



Hampton Park Primary School

Newsletter

Address: 32 Somerville Road, Hampton Park VIC 3976

Website: <http://www.hpps.vic.edu.au>

Email: hampton.park.ps@education.vic.gov.au

Phone: 9799 1440

15th November 2024

Persistence, Creativity & Excellence

Calendar:

- **Thursday 21st November– Foundation Transition Session 4**
- **Friday 22nd November– Whole School Assembly**
- **Thursday 28th November– Grade 5/6 Zoo Excursion**

Principals Report

Sun Safety

As the sun shines brightly, it's essential to ensure our children stay safe during outdoor activities. HPPS is proud to be a SunSmart school and committed to promoting sun safety. We encourage all students to wear wide-brimmed hats, apply sunscreen, and stay in the shade during outdoor play. These practices help protect our children from harmful UV rays, reducing the risk of skin damage and sunburn.

Please make sure your child(ren) have a red wide-brimmed hat which can be sourced from PSW or shops like Best and Less, Kmart, Target, etc. We also have some red sun hats at the school office to purchase. If you are having difficulty purchasing a hat, please contact the school.

Please ensure you consistently mark your child's uniform with their name for easy identification.

Thank you for your support in keeping our students safe in the sun.



2025 Years 1 – 6 Transition

This week teachers began the process of creating classes for the 2025 school year. A considerable amount of thought and time is taken to form new grades. Teachers have considered multiple factors, such as academic and gender balance as well as the overall knowledge they have of their learners. On two consecutive Wednesdays, the 20th and 27th of November the learners in grades Foundation to 5 will participate in their Step-Up transition sessions. This is an opportunity for our teachers to work with the proposed new classes for 2025. Our teachers will be taking observations within the sessions to see if the classes we have created so far have the right balance for a successful new school year. The class and the teacher your child have for this session may NOT be the ones they have for 2025. 2025 classes will be communicated in time for our Statewide transition day on Tuesday 10th December 2024.

If you have any questions about the class creation process for 2025, please do not hesitate to contact me at the school.

Respect, Best Effort, Friendliness, Co-operation, Equality.

Newsletter online at <http://www.hpps.vic.edu.au> and follow the newsletter link

Parent and carer School Saving Bonus code distribution

The Victorian Government is delivering the School Saving Bonus – a one-off \$400 support for government school students from Foundation to Year 12 in 2025.

From Tuesday 26 November 2024, you will receive an email from the Department of Education with your unique \$400 School Saving Bonus code.

The School Saving Bonus will help families cover the cost of uniforms, textbooks, excursions, activities and more.

If you have multiple children enrolled in Victorian government schools for 2025, you will receive one School Saving Bonus code email per child. These emails might arrive on different days. Please make sure to check your spam/junk email folder.

Parents and carers can use the School Saving Bonus code in store at school-nominated suppliers. Parents and carers can also choose to access the School Saving Bonus online system, where they can allocate part or all the \$400 bonus to use at school nominated-online suppliers or for school activities.

To learn more about the School Saving Bonus, visit [School Saving Bonus | vic.gov.au \(www.vic.gov.au\)](https://www.vic.gov.au/school-saving-bonus). A step-by-step user guide will be available on the webpage on 26 November.

If you have not received your School Saving Bonus code via email by Friday 29 November, please contact the Department of Education by emailing school.saving.bonus@education.vic.gov.au.

Warm regards,

Sharne Winstone

Principal

Hampton Park Primary School

Chess Tournament Updates

Congratulations to all the students who competed in the State Semi-finals Chess Tournament and the State Girls Final Chess Tournament. These students were celebrated at our last assembly with special certificates for their achievements.



On Monday the 11th of November, Kuzey, Jake, Alan and Ballin competed in the State Grand Finals Chess Tournament in Pascoe Vale. Congratulations to these students for their fantastic efforts and their excellent sportsmanship. As a school team, they came 13th in the state! What an amazing achievement. They will receive their certificates at our next assembly.

On Thursday the 14th of November, Hampton Park Primary School hosted our first Regional Junior Chess Tournament. This was open to students from Prep to Grade 3. Sixteen students participated from Hampton Park Primary School and competed against 72 students from 14 other schools.

Congratulations to Ilhan, Baktash, Zenab, Kevser, Nancy, Marwah, Tama, Zach, Hamza, Neda, Sehar, Husna (2A), Dyvin Jasmine, Husna (1A) and Quinn who showed enthusiasm and resilience throughout the day. A big cheer for Quinn who came second in the Prep category. Overall, we came 5th as a school which is fantastic considering that most of our team had never competed in a regional competition before!





