



HEATHMONT EAST PRIMARY SCHOOL


NEWSLETTER

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Issue 16

Fortnight ending
 October 26th, 2012

LOOKING AHEAD

Mondays	Uniform Stall open in the gym 3.15pm – 3.45pm
Wednesdays	Uniform Stall open in the gym 8.40am-9am
Thursdays	Uniform Stall open in the gym 8.45am -9.15am
NOVEMBER	
Saturday November 10th	WOKING BEE
Tuesday 6th	MELBOURNE CUP DAY
Wednesday 7th -16th	Prep to Grade 4 swimming program 
Friday 16th	Grade 6 Lacrosse Tournament Benedict Reserve -Scoresby
SATURDAY 17TH	WHOLE SCHOOL FETE - 11.30am – 4.30pm
Monday 19th	Grade 3 and 4 Ceres Excursion
Tuesday 20th	Prep – Fire Visit
Wednesday 21st	2013 Prep – Art Room Fun 9.00am – 9.45am
Thursday 22nd	2013 Kinder Picnic 12.45pm – 1.30pm HOUSE ATHLETICS GRADE 3 – GRADE 6 CROYDON TRACK
Tuesday 27th & Wed 28th	Band Tour to Altona

DECEMBER	
Wednesday 5th	CRE CHRISTMAS CONCERT
Tuesday 11th	PREP 2013 ORIENTATION 9.15am – 11am.
Monday 17th	Grade 6 Graduation

UNIFORM SHOP
The uniform Shop will be open for 2013 Prep Fittings on
Monday November 12th
between 2.15 and 3.15 pm



“AIMING HIGH FOR 50 YEARS”

Dear Parents,

LITTLE STARS GRADE SIX PRODUCTION

What an absolute treat! Once again the grade six teachers and their supportive team have enabled their students to put on a wonderful and entertaining production. The cast was superb and well placed; the smiles, song, dance and funny lines made the evening a real success, congratulations to everyone!!



2013 MOVING INTO AN EXCITING ERA OF EDUCATION

After many months of school self-reflection, the school review and numerous educational discussions incorporating your opinions and comments we are looking at 2013 to move the school further into the digital age and supporting our students to be better equipped for a globalised and challenging world.

As a means of providing the students in the middle and senior school more effectively we will change the school class structure to the following:

- Five prep classes (small numbers of students in each class to support sound learning foundations)
- Seven grade 1/2 composites (the Early Years philosophy of teaching and learning has proven to be effective as our students continue to achieve outstanding results in relation to state and 'like' school means)
- Three grade three classes
- Two grade four classes
- Two grade five classes, and
- Two grade six classes.

We will have 21 classes of learning and as you can read, we will separate grade three and four. After considerable educational debate and discussion and the need to address learning from the middle school up, we have separated grades three and four to accommodate:

The big leap from the junior school to grade three so with the separation of classes we hope to support students in this grade to adapt to the changes in expectations

Grade four: we expect to address students more effectively as the range between their capabilities starts to widen and they are expected to become more independent in their learning

Grade five and six have worked successfully as separate classes over the last three years and we will continue to address the distinctive needs of these students particularly grade six as they prepare for the secondary college years.

Transition at HEPS will now take on a different shape for our students as those in grade three up will move into straight grades. Teachers will once again provide transition activities and experiences this term to support the move to the next year level as well as help teachers to formulate balanced and dynamic classes which should promote productive learning in 2013.

SCHOOL FEES AND CONTRIBUTIONS

Please be aware that much consideration is still being placed on the fees for next year. Our School Review and the changes we are planning for next year require that we spend more time on the budget to ensure that it can support high quality education for our students. The Fee schedule should be presented to school council in November and then out to our parents soon after. Thank you for your patience.

50TH BIRTHDAY FETE

Thank you to the many parents and staff who are working so hard to ensure that the fete on Saturday 17th November will be a happy, positive and community oriented event. Remember that Friday 2nd November is 'Fashion on the Fields' day for our students; dress them up to the nines as if they are out to celebrate the *Race that Stops the Nation*'. In exchange for the 'dress up' students need to bring along a suitable item for the grade six grocery stall.

If any parents are able to lend a hand at the Parents' Association barbecue stall would you please leave your name and desired time at the office. Thank you.



