



**KARINGAL HEIGHTS
PRIMARY SCHOOL**

Prep Transition Newsletter

Dear Families,

Prep Transition is well under way, with Session Number 3 coming up at the beginning of Term 4. It has been lovely to see how comfortable the students are when integrating with other current Prep and Year 1 students.

Prep Transition sessions are important for your child. They learn to familiarize themselves with the school space, meet other teachers and students, and learn about what happens at school. There are also lots of opportunities to continue building reading, writing, math, fine motor and social skills.

I look forward to seeing our future Preps at the next Transition Session next Thursday ☺

Nicole Longino

(Prep Teacher & Transition Coordinator)



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Important Dates

October 10

Transition Session #3

Kate Hasphall (School Nurse) will be discussing the Prep Health Check & Questionnaire

October 24

Transition Session #4

Meet Skye from our Family Wellbeing Hub

November 7

Transition Session #5

Meet some of our parents & ask questions.

November 21

Transition Session #6

A discussion with Pauline our Business Manager regarding fees & charges for 2019. Meet Karen from Commonwealth Bank to discuss Dollarmite Accounts.

December 5

Last Transition Session

Information Night –

Monday 10th December, 7pm

Come and meet the Principal, Prep teacher and other parents. Parents will be given tips on how to prepare children for school and valuable information to make transition to school life easier.



Safety at School

At Karingal Heights PS we take the safety of our students very seriously.

All visitors are required to present a Working with Children Check and wear a visitors badge for easy identification.

The yard is supervised during these times:

Before School: 8.45am – 9am

Recess: 11.00am – 11.30am

Lunch: 1.45pm – 2.15pm

After School: 3.15pm – 3.30pm

As part of our commitment to student safety we are also proudly an eSmart school and a Kids Matter School!



Orientation Day –

Tuesday 11th December, 9.15am – 11.15am

Orientation Day is the final transition session for the year. This is an important time as the students come in for a 2 hour morning session, getting to build some school stamina and experiencing what a school day might be like!

More information will be sent out closer to the day. Save the date in your diary!

Subscribe to Our Website

Have you subscribed to our school website?

School newsletters are sent electronically via email. By subscribing to our site you will be notified of important dates and information.

Sign up now so you can see how the school runs and come along to our community events.

Simply visit our website, scroll down to the subscribe button (on the right), and enter your email address.



See you at our next Transition Session!

Wednesday 10th October

9.30am – 10.30am



How Can I Help My Child?

Food as Fuel for Learning

It is super important that students start the day off with the right food to ensure that they can focus and learn during class time.

For busy parents, we have a Breakfast Club at the school that runs on Monday's, Wednesday's and Friday's.

The food that your child brings to school is also very important as it helps them to maintain their concentration and energy levels throughout the day.

Fresh fruit / vegetable snacks are encouraged and students can eat these during their morning work.

Consider the food that you plan to pack in your child's lunchbox – foods high in sugars tend to create big drops in energy and these can affect learning during the day.