Congratulations to the following students who received our Learning Behaviour Award in the past fortnight.



0A	Suhail J
0B	Radin S
0C	Sabahat A
1A	Adib J
1B	Hesal H K
1C	Indi E
1C	Josiah U
2A	Aaron K
2A	Rehan A
2B	Levi T
2B	Amir H
34A	Holly T
34A	Arhianna L
34B	Dihen S
34B	Mohammad
34C	Danielle R
34C	Nevaeh C
34D	Harper K
34D	Thomas H

34E	Sebastian M
34E	Alissa P
34F	Terangi T
34F	Ilhan S
56A	Jeevikan K
56A	Duane D
56B	Jye B
56B	Valentina V
56C	Bahram M
56C	Mai N
56D	Gwendolynna K
56D	Khloe S
56E	Segalue K
56E	Hussein A
Mandarin	3/4E
Mandarin	Bailin S
Science	Zara H
Perf. Arts	Xavier M
CHESS	Khanh N (3/4C)

Congratulations

SEL Star Award



HAMPTON PARK
PRIMARY SCHOOL

Congratulations to the following students who received our SEL Star Award in the past fortnight.



0A	Arad A H
0B	Ava B
0C	Thomas L
1A	Fatema N
1B	Dawthinang N
1C	Tyler C
1C	Saraj R
2A	Sehar A
2B	Bahar K
2B	Yalda S
34A	Tepania N
34A	Lema P
34B	Ada A
34B	Mikaylah C
34C	Liliani N
34C	Orianna R
34D	Noah A B
34D	Mahad J

34E	Letitia K
34E	Kavia K
34F	Malina O
34F	Zana C
56A	Charlie S
56A	Kuzey K
56B	Ali A
56B	Dante P
56C	Aiden S
56C	Philomena A
56D	Mia M
56E	Imahni T
Mandarin	Dante P
Mandarin	Khole S
Science	Haniya B
Perf. Arts	Zain N (FA)
CHESS	TJ U (3/4F)

Congratulations





SCHOLASTIC
Book Club LOOP
for Parents

A very big **THANK YOU** to all of our families for your ongoing support of our **Book Club** throughout 2024.

Every order has helped HPPS earn free books throughout the year that have been added to our classrooms and library for the students to read and enjoy.

Our last issue for the year (Issue 8) is out now and orders close on 25th November.

If you need any help to order or have any questions about Scholastic Book Club, please contact Jodie Burn at jodie.burn@education.vic.gov.au

How To Order From Book Club

- 1/ Sign in or register an account at: scholastic.com.au/loop
- 2/ Click on ORDER and select HAMPTON PARK PRIMARY SCHOOL and your child's class
- 3/ Add your child's first name and last initial (so we know who the book is for)
- 4/ Enter the product item number from the Book Club catalogue
- 5/ Make payment via credit card
- 6/ All orders are attached to the school account and will be delivered to HPPS directly to your child to bring home





TECHNOLOGY AND SLEEP

- ↳ **Technology use in the evenings may delay bedtime and interfere with sleep**
- **Using a bright screen for 1.5 hours or more can increase alertness.**
- **Not all people are affected by technology use in the same way.**
- **Some forms of technology use may be better than others and some activities better than others.**
- **In the evening, use technology in moderation. Switch from interactive devices (e.g., phones) to passive devices (e.g., e-reader).**

Note: All words that are underlined relate to topics in the Sleep Health Foundation Information Library at www.sleephealthfoundation.org.au

1. How can technology use affect us at bedtime?

- The bright screen light from devices can cause increased alertness
- Activities on such devices can be stimulating and make us less ready to sleep
- People can become absorbed and continue using technology beyond their usual bedtime

2. How long is too long to spend in front of a bright screen before bed?

Studies have tested the effects of bright tablets (e.g. ipads) and laptop screens for up to 5 hours before bed. It seems that the natural evening rise in melatonin (a hormone that makes us ready for sleep) is not affected by 1 hour of bright screen light, but it is after 1.5 hours. Thus after 1.5 hours of technology use in the evening people report feeling less sleepy. They also do better on mental performance tests and their brainwaves suggest increased alertness. Repeated use of a bright screen over 5 days can delay the body clock by 1.5 hours. This means you consistently want to go to bed later and sleep in longer. This can be a real problem when you need to get up at a set time in the morning for school or work.



