



*A Rich Past,  
Present & Future*

# NEWSLETTER

Friday 13th September 2019  
Term 3: Week 9



## DIARY DATES

### **Tuesday 17th September**

TheirCare OSHC meeting **6pm**

### **Wednesday 18th September**

Kaboom Sports

### **Friday 20th September**

Footy Lunch and 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

Kangaroo Ground PS (Home)

### **Friday 18th October**

Interschool Sport—St.Andrews  
PS (Away)

### **Friday 25th October**

Grade 6 Soccer Day

### **Sunday 27th October**

On The Hill Festival



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!

## **Principal's Report**

### **WRITING**

Our Grade 6 students wandered across the road to Bunjil Reserve on Wednesday in search of inspiration for their poetry writing and they found it in abundance.

During their walk through the reserve they noted that some of the native orchids are out in flower. The spider orchid and the green hooded orchid amongst them. These are endangered orchids and Panton Hill is one of the few environments where they can be found.

If you are interested in orchids, now is great time to take a walk through the reserve and spot them in all their glory.

Some of the poems that were produced by our Grade 6's as a result of this walk have been included in this newsletter.

### **ATHLETICS**

On Tuesday, a bus load of our Grade 4-6 PHPS kids set off to compete in the District Athletics Carnival.

Congratulations to all of our competitors—it was great to see everyone trying their hardest and encouraging their team mates.

Thankyou to our teachers Mr Hurst, Miss Brindley, Miss Payne for their help on the day—ensuring our students marshalled to their events, working as officials on high jump and recording results.

Thankyou also to our parents who came along and encouraged our team and to Mr Allison for helping out with high jump and ribbons as well. Thankyou also to Carolyn Spratling for taking photos on the day.

The following students placed first or second in their event and competed at the Division Athletics yesterday:

- Pearl Renouf—Shot Put & Discus
- Kira Hoskins—Shot Put
- Maddie Collier—Discus & Triple Jump
- Ned Shaw—High Jump & Long Jump
- Jaxon McLaughlin—Triple Jump
- Lucy Ditcham—800 metres
- Caelie O'Connor—800 metres
- Eve Carlin—Long Jump
- Lily Scrivener—1500 metres
- Billy Carlin—1500 metres
- Kaeleigh McLaughlin—High Jump

Congratulations to all of these students for qualifying for the Division Athletics and representing our school so well.

The standard at this level is quite a jump from the District level.

Thankyou to Jacqui Guice, Kirsten Renouf and Michelle Scrivener for transporting our athletes.

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

## OSH NEWS

The painting of the interior of the Outside School Hours Care building is well underway. While the building is being painted, OSH is being held in the spare classroom in the main building. The latest estimate is that the painting should be finished by Tuesday of next week.

In other OSH news, our parent information evening for the transition to management by TheirCare will be held next **Tuesday the 17th September**. This will be held in the staffroom and is a great opportunity to gain an understanding of any changes (such as the booking system) and to be able to ask any questions.



## HATS

Well done to all of the students who are now wearing their school hats during play times. As mentioned in our previous newsletter, it is important that students observe sunsmart practices from now through to May as a result of the UV ratings at this time of year.

We 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.

## PARENTING IDEAS

Today I have included an article titled 'Helping your child avoid being Cyberbullied'. This article has some very practical tips about what you can do to empower your child/ren to navigate this tricky area.

## LUNCH ORDERS

As of Term Four our lunch orders will be provided by the **Smiths Gully Store**. A form went home with every child on 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.

## CHILD SAFETY

As mentioned previously, School Council recently discussed concerns about the speed at which many cars are driving during school zone times. As a result I have contacted Nil-lumbik Mayor Councillor Karen Egan about the possibility of installing illuminated 40 signs. We have been notified that this has now been raised with the Traffic and Transport team for assessment. We have been told to expect a progress report on this in a few weeks.

As part of this process, and to include our wider community in this issue we have a petition at the Panton Hill Store to garner support/opinion. If you feel strongly about this, we would encourage you to please sign the petition.

## 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.



**Apted Unwaxed Apples**

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

**Value Award Winners  
Congratulations to:**

**Xzavier Nicholls**



## 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







# Bunjil



Wild-life  
Shelter-everywhere  
Canopy's-above  
Flora's-living  
Greenery-everywhere  
What is it...

**Bunjil** Shenae

Purple-pretty  
Tall-elegant  
Special-endangered  
Colourful-threatened  
Arachnid -plant  
**Spider lily - Coby**

Bunjil is a place where people can see what life truly is  
You can explore through the trees or across a path where people can sit and listen  
to the birds and leaves

This is Bunjil - a home for animals, plants and humans can enjoy  
Nathan

## Dunnart

not to be mistaken for a mouse,  
never found around your house,  
I'm protecting their habitat,  
And locking up my cat,  
I'm also bringing along my friend Klaus.

Ava



Donkey-orchid  
Small yellow  
Eye-catching, living, flowering  
Plant, flowers, petals, life  
Dying, barely-surviving, depleting  
Beautiful, unique  
Spider-orchid Tysha

Spider-orchid  
Beautiful, elegant  
Growing, flowering, captivating  
Spider orchid and cape-weed live in Bunjil  
Living, annoying, irritating  
Weed, awful  
Cape-weed Chloe



# Sustainable House Day.

15 September 2019

## Nillumbik Trail



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 [cleanenergy.nillumbik.org.au](http://cleanenergy.nillumbik.org.au)

**renew.**  
Leading in sustainability

**WADAMBUR**  
St Andrews Community Centre

**Clean Energy Nillumbik**

**Nillumbik**  
The Green Wedge Shire

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 "greenhouse" 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 turning 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 [sdie.elfa.org.au](http://sdie.elfa.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**

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# insights



## Helping your child avoid being cyberbullied

by Martine Oglethorpe



Cyberbullying of children and teenagers is one of the greatest fears facing parents today. The thought of their child being subjected to heinous words, threats to their physical safety, as well as their social and emotional wellbeing, is something no parent wants their child to experience.

Most of the bullying behaviours we now see are happening from behind a keyboard, playing out in social media feeds and gaming chat rooms. It is little wonder parents feel overwhelmed and out of their depth, especially when for most, online is an environment that is relatively unfamiliar.

So what can we do to help our kids avoid these types of behaviours, as well as give them the skills to deal with cyberbullying behaviours should they be exposed?

- **Remind them of all of the things they have control over:** While it may not feel like it, we have a lot of control over what happens online. We can determine who we talk to, what we ignore, what we share, how we comment, who we follow, who we block or hide from our feeds. All of that, helps us determine who is allowed to play a role in our online experiences and ultimately what behaviours we accept on our feeds
- **Give your child time away from the screens:** Everyone needs a break from screens. We want to encourage regular times when a child doesn't need to be tethered to their device. Building a wider community away from the screens helps a child or teen build their sense of self worth. Keeping devices away from the dinner table also gives them a break from being socially switched on and allows the to connect with family without a device. Removing devices at night helps their active brains to switch off, and prepare for sleep.
- **Role play possible responses:** Discuss with your child whether they should respond to bullying or nasty online comments, If they do, then consider how they could respond. Consider the statements or types of people they ignore, block or report.
- **Regularly check the privacy settings:** Every app, game and social network has a settings button that enables you to determine how positive an experience your child can have on that platform and how much control they have. Visit these settings regularly to look at the options available

While nothing is guaranteed particularly when it comes to the online world, we can certainly be taking steps to help our kids. We can give them skills, encourage positive behaviours and thinking that allow them to minimise their exposure to the bullying behaviours of others.



# 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

