Dear Parents and Carers,

Welcome back everyone for the final term of the school year! Hope everyone was able to enjoy the many sunny days that were provided over the past two weeks!

As we head into more sunny days over the next 11 weeks, a reminder that as part of our Sun Smart Policy that no longer do we expect students to wear their hats in only term 1 and term 4. Our revised policy is teaching the students to be sun smarter by stating that we should wear sunscreen and hats on days where the UV index is 3 or more. This information is now located on our website. It was great last term to have so many students checking the UV index prior to coming to school. Teachers have also selected a student from their class that is the class sun smart monitor. Their role is to remind students of sun smart behaviors.

Long service leave

During term four, I will be taking some long service leave from the 22nd of October to the 12th of November to spend time with my family and friends. During my absence Sharon Noel will be Acting Principal. As a school we are very fortunate to have so many leaders that are willing to work together for the benefit of the students. Jacinta Goldie and Gail Liakareous will closely support Sharon in managing her role as Acting Principal and Student Wellbeing Officer.

The ‘Writers Group’ magazine!

One of my main projects over the holidays was to find a nice comfortable spot to enjoy reading the ‘Writers Group’ first ever magazine!

Congratulations to the whole group and Ms Sculli for creating such an interesting and inspiring collection of positivity that everyone should take the time to read it! I really enjoyed reading the ‘Micro Fiction’ pieces! You can still buy a copy of the magazine from the office for $5.

**My holidays...Twister...who invented this game!**

My holidays were a quiet and relaxing two weeks! My girls spent a lot of time on their rollerblades, which thanks to the weather allowed them to improve their skills!

My girls are also getting to an age where we can enjoy some family time playing cards or board games. However, over the holidays whenever we decided to have a ‘games’ afternoon my daughters excitedly grabbed the game ‘Twister’. My eldest daughter received the game as a birthday gift earlier in the year. It’s a game that has been around for a long time! I remember growing up watching the Twister commercials on TV thinking how fun the game looked but never really making it a priority on my birthday or Christmas list. Even though people were laughing about and rolling on the floor having the best time in the world in the commercial, I couldn’t get past the fact that it was just a mat with a bunch of coloured dots. Surely, if I was desperate to play the game I could just grab a bed sheet from mum and some paint from the shed and make my own!
Anyway, until my daughter received it as a present I was sure that it had been discontinued, as people over the years discovered that you could draw the game on the driveway with chalk!

But I was wrong! The game of dots still exists!

It is also a big favourite of my daughters! So when it came out over the holidays I thought I’d give it a go! My daughters were super excited that I had decided to join them! I must admit, the reason for them being so excited is that I have avoided playing the game with them many times over the past few months! It’s not that I had better things to do; it was just that when I watched them play it looked like a very uncomfortable experience. I’d be sitting back while they were maneuvering around the dots thinking to myself that to play this game you needed to have had Yoga classes for six years just to meet the minimum flexibility requirements! This should be written on the top of the box in a prime position with bold letters! Something like this:

‘TO PLAY TWISTER YOU NEED TO BE ABLE TO WRAP YOUR ANKLES AROUND THE BACK OF YOUR NECK WHILE BALANCING ON ONE FOOT’

But I decided to put my flexibility concerns behind me and challenged my girls to a game of ‘Twister’. I started the game with a 10 minute stretching program to make sure that I didn’t require a trip to the doctors!

Then the game started.

Then I fell over.

Then it was over.

Then my daughters laughed at me.

Then I tried again.

Then I fell again.

You see what I also discovered from playing the game of Twister, was that not only did you need a body with no bones, but you also needed to be an Olympic weightlifter with shoulders the size of mini boats just to enjoy the game for more than 30 seconds! This is not a game but an extreme workout!

Anyway, that was my major discovery over the holidays! That I’m not the biggest fan of games that include a mat and dots! Ok, maybe, I’m not good at it! But that doesn’t excuse the fact that you need superpowers to play Twister! Ok. Maybe I’m just a little bit bitter! Where did we put ‘Connect 4’?

Anti-Bullying Policy

Included in the newsletter this week is information about our Anti Bullying Policy which we are currently reviewing at the moment. Please take the time to read this information and share any feedback/suggestions.

Hope everyone had a great week!