For other popular helps visit us online at
www.sleephealthfoundation.org.au

3. Does using technology just before bedtime affect sleep?

Self-reports suggest that sleep is indeed affected by technology use in the hour before bed. Such late-night technology users report less satisfactory sleep more often than those not using technology before bed. They are also more likely to feel sleepier during the day in a range of situations, including driving. These findings relate to both using a computer or laptop before bed or texting. The findings are from a 2011 US study that involved over 1500 people, surveyed by the US National Sleep Foundation.

4. Are some forms of technology use more stimulating such that they affect sleep?

Technological devices can be either interactive or passive. Passive devices are those which need little to no input from the users. Examples include listening to music, reading an e-book, watching television or a movie. With interactive devices what is viewed on the screen changes with input from the user. For example, playing a video game is clearly interactive. To a lesser extent, so is surfing the web, messaging and making posts on computers, laptops, tablets and smartphones. Researchers propose that interactive technological activities are more harmful for getting ready for sleep compared to passive activities.



Term 4 2024

Keep this handy calendar on your fridge for upcoming events at Hampton Park PS. For updates remember to check out Sentral or Facebook.

	Monday	Tuesday	Wednesday	Thursday	Friday	
October	07	08 Grade 5/6 Interrelate Program	09 Foundation Excursion Pevan and Sarah Concert	10 Foundation Meet the Teacher 2:45 - 3:15 pm Little Owls Playgroup @ 9:00am	11 Assembly - 2:45pm	
	14	15 Grade 5/6 Interrelate Program Grade 1/2 Mini Beast Incursion	16 Grade 5/6 Billy Slater Rugby Event	17 Little Owls Playgroup @ 9:00am	18	
	21	22 Life Ed F-4 Grade 5/6 Interrelate Program		23 Ryan Dunn Program	24 Chess State Open Foundation Meet the Teacher 2:45 - 3:15 pm School Council @ 3:50pm Little Owls @ 9:00am	25 World Teachers Day Day For Daniel Assembly - 2:45pm
	28	29 Life Ed F-4 State Primary Girls Chess Finals		30	31 Little Owls Playgroup @ 9:00am	01 Diwali
	04 Curriculum Day No students	05 Melbourne Cup Day No students		06	07 Foundation Meet the Teacher 2:45 - 3:15 pm Little Owls Playgroup @ 9:00am	08 Assembly - 2:45pm
	11 Chess State Grand Final Remembrance Day	12	13	14 Junior Regional Chess Tournament Foundation-G3 Little Owls Playgroup @ 9:00am	15	
November	18 Grade 5/6 RSPCA Incursion	19	20	21 Foundation Meet the Teacher 2:45 - 3:15 pm Little Owls Playgroup @ 9:00am	22 Assembly - 2:45pm	
	25	26	27	28 School Council @ 3:50pm Grade 5/6 Zoo Excursion Little Owls Playgroup @ 9:00am	29	
	SSG Week					
	02	03	04 Art Show & Open Night 3:30 - 6:30pm	05 Little Owls Playgroup @ 9:00am	06 Assembly - 2:45pm	
December	SSG Week					
	09	10 Foundation Meet the Teacher 2:45 - 3:15 pm Statewide Transition	11	12 School Council @ 3:50pm Little Owls Playgroup @ 9:00am	13	
	16 Grade 6 Big Day Out	17	18 HPPS Christmas Concert @ 2.45pm	19 G6 - Graduation Evening Gold Assembly @ 9:10am Class Parties	20 Grade 6 The Last Lap @ 1.00pm Last day of term 1:30pm finish	

Art Show

FEATURING WORK FROM OUR AMAZING ARTISTS,
INCLUDING SOME DELICIOUS LOOKING ART
BASED ON THIS YEAR'S THEME - FOOD!

DECEMBER **4th** 3.45 - 6.00 PM

JOIN US FOR A NIGHT OF FAMILY FUN

SAUSAGE SIZZLE

TWO STUDENT GALLERIES

VOTING FOR 'BEST IN SHOW'

PHOTO BOOTH

GUESS THE LOLLIES IN THE JAR

COLOURING / CRAFT

PUZZLES / GAMES



HAMPTON PARK
PRIMARY SCHOOL



HAMPTON PARK
PRIMARY SCHOOL

Enrol now for 2025!

