



## ACTING PRINCIPAL'S MESSAGE

Dear FHPS Families,

**Yr 1 Chesterfield Farm** - On Friday, 13th October, our Grade 1 students enjoyed their excursion to Chesterfield Farm as part of their inquiry unit 'Down on the Farm'. Students engaged in a range of farm life activities such as animal feeding, tractor rides, milking demonstrations, and a sheep dog show. All students represented our school proudly, following our values of respect, responsibility and resilience. Thank you to all attending staff and parents for their efforts in ensuring the students had a great experience! Take a look at some of the excitement captured from the day.



**Yr 4 City CYC Camp** - I had the pleasure of visiting the Grade 4 students at the Melbourne Museum as part of their city camp experience. Students enjoyed learning about a huge variety of animals, from tiny insects to prehistoric dinosaurs. Places visited whilst on camp were Parliament House, IMAX, Melbourne Museum, Shrine of Remembrance, the Botanical Gardens, and to top it off, a magnificent tour of the MCG, which was certainly a highlight! The weather held off and a wonderful time was had by all. As a school, we value these camps for the students to experience new challenging activities, supported by social opportunities to build and strengthen friendships. These camps are the culmination of detailed planning and preparation and I sincerely thank all staff and parent volunteers who attended and looked after the students.

**World Teacher's Day – 27<sup>th</sup> October 2023** - On Friday next week, we will acknowledge and celebrate the fantastic teachers of FHPS who are making, or have made, an impact in our lives. Every day, we should be thankful for the significant role teachers play in improving student learning and wellbeing as they shape the next generation. I hope you will join me in showing them that you care and are grateful for everything that they do. Hats off to our teaching staff!

**School Concert** - There is plenty of excitement as we draw closer to our school concert, 'Around the World'. We are fortunate to hold the event on school grounds. Thank you to families for organising costumes and for being responsive of all the communication in relation to the event logistics. Please contact the office if you need any clarification. We cannot wait to welcome families to the evening performances on 30<sup>th</sup> October.

**National and Global Events** - Families in our school community may have been affected by the recent national and global events. It is possible that distressing scenes from the global conflict may be posted in the media. Please check your children are aware of where they can find support in the event they come across such images. At our school, this includes the Principal Team, classroom teachers and our Wellbeing Officer, Mrs Yardley.

Support is also available through external services including:

**Headspace:** 1800 650 890

**Kids Helpline:** 1800 551 800

**Lifeline:** 13 11 14

**Beyond Blue:** 1300 224 636

**Melbourne Cup Holiday** - We understand that many families choose to use the Cup Day holiday as an opportunity for a long weekend with family, as has been the trend in previous years. We anticipate that on Monday 6th November, many classes will be affected by student absences and therefore, we will combine students across the school to provide a different educational program for those who attend. I wish all families a wonderful break over the weekend period.

**2024 Prep Info Evening** - Finally, a reminder that our 2024 Prep Info Evening is scheduled for Tuesday, 24th October from 6:00-7:00pm via WebEx. Our families find these WebEx sessions helpful and informative to assist children's readiness for school. I am looking forward to meeting our families on our online platform.

I hope everyone has a wonderful weekend. Enjoy the sunshine on Saturday

Kind regards,

Moniba Ehsan, FHPS Acting Principal



## IMPORTANT DATES

### Term 4 2023

26 Oct	Year 3 Bike Check
27 Oct	World Teachers Day
30 Oct	School Concert
1 Nov	Photo Day
3 Nov	Halloween Disco
<b>7 Nov</b>	<b>Melbourne Cup Day Public Holiday</b>
8 Nov	Senior Rugby
9 Nov	Year 4 Bike Check
10 Nov	Year 3 Bike Education (First Session)
11 Nov	Remembrance Day
15 Nov	Prep Scooter Education
16 Nov	Prep Fairytale Incursion
17 Nov	Year 3 Bike Education (Second Session) Year 1 Farmer's Day
22 Nov	Year 6 Frankston Youth Services Visit
24 Nov	Year 4 Bike Education (First Session)
30 Nov	Jump Rope for Heart
1 Dec	Year 4 Bike Education (Second Session)
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

**Jump Rope for Heart Day** - FHPS students will become Heart Heroes on Thursday, November 30th!



**Year 3 & 4 Bike Checks and Education** - Our students will be learning the importance of bicycle safety with our bike check and education program.

