



St Albans Heights Primary School

Principal Mrs Effie Sultana
9366 4211
www.sahps.vic.edu.au

NEWSLETTER NO. 14
September 12th 2023



Principal's Message



Dear Parents/Guardians,

Lots of things have been happening....

It has been a busy few weeks, we've had lots of fun and exciting activities during this term. I would like to thank the staff for ensuring our students celebrate important events and take part in some exciting learning opportunities.

Happy Father's Day

I hope all of our dads, grand dads, uncles, brothers and special people in our lives had a wonderful day and were spoilt by their families. Students enjoyed purchasing items from our 'Father's Day Stall', choosing gifts very carefully for their loved ones. Thank you to Ms Leanne, Ms Coral, Ms Christine and the parents that helped out with the stall. Our F/1 students welcomed their special people into their classroom and had fun with different activities.

5/6C Planting 100 trees

Thank you to Mr Glenn, Mr Gary and 5/6C for their work in planting trees around the perimeter of the oval.



IMPORTANT DATES

Wednesday 13th
September
Art Show

Friday 15th September
Footy Day and Special
Lunch

Friday 15th September
Last Day of Term 3
2.30pm finish

Monday 3rd October
1st Day of Term 4

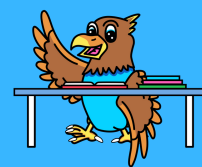
Monday 3rd October -
Friday 13th October
F-4 Swimming

PAYMENT /CONSENT DUE DATES

Monday 2nd October
Girl's Basketball

Monday 16th October
ACMI 1/2

Friday 20th October
ACMI F/1



Principal's Message Continued



F-2 Breakfast and 1/2 Stay Late

Students loved their introduction to our camping program, they had breakfast together then they brushed their teeth and changed into their school uniform, before enjoying a day of fun activities. After school the 1/2 students enjoyed a magic show and dinner together before going home at 6.30pm. Thank you to Ms Avati for organising, and the F-2 staff (Ms Von Sendon, Ms Nicole, Mrs Di Sipio, Mrs Warren, Mr Noly and Ms Bubeck for ensuring this event was a success.



New Build Update

Everyone has moved out of the admin & 5/6 areas, we are busy relocating services to ensure no disruptions to internet, power, phones etc, for when the demolition begins. We had a new phone system installed last Thursday as our current one was quite old and not compatible with the new data points, etc. It has been chaotic for the staff, but the end result will be well worth it. The works are currently out to tender and the Victorian Schools Building Authority (VSBA) will appoint a builder after this closes. The office is now located in the staff room, please ring the bell for access.

District Athletics

Congratulations to the 11 students who represented SAHPS at the District Athletics last week. Thanks to Mr Simon for preparing the students and supporting them on the day. All students participated with great enthusiasm and effort. Congratulations to Ezekielle he came 2nd in shot put, Hannah came 2nd in hurdles and Vicky came 3rd in discuss, amazing achievements. Both Eze and Hannah will go on to the next round.



Author Visit

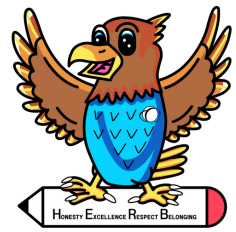
All students enjoyed the visit from Michael Wagner, he shared stories and the writing process with students. Thank you to Ms Avati for organising this event for the whole school.

AFL Football Gala

Twenty year 5/6 students enjoyed participating in this event. They won 3 games and lost 2 games throughout the day. More importantly they had a great day and demonstrated good sportsmanship. Thanks to Mr Simon for coordinating this opportunity for our students.



Principal's Message Continued



Cancer Council
Daffodil Day

August 31

Daffodil Day

A day to raise awareness and funds for cancer research as many of us have been touched by this awful disease in some way. The day was organised by Louis in Year 6, students were able to wear yellow and bring a gold coin donation. Icy poles were sold in the week leading up to this day. A total of \$451 was raised by the school community, thank you!

R U OK Day

Last Thursday we celebrated R U OK Day, a reminder to check in with your family, friends and neighbours to see if they are okay. Students wore yellow to celebrate and acknowledge this day.

Volleyball Workshops for 3-6

Thanks to Mr Glenn for applying for another Sporting School's grant, this time for volleyball. All students in Years 3-6 have been taking part in workshops learning the skills of the game over the last few weeks.



School Uniform

A reminder that only the official school uniform can be worn at school. Black is not part of our uniform, please ensure that your child is dressed appropriately to return to school. Wearing of school uniform encourages pride and inclusiveness, so it is very important all students abide by this policy. Your support is again appreciated. If you need support please contact Christine or the school office.



Hats required in term 4

A reminder that as an accredited Sunsmart school, all students are required to wear a broad brimmed or legionnaires hat when outside. These can be purchased from the school office.

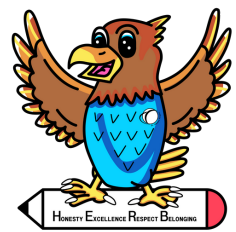
Planning Week

Last week staff participated in a planning week, to prepare the curriculum for term 4. Each team worked closely with members of the leadership team to plan relevant and appropriate learning sequences for next term. With only one term to go until the end of the year we need to ensure our students are prepared and ready to move up to the next year level. Staff will be focusing on teaching the essential learnings each child is required to know in each year level, before the end of this school year.

Art Show

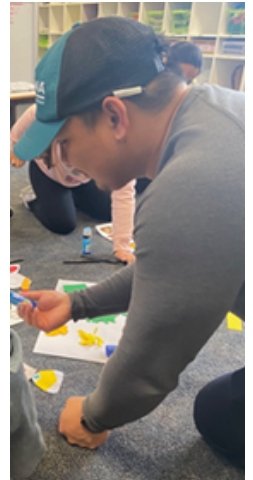
After school on Wednesday families are invited to our Art Show to celebrate the wonderful work of our students. Mr Pody and the staff have worked hard to make this evening a success and we hope you can join us too. A gold coin is requested upon entry, there will be a range of activities to take part in and enjoy. A couple of food trucks will be in attendance also for a quick snack. Bring additional gold coins to enjoy some arts and crafts, whilst you view your children's work.

Principal's Message Continued



Farewell to Mr Noly

After 8 years at SAHPS we are sad to farewell an absolutely amazing, generous and talented member of our staff. Mr Noly began his career at SAHPS and has worked hard to improve his craft, learn new skills and develop his expertise in both STEM and Japanese. His skills have been recognised and hard work pays off, as he has accepted a leadership position teaching STEM at Glenroy West PS. Our loss is definitely their gain, but we are thrilled to have been able to play a part in his success. On behalf of the entire school community, we wish him every success in his future leadership career and we will miss his smiley face, loud voice and super generous nature.



STEM and Japanese replacements

We are grateful to Mrs Kennett for agreeing to take STEM for the remaining of the year and a replacement Japanese teacher is still being finalised.

End of term - school holidays

A reminder that the last day of school for our students is on Friday 15th September at 2.30pm as we begin our two week holidays break. Wishing all of our families a relaxing break and we look forward to seeing you back on Monday 2nd October at 8.50am.

Other important dates for your diaries

It is really important for families to check COMPASS weekly to keep updated with all events and happenings at school, so that you can be organised and your child/ren don't miss out.

13th September - Art Show 3.30pm-5.30pm - gold coin entry

15th September Football Day - dress up in your code's colours.

15th September - Last day of school, early finish of 2.30pm.

2nd October Term 4 begins and swimming starts for Years F-4 students.

Regards
Effie Sultana
Principal



The Check-In

FOUNDATION - GRADE 2 NEWS

FOUNDATION/1 BY MS DANIELLA, MS IRMA & MS KARA

Last week students participated in a camp style breakfast experience, before school. Just like they will experience on future camps, students first selected their choice of breakfast and then sat down to enjoy breakfast with their peers. Once their breakfast was demolished, they changed into their school uniform, brushed their teeth and finished the morning with some engaging camp activities. It was a great morning, and all the students showed a huge amount of appreciation, respect and responsibility.





The Check-In

FOUNDATION - GRADE 2 NEWS

FOUNDATION/1 BY MS DANIELLA, MS IRMA & MS KARA





The Check-In

FOUNDATION - GRADE 2 NEWS

FOUNDATION/1 BY MS DANIELLA, MS IRMA & MS KARA

That same evening, our Year One students also participated in a stay late event. They were lucky enough to indulge in a milo and popcorn snack, were left amazed after watching a magician work his magic and sat down with their peers again to enjoy pizza, juice and an icy pole to finish the evening. It was such a fun day, and we were so proud of everyone who joined in.





The Check-In

FOUNDATION - GRADE 2 NEWS 1/2 BY MS NICOLE, MS MIRELLA & MS REBECCA

F - 2 Breakfast and Stay Late

On 31st August, the F-2 students arrived bright and early for breakfast in the stadium.



After breakfast, our camp day activities began. Children participated in Scavenger Hunts, Blueearth games, Singing around the campfire, Spheroes, and making Cloud Dough.

After school it was time for a snack. Children enjoyed popcorn and milo before heading to the stadium for the magic show. This was the highlight for many as children watched a balloon turn into a live rabbit!



The Check-In

FOUNDATION - GRADE 2 NEWS

1/2 BY MS NICOLE, MS MIRELLA & MS REBECCA





The Check-In

FOUNDATION - GRADE 2 NEWS 1/2 BY MS NICOLE, MS MIRELLA & MS REBECCA

After the magic show, dinner was served which was followed by some short films.

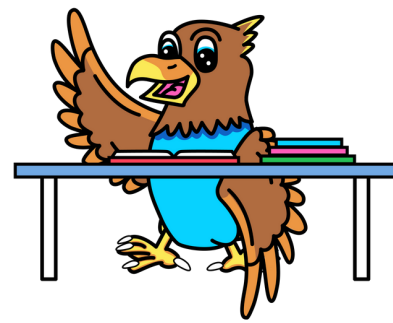
An exciting day was had by all!



The Check-In

GRADE 3-6 NEWS

BY MR JIMI, MS HELEN, & MS ABBY



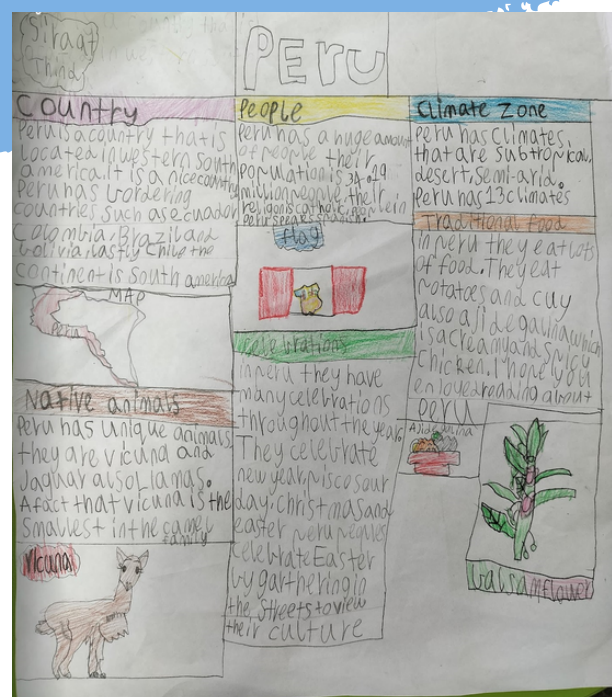
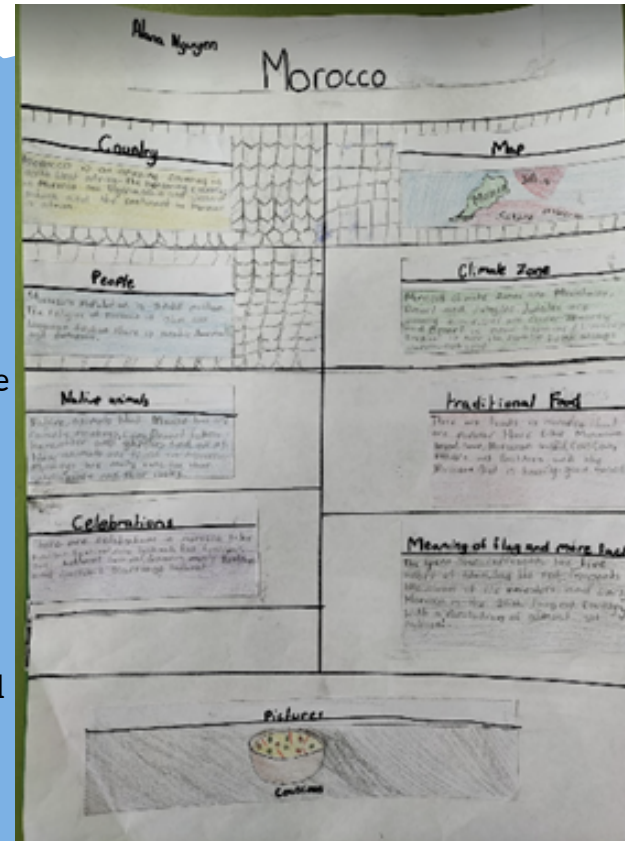
Dear Parents and Carers,

Last week, classes 34A and 34B came together in a single classroom as part of our preparations for the new building project. We're pleased to report that the transition to a team-teaching environment went smoothly, and our students adapted to it maturely.

In our reading sessions, our students have been exploring information reports. They've been actively making connections while reading and articulating the various types of connections they discover. This skill enhances their comprehension and encourages a deeper engagement with the text.

In writing, our students have been putting the finishing touches on their information report posters about Australia and African and South American countries. The effort and dedication they've put into their work is truly impressive, resulting in visually some stunning reports. These reports will be on display outside the classroom in time for the upcoming art show next week.

In mathematics, our students have been mastering the skill of telling time to the minute, using both analogue and digital clocks. This fundamental skill not only has practical applications as students begin to learn about elapsed time.

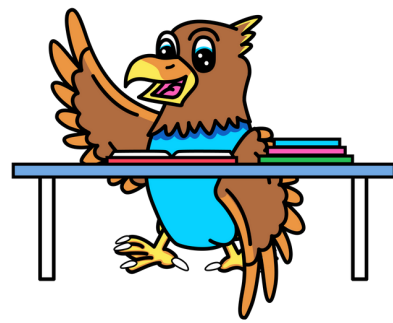


The Check-In

GRADE 3-6 NEWS

BY MR GARY, MS LAURA & MR DYLAN

Using 'Untitled Goose Game' in Writing

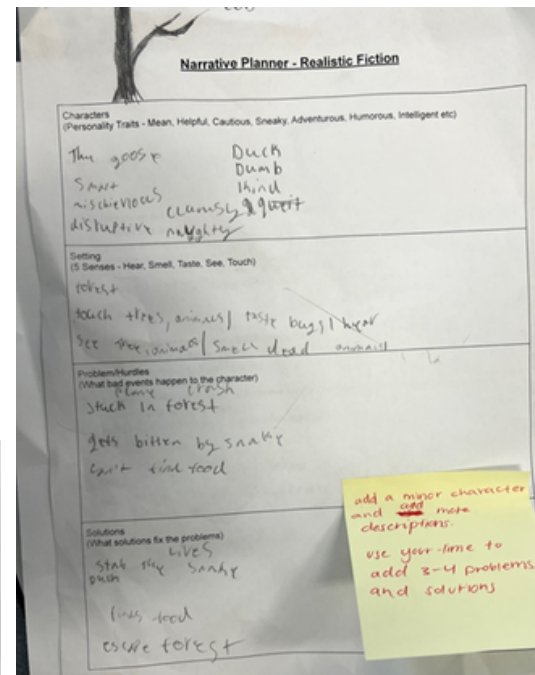
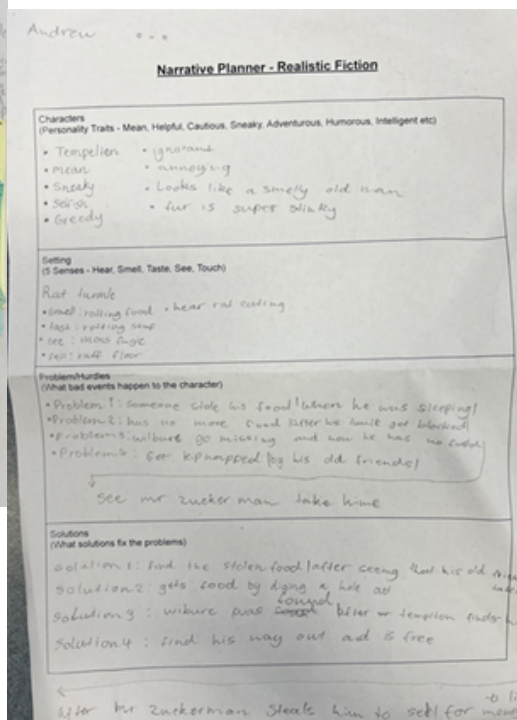
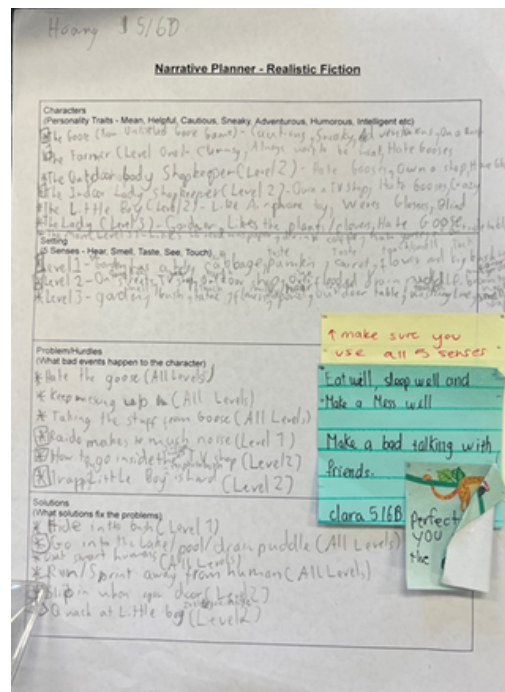


For the last few weeks, the 5/6 students have been focusing on realistic fiction.

A lot of students found it hard to think of a storyline to write about.

We decided to use a video game to enhance our ideas and build our story.

With our partnership with ACMI, they showed us a game called 'Untitled Goose Game' which is about a goose who causes havoc in a city. The 5/6 students were able to play and watch the game unfold and then write down the events that happened throughout the game. Some events were, the goose stealing the farmers keys and hiding them, turning on the sprinkler and getting the farmer wet and annoying a shopkeeper.



The students then used their plan that was based from the game to write a realistic fiction. It helped with ideas about characters, setting, problems and solutions.

The Check-In

LITERACY NUMERACY WELLBEING



LITERACY BY MRS. BUBECK

Hi SAHPS Families

Over the past couple of weeks, we have been running a game of home reading Bingo.

I would like to congratulate the following students for completing the challenge:

- Henry Huynh 3/4B
- Venessa Nguyen 3/4B
- Wendy Tran 5/6A
- Ambier Grhay Mislant 1/2B
- Amir Kaik 1/2B
- Kaiden Le F/1B
- Aiden Le F/1B

These students will be receiving an MVP worth 10 points and an icy pole

As we get ready to enjoy a two week break I encourage every child to continue with their positive home reading habits by reading a little bit every day of the school break.

Happy reading
Mrs Bubeck



The Check-In

LITERACY NUMERACY WELLBEING

WELLBEING

BY MR. GLENN & MS. CHRISTINE



In today's fast-paced world, the importance of mental health is becoming increasingly evident. Just as we teach our students to read, write, and solve math problems, it is equally crucial to equip them with the knowledge and skills to understand and manage their mental health. This is where the concept of "mental health literacy" comes into play.

What is Mental Health Literacy?

Mental health literacy refers to our ability to recognise, understand, and effectively respond to mental health challenges and illnesses. It encompasses a range of knowledge and skills, including:

Recognizing Signs: Being able to identify the signs and symptoms of common mental health issues such as anxiety, depression, and stress.

Reducing Stigma: Understanding that mental health challenges are no different from physical health issues and should be treated without judgment or discrimination.

Seeking Help: Knowing when and how to seek help for oneself or a friend who may be struggling with their mental health.