We are now taking enrolments for prep students, and families moving in to our school zone, in 2025.

If your child will be beginning school next year, or you would like more information, please contact us today by calling, emailing us or visiting our school website.

www.hpps.vic.edu.au

hampton.park.ps@education.vic.gov.au



9799 1440

School Tours

We welcome families to join us for a school tour to see our wonderful school in action. These will run on Wednesday mornings at 9:30am.

To book a place on a tour, please use the form on our website or contact our office.



Beginning Foundation at Hampton Park PS

At Hampton Park Primary School we place a strong importance on ensuring children feel happy, safe and excited about school. Our Foundation transition program is an opportunity for children and their families to find out more about school and begin settling in ready for 2025!



Outdoor play session

Our outdoor play session at the beginning of Term Four is for you and your child to enjoy together. This session provides an opportunity to familiarise your child with the equipment they can use outside, as well as meeting peers who will also be starting foundation in 2025. Parents and carers are required to stay at this session and will have the chance to play with their child and meet other families beginning school in 2025. This session is also an informal opportunity to meet some of our current Foundation teachers and school leaders, and ask questions you may have. Our playground session will run on:

Thursday 10th October

from 2:45 - 3:15pm

Classroom based sessions

Later in Term Four, we will run four classroom based transition sessions. These will be an opportunity for students to experience the classroom learning environment and some of the routines we have in place at school. In the last session, students will meet their teacher and classmates for 2025. These sessions will be held on:

Thursday 10th October

Thursday 24th October

Thursday 7th November

Thursday 21st November

Tuesday 10th December

from 2:45 - 3:15pm



Parent information sessions

At the same time as students are attending the classroom based sessions, we will be running a series of parent information sessions. These will provide you with a greater insight in to what your child will experience when beginning foundation and joining our community at Hampton Park. There is also the opportunity to ask any questions you have.

Thursday 24th October

Thursday 7th November

Thursday 21st November

Tuesday 10th December

Welcome to Hampton Park Primary School

Our Positive Climate for Learning

Learning and Curriculum at Hampton Park PS

Light refreshments & Chat with our 2025 families



For more information, please do not hesitate to contact us!

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www.hpps.vic.edu.au



HAMPTON PARK
PRIMARY SCHOOL



How can I help my child prepare for school?

Talk to your child: The more words a child understands, the easier it is to learn to read. You are your child's major language model. Encourage proper speech patterns—don't use baby talk.

Listen to your child: Take an interest in what they have to say and answer their questions. Listen to whether your child is using the correct pronunciations.

Read to your child: Make listening to stories special by choosing time when there are no other demands on you or your child. Look at the pictures in books and make up your own stories with your child.

Help your child to recognise their name: On clothing and on paper.

Develop independence: Allow your child to tackle some things by themselves. Those children who do not need direction will take risks and learn more. Encourage your child to take care of their own possessions, packing up their toys and packing their school bag. Practise getting dressed, going to the toilet, opening lunchboxes and tying shoelaces independently.

Making the separation easier: Reassure your child that they will be safe at school. Talk about and practise getting together at a 'meeting place'. Help your child to find a friend before you leave. Add to your child's feeling of confidence by showing them that you have confidence in their ability to handle the separation from mum or dad!

Fine motor practise: Encourage your child to play with items such as play dough and LEGO and teach them how to hold a pencil. Strengthening your child's fine motor skills assists your child to write and draw.

Gross motor practise: Reading and writing involves a relationship between physical movement and learning. Encourage your child to throw and catch balls, run, jump and climb.

Allow your child time to PLAY! Encourage your child to play and to never stop playing! Play develops social skills such as turn taking, cooperation, sharing and responding to others, as well as literacy and numeracy skills.

Attend transition sessions! Give your child the chance to become familiar with the school and be placed in the best possible grade for their needs. Meet other parents - you are not alone in your fears and expectations. Attend parent information sessions so you can have an opportunity to ask questions.

Not yet enrolled?

If you live within our neighbourhood boundary and have not yet enrolled your child for 2025, please contact our school office. We are happy to welcome you in for a school tour. Early enrolment helps ensure you receive the latest information to help best prepare for the transition in to primary school. For more information about whether we are your neighbourhood school and our enrolment boundary, please visit www.findmyschool.vic.gov.au.



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www.hpps.vic.edu.au



HAMPTON PARK
PRIMARY SCHOOL

School starts
at
8.50am



EVERY MINUTE COUNTS

Just a little bit late doesn't seem much but.....

