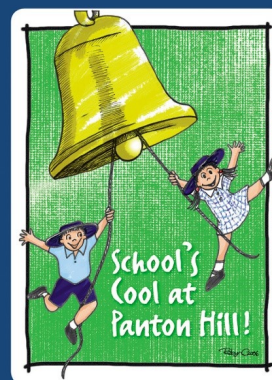




*A Rich Past,
Present & Future*

NEWSLETTER

Friday, 8th February, 2019
Term 1: Week 2



DIARY DATES

Wednesday 13th February
Parent Teacher Interviews

Thursday 14th February
Bushfire Drill

Friday 15th February
Buildings & Grounds 8.30am
District Swimming Carnival

Monday 18th February
Finance & Fundraising 6.30pm
School Council 7.15pm

Wednesday 20th February
Prep Testing

Thursday 21st February
School Picnic

Monday 11th March
Labour Day - NO SCHOOL

Tuesday 12th March
Curriculum Day - NO SCHOOL

Principal's Report

PARENT TEACHER INTERVIEWS

By now you should have received notification of your time to meet your child/ren's teacher for our first formal parent/teacher interview on Wednesday the 13th of February. If you haven't received the notice, please contact us so that we can make a suitable arrangement for you. Students have a normal school day on Wednesday.

Prep students are not involved as their interview/information exchange will happen over the next three Wednesdays with Mrs Thomson.

SCHOOL CAPTAINS/VICE CAPTAINS AND JUNIOR SCHOOL CAPTAINS

By the time you are reading this, our Grade 6 leadership positions will have been decided. (This newsletter is being written on Thursday afternoon before the speeches). This year, all staff will be involved in listening to the speeches prepared by the students.

We have emphasised to the students that regardless of the outcome, we consider all of our Grade 6's as leaders and are proud of all the students who chose to put themselves forward—this is a valuable process in itself. We will officially announce the leadership team in the newsletter next week when the JSC positions for the grade 2-6's

have been decided. We will be presenting our new Captains, Vice Captains and Junior School Councillor representatives with their badges at the following assembly on Monday the 18th.

Following a suggestion from one of our Grade 5 students, Bridget Friede, we will be trialling a new voting process for the Junior School Council (JSC) positions. This year, all students from Grade 3-5 who would like to be considered for JSC have been asked to write a short piece about their ideas for our school and why they think they would make a good representative. These will then be read out by the teachers anonymously. Students are then asked to vote based on the ideas.

EMERGENCY DRILL

We will be conducting a fire emergency drill next **Thursday the 14th February at 12.30** If you are in the area, you will hear the siren. Please be assured that this is purely a drill.

This drill will also include the Pre-School children and Occasional Care children. It will take no longer than 15 minutes.

One of the important aspects of our Emergency Plan is contacting parents. The Skoolbag App will be our most effective



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means of getting a message to all parents. Please make sure that you have downloaded the app.

SCHOOL COUNCIL ELECTIONS

From Monday we will be calling for nominations for the 2019 School Council. Enclosed with this newsletter is information regarding membership. Please note that there are five parent vacancies and two DET/staff vacancies. Nomination forms are available at the office and will be received up until **4pm on the 18th February**. If the number of nominations exceeds the number of vacancies then we will proceed to an election.

FUNDRAISING 2019

Thank you to the many people who completed the fundraising survey sent out late last year. The survey was a great way of finding out what activities and events are most popular, and will help us plan our fundraising for 2019. Kristell Gay is the lucky winner of the \$50 meal voucher at St Andrews Hotel.

For those not aware, the school has a fundraising target of \$9,000 each year, which forms part of the operating budget. Without these funds, the school isn't able to operate the way we currently do.

Some of the examples of the ways in which this money is used are: to maintain small class sizes, building and grounds, technology purchases.

Now that we know which events & activities the school community likes best, we will work on a plan for 2019. Our hope is that we not only achieve our fundraising target but exceed it, so that our kids can enjoy even more benefits from the hard work and support we all put in.

A meeting for anyone interested in being part of the Fundraising planning for 2019 will be held in the staff room at 3pm on Friday 15th February. All are welcome – we're a friendly bunch!

*Alison Tomming
& Fundraising Team*

LOST PROPERTY

Please please please, if you have purchased second hand uniform please rename it so that it can be returned to your child.

SCHOOL PICNIC—SAVE THE DATE

The start of year Family School Picnic is scheduled for **Thursday 21st of February**, starting at **5pm**. This is a great opportunity for our school families to pull up a picnic rug, get together, share some food and join in with a few fun races etc. More details will follow, but for now, please put the date in your diaries.

SCHOOL PHOTOS

Our school photos are booked in for **Wednesday the 13th March**. Make sure you have those haircuts booked and maybe practise saying "cheese" a bit over the next few weeks.

CURRICULUM DAY

Our first curriculum day is on **Tuesday the 12th of March**. This will be a pupil free day.

OUTSIDE SCHOOL HOURS CARE

It's been a busy week in Before and After School Care. We have an increasing number of our own and pre-school students using our service. As a result we now have a casual assistant who will be working with Zoe when required. We welcome Megan Wright to PHPS to help keep our kids happy, entertained and well cared for at the end of the day.

LIBRARY BOOKS

Unfortunately there are still some outstanding library books from 2018. Please check your shelves at home and return any school books as soon as possible.

