



HEATHERWOOD NEWS

MAY 2023

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Ex Heatherwood students, Rachael Potter and Daniel Milone are both about to represent Australia in their chosen sport. Read more about their journey on page 15.

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DATES TO REMEMBER

June 9th	Curriculum Day (Students do not attend school)
June 12th	King's Birthday Public Holiday (Students do not attend school)
June 23rd	LAST DAY TERM 2 Dismissal time 1.45pm- 1 hour earlier
July 10th	FIRST DAY TERM 3
July 17th-21st	Dental Van
September 15th	House Day-students please wear House colours
September 15th	Last Day of Term 3
September 23rd	Grand Final Public Holiday
October 2nd	First Day of Term 4
November 7th	Melbourne Cup Public Holiday (Students do not attend school)
December 20th	Last Day of Term 4

PRINCIPAL'S MESSAGE

Paul Hills



We are already halfway through the term and while some things are progressing well other things are not progressing as we had hoped, and we need the community's support as we continue to provide the best teaching and learning opportunities possible.

Student mid-year reports are currently being completed and will be sent out towards the end of the term.

Unfortunately, we have received no additional information regarding our building program. The program is currently suspended, and we are unaware of what will occur next.

Unfortunately, this is the time of the year when many people are affected by colds and flu symptoms. Please if your child is unwell do not send them to school as well as increasing the possibility of spreading an illness it also may mean it will take the individual longer to recover. To assist everyone please keep your child at home, if they come to school they will be placed in sick bay, and you will be asked to come and pick them up. Your understanding and co-operation with this will be greatly appreciated.

As with many other schools we are experiencing difficulties resulting from our inability to replace staff that have left, who take leave or are unwell. Our staff work very hard to take on additional roles and are very flexible as we attempt to cover staff absences. We do our best to minimise the impacts it has on our students but acknowledge that on some occasions, programs need to be cancelled or classes combined.

Thank you for your ongoing involvement with the school and your child's education.

IMPORTANT MESSAGE

A number of students have been found with Vapes at school.

Students found bringing drugs to school or vaping on school grounds will be suspended.

Please support the school in making sure your child does not bring vapes or other drugs to school.

This may mean checking bags and clothing prior to leaving home.

Bringing drugs or vapes to school puts other students at risk and is against the law.

ASSISTANT PRINCIPAL'S MESSAGE

Lesley Foster



On Friday the whole school celebrated the achievements of two past students who have been selected to compete in the Global Games in Paris in June. Rachael Potter, (Basketball) and Daniel Milone, (Athletics) began their competitive sporting journey when they first came to Heatherwood School. Both students have since committed to significant training over many years in order to reach the high level of performance necessary for international competition. During the assembly Rachael and Daniel talked about their commitment and discipline during their years of training where hard work was essential. Most of all they talked about the enjoyment they received from sport, being in a team and making new friends. The Sports and Physical Education Extended Team at Heatherwood offer every student a chance to develop a love of sport and physical activity through the many Programs, Active Life, Bike Education, Swimming, Physical Education, Interschool Sport and the Sports and Recreation Program. Staff encourage students at all levels of ability so that every student can develop a healthy body and feel proud of his or her achievements. Being part of a team is a skill that we teach explicitly at Heatherwood. It involves first and foremost,

- *Respect for all,*
- *Working together,*
- *Getting along and*
- *Helping others succeed.*

As we complete the first semester, we can see many more students understanding the meaning of respect and relating to others. On the pathway to adulthood, students are learning the language of respect, the way we communicate with each other, the actions of respect and the social and interpersonal benefits. With some students a specific support program is necessary. Over time young people can learn to make good choices so that we can create a safe environment where all students are engaged in learning. As a school, we can only do this with the support and collaboration of families and carers. Finally, we acknowledge Jo Larkin who is accompanying the Basketball Team to Paris as a coach and selector, a teacher who has provided international competition for young people with disabilities since 2004. We wish our athletes an enjoyable, productive competition where they have a chance to make new friends from the many countries competing in the Global Games.

SCHOOL OFFICE



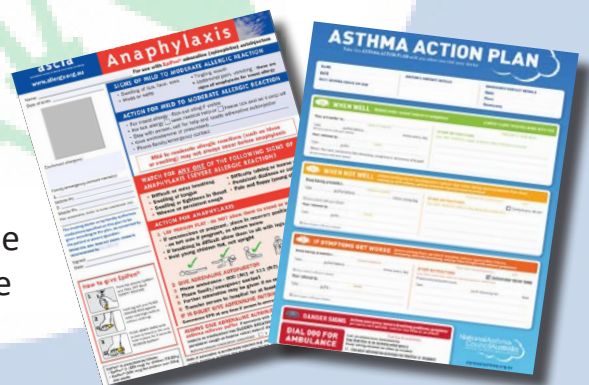
STUDENT SIGN IN AND OUT

Students who are picked up **before 2:45pm** must be signed out by an adult at the office.

