FROM THE PRINCIPAL
Dear Parents and Friends,

This week we have been celebrating Diversity Week and Harmony Day. Our school is very multicultural including 21 languages and 11 different places of birth. At SAHPS we value the diversity that our school has and enjoy the many ways that we can all enrich our lives through the range of backgrounds and experiences.

Within our school our teachers and their families come from many lands, including Portugal, Malta, Greece, Cyprus, Philippines, Ireland, England, Scotland, and mine from Macedonia.

This week we have joined in the festivities and highlighted our many cultures through such events as our Multicultural Lunch. It was lovely to see a number of students in traditional dress and costume and whilst I am not Indian, I chose to wear a traditional kameez or tunic, which I bought from New Delhi when I was there on an international exchange with The Asia Foundation and Department of Education.

Learning about cultures and traditions helps us to appreciate not only others but also our own culture. We look for not only differences but also similarities as we dig deeper into our own heritage. The more we look into these cultures, the more we develop appreciation and respect for our community.

Our Community Hub changed locations this year and is now in the Garden House. We plan to upgrade this space through the voluntary contributions that parents pay at the beginning of the year. We currently have $1785.00 saved up and parents are able to make a contribution at any time. We will ensure all funds go directly to this upgrade and school council will monitor the spending.

We had many, many parents coming along to join in our Cultural Lunch. The students loved seeing their family members in the school and loved sharing a story or two!

*Teamwork * Respect *Honesty * Belonging

“At St Albans Heights Primary School we embrace the diversity of our community. We provide a safe and rich learning environment where quality programs enable students to achieve their full potential.”
At SAHPS we see nutrition as a very important part of a child’s health and wellbeing. To show our commitment to this we:

- Hold a breakfast club every morning
- Provide lunches for students who forget to bring their own
- Provide kitchen garden lessons for our Year 3/4s
- Grow vegetables in our garden to use for cooking classes for both students and parents
- Teach about health and nutrition in the classroom

Sophie Jamieson, our Community Hub Leader is also a qualified Dietitian so is able to support our community with tips and advice.

Have a healthy and happy week!

Helen Otway
Principal

SCHOOL NEWS

EFTPOS
We now have EFTPOS facilities available at the office for student payments. A minimum of $10 per transaction.

SUNSMART – A REMINDER
As a SunSmart School, all children must wear either a bucket hat or a broad brimmed hat during outdoor activities. Children without a hat will not be allowed to play in the sun. Please ensure that your child’s name is on their hat. Hats are available at the office for $10.

CAR PARK
For safety reasons could parents please avoid parking or dropping off students in the staff car park.

STUDENT WELLBEING

DRUMBEAT:
Drumbeat is returning in Term 2 and ten students from Grade 4 will have the opportunity to participate. The group runs for 10 weeks and is facilitated by workers from Relationships Australia & The Royal Children’s Hospital together with myself. It is a group the children really enjoy that focuses on relationships, self esteem and living in harmony. The program will continue in Terms 3 & 4 and is suitable for students in Grade 4, 5 & 6.

If your child is offered a place, please support the program by returning the signed consent documents to us. This is an exciting program that promotes self confidence, communication and friendship.

Seasons:
The Seasons Program will be running in our school in Term 2, facilitated by Belle from Relationships Australia and myself. It is a 6-8 week program that runs for 1 hour per week and the aim is to support children to understand their experience of grief or loss using the seasons as a theme to explain how change effects our feeling and our lives. Children could be included in the group for a number of reasons - death of a family member or grandparent, lack of contact with a parent, divorce or separation, loss of relationship eg. moving to a new area or country and losing contact with friends and family, loss of a family pet. If you think your child would benefit from being involved, please let me know or leave your details at the office and I will contact you.

Julie Leech
Student Wellbeing.

COMMUNITY NEWS

Parent Morning Tea
A big thank you to Gina from Many Rivers for talking to us about small business on Monday! If you have a small business or are thinking of starting one and would like support, you can contact Gina Ezard on 0472 800 746 or email gina.ezard@manyrivers.org.au
**Parent Tea Time** Get to know fellow parents during Parent Tea Time in the Play and Say Room every day from 2:30pm. You are welcome to make a cuppa tea and use the toys! Please pack up when you're done.

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**Parents Tea Time**

Everyday from 2:30pm

From 2:30pm Everyday
All parents welcome in the Play and Say Room (across from the art room) for catch up and tea and coffee every day of the week after 2:30pm.

Young Children welcome.

Please find kettle and mugs by the kitchen bench.

Please pack up toys and cups/mugs after you finish.

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**early matters**

Do you

- have difficulty managing your child’s behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

Tuning in to Kids is a highly regarded and well-researched program that supports parents to develop and enhance their parenting skills, focusing on building the relationship between parent and child.

This six-week free program provided through Relationships Australia Victoria’s early matters program teaches parents:

- to be aware and to regulate your own emotions
- to be aware of your child’s emotions
- to use your child’s emotional experiences as an opportunities for closeness and teaching
- skills to help your child verbally name their emotions
- skills to help your child to problem solve
- to guide your child’s behaviour with appropriate limits

**Tuning in to Kids**

Relationships Australia Victoria through its early matters program.

