All funds raised by the ‘Uplift Collective’ will be going towards creating another inspiring outdoor space.

To keep on the theme of Fathers’ Day, as a parent I am always on the lookout for any advice that could help me be a better Dad! I love the work of Michael Grose as he gives us a common sense and realistic point of view. Like most working parents, finding the right balance between home and work can be challenging. This is why I think it’s important for us to every so often stop and think about how we can continue to build stronger connections/relationship with our children.

Below is an article from Michael Grose that I thought I’d share that some might find useful or confirm things they are already doing. Even though it is directed towards fathers, as Michael says at the end of the document they are a great suggestions for any parent of a child.

Hope you can join us for the 2015 Fathers’ Day breakfast!

Build up Frequent Father points

By Michael Grose

Michael Grose looks at the importance of topping up Frequent Father points, and the benefits for both dads and for kids.

A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some ‘dad time’ with his kids.
Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids (‘Your dad’s very busy but he would love to see you play sport but he can’t make it.’) As well, she’d keep him up-to-date with the children’s lives.

Blokes, it seems, are valuing the time they spend with their kids on their own.

Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling...the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connection with kids when you are not there!

Don’t wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner’s) Frequent Father Points going? If they need some topping up then you can start by doing something together that they enjoy.

Having a bit of fun together is the best place to start.

Author’s note: Sole mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way

School Council News

Planned Maintenance Funding – Exciting News!
The Victorian Government has allocated $27 million to repair buildings and infrastructure through the Planned Maintenance Program in 2015-16. This is part of the broader $730 million education infrastructure package for Victoria.

The funding is being directed to buildings at our school based on the state wide, independent assessment of all Victorian government schools undertaken in 2012.

The reports have given the Government a clear picture of the state of all school buildings and infrastructure and have also provided schools with a comprehensive review of their individual facilities to enable them to better prioritise their maintenance funding.

As a result of this review, Sunshine Heights Primary School has been allocated a total of $421,000 for planned maintenance.

This is exciting news for our school! This will be a major role for the Buildings and Grounds team for 2015 and 2016. Information about how the funds will be used will be communicated in the coming months. It is important to note that the funds must be used based on the findings of the independent review. This includes painting and repairing the external areas of the whole school!

Safety around the school:

Members of the Buildings and Grounds team also met with Brimbank Council Traffic Engineers to discuss ways that we could enhance safety on the roads before and after school.
Key actions that will take place in the near future will be the allocation of more visible signs. We are also exploring moving the school crossing on Mailey Street closer to the main entrance of the school.

**Canteen subcommittee:**
The Canteen Subcommittee are currently working with the Canteen operators to increase more healthy snack and lunch options. This includes soups and salads.

**New entrance for the school:**
The Buildings and Grounds sub-committee are currently designing a new, exciting entrance for the school. We hope to have this completed by the start of 2016.

Hope everyone has a great weekend!

Alex Artavilla
Principal

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**STUDENT OF THE WEEK**

**Presentation at Friday Assembly**

**Prep:**
A Hugo Schulz
B Emma Hart
C Roukaya Mesto
D Elise Pasquier

**One:**
A Jessica Mulla
B Khalid Abdi

**Two**
1/2 A Hamdi Mahamed
1/2 B Bryan Chen
1/2 B Aaroon Hoang

**Three:**
A Joel Lord
B Maria Feilo-Hasini

**Four:**
A Yianna Lascaris
B Deneil Naidu

**Five:**
A Tegan Parsons
B Jackie Hung

**Six:**
A Johann Stickland
B Elena Suprihartono

**Multimedia:** Era Musaka

**Sport:** LJ Renata-Beckham

**Spanish:** Grace Li

**Art:** Ajshe Fejzullahu

Congratulations Everyone
Great Achievement!
Literacy and Numeracy Tips of the Week

**Literacy Tip:** Ask your child to choose a character from their favourite book and discuss the character’s actions and feelings. Question your child further to challenge their thinking.