JUNIOR HOUSE ATHLETICS



What a great day for our Preps to grade 2 students who participated in a variety of competitive activities to establish Gold House as the overall champions! Thank you to Mrs EJ Hassan and Mr John O'Meara who organised the day to be a truly fun and positive experience.....as well as supporting our students in their fitness.

WALKTOBER

As is our custom we will encourage our students to walk to school on Tuesday 30th October, promoting a healthy lifestyle activity and contributing to the fresher quality of our atmosphere. If you live too far from the school and still need to drive the children, you may consider parking the car a suitable distance from the school so that your children can still walk and the roadways around the school will be less congested. Thank you for supporting this 'healthy' activity.



SHARING THE LEARNING - FOOD FOR THOUGHT

I did say that I would share some of my learning attained at the Trans-Tasman Conference I attended last term. Here is a snippet from one of our plenary speakers, Professor Pasi Sahlberg, Director General of the Centre for International Mobility and Cooperation (CIMO) in the Ministry of Education in Finland. The Finnish education system is one of the best performing and most equitable in the OECD. Pasi claims the latest infection sweeping Australian schools, is the GERM virus, the Global Education Reform Movement.

The symptoms -- universal testing, like the national literacy and numeracy tests; increasing school choice; and competition -- are affecting schools throughout much of the English-speaking world, from England and the US to Australia, New Zealand and South Africa.

Dr Sahlberg believes the reforms in Finland in the 1990s offer an alternative path for nations such as Australia. The changes to teacher education in particular are credited with Finland being crowned for the past 10 years as one of the world's best school systems. Its students top the world in the international tests of 15 year olds run by the OECD.

Finland overhauled the system so that student teachers studied a bachelor degree and then completed a two-year masters degree in education. Teaching is a highly esteemed and competitive profession on par with law and medicine, and accepts only 10 per cent of the 7000 applicants each year.

Instead of standard testing of every student in NAPLAN for example, teachers are trusted to conduct school-based tests to inform parents how their child is progressing and to inform teachers direction in their teaching. Students are not being taught to perform well in a test but rather to become proficient in areas and skills that are applicable and transferrable to their lives and interests.

Instead of funding school choice by giving private schools government subsidies, Finland provides limited choice of schools, but provided greater choice within schools. Education is a much more equitable system in which all students can access the same high quality education.

Kind regards,

Kitty Allard.
Principal.



POPPY APPEAL Remember in November

The social service monitors will be coming around to all the grades for your choice of

POPPY	50 cents, \$2 OR \$5
TATTOOS	\$2
WRISTBAND	\$3
BAG TAG	\$4

Hey Kids....Meet Huggtopus!



If you meet soon see she is all affectionate and little carried away personality. own strength and bossy, but she needs to control

Huggtopus at HEPS, you will smiles and hugs. She is very strong and sometimes gets a by her big, friendly Huggtopus doesn't know her can sometimes be a little bit always means well. Huggs just herself when she gets excited. You can always count on

Huggtopus to put a smile on your face if you're feeling down and to give you a great big hug to make you feel better. Huggtopus is a great friend and is always there to lend a hand or two... or even 8!

Huggtopus lives in Kimochi Bug's swimming hole. Her favourite colour is pink. Huggs loves to eat EVERYTHING but has a special fondness for bubble gum. Huggtopus plays the xylophone.

.....

‘Do you know anyone like Huggs? Are you like Huggs sometimes? How?’

Hi parents, care givers and teachers,

Huggs is the Kimochi who helps create an accepting and inclusive classroom and playground where tolerance and appreciation for our uniqueness are celebrated. Hugs helps students learn to stay focused amidst the silly, and exciting distractions that can happen in a busy environment.

Some of Huggs' lessons are :

Be respectful-

- Read social cues to realise that you have accidentally overwhelmed another person.
- Respect personal space and politely request it when your personal space is invaded.

Be resilient-

- Manage frustration in positive ways so you can persevere and be resilient.
- Accept apologies and reengage in play or conversation when someone accidentally bumps into you or unintentionally hurts you.

Be responsible-

- Refocus yourself if you are becoming silly when it's time to be serious.
- Know what to do and say when another's silliness is distracting you from learning.
- Use kind ways to let someone know they are bothering you.
- Know what to do and say when someone's rough-and-tumble play becomes overwhelming.
- Check in to see if your play style is not overwhelming others. Ask "Are you OK?" should you accidentally bump into or hurt someone.
- Realise when you are taking over too much and give others a turn.

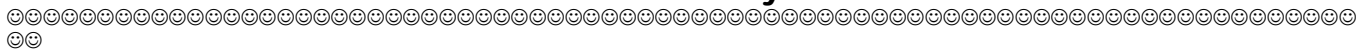
Be compassionate and kind-

- Seek ways to appreciate and enjoy the positive qualities in another.
- Do not contribute to conversations that put down another person, but know what to say and do instead.
- Look for ways for shy or more reluctant personalities to get involved in conversations and play.
- Be tolerant and understanding of another's idiosyncrasies and use kind ways to let someone know they need to be more careful or give you more personal space.

Hello Everyone,

I thoroughly enjoyed attending the Year Six production 'Little Stars' last night. The children performed with such vibrant enthusiasm and showed brilliant teamwork and friendship. Thanks for the show kids- we are so proud of you all.

Thanks also to our amazing Year 6 teachers, Cameron, Brendan and Ange who once again coached the children to such a high standard of performance. The children, I have been told, are to be congratulated for their creativity as they were given scope to develop their own characters...and wow! It was an absolutely awesome show!



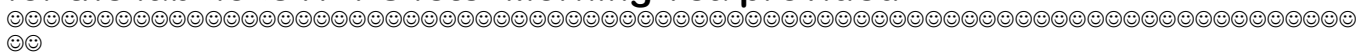
Working Bee

1/2E , 1 /2F, 3/4C, 6A and 6B

and anyone else who would like to come!

When: Saturday 10 November Time: 9am to 12 noon

Please come and join in the fun of working together to prepare our school for the fabulous HEPS fete! Morning Tea provided!



Fete

Saturday November 17th 11.30 to 4.30pm

We need people to help run stalls at the fete. You might like to help on a stall other than your child's classroom stall...that would be great, because we need all hands on deck!

How do you show your support?

Next week in the mornings and afternoons, there will be a fete stall roster-board in the playground. Please put your name on the roster to show where you can help on a stall.

.....
ANXIETY IN CHILDREN SEMINAR

Presented by Belinda Dan

Psychologist

Information presented includes types of anxiety, useful resources and strategies that can be used at home and school

When: Saturday 17th November 9-10am

Where: Expressions Therapy Centre
114 Kelletts Road, Rowville, 3178

Cost: \$55.00 (inc GST)

If you are interested please contact Belinda Dan on 0438 088 940



Wishing you all a safe and happy weekend!

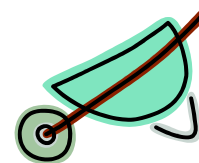
Christine Finighan



A huge thanks to the Sutterby family for donating two pull along barrows for the children to use in the kitchen garden.

It is much appreciated.

Thank you from the Kitchen garden



FETE UPDATE

3 WEEKS TO GO

11.30am – 4.30pm

Trash and Treasure drop off Saturday
10.30 – 11.30 at Container on school grounds.

(No electrical or clothes please)



PLANT STALL

IF ANYONE HAS PLANTS OR SEEDLINGS OR ANYTHING THEY WISH TO DONATE PLEASE CONTACT LYNN SUTTERBY 0407 844 685

Gloves off. Towel down.

Now roll up your sleeves and give blood between 15 October and 14 December as part of the Gyms Challenge 2012.

1 in 3 people who work out at your gym will need blood. Yet only 1 in 30 gives. Your donation can help your gym take out the title and save the most lives.

In around the same time as a gym session, you can help patients, including people with cancer, mothers-to-be and newborn babies.

To be eligible* to donate you need to:

- Be feeling well
- Be aged between 16 and 70
- Weigh over 45kg
- Not have a serious heart condition
- Not have lived in the UK for a total of 6 months or more between 1980 and 1996
- Not have had a tattoo in the last 6 months

* Additional eligibility criteria may apply

To donate blood, make a pledge at reception or call 13 14 95

 Australian Red Cross
BLOOD SERVICE



Remember the rules even when it's wet

Wet days mean more traffic, hazardous driving conditions – and **less visibility!** Use your **lights when driving**, bring an **umbrella**, **obey traffic signs**, and be prepared to **walk further than usual** to drop off and collect your child.

ROAD SAFETY AROUND SCHOOLS BEGINS WITH YOU!

For your convenience we would like to remind you that payments for excursions, swimming and other school activities can be made directly via the school's bank account.

ACCOUNT NAME: Heathmont East Primary School Official Account

BSB: 063 - 191

ACCOUNT NO: 1003 9330

Please ensure the family name and excursion details are noted on the payment.

HEPS FOOD BANK



The Parents Association is starting a food bank. We are hoping for interested families to pass on their name, phone number and email address to the office. We anticipate calling on the family once or twice a year to donate a meal.

STUDENT OF THE WEEK

RYAN PREP B Your very careful writing. It is filled with such great spelling choices!	TELISHA PREP B Your terrific week of learning. I love the way you are concentrating so well.
JAKOB 1/2C The constant effort you put into writing. I love the way you take feedback and apply it next time. Well done.	SIENA 1/2C Always trying her very best in all areas of her school work. It's such a pleasure to teach you Siena!
MADELINE 1/2A For a happy and conscientious attitude to all you do.	JOEL PREP C For his persistence when writing and using capital letters and full stops correctly. Well done!
SOPHIE PREP C For trying super hard to be patient when waiting for her turn with her teachers. Well done super Soph!	BELLA 3/4D For being such a reliable and friendly member of our class. You're wonderful!
ARI 3/4D For participating well during class discussions. You're a star!	RILEY PREP D For great reading during Literacy Groups. Well done!
REBEKKAH PREP D For a fantastic effort when you told the whole school the day and date. Well done, Rebekkah the Confident!	SHANNEN 1/2C For trying hard in Maths all week. I love the way you are having a go. Well done gorgeous girl
TYLER 1/2C For sounding out words without asking someone to spell it for him. You are a superstar!	ETHAN PREP B The kind way you care for your friends when they are feeling upset. You are so thoughtful.

ASHTON PREP B Your wonderful start to the term. I am so proud of your writing efforts and the way you have been concentrating.	BRODIE 1/2A For an excellent working week! Keep up the good work!
THYSON 1/2A For working hard in Maths this week.	BRENDAN PREP C For working really hard to do great listening and take turns when speaking.
MOLLY PREP C For her fantastic 'almost' grade 1 confidence each morning when she comes to school and puts a smile on her face each day!	OLIVIA 1/2B For her wonderful reading this week. Remember to keep using your clear reading voice. Well done!
ZACHARIAH 1/2B For being such a caring class member with his peers. How kind you have been Zach. You're a champ!	EVAN 3/4A Being a Maths Whizz during our fraction game. You were very impressive solving the fraction problem to make your pizza.
JOEL 3/4A For working hard during literacy groups and finishing all of your work. Well done – Keep it up.	THE WONDERFUL 3/4D For your smashing start to Term 4! Your behaviour and effort has been amazing!
JESS 3/4D For your enthusiasm and persistence when learning new things and when confronted with challenges.	CHARLIE 3/4D For fitting back into the class routines so effortlessly. You are an amazing student.
JAMES PREP D For trying his hardest and working quietly in class. Well done!	SKYE PREP D For a really great attitude to school. Keep up the great work!
LUCAS 5A For concentrating and succeeding in spelling this week. Keep up the fantastic work.	JARROD 5A Working extra hard this week in Mental Maths and spelling. You're a star!
GEMMA 3/4B Listening and following instructions well in computer lab. Good on you!	SAMUEL 3/4B Demonstrating superior work in fractions. Keep it up!
1/2F For helping to plant 140 trees and grasses yesterday. The Lorax would be proud!	TYNAN 6B For making such fantastic improvements in all things production. Your singing, dancing and acting has all improved out of sight-great work!
JASMINE 5B An excellent effort in every task attempted this week. You are a superstar student Jasmine!!!	5B A fantastic start to the term as we begin our journey of learning about our beautiful world.
JU RIN PREP E For always doing your best work and making great progress with your reading. Keep up the good work.	TAMZIN PREP E For fantastic effort with learning your Magic 100 words and making great progress with your reading.
ALEC 3/4B Putting his best effort into his fractions task. Well done Alec.	CHLOE 3/4B Generating a creative fairy tale story. So proud of you.
OSCAR 1/2D For being a wonderful helper during computer lessons on Thursday and assisting his class mates. Well done.	JACK 1/2D For doing an amazing job of including expression when reading during literacy groups.
STEPH 3/4A For being a fraction Maths whizz. Well done on working hard to achieve great results.	HARRY 3/4A For working hard to understand fractions. Well done for a great week in maths.
DAN 1/2C For the amazing enthusiasm you are putting into your reading. Keep the great effort up.	KAYLEE 5A For her positive attitude and determination in maths this week. Keep it up Kaylee.
OSKAR 1/2E Being an amazing student. What a reader! What a writer! What a mathematician! Cool Bananas!	MATTHEW 6C Wonderful work in Art. Your positive attitude and determination have resulted in excellent work.
REESE 3/4C For a productive and hard working week. Well done Reese, your work habits have been great.	LILY 3/4C For a detailed and creative retell of a fairy tale from a characters point of view. Well done Lily.
MADLINE 1/2A For always doing her best!	FLYNN 1/2A For fantastic persuasive writing this week!
AIDAN 1/2C For trying so hard in House Athletics on Tuesday. I loved that you tried your best all day. Well done buddy!	LAUREN 1/2C For sharing with the class your exciting news of your new baby sister. You will be such a great big sister.
EMILY 1/2B Always brightening our classroom with your gorgeous, kind, friendly smile and positive attitude.	WILLIAM 1/2B Working so persistently on his writing this week you focused really well. Great work.
MATTHEW PREP C For always having a big smile on his face and being such a fantastic teacher's helper	HANNAH PREP C For being such a kind and helpful friend to our newest classmate. Han you are lovely.
CHARLOTTE PREP D For a fantastic book about her Australian Adventure. Thank-you for sharing your holiday with us, Charlotte.	SIENNA PREP D For always taking great care with her work. What neat writing and colourful pictures! Well done.
LACHLAN 3/4D For being a hard working, positive student. You are amazing Lachlan!	TAHLIA 3/4D For your hard work during Literacy groups. You are a superstar!

SKYLA 3/4B Offering constructive suggestions to peers to enhance their water problem solving activity.	JAMES 3/4B Showing great talent in our mini fairy tale production.
CHARLI 3/4C For being such a caring, hard working and all round wonderful member of our class.	

Please note

Fruit straps are no longer available.

Sausage rolls 125 grams are now available.

CANTEEN ROSTER

<i>Friday October 26th</i>	<i>Dianne Griffin Justine Olsen</i>
<i>Monday October 29th</i>	<i>Julie Maxwell</i>
<i>Wednesday October 31st</i>	<i>Kylie Armstrong</i>
<i>Friday November 2nd</i>	<i>Nicky Marran Cathy Davidson</i>
<i>Monday November 5th</i>	<i>HELP NEEDED</i>
<i>Wednesday November 7th</i>	<i>Kym Corn</i>
<i>Friday November 9th</i>	<i>Justine Olsen Christy Norris</i>
<i>Monday November 12th</i>	<i>Kylie Sterritt</i>
<i>Wednesday November 14th</i>	<i>Melissa Philp</i>
<i>Friday November 16th</i>	<i>Merryn o'Brien Liz Perry</i>

CANTEEN PRICE CHANGE

On Monday 22nd October

Juice Icy Poles will now be 30 cents



Can

Allan

Hi HEPS Community,

It's Movember and time to focus on men's health. To show my commitment, I'm donating my face to the cause by growing a moustache for the entire month of November, and need your support. My Mo will spark conversations, and no doubt generate some laughs; all in the name of raising vital awareness and funds for prostate cancer and male mental health. I'm asking you to support my Movember efforts by making a donation by either:

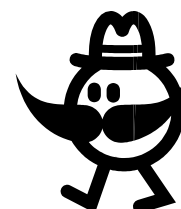
****Donating online at: <http://mobro.co/DavidDeith>***

****Writing a cheque payable to 'Movember', referencing my Registration ID: 784738 and mailing it to: Movember, PO Box 60, East Melbourne, VIC, 8002 Or join the team (This Is The Mo-moment We've Waited For) and grow a mo. Here is the link:***

https://www.movember.com/au/register/details/team_id/609133

Thank you in advance for supporting my efforts to change the face of men's health.

David Deith





Join our School Rewards Program and every time a student, family or staff member purchases a pair of shoes from the Athlete's foot stores, \$5.00 goes back to our school in the form of sports uniforms and equipment.

Good Vision for Life

Did you know that along with allergies and asthma, eye disorders are the most common long term health problems experienced by children? Good vision is important for educational, physical and social development and to help young people reach their full learning potential.

Many young people experience undetected vision problems as they often assume that how they see is normal. The good news is that once detected, most eye problems are easy to correct. Incorporating regular eye examinations into your general health routine – just like visits to the dentist - can help to detect vision problems as well as other eye conditions that can threaten the health of eyes.

