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News from Templestowe Heights Primary School Newsletter Term 3 Week 9

9th September 2021

Responsibility

Templestowe Heights Primary School Values

News

Persistence

Respect Courage "inspiring learners for life" Lockdown Trivia Night -Online

This Saturday 11th September 7.30pm

ACTING PRINCIPAL'S REPORT

Our next community challenge is 'What Makes You Smile?' What is it that makes you smile as a family? Ross and Jasmine Toogood smile when performing ballet together. I smile when I can finally get my hands on the television remote. That Judge Judy is the best!

Please add your photos that make you smile through the school's Learning Portal. This is found at the top of the Templestowe Heights web page. Just follow the directions.

While you are there check out our latest challenge, the 'Creativity Project', there are two slide shows. One show containing photos and the other videos of our families being creative.

Thank you to everyone who takes the time to photograph/video and submit these for us all to see.

We now have some direction from the Government as to what will happen with Metropolitan schools for the remainder of this term. Things will remain the same for the remainder of this term with our online program to continue. I am

expecting news about next term to be delivered by Mr Andrews during the school holidays. We will adapt quickly and inform parents as soon as possible.

I hope that all dads had a lovely day last Sunday and were spoilt with breakfast in bed and lots of presents? It was certainly a different day, due to our current restrictions, but I'm sure that families made the best of it.

This Saturday night, 11th September, commencing at 7.30pm we have the Lockdown Trivia Night 2 – The Sequel. This is a free community event that has been organised by the Parents And Friends. Make a team and get online for a fun evening.

Bookings can be made at <u>www.trybooking.com/BTVFW</u>

R U OK

Today is RU OK Day. In these times we need to be looking out for each other. Below is an extract form the RU OK web site.

We can all make a difference in the lives of those who might be struggling by having regular, meaningful conversations about life 's ups and downs.

If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're doing or saying - trust that gut instinct and take the time to ask them "Are you OK?"

By acting as 'eyes and ears' and reaching out to anyone who's going through a tough time we can show them they're supported and encourage them to access help sooner.



HOW TO ASK

Ask R U OK?

- Be relaxed, friendly and concerned in your approach.
- Help them open up by asking questions like "How are you going?" or "What's been happening?"
- Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"
- IF
- If they don't want to talk, don't criticise them.
- Tell them you're still concerned about changes in their behaviour and you care about them.
- Avoid a confrontation.
- You could say: "Please call me if you ever want to chat" or "Is there someone else you'd rather talk to?"

LISTEN WITH AN OPEN MIND

- Take what they say seriously and don't interrupt or rush the conversation.\
- Don't judge their experiences or reactions but acknowledge that things seem tough for them.
- If they need time to think, sit patiently with the silence.
- Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"
- Show that you've listened by repeating back what you've heard (in your own words) and ask if you have
 understood them properly.

ENCOURAGE ACTION

- Ask: "What have you done in the past to manage similar situations?"
- Ask: "How would you like me to support you?"
- Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?"
- You could say: "When I was going through a difficult time, I tried this... You might find it useful too."
- If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to."
- Be positive about the role of professionals in getting through tough times.

CHECK IN

- Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
- You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted."
- Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

If you want to find out more please visit the link https://www.ruok.org.au/

Andrew Veal Acting Principal

CALENDAR OF EVENTS 2021

Term 3	
Saturday 11 th September	Parent Social Evening - Free Online Event
Wednesday 15 th September	School Council Meeting – 7.00pm
Friday 17 th September	Term 3 Ends 2.30pm
Term 4	
Monday 4 th October	Term 4 begins
Monday 1 st November	Pupil Free Day
Tuesday 2 nd November	Melbourne Cup - Public Holiday
Tuesday 23 rd November	House Athletics Sports
Friday 17 th December	Term 4 Ends – 1.30 Student Dismissal
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