He/She is only missing just....	That equals....	Which is....	over 13 years of schooling, that's....
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 minutes per week	Nearly 2.5 weeks per year	Nearly 1 YEAR
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 AND A HALF YEARS
1 hour per day	1 day per week	8 weeks per year	Nearly 2 AND A HALF YEARS



Did you know your child's best learning time is the start of the school day?



That's when every minute counts the most!



Community Hub

Hampton Park PS - 32 Somerville Road, Hampton Park

The Hampton Park Community Hub is meeting place for our whole community. We welcome all families in our community to come along to connect, share and learn with us. Our programs include:



**Little Owls
Playgroup**
with Hey De Ho Music



Beginner and
Intermediate &
Advanced English
Classes

**Beginner
Computer
Classes**



Coffee and Chat...

Enjoy a coffee and come
and meet new friends

Coming Soon... An after school AFL program for the whole family
Register now for Term 3 Pre accredited Citizenship Classes

Our Community Hub proudly partners with the following organisations to support the Hampton Park Community.



For more
information
contact Linda



9799 1440
0412 978 364

FREE Certificate III in Individual Support.

***Government funded - Eligibility criteria apply**

Australian Citizens, Permanent Residents, Business Visas, Skilled Migrants, Bridging Visas and others may be eligible. Contact us for more details.

**Information & Enrolment Session.
Thursday 28th November 2024 11am.
Call or e-mail to reserve a place.
Free morning tea**



Hampton Park Primary School Community HUB
32 Somerville Rd Hampton Park

Please bring your visa, ID
(passport or driver licence),
Medicare card to sign up.



97991440



0412978364



linda.haines@education.vic.gov.au



AMES
Australia
RTO 0590





HAMPTON PARK PRIMARY SCHOOL COMMUNITY HUB

**Limited places are available for
Beginner and Intermediate English
classes.**

Computer classes



All enquiries to Linda

on 97991440 or 0412978364





TheirCare
Where Kids love to be!



HAMPTON PARK
PRIMARY SCHOOL

Hampton Park TheirCare

TERM 4

NEWSLETTER

14th November 2024

Fortnightly recap!!!!

The last fortnight has been lots of fun! We have had spring week last week, with our favourite activities being a bubble experiment and making string slime. This week we have circus week, we are enjoying magic tricks, cooking experiences and clown bookmarks!



TC Tucker!!!

Last weeks TC tucker recipe was frozen yoghurt bark- which we made on our pupil free day, and was a huge hit! Please see the recipe on the next page- a great recipe to have for a snack on a hot day! This weeks TC tucker recipe was on Wednesday, and it was fried rice.



National Fairy Bread Day! Friday 22nd November

Book into after-school care on Friday 22 November and join us for a Fairy Bread Making Station and Rainbow Sprinkle Sweeps! All in support of The Pyjama Foundation and their 'Love of Learning' program, empowering kids in foster care.



LEVEL UP!

Book for Holiday Program from Nov 7

CONTACT SERVICE:

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hamptonpark@theircare.com.au

TC HEAD OFFICE:

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www.theircare.com.au





TheirCare
Where Kids love to be!



HAMPTON PARK
PRIMARY SCHOOL

Hampton Park TheirCare

TERM 4

NEWSLETTER

14th November 2024

Frozen Yoghurt Bark !!!!

Ingredient's

1. 2 cups of vanilla yoghurt
2. ¼ cup raspberry jam
3. ¼ cup desiccated coconut
4. 1 cup mixed berries



Method

1. Line a baking tray and spread the yoghurt mixture across the tray into a even layer.
2. Roughly dollop spoonful's of the jam around the yoghurt and marble throughout.
3. Sprinkle the chopped berries evenly over the top of the yoghurt and top with coconut.
4. Leave in the freezer for 6 hours. Once frozen, break mix into fun size pieces.
Leave in the freezer for 6 hours. Once frozen, break mix into fun size pieces.







Santa is here!

ho ho ho

14TH DEC

**HAMPTON PARK FIRE BRIGADE
PROUDLY PRESENTS**

SANTA WITH FIRE TRUCK

LOCATIONS -

- **KM REEDY RESERVE - 1PM**
- **CAIRNS RD RESERVE - 1:30PM**
- **BANJO PATTERSON PARK - 2PM**
- **MARRIOTT WATERS RESERVE - 2:45PM**