



ACTING PRINCIPAL'S MESSAGE

Dear Families,

Welcome back! I hope all families have had a happy and restful break and thoroughly enjoyed the beautiful weather, time together and the AFL finals. As the Acting Principal, I extend a very warm welcome to everyone as we begin our final term of learning and one that will be very busy too. We have our School Concert, Halloween disco, Yr 4 Camp, Yr 6 Graduation, 2024 Prep Transition and our end of year Christmas Carols on the calendar, to name some of our highlights.

I am excited to be joining the Frankston Heights community and being a part of a great team, ready to continue to build on the successes achieved so far. Over this week, I have had the pleasure of visiting each of the classes around the school, and seeing the several smiling faces that make Frankston Heights a great school. It has been delightful to commence the term in a positive way with all of our students settling into school routines, reconnecting with their friends and showing great enthusiasm for their learning.



I bring to this role my commitment towards excellence in ensuring all students can learn and flourish as part of a supportive community to achieve their very best. Please let me know if you have any thoughts, issues or concerns that you wish to discuss. I welcome your feedback throughout my time at the school.

Staffing

We welcome Ms Angela Moore in Prep B, Mrs Megan Read in 6LM and Ms Rinalda Geldenhuys in Visual Arts whilst Ms Oke is on leave. All three staff members are experienced teachers and students have had a smooth transition.

School Concert

One of the highlights of this term will undoubtedly be our school concert. Our talented students have been working hard with the Footsteps instructors to prepare an entertaining and captivating performance. The concert showcases their creativity, passion, and dedication, and we look forward to celebrating their achievements with our school community. Thanks to all involved and to parents for your support in enabling your child to participate.

Planning for 2024

We will soon commence our planning of 2024 grades and classes in the next month to have all grades finalised in readiness for our 'Up Day' on Tuesday 12th December, 2023. This gives us November to place students in grades based on academic, social, and special needs factors. All due consideration is given to the process which aims to place students into evenly balanced classrooms across each cohort. Any children with significant needs would have discussions with parents as part of their SSG meetings. Parents are not required to provide any additional communication to the school for assisting with grade decisions. Our teachers, in consultation with the school leadership, make these final decisions.

Exiting Families

I ask any families who will be leaving the school at the end of this year to inform our office staff at the earliest convenience, to assist in a smooth transition between schools. Have a wonderful weekend everyone.



Kind Regards,
Moniba Ehsan, FHPS Acting Principal



IMPORTANT DATES

Term 4 2023

| | |
|-----------------|---|
| 13 Oct | Senior Cricket |
| 13 Oct | Year 1 Chesterfield Farm Excursion |
| 14 Oct | Cake Stall |
| 16 Oct - 18 Oct | Year 4 CYC Camp |
| 24 Oct | Senior Rugby |
| 27 Oct | World Teachers Day |
| 30 Oct | School Concert |
| 1 Nov | Photo Day |
| 3 Nov | Halloween Disco |
| 7 Nov | Melbourne Cup Day Public Holiday |
| 11 Nov | Remembrance Day |
| 16 Nov | Prep Fairytale Incursion |
| 13 Dec | Year 6 Graduation Day |

Notice to All Grade 5 Parents and Carers

Please keep an eye out for the special Year 6 2024 polo shirt order form in your child's school bag.

For several years now, we have had the pleasure of designing a special Year 6 Short Sleeve Sublimated Polo Shirt that includes all the names of the children advancing to Year 6 next year. These have been a big hit amongst the students and have also been considered a great keepsake for the future.



Sports Update

Northern Peninsula Division Athletics

On the 4th of Oct we headed to the Mornington Athletics Track for the Northern Peninsula Division Athletics. We had qualifying students across years 3-6 representing FHPS in both track and field events. Their strength, determination and sportsmanship was evident to see and should be commended. We had numerous students produce excellent results and will now be progressing on and competing at the Regional Athletics. We wish these students good luck and are very proud of them.



Senior Girls AFL

Our Year 5/6 Girls AFL team had a blast today at Baxter Park with Mr Long. The girls displayed great teamwork and had lots of fun kicking the footy, finishing 4th place in our division!

Playground Updates

Thank you to Wicked Dingo Group for making our school look beautiful. The progress is fantastic to watch!





PAYMENT METHODS AT FHPS

Frankston Heights Primary School encourages families to use the below methods of payment for excursions, events and purchasing items via the school office. These methods of payment ensure there is a two-way record system for all payments made.

BPAY

Specific BPAY details are allocated to each family. These can be obtained from the school office and may be used for any payments throughout your family's time at Frankston Heights PS. Please write on permission slips if you have paid via BPAY prior to handing them in at school.

EFTPOS

EFTPOS facilities are available via the school office. Parents are able to attend the office to pay via EFTPOS in person or phone the school office on 9783 4988 and pay over the phone. Please bring the appropriate permission slips when making payments via EFTPOS in person.

CSEF

Camps, Sports and Excursions Funds are allocated to eligible families holding a Health Care/Pension card upon application. If you hold a Health Care or Pension card or are fostering a child, please speak to the school office to apply for these funds.

CENTREPAY

Frankston Heights Primary School offers Centrepay as a method of payment. Centrepay allows deductions directly from your Centrelink payments which can be used to pay for school items such as books, essential parent payments, incursions/excursions, camps and other essential items.

ACCOUNT CREDIT

Families are welcome to make deposits into their school account at any time. Deposits can be made via EFTPOS or BPAY. These deposits will be held as credits for families to use for excursions, camps etc. Making regular small deposits help families to keep on top of their school finances.

If you would like to discuss your family account or payment methods further, please speak to Cheryl Chiswell (Business Manager) or Krystal Davidson (Office Manager) on 9783 4988.



SCHOOL PHOTOS 2023 - Important Registration Information

School Photographs will be taken at

Frankston Heights Primary School

Wednesday 1st November 2023

**There is no need to return any forms or payment to school
before photo day**



**Flyers with Unique Image Codes will be issued to
all students on or after photo day**

When you receive your child's 2023 image code

Follow these 3 simple steps -

1 Go to order.arphotos.com.au and
enter your child's 2023 image code



2 Tap on 'Add another child' to enter
the image codes of any siblings



3 Fill in your contact details & review
before confirming your registration*



*This information will only be used for distribution of personal image codes and ordering details.

That's it!

**It's important to register each year to link your child's NEW images to your contact details
When 2023 images are ready to view in our secure webshop you'll be notified by email and SMS**

- **Create photo packages with any layout & YOUR choice of images + Multiple Image Downloads**
- **Order on any mobile device**
- **Share the images with family & friends for FREE**

**** Please wait to receive notifications that new images are online BEFORE ordering for 2023 ****

REFERENDUM DAY CAKE STALL



Friends of Heights will be holding a cake stall at FHPS on Referendum Day, Saturday October 14, to support the playground project costs. We are asking our school community (parents, grandparents, family and friends) to bake cakes, cupcakes, slices or cookies for the stall.

Please be aware, due to Health Regulations certain criteria must be followed for baked goods to be sold to the general public.

If you are able to assist the school by baking, please ensure the guidelines below are followed.

- Place baked goods on a disposable tray or plate and wrap in cellophane or a plastic cover. Secure with ribbon or sticky tape.
- Attach the label below to the outside of the plate or tray. Please make sure all details are filled in correctly. Every single ingredient *must* be recorded, even if using a packet mix.
- Please print so writing is legible.
- Do **NOT** use fresh cream for garnishing.
- Cake / Slice is to be made no more than 48hrs prior to Saturday October 14.

If you do not wish to bake goods, bought cakes, slices etc. will also be accepted.

Drop off baked or bought goods to the school office by 3:30pm on Friday October 13 or to the cake stall, outside the school hall, from 8am on Saturday October 14.

Your support with this school fundraising venture is greatly appreciated.

Please attach the information below to the outside of the plate or tray

| | |
|--------------------|--|
| NAME OF BAKED GOOD | |
|--------------------|--|

| | |
|-------------|--|
| INGREDIENTS | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Please tick or highlight any allergen information

| | | | | | | |
|--------|-------------|---------|--------|---------|----------|-----------|
| gluten | crustaceans | eggs | fish | peanuts | soybean | dairy |
| nuts | celery | mustard | sesame | lupin | molluscs | sulphites |



FHPS CONCERT!