**Numeracy Tip:** Ask your child questions to encourage them to investigate maths:

- What shapes can you see?
- How could we measure the...?
- How will we find half?
- What is the best way to share...?

**Useful Literacy and Numeracy Websites**

**Literacy Websites:**
3. [www.starfall.com](http://www.starfall.com)
4. [www.tumblebooks.com](http://www.tumblebooks.com)

**Numeracy Websites:**
4. [www.coolmath-games.com](http://www.coolmath-games.com)

Sonia Papadopoulos- Literacy
Gail Liakoureas- Numeracy
Planning for 2016
Students leaving Sunshine Heights PS in 2016

Effective planning for 2016 is reliant on ensuring that we have accurate projected student enrolment numbers.

To support us with finalising our plans and employing the correct number of staff for 2016, if you know that your child will **NOT** be attending Sunshine Heights Primary School next year could you please complete the tear off slip below and return it to the office as soon as possible. We do understand that family circumstances will change from time to time and as such children need to move schools.  

(Note we do not need notification from our current year 6 students).

Please detach and return to office

Plans for 2016

My child/ren ................................................................. of Year ......................... will not be returning to Sunshine Heights Primary School in 2015.

At this stage I anticipate they will be attending: .................................................. Primary School.

Signed: .................................  Date:

Print Name: .................................................................

UPLIFT COLLECTIVE FUNDRAISING NEWS

Raising extra funds for kids, thanks to the work of our students!

Easter Raffle $1,155.20
Mothers’ Day $ 812.37

Instrumental Lessons at School

Did you know that Music:
Develops mind, hand & eye co-ordination,
Enhances listening skills,
improves self-esteem, AND IS FUN!

Lessons starting from $14.00, 5% Discount to Parents wishing to enrol more than one child. Enrolment forms are available from the School Office or contact Genesis Music School Direct on 0421 426 674.
Writing Competition 2015

¡HOLA!

This is a great opportunity for you to be creative and be rewarded for your efforts.

Prizes up to AUD $100 with five categories to compete.

DIVISION A (Playgroup to Year 2): a drawing, painting or a collage with captions.
DIVISION B (Years 3 to 6): a poem or an illustrated children’s short story.
DIVISION C (Years 7-8): an article, a short story or a poem.
DIVISION D (Years 9-10): an article, a short story or a poem.
DIVISION E (Years 11-12): an informal letter, an article or a diary entry.

The first place in each division will receive $100; the second place $70; and, $30 prize for the third place.

Please, ask your Spanish Language Teacher for entry requirements, assessment criteria, and instructions. Remember it is all about your creativity.

All entries must be received by Friday, September 11th.
COME FLY WITH ME

Father's Day Breakfast
Friday 4th September 2015
PD Centre, 8:00AM
Gold Coin Donation

BRING YOUR LOVED ONE AND FLY.

The Uplift Collective and the Spanish Program proudly present

La Discoteca

Music
Party Games
Spanish Food Stall
Disco Ball

Pinata
Photo Booth
Spanish Dress Up
Glow Sticks

$5 ENTRY
PD CENTRE

Thursday 10th September 2015
Grades Prep to 2 - 4:30PM to 6:00PM
Grades 3 to 6 - 6:30PM to 8:15PM
Don't want to miss out on all the fun?

As part of LA DISCOTECA 2015
The Uplift Collective &
the Spanish Program
proudly present

ADULT SALSA CLASSES

$5

NEED TO FUEL YOUR DANCING FEET?
COFFEE TRUCK WILL BE OPEN FROM 4:30PM until 8:00PM

facilitated by two of Melbourne's finest instructors from MELBOURNE SALSA

Thursday 10th September 2015
Session 1 - 4:45-5:45PM | Session 2 - 6:45-7:45PM
PD CENTRE, SUNSHINE HEIGHTS PRIMARY SCHOOL
Menu La Discoteca

Mains
- Vegetarian burritos $5

Sides
- Nachos with cheese and guacamole $3
- Grilled corn with cheese and lime $2

Drinks
- Fresh orange juice $2.50

Dessert: