



*A Rich Past,  
Present & Future*

# NEWSLETTER

Friday 20th September 2019  
Term 3: Week 10



## DIARY DATES

### **Friday 4th October**

Wood pick-up 8am-12pm

### **TERM 4 DATES**

### **Monday 7th October**

First day of Term 4

### **Friday 11th October**

Interschool Sport commences  
Kangaroo Ground PS (Home)

### **Friday 18th October**

Interschool Sport—St.Andrews  
PS (Home)

### **Tuesday 22nd October**

Choir performing at Donvale  
Nursing Home

### **Friday 25th October**

Grade 6 Soccer Day

### **Friday 25th October**

Working Bee

### **Sunday 27th October**

On The Hill Festival

## **Principal's Report**

### **HAPPY HOLIDAYS**

Well, here we are at the end of Term Three already. It has been such a productive term with some great work being done in all of the classrooms. As you will be aware from previous newsletters, we have had a particular focus on writing throughout the school and the work that our students have been producing has been very impressive. Well done students and staff on this collective effort.

We hope that all of our PHPS families enjoy the next two weeks of holidays where we all get to slow the pace down and refresh for the coming term.

### **PANTON HILL HAS DEFINITELY GOT TALENT**

Last Friday we all wandered across to the hall and enjoyed being entertained by many of our students who participated in our Panton Hill's Got Talent event. It is fabulous to see the confidence and have-a-go attitude that our students displayed on the day. We were equally impressed with the support that came from the their classmates in the audience.

As we discussed with the students in the lead up to the event and afterwards, while we do select some acts to perform at the On The Hill Festival, that is not the main purpose of the event. It is primarily

about giving our students an opportunity to showcase their talents and enthusiasm in the area of the arts.

Having said that, congratulations go to Tysha Baldwin, Meg Jacka and Mitchell Bates who will all be performing at the Memorial Park stage during the On The Festival in October.

### **HEALTH ALERT**



Unfortunately one of our Prep students has contracted Scarlet Fever. The good news is that she has started on antibiotics and is on the mend.

It is important to note however as it is contagious (although she was not at school at the contagious stage). However, it would be wise to be aware of the symptoms of a red rash on the face, trunk, arms and legs, fever and a sore throat. If your child develops these symptoms be sure to see your doctor.

### **LUNCH ORDERS**

As of Term Four our lunch orders will be provided by the Smiths Gully Store. A form went home with every child last Wednesday with the menu and the details of payment and ordering. This form is also now on the Skoolbag app.

If you haven't received your form, there are spare forms available at the office.

**SkoolBag**

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

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

**INSTALLATION INSTRUCTIONS**

Just download the "SkoolBag" app on your phone, open the app and add our school!

**585 Main Rd. Panton Hill – Ph: 9719 7202**  
**[www.pantonhill.vic.edu.au](http://www.pantonhill.vic.edu.au)**

## OSH NEWS

The interior of our lovely old OSH building has now been freshly painted and looks great! We will be starting back in there on the first day of Term Four after the strong paint fumes have subsided.

We had quite a few parents attend the meeting on Tuesday evening regarding the change over to TheirCare (our new management company). Amongst other Things the new booking system was discussed.

All families intending to use the service will need to register for their booking platform. To enrol simply visit TheirCare website: <http://theircare.com.au/> and click on 'Book Now' in the top right hand corner to register your child's details.

There is a handout included in this newsletter which can also be accessed on the Skoolbag app.

## TREE REMOVAL—FIREWOOD FOR SALE

As mentioned previously, over the holidays we will be having the large sugar gum tree near the Grade 6 classroom removed. There will be a significant amount of wood generated in the removal of this tree. To offset the cost of the removal and to raise funds for the school, our School Council has decided to offer trailer loads of wood for sale to our parents. The wood will be available for pick up on the last **Friday** of the holidays **4th October from 8am—12pm**. We are selling the wood for \$100 for a trailer load and \$200 for a tandem trailer load. The wood will be green of course, but I am told that once it has been given a chance to age, it is great for burning. The wood will be cut into pieces which are able to be handled/lifted.

## NUDE FOOD

In an attempt to reduce the waste that is produced by PHPS and to encourage students to pack healthy options for their lunch, we will be encouraging our students to bring Nude Food to school as of Term Four. Basically this means that lunch boxes contain no packaging or glad wrap. The benefits to our school environment and the wider environment are obvious.

The added benefit of this is the fact that by eliminating packaged foods, the lunch boxes are likely to be healthy. There is a clear link between healthy eating and the learning capability of students and we would love to have our students in the ideal position for maximum learning to take place. Of course, many of our families already provide nude lunches which make our staff very envious during lunch times!

The alternative to packaging is usually small containers. Please ensure that you name the containers and lids that you send along to school so that it can be returned to you if it finds its way into the school yard.

## COSTUME CHANGE 3/4'S

Please note that the Grade 3/4 students would like to change the costume requirement from a yellow shirt to a tie-dyed t-shirt. If you have already bought a yellow t-shirt they can still wear that or if they don't have a tie-dyed t-shirt then a bright coloured t-shirt will suffice. They would also like to wear a denim or leather jacket. If they don't have one of those, then they can wear a business shirt unbuttoned. Very sorry for the inconvenience but I do agree with the students it would look better.

## CHOIR

Parents please note that we have a very busy schedule ahead of us in Term 4. A note should be going home today listing all the performances. We will need parent drivers for most of the performances so if you are able to help out and have a Working with Children Check we would greatly appreciate your help. Below is a list of performances coming up:

Tuesday October 22<sup>nd</sup> – Allity Greenview Aged Care, Donvale

Sunday October 27<sup>th</sup> – On the Hill, Panton Hill

Tuesday October 29<sup>th</sup> – Ferguson Park Pre-School, Hurstbridge

Wednesday October 30<sup>th</sup> – Senior's High Tea, St. Andrew's

November sometime – Hop Hen, Lilydale

Sunday December 15<sup>th</sup> – Carols, Panton Hill

If you can drive for any of these performances could you please let me know. Thank you and happy holidays!!

Mrs Jenes

## ON THE HILL FESTIVAL

Our major community festival - the On The Hill Festival will be on **Sunday the 27th of October** ( the second weekend back at school). Be sure to put the date in your diary! After the success of last year, we will be selling Mexican food from the basketball court.

## UPCOMING WORKING BEE

To prepare our school grounds for the On The Hill Festival, we will be having a working bee on Friday the 25th of October after school. We would be grateful if you could come along and help out.

## WORKS AT SCHOOL ON THE HOLIDAYS

There is going to be a fair bit going on in the school grounds over the holidays so don't be alarmed if you see contractors around. We will be having some asphalt repaired, trees removed and pruned, the outside school hours care reinstated and the retaining wall investigated.



**Apted Unwaxed Apples**

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



# ITALIAN LUNCH

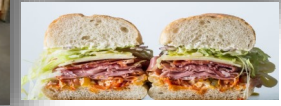
On Tuesday 17th, Wednesday 18th and Thursday 19th the grades 4, 5, and 6 made sandwiches for Italian to complete the topic of food. There were many fresh ingredients, such as lettuce, tomatoes, cucumbers, etc. We also toasted prosciutto and mortadella. The sandwiches were delicious. Some children went back for seconds.

We would like to thank Mrs. C for putting in all the effort. What a fantastic lunch we had!!!

By Lily Borthwick and Charlotte Smith



On Tuesday 17th September, the grade 2/3 made pizzelli (special Italian biscuits from the Abruzzo region). A big thank you to Jackie Kowalewski who came to show us how to make them. She also cooked the biscuits. They were yummy!



## FOOTY DRESSUP DAY

Thank you to everyone that dressed up in their footy colours today! As a school we raised \$139.00!

This will be donated to the Save the Tasmanian Devil Program. Thanks to Lockie Worrell who presented this information in our JSC meeting, which was then voted in by the majority of JSC members.



## PANTON HILL'S GOT TALENT AUDITION







# Balance Gymnastics

Over the school holidays, **Monday 23rd September – Friday 4th October 2019**, Balance Gymnastics and Fitness Centre will be running play gym sessions.

Play gym involves active discovery playtime for children aged 18 months-6 years of age. Children are free to climb, jump, roll, balance, hang and slide down and around our fully set up gym. Our qualified staff will be on the floor, however, we do ask that parents supervise their own children at all times. **\$8 per child. No bookings required. 0-6 years**

Monday	23rd	Sept, 2019	11am-12.30pm
Tuesday	24th	Sept, 2019	11am-12.30pm
Wednesday	25th	Sept, 2019	11am-12.30pm
Thursday	26th	Sept, 2019	11am-12.30pm
Friday	27th	Sept, 2019	<b>CLOSED</b>

Monday	30th	Sept, 2019	11am-12.30pm
Tuesday	1st	Oct, 2019	11am-12.30pm
Wednesday	2nd	Oct, 2019	11am-12.30pm
Thursday	3rd	Oct, 2019	11am-12.30pm
Friday	4th	Oct, 2019	11am-12.30pm

Address: 11 Candlebark Crt RESEARCH 3095  
Phone: (03) 9437 0777  
Email: [admin@balancegymnastics.com.au](mailto:admin@balancegymnastics.com.au)  
Website: [www.balancegymnastics.com.au](http://www.balancegymnastics.com.au)

We are also running free play sessions for school aged children who are over 5yo. The activities are based around the same concepts as our Playgym sessions, but with activities that are designed for children who are school aged.

Parents are NOT required to stay and supervise their children. **\$10 per child. No bookings required.**  
**School aged**

Monday	23rd	Sept, 2019	1-3pm
Tuesday	24th	Sept, 2019	1-3pm
Wednesday	25th	Sept, 2019	1-3pm
Thursday	26th	Sept, 2019	1-3pm
Friday	27th	Sept, 2019	<b>CLOSED</b>

Monday	30th	Sept, 2019	1-3pm
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Friday	4th	Oct, 2019	1-3pm

## Play Gym 2019

## Sustainable House Day . 15 September 2019



Houses open on Sunday 15 September 10am-4pm. Register at [sustainablehouseday.com](http://sustainablehouseday.com) to book tours and receive further details in advance of the day. This is a free event. Some homes may request a gold coin donation to their nominated charity.

### About Clean Energy Nillumbik

We are a local volunteer group working on projects to facilitate change and to communicate the benefits of a zero emissions community. If you'd like to get involved or be notified about our projects, sign up at any of Nillumbik's Sustainable House Day open houses or go to our website [cleanenergynillumbik.org.au](http://cleanenergynillumbik.org.au)

Clean Energy Nillumbik invites you to join the Nillumbik Trail on Sustainable House Day on Sunday September 15 to see how other homeowners have made their homes more sustainable, comfortable and cheaper to run. Talk with owners and benefit from their unbiased and practical advice. To visit, register now at [sustainablehouseday.com](http://sustainablehouseday.com)

### 1 Built with beautiful views, energy efficiency and sustainability in mind

Bushfire safety has also been considered with low flammability cladding and metal ember screens. Please note that access to this home is somewhat restricted with a very long, narrow, winding driveway. Tours by appointment only. Includes:

- LED lighting
- Sustainable timber
- Double glazing
- Solar hot water - thermo siphon circulation
- Wicking bed vegetable garden

### 2 Passive solar design achieves a NATHERS rating of 6.4 stars!

Designed to maximise thermal mass, cooling breezes and capitalise on a delightful northerly aspect for living spaces. Extensive insulation, double glazing and draught proofing. Please note that access to this home is somewhat restricted with a very long, narrow, winding driveway. Tours by appointment only. Includes:

- Passive solar design
- Insulation
- Energy efficient lighting
- Double glazing
- Solar hot water

### 3 Daryl and Natalie's earthship inspired house

This innovative home features an earth berm for thermal mass and north facing "glasshouse" corridor to heat the house in winter. Utilised recycled materials for construction and incorporates rainwater harvesting and storage. Includes:

- Double glazing
- External awnings
- Thermal mass
- Cross ventilation
- Air convection and heat recovery system
- Electric vehicle on display

### 4 From concrete box to efficient and comfortable dream home

A thoughtful renovation and improved insulation have transformed this home from 1.6 stars to 6.3 stars and reduced water consumption by 70,000 litres each year! The dream home sports high efficiency appliances, low VOC materials, rain water harvesting, composting and vegetable gardening. Includes:

- LED lighting throughout
- High efficiency electric heating, hot water and induction cooktop
- Solar PV
- Double glazing, wall insulation, draught proofing
- Nissan electric and hybrid vehicles on display

### 5 Award winning resource efficient house

Built 15 years ago as a demonstration house by award winning architect and builder, Llewellyn Pritchard of Conscious Homes, this house highlights the enduring value of energy efficient design. Includes:

- Passive solar design
- Cross flow ventilation
- Water self sufficient
- Solar hot water
- In-floor hydronic heating

### 6 Retrofitted for year round comfort

These clever home owners have shown what can be achieved with a typical suburban home. By installing membranes and upgraded insulation throughout their house and triple glazing on all windows and doors, this draught free family home now maintains a temperature of 18-22 degrees all year round. Includes:

- Triple glazed windows and doors
- Airtight building (insulation and membranes)
- Energy recovery ventilation unit
- Solar PV
- Energy efficient appliances
- Electric vehicle on display
- Heat pump hot water

### Visit our Hubs during the trail

#### 1 A Local Baker St Andrews

83 Burns St, St Andrews 9am - 3pm

Drop in to the bakery to get your bearings, Sustainable House Day information and plan your next open house visit. The unique building is part of a collection of interesting mud-brick buildings, opposite the St Andrews market site. They produce traditional handmade organic sourdough breads and a small range of handmade organic artisan cakes and savouries, all lovingly baked in a wood fired oven.

#### 2 Black Vice Cafe

946 Main Rd, Hurstbridge 7am - 4pm

Grab a cuppa, Sustainable House Day information, and get the inside running on the sustainable renovation that resulted in Black Vice Cafe.

### Upcoming event Speed Date a Sustainability Expert

Sunday 13 October from 2-4pm

Endeavour Community Environment Farm, 30 Gastons Rd, Eltham

Get FREE advice from the experts in energy efficient products, solar, draught proofing, water efficiency, and sustainable building when you Speed Date a Sustainability Expert. You can have two 20 minute "dates" and ask about anything related to how to make your home more sustainable. Book your consultation times at [sds.atsd.org.au](http://sds.atsd.org.au)





**TheiCare**  
Where Kids love to be!

**Amazing Before + After School Care Programs**

**Panton Hill Primary School**



### About the program

**TheiCare** provides a stimulating and safe environment for all children and an environment where children come and enjoy their time in their program. During sessions children develop life skills, friendships, confidence and creativity through play.

**Panton Hill Primary School** has partnered with **TheiCare** to provide quality care, flexibility and commitment to deliver on our promise to your school community. We would like to welcome you to a Parent Information Evening on **September 17, 2019** at **6pm in the Staff Room** so we can explain our registration and booking process and we can answer all your questions.





## PANTON HILL PRIMARY SCHOOL IS GOING **NUDE!**

As of Day 1 of Term 4 we are encouraging all families to create a nude lunch box for their children. We understand this can be a tricky transition so we will be providing some ideas along the way to help ease you into a rubbish free and very healthy lunch box.

### RUBBISH FREE

The benefits of packing a rubbish free lunch are wide-ranging:

- Reducing your environmental footprint
- Teaching children about the need to reduce, re-use and recycle
- Having fun creating delicious lunches and snacks
- Looking after your health
- Promoting rubbish free days in school
- Providing mums with an easy lunch packing solution.



A great website for healthy lunchbox ideas is <https://www.healthylittlefoodies.com/category/lunch-box/>





# HEALTHY FOOD AND DRINK CHOICES

## FACTSHEET

### Tips for making healthy food and drink choices – Parents and carers

Children's energy needs for a busy day at school require them to eat a variety of foods. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day.

Over their schooling life children can consume up to 2500 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen. All meals should reflect healthy food choices.

#### Healthy foods allow children to:

- ✓ grow and develop
- ✓ concentrate.

#### Lunches from home reflect:

- ✓ personal choice
- ✓ parental knowledge about health and nutrition.

#### Parents and carers can support healthy food and drink choices. When making lunches at home:

- ✓ include bread, wholegrains, rice, pasta or noodles (try wholegrain for extra goodness)
- ✓ include reduced fat milk, cheese or yoghurt
- ✓ include some meat, fish, chicken, eggs
- ✓ go for 2 (fruit) and 5 (vegetables).

#### Some lunch ideas:

- ✓ sandwiches, rolls or wraps
- ✓ quiche
- ✓ mini pizza with cheese and vegetable toppings.

#### These foods and drinks are not good choices for school lunches:

- ✗ chips, crisps and similar snacks
- ✗ high fat savoury biscuits and snacks
- ✗ sweet biscuits and cereal bars
- ✗ lollies and chocolates.



**GREEN**

FILL THE  
MENU



**AMBER**

SELECT  
CAREFULLY



**RED**

OFF THE MENU