Students picked up **at 2:45pm onward** will be supervised at the back gate until they are collected.

MEDICAL PLANS

All Medical Action Plans are renewed annually, signed by a doctor and medication indicated on the plan must be in original packaging and given to the



CROWN & QUINCES BUSES

If at any time your young person is not travelling on the bus to school OR home from school you must do each of the following:

1. Inform the school on 9842 8319 OR write a note in your young person's diary.
2. Inform the bus company- CROWN



QUINCES



BOTH THE SCHOOL AND THE BUS COMPANY NEED TO KNOW OF ANY CHANGES THAT OCCUR.

HEATHERWOOD FACEBOOK

We are very happy to share with all the Heatherwood families a new Facebook group that you are all welcome to join.

<https://www.facebook.com/groups/505799341747907>

A private, positive and safe group to connect with others, arrange coffee catch ups, pass on old uniforms, share advice, ask for advice etc.

To access the group please click the following link and answer the questions when applying to join. There are some rules to acknowledge, and all posts will require approval before they will be posted. There is plenty of chat so please don't be shy and come and visit the group.

I look forward to connecting with many more families and help support the group to evolve into a space that bridges the social gap.

SCIENCE

Patrizia Sendekyj

Our Senior students are getting creative in replicating their Australian bird. After researching the structure, features, habits and habitats of their chosen bird, our seniors have crafted their own unique habitat to house and protect their bird. The results are truly exceptional and distinctive. The focus for Year 7s to 10s is Chemical Sciences. The Year 7s have created their own 'Snot' made from glucose, gelatine and water. As you may guess the reactions were very "Yucky". Our Year 8s were in awe of popping popcorn and especially viewing it in slow motion. Year 9s focused on the periodic table. Don't forget to click on the link for the song. Year 10s completed experiments which demonstrate how some chemicals cannot be reversed. Developing their understanding of the difference between chemical and physical changes.

SENIORS

Annika



Bec



Bailey



Julia



Hashem



Emil



Bianca



Noah



Tyler



Bryan



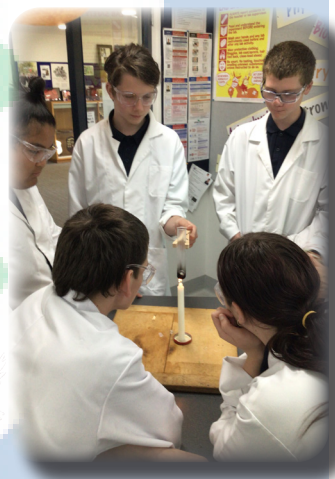
SCIENCE

Patrizia Sendeckyj

YEAR 10 observing a chemical reaction through burning sugar.



YEAR 9



YEAR 8



Two Hydrogen atoms

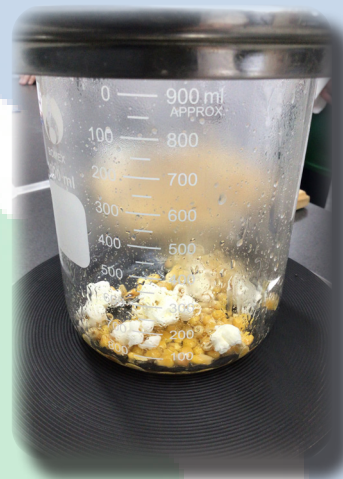
+

one Oxygen atom

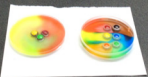
= one Water molecule

THE
PERIODIC
TABLE
SONG

Please click on image to hear the song.



YEAR 7



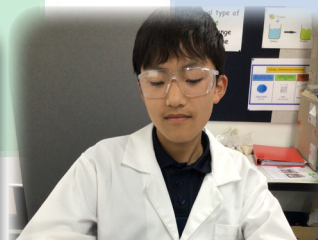
Ashton



Josh



Thomas



Jake

PROTECTIVE BEHAVIOURS

Deb Weinmann



**Black Dog
Institute**

Bite Back Mental Fitness Challenge

On Friday the 5th May Senior students had Sian from the Australian Institute of Sport come and talk about the Black Dog Mental fitness challenge that students are completing as part of Personal Development and Protective Behaviours.

Sian was informative and helped students realise that anyone can have mental health issues and there are things you can do to try to keep mentally healthy. Sian is an Olympic swimmer who has had many ups and downs in her life and was helped by the Black Dog Institutes educational programs, and now is an advocate for supporting good mental health.



FOOD TECHNOLOGY

Claire Axton



Riley, Ari & Hamish J5



This term the Year 8 students have been focusing on using the stove top safely. They have created some wonderfully delicious breakfast items including pancakes, scrambled eggs and French toast.

A particular favourite was making our own crumpets. All the students enjoyed watching them rise and popping the extra bubbles. They are easy to make and super delicious I have attached the recipe below if you want to give them a try. Make sure you stop by the kitchens and let us know how you go.

Happy Cooking!!!!



Sapphire & Amelia J4



Rhett J4



Angus J5

Crumpets

Makes 8 small crumpets

Prep Time: 5 mins Cooking time: 20 mins



Ingredients

1 cup Flour
 ¾ cup warm water
 ½ tsp salt
 ½ tsp sugar
 1tsp baking powder
 2tbs melted butter

1tsp dried yeast
 1tbs warm water

Optional toppings

Jam
 honey

Equipment:

Bowl	Sieve
Frying pan	whisk
Measuring cups	measuring spoons
Wire rack	tongs
4 egg rings	

Method:

1. Sift flour and salt into a mixing bowl. Add the water and whisk for 2 minutes.



2. In a small bowl combine yeast and 1tbs warm water.



3. Add yeast mixture, sugar and baking powder into flour mixture. Whisk together.



4. Cover with cling film and leave in a warm place for 15-30 minutes.



FOOD TECHNOLOGY

Claire Axton

5. Grease inside of egg rings with melted butter.



6. Brush the bottom of the frying pan with butter and place the egg rings in the pan.



7. Turn the stove onto medium heat and wait till the butter starts to sizzle.

8. Pour $\frac{1}{4}$ cup mixture into each ring (will double in size).



9. Cook for 4-5 minutes and watch for bubbles to appear and pop.



10. Watch for the surface to set and all the bubbles to have popped. Then remove the rings.

11. Flip over and sear the top for 1 minute. You are looking for a blush of colour.



12. Transfer to a wire rack and cool down before enjoying with your favourite topping.



Yr 10 ANGELSEA CAMP

Billy Hrambanis



On Monday we arrived at Anglesea. We went bike riding. I was scared, so I did archery instead. We had lasagna for dinner.

On Tuesday I did rock climbing. Even though I was scared I still enjoyed it. When I did canoeing, I fell in the water. On Tuesday night we had chicken and vegetables. We watched the Incredibles movie.

On Wednesday we went walking at Lorne park.

We went surfing on Wednesday afternoon and then had fish and chips!

When we got back to camp, we had hamburgers for dinner.

On Thursday we packed up and went back to school.



Jasmine



Peter



Travis



Phoebe



Oliver

ANZAC DAY - MANNINGHAM COUNCIL

JO LARKIN

CITY OF MANNINGHAM ANZAC SCHOOL SERVICE

Heatherwood School were very fortunate to have the wonderful Leanne Goodwin volunteer to make a floral wreath with our senior students for presentation at the City of Manningham ANZAC School Service.

Our school Captains, Andreas and Paris, attended the service and had the honour of laying the wreath.

Thank you once again Leanne for your continued assistance over many years.



Andreas & Paris with Paul Hills and Leanne Goodwin



*School Captains
Andreas & Paris*



*Senior students with
Leanne*



ART

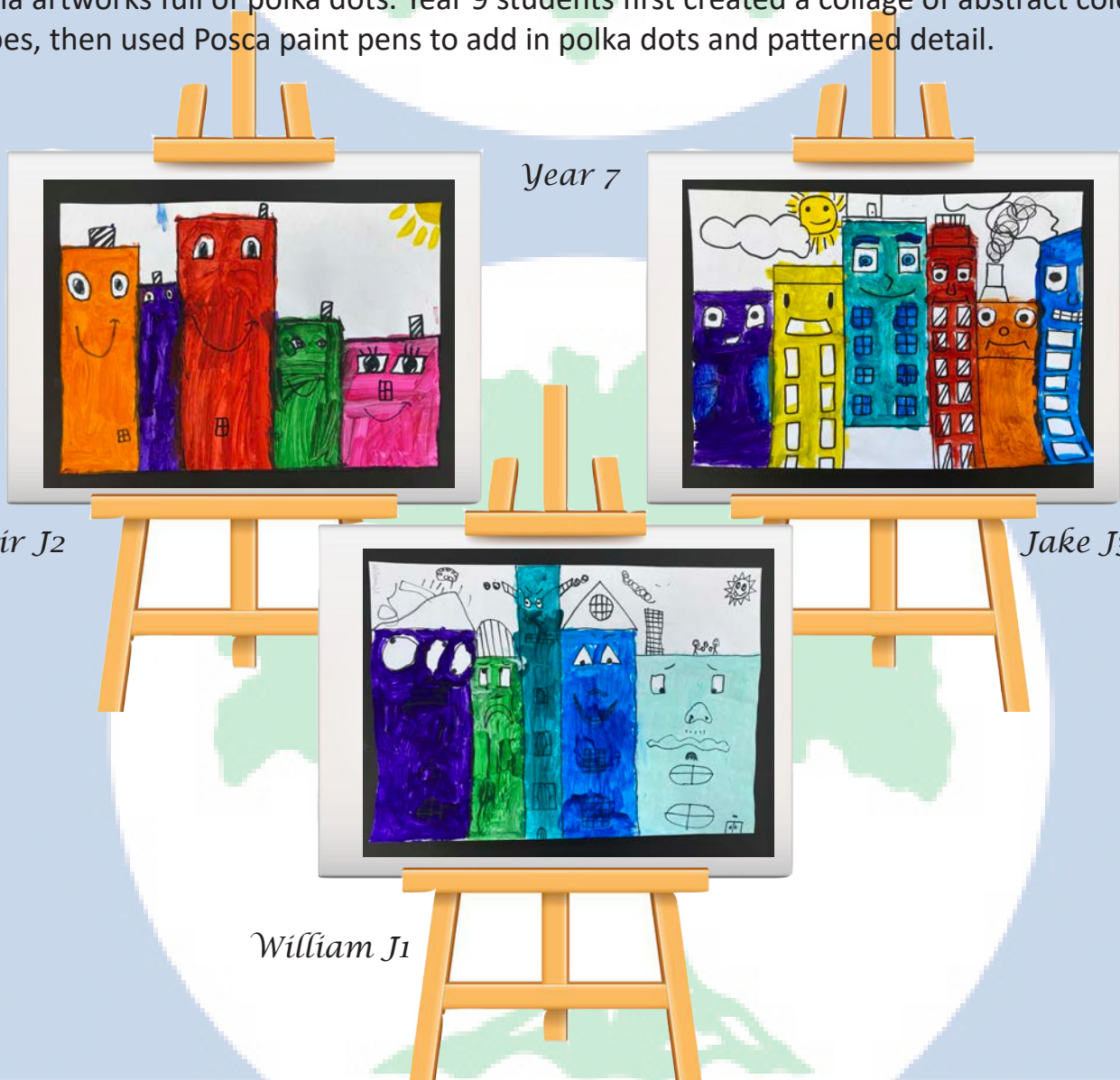
Elise Ladanyi

So far this term, each year level has taken inspiration from different famous artists around the world for their artwork. It has been amazing to see the different ideas, inventiveness, self-expression and creativity of the students. Visual art techniques that we have been learning about have included colour, layout, line and shape.

Year 7 took inspiration from the artist James Rizzi. James Rizzi is an American artist known for his bright, happy and playful city building characters. Year 7 designed and created their own cities full of buildings with different facial expressions and details.

Year 8 used chalk pastels and markers to create mindful and abstract forms based on the work of artist Georgia O’Keeffe. Students learned to create an ombre effect by using different coloured chalk pastels and then used their fingers to blend the colours together.

Year 9 students studied the work of Yayoi Kusama. A Japanese artist known for her mixed media artworks full of polka dots. Year 9 students first created a collage of abstract colourful shapes, then used Posca paint pens to add in polka dots and patterned detail.



Year 7

Amir J2

Jake J3

William J1

ART

Elise Ladanyi

Year 8



Jackie J7



Saatvik J6



Tamika J7

Year 9



Grace M2



Lara M3



Zaine M3

RACHAEL POTTER & DANIEL MILONE



BASKETBALL

Rachael is relatively new to the game of basketball only really starting 5 years ago. Up until then netball was number one, but she crossed over because her dad and brother played and refereed basketball. Rachael hasn't given up netball completely but works hard to remember which one she's playing so she doesn't travel or keep three feet away in the wrong ball sport. Speed is a major part of her game. Rachael describes herself as naturally happy and has great fitness. A typical day is spent working, training and then playing. When asked what



advice she would give young basketballers it was, "be you and chase your dreams."



