

Principal: Alex Artavilla
School Council President: Kylie Baker

School Supervision Times:
8.45am - 9.00am - 3.15pm - 3.30pm

Uniform Shop Hours:
Tuesday & Thursday 8.45am - 9.15am / 3.00pm - 3.30pm

1-19 Mailey Street
West Sunshine 3020
T: 8311 7100
F: 9311 8343
E: sunshine.heights.ps@edumail.vic.gov.au
W: www.sunshine.heights.ps.vic.edu.au
Twitter: @4744SHPS

Assembly at 2:30pm every
Friday in the school gym.

STUDENT FREE DAYS 2016

- Friday 3rd June
- Monday 31st October

DATES TO REMEMBER 2016 TERM 1

- No Preps at School on Wednesdays for February ONLY
- Tuning into Kids Program every Tuesday for Term One starting on February 16th.
- **Friday 19th February**
Prep Parent Information
Session 9.15am – 10.00am
Room One
- **Wednesday 24th February**
- Parent Teachers Meetings
- **Tuesday 1st March**
Prep Parent Information
Session 6.15pm – 7.00pm
Room One
- Thursday 24th March
End of Term 2.30pm
Dismissal

TERM 2

- Monday 11th April**
First Day of Term 2 9.00am
Start

PRINCIPAL'S REPORT

Reminders:

- **Parent Teacher Meetings on Wednesday 24th of February, we have scheduled Parent Teacher meetings from 1:00pm to 7:30pm.**

Dear Parents/Carers,

I just wanted to begin the newsletter this week by congratulating our 2016 Prep students who have settled in so well over the past two weeks! The first few days for Preps are also a 'busy' experience as the students acclimatise to a new environment! I also love the diverse range of personalities that join us each year! It makes each day unique and keeps a smile on my face!

Smiling Mind

I also wanted to use the newsletter this week to share one of our key focus areas for 2016. Personally, I am very excited about what we are striving to achieve over the next 12 months for the students as we delve deeper into our Mission and Vision.

A key component of our Mission and Vision is to support the students to develop their 'emotional intelligence' to successfully participate in society. Two key components of 'emotional Intelligence' includes:

- Self-awareness: which is the ability to recognise and understand personal moods and emotions and drives, as well as their effect on others.
- Self-regulation: which is the ability to control or redirect disruptive impulses and moods.

To support the students with enhancing their emotional intelligence as people and as learners, in 2016 we will be utilizing a not for profit initiative called 'Smiling Mind' that is based on a process that provides students with a sense of clarity, calm and contentment.

At the beginning of the year all staff participated in a 'Smiling Mind' introductory workshop. During term one all staff will be exploring the initiative on their own (some with the students) as well as being part of a 5-week program. Over the term we will be working together to discuss how we could use 'Smiling Mind' effectively across the school for both the staff and students from term two and beyond. If you would like to learn more about 'Smiling mind' please visit the following website: smilingmind.com.au

I have explored using the 'Smiling Mind' initiative with my daughters over the past 12 months. We started off by using the 'app' prior to bedtime. At the start my eldest daughter thought it was the greatest thing in the world, while my youngest daughter couldn't understand the purpose of lying still while listening to some person tell her how to breathe! For the new families to the school, I have two daughters that have two completely different personalities. One is calm and quiet; the other wakes up talking and goes to sleep mid-sentence!

It is virtually impossible to ask my youngest daughter to sit quietly for 5 minutes without talking! That is why I thought 'Smiling Minds' would be good for her! The first time we tried the 'app' I think she lasted 7 seconds before she wanted to have a conversation with someone.

After 15 seconds she started huffing and puffing and rolling about. 30 seconds into it she complained that this was taking too long! I think this experience convinced me about how important experiences like 'Smiling Mind' were for not just children but even adults! As we all know, throughout our life we are presented with many challenges. Having tools and strategies that support us to deal with these moments determine how well we can manage stress build resilience and reduce anxiety.

Parents can download the free Smiling Mind 'app' and trial it at home as a family as well. We are also looking at organising a Parent Information Session in early Term Two.

Have a great week!

Alex Artavilla
Principal

CLASSROOM HELPERS

Our classrooms are busy and vibrant environments and we welcome parents to come along and assist in a variety of ways. This could be listening to children read, helping them to write or playing games with them. In order to be a classroom helper, it is essential for parents to attend a brief one hour meeting to go over a few important details. It is also a government regulation that any adult working in the school has a current "Working With Children" card.

The "Classroom Helpers" session will be run in the next few weeks and will be advertised in the newsletter.

If you completed the "Classroom Helpers" session last year, there is no need to do so again. Please feel free to see me at any time if you have any questions.

Jacinta Goldie

STUDENT OF THE WEEK Presentation at Friday Assembly

Prep:

- A Charlotte Urankar**
- B Ivy McNamee-Rabbitt**
- C Paris Hoang**
- D Arlo Pye**

One:

- A Ashveer Singh**
- B Vince Leung-Wai**
- C Emin Bal**

Two

- 2A Ardian Azi**
- 2B Liam Rosado**
- 2C Michael Woodford**

Three:

- A Rai Supriatna**
- B Huseyin Sanoglu**
- 3/4A Mara Rico**

Four:

- A Charleen Dang**

Five:

- A Ebrar Koyu**
- B TBA**

Six:

- A Tiffany Oldfield**
- B Jay Smith-Patterson**

Multimedia: Shuab Mahamed

Sport: Georgia Robb

Spanish: TBA

Art: Alexis Montgomery

Science: Arlo Mykyta

**Congratulations Everyone
Great Achievement!**

Hello Parents and Guardians

Well last week we had our first inter school sports matches it was great to see all our students enjoying and participating in all sports against Christ The King Primary School. With some stiff competition the scores were.

