

Merry
Christmas



Our News

News from Templestowe Heights Primary School

Templestowe Heights
Primary School

9850 1796

Newsletter Term 4 Week 11

18th December 2025

Templestowe Heights Primary School Values

Persistence

Respect

Courage

Responsibility

"Inspiring learners for life"

**Congratulations to
our graduating
Year 6 Students**



Term 4 Ends Friday 19th December

Whole School Assembly 12.30pm -Gym

Students Dismissed at 1.30pm

Term 1 2026 Begins Thursday 29th January (Year 1 to 6 Students)

PRINCIPAL'S REPORT

Safe Break

I can't believe the end of the school year has now arrived. What a year it has been. Thank you so much to all our families, for the support you continually provide in making the home-school partnership so positive. Our school continues to be a vibrant, inclusive and welcoming community, because we are all we want our children to feel safe, supported and that they receive the best possible opportunities.

Thank you also to all our amazing staff, the level of professionalism, care and fun they all bring, makes THPS such an enjoyable place to come to. Of course, let's not forget the students that walk into our classrooms every day, keen to learn and build their skills to become citizens in this big world.

I hope all families get the opportunity to spend time together during the break. I also want to say farewell to our 2025 graduating class, as well as our departing families- Alice (FJR), Ben (FSM), Kai (1PC), Oliver (1PC), Sion (1KD), Emerick (2EZ), Amelia (2EZ), Adalyn (2EZ), Shyla (3JA), Loretta (4RR), Cecilia (4LZ), Bradley (4RR).

We will see all year 1-6 students back on Thursday 29th January. Please don't forget, reports are now accessible through the Compass App.



Staff and Parents vs Students

One of the final events our year 6 students participate in is our staff and parents dodge ball match. It is an opportunity for parents, carers and staff to release some pent up energy throwing soft balls at their children/students that they may possibly have been holding onto for seven years. It was a fun event, with all staff signing indemnity forms prior to the match, and students lining up their parents and staff for revenge. The end result? Of course, the adults won - losing is a valuable lesson for our children to experience...it makes them stronger.

Tolerance For Spicy Foods

As part of their science core knowledge unit, our year 5s were learning about the human body's circulatory system. Within their lessons, the students learnt about the nervous system, and how nerves fire in response to everything we encounter. Eason (5KW) took up the challenge to research how some people can handle spicy food, while others can't. His response is so impressive.

A person who rarely eats spice they overact because their TRPV1 receptors are over-firing, while for a person who usually eats spice are passive because their TRPV1 receptors fire weakly and send them only warm signals. Here's a table:

Situation	What the cells do	What neurons send	How body feels
Can't	TRPV1 receptors fire strongly	Big hot danger signals!	Burning, sweating, tears
Can	Receptors fire weakly or less often	Small "it's warm" signals	Mild, heat and calm



Final Assembly and Early Finish

Tomorrow, we will be hosting our final school assembly at 12:30pm. During this assembly we will bid farewell to our graduating class of 2025. All members of our community are welcome to attend. School finishes at 1:30pm tomorrow.

Class Reps WhatsApp Groups

We understand the busy-ness of life and the sheer number of chat groups we subscribe to can be immense. From 2026, we will no longer be having class reps and associated WhatsApp groups. Our P & F President, Elisa, explains this detail in her piece later on in this newsletter.

Rhys Coulson

Principal

CALENDAR OF EVENTS 2025	
Term 4	
Thursday 18 th December	Year 6 Graduation Evening
Friday 19 th December	Foundation Fairytale Incursion Final Whole School Assembly for 2025 12.30pm – Gym -All Welcome Last Day Term 4 Students - Dismissed 1.30pm
CALENDAR OF EVENTS 2026	
Thursday 29 th January	First day of Term 1
Wednesday 4 th February	First day of school for Foundation Students
2026 TERM DATES	
Term 1	Thursday 29 th January – Thursday 2 nd April
Term 2	Monday 20 th April – Friday 26 th June
Term 3	Monday 13 th July – Friday 18 th September
Term 4	Monday 5 th October – Friday 18 th December

FROM THE OFFICE

From the office Staff – Margaret, Anna, Tanya and Penny



Wishing everyone in our school community a very Merry Christmas and a Happy New Year. We hope you all have a restful break. The office will reopen on Tuesday 20th January 2026 and operate on reduced hours. 9.30am to 3.00pm

Please direct all urgent enquiries to our school email at:

templestowe.heights.ps@education.vic.gov.au

Correspondence to the School

Just a reminder to families to address all email correspondence to the school's official email to ensure it is actioned promptly. templestowe.heights.ps@education.vic.gov.au

FIRST AID NEWS

If you require your EpiPen or medication over the school holidays or if your families is leaving the school please come to office and collect it at the end of the school day tomorrow before 1.30pm.

Summer holidays are an important time for kids with asthma. During all the festivities, please don't forget to keep up your child's asthma management and medicine as prescribed. Good asthma management over the holidays means less time off school when kids return in the new year. To make sure your child stays as healthy as possible over the break and into 2026, you can take the following steps:

- Check your child's medication to make sure they're still in date.
- Keep using your child's preventer medicine as directed over the summer holidays, even if they're feeling well.
- If you're leaving the house or going on holiday, make sure you pack your child's asthma medicine(s) and a spacer.
- Book an Asthma Review with your doctor to get an updated written Asthma Action Plan during the holidays - you'll need this for Term 1 2026. Book in early as doctors can have limited appointments over the Christmas period.

Use Asthma Australia's School's Checklist for parents and carers:

https://asthma.org.au/wp-content/uploads/2020/11/AA_BTS2022_Asthma-Checklist_digital.pdf



ART *with Cecile*
**AFTER
SCHOOL**

Get **inspired!** Get **creative!** Explore drawing, painting, and sculpture in a **fun** learning environment.

Grades 1-2 (2026):
Thursdays, 3.45-5.00 pm
12 Feb 2026 - 26 Mar 2026
\$245 term fee

Grades 3-6 (2026):
Tuesdays, 3.45-5.00 pm
10 Feb 2026 - 31 Mar 2026
\$280 term fee

ENROLMENTS NOW OPEN!

Classes held at the THPS Art Room
Places are limited. All materials included. Free take home visual diary for new students.

Click or scan to enrol



art@cecilegray.com
0438 515 836
cecilegray.com/classes



And just like that, we find ourselves at the end of 2025!

This year has seen our P&F community come together for numerous successful events. We're thrilled to announce that our fundraising efforts have generated over \$10,000, all of which has been channelled directly back into our school. We've been able to contribute to Veal's Orchard, the front-of-school landscaping, as well as the tiger turf.

A heartfelt thank you goes out to everyone who generously offered their time, expertise, experience, and love to these endeavours - you know who you are! We extend a very special thank you once again to Lauren Browne for her joyful leadership and contributions to the P&F since 2023. Our gratitude also goes to our dedicated Class Reps for all their hard work through the year.

We understand that the demands on our families have evolved, and consequently, the expectations of the P&F within our community must also adapt, and this acknowledgment has driven a significant shift this year, guided by our 'Less is More' motto. Our hope is that this approach has helped to lighten the load on our busy families, without diminishing the joy and community spirit that the P&F adds to our children and families' school experience.

Aligning with this motto and recognising the availability of more efficient communication methods, School Council has decided to discontinue the Class Representative WhatsApp-based communication channels.

In the new year, parents can send emails to our administrative staff, who will then forward requests ie. teacher gift contributions, or class information messages to every parent in the relevant cohort. This ensures information reaches all families, not just those participating in a WhatsApp group, and further helps to quieten the communication space around our families. More details on this new method will be shared in the new year.

Next year promises to be another exciting one for our school community. If you are keen to join in the fun, laughter, fundraising, and friendship, please don't hesitate to reach out to us personally or via email at thpspaf@gmail.com. We would love to have you on board!

Wishing you all a very Merry Christmas, and we look forward to seeing you in the new year!

Warmly,

Elisa and the P&F Team

TheirCare

The place to be these holidays!



GALACTIC CIRCUS

SUMMER 2026 HOLIDAY PROGRAM



Pass the popcorn!



Big Top training



Galaxy LAB



Super Scientists!

Book now at TheirCare.com.au

Save up to 90% with the Child Care Subsidy

Scan to find your
nearest holiday
program location



Holiday Program Important Information!

What to bring

- ☐ A healthy morning tea and lunch
- ☐ A labelled drink bottle for water
- ☐ Suitable clothing for an active day – closed toe shoes and jacket if wet/cold
- ☐ SunSmart hat for Spring and Summer holidays
- ☐ Medical Management Plan & Medication if applicable – see below for details



Don't forget!

- ☐ Keep your lunchbox nut-free to keep everyone safe
- ☐ Do not include food items that need to be reheated
- ☐ Label all items with child's name!
- ☐ Bus departure and arrival times are indicative only. For an accurate estimated time of arrival and departure please contact your service directly.