LOCKDOWN TRIVIA 2 - ONLINE EVENT Parent Social Night –7.30pm Saturday 11/9/21

We have decided to hold an online Trivia Night again this year. Hosted by Dolly from Disco Bingo, it will be open as a free event to all members of our adult community – parents, guardians and staff. We hope you

can all join us! Similar to last year, small groups will be taken into virtual break out rooms. Don't worry if you don't know anyone but would like to join in – we will have rooms for each level that you can join to meet some new people (Break Out Rooms Prep, G1&2, Gr 3-6). We are focusing on getting the community together again to have fun. We are limited to 100 screens for this event – one screen per household. Get your free ticket NOW https://www.trybooking.com/BTVFW

Parent Social Night – RESCHEDULED - Term 4 – Barefoot Bowling

We will still attempt to hold a parent social night in person in term 4 in early December because we believe it is vital we bring the community together in person when we can. If you had bought tickets for our Disco Bingo night in May, these will be rolled over into our Barefoot Bowling event. Of course, if you are unable to attend, we will refund your ticket. We will let you know the details when they are finalised. Raffle tickets sold for the May event will be drawn on the night.

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



TEMPLESTOWE HEIGHTS PRIMARY SCHOOL PARENTS&FRIENDS ASSOCIATION PRESENTS

LOCKDOWN TRIVIA NIGHT 2 -THE SEQUEL

SATURDAY 11TH SEPTEMBER @ 7.30PM - ONLINE

Free community event for parents & staff "Dress up from the waist up"

Bookings - www.trybooking.com/BTVFW



LOCKDOWN TRIVIA NIGHT #2 - 2021

Tickets are now available for our Online School Community Adult Social Event - Lockdown Trivia Night 2 – the sequel for parents, friends and staff of THPS, on Saturday 11th September at 7.30pm.

This is a FREE ONLINE EVENT to connect our school community, hosted by the very entertaining Dolly. All you need to join in is a screen (phone, iPad, computer).

You can play in a Break Out Room team of between 2-6screens, but ideally 4-5 screens per team (couples/households will play sharing one screen). Organise your own group of friends, or if you'd like to join a year level group we have set up Break Out Rooms Prep, Gr1&2, Gr3-6. Each team will need to nominate a 'Host' who should ideally be using a laptop/PC on the night, will share their screen with the team and will answer the questions on behalf of the team. We will be using Zoom and each team will go into their own 'break-out room' to answer the questions and have a chat during each round of questions. Closer to the event we will send you an email with the link to join on the night and instructions.

To book your ticket:

1. Get your team together and work out who will be the "host" in your team.

2. Go to www.trybooking.com/BTVFW and select "Book Now"

3. Select one of the "sections" for your team (select a section which still has 6 tickets available, meaning no tickets booked yet) and book a ticket for yourself, let the other members of your team know which is your section/team name so you are grouped together. This is how we will form the 'break-out rooms' for the event.

5. If you don't have a group but would like to join in, email us or pop yourself in one of the Break Out Rooms Prep, Gr1&2, Gr3-6.

Easy.

Who will have the boasting rights this year?

We can't wait to see you there!

Cecile, Fiona, Oula & Sarah

THPS Parents & Friends

Community News

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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.

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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 $% \left({{{\mathbf{x}}_{i}}} \right)$

 $a \verb+ exandra.bruinewoud@education.vic.gov.au$

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BASKETBALL - SOCCER -CRICKET - NETBALL - TENNIS -HOCKEY

SPORTS:

Hawthorn - Kew - Canterbury -Bulleen

Venues include Trinity Grammar, H.A Smith Reserve & Hawthorn/Malvern Hockey Centre

> December and January dates available for all sports!

Call 1300 914 368 or email admin@australiansportscamps.com.au to book or for more information. ® TEMPLESTOWE HEIGHTS PRIMARY

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*Child Care Subsidies may apply. \$5 Admin Fee per family. \$5 Late Fees apply within 7 days per child. Payment plans available. **Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy.

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