MONDAY OCTOBER 30TH

AN AMAZING RACE AROUND THE WORLD!

We warmly invite all families and friends of Frankston Heights Primary School to join us for our whole school concert:

Date: Monday October 30th

Time: 6pm

Cost: Free!!

Students will perform fun and highly diverse choreographic dance performances that are inspired by different countries across the globe, From Hawaii to Egypt, Australia to the Caribbean!

Our students will return to their rehearsals with Footsteps from Monday 28th of August, and will continue their practice up until the concert in Term 4.

Your children are working extra hard to bring you an amazing performance. We hope to see you all there to celebrate their hard work!

Further information about the concert will be provided in Term 4.



FRANKSTON HEIGHTS PRIMARY SCHOOL



HALLOWEEN DISCO

FUNDRAISING EVENT FOR OUR NEW PLAYGROUND



FRIDAY 3RD NOVEMBER

HELD DURING SCHOOL HOURS

PREP - Y2: 12.00PM-12.45PM

Y3-Y6: 2.00PM-2.45PM

\$5 PER STUDENT

INCLUDES AN ICYPOLE

WEAR YOUR FANCY DRESS HALLOWEEN COSTUME

FHPS VOLUNTEER AND PARENT HELPER INFORMATION

Frankston Heights Primary School greatly values the support and assistance of volunteers.

Anyone who assists with school programs is classed as a volunteer.

VOLUNTEER REQUIREMENTS

1. Read the Child Safety policies and procedures and the FHPS OHS Induction handbook in the Volunteer Pack link below. This requirement must be met for any volunteer to assist with classroom programs, excursions, sport events, camps, school concerts, fundraising events and other child-related programs.
2. Sign the Child Safety Code of Conduct, Volunteer Confidentially Agreement and Volunteer OHS Checklist at the office.
3. Present your Working With Children Check (WWCC) at the office.



FHPS VOLUNTEER PACK (required)

For those interested in further information on how to help in the classroom click on **FHPS CLASSROOM HELPER GUIDE**

RESPECT

RESILIENCE

RESPONSIBILITY

ON-LINE LUNCH ORDERS

You can order your child's lunch online

Stir Crazy Kids



Down load the App at the App Store or Google play

We will have everything ready to go to make Lunch orders easy. All you need to do is register, add your kids, don't forget their grades, choose their lunch. Add it to your cart and checkout for each student individually, and we will take care of the rest. You can order in advance or on the day Ordering closes at 9am Too easy!!

Categories are the same as this menu.

Need some help! support@stircrazykids.com.au

Call 0405110407

CANTEEN LUNCH ORDERS

For orders direct to Canteen Please write the following details for your child's lunch order on a **Paper Bag**:

Child's Name & Grade, Food order, Cash amount enclosed

Food Allergies in **Red Pen**

Please provide one bag per order

*If a bag is not supplied 30c for a bag will need to be included.

*To help us to comply with Food Safety Regulations all Paper Bags must be new



TERM 4 2023

CANTEEN MENU



Nutritional Guide

All The Food in this Canteen Menu has been ranked by Nutrition experts using smiley faces. This allows you to make informed choices about your child's daily nutritional requirements.

😊😊-Green 😊-Amber

This Menu is in line with the DET School Canteen and other School food Policy "

Whilst we offer Gluten Free choices they are prepared with care in a Gluten environment

