

FHPS NEWSLETTER

Term 3, Week 1
Friday 17 July, 2026

TERM 3 DATES

17 July	100 Days of Prep
20 July	Tree Day - Y1 & 2 + Y6 student leaders
21 July	Senior Girls Netball
21 July	Y3 & 4 The Ranch Camp Parent Information session via Webex 5.30PM
22 July	Y5 Weekaway Camp Parent Information session via Webex 5.30pm 2027 Prep Storytime 9.15am
23 July	Senior Mixed AFL Y3 & Y4 Tree Planting Day
24 July	Student Free Day
28 July	Y6 Peninsula Outdoors Camp Parent Information session via Webex 5.30pm
29 - 31 July	Snow Camp
30 July	Y5 Mt Erin Production
31 July	2027 Prep enrolments due
4 - 7 August	Year 3 & 4 PARC Swimming

7 August	2027 Prep Storytime 9.15am Trivia Night
10 August	ICAS Englis Y2-6
17 August	ICAS Science Y2-6
21 August	2027 Prep Storytime 9.15am
24 August	Bookweek ICAS Match Y2-6
28 August	Bookweek Dress up day Senior Basketball
3 September	Y4 Hoop Time
4 September	Footy Day Prep Father's day Breakfast
9 September	Y6 Market Day
11 September	2027 Prep Footy Clinic 9.15 Senior Rugby
14 - 16 September	Y3 & Y4 The Ranch Camp
16 - 18 September	Y5 Weekaway Camp
16 September	Prep Author Book Exhibition
18 September	Last Day Term 3 - 2.30pm Finish

ANAPHYLAXIS AWARENESS AT FRANKSTON HEIGHTS PRIMARY SCHOOL

At Frankston Heights Primary School, the safety and wellbeing of every student is our highest priority. We adopt an Allergy Aware approach to provide a safe and supportive learning environment for students at risk of anaphylaxis.

What is anaphylaxis?

Anaphylaxis is a severe and potentially life-threatening allergic reaction that can occur within minutes of exposure to an allergen. Common allergens include certain foods (such as peanuts, tree nuts, eggs, milk and shellfish), insect stings, medications and latex. Anaphylaxis requires immediate treatment with an adrenaline injector (EpiPen® or Anapen®) and urgent medical attention.

Supporting Students with Anaphylaxis

Families play an important role in helping us keep students safe. Parents and carers of students diagnosed with anaphylaxis are required to:

- provide the school with a current ASCIA Action Plan for Anaphylaxis completed by their child's medical practitioner
- supply an in-date adrenaline injector for use at school
- notify the school immediately of any changes to their child's allergy, medical condition or emergency contact details
- work in partnership with the school to develop and review their child's Individual Anaphylaxis Management Plan.

Risk Minimisation

Frankston Heights Primary School implements a range of practical strategies to minimise the risk of exposure to allergens, including:

- encouraging families, where appropriate, not to send identified high-risk foods to school, particularly when a student in the class has a severe allergy
- encouraging students not to share food, drinks or utensils
- encouraging students with food allergies to wash their hands before and after eating
- reminding students to wash their hands after eating foods that may contain allergens before interacting with classmates
- supervising students during eating times
- considering allergies when planning classroom activities, celebrations, camps and excursions
- using non-food rewards where possible
- informing canteen staff of students diagnosed with anaphylaxis and ensuring appropriate food handling practices are followed
- maintaining safe outdoor environments
- completing risk assessments for all camps, excursions and school activities, with appropriate emergency planning and medication available.

Staff Training

All school staff receive regular anaphylaxis management training and participate in Department-required briefings. Staff are trained to:

- recognise the signs and symptoms of anaphylaxis
- respond quickly and appropriately in an emergency
- administer an adrenaline injector
- understand their responsibilities in preventing and managing anaphylaxis across all school settings.

Supporting students at risk of anaphylaxis is a shared responsibility of all members of our school community. We ask everyone to support our Allergy Aware approach by being mindful of the needs of others and helping to minimise the risk of exposure to allergens.

Refer to the school's Anaphylaxis Policy on the school website for further information.





INTRODUCING FHPS BREAKFAST CLUB PROGRAM **BREAKFAST CLUB**

We are so excited to introduce the Frankston Heights Breakfast Club!

We'll be taking our first step by delivering fresh apples, pears and bananas to classrooms for students to enjoy starting monday. We'll also be providing fresh oranges for our amazing Running Club participants.

This is just the beginning! In the coming weeks, we'll be launching a full Breakfast Club, where students will be able to enjoy toast, baked bean jaffles and cereal before school.

We can't wait to get started and support our students with healthy, nutritious food to help them learn, play and thrive!

EAT. LEARN. SUCCEED.



Library Update

Bookclub

Book Club Issue 5 orders close at 4:00pm on Friday 31st July. Orders will arrive approximately one week later.

BOOK CLUB X SPOTLIGHT PROMOTION

Place an online order on Book Club Issue 5 to receive a \$10 Spotlight voucher to use towards your book week costume. No minimum spend. Voucher code will be included in the Book Club order confirmation email. Coupon will be given with the first LOOP order on Issue 5 only.



Book Week Dress Up Day

Book Week dress up day will be held on Friday 28th August. We look forward to seeing everyone's costumes this year!

Storytime - Thursday's at lunch

Don't forget students are invited to storytime in the Library each Thursday during the first break.

Thank you, Ms Parker - Library Manager



How to order on **Book Club**



1. Your child will bring home a Book Club catalogue from school

2. Discuss with, and help your child pick the books they would like to read



3. Order online via the Scholastic Australia **LOOP** website or app and the school will take care of the rest! (**LOOP** orders are electronically linked to your school in an easy, secure online process)



4. The books are delivered to your child's classroom.

LOOP is the easy way for families to order and pay for Book Club.

Log in, or create a new account at [scholastic.com.au/loop](https://www.scholastic.com.au/loop)

1. If you are new to Book Club, follow the Wizard to set up your profile
2. Click the ORDER tab, and select your school and child's class
3. Add your child's first name and last initial (so the school knows who the book is for)
4. Enter the product item number shown on the Book Club catalogue
5. Make payment via credit card.

★ 2026 ★

BOOK WEEK SYMPHONY of STORIES

Stories
bring us
together

Every page
plays a
part!

DRESS AS YOUR
FAVOURITE
BOOK CHARACTER!



★ FRIDAY 28TH AUGUST ★



FHPS TRIVIA NIGHT

A NIGHT OF FUN, LAUGHTER & A TOUCH OF BOGAN

FRIDAY AUGUST 7 (7-11PM)

FHPS SCHOOL HALL

- **BYO DRINKS & NIBBLES**
- **18+ ONLY EVENT**
- **TABLES OF 10**

Bookings VIA : www.trybooking.com/DCSCG

LIMITED TABLES AVAILABLE

Booking Options:

 **Group Booking (10 people):**

Nominate a team leader to book a table & keep your group together.

 **Individual / Couple / Small Group:**

Purchase your tickets and we'll assign you to a table.

BOGAN BONANZA THEME. DRESS IN BOGAN ATTIRE

Book now and join us for an unforgettable evening!





2027 PREP OPEN EVENTS

~~Wed 17 June~~

OPEN AFTERNOON

4:00 PM – 5:00 PM

Join us for our Prep Open Afternoon! Come and explore our Prep learning spaces, meet our friendly staff, and see what makes our school community so special. We look forward to welcoming you and your family.

~~Mon 22 June~~

Wed 22 July

Fri 7 Aug

Fri 21 Aug

STORYTIME WITH OUR PREP LEADER

9:15AM – 10.00AM

Join us for one or all of our Kinder Storytime sessions with our Prep Leader, Mrs Beckett in the library! Enjoy stories, fun activities, and a chance to become familiar with our school in a warm and welcoming environment. We can't wait to see you there!

Fri 11 Sept

FOOTY CLINIC WITH OUR PRINCIPAL

9.15AM – 10.00AM

Join us for our Kinder Footy Clinic with the Principal on the oval! Come along for some fun games and activities, and don't forget to wear your favourite footy colours. We look forward to seeing you there!



BOOK NOW

When making a booking, please select 1 space for your family to attend. Please book a ticket for each event you wish to attend.

Toddlers are welcome to attend.



 **Contact Us**
9783 4988



2026 INTERNATIONAL COMPETITIONS & ASSESSMENTS FOR SCHOOLS (ICAS)

Dear Parents/Guardians,

We are excited to once again offer students in Years 2-6 the opportunity to participate in the 2026 ICAS (International Competitions and Assessments for Schools).

ICAS is a globally recognised online competition in English, Mathematics and Science that challenges students to think critically and apply their problem-solving skills in new and engaging ways. It provides a wonderful opportunity for students to extend themselves beyond the classroom and experience academic challenge at an international level.

All participants receive a certificate and a detailed results report to celebrate their achievements and track their progress. High-performing students may also be awarded prestigious ICAS medals.

We encourage families to consider this opportunity for children who are motivated to challenge themselves and further develop their academic skills.

The 2026 online ICAS assessments will be held at Frankston Heights Primary School on:

Assessment	Date	Cost (inc. GST)
English	Monday August 10	\$21.95
Science	Monday August 17	\$21.95
Mathematics	Monday August 24	\$21.95

HOW TO REGISTER & MAKE AN ONLINE PAYMENT

- Go to the ICAS Shop: <https://shop.icasassessments.com/pages/parent-payment/GXF105>
- Enter student details and click **SAVE STUDENT**
- Select the ICAS test(s) you wish to purchase
- Select proceed
- Go to the checkout
- Make payment (you will receive an order confirmation email, please keep this for your records)

IMPORTANT: Please enter your child's name accurately into the system. The details you enter are the details that will appear on your child's ICAS certificate.

Online payment closes **Monday 27th July 2026.**

Michelle Smith (Assistant Principal)

FHPS VOLUNTEER INFORMATION

Frankston Heights Primary School greatly values the support and assistance of volunteers. Anyone who assists with our school programs is classed as a volunteer.

VOLUNTEER REQUIREMENTS

Every year volunteers are required to:

- Read the Child Safety policies and procedures and the FHPS OHS Induction handbook (click on the links below to access). This requirement must be met for any volunteer to assist with classroom programs and school events.
- Sign the Child Safety Code of Conduct, Volunteer Confidentially Agreement and Volunteer OHS Checklist at the office.
- Present a current Working With Children Check (WWCC) at the office. Forms can be collected from the post office or visit the Working with Children Check website at www.workingwithchildren.vic.gov.au



All volunteers are to familiarise themselves with the following documents. Click on the hyperlinks to access each document. Hard copies are available at the office.

- [Frankston Heights Primary School Child Safety Policy](#) - **READ**
- [Frankston Heights Primary School Child Safety Responding and Reporting Policy and Procedures](#) - **READ**
- [Frankston Heights Primary School Child Safety Code of Conduct](#) - **READ**
- [Frankston Heights Primary School Volunteers Policy and Child Safety Induction Pack](#) - **READ**
- [Frankston Heights Primary School Volunteers OHS Induction Handbook](#) - **READ**

Once read, please visit the office to sign the Child Safety Code of Conduct, Volunteer Confidentially Agreement and Volunteer OHS Checklist.



FRANKSTON HEIGHTS PRIMARY SCHOOL FAIR

SAVE THE DATE



Rides | Stalls | Food & Drinks
Entertainment + Loads More!

FRIDAY 20 NOVEMBER

1.00PM - 6.00PM

ALL WELCOME



FRANKSTON HEIGHTS PRIMARY SCHOOL



TERM 3 2026

CANTEEN MENU



ON-LINE LUNCH ORDERS

You can order your child's lunch online

Stir Crazy Kids



Download 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 and a fake email, choose their lunch. Add it to your cart and checkout for all students together, and we will take care of the rest. You can order in advance or on the day Ordering closes at 3pm Too easy!!

Categories are the same as this menu.
Need some help! support@stircrazykids.com.au
Call or Text Donna 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



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

We offer Gluten Friendly choices

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	.80c
😊😊	Slinky Apple	\$2.00
😊😊	Slice of Fruit in Season	\$2.00
😊	Mini Muffin	\$2.00
😊	Anzac Biscuit	\$2.00
😊	Gluten Free Anzac Biscuit	\$2.20
😊😊	Garlic Bread	.60c
😊	Jumpys (Chicken/Salt&Vin)	\$1.60
😊	Veggie Chips (Gluten Free)	\$2.70
😊	Grain Waves	\$2.70
😊😊	Large pop corn	\$2.70
😊😊	Small popcorn	\$1.50
😊	Ginger Bread People	\$3.50
😊😊	Yoplait Yoghurt Tubs— 100ml	\$2.50
😊😊	Tropical, Mixed berries, Blueberry, Available fresh or Frozen	
😊😊	Dairy free yoghurt— 100ml	\$2.50
😊😊	Blueberry Mango & Passionfruit Available Frozen	
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.50

DRINKS



😊😊	Juice Box – Apple /Orange	
😊😊	Apple & Blackcurrant	\$3.00
😊	Big M Milk	
😊😊	Choc / Straw	\$4.00
😊😊	Plain Milk	\$3.80
😊😊	Lactose Free Choc Milk	\$4.00
😊	Hot Chocolate	\$4.00
😊😊	Bottle water	\$2.60

Prices include the new State Gov Container Tax
GST Inclusive

Frankston Heights

SPECIAL MEAL DAYS

MUNCHY MONDAY

😊😊	Chicken Schnitzel Burgers	\$7.50
	Crumbed Chicken with lettuce & mayo	
	Add Cheese	\$1.00
	Tom sauce	.30
😊😊	Veggie Delight burger	\$7.50
	With lettuce, vegan mayo, Add Vegan Cheese	\$1.50

TEMPTING THURSDAY

😊	Sausage Roll	\$4.50
	Traveler Beef Pie	\$6.50
	Gluten Free Pies	\$7.50
	Vegan sausage roll	\$5.50
	Tomato sauce	30ea

FANCY FRIDAY

😊	Hot Dog or Vegan sausage	
	In a white long roll	\$6.00
	Add Cheese	\$1.20
	Vegan or Lactose free cheese	\$1.50
	Tom sauce, mustard BBQ	.30ea

SPECIAL MEAL DEAL

Include an flavoured Milk for \$3.80
Add a Slinky Apple, Anzac or a Mini Muffin for \$1.80c each

RIGHT-ON-WRAPS Mon & Thurs

Tortilla Style Wrap with your choice of:

😊😊	Cheese & Salad	\$7.00
😊😊	Ham & Salad	\$8.00
😊😊	Chicken & Salad	\$8.00
😊😊	Tuna & Salad	\$8.00

Add cheese for \$1.50. Lactose free cheese \$2.00
Vegan Cheese \$2.00 & avocado for \$1.50

SUPER SALAD BOWL Mon & Thurs



Super Salad Bowl \$6.50

Lettuce, Tomato, Carrot, Cucumber & Cheese

Add Chicken, Ham, Tuna, Egg or Avocado \$2.00 each
Lactose free cheese or Vegan \$1.00 extra

HOT ITEMS ANY DAY

😊😊	Crispy Chicken Tender	\$2.50
	Tom sauce for	30c ea
😊😊	Penne Pasta with Cheese	\$6.50
	(Available Gluten Free)	\$7.50
😊😊	Mini Corn Cob	\$2.00
😊😊	Chicken Zoomer with cheese	\$7.50
😊😊	Tuna, Chicken or Ham Melt	
	Toasted with Corn & cheese	\$6.00
😊😊	Pita Pizzas Margarita	\$5.00
	Garlic & Cheese	\$5.00
	Cheese & Vegemite	\$5.00
	Ham & Cheese	\$6.00
	BBQ Chicken	\$6.00
	Hawaiian	\$6.50
	Substitute with lactose free or Vegan Cheese for	\$1.00

SUPER SANDWICHES

& ROCK 'N' ROLLS Mon & Thurs

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra \$1.00

Gluten Free Bread \$1.00 Lactose Free Cheese \$1.50

😊	Vegemite	\$3.50
😊	Honey	\$3.50
😊😊	Cheese	\$4.00
😊😊	Cheese & Vegemite	\$5.00
😊😊	Cheese & Lettuce	\$5.50
😊😊	Cheese & Tomato	\$5.50
😊😊	Fresh Chicken	\$5.00
😊😊	Fresh Chicken & Salad	\$8.00
😊😊	Ham	\$5.00
😊😊	Ham & Salad	\$8.00
😊😊	Ham & Cheese	\$6.00

Extra fillings, Tomato, Cheese, Carrot, Lettuce
All extra fillings are \$1.50 each Avocado \$2.00
Substitute with lactose free or Vegan Cheese for \$1.00

Truly Tasty Toasties

😊	Vegemite	\$3.50
😊😊	Cheese	\$4.00
😊😊	Ham	\$5.00
😊😊	Ham & Cheese	\$6.00
😊😊	Chicken & Cheese	\$6.00
😊😊	Cheese & Vegemite	\$5.00
😊😊	Cheese & Tomato	\$5.50
😊😊	Ham, Cheese & tomato	\$7.50
	Substitute with lactose free or Vegan Cheese for	\$1.00



Order online Details PTO

**Your
OSHC.**

**Big
Art**

**Pupil Free
Day**



Takeover!

**This isn't just any Pupil Free Day...
it's a full-day creative takeover!**

On Friday, 24 July 2026, children are invited to come dressed in their favourite pyjamas as we transform the day into a warm and engaging Big art adventure.

Throughout the day, children will enjoy a variety of Pyjama party-inspired activities, storytelling experiences, creative crafts, games, and opportunities to share their creative minds and talents with friends.

Places are limited and must be booked in advance.

**To avoid missing out, please secure your child's place as early as possible.
We look forward to sharing a magical and cozy day with your child!**

PYJIL FREE DAY PYJAMA PARTY!



Date: Friday 24th of July



Time: 6:30AM – 6:30PM



Fees: Full Fee: \$70.84 After Max CCS* \$7.08



Location: The OSHC room at Frankston Heights Primary School



Register for Your OSHC

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

[Register now](#)

Child Care Subsidy (CCS)

The Child Care Subsidy can provide up to 90% off your fees. Your eligibility is determined by your family's annual adjusted taxable income, the type of childcare you use, and your activity level. To find out if you're eligible, contact Centrelink on 13 61 50.

Please [click here](#) to view more Anglicare sessions available this term.



Calm Parenting Parents Building Solutions

- Are you tired of all the yelling - yours and theirs?
- Do you feel like you are reacting to behaviours rather than having planned strategies?
- Do you and your kids talk? Do you have fun together?
- Do you have difficulties with increasing school participation?
- Do your children have behaviours that you find challenging?

If your answer to any of these questions is "Yes!", please join us for this parenting program and meet other parents

Please note these are interactive sessions so cameras must be on and the sessions are not recorded.

When: 6 ONLINE sessions
Thursdays 30 July - 3 Sept 2026

Time: 6.30 - 8:00 pm

Where: Online via Zoom

Cost: FREE (booking essential)
You can use the QR or link below to register:
<https://events.humanitix.com/2026-t3-calm-parenting-evening>



Contact:
Michelle.Brown@anglicarevic.org.au

PARENTZONE

BETTER
TOMORROWS



BEYOND THE VIOLENCE

A FREE 8-Week program for women and their children who have been impacted by family violence.

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?

DATES: 22nd July to 9th September 2026
Wednesdays

TIME: 4:00pm - 6:00pm

WHERE: Dandenong area.
Details given at time of booking.

COST: Free! Bookings are essential.
Food provided.

This group may be just what you and your children need to move forward together.

**MISSION
AUSTRALIA**
**Communities
for Children**

Funded by the Australian Government's
Department of Social Services

Please scan the QR
code to like and follow
the Communities for
Children Greater
Dandenong Facebook
page.



www.facebook.com/MissionAustraliaCFCdandenong



All enquiries contact:

**Iris Guasch - on 0436 007 492 or
iris.guasch@anglicarevic.org.au**

PARENTZONE



DADS DO MATTER

Parents Building Solutions

Would you like tips and strategies to:

- Improve confidence, communication and strengthen your bond with your children
- Create a safe, supportive and healthy home environment
- Manage conflicts effectively
- Understand and manage stress, emotions and anger more effectively
- Create a safe space to connect with other Dads

Please note: this an interactive program via Zoom. Participants are expected to have cameras on and join from an appropriate setting.

Certificate of attendance awarded

WHEN: 6 ONLINE sessions (Mondays)
13th July -17th August 2026

WHERE: ONLINE via Zoom

TIME: 6.00pm to 8.00pm

COST: Free (Bookings essential)
Click the link to register or scan the QR code
<https://events.humanitix.com/2026-t3-dads-do-matter>



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PARENTZONE