



*A Rich Past,
Present & Future*

NEWSLETTER

Friday 26th March, 2021
Term 1: Week 9



DIARY DATES

Term 1

Wednesday 31st March

School Picnic 5:30pm

Thursday 1st April

Last day of term 1

Students dismissed at 2.30

CFA Easter Egg Hunt 2:30

Memorial Park

Monday 19th April

First day of term 2

Thursday 22nd April

School Photos

Friday 23rd April

Interschool sport

Wednesday 27/28 April

Circus Incursion—date TBC

Friday 7th May

Storytime for pre-schoolers

Principal's Report

EASTER UPDATE

Hot Cross Buns will be available for collection from the staff room after school on **Wednesday the 31st**. If you have also ordered Easter Eggs, these will be bundled together for you to pick up at the same time.

For all those who only ordered eggs, your orders are at the office for pick up now (if you haven't already).

Thankyou to those families who have donated Easter eggs for our raffle which is due to be drawn on the last day of term. Of course, we are still more than happy to continue accepting donations.

SCHOOL PICNIC NEXT WEEK WITH SAUSAