

Newsletter

Thursday 23rd November 2017

Principal: Alex Artavilla

School Council President: Kylie Barker

School Supervision Times:

8.45am - 9.00am

3.15pm - 3.30pm

Uniform Shop Hours:

Tuesday & Thursday

8.45am - 9.15am / 3.00pm - 3.30pm

**27th November – 1st December
2017 Mind Body Spirit Festival**

**Friday 1st December
Celebration of Learning Festival
Parents Welcome
11:30am – 1:30pm**

**14th December Festive Concert /
Art Show**

Dates to remember 2017:

Term 4

Monday 27th - Friday 1st December
2017 Mind, Body, Spirit Festival
– Casual Dress Day

Friday 1st December
Celebration of Learning Festival Hub
11:30am – 1:30pm
Parents Welcome

Thursday 14th December
Festive Concert / Art Show Gates
open 5:00pm

Wednesday 20th December
Year 6 Graduation Evening

Year 5 End of Year Celebration
Sunshine Social

Thursday 21st December
Year 6 End of Year Celebration
Sunshine Social

Friday 22nd December
Assembly 12:30pm
Announcing 2018 School Captains

Last Day of the Year
1.30pm Finish



Newsletter will be available
online & will be Flexi
Buzzed each work

Principal's Report

Dear Parents and Carers,

2017 Mind Body Spirit Festival

Next week we have the 2017 Mind Body Spirit Festival thanks to the inspiring student group 'The Uplift Collective'.

The purpose of this Festival is to promote the many amazing ways that we can take care of ourselves. Throughout the week, the students will have the opportunity to participate in a variety of lunchtime workshops that include dancing, yoga, drama, healthy eating and many more.

The Festival will also be used to celebrate Term 4 Units of Work that have focused around learning about emotions and how to nourish bodies and minds, as well as being safe. The learning from these units of work will be showcased on Friday 1st of December as part of the 'Celebration of Learning Festival Hub' from 11:30am to 1:30pm. Our goal is to celebrate the learning by creating a Festival Hub on the basketball/netball court area. We would love for as many parents and grandparents to join us for this event from 11:30am to 1:30pm.

Following the Celebration of Learning Festival Hub, and to conclude the weeklong festival, we will be transforming the basketball/netball courts into a dance floor.

It looks set to be an exciting week! Friday 1st of December will also be a 'Casual Dress Day' where students can express themselves. On this day, we have also invited a professional photographer to take photos for our new webpage. The new webpage is part of our new identity/logo.

Included with the newsletter this week is a program guide of the festival. This was also sent home to all families as a hard copy at the beginning of the week.

Looking forward to a week of 'Extra Goodness'!

Festive Concert/Art Show

Reminder that we have also scheduled our Festive Concert and Art Show for Thursday 14th December! On this evening, we have a number of extra items planned, which will include celebrating the career of our former amazing Art teacher Vic Borszczow who for personal reasons retired from the Department of Education earlier this year. We are all looking forward to seeing Vic and celebrating his 34 years at Sunshine Heights Primary School as part of the Art Festivities.

Hope everyone has a nice weekend.

Alex Artavilla
Principal
Sunshine Heights Primary School

Thursday 30th November 2017



EPIC MAINTENANCE P/L
JOHN AZZOPARDI

MOBILE: 0431 414 739
89A1951@HOTMAIL.COM

QUALITY IS OUR PRIDE

**NO JOB TO BIG OR TO
SMALL:
PAINTING, GARDENING,
FIXING GIVE JOHN A CALL!**



**First Day of School for 2018 Students
Students in Year 1 to Year 6 - Thursday 1st
February 2018.**

**2018 Prep students will be - Monday 5th
February 2018.**

**Our final curriculum day for the year will be
on Monday 5th of November 2018.**



- Building, construction, renovations and household collections
- Bin sizes 2m³ to 31m³
- Recycling services
- Competitive prices
- Marrol Bins
- Bulk bins for builders
- Long and short term solutions
- Same day delivery
- All suburbs



1313 39
cleanaway.com.au

Prep Transition dates:

- Session 3: Thursday 30th November
9:15-11:00am

Fundraising

Pop Up Book Store	\$4,757.88
Easter Raffle	\$ 928.00
Mother's Day	\$ 815.60
Father's Day Badges	\$ 182.00



A PO Box 250 Deer Park Vic 3023
M 0421 426 674
F 9743 7210
W genesismusicschool.com.au
E info@genesismusicschool.com.au

Instrumental Lessons at School



Did you know that Music:

- Develops mind hand & eye co-ordination
- Enhances listening skills
- Improves self esteem

Is fun!

Lessons starting from \$14.00

5% discount to parents wishing to enrol more than 1 child.

**Enrolment forms are available from the School Office or contact
Genesis Music School Direct on 0421 426 674**

2017 Book Packs

Book Pack Payments are now due.

Your earliest attention would be greatly appreciated. If you require assistance, please see the office.

Thank you

Thursday 30th November 2017



OFFICIAL
PROGRAM

The Uplift Collective proudly present
THE SUNSHINE HEIGHTS PRIMARY

2017 MIND BODY SPIRIT FESTIVAL

MONDAY 27TH NOVEMBER -
FRIDAY 1ST DECEMBER 2017

3



1-19 Mailey Street
West Sunshine 3020



8311 7100



sunshine.heights.ps@edumail.vic.gov.au



@4744SHPS



sunshineheightsps.vic.edu.au

Thursday 30th November 2017



MONDAY 27/11 - RECESS

THE GIVING TREE

Join the Uplift Collective under the tree near the senior playground and write your messages of positivity on red leaves to hang in the tree

MONDAY 27/11 - LUNCH

ART PLAY

Join Ms Aasta and the Uplift Collective at lunch time on the back oval for an expressive, sensory and emotive session of Art Play

TUESDAY 28/11 - RECESS

HEALTHY BODIES, HEALTHY MINDS

Join the Uplift Collective in the gym as they take you through a fun fitness session that will have you sweating out any stress, creating a healthy body and mind.

TUESDAY 28/11 - LUNCH

KRUMP IT OUT

Join Krump dancer - Gianne - in the gym, as he helps you to release pent up emotions through the expressive dance form of KRUMPING. Come express yourself!

PROGRAM



1-19 Mailey Street

West Sunshine 3020



8311 7100



sunshine.heights.ps@edumail.vic.gov.au



[@4744SHPS](https://twitter.com/4744SHPS)



sunshineheightsps.vic.edu.au



WEDNESDAY 29/11 - RECESS

HEALTHY FOOD STAND

Come to the new canteen to fill your body with goodness as the Uplift Collective sell healthy treats and drinks. Healthy sweet snacks, popcorn, fruit kebabs, fresh juice and smoothies are all on the menu.

WEDNESDAY 29/11 - LUNCH

DRAMA WORKSHOP

Come to the gym to explore your emotions and sense of self in this fun-filled drama workshop run by our super mum, Jessica (also known as Mrs Ticklebottom).

THURSDAY 30/11 - RECESS

YOGA

Join Ms Lacey in the Gym as she takes you through yoga poses that will help stretch and calm your mind, body and spirit and give you great tools to use anywhere, anytime.

THURSDAY 30/11 - LUNCH

EYE-GAZING & MEDITATION

Join facilitator, Cindy Melksham, as she takes you through rainbow meditations, gratitude exercises and heartfelt eye-gazing that'll invigorate your mind, body and spirit.

(SUITABLE FOR GRADES 3-6 ONLY)

PROGRAM



Thursday 30th November 2017



FRIDAY 1/12 - RECESS

ANIMAL STORY TIME

Animals always bring so much unconditional love and joy, which is why we have arranged for some special animals to visit and are giving students the opportunity to feel that sense of unconditional love. Come share the love and joy in a reading circle behind the Art Room.

FRIDAY 1/12 - 11:30AM-1:30PM

CELEBRATION OF LEARNING FESTIVAL HUB

In Term 4, our students have been learning about emotions, how to nourish their bodies and minds, and how to make positive choices and decisions about their health, bodies, minds, behaviour and learning. As part of their taking action for the unit, grades and year levels will be transforming the Tiger Turf area into a festival hub that will celebrate their questions, explorations, discoveries and learning from Term 4's unit.

We invite all parents, families and friends to the school between 11:30am to 1:30PM to help us celebrate not only a great term of learning and investigating but the different ways we can support ourselves and one another through this journey of life.

PROGRAM

We also invite students to wear casual clothes on this day to express who they are as people!

FRIDAY 1/12 - LUNCH

DANCE OFF

To finish off the festival, the tiger turf will become one giant dancefloor at lunch, with music playing and bubbles blowing. Come express yourself, fill your heart and bust some moves.

6



1-19 Mailey Street
West Sunshine 3020



8311 7100



sunshine.heights.ps@edumail.vic.gov.au



@4744SHPS



sunshineheightsps.vic.edu.au



EXTRA GOODNESS

EDGAR'S MISSION WEETBIX DRIVE

The Uplift Collective are true believers in giving to those less fortunate, which is why we are organising another Weetbix Drive for Edgar's Mission, an organisation that saves farm animals. We invite families donate boxes of Weetbix from Monday 27/11 to Friday 01/12. Please bring your donations to the office.

SHRINKY DINKS FOR CHARITY

The Uplift Collective are making handmade shrinky dink bracelets, which will be sold for \$2 a bracelet. All profits will be donated to charitable organisations.

UPLIFT COLLECTIVE BADGES

The Uplift Collective will also be selling their trademark 'positivity' badges throughout the week. Badges are \$2 each and all money from the sale of badges will help the Uplift Collective fund more great experiences in 2018.

GUERRILLA KINDNESS

The Uplift Collective are setting YOU a challenge. How many acts of kindness can you do in the week from 27/11 to the 1/12? We are looking for acts of kindness, big or small, and will invite people to share at assembly on Friday 1st December. Keep your eyes out for secret acts of kindness.

GIANT GRATITUDE JAR

The Uplift Collective will set up a giant jar at the office. During the festival week, we invite all students to think about the good things that happen in their days. What are you grateful for? Write it down on a piece of paper and pop it in the jar. We will read some gratitude thoughts out at assembly to show all the good things that happen on a daily basis.

BUDDY CHAIR

Throughout the week, the Uplift Collective will be sitting on an armchair in the middle of the playground. If you are feeling lonely, have no one to play with or want someone to talk to, come and sit on the armchair with them and they will bring your happiness back!

HEALTHY SNACK STAND MENU & PRICES

On Wednesday, at recess, the Uplift Collective will have the following healthy snacks and drinks available for purchase from the new canteen:

- SMOOTHIES - \$3.00
- FRESH JUICES - \$2.50
- POPCORN - \$1.00
- FRUIT KEBABS - \$1.00
- HEALTHY SWEET TREATS - \$2-3