Year 3's will need to bring in their bikes for a bike check on Thursday the 26th October, with education lessons on the 10th and 17th November.

Year 4's will have their bike check on Thursday the 9th of November, with education lessons on the 24th of November and 1st of December.

**Prep Scooter Education** - Our Prep students will learn scooter mechanics, skills and road safety on Wednesday the 15th of November. Students will need to bring their scooter and helmet to school.

## Enrolment & Exit Updates

### Sibling Enrolments for 2025

Enrolments are now open for 2025 Prep Siblings. We are wishing to confirm Sibling enrolments by the end of this term as this assists us in determining placement availability for our 2025 Prep Cohort. Our enrolments for 2025 will open at the beginning of 2024. Therefore, we ask all families who will have a Prep child in 2025, to please contact the school office to obtain an enrolment form and secure your child's place for 2025.

### Families Leaving FHPS at the end of 2023

If your child will be leaving FHPS at the end of the year, please contact the school office as an administrative transfer is required from school to school. This information greatly assists us in our planning for grades for 2024, which has already commenced.



## Year 4 CYC City Camp



Our Year 4's set off for Melbourne on Monday for their 3 day City Camp experience. The CYC camp was located right in the hustle and bustle of Collins Street. The students visited the Melbourne Museum, IMAX, MCG and the Shrine of Remembrance. The night time activities included a trivia night on Monday and a movie night on Tuesday. It was a busy 3 days living the city lifestyle, though it was a great experience for the students.

Thank you to our parent helpers and teachers for a smooth and successful camp.



## FHPS Students participate in world-renowned ICAS Assessment

Students from FHPS who participated in the 2023 ICAS English, Mathematics and Science Assessments are to be congratulated on their achievements. A total of thirty-seven students from Year 2 - Year 6 participated in one or more of the assessments, with outstanding performers receiving certificates of Merit, Credit and Distinction.

Developed for students in primary and secondary school years, ICAS assesses the higher order thinking and problem-solving skills needed for success in English, Mathematics and Science. Results are compared with all Australian students in the same year level who participated in the assessments.

We are exceptionally proud of all the students who participated in one or more of the ICAS assessments.

All FHPS students who participated in ICAS were presented with their certificates at our school assembly on Friday October 13.

ENGLISH				
Distinction	Credit	Merit	Participation	
Olivia M	Dean Z Maggie H Evie K Maeve P Jarrod H Parker J Ivy P Sophia S Clare Z Tanis M	Milana F Audrey B	Emily L Isabella B Luke S Ashleigh S Evelyn W Ava B Isaac L	Kai O Jasper G Xavier C Sofia C Zach F Jack R
MATHEMATICS				
Distinction	Credit	Merit	Participation	
Harvey S	Archer B Dean Z Noah B Milana F Jake R Olivia M Clare Z	Maeve P Jarrod H Parker J Cooper L	Otis B Braxton C Arlo C Maggie H Evie K Luke S Tyler S Flynn B Audrey B	Ava B Sophie R Jasper G Ivy P Xavier C Sofia C Zach F Matthew O Josh S
SCIENCE				
Distinction	Credit	Merit	Participation	
	Dean Z Olivia M Clare Z	Noah B Milana F Maeve P Jarrod H	Isabella B Evie K Luke S Audrey B Ava B	Amelia J Parker J Jasper G Ivy P Tanis M

Michelle Smith  
Assistant Principal





# **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.



# FHPS CONCERT - THE AMAZING RACE

The Amazing Race is coming to FHPS! Get ready to be taken on an exciting and entertaining journey across the globe, with an evening of music and dance.



## COSTUME INFORMATION

**Wednesday October 25th** - Full dress rehearsal for all FHPS participating in the upcoming concert. Students are to bring their basic costume requirements in a clearly labelled bag to school.

A list of basic costume requirements your child will need to wear for the concert is provided below. Please select your child's preferred option. The basic costume requirements are items students may have at home or can be found for a reasonable price at Kmart, Big W or Best and Less.

**All students are to wear black runners or school shoes.** Any costume problems, please contact the school. Additional costumes for performances will be provided by the school.

YEAR	OPTION A	OPTION B
PREP	<ul style="list-style-type: none"><li>• Plain white or black tee shirt</li><li>• Plain cotton or bike shorts (any colour) School will provide a hula skirt for these students</li></ul>	<ul style="list-style-type: none"><li>• Plain white or black tee shirt</li><li>• Colourful or patterned shorts/board shorts</li></ul>
YEAR 1	<ul style="list-style-type: none"><li>• Goggles</li><li>• Beach clothes (rash vest/board shorts, one piece bathing suit and shorts, no bikinis )</li></ul>	<ul style="list-style-type: none"><li>• Goggles</li><li>• Beach clothes (rash vest/board shorts, colourful shorts)</li></ul>
YEAR 2	<ul style="list-style-type: none"><li>• Plain yellow or green tee shirt</li><li>• Black leggings or shorts</li></ul>	<ul style="list-style-type: none"><li>• Plain yellow or green tee shirt</li><li>• Black school shorts</li></ul>
YEAR 3	<ul style="list-style-type: none"><li>• Plain white or black tee shirt</li><li>• Black leggings or black shorts</li><li>• School will provide hula skirt</li></ul>	<ul style="list-style-type: none"><li>• Plain white or black tee shirt</li><li>• Black shorts</li><li>• School will provide hula skirt</li></ul>
YEAR 4	<ul style="list-style-type: none"><li>• Plain black tee shirt</li><li>• Black leggings.</li><li>• School will provide blue dress and gold bands.</li></ul>	<ul style="list-style-type: none"><li>• Plain white tee shirt</li><li>• Black shorts</li><li>• School will provide gold/sequin vests</li></ul>
YEAR 5	<ul style="list-style-type: none"><li>• Plain black tee shirt</li><li>• Black leggings</li></ul>	<ul style="list-style-type: none"><li>• Plain white tee shirt</li><li>• Black shorts</li></ul>
YEAR 6	<ul style="list-style-type: none"><li>• Black or white tee shirt</li><li>• Long black leggings</li><li>• School will provide long scarf</li></ul>	<ul style="list-style-type: none"><li>• White tee shirt</li><li>• Black pants</li><li>• School will provide long sleeve white/black shirt. If your child has one please let the class teacher know.</li></ul>

# FHPS Concert - The Amazing Race



## STUDENT ARRIVAL AND COLLECTION DETAILS

All students are to be **dropped at their classroom at 5:30pm for a 6pm start.**

Students are to come dressed in the basic costume requirements listed for their year level. Any additional costumes will be put on in the classroom.

Teachers will have activities organised for the students while waiting for their performance. **Please make sure your child has a water bottle.** Students should be given a light snack before arriving at school. No food or other items are to be brought to the classrooms.

**Students are to be collected from their classroom at the end of the concert.** Teachers will mark students off the roll. Parents will need to provide written permission to the class teacher if their child is to be collected by someone other than themselves.

Families are asked to respect all audience members and performers by remaining seated for the duration of the concert. Students are not to be collected early.

## AFTER SCHOOL CARE ARRANGEMENTS

If your child will be in after school care at 5:30pm on the evening of the concert, please provide OSHC with written permission to sign your child out of the program and deliver them to their classroom. Students can be collected from their classroom at the end of the concert by their parents.

## VENUE ACCESS ARRANGEMENTS

The main carpark gates will be locked and not accessible. Families can enter through the pedestrian gates on Kalmia, Robina and Heatherhill roads. Please observe all onsite signage, as some areas will be blocked off for student access to the stage area.

## SEATING FOR FAMILIES

Families are invited to bring a picnic rug to sit on the synthetic turf area. This area has been set aside for picnic rugs only. No chairs, prams or other items that will obscure the performance are permitted in this area.

Limited seating will be available for families on the basketball court. Chairs cannot be reserved. **'First in best dressed' will apply.** A space will be set aside in this area for wheelchairs. If this is required for a family member or friend, please inform the office by Friday October 27.

Families are welcome to bring their own chairs to sit behind the seated area on the basketball court or the asphalt area between the Prep building and basketball court.

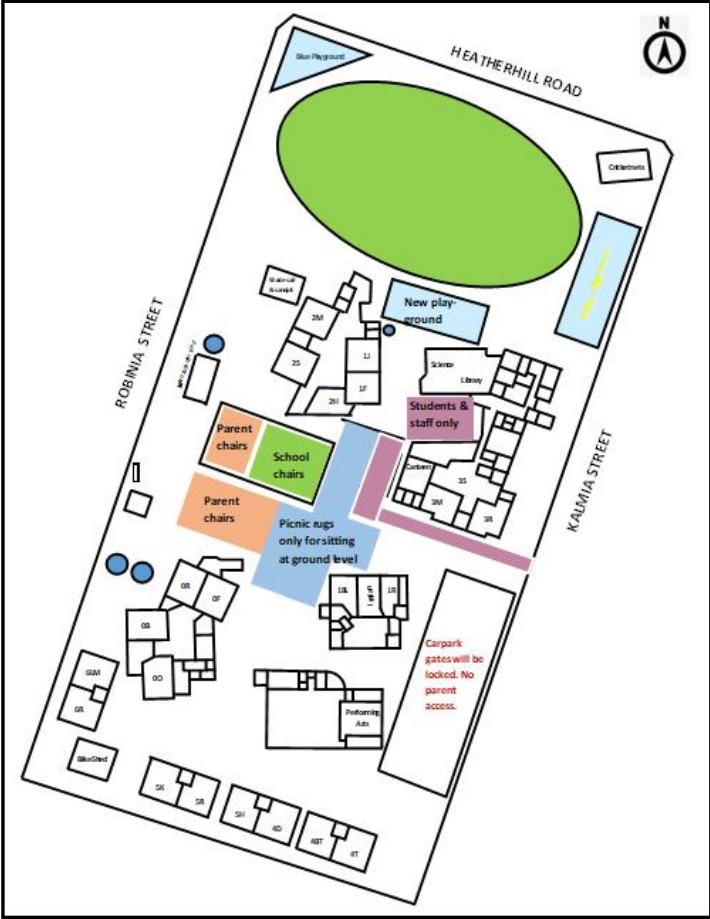
Standing room only will apply beyond all seated areas.

## PARKING

Parking will be available in the surrounding streets. Remember to allow enough time for a 5:30pm drop off as parking around the school is limited. If you live nearby, consider walking.

To avoid disappointment, please allow sufficient time to find a spot to sit and enjoy the journey around the globe.

# FHPS 2023 SCHOOL CONCERT SEATING PLAN







## ENTRY TO FHPS

Families can enter FHPS for the school concert via the pedestrian gates on Kalmia, and Robinia Streets and Heatherhill Road.

## PARKING

Parking for the concert will be in the surrounding streets. Please allow sufficient time to arrive, drop your child at his/her classroom by 5:30pm and find a space to view the performance.

