



*A Rich Past,
Present & Future*

NEWSLETTER

Friday, 24th May, 2019
Term 2: Week 5



DIARY DATES

Wednesday 29th May

PUPIL FREE DAY

Thursday 30th May

Reconciliation Flag Raising Ceremony—Grade 6 leaders

Thursday 30th May

Grade 6 Hothouse Installation—Bunnings

Friday 31st May

Interschool Sport vs Wattle Glen—away

Friday 31st May

Buildings and Grounds Meeting

Monday 3rd June

Finance and Fundraising meeting 6:30pm

School Council meeting 7:15pm

Wednesday 5th June

Carnevale

Principal's Report

DISCOING THE WEEK AWAY

This time last week, it was all hands on deck preparing for the parent run disco. We had an incredible takeup from the students with nearly all in attendance! Obviously the Panton Hill kids like to dance!

The disco was a huge success with positive comments all round. I am sure there were some weary feet by the end of the night.

Our students are very lucky that we could draw on a great set of combined skills of the parents to make the disco come together. We would like to thank the following people:

Jeroen Glas for the sound and lighting. What's a disco without a decent sound system and coloured lighting!

Carolyn, Craig, Tahlei and Shenae Spratling for donating a large amount of food and drinks and for serving the food quickly to the endlessly hungry dancers. The Spratling family also organised the fire out the front which was very popular with the parents.

Tracey Parker for being on the door and bringing her crowd control skills when needed.

Jules and Mason Grech and Kirsten Renouf for helping set up and pack up.

Kylie Brophy for also helping to set up, pack up and help on the night.

Samantha Simeoni for providing platters of sandwiches and packing up.

Renelle and Paige Crabtree for helping keep the food table full.

And to our supervisors: Michelle Scrivener, Sarah Smith, Jess Davis, Stacey McKiernan, David Anderson, Margaret and Jeff Bozik, Cathryn Baldwin, Caz Haymes, Jenny Hay and Alison Tovey—Thankyou!

The fundraising team were so grateful to all of the parents who pitched in at the end of the night and had the hall clean in 25 minutes—teamwork at its best!

TRIVIA NIGHT

Our next big school event is coming up in just under a month. Our fundraising team have well and truly started preparing for our 80's themed Trivia Night. This will be a night full of games, prizes, trivia, auctions, big shoulder pads and hopefully the odd perm! It will be held in the hall on Saturday the 22nd of June. There will be a bar available to go with your BYO food and snacks.

Make sure you put the date aside and get a table of friends together and start studying up on all things trivial!

Tickets are \$20 per person and are available at

trybooking.com/BCPXT

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

RAFFLE TICKETS

All families will have received a book of raffle tickets for our Hamilton Island competition. As we move into colder weather, who wouldn't be dreaming of a sunny break? So here's your chance. Last year this was a great fundraiser for our school and a very exciting moment for our winner.

We have plenty of extra books here in the office if you would like more than one book. All students whose families have sold an entire book will be given a wrist band as a thankyou.

We will be drawing the competition winner out on our trivia night—good luck!

SCIENCE NIGHT

We had yet another successful Open Day and Evening this week on Tuesday. I consistently get very positive comments from visitors about the 'feel' of the school which is a testament to our teachers and our students.

The evening Science Show was also a great event. We were entertained by the wonders of electricity for an hour and managed to learn in the process. All of the classes had participated in a workshop on electricity throughout the day and were buzzing as much as the electricity!

Thankyou to Mrs Mehmet for organising the incursion and evening. Congratulations to Angus George who won the door prize of a \$20 Australian Geographic voucher.



WORKING BEE

You will no doubt have noticed how lovely our grounds are looking after our working bee on Sunday. We had a very hard working crew who managed to tick off all the major jobs on the list.

We have planted quite a few new plants in the garden beds and are carefully nurturing them along. It is important that students do not run through our garden beds, as you could easily squash our new plants.

Thankyou to the following people who gave up their Sunday morning to help out at the working bee: Susan Bannister, Aaron Cody, Leah Cody, Jacqueline Kowalewski, Carey Baldwin, Tilly Baldwin, Isaac Baldwin, Gavin McGhee, Charlie McGhee, Marc Lemire, Lucas Addicoat, Leanne Backman, Lilly Addicoat, Jenny Hay, Angus Hay,

Lily Hay, Sean McLaughlin, Kaeleigh McLaughlin, Jaxon McLaughlin, Franc Chapman, Eswin Chapman, Stuart Machin, Liz Mehmet, Anne Howard, Stafford Hurst, Mia Hurst and Ivy Hurst.

CROSS COUNTRY

On Wednesday we took a bus load of keen cross country runners to Yarrambat Park to compete in the District Interschool Event. It was the first cross country event for years where the weather was kind and the kids weren't sliding in the mud across the finishing line.

We are proud of all of our PHPS kids who put their hand up to compete and ran their best race on Wednesday.

Congratulations to Billy Carlin who came 8th in the 11 year old boys race, Phoebe Whitworth who came 8th in the 11 year girls race, Lily Scrivener who came 9th in the 11 year girls race and Lucy Ditcham who came fourth in the 12/13 years girl race. All of the runners who finished in the first eight places have qualified to compete at the Division level at Bundoora Park on Wednesday the 5th of June. Those students who finished 9th or 10th are emergencies for the division event.

CURRICULUM DAY

Reminder that next Wednesday the 29th of May is a Pupil Free Day. There will be no Before or After School Care on this day.

As a staff we will be focussing on writing, with staff visiting other schools in the morning, then returning to work together in the afternoon.

CARNEVALE

On Wednesday the 5th of June the whole school will be celebrating Carnevale as part of our Italian program. This year we will be dressing up as part of the celebration. The theme is anything Italian, so the costumes can be as ambitious as the Colosseum or as simple as coming dressed in Italian colours.

We will start the day off by parading our costumes around and then all students will be broken into multi age groups where they will enjoy different Italian activities with our staff.

Of course, parents are encouraged to come along and enjoy the passing parade at the start of the day.

You will have received a notice regarding the special Italian pizza lunch. Please make sure that orders are returned to school by the morning of Monday the 27th of May. Orders will be placed on that day— we have been advised that no late orders will be able to be accommodated.

Please also note that there will be no lunch orders on our Carnevale day.





Value Award Winners

Congratulations to:

Aki Glas-Hall

Maddie Collier



EARN AND LEARN

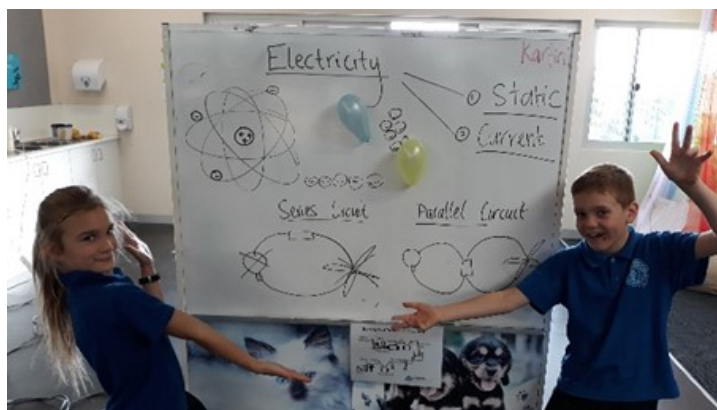
The Woolworths Earn and Learn program has started once again! If you happen to be shopping at Woolworths, please keep an eye out for our box at the Eltham shop for the tokens.

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.

MAD ABOUT SCIENCE INCURSION

On Tuesday we were lucky enough to be involved in an incursion from Mad About Science. We learnt all about electricity and how to create circuits. We powered up light bulbs, fans and even sounded alarms using battery power and click-together circuits.

On Tuesday evening we were treated to a The Big Science Show. We were learning about all different types of energy and matter and got to experience it first-hand. At one point the whole room was showered with toilet paper!



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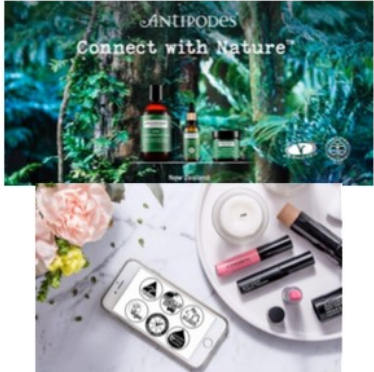
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The Naturopathic Balance, 605 Kangaroo Ground-St Andrews Road, Pantan Hill L 8748 1484 e. shannoncarlin@bigpond.com

COME & STOCK UP ON WINTER READING




OXFAM DIAMOND VALLEY


Winter Book Fair

Saturday 15 June 8am-5pm
 Most books: \$2.50 (adults) and \$1.50 (children)

Eltham Senior Citizens Hall
 Library Place
 903-907 Main Road Eltham
 (Melway ref: 21J5)

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Apted Unwaxed Apples

\$7 per 2kg bag on
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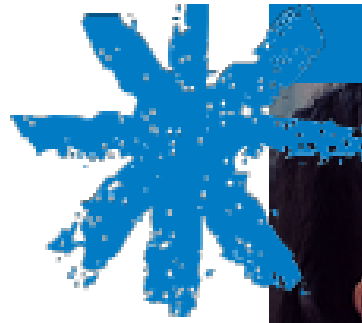
\$6 per dozen on the cart
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CROSS COUNTRY





6 tips for parenting anxious kids

by Dr Jodi Richardson

If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"

- "Ahhh, I know you're feeling really worried right now, it's not much fun feeling like that is it?"

Anxious kids need to know you understand what they're going through.

3. Show the amygdala they're safe

Once the amygdala senses danger, the cascade of events that follow can't be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they're safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child's mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the 'threat' to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what's happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it's mastered.

5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is payed to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They're thinking "I'm going to fail the test". The thought makes them feel awful. Defusion helps kids (all of us) to look *at* their thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: "I notice I'm having the thought that I'm going to fail the test." Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

6. Get the fundamentals right

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au



Saturday 22nd June

Doors open 7pm, Trivia starts 7:15pm
Panton Hill Hall

Bar available, BYO food & snacks

Prizes, games, silent auction and loads of 80's trivia fun!

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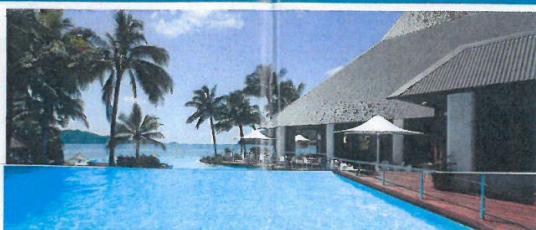
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- Return airport/marina transfers
- Use of paddle skis, windsurfers, catamarans & snorkelling equipment
- Use of Island Shuttle
- Use of gym, spa, sauna, tennis & squash court hire



Ticket sales close

21st June

Prize drawn

22nd June

Return ticket stubs/monies by

21st June

Return tickets stubs/monies to

PHPS Office

Group

Panton Hill Primary School

Hamilton Island Enterprises is not the promoter.

* Children 0-12 years stay free when sharing with their parents/care givers and using existing bedding. Children aged up to 12 years eat for free when dining with their parents/care givers at participating restaurants and choosing from the special Kids Eat Free children's menu. Travel periods conditions: The winners will have up to 12 months to use the airline and holiday vouchers from the date of the supply of the vouchers. The holiday vouchers will not be able to be used over the Christmas and Easter Festive Seasons and Race Week. The holiday vouchers can be used over the June/July and September/October Australian school holiday periods at a surcharge of \$50 per room per night. Subject to availability.