



*A Rich Past,
Present & Future*

NEWSLETTER

Friday 8th November, 2019
Term 4: Week 5



DIARY DATES

Tuesday 12th November

Grade 5 & 6 Bike Ride

Friday 15th November

2nd Prep Transition Day

Monday 18th November

Dance with David Skinner

Monday 25th November

Dance with David Skinner

Instrumental Concert at the St. Andrew's Pub 6.30pm

Friday 29th November

3rd Prep Transition Day

Monday 2nd December

Dance with David Skinner

Tuesday 3rd December

School Concert

Thursday 12th December

Prep—3 Swimming at Water-Marc

Friday 13th December

Grade 4-6 Latrobe Pool Excursion

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!

Principal's Report

LONG WEEKEND

We hope that everyone had a great mid-term break over the long weekend. Most of our staff spent the day in preparation for report writing and analysing student results in readiness for those reports. A small group of the staff, Mrs Howard, Mr Hurst and myself spent the day at school working on documents in preparation for our school review which will be held in Term One of 2020.

KINDER REQUEST

To the great frustration of the kinder, it has been noted that there is a group of our parents who have developed the habit of parking in their carpark when dropping off and picking up their school students. Please resist the urge to park in the kinder carpark as it is taking much needed room.



CHRISTMAS FUNDRAISING

Our fundraising committee are busily organising a Christmas stall which will be held in the last week of the school year. The idea behind this is to give our students the opportunity to enjoy the process of choosing and giving a gift at Christmas. The committee are aiming to present a wide variety of gifts suitable for the students to give their parents. Gifts will range in price from approximately \$2:00 to \$7:00. The stall will be held on **Tuesday the 17th of December**.

HOOPTIME

A group of our Grade 5 and 6 girls (our Allstar girls) competed yesterday at the Regional Hooptime finals in Mill Park. They had a great morning, with close matches and played in the spirit that we have come to expect of Panton Hill students. Thankyou to Jo Hoskins for trans-

porting and supporting our kids, Michelle Scrivener for supporting and Stafford Hurst for organising, transporting, coaching and supporting our team. Well done to our All-stars: Kira, Tysha, Kaleigh, Lucy, Caelie, Briney, Pearl, Liv, Lily and Eve.

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

NETBALL CLINIC

It was great to have our local netball association at the school last Friday to run clinics for our grade 3-6 students. All students enjoyed learning (or practising) netball skills. Thankyou to Shannon Carlin for organising this. It was lovely to have two of our ex students (Macey Carlin and Tahlei Spratling) help out with running the clinic.



Value Award Winners Congratulations to:



**Archie Ferguson—McLellan and
Hugo Ballenger**

INSTRUMENTAL CONCERT

Our next big instrumental gig will be held on **Monday the 25th of November**. These are usually very popular nights and have been known to sell out. If you are planning to come along for a meal on the night, it would be a good idea to book straight away. See you there!



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



SCHOOL COUNCIL 2019

POSITION	NOMINATION
President	Jason Ditcham
Vice President	Carolyn Spratling
Secretary	Anne Howard
Treasurer	Cathryn Baldwin

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

NUDE FOOD RECIPES

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A healthy lunch has four components:

1. A main item, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. A fruit or vegetable snack, such as whole fruit, cut up veggie sticks, fruit or savoury kebab or a small salad.
3. A second snack based on a core food, such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. And a drink. A bottle of tap water is best, and plain LHT milk is also acceptable.

Nutrition Australia, 2013

RECESS AND PLAY LUNCH IDEAS

FRUIT

Fruit can be given to your child in a multitude of ways, including:

- Whole pieces, such as apple, mandarin, kiwi fruit, grapes, berries, nectarine and banana
- Chopped pieces frozen overnight
- Dried fruit, such as a small container of sultanas, dried apple, apricots or raisins
- Thinned fruit in natural juice; decanted into a small reusable container of course
- Fruit Kebabs - combine any of the chopped fruits on a wooden skewer or tooth pick: Banana, Apple, Watermelon, Grapes, Kiwi Fruit, Rockmelon, Peaches, Nectarines, Pears & Mandarin



SAVOURY KEBABS

Combine any of the below foods on a wooden skewer, or tooth pick: Pineapple pieces, Sliced meat: ham, chicken, salami, Cheese cubes, Cherry tomatoes, Basil Leaves

YOGHURT

Natural yoghurt, flavoured yoghurt and greek yoghurt are great options to buy in bulk and decant into smaller containers for snacks. Sprinkle over the top with some chopped fruit, nuts or seeds to add additional health benefits.

LUNCH IDEAS

SANDWICH COMBINATIONS:

Combine any of the below fillings in mountain bread, pita bread, wholegrain or wholemeal bread, focaccia or bagel.

- Chicken, Lettuce, Avocado and Mayonnaise
- Tinned tuna mixed with finely chopped tomato, avocado and mayonnaise
- Mashed boiled egg with lettuce and mayonnaise. Tip: add some parsley for colour
- Roast beef, chutney and tomato
- Cream cheese and chopped date bagel
- Banana, peanut butter and honey in a mountain bread wrap
- Grated cheese, carrot and avocado sandwich
- Grated apple, grated cheese and chutney roll
- Falafel, rocket and hummus lavash (or tortilla bread)



IN NEXT WEEK'S
NEWSLETTER:

HEALTHY CHIP ALTERNATIVES

WWW.BLUELIGHT.ORG.AU

PROUDLY RUN BY LOCAL POLICE AND VOLUNTEERS

Blue Light

8TH NOV

DIAMOND CREEK BLUE LIGHT DISCO

7-10PM | 8 TO 13 YEAR OLDS | \$8 ENTRY

@DIAMOND CREEK COMMUNITY CENTRE

28 MAIN HURSTBRIDGE RD, DIAMOND CREEK

CONTACT SNR SERGEANT WAYNE SPENCE 9438 8300

DIAMOND CREEK BLUE LIGHT DISCO
PLEASE ASK YOUR PARENTS TO LIKE THE PAGE IF YOU ARE UNDER 13

DIAMOND CREEK BLUE LIGHT DISCO

WADAMBUK
St Andrews Community Centre

Free Saturday Bus

Come the weekend, kids and teenagers need to get places. There is an alternative to yet another parent trip down to Hurstbridge.

On Saturdays, each of the day-time Hurstbridge trains is met by the Bus. Which then travels up to St Andrews via Panton Hill, It's free ! though we ask for a gold coin donation to help with fuel costs.

Save time and the environment

Encourage some safe independence.

Visit www.standrewscommunitycentre.org for timetable, route and more information.

Use the bus!

Fire Fest

TICKETS NOW SELLING
Sunday 17th November

Fundraising event to raise money for much needed Fire Fighting equipment for local CFA's Kangaroo Ground, Panton Hill, St Andrews, Christmas Hills.

with **Silent Auction**
Great Food • Awesome Music
VanderAa along with local artists Amie Grisold, Joe & Mikayla Robassa & Jacob Fitzgerald

VENUE:
Easthill Estate
100 Kangaroo Ground - St Andrews Rd, Kangaroo Ground

12-6pm

Proudly supported by

Bendigo Bank

Purchase tickets at www.trybooking.com/BFTGF

HEALESVILLE

MUSIC FESTIVAL

NOV 2019
15-16-17

3 Days of Music & Celebration in the Yarra Valley

Music
Camping
Workshops
Children's Carnival
Food Vendors & Bar

FOR MORE INFO

healesvillemusicfestival.com.au