Signs your child may have a problem with their eyes include:

- Complaints of headaches or sore eyes
- A turned eye, red or watery eyes, and frequent blinking
- Delayed progress in reading ability
- Poor hand-eye coordination
- Skipping lines, losing their place or omitting words when reading
- Sensitivity to light
- Squinting when reading or watching television
- Difficulty recognising familiar people in the distance
- Difficulty concentrating.

Children's eyes should be checked regularly throughout their school life, and immediately upon noticing any problems with their eyes or vision. You can see an optometrist without referral from a doctor, and most consultations attract a Medicare rebate. Visit www.optometrists.asn.au for more information on the things you can do to protect your eyes and to search for an optometrist in your area.



ACTIVITY CORNER

Try this! Look at the word and say the colour, not the word.

Yellow	Blue	Orange
Black	Red	Green
Black	Green	Purple
Blue	Green	Red
Orange	Yellow	Black

Left-right conflict: Your right brain tries to say the colour but your left brain insists on reading the word.

QUIZ

How many eyelids does a camel have?

A. One B. Two C. Three

Which animal has the largest eyes?

A. Koala B. Squid C. Owl

An ostrich's brain is smaller than its eye

A. True B. False

How many colours can the human eye distinguish?

A. One million B. Ten million C. One hundred thousand.

The night vision of tigers is how much better than human night vision?

A. Three times B. Six times C. Ten times

It is possible to sneeze and keep your eyes open at the same time.

A. True B. False

How many eyes does a spider have?

A. Four B. Six C. Eight.

Which part of the eye can be used like a fingerprint to positively identify individuals?

A. Retina B. Iris C. Eyelid.

A horse can look forwards with one eye and backwards with the other.

A. True B. False

Answers:

1. Three 2. Squid 3. True 4. Square 5. True 6. Six 7. False 8. Eight 9. Iris 10 True.

Did you know....?

- **Snakes** always keep their eyes open, even when they're asleep.
- **An average human blink** lasts for about 50-75 milliseconds.
- **Owls** are the only birds that can **see the colour blue**.
- Dolphins sleep with **one eye open**.
- A **stingray** never sees the food it eats because its eyes are on top of its head and its mouth and **nostrils are at the bottom**.
- Most **burrowing or sand lizards have transparent eyelids**. This protects them from dirt and debris while they're digging, while still allowing them to see clearly.

**A parent's guide
to good vision**

**Give your child all
the clues they need
to good vision**





Children often assume that how they see is normal. Parents can learn to recognise the signs of a vision problem and help their children to look after their eyes.

Along with allergies and asthma, eye disorders are the most common long-term health problems experienced by children. One in 10 Australian children suffers from a long-term eye disorder*.

Good vision is important for your child's educational, physical and social development and to help them reach their full learning potential.

Through regular eye examinations and by following some simple guidelines you can help your child to achieve the best possible vision and prevent conditions that can lead to permanent vision impairment.

Possible vision problems in school-aged children

The most common vision problems experienced by school-aged children are those affecting the ability to see clearly and sharply.

These problems include:

- Shortsightedness (blurred distance vision),
- Longsightedness (difficulty focusing up close) and

When should my child's eyes be tested?

Optometrists Association Australia recommends that children have a full eye examination with an optometrist before starting school and regularly as they progress through primary and secondary school.

A thorough eye examination with an optometrist takes approximately 25 minutes and attracts a Medicare rebate. No referral is required.

Signs that could indicate a possible vision problem

- One eye turns in or out while the other points straight ahead
- Frequent blinking
- Red or watery eyes
- Frequently rubbing the eyes
- Sensitivity to light
- Tilting head noticeably
- Poor hand-eye coordination
- Covering or closing one eye
- Difficulty learning to read
- Holding a book very close to read
- Leaving out or confusing words when reading
- Squinting or sitting very close when watching



Give your child all the clues they need to good vision

Hints for reading

- Read in a room with good and even lighting
- Encourage regular breaks



Hints on avoiding UV damage

- The sun's effects are strongest between 10am and 3pm – use sensible sun protection measures between those times to reduce UV exposure
- Sunglasses will reduce the amount of UV reaching a child's eyes
- A broad-brimmed hat will reduce the amount of UV reaching a child's eyes by up to half



Hints for computer and television use

- Have even room lighting and avoid sitting in a completely dark room
- Minimise glare or reflections from the lights or windows
- Limit computer sessions to less than two hours
- Have the top of the monitor/television approximately at or slightly below eye level
- Ensure children take regular breaks from the screen
- For video games, encourage children to sit as far back as the leads allow



Hints on healthy living

- Include plenty of vegetables, fruits, nuts and fish containing vital antioxidants
- Encourage regular outdoor activity to help reduce the risk and severity of myopia



There are also other eye problems and diseases that have no obvious symptoms. Remember vision is a precious sense. Children need to have regular eye examinations.

To find the location of your nearest optometrist or for further information visit
www.optometrists.asn.au/childrensvision



OPTOMETRISTS
ASSOCIATION AUSTRALIA

Disclaimer: Heathmont East Primary School does not necessarily endorse the products in this newsletter and parents are at liberty to make their own choices.



**TOTAL SO FAR
\$926.00**

**WE HAVE REDEEMED
BAYSWATER BUCKS
FOR THE BENEFIT OF
THE SCHOOL AND
WOULD LIKE TO
THANK-YOU FOR
YOUR SUPPORT.**

When you purchase goods at Bayswater Good Guys please ask the Good Guys in Bayswater for a reward voucher so that HEPS can redeem Bayswater Bucks. Please forward to the school office. Thank you.

**WE ARE LOOKING FOR THE
NEXT TWENTY20 CRICKET
SUPERSTAR**



U10 TWENTY20

PLAYED ON FRIDAY NIGHTS WITH A SOFT BALL AND EQUAL PLAYING TIME THIS IS THE IDEAL START FOR JUNIOR CRICKETERS



MILO CRICKET

FRIDAY NIGHTS FROM 5:30 - 6:30PM
PARTICIPANTS RECEIVE A BAT, BALL, BAG, HAT AND SHIRT
FREE BBQ PROVIDED EACH WEEK

REGISTRATION

WHEN: FRIDAY 19TH OCTOBER

WHERE: EAST RINGWOOD RESERVE

TIME: 5:30 - 6:30PM

PLEASE CONTACT NICK ON 0423 202 696 FOR MORE INFORMATION

Past and Present families of Heathmont Kinder are invited to



**Heathmont Pre-School's
6th Birthday End of Year
Celebration And Farewell!**



Join us at a

FAMILY BOWLS NIGHT

at Heathmont Bowls Club on

Friday 13rd November from 6-8pm

Farewell Maureen Day and Kerry Lyall after many years at Heathmont Pre-School!

Kids can bowl on the Green!

Bring a plate! Drinks at bar prices!



To confirm your attendance please SMS 'BOWLS NIGHT' with number attending to Kylie on: 0403 996535 by Fri 16th November

Holiday and Festival Asthma Trigger Warning

The upcoming holiday season and festivities planned during Term 4 and throughout the summer holidays may mean that your child is exposed to new triggers for their asthma. It is important for parents and carers, and children themselves, to be aware of changes to their environment and the activities that may impact on their asthma.

Christmas trees, both real and artificial could be triggers for people with asthma. Artificial trees may be quite dusty after being stored away, while both real and artificial trees may harbour mould. It is important to ensure that artificial trees are cleaned appropriately and that care is taken to select real trees that do not produce wind-borne pollen. All tree and other decorations should be cleaned and free from dust and mould when used at home.

Scented candles, room deodorisers and air fresheners may also trigger asthma in those susceptible to perfumes, and care should be taken when purchasing these and other scented items at home.

Lastly, the added pressures of the year drawing to a close can cause stress and anxiety for many people, potentially triggering asthma attacks. It is important to consider ways that the whole family can enjoy the holidays and feel safe, happy and comfortable.

Happy Holidays from The Asthma Foundation of Victoria.



For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au

Care Monkey and Asthma Australia

CareMonkey is a safe and free web app for sharing health care information. Asthma Australia has partnered with CareMonkey in order to contribute to the safety and well-being of people with asthma. Parents can create a profile for their child in CareMonkey which can be shared with trusted carers, including family, friends, teachers and sports coaches.

Vital information such as emergency contacts, health and safety alerts, medications, allergy details, asthma plan and more can be easily shared.



Consider creating a profile for your child with asthma (or other medical condition) and share this with others including the staff at your school or preschool.

Go to caremonkey.com for more information.