Alex Artavilla
Principal
Information for parents who currently receive EMA regarding the cessation of the EMA program at the end of 2014 year

Dear Parents of Sunshine Heights Primary School,

The following information has been provided to me by the Department of Education and Early Childhood Development.

Yours sincerely
Carol Maddern
School Council President

Changes to the Education Maintenance Allowance

From 1 January 2015, the government will provide extra financial support directly to Victoria’s neediest schools instead of providing the Education Maintenance Allowance directly to parents.

Parents will not be able to apply for the Education Maintenance Allowance in 2015.

The money will be allocated to eligible schools through schools’ core operational funding mechanism, with the neediest schools receiving the most funding. Not all schools will be receiving funding in 2015.

This change to how the money is distributed was required by the funding agreement with the Commonwealth government to make sure Victorian schools receive increased funding that will benefit all students and, in particular, those from schools with concentrated disadvantage.

The majority of parents who received the EMA payment already elected to provide the money directly to their school.

If you are experiencing financial hardship, you can speak to your principal about how you can access assistance from the State Schools’ Relief Committee for clothing and uniforms.

The end of the EMA direct payments to parents will not affect any other payment you may be receiving such as the Schoolkids Bonus, which is provided directly to eligible parents to assist with education costs.

If you have any questions about this change, please speak to your school principal.

FUNDRAISING NEWS

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<td>Easter Raffle</td>
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NO JOB TO BIG OR TO SMALL:
PAINTING, GARDENING, FIXING
GIVE JOHN A CALL!
Anti – Bullying Policy

Sunshine Heights Primary School is committed to providing a positive culture where bullying is not accepted, as everyone has the right of respect from others, the right to learn, and a right to feel safe and secure in their school environment.

Our Anti Bullying Policy is based around the following broad guidelines:

- Everyone within the school community to be alert to signs and evidence of bullying and to have a responsibility to report it to staff whether as observer or victim.
- To ensure that all reported incidents of bullying are followed up appropriately and that support is given to both victims and perpetrators.
- To seek parental and peer-group support and co-operation at all times.

When we are discussing the terms Bullying and Harassment it is important that we have a clear understanding of their definitions. This is because it is essential to differentiate how serious the effects of Bullying and Harassment have on a child’s wellbeing compared to students having a bad day or just not getting along.

Bullying and Harassment is

- **Harassment** is any verbal, physical or sexual conduct (including gestures), which is uninvited, unwelcome or offensive to a person.
- **Bullying** is repeated oppression, physical or psychological, of a less powerful person by a more powerful person or group.

**Cyber bullying** is a form of bullying, which is carried out through an internet service such as email, chat room, discussion group, online social networking, instant messaging or web pages. It can also include bullying through mobile phone technologies such as SMS. It may involve text or images (photos, drawings).

Examples of cyber bullying behaviour are:

- teasing and being made fun of
- spreading of rumours online
- sending unwanted messages
- defamation.

Cyber bullying can happen to anyone and the bully can act anonymously if they want. People can also be bullied online by groups of people such as class groups or collective members of an online community.

As a school community we should all be very proud of the safe and friendly environment that we have created for the students, staff and parents that is based on our school values and having high expectations. The information that we receive from students, staff and parents highlight the strong positive culture that we have created. Visitors to the school also speak highly of our students and their behaviour towards others.

Of course there are times when students are challenged socially and emotionally. Our goal is to manage these situations thoroughly and effectively to ensure that the students have the skills and strategies to demonstrate the values of the school. Our approach is based on being proactive and modelling to the student’s behaviours that build and maintain respectful, working relationships.

To ensure that we maintain our safe and caring environment we would like all parents to take the time to share any feedback or suggestions regarding our ‘Process for dealing with Bullying and Harassment - Anti Bullying Policy’. We are currently reviewing this policy, which is located on the school website at [www.sunshineheightsps.vic.edu.au](http://www.sunshineheightsps.vic.edu.au).

You need to click on the ‘Parents’ tabs and then on ‘Policies’.
Please take the time to read through the policy and share your feedback on the slip below. Return the slip to the office by October 24th.

Thank you in advance for your thoughts and suggestions.

‘Process for dealing with Bullying and Harassment - Anti Bullying Policy’
Please write ‘Feedback and Suggestions’ in the box below

Please return to the office by October 24th – Thank you for taking the time to share your ideas/thoughts

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 $14.05 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.