LONG DISTANT RUNNING

Daniel, a natural sportsman, only began long distant running in Year 7. By the time he was 15 he was representing Victoria in the Australian Cross Country Championships.

Daniel loves the challenge of distant running and is looking forward to representing Australia, in France, later this year.

All of the Heatherwood community wishes them the best of luck in their events.



SPORT - INTER SCHOOL CROSS COUNTRY

Samantha Ditty

Interschool Cross Country (Friday 5th May at Nortons Park, Wantirna South)

Heatherwood School team of 40 students proudly competed at the South-East Special Schools Cross Country. There were 10 Special Schools competing throughout primary to secondary. Heatherwood School students competed in the challenging 3km course with many up and down hills and some students qualified into the next stage for the School Sports Victoria State Cross Country early in term 3. Once again congratulations to the Heatherwood Cross Country team and good luck for those students heading to the State event.

Results for those who have qualified into the SSV State Cross Country

GIRLS

13-14 year old

1st-Mikayla Milligan

4th- Amelia Hladyz-Bailey

17-18 year old

1st Charli Luttgens

BOYS

13-14 year old

1st-Lucas Ozergin

4th-Jhye Lardner

15 - 16 year old

2nd-Oscar Payne

4th-Nau Kim

12th-Matt Whitfield

18 - 19 year old

1st-Jaiden Battista

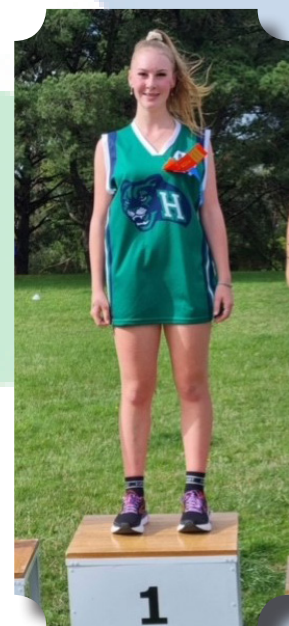
9th-Andreas Lawrence



Lucas



Mikayla



Charli

SPORT - INTER SCHOOL CROSS COUNTRY

Samantha Ditty



Blake



Joshua



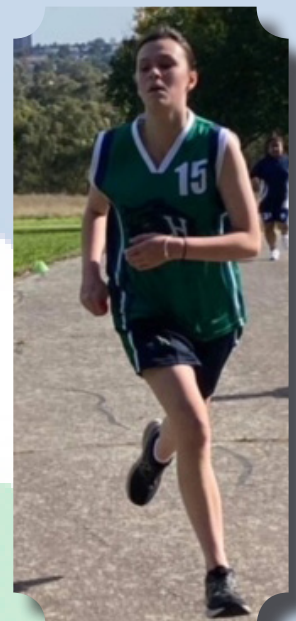
Andreas



Jaiden



*Mikayla, Caitlyn, Phoebe
& Ruby*



Hannah



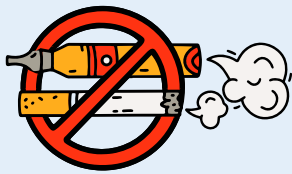
Oscar

Nau Kim

Get the facts about smoking and vaping

What are your kids breathing in?

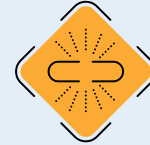
E-cigarettes and vapes are not safer than cigarettes



There are no quality or safety standards for e-cigarettes or vapes



Vaping liquids contain nicotine, heavy metals and cancer-causing chemicals



What it does to your body:

Vaping can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and asthma



Long term use can cause lung damage, heart disease and cancers



Nicotine harms the brain development of children and teenagers



Young people who vape are more than three times more likely to move onto smoking cigarettes



Talk to your kids about the risks of smoking and vaping

- Contact Quit at www.quit.org.au or phone **13 78 48**
- Visit the Royal Children's Hospital website www.rch.org.au and search 'vaping'

- Scan the QR code for more information



www.quit.org.au/articles/teenvaping/



Variety Activate Inclusion Sports Day

Encourage. Empower. Explore.

Details

Monday, 26th June 2023
10:00am - 1:00pm
Mullum Mullum Stadium
31 Springvale Rd, Donvale

A fun and inclusive day of activities connecting children with disabilities to local sport and active recreation opportunities.

Click or scan the QR code to register:



Contact:
Max Reilly
max@sports.org.au

MatchWorks



Variety Activate Inclusion Sports Days are coming to Donvale!

Get active with us in a fun and inclusive environment.

Mullum Mullum Stadium

Monday 26 June

activateinclusion.com.au

Contact:
Max Reilly
max@sports.org.au