BOOK BORROWING BOAT

How great it was to have the time to find a quiet spot to get stuck into a good book. If you've been lucky enough to have done this and have a great book that you think other adults would enjoy, please remember our book borrowing boat. You're sure to find your next book here as well.

CSEF - FINANCIAL ASSISTANCE

CSEF (Camps, Sport, Excursion Fund) is financial assistance available for parents who currently hold either a Pension card or a Health Care card. It is \$125 per student per year.

Please see Deb at the office for an application form as soon as possible.

If you received CSEF last year and you still have a current health care or pension card, there is no need to re-apply for 2019.

NITS / HEADLICE

The office has been informed of a few cases of head lice in the **lower and middle school**. It is that time of year, so please check your child's head weekly and treat them if necessary before returning them to school.

Apted Unwaxed Apples

Apples will not be available for about 3 weeks.

Please watch this space.



Value Award Winners

Respect

Frank Weeding

Determination

Gabby French

Enthusiasm

Honesty



OUR NEWEST ARTISTS

Our new preps had their very first art lesson for the year yesterday.. During the lesson they were using different mediums: watercolour pencils, food dye and fine line pen. They were asked to draw their families. They all did a fantastic job with their pictures.

Here are some of them from Kal-El, Hugo, and Heidi.

Kylie Richards



Kal-El

Hugo



Heidi

Outside School Hours News

Welcome back to OSHC! As most of our regular families have seen, there was a big clean up over the school holidays and we are all enjoying the new space. Feel free to pop in and have a look.

We are very lucky to have some new children starting at the service from the Pre-School next door and with that comes the introduction of a new staff member at OSHC Megan Wright. Megan will be working with us primarily Tuesday to Thursday afternoons when the kinder kids join us. This means it is now [very important that you make your bookings in advance if you require the service on these days.](#) If you wish to make recurring bookings or if you are having any issues making bookings via the Xplor app please feel free to call OSHC and leave a message or pop in anytime for a chat.

Next week we have the Sporting Schools program starting Tuesday and Thursday. Any children booked into OSHC will automatically have a place in the program. We will also be doing some Valentines day themed craft and cooking throughout the week.

SPORTING SCHOOLS PROGRAM - TERM 1

TUESDAYS:	Volleyball	12th February - 19th March	3.30 – 4.30pm
THURSDAYS:	Cricket	14th February - 21st March	3.30 – 4.30pm
Coach:	Phil Crawford - Kidzplay		



All children booked for OSHC on these days will be participating in the program.

There are limited places available. Please see the list at the office.

Please collect your child at 4.30pm if not booked into OSHC following the Sporting Schools program.

Zoe Herrett - OSHC Co-ordinator

School Council Elections - Information for Parents

WHAT IS A SCHOOL COUNCIL AND WHAT DOES IT DO?

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

WHO IS ON THE SCHOOL COUNCIL?

For most school councils, there are three possible categories of membership:

- A mandated elected Parent category – more than one-third of the total members must be from this category. Department of Education and Training (DET) employees can be Parent members at their child's school as long as they are not engaged in work at the school.
- A mandated elected DET employee category – members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional Community member category – members are coopted by a decision of the council because of their special skills, interests or experiences. Department employees are not eligible to be Community members.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

WHY IS PARENT MEMBERSHIP SO IMPORTANT?

Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

REMEMBER

- Ask at the school for help if you would like to stand for election and are not sure what to do
- Consider standing for election to council this year
- Be sure to vote in the elections.

Contact the principal for further information.

Those parents who become active on a school council find their involvement satisfying and may also find that their children feel a greater sense of belonging.

DO I NEED SPECIAL EXPERIENCE TO BE ON SCHOOL COUNCIL?

Each member brings their own valuable life skills and knowledge to the role. Councilors may need to develop skills and acquire knowledge in areas that are unfamiliar to them. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

HOW CAN YOU BECOME INVOLVED?

The most obvious way is to vote in the elections, which are held in Term one each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might consider

- standing for election as a member of the school council
- encouraging another person to stand for election.

WHAT DO YOU NEED TO DO TO STAND FOR ELECTION?

The principal will issue a Notice of Election and Call for Nominations following the commencement of Term one each year. All school council elections must be completed by the end of March unless the usual time line has been varied by the Minister.

If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category.

Department employees whose child is enrolled in a school in which they are not engaged in work are eligible to nominate for parent membership of the school council at that school.

Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination.

Generally, if there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

Top five strategies to improve your parenting this year

by Michael Grose



The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement led by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

[Professor Lea Waters](#), author of the wonderful new book *The Strength Switch* and current President of the [International Positive Psychology Association](#) will show you how to focus on kids' strengths in her webinar '[Switching on your child's strengths](#)'.

2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert [Dr. Jodi Richardson](#) will help you find the right balance of activity for your family in her webinar '[Balancing extra-curricular activities](#)'.

3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be

problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful [Sharon Witt](#) will conduct a webinar '[Teach girls to build each other up](#)', focusing on friendship skills especially for parents of girls.

4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it's mostly undetected as community understanding of anxiety is low. It's our experience at Parenting Ideas that many parents are anxious and they don't know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar '[Managing your child's anxiety](#)' to help parents on this challenging but important topic.

5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they've become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person's important life markers in his webinar '[Creating 21st century rites of passage](#)'.

Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We've pointed you in the right parenting to take this year. With our webinars we've made it easy to take that vital first step. Have a great parenting year.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.