Personal belongings

Electronic devices, money and other valuables should be left at home.

If brought to the service, these items remain the responsibility of the family. TheirCare does not accept responsibility for loss or damage.



TheirCare provides

- ☒ Breakfast and afternoon tea snack
- ☒ Sunscreen
- ☒ Water to refill bottles



Unexpected changes to activities

In the unlikely event that an activity is unable to run, an alternative activity will be provided.

Activities and times are subject to change due to unforeseen circumstances such as severe weather or provider availability. If an alternative cannot be sourced we will update your invoice to reflect this.

General daily advertised activities are subject to change due to unforeseen circumstances, at the discretion of the service coordinator.



Serious stuff!

Medical Management Plan & Medication



All children who have been diagnosed with a medical condition including allergies, food/chemical intolerances, anaphylaxis, asthma, epilepsy will need to provide:

- ☐ a completed Medical Management Plan with a colour photo
- ☐ necessary medication

Please note it is a legal requirement under the Education & Care National Regulations and the Terms and Conditions for booking that these are provided.

In the interests of child safety, care may be refused on the day should the appropriate documentation or medication or medication not be supplied.

Child Care Subsidy



Please note that subsidised hours are calculated and allocated by Centrelink on a fortnightly basis. Check Centrelink for eligibility.

Fortnightly childcare subsidised hours

Each session is calculated using the full service operational hours, not the hours attended by the child.

Additional Child Care subsidy will not cover any hours beyond the subsidised hours per fortnight.

Refer to TheirCare Holiday Program FAQ
<https://theircare.com.au/holiday-programs/>
for further information and example.

Changes to your booking

Simply log into your account anytime to make the relevant changes or call us between 8:30am – 9:00pm weekdays on 1300 072 410.



Fees for changes to your booking

More than 5 days	Less than 5 days *	On the day
No Charge	\$10.00	Full Fee

*Less than 5 days from the start of the booking (120 hours from the start of the session).

When making additional bookings, the \$10.00 fee is eligible for the Child Care Subsidy, which means you may only need to pay the gap, depending on your families' circumstances.



COMMUNITY NEWS

Maximise your child's potential by equipping them with **problem solving & communication skills**
Empower them today with essential skills for life!

WEEKLY WORKSHOPS

Problem Solving & Communication
Grades 3 - 10

Weekly Classes & Skill Development
Individual Feedback & Support
All students are welcome to join
Led by an experienced University Lecturer

2026 LOCATIONS
Fintona Girls' School
Templestowe College
Templestowe Park Primary

Structured Problem Solving	Structured Communication
<p>Students learn and practise to set goals, uncover root causes and solve practical, meaningful problems, both individually and in teams</p>	<p>Students learn and practise to articulate key messages, structure ideas, and present in a concise, engaging, compelling way across scenarios</p>

Our expert-led workshops, blend explicit teaching with engaging activities - supporting kids & teens to build a strategic **MINDset**, learn practical **FRAMEworks**, and **GROW confidence** and **essential skills** to thrive in school, extracurricular, social and everyday situations

★★★★★
"Amazing to see how much more confident & open my daughter has become"
"He said it was a real eye-opener to start thinking more critically about how to communicate."
"She's not as upset when things are not working out. Instead she is ready to try again another way"

LIMITED SPOTS - Visit or contact us to learn more and book
www.mindframegrow.com/youth 0431 314 836 info@mindframegrow.com

Maximise your child's potential by equipping them with **problem solving & communication skills**
Empower them these holidays with skills for life!

HOLIDAY WORKSHOPS

Problem Solving & Communication
Grades 4 - 10

Small Classes & Skill Development
Individual Feedback & Support
Led by an experienced University Lecturer

Or join our 2026 Weekly Workshops at
Tempy Park Primary or
Tempy College

Structured Problem Solving	Structured Communication
<p>Foundation Workshop: Students learn to define problems, set goals, uncover root causes, and develop practical solutions using a structured, logical approach. Follow-On Workshop: Students apply these skills to solve meaningful problems, both individually and in teams.</p>	<p>Foundation Workshop: Students learn to articulate key messages, structure their ideas, story-tell, and present in a concise, engaging, logical & compelling way. Follow-On Workshops: Students extend skills, focusing on Conversing & Speaking Up and Leading & Influencing.</p>

Participants Grade 4 - 6 Years 7 - 10	Timing 10am - 3:30pm 1-Day or 2-Days	Dates 2026 Jan Holidays 12/01 - 21/01	Location Templestowe College (Lwr Templestowe)
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