Self-Care: Learning and practicing strategies to maintain good mental health, including stress management, relaxation techniques, and healthy coping mechanisms.

Promoting Well-Being: Supporting a culture of well-being in our school community and beyond.

Why is Mental Health Literacy Important for Students?

Early Intervention: Mental health literacy allows students to recognise signs of distress in themselves or their peers early on, increasing the chances of timely intervention and support.

Reducing Stigma: By promoting understanding and empathy, we can reduce the stigma associated with mental health issues, creating a more supportive and inclusive environment.

Enhancing Coping Skills: Teaching students how to manage stress, anxiety, and other challenges empowers them to navigate life's ups and downs more effectively.

Academic Performance: Good mental health is closely linked to academic success. When students are emotionally well, they are more likely to excel in their studies.

Life Skills: Mental health literacy is a valuable life skill that will serve students well beyond their school years.

Kind Regards,
Glenn Groves
Positive Climate and Engagement Leader

Christine Thewma
Student Wellbeing Officer

St. Albans Heights Primary School is committed to the safety and wellbeing of all children and young people, we have a zero tolerance for child abuse. This will be the primary focus of our care and decision-making.



The Check-In

ART PE STEM JAPANESE

ART BY MR PODY

In a few days time we are having our "AMAZING and ABSTRACT ART SHOW"! Don't forget that the Art Show starts at 3.30pm and concludes at 5.30pm in the Stadium.

There is a GOLD COIN entry fee. To participate in some of the interactive activities such as Henna Hands, Jewellery making and the Photo-booth, you will need to pay a GOLD COIN. There are some great door raffle prizes also on offer so don't forget to buy a few raffle tickets (\$1.00 per ticket)

Come along and celebrate your child's amazing art work on Wednesday!





The Check-In

ART PE STEM JAPANESE

ART BY MR PODY



Herb's Heroes



HONESTY
EXCELLENCE
RESPECT
BELONGING



Hannah	F/1A	Belonging
Hayley	F/1B	Belonging
Silvana	1/2A	Respect
Ambier	1/2B	Honesty
Quentin	1/2C	Belonging
Avarie	3/4B	Excellence
Alice	3/4B	Excellence
Joy	5/6A	Excellence
Vicky	5/6A	Excellence
Olivia	5/6B	Excellence
Clara	5/6B	Belonging
Abrar	5/6C	Excellence
Florian	1/2C	Excellence

The Check-In COMMUNITY HUB



BY MS. DANNIELLE

St Albans Heights Primary School Community Hub Term 3 timetable.

Monday	Tuesday	Wednesday	Thursday
<p>Cuppa & Chat.</p>  <p>9:30 am-11am In the Community Hub. Access the internet, have a cuppa & find out what's new at the Hub.</p>	<p>Make, Create, Grow & Sew.</p> <p>9:30-12:30pm (In the School community Hub)</p> 	<p>Zumba 9:30-10:30 @ Holy Eucharist Primary School (Morning tea provided)</p> 	<p>English Class 9:30-12:00pm (Child minding available)</p>  <p>St Albans Heights Primary School.</p>
<p>Vietnamese Playgroup 9:30-12:00pm</p>  <p>St Albans Heights Primary School.</p>			<p>Cooking and Conversation 1:00-3:00pm</p>  <p>(Childminding available.) St Albans Heights Primary School.</p>
<p>Mini Roo's Soccer Program. 3:15-4:30pm</p>  <p>St Albans Heights Primary School.</p>			

If you're interested in joining any of our classes, please email your interest to dannielle.tomlinson@education.vic.gov.au or call Dannielle on 9366-4211.
All events are FREE of charge unless stated otherwise.

