



*A Rich Past,
Present & Future*

NEWSLETTER

Friday 23rd August, 2019
Term 3: Week 6



DIARY DATES

Monday 26th August

Fathers Day stall

Tuesday 27th August

Last stamp club

Thursday 29th August

Kaboom Sports Prep—3

Friday 30th August

5/6 Hooptime

Monday 2nd September

4/5 Market Day

Friday 6th September

District Athletics

Thursday 12th September

Division Athletics

Friday 13th September

Panton Hill's Got Talent

Tuesday 17th September

TheirCare OSHC meeting 6pm

Friday 20th September

Footy Dress-up Day

Last day Term 3 — **2:30pm**
dismissal



Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

- School newsletters
- Notices
- Events
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- Reminders
- ...and more!

INSTALLATION
INSTRUCTIONS

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Principal's Report

OUTSIDE SCHOOL HOURS CARE

In further news regarding OSHC, last week School Council signed a contract with a company called TheirCare to take over the management of our service, starting at the beginning of Term Four.

We are very excited about this partnership as it provides us with a framework under which to work. Both of our educators, Dash and Amie will be undergoing training with TheirCare over the next few weeks where everything from policies to food preparation to activities will be covered.

TheirCare will be 'bumping in' over the holidays. They will be redecorating the space with new equipment and furniture. We are very excited about the fresh new start that this will bring to our service.

As a result of this renovation, we have a few items that are looking for a new home. These include: two three seater couches and a two seater couch. If you would like these or know of someone who would, please let us know at the office.

To ensure a smooth transition for our families, we have organised a Parent Information Evening where the staff from TheirCare will talk about the booking and payment system and answer any ques-

tions. This meeting will be held on **Tuesday the 17th September at 6pm** in the staffroom. We urge all parents planning to use the service to please come along.

BOOK WEEK

What a great week it has been at PHPS with a focus on book week. On Thursday, all of the students were broken into multi-age groups and rotated through book based activities. This year our focus was on books with a message of kindness, tolerance, positive thinking. You may notice, as you walk around the school, some lovely new displays that were produced on the day.

Today we will have author Corrine Fenton, coming to speak with all students about her books and writing. More to come on this in next weeks newsletter.

EMERGENCY EVACUATION

On Monday, we conducted our off-site emergency drill. This drill was to simulate an event such as a gas leak.

We evacuated the students across to the hall. As always, we were impressed with the efficient manner our students and staff managed the evacuation.

We will also discuss options of retaining the stump for habitat and suitable replacement trees.

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

LAST WEEK OF STAMP CLUB

This **Tuesday**, the **27th August** will be our final Stamp Club session with Mr Allison.



Feel free to come along to the library and join in. We would like to thank Mr A for giving up his time to run Stamp Club, and of course for helping coach our basketballers.

PARENTING IDEAS—STEP BACK SO KIDS STEP UP

Children are capable of so much more than they are often given credit for. Closing the expectation gap between what adults believe kids and young adults are capable of, and allowing them to create their own solutions to the challenges they face will greatly impact their resilience, and society as a whole.

I have included a link to a webinar, where Dr. G will outline the practicalities of doing that, and the guiding principles that will make it possible. The webinar will be held on 18th September at 8pm. As the school subscribes to Parenting Ideas, this is a free webinar. Simply follow the instructions below.

1. Click this link:

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-step-back-so-kids-step-up>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the voucher code **STEP** and click 'Apply Coupon'. Your discount of \$37 will be applied to the order. This voucher is valid until **18 October 2019**.

5. Click 'Proceed to checkout'

6. Fill in your account details. These are the details you will use to login to your account and access your parenting material

This week, I have also included an article called 'When Relationships Go Wrong For Girls'.

FATHERS DAY STALL

Fathers Day stall is **Monday 26th August at 9.30**. If possible, some parent helpers are wanted to set up, sell and pack up. Please let the office know. Students can bring up to **\$7** to spend at the stall.



Also, parent helpers are required to run a stall at St. Andrews market on **Saturday 31st August**. Yr 5/6 students can assist but must be supervised by an adult. Please contact the office if you can assist.

THANKYOU

We would like to thank Mrs Puls-Welsh for filling in for Mrs Csefalvay over the last five weeks. She did a great job of keeping the Italian program, Grade 3/4 maths and reading intervention going in Mrs Csefalvay's absence. Mrs Csefalvay will be back on board next week.

CHOIR—HOP HEN PERFORMANCE POSTPONED

Please note the choir will not be performing on **Thursday 29th**. The choir will perform at Hop Hen at a later date. Sorry if any inconvenience caused.



Value Award Winners

Congratulations to:

Harry Machin and Tom Ditcham



SCHOOL COUNCIL 2019

POSITION	NOMINATION	NOMINATED BY	SECONDED BY	
President	Jason Ditcham	Anne Howard	Alison Tovey	accepted
Vice President	Carolyn Spratling	Jason Ditcham	Maya Lingard	accepted
Secretary	Anne Howard	Jason Ditcham	Zoe Payne	accepted
Treasurer	Cathryn Baldwin	Carolyn Spratling	Alison Tovey	accepted

SUB COMMITTEE	MEMBERS	MEETING TIMES
Buildings and Grounds	Kylie Richards, Carolyn Spratling, Colin Smith, Tanya White	Friday 8.30am prior to School Council
Finance and Fundraising & Uniform Shop	Kylie Richards, Jason Ditcham, Alison Tovey, Margaret Bozik	Monday 6.30pm prior to School Council
OSHC	Alison Tovey, Cathryn Baldwin, Kylie Richards, Jason Ditcham	Monday 6.00pm prior to School Council
Curriculum and Review	Anne Howard, Kylie Richards, Maya Lingard, Zoe Payne, Margaret Bozik	As required



PREMIER'S READING CHALLENGE

It has been perfect weather to curl up with a good book and read, read, read. Well done to the vast majority of our students who have done just that and completed the Premier's Reading Challenge and many who have read well over the aim. The challenge finishes on **Friday the 6th of September** so don't forget to add the books you've read to the PRC. site.



Please take time to appreciate the beautiful artwork produced by all students currently displayed in the hallway.





Wattle Festival

Hurstbridge

Sunday 25 Aug

Hurstbridge Village
10am-4pm

Book your train tickets online

- steam train rides
- double-decker bus ride
- live stages and music
- miniature train rides
- roving performers
- bmx show & shine
- local market stalls
- camel rides
- vintage cars
- animal nursery
- art exhibition
- face painting
- circus lab
- treasure hunt

wattlefestival.org.au



LIONS HEARING TESTS FOR CHILDREN 3½ to 6 YEARS OF AGE

Dear Parents,

Like many other Lions clubs across Victoria, Diamond Valley Lions Club is offering pre-schoolers and prep children (3½ - 6yrs) hearing tests as part of its community service program. Students under supervision from Melbourne University's Audiology Department will carry out the play-based testing, and parents will be informed immediately and referred to their GP if hearing abnormalities are detected.

Early detection of hearing loss is critical for the development of normal speech and language skills. Statistics indicate that around 3% of children tested are found to have to have difficulties.

These tests are **FREE OF CHARGE**, and will be held between 9am & 4pm on

Saturday, 7th September at Wattle Glen Primary School.

Parking is available on Reynolds Rd and Sunnyside Crescent. Entry to the school is on Sunnyside Crescent.

Testing can take up to 30 minutes, and a parent or guardian must be present.

To book, go to www.diamondvalley.vic.lions.org.au, click on 'Hearing Test' in the top left corner of the home page, and follow the directions.

If you have more than one child to test, and only one guardian, choose following appointment times with the same tester (eg 10am & 10:30am with Amy)

Contact Lions member **Fiona Kates 0404 180 772 / kateschi-ro@icloud.com** if you require further information or assistance with booking an appointment.



Come and Play Junior cricket at

Panton Hill
cricket club

Want to play cricket in a fun, family-friendly atmosphere?

We need Under 12 players for the 2019-20 season!

Contact Callum O'Connor 0407 338 948



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Hurstbridge & Districts
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Apted Unwaxed Apples

\$7 per 2kg bag on the cart outside the office.

FRESH EGGS

\$6 per dozen on the cart outside the office.



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insights

When relationships go wrong for girls

by Collett Smart



Girlhood relationships are so important, yet they can be both wonderful and awful in the same week. A friendship fallout hurts, but children need to know that arguing doesn't have to be the end of the friendship. Developmentally, some squabbling is vital because it helps kids learn about respectful conflict resolution. Here's how parents can help at these difficult times:

Listen to their story

When inevitable conflict arises, girls can often get caught in a 'rumination loop' replaying the scene over in their minds, like a song stuck on repeat, which makes things feel catastrophic. As a girl's brain is still learning how to interpret some responses, she may be misinterpreting a friend's words or signals. If this is the case, ask her to look for evidence to support her interpretation. Suggest your daughter talks to her friend privately in an assertive way. Help her plan the conversation beforehand, starting with 'I' words, which encourage her to own her feelings. She could say, 'I felt let down when ...' Model apologies at home. Help her think of ways to say, 'I'm sorry. Can we fix this?'

Discuss the shifting nature of friendships

Relationships don't always last. As girls grow their tastes and interests change. They want to explore the possibilities of new people and activities. This often leads to hurt when one girl is not ready for a shift.

Parents can help by explaining that changes in friendships are a part of growing up (although never an excuse for meanness). Rather than simply dismissing a girls' feelings as silly, acknowledge the hurt and gently reassure her there are many new, interesting people she will meet.

Expand her village

Ensure your daughter has friends in a few settings – a neighbour, a team mate, a family friend. They can provide a different connection and helps girls realise they are not alone.

Discuss toxic friendships

Most girls will experience the pain of interacting with a toxic 'friend' during their school years. This type of interaction is called relational aggression and serves to damage a person's sense of social place. For instance, a girl may appear to be friendly but she may use passive-aggressive strategies such as gossip, ostracism and online exclusion. These actions can be very confusing, leading to feelings of shame and loneliness.

When not given healthy ways to express their pain, girls can often internalise their emotions in unhealthy ways like

such as through self-harm, anxiety, eating disorders and self-loathing.

Allow her to express hurt

Allow your daughter the chance to process pain, vent or cry when they are hurting. Adults may not be able to change a toxic person's behaviour, but shouldn't underestimate the power of listening and being available. Don't assume that you know what your daughter needs. Rather ask, "What do you need from me in this situation?" When a relationship problem escalates it may need to be taken to the school for further intervention.

Provide growth opportunities

Help your daughter develop the skills for developing healthy friendships. Explicitly teach your daughter to think about what compassion, kindness and empathy look like in a friend and helps her recognise what it means to be a good friend herself.

Helping girls manage friendship issues can be exhausting so parent self-care becomes a priority during these times. Girls benefit enormously from having a caring, emotionally healthy adult in their lives who can support them and help them process their thoughts and emotions when peer relationships turn sour.



Collett Smart

Collett Smart is a psychologist, qualified teacher and author of '[THEY'LL Be OKAY: 15 Conversations To Help Your Child Through Troubled Times](#)'. Collett has over 20 years' experience in private/public schools, as well as in private practice. She appears regularly in the media as an expert in teen and family issues, has delivered psychology seminars worldwide and is an Ambassador for International Justice Mission Australia.