Basketball Mixed

Sunshine Heights 12 - Christ The King 4

Basketball Girls

Sunshine Heights 12 - Christ The King 2

Soccer Mixed

Sunshine Heights 4 - Christ The King 3

Cricket Mixed

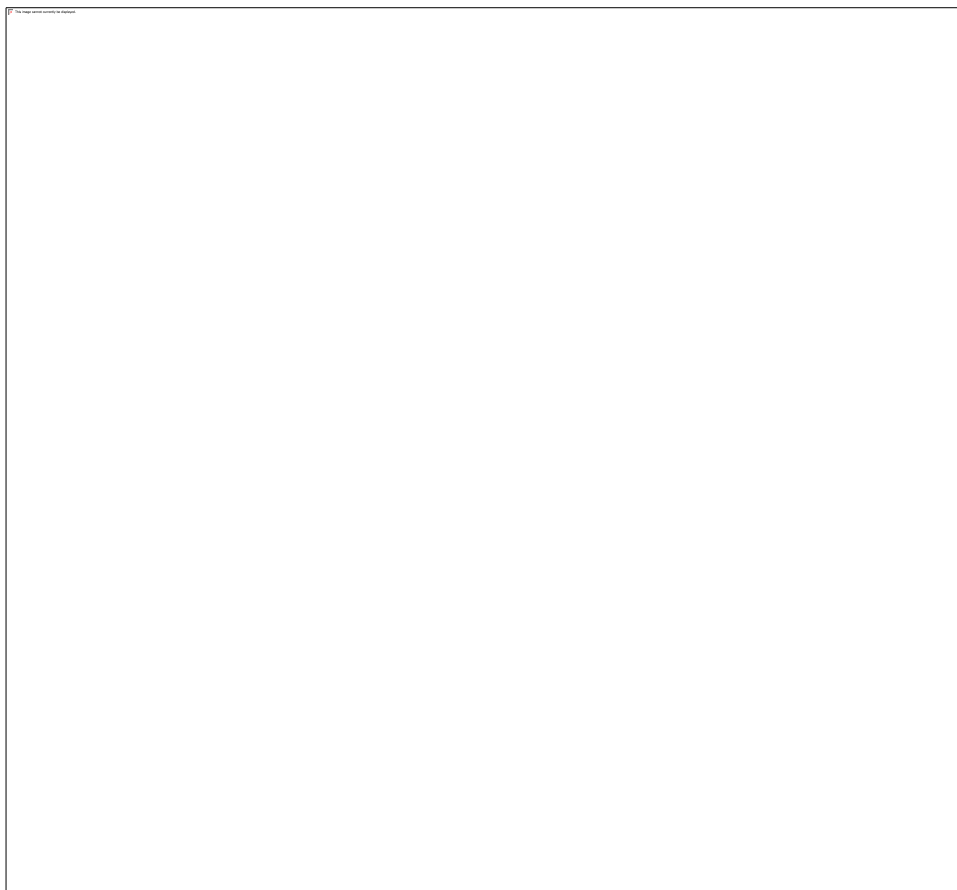
Sunshine Heights 76 - Christ The King 77

Bat Tennis

Sunshine Heights 5 - Christ The King 37

Regards

Rasha



EPIC MAINTENANCE P/L
JOHN AZZOPARDI

MOBILE: 0431 414 739
8541951@HOTMAIL.COM

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NEWSLETTER



Our aim is to enhance the school grounds using sustainable plants and methods. Run by parents, we will help to reconnect the students with nature and become environmentally responsible.

February news

Sunny Bees word of the month is **MULCH!** Yes MULCH, it's brown and not very glamorous, but it does wonders for our plants. It retains moisture, feeds the soil and suppresses weeds, and..... there's lots of it. Help the Sunny Bees move mountains. Join us for a free cardio work-out moving the stuff, and undo your good work with yummy cake!



Summer planting

Basil	Cucumber	Radish
Beans	Eggplant	Rhubarb
Beetroot	Endive	Rocket
Bok Choy	Fennel	Rockmelon
Broccoli	Kohl Rabi	Shallot
Brussel	Leek	Silverbeet
Sprouts	Lettuce	Sunflower
Cabbage	Mustard	Sweet corn
Capsicum	Greens	Tomato
Carrot	Okra	Turnip
Chili	Onion	Watermelon
Chives	Parsely	Zucchini
Coriander	Parsnip	

- Come and join us for a quick ½ hour gardening session on Fridays from 9am!
- Planting, mulching and watering are just some of the easy jobs we do, so you don't need to know anything about gardening.
- Have a look at our Pinterest page and get your green thumb on!
- Join the Sunnybees email list to get regular updates.
- Preschoolers welcome.

Friday mornings 9 - 9.30
Tel: Lisa 0423 329 734
Email: vinlisa@optusnet.com.au

Pinterest www.pinterest.com/sunnybees/