For more information visit www.relationshipsvictoria.com.au

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**Relationships Australia, Victoria**
CULTURAL DIVERSITY LUNCH

What a fantastic time we all had last Friday when we celebrated the Cultural Diversity of our school. Thank you especially to all of the parents who came along and made tasty dishes for us all to share. You all helped to make the day a great success! We had so many students dressed to represent their cultural backgrounds – the playground was so colourful and beautiful. If you don’t find your photo here, check out the school’s Facebook page!
CÁC NGÀY QUAN TRỌNG
**Important Dates to Rememb**
Thứ sáu, 31/3: Mẫu giáo diễm hành.
   Ngày cuối học kỳ bái học
   lúc 2giờ 30
Thứ hai, 24-4: Chụp hình toàn trường
Thứ ba, 25-4: Nghị lễ ANZAC

VÀI LỜI CỦA BÀ HIỆU TRƯỞNG
**From the Principal**
Trong tuần này chúng ta chào mừng tuần lễ Đa Văn hóa. Trường chúng ta bao gồm 11 ngôn ngữ. Tại trường chúng ta tôn trọng các nét văn hóa khác biệt và do đó là cách chúng ta thường thục và làm cho đổi sống chúng ta thêm phong phú.
Trong trường giáo viên và gia đình họ đã đến từ nhiều nước khác nhau như Portugal, Malta, Greece, Cyprus, Philippines, Ireland, England, Scotland và gia đình tôi đến từ Macedonia.

Tuần này chúng ta đã tổ chức nhiều lễ hội để nên lên sự đa dạng như đa dạng như Portugue, Malta, Greece, Cyprus, Philippines, Ireland, England, Scotland của chúng ta.
Học hỏi về truyền thống văn hóa của nước khác không chỉ giúp cho chúng ta quý mến dân tộc nước khác mà còn cho chúng ta thấy được cả hay đẹp của văn hóa mình. Chúng ta có thể thấy sự khác biệt nhưng cũng có thể thấy những diểm tương tự khi chúng ta chào mừng ngày của người khác. Cùng tìm hiểu văn hóa khác ta càng phát triển sự chấp nhận và nể trọng cho cộng đồng chúng ta.

Phong cảnh cộng đồng nhằm làm việc tại Garden House. Trường đăng lên hệ thống và sẽ dùng tiền đóng góp thiện nguyện của phụ huynh để tu sửa phòng này. Hiện tại phụ huynh đóng góp được 1785$00 và phụ huynh có thể đóng góp bất cứ lúc nào. Nhà trường doan chắc rằng sẽ dung tiền quy này để tân trang và Hồi-down nhà trường sẽ giám sát việc chi tiêu này.
Rất nhiều phụ huynh tham dự buổi ăn trưa đa văn hóa. Các em rất thích khi thấy bố mẹ đến dự và chia sẻ câu chuyện của gia đình.

Tại trường tiểu học St Albans Heights chúng tôi có trọng việc ăn uống lành mạnh và sự an bình của học sinh. Xin phụ huynh đọc sau đây để thấy được sự quý trọng của trường:
- Tô chức ăn sáng cho học sinh.
- Cung cấp thức ăn cho em nào quên đói theo.
- Học sinh các lớp 3/4 học “kitchen Garden”
- Dùng rau quả trong vòng trường để nấu cho học sinh hay phụ huynh
- Dạy các em về sức khỏe và ăn uống lành mạnh

Sophie Jamieson, trường phong cộng đồng là người có tốt nghiệp về cách ăn uống cho nên có ẩy giúp đỡ và góp ý kiến rất nhiều.

TIN TỨC CỦA TRƯỞNG
**Xin lưu ý phụ huynh:** học sinh cần phải nồng rộn văn hóa khi ra ngoài trời. Không đổi nồn không được chạy chơi.
**Đầu xe:** Về văn đề an toàn phụ huynh không nên dùng bao đầu của trường để thả hay đón con tại đây.

TIN TỨC CỘNG ĐỒNG
**Dịch vụ buôn bán nhỏ:** Ai cần sự hướng dẫn thì DT cho Gina Ezard 0472 800 746 hay email cho gina.ezard@manyrivers.org.au
<table>
<thead>
<tr>
<th>WEDNESDAY 22nd MARCH</th>
<th>THURSDAY 23rd MARCH</th>
<th>FRIDAY 24th MARCH</th>
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<tr>
<td>Life education Sessions</td>
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<td>FRIDAY 31ST MARCH</td>
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<td>Foundation Easter Bonnet Parade</td>
<td>Last day of term 1 2.30PM FINISH</td>
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<td>TUESDAY 18TH APRIL</td>
<td>MONDAY 24TH APRIL</td>
<td>TUESDAY 25TH APRIL</td>
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<td>1st day of term 2</td>
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<td>A.N.Z.A.C Day No School</td>
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