UNIFORM SALE

FINAL CLEARANCE

AVAILABLE WHILE

STOCKS LAST

WARM WINTER BEANIES

\$1 EACH



BE QUICK

The Check-In

COMMUNITY NEWS



ST ALBANS HEIGHTS PRIMARY SCHOOL CANTEEN MENU 10TH JULY 2023

Hot Items

Lasagne <i>E</i>	\$4.50
Macaroni & Cheese <i>E V</i>	\$4.50
Chicken Burger w Lettuce, Cheese & Mayo	\$5.50
Beef Burger with Cheese, Tomato Sauce	\$5.50
Oven Bake Chicken Nuggets (Breast)	3/ \$3.50
Dim Sims (Steamed)	\$1.50
Fantastic Noodle (Chicken or Beef)	\$3.80
Pie	\$4.50
Party Pie/Sausage Roll	\$1.50
Regular Sausage Roll	\$3.80
Skinless Hot Dog	\$4.00
Nacho-with Salsa & Cheese <i>E V</i>	\$3.80
Falafel Bites GF Vegan <i>E</i>	3/ \$3.00

Halal

Halal Hot Dog	\$4.00
Halal Pie	\$4.50
Lasagne <i>E</i>	\$4.50
Mac & Cheese <i>V E</i>	\$4.50
Falafel Bites GF Vegan <i>E</i>	3/ \$3.00
Chicken Burger w Lettuce, Cheese & Mayo	\$5.50
Vegetable Pastie <i>V</i>	\$4.50

Drinks

600ml Water <i>E</i>	\$3.00
300ml Oak Milk (Chocolate, Strawberry)	\$3.20

Salad Bowls

Fruit Salad <i>E V</i>	\$1.50
Garden Salad Bowl-Lettuce, Tomato, Cucumber, Beet, Carrot, Italian dressing <i>E V</i>	\$4.00

Sushi-Wednesday and Thursdays only

2 Rolls from 7.00

Chicken Teriyaki, California, Tuna & Avocado.

Canteen will be open Wednesday, Thursday, and Friday in 2023.

Please place orders by 8.30 am via the QKR App.

ORDERS CAN BE PLACED VIA THE QKR APP & THROUGH

THE CANTEEN



Download the Qkr app on your mobile or iPad today!

Sandwiches (Fresh or Toasted)

Salad <i>E V</i>	\$4.00
Ham <i>E</i>	\$3.00
Cheese <i>E</i>	\$3.00
Ham & Cheese <i>E</i>	\$3.20
HCT (Ham, Cheese & Tomato) <i>E</i>	\$3.70
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$3.70
Chicken with Lettuce & Mayo <i>E</i>	\$4.70
Tuna with Lettuce & Mayo <i>E</i>	\$4.70
Vegemite & Cheese <i>E</i>	\$3.00
Egg with Lettuce & Mayo <i>E</i>	\$4.20

Gluten Free Sandwiches Available add 30c

Rolls

Salad <i>E V</i>	\$4.50
Ham <i>E</i>	\$3.50
Ham & Cheese <i>E</i>	\$3.70
HCT (Ham, Cheese & Tomato) <i>E</i>	\$4.20
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$4.20
Chicken with Lettuce & Mayo <i>E</i>	\$5.20
Tuna with Lettuce & Mayo <i>E</i>	\$5.20
Vegemite & Cheese <i>E</i>	\$3.50
Egg with Lettuce & Mayo <i>E</i>	\$4.70

Wraps

Salad <i>E V</i>	\$4.50
Ham <i>E</i>	\$3.50
Ham & Cheese <i>E</i>	\$3.70
HCT (Ham, Cheese & Tomato) <i>E</i>	\$4.20
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$4.20
Chicken with Lettuce & Mayo <i>E</i>	\$5.20
Sweet Chilli Chicken Wrap	\$5.20
Tuna with Lettuce & Mayo <i>E</i>	\$5.20
Vegemite & Cheese <i>E</i>	\$3.50
Egg with Lettuce & Mayo <i>E</i>	\$4.70

Snacks

Large Cookie	\$3.00
Koala Popcorn (Sweet chilli, Sweet & Salty, Salty) <i>V</i>	\$2.00
Jelly Cup <i>E</i>	\$1.50
Noodle Snacks	\$1.20
Fruit of the day	\$1.00

Additions for Sandwiches, Rolls and Wraps & Salad Plate

Ham 50c	Chicken \$1.00	Egg \$1.00
Cheese 50c	Tuna \$1.00	

E= Healthy Option *V* =Vegetarian Option *GF* =Gluten Free

Sandwiches, Rolls and Wraps are made with white bread. If you would like Wholemeal or Multigrain please state this on your order.

Tomato Sauce 20c
Brown Paper Bag 15c