



*A Rich Past,
Present & Future*

NEWSLETTER

Friday, 3rd May, 2019
Term 2: Week 2



DIARY DATES

Friday 10th May

Interschool Sport Yrs 4-6

PHPS v STAPS (away)

Tuesday 14th May

NAPLAN language and writing

Wednesday 15th May

NAPLAN Reading

Thursday 16th May

NAPLAN Numeracy

Friday 17th May

Walk to School Day

Parent run Disco

Tuesday 21st May

Open Day and Evening

Open Morning 9-11am

Evening: Mad About Science presentation

Mad About Science incursion—whole school

Wednesday 22nd May

Cross Country at Yarrambat Park

Friday 24th May

Sport vs Kangaroo Ground

(home)

Wednesday 29th May

Pupil Free Day



Principal's Report

CLASS NEWSLETTERS

All class newsletters have now been sent home with details about the activities and themes which will be happening in the classrooms this term. Fees for the term have also been included. As always we encourage you to come to school and chat with us if you have any questions or concerns, or even better—would like to share the positives.

OPEN DAY AND EVENING

Our Open Day and evening is during Education Week on Tuesday the 21st of May.

All of the classrooms will be open from 9:00am –11:20am for parents/visitors to wander through and watch the great learning that is taking place.

During the day, all classes will be participating in a science incursion where they will be involved in activities and learning about Electricity and energy.

We will be concluding our day with **The Big Science Show**. This will take place in the Senior building at 6pm. It is a one hour show involving giant smoke vortices, levitating beach balls, flying toilet paper, flour fireballs, hair-raising electricity, and lots of learning!

Every PHPS school child who comes

along on the evening will receive a ticket and go into the draw to win a \$20.00 Australian Geographic voucher. Don't miss out!

WORKING BEE

Our first working bee for this year has been scheduled for Sunday the 19th of May. This is the weekend before our Open Day so it is a great opportunity to clean up the yard in preparation. Some of our tasks will include, general clean up, including the multitude of leaves, planting, de-cobwebbing, window cleaning, removal of the passionfruit vine, spraying weeds etc etc.

PARENTING IDEAS

I have included an article today on the benefits of kindness. One of the powerful statements in this article is:

"A recent landmark study showed even very young kids find helpful and kind acts to be intrinsically rewarding. Two year olds showed greater happiness when they gave treats to others, compared to when they received treats themselves."

I love the message of this article—one that is very much in line with our values at PHPS. Enjoy the read!

Value Award Winners

Rebecca McLaughlin, Harry Matchin, Mitchell Mayberry and Tane Yalden



585 Main Rd. Panton Hill – Ph: 9719 7202
www.pantonhill.vic.edu.au

SCHOOL DOCUMENTS

Please note that important school documents such as our child safe policies and annual report can be found on our website. Of course, if there are any other documents you would like to sight that are not on the website, please let us know at the office.

WELCOME TO LEANNE

If you have contacted, or been at the office on a Friday this term, you will have noticed that Leanne Cleary is here and working hard. We are really happy to welcome her onto our staff. Leanne will be working every Friday and will be responsible for the newsletter along with the many other duties in the office. Welcome on board Leanne!

WALK SAFELY TO SCHOOL DAY

Friday the 17th of May is Walk Safely to School Day. This is a community event seeking to promote road safety, health, public transport and the environment. It can be difficult for our students to walk safely to school given the nature of our roads, so we choose to participate by meeting any students who are keen, at the Panton Hill Hotel and wandering down to school. We will meet at the pub at **8:45am**. See you there!

EARN AND LEARN

The Woolworths Earn and Learn program has started once again! If you happen to be shopping at Woolworths, please keep an eye out for our box at the Eltham shop for the tokens. Alternatively, you can bring them along to school and pop them in the box outside the office. The tokens contribute to sporting equipment for the school at the end of the promotion.



VICTORIAN PREMIER'S READING CHALLENGE

The Victorian Premier's Reading Challenge is underway and we already have 5 voracious readers who have completed the challenge. I wonder how many books they can read by the end of the challenge?

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books. All children who meet the challenge will receive a certificate of achievement signed by the Victorian Premier. For more information about the Victorian Premier's Reading Challenge and to view the booklists, visit:
www.education.vic.gov.au/prc

We know autumn is here when there is a carpet of leaves from our oak trees! They make a good playtime activity apparently.

Thankyou to Mrs Cleary for raking this morning and to Mrs Howards' Grade 3's, plus Tom Ditcham and Lockie Worrell who cleared the leaves this morning.



TERM TWO FUNDRAISING UPDATE

We have a very busy term ahead with loads of exciting fundraising activities. We also have some opportunities for parents and friends of the school to help bring these activities to life and we hope that all parents will consider supporting our efforts. All support is welcome, no matter how much or how little you can offer.

Mothers' Day stall

We will be holding a stall at school on **Thursday 9th May** and we need 2 helpers to set the stall up and to run the stall at 9am on this day. If you're able to help, please let the office know.

St Andrews Market Stall

We will also be having a stall at St Andrews Market on **Saturday 11th May**, from 9am – 2pm. We need to roster students and a parent to run the stall selling Mothers' Day gifts. It will be very easy to run and we feel having students there will encourage support and increase purchases! If your family is able to help for an hour, please let the office know.

School Disco

Our first school disco will be held in the hall on **Friday 17th May**. Help is needed during the afternoon setting the hall up. If you're able to help, please let Alison know:

Alison.tovey@myob.com or 0401 147 546

We're encouraging parents to stay while the disco is on, and will have a separate "Parents Zone". It's a great chance to bring some nibbles, drinks and socialize with fellow parents. Please note that all students will need to be signed in and out of the disco by a parent. Students will need to remain in the hall after the disco until a parent signs them out.

Trivia night

Due to popular demand, this year's major fundraising event will see the return of the Trivia Night to be held in the hall on **Saturday 22nd June**.

Help is needed in planning the night, and sourcing auction items. A fundraising meeting will be held at St Andrews Hotel at 7pm on **Tuesday 7th May**. Our fundraising team needs your support. The few parents we have are a friendly bunch, but we need more and all are welcome!

Outside School Hours Care News

****Important Information for OSHC parents****

Instructions to receive the Child Care Subsidy (CCS)

1. See either Deb or Zoe to enrol for OSHC. You will require the primary carer's CRN and the child's CRN. Once enrolled you will receive an email welcoming you to Xplor. You will be required to download the Xplor app to your phone. The app is used **only to make bookings** for care.
2. You will need to access web.myxplor.com on your computer to approve your child's enrolment at Panton Hill Primary OSHC service. Click on 'CCS Agreements' to **sign** your child's **Complying Written Agreement** (CWA). This step is necessary for the enrolment to migrate to Mygov.
3. Then access your Mygov account, select Panton Hill OSHC to approve your child's enrolment to the service. On Mygov select Centrelink—Claims—Claims Family—CCS (first option).
4. You will also need to do the **required activity test**. The activity test calculates the percentage of your entitlement to the Child Care Subsidy (CCS) which is applied to your account.

You will NOT receive the Child Care Subsidy (CCS) until you have completed all of the required steps above.

Community Notices



St Andrews FESTIVAL
Saturday, May 4th, 2019
A community event for everyone

LIVE MUSIC ALL DAY
School Bands
Fourth Strategy
Local Acts
5pm Greg Champion
Charles Jenkins
Joel Quinn & Alamein Train

FOOD TRUCKS AND BAR
MAKERS MARKET
GIRAFFE A-GO-GO SHOW 3pm
KIDS ENTERTAINMENT 1-5pm
ROVING PERFORMERS
MEN'S SHED ACTIVITIES

1pm - 9pm WADAMBUK, St Andrews Community Centre

Proudly sponsored by
WILLUMBIK
FRRR
logos
WADAMBUK
Community Centre

Kindly printed by Danielle Green



DIAMOND CREEK BLUE LIGHT
3RD MAY
START 07:00 PM UNTIL 10:00 PM
AGES 8 TO 13 | \$8 ENTRY
DIAMOND CREEK COMMUNITY CENTRE
28 MAIN HURSTBRIDGE RD, DIAMOND CREEK
FOR MORE INFORMATION CALL SENIOR SERGEANT WAYNE SPENCE 0438 8300

DIAMOND CREEK BLUE LIGHT DISCO
PLEASE ASK YOUR PARENTS TO LINE THE PAGE IF YOU ARE UNDER 13
DIAMOND CREEK BLUE LIGHT



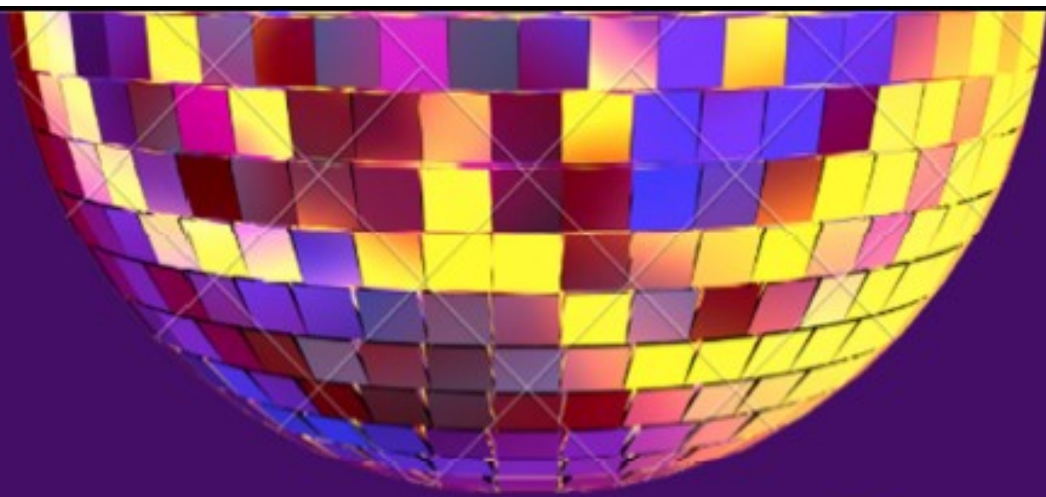
COMIC CON AT YARRA PLENTY REGIONAL LIBRARY!!

WORKSHOPS
COSPLAY!
VIDEO GAMES AND TECHNOLOGY
COMIC AND ART STALLS

THOMASTOWN LIBRARY 18 MAY
DIAMOND VALLEY LIBRARY 25 MAY
WATSONIA LIBRARY 1 JUNE



Thinking about Secondary School?
Open Day
Saturday 4 May 2019
9.30am - 2.00pm
New Observatory and cutting edge robotic telescope available for viewing
Register online at elthamcollege.vic.edu.au/open-day
ELTHAM COLLEGE
Growing hearts and minds



PHPS School Disco

PANTON HILL HALL

6PM - 8PM

FRIDAY 17 MAY

TICKETS \$10 EACH

**ALL GRADES PHPS KIDS INVITED
TICKET INCLUDES DRINKS, SNACKS AND
GLOW GIFT**

PARENTS ENCOURAGED TO STAY &
MINGLE IN SEPARATE PARENTS ZONE.
(BYO NIBBLES, DRINKS)

KIDS WILL REMAIN IN THE HALL AT THE
END OF THE DISCO UNTIL AN ADULT
ARRIVES TO COLLECT THEM



I'M READY TO PARTY!

FAMILY NAME _____

NUMBER OF TICKETS _____

\$____ ENCLOSED OR PAY & COLLECT TICKETS FROM OFFICE

Helping kids feel good by doing good

by Dr. Justin Coulson



We all want our kids to feel good. Ice cream, days at the beach and play dates may bring kids joy, but once they're finished the good feeling often disappears.

These feel-good activities give kids a rush of euphoria, but leave them craving for more. This can lead to an addictive cycle known as 'the hedonic treadmill' where one cookie isn't enough. They'll need two. Maybe the next week, they'll need three.

Good deeds

Doing good, however, is the key to living a more meaningful and happier existence. The ancient Greek philosophers *Plato and Aristotle knew it was true*, and modern *research* bears out the fact altruistic behaviours are associated with better wellbeing, health and longevity. In short, we feel good when we do good.

Kind Kids

Every parent wants happy kids. The easiest way to help kids attain happiness is to encourage them to be kind.

Many studies show that our kids want to be kind. They know it makes them happy! *Research* shows that children from as young as fourteen months want to help others achieve individual goals and cooperate with others to achieve shared goals. This desire to help is something they're born with – even that child of yours who doesn't seem to want to help anyone!

A *recent landmark study* showed even very young kids find helpful and kind acts to be intrinsically rewarding. Two year olds showed greater happiness when they gave treats to others, compared to when they received treats themselves.

Teaching Our Kids to Do Good

If kids want to help because it helps them feel great, it's our job to help fulfill this natural inclination by guiding them to age-appropriate opportunities to do so.

Here are 5 ways to do just that:

1. **Role model helpfulness and kindness.** Children and teenagers learn to be helpful and kind by copying the significant adults in their lives.
2. **Encourage them to perform small acts of kindness.** Being kind, giving a compliment, helping to tidy

up- these small acts are just as powerful and effective as larger tasks such as mowing the lawn for a neighbour.

3. **Make helping a family project.** Get your kids involved when you take a meal to a family who have just had a new baby, or visit a sick friend in the hospital.
4. **Be a good neighbour.** Help your kids learn to keep an eye on others, whether it is a neighbour, or a boy on their sports team. Teaching your kids to notice what's going on in the lives of people in their community promotes awareness and empathy.
5. **Be grateful.** Expressing [gratitude](#) is one of the best ways to do good. In fact, nothing can improve your life (and the life of others) like gratitude.

Doing good deeds is what makes us human. It lifts burdens from others, and lifts us by activating the joyful part of our brains. Teaching your kids to do good is the best way to help them have lasting 'feel good' feelings. Of course, they should eat cake too. Even better, share it with a friend for a lasting feel-good effect.



Dr. Justin Coulson

Dr Justin Coulson earned his PhD in Positive Psychology. He holds an Honorary Fellowship at the University of Melbourne's Graduate School of Education in the Centre for Positive Psychology, and he is a Senior Associate at the Positive Psychology Institute. Dr Coulson is the author of the new book '10 Things Every Parent Needs to Know' and the bestselling '9 Ways to a Resilient Child' and '21 Days to a Happier Family'. www.justincoulson.com