We use responsible packaging where possible

WWW.STIRCRAZYKIDS.COM.AU

PH 0405110407

TUMMY TEASERS

Available for recess and lunch orders every Canteen day

| | | |
|----|---|---------|
| 😊😊 | Orange 1/4 | .50c |
| 😊😊 | Slinky Apple | \$1.50c |
| 😊😊 | Slice of Fruit in Season | \$1.50c |
| 😊 | Mini Muffin | \$1.20c |
| 😊 | Anzac Biscuit | \$1.20c |
| 😊 | Gluten Free Anzac Biscuit | \$1.40c |
| 😊😊 | Garlic Bread | .60c |
| 😊 | Jumpys (Chicken/Salt&Vin) | \$1.20 |
| 😊 | Veggie Chips (Gluten Free) | \$2.00 |
| 😊 | Grain Waves | \$2.00 |
| 😊😊 | Cobs Pop Corn | \$2.00 |
| 😊 | Plain Small Bag | .60c |
| 😊 | Ginger Bread People | \$2.50 |
| 😊😊 | Vaalla Yoghurt Tubs— 100ml | \$2.00 |
| | Tropical, Mixed berries & Blueberry Available fresh or Frozen | |
| 😊😊 | Dairy free yoghurt—100ml | \$2.50 |
| | Topped with Fruit Coulis | .30 |
| | Strawberry Mango & Passionfruit Available Frozen | |
| 😊😊 | Quelch—Frozen Fruit Icy Pole | \$1.00 |

DRINKS

| | | |
|----|---------------------------------------|--------|
| 😊😊 | Juice Box 250ml— Apple /Orange | |
| | Apple & Blackcurrant | \$2.50 |
| 😊 | Oak Milk 300ml | |
| | Choc / Straw | \$3.00 |
| 😊😊 | Plain Milk | \$3.00 |
| 😊😊 | Lactose Free Choc Milk | \$3.00 |
| 😊 | Hot Chocolate | \$3.00 |
| | Bottle water | \$2.00 |



Frankston Heights

SPECIAL MEAL DAYS

MUNCHY MONDAY

| | | |
|----|---|--------|
| 😊😊 | Meat Ball sub | \$6.50 |
| | Beef meat balls with passata sauce and cheese in a garlic buttered long roll. | |
| | Lactose free cheese | .80c |

TEMPTING THURSDAY

| | | |
|----|-----------------------------|--------|
| 😊😊 | Crispy Chicken Tender Wrap | \$5.50 |
| | With Lettuce and Mayonnaise | |
| | Add cheese | .80c |
| | Lactose free cheese | \$1.20 |

FANCY FRIDAY

| | | |
|---|---|--------|
| 😊 | Hot Dog or Vegan sausage | |
| | In a white long roll | \$4.80 |
| | Add Cheese | .80c |
| | Vegan or Lactose free cheese sauce or mustard | \$1.20 |
| | | .30ea |

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.80

Add a Slinky Apple, Anzac or a Mini Muffin for \$1.00c each



RIGHT-ON-WRAPS Mon -Thurs

Tortilla Style Wrap with your choice of:

| | | |
|----|-----------------|--------|
| 😊😊 | Cheese & Salad | \$5.50 |
| 😊😊 | Ham & Salad | \$6.00 |
| 😊😊 | Chicken & Salad | \$6.00 |
| 😊😊 | Tuna & Salad | \$6.00 |

Add cheese for .80c. Lactose free cheese \$1.00 or avocado for \$1.00

SUPER SALAD BOWL Mon -Thurs



Super Salad Bowl \$6.00

Lettuce, Tomato, Carrot, Cucumber & Cheese

Add any extra filling for \$1.50EA

Chicken, Ham, Tuna, Egg, or Avocado
Lactose free cheese .60c

HOT ITEMS ANY DAY

Meal Deal Any Day

| | | |
|----|---|--------|
| 😊😊 | Penne Pasta & Oak Milk | \$7.80 |
| | Add a Slinky Apple, Anzac or a Mini Muffin for \$1.00c each | |

| | | |
|----|---|--------|
| 😊😊 | Penne Pasta with Cheese (Available Gluten Free) | \$5.00 |
| 😊😊 | Mini Corn Cob | \$6.00 |
| 😊😊 | Hard Boiled Egg | \$1.50 |
| 😊😊 | Chicken Zoomer with cheese | \$1.50 |
| 😊😊 | Tuna, Chicken or Ham Melt | \$5.80 |
| 😊😊 | Toasted with Corn & cheese | \$5.50 |
| 😊😊 | Pita Pizzas Margarita | \$4.30 |
| | Garlic & Cheese | \$4.30 |
| | Cheese & Vegemite | \$4.30 |
| | Ham & Cheese | \$4.80 |
| | Hawaiian | \$5.00 |

SUPER SANDWICHES & ROCK 'N ROLLS Mon-Thurs

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra 80c
Gluten Free Bread \$1.00 Lactose Free Cheese \$1.00

| | | |
|----|-----------------------|--------|
| 😊 | Vegemite | \$3.00 |
| 😊 | Honey | \$3.00 |
| 😊😊 | Cheese | \$3.40 |
| 😊😊 | Cheese & Vegemite | \$3.90 |
| 😊😊 | Cheese & Lettuce | \$3.90 |
| 😊😊 | Cheese & Tomato | \$3.90 |
| 😊😊 | Egg | \$3.50 |
| 😊😊 | Egg & Lettuce | \$4.20 |
| 😊😊 | Fresh Chicken | \$4.20 |
| 😊😊 | Fresh Chicken & Salad | \$6.20 |
| 😊😊 | Ham | \$4.20 |
| 😊😊 | Ham & Salad | \$6.20 |
| 😊😊 | Ham & Cheese | \$4.90 |

Extra fillings, Tomato, Cheese, Carrot, Lettuce
All extra fillings are 60c each Avocado \$1.00
Lactose Free Cheese \$1.00 GF Bread \$1.00

Truly Tasty Toasties

| | | |
|----|----------------------|--------|
| 😊 | Vegemite | \$3.00 |
| 😊😊 | Cheese | \$3.40 |
| 😊😊 | Ham | \$4.40 |
| 😊😊 | Ham & Cheese | \$4.90 |
| 😊😊 | Chicken & Cheese | \$4.90 |
| 😊😊 | Cheese & Vegemite | \$3.70 |
| 😊😊 | Cheese & Tomato | \$3.90 |
| 😊😊 | Ham, Cheese & tomato | \$5.50 |

Order online Details PTO

Outside School Hours Care Newsletter

02/10/2023

Frankston Heights Primary School



Your
OSHC.



Fresh food, more variety!

New menu options now in
Your OSHC and Rocketeers!



Find out more

[campaustralia.com.au/
food-nutrition](http://campaustralia.com.au/food-nutrition)

A message from your Coordinator

Welcome back to Term 4, I hope you all had a wonderful holiday.

This term we are looking forward to our new Camp Australia menu, we will be enjoying some new, delicious treats.

Please note that term 4 is again the time to be sun smart, please ensure children are bringing their hats to after school care.

Activities coming up

- World Play Day
- Cooking Fried Rice
- Learn to Macrame

Make a booking

Join in the fun of Outside School Hours Care activities and experiences with Your OSHC and Rocketeers.

Book now



Register free and book in 24/7 via our app

To attend our program, you must register your child. You can register an account with us at pp.campaustralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Find out more and book now at www.campaustralia.com.au



Frankston
Monday Mornings
10am - Midday

Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

Unwind and
share experiences
with others who
understand

FIND US AT:

BAM Arts Inc
1 Rosella Street
Frankston

CONTACT:

Facilitator: Sue Batcheler
Phone: 0413 655 659
Email: suzanneb@mytimevic.com.au



mytime.net.au

MyTime term plan

mytime.net.au

| DATES | GROUP ACTIVITY | CHILDREN'S ACTIVITY |
|----------------------|---|---|
| Mondays | | |
| 2/10/2023 | Guest Speaker: Julie Fisher (Author/Disability Advocate) topic - General Discussion | Dancing Craft activities |
| 9/10/2023 | Guest Speaker: Kim Henderson, (NDIS Coordinator) topic - NDIS | Toys and blocks |
| 23/10/2023 | Learn: Yoga Nidra | Stories and Singing |
| 30/10/2023 | Coffee & Chat | |
| 13/11/2023 | Make: Fondant Cake Toppers | |
| 20/11/2023 | Guest Speaker: Kylie Watt (Alfred Health Carers Service) topic - Carers Gateway | BAM DETAILS Bam Arts Inc are dedicated to providing arts programmes, events and opportunities for people with disabilities of all ages. MyTime at BAM Arts Inc will be a creative and fun time for children and adults. We will host a 30 minute weekly music and movement session for children where we will sing, dance and make new friends. |
| 27/11/2023 | Discussion: Surviving the Holidays. Sharing ideas about holiday activities & taking care of yourself | |
| Final Session | Make: Yummy Bliss Balls | |
| 4/12/2023 | | |

NOTE: No sessions 16/10/2023 & 6/11/2023



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome