



*A Rich Past,  
Present & Future*

# NEWSLETTER

Friday 6th August, 2019  
Term 3: Week 8



## DIARY DATES

### **Tuesday 10th September**

Athletics Carnival

### **Thursday 12th September**

Division Athletics—Willinda park

### **Friday 13th September**

Panton Hill's Got Talent

### **Tuesday 17th September**

TheirCare OSHC meeting 6pm

### **Wednesday 18th September**

Kaboom Sports

### **Friday 20th September**

Footy Dress-up Day

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

## **TERM 4 DATES**

### **Monday 7th October**

First day of Term 4

### **Friday 11th October**

Interschool Sport commences

### **Friday 25th October**

Grade 6 Soccer Day



## **Principal's Report**

### **STAFF NEWS**

Angie Csefalvay has decided that it's time to hang up her teacher's hat and set her sights on new adventures to be had in retirement.

Mrs Csefalvay has dedicated over 35 years of her life to teaching and children. Sixteen of those years have been here at PHPS. Over those years, Mrs C has been a classroom teacher, Italian teacher and Reading Recovery teacher. She has also had endless responsibilities, most recently OHS representative and ICT co-ordinator which she has worked tirelessly on behind the scenes. In farewelling Mrs C, we will be saying goodbye to a staff member with a wealth of knowledge about teaching and learning and deep knowledge of our particular school and community.

Mrs C will be with us for the remainder of this term and will be taking leave for Term Four. She will be returning on the last day of the school year when we will have an opportunity to say our farewells.

### **BIKES IN YARD**

As the weather improves we often see an increase in students who choose to ride their bikes to school. This is just a reminder that our rules are that there is to be no riding in the school grounds. We have seen too many near misses (and the occasional

accident) involving bikes on our sloping grounds or coming around blind corners of our buildings. Bikes/scooters etc should be pushed inside the school-grounds. This rule of course applies to siblings as well.

There is plenty of storage for the bikes in the bike shed during the day—all bikes should be taken there at the beginning of the day.

### **PAINTING**

Over the last week and a half of this term, we will be having the interior of the Outside School Hours building painted. While this is happening, OSH will be relocating to the main building. The STEM room and the staff room will be used over this period.

We are looking forward to the freshen up of our lovely old building and encourage you to come and check it out in Term Four.

### **SUNSMART—DUST OFF THE HATS!**

As per advice from the Cancer Council, we will be expecting our students to start wearing hats as of next Monday. There is a common misconception that it is not possible to get sunburnt on cloudy or cool days. You can get burnt on windy, cloudy and cool days, as ultraviolet (UV) radiation can penetrate clouds, and may even be more intense due to reflection off the

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[www.pantonhill.vic.edu.au](http://www.pantonhill.vic.edu.au)

bottom of the clouds. So we shouldn't wait for sunny weather to protect our skin. A simple way to check local sun protection times each day is by downloading the free SunSmart app or at bom.gov.au/uv, or check current UV levels at arpana.gov.au.

We also encourage students to apply sunscreen before school and bring sunscreen along to school. Teachers will remind students throughout the day to reapply sunscreen.

School Council will be discussing our Sunsmart Policy at the next meeting.

## FLU

We have a student in our Grade 4/5 class who has been diagnosed with the flu. He is at home and is recovering well. I have included an information sheet on the signs and symptoms of flu and would encourage any parents with students who are showing these symptoms to visit a doctor.

It is important if your child is unwell that they are given enough time to recover before returning to school. This is for their best interests and helps to prevent spreading illness. The general recommendation is that a child should not return if they are still coughing/sneezing or for 24 hours after a last episode of vomiting or diarrhoea.

## ATHLETICS CARNIVAL

Unfortunately due to the weather today, our athletics carnival was postponed. This event has been rescheduled for **Tuesday the 10th September**.

During this event, a record will be taken of results over the course of the day and in every event.

Those students who place 1st or 2nd in their event will be given the opportunity to represent the Division in the athletics carnival which will take place on Thursday the 12th September.

Please be aware that many of the track events are run as heats with times recorded. It is only after all results of the heats have been checked that 1st and 2nd places can be determined.

## PREMIER'S READING CHALLENGE—WELL DONE!



When we started the Premier's Reading Challenge we had a school of 124 students. All of those students have now successfully completed the challenge.

It is great to think of all of the reading and great books that that represents. We trust that the reading will absolutely continue after the challenge has finished.

## Value Award Winners

**Congratulations to:**

**Leah Cody and Amelia Arrowsmith**



## PARENTING IDEAS

Our latest Parenting Ideas article is titled: Are you asking your kids to step up? There is also a webinar offered on this same topic. As the school subscribes to Parenting Ideas, this webinar is free to parents. Details on how to join are included in the article.

## MS READATHON



Throughout the month of August, our grade 4/5 class have been participating in the MS Readathon. The fundraiser raises money for families suffering with Multiple Sclerosis by giving children the chance to attend MS camps where they can spend quality time with their families and become more educated on Multiple Sclerosis. Our 4/5 class managed to raise a total of \$629.36. We would like to give a huge thankyou to all the families and friends of not only our students but in the wider community who kindly donated to this cause. Well done grade 4/5!

## HOOP TIME

On a cold, frosty, Friday morning, the 5/6's headed over to the Diamond Valley Stadium to play a couple of basketball games. The Rookies had an awesome day, although they didn't win any games. The Future stars 1, won all their games including the grand final. The future stars 2 made the semi-finals but lost to the other Panton Hill team. The All Star girls won the grand final smashing Wattle Glen. Overall it was a fantastic day! Thanks to Mr A., Mr Hurst, Miss Payne and all the parents that drove.

Also we are trying to locate a Panton Hill footy singlet, number 16, believed to be left at Diamond Valley Stadium after hovertime. If you picked it up or you know the whereabouts please return to school.







**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.







**AUSTRALIAN PLANTS EXPO**  
native plant fair Eltham  
14 - 15 SEPTEMBER 10am - 4pm

**Eltham Community & Reception Centre**  
801 Main Road, Eltham

Adults \$5, Concessions \$4  
Children free

A 'Spring Outdoors' event

Thanks to our major sponsor:  
Hume Bricks & Pavers Pty Ltd

Organised by Australian Plants Society  
Yarra Yarra Group Inc. No. A0039676Y

## Sustainable House Day

Sunday 15 September 10am-4pm

Eltham, Hurstbridge, Panton Hill, St Andrews

Visit open houses in Nillumbik for ideas and inspiration for sustainable living. Cost: Gold coin donation

[www.cleanenergynillumbik.org.au](http://www.cleanenergynillumbik.org.au)

## Speed Date a Sustainability Expert

Sunday 13 October 2pm-4pm

Edendale Community Environment Farm

Free advice from the experts in solar, energy efficiency and sustainability.

Book your 20 minute appointments now.

<http://sdse.ata.org.au>




# 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



Proudly sponsored by  
Hurstbridge & Districts  
Community Bank\* Branch

**Bendigo Bank**



**Apted Unwaxed Apples**

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

**FRESH EGGS**

**\$6 per dozen on the cart  
outside 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!

# insights



## Are you asking your kids to step up?

by Dr. Deborah Gilboa



We do a lot for our kids, because we love them and often they need us. But we forget that one of the best things we can do for our kids is to help them learn to do for themselves and for others.

Do you ask your kids to do chores, to help out on a regular basis? You would be surprised how many parents – who were raised doing chores – don't ask the same of their kids. If you do give them chores, do you sometimes go behind them and redo the work when they're done? Don't! If it's not done right, get your child to fix it.

When I ask why parents don't give chores or why they don't challenge their kids with hard things – and I do, all over the world – parents tell me it's because kids are too... busy! They're working their tails off on classwork, teams, clubs, groups, trying to excel at 100 different things! So adults are willing to take on every other responsibility in their lives in order to facilitate these goals. And it's hurting kids.

We drive them everywhere – fewer teens are seeking drivers' licences each year. We type their work, do their research and try to buy them anything they or we think might possibly increase their success. We solve every problem and bulldoze over every potential obstacle. And kids accept this as the natural order of things.

We are stepping in front of our kids, when in fact we should be stepping *back* and allowing our kids to step up.

It sounds like tough love, but it's not. This is parenting. This is making sure that our kids, in just a few short years, don't still need us to do everything for them. Our kids know that we are expert problem-solvers. Now it's their turn to step up and learn to help themselves and others.

So how can we let kids step up? Here are a few tips you can try right now with kids of any age.

1. When your child or teen comes to you with a problem, don't fix it. Say "You're a good problem-solver. What do you think?" And then listen to the answer.
2. Expect them to fail, and talk about what they'll do when (not if) that happens.
3. Give them tasks to do that help the whole family (not only themselves) and make sure they do them, until it's done well. Be patient, but firm.

It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve the struggles. They eventually will have to make decisions and find solutions on their own and they will be ill-prepared if they weren't allowed to make those



mistakes under supervision while you're right there to show empathy and give support!

You may be thinking "but what if there's an emergency and I have to jump in?" Well, first define emergency.

Two percent of the time, kids need an adult to jump in front of them and solve the problem. They need an adult to protect them from a life-threatening issue that overwhelms their internal resources such as when they experience bullying, mental health issues and eating disorders.

The other ninety-eight percent of the time kids need a compassionate adult to take an interest, from a distance, without fixing anything. So step back so that a child or a young person can step up and handle problems and dilemmas themselves.

**You can attend our upcoming webinar, Step back so kids step up, at no cost!**

#### **About the webinar**

Children and teenagers 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. In this webinar, Dr. G will outline the practicalities of doing that, and the guiding principles that will make it possible.

#### **When**

Wednesday 18 September 2019 8:00pm AEST.

#### **Price**

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

#### **How parents can redeem the voucher**

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' (valid until 18 October 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'



#### **Dr. Deborah Gilboa**

Internationally respected parenting and youth development expert, Deborah Gilboa, MD, is the founder of [AskDoctorG.com](https://www.AskDoctorG.com). Known as Dr. G, she is an industry leading speaker, author, social influencer, and media personality. Dr. G inspires audiences with relatable stories and tools to develop life skills in children, teens and young adults ages 2-22. Connect with Dr G on [Twitter](#), [Facebook](#), [Instagram](#) or via [her website](#).

# Being **SunSmart** in Victoria



## When **UV** is **3+**



**Slip** on covering clothing



**Slop** on SPF30 or higher, broad-spectrum, water-resistant sunscreen



**Slap** on a broad-brimmed hat



**Seek** shade

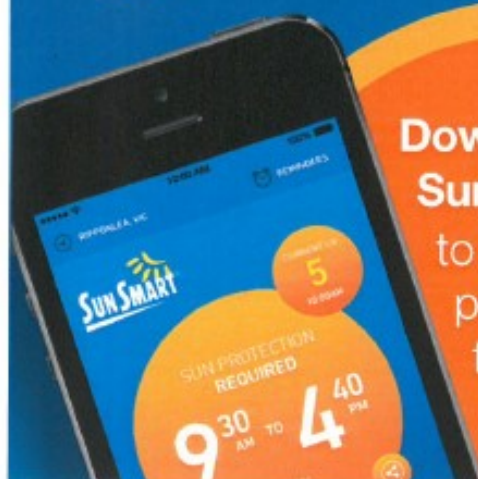


**Slide** on sunglasses (AS:1067)

**Think UV, not heat!** UV rays can't be seen or felt and can damage your skin on cool or cloudy days.

## When **UV** is below **3**

**Sun protection isn't required** unless you are outdoors for extended periods or near reflective surfaces, such as snow.



**Download the SunSmart app** to find sun protection times for your location in Australia.

[sunsmart.com.au/app](https://sunsmart.com.au/app)



**Cancer Council**  
Victoria



**VicHealth™**

**You never forget the flu.**

## **Flu (influenza)**

### **Summary**

- Influenza is a viral disease that causes widespread illness every year.
- Immunising people who are at risk of complications from the flu is the most important way we have to reduce the number of flu infections and deaths.
- Influenza immunisation is recommended for people in known high-risk groups.
- People who work or live with people who are at risk of serious complications should also be immunised to avoid spreading the flu.
- The vaccine cannot give you a dose of flu because it does not contain any live virus.

The flu is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. The flu is spread by contact with fluids from coughs and sneezes.

It is estimated that flu contributes to over 3,000 deaths in Australia each year.

The "swine flu" virus – also known as influenza A (H1N1) – emerged in 2009 and caused the first influenza pandemic in more than 40 years. However, it is now a regular human flu virus that continues to circulate seasonally worldwide. The current seasonal influenza vaccine has been designed to include protection against the swine flu virus.

### **Do I have the flu?**

The most common symptoms of the flu are:

- sudden appearance of a high fever (38 °C or more)
- a dry cough
- body aches (especially in the head, lower back and legs)
- feeling extremely weak and tired (and not wanting to get out of bed).

Other symptoms can be:

- chills
- aching behind the eyes
- loss of appetite
- sore throat
- runny or stuffy nose.

Having the flu is even more likely if you have been in contact with someone who already has it, or have had some other type of exposure such as overseas travel to areas where flu outbreaks are occurring.

Whether you have the flu or another kind of virus can only be confirmed by a doctor after a nose or throat swab has returned positive results. The treatment is similar for any 'flu-like' illness, but a diagnosis is useful in helping health officials track disease patterns and frequency and will be required where complications have developed.

### **What to expect with the flu**

Symptoms of the flu hit very quickly and may last for several weeks. A bout of the flu typically follows this pattern:

- Days 1–3: Sudden appearance of fever, headache, muscle pain and weakness, dry cough, sore throat and sometimes a stuffy nose.
- Day 4: Fever and muscle aches decrease. Hoarse, dry or sore throat, cough and possible mild chest

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discomfort become more noticeable. You may feel tired or flat.

- Day 8: Symptoms decrease. Cough and tiredness may last one to two weeks or more.

### **What about flu complications?**

In some cases of the flu, severe illness and complications such as pneumonia and bronchitis can develop, which can result in hospitalisation and even death. The flu can also make some existing medical conditions worse.

Some people are at higher risk of severe complications associated with the flu. They include:

- pregnant women
- people aged over 65
- Aboriginal and Torres Strait Islander people
- all children younger than five years of age
- people with chronic medical conditions.

### **How can I avoid the flu?**

Annual immunisation against the flu is recommended for all people from six months of age. Many people in the above groups are eligible for free flu vaccination each year (in autumn) under the National Immunisation Program and the Victorian government funded vaccine program for children aged six months to less than five years.

The vaccine is not 100 per cent effective but it does provide a high level of protection and can reduce symptoms in those still getting sick.

Anyone in these at-risk groups with flu-like symptoms should see their doctor as soon as possible.

### **I think I have the flu – should I see a doctor?**

Most people who are generally healthy won't need to see their doctor for the flu. Their immune system will fight the infection and their symptoms will usually clear up on their own.

If you think you have the flu, try to rest, maintain a good fluid intake, and manage your symptoms. This will help you recover and prevent dehydration.

See your doctor if you are concerned, and seek **immediate medical attention** if you experience any of the following symptoms:

- difficulty breathing
- chest pain
- sudden dizziness
- confusion
- severe vomiting
- fever with a rash.

### **How can I avoid giving the flu to other people?**

Most (otherwise healthy) adults will be able to infect other people up to seven days after becoming sick, so the best way to avoid spreading the flu is to stay at home while you are unwell. In particular, avoid going to work or school or visiting busy public places. Avoid sharing linens, eating utensils and dishes.

Perform good cough etiquette at all times. This includes coughing into a tissue and disposing of it immediately, or coughing into your sleeve.

Good hand hygiene is also important. Wash your hands regularly using soap and water, particularly if you cough into your hands.

### **What medications should I take for the flu?**

The flu is a viral infection so **antibiotics won't help at all** and should not be taken.

Antiviral medications, if started in the first two days after your symptoms start, can shorten the length of your illness. These will need to be prescribed by your doctor.

**[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)**

Decongestants and simple pain relievers can help you feel better while your body's immune system fights off the infection.

Follow these tips for buying over-the-counter medication for the flu:

- Buy a remedy that treats only one symptom; this way you are not taking in substances that you do not need, or that may trigger an adverse reaction.
- Read the label to check:
  - whether the active ingredient treats your symptoms
  - any possible side effects of the medication
  - any possible interactions the medication may have with any other medications you are taking, including over-the-counter, prescription, and alternative medicines (for example, herbal medicines)
  - if the medication is safe for you to take with any other health conditions you have.
- If you are unsure if a medication is suitable for you to take, or if you have any other questions, talk to your doctor or pharmacist. They can suggest a medication that is appropriate and safe for you to take.

#### Looking after yourself when you have the flu

The best things you can do to look after yourself when you have the flu are:

- Rest – you will probably feel very weak and tired until your temperature returns to normal (about three days), and resting will provide comfort and allow your body to use its energy to fight the infection
- Stay at home – stay away from work or school and avoid contact with others as much as possible while the infection is contagious. The period during which adults are contagious is usually around 3–5 days from when the first symptoms appear, and up to 7 days in younger children.
- Drink plenty of fluids – extra fluids are needed to replace those lost because of the fever (through sweating). If your urine is dark, you need to drink more. Try to drink a glass of fluids, such as water, every hour while you are awake.

#### Other useful tips for flu recovery

Other useful flu recovery tips include:

- Take simple pain-relieving medication such as paracetamol or ibuprofen, as directed on the packet, to ease muscle pain and bring down your fever (unless your doctor says otherwise).
- Do not give any medications that contain aspirin to children under 18 years of age with flu. The combination of the flu and aspirin in children has been known to cause **Reye's syndrome** – a very serious condition affecting the nervous system and liver.
- Antibiotics are not effective against the flu because the flu is a virus, and antibiotics fight bacteria. However, your doctor may prescribe them if you develop a bacterial infection on top of your flu.
- Gargle with a glass of warm water to ease a sore throat. Sucking on sugar-free lollies or lozenges also helps.
- A hot water bottle or heating pad may help relieve muscle pain. A warm bath may also be soothing.
- Use saline nose drops or spray to help soothe or clear a stuffy nose. These decongestants help shrink swollen blood vessels in the nose. Talk to your doctor or pharmacist about which medication will be the best one for you.
- Do not smoke – this will irritate your damaged airways.
- Try warm, moist air inhalation. Boil a kettle and put the water in a bowl on a table. Put your head over the bowl with a towel over your head and inhale the warm air for up to 20 minutes. Don't put anything in the water.
- Ask for help if you live alone, are a single parent, or are responsible for the care of someone who is frail or disabled. You may need to call someone to help you until you are feeling better.
- Remember, if you buy medicine at the pharmacy to treat your symptoms (over-the-counter medications), check with the pharmacist to see if it is the best one for you. Mention if you have a chronic illness or are taking any other medication.

#### Where to get help

**[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)**



- Your doctor
- Your pharmacist
- Immunise Australia Program

**This page has been produced in consultation with and approved by:**

Department of Health and Human Services - RHP&R - Health Protection - Communicable Disease Prevention and Control Unit

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