	School chairs set up. No seats can be reserved. First in best dressed basis
	Parent chairs can be set up in these spaces
	Picnic rugs in these spaces. No prams, chairs etc are permitted
	Student/Staff area only



# 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](https://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 \*\***

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



## **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.





# 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**



# Outside School Hours Care Newsletter

16/10/2023

Frankston Heights Primary School



Your  
OSHC.



## World Play Day

Be part of  
something big!  
12.10.2023  
in After School Care



StarTime

Your  
OSHC.

Book now

## A message from your Coordinator

Hello everyone and welcome to a new fortnight.

We had World Play Day on October 12<sup>th</sup>, which saw the children "buddy" up and complete a Lego creation together. They sat back to back and would start a build for 10 minutes, then swap and finish your buddies creation! The children really enjoyed this activity.

Zucchini Roasties were also a big hit!!

## Activities coming up

- Lego team building
- Nachos from CA cookbook
- Halloween Art & Craft

## 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](http://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](http://www.campaustralia.com.au)



## Application update

The Stir Crazy Kids Application needs to update to implement a new feature. We have need to include an email verification. This will be added in next few days. You many need to re-enter your password to access your account.

If you have forgotten your password the reset password is available.

If you need any help, please email  
[support@stircrazykids.com.au](mailto:support@stircrazykids.com.au)  
or call Donna on 0405110407

## It Takes a Spark!

**grok** STEM Conference  
academy

**Friday  
17 NOV  
2023**

**Multiverse of STEM**  
JOHN PAUL COLLEGE  
FRANKSTON

8.45am - 2.45pm  
John Paul College

Morning tea and  
Lunch provided



Early bird open - Book or Hold places



## Summer 2023/24

**LIMITED SPOTS AVAILABLE**

### Girls

**U8**

Chelsea: Monday Afternoons  
Frankston: Saturday Mornings

**U10**

Frankston: Saturday Mornings

**U12**

Frankston: Saturday Afternoons

**U14**

Frankston: Saturday Afternoons

### Boys

Limited places available across both  
associations U10-U18, please contact us for  
availability



**MAGIC**  
SOUTH EAST MELBOURNE

Monday - Friday | 9:30am – 3:30pm  
03 9783 0642 | [admin@semmagic.club](mailto:admin@semmagic.club)





# BIKE LIKE A BOSS

## Fun and Free

Is your child ready to come off their training wheels but needs some 1:1 coaching? Come join N-Able therapies at the Langwarrin Disability Expo where we believe every child no matter their abilities can ride a bike.

Our paediatric Physiotherapist Daniel Smit will be available for 1:1 sessions where he will assist with:

- balance and steering
- Bike Safety
- Building confidence riding off training wheels
- Recommendations for trikes and bikes for different abilities

We recommend bring your bike down so Daniel can make adjustments if needed.

Location: Langwarrin Park Primary School, 19-27 Northgateway, Langwarrin, VIC

Date: 28th of October, 2023

Time: 12pm-5pm



1300 133 743



[enquiry@n-abletherapies.com.au](mailto:enquiry@n-abletherapies.com.au)



[www.n-abletherapies.com.au](http://www.n-abletherapies.com.au)

n-able

THERAPIES

RECOVER · REGAIN · RELIVE

# Join Us in the Spotlight in 2024

Performing arts classes for young people aged 4-18  
24 Locations across Melbourne

## Enquire Today



Sing, Dance  
and Act  
Ages 4 - 7



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classes  
Ages 8 - 18



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classes  
Ages 8 - 18



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stageschool.com.au | (03) 8199 8344

Developing young people through the performing arts for 40 years.



Australian  
Childhood Anxiety  
TREATMENT STUDY

## Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

(07) 3735 3351

cadrp@griffith.edu.au

griffith.edu.au/childhood-anxiety-treatment-study



Australian Government  
National Health and  
Medical Research Council

Griffith  
UNIVERSITY  
Queensland, Australia

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