. Life line is an accessible way to seek help, so is seeing your GP.

<https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>

Remember, stay connected and reach out. Check in with friends and family. By supporting others, we boost our feel good vibes, as relationships and belonging are key to our wellness.

Priming positive emotions at this time is also essential! This is a great time to bring forward our character strengths: gratitude and hope. Motivation is low, so using curiosity and creativity will help boost this vital component of our happiness. Next week, check out our Wellbeing Newsletter that will give you some tips on how to use these character strengths at home. And please, if we can support you in anyway please let us know.



SCHOOL PRODUCTION-BEHIND THE SCENES

Welcome to behind the scenes for our school production 'The Belonging Tree'. Term 3 has kicked off with a twirl with our amazing performers exploring dance elements, choreography skills and learning their dance items for the school production. There are many more busy production bees continuing to create and rehearse behind the scenes including our fabulous volunteers creating costumes and props, student cast members learning their character dialogue, musicians rehearsing their musical pieces, dance assistants practising dance steps and our fabulous staff supporting our team!

Despite these sudden lockdowns that we are facing, as we say in showbiz...the show must go on! We will provide more information about how the production performance will take place once announcements are made next week. Thank-you for your support. We are looking forward to sharing this theatrical journey with you all to allow our young performers to shine! Here's a sneak peak of behind the scenes including the story about 'The Belonging Tree'...

Sylvia Petrovska
(Performing Arts Teacher)

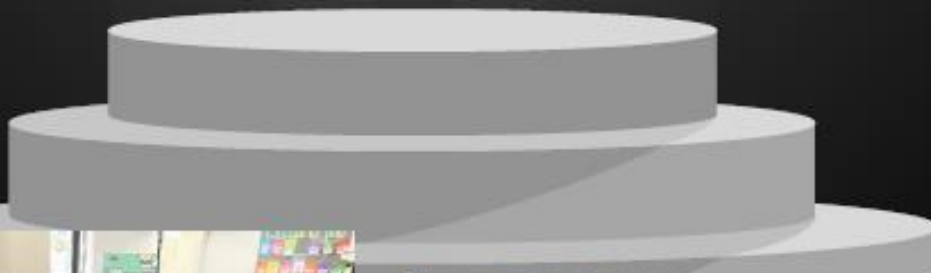




THE BELONGING TREE STORY

A new student, Sparrow has just moved to Templestowe Heights Primary School. Between the uncertainties of a new school and questioning if others will like her and her quirks, the only way for Sparrow to express her feelings is to write her wishes of belonging on paper cranes that represent the symbol of hope. As Sparrow makes daily trips to school, she meets new peers at THPS and joins some lunchtime clubs and tries new school subjects. Struggling to fit in, Sparrow still feels lost, but with the encouragement from her new friends, family and best friend, Sparrow realises that staying true to herself is all she needed to do to set her hopes free.

Friendships are truly worth more than a thousand paper cranes.





Active-a-thon – RESCHEDULED - Friday 17/9/21 (last day of term 3)
This year's Active-a-thon has been rescheduled again, for the last day of term 3. Students can wear sports themed outfits. The event will run from 9:15am - 10:30. Each child will receive a Zooper Dooper afterwards. Spectator and helper numbers will be subject to COVID restrictions. Kids who raised over \$50 and returned their form on time are in the draw to win a prize – Rebel Sport Doncaster have generously donated 4 gift

vouchers as our prize for each level.

Parent Social Night - RESCHEDULED – SAVE THE DATE – Saturday 11th September

We have re-booked our parent/guardian social night for 11th September. Same time, same venue, same theme - Disco Bingo in the gym. This will be the last weekend before the end of term 3. Flyer attached.

The THPS Parent Social Night is always a fun and entertaining night out! **TICKETS ON SALE NOW!** Tickets are \$25 each available online at <https://www.trybooking.com/BRAKL>

(*if you have already booked tickets but are unable to make the new date, please email us).

THPS Parents & Friends Community Facebook page

Join the THPS closed Facebook group by searching for THPS Parents & Friends Community and answering the question.

<https://www.facebook.com/groups/758762184247385>

P&F Team - Cecile, Fiona, Oula & Sarah thpspaf@gmail.com

Community News

Looking for a Tutor?

While I (Alex Bruinewoud) have some time at home, I would like to offer my services as an **online tutor**. Being a teacher, I know how important it is for students to feel confident and supported in their learning so that they are able to take risks and grow. If you feel that I could support your child to develop their confidence, fluency, engagement or perhaps extend them further, please contact me.

I am offering 1-hour sessions in all subject areas. I continue to remain in contact with Templestowe Heights, ensuring that I can provide scaffolding that aligns with the current practices at the school.

If you would like more information please email me at alexandra.bruinewoud@education.vic.gov.au

TEACHING



Brainworks Doncaster

One to one Teaching- Individualised Learning program

Core Skills English & Maths Program, Year 1-Year 10
Extension, Reinforcement and Remediation

Scholarship and Selective Entry Program
Assessment, Skill Development and Exam techniques

Sessions: Thursday 4:00 pm - 5:30 pm
Saturday 1:00 pm - 2:30 pm, 2:30 pm - 4:00 pm

Venue: MC2 Manningham City Square,
687 Doncaster Rd, Doncaster

free assessments



0476 145 263

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Finding the Hope

Single Session for Parents and Carers

Would you like tips and strategies to:

- Manage better and survive during these uncertain times?
- Support our kids to cope during uncertainty?
- Manage expectations?
- Parent anxious children?

Join us and other parents to have your questions answered and hear from each other how to parent during these times

DATE: Tuesday 17th August 2021

TIME: 1.00pm - 2.30pm

WHO: Parents, Grandparents and Carers

WHERE: **Online** - Via Zoom

COST: Free of charge (Bookings essential)

BOOKINGS:

<https://www.trybooking.com/BTGTX>

For enquiries contact:

ParentZone Eastern on (03) 9721 3646 or email
ParentZone.Eastern@anglicarevic.org.au

PARENTZONE

anglicarevic.org.au

**BETTER
TOMORROWS**



The New Normal

Emotion Focused Parenting

Would you like tips and strategies to:

- Better understand and talk with your child during these changing times?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

When:

Thursdays (6 evening sessions)
12th August - 16th September 2021

Time:

7.00pm - 9.00pm

Who:

Parents, Grandparents and Carers

Where:

Online - Via Zoom

Cost:

Free of charge (Bookings essential)

Bookings or Questions:

Call Julia on 9721 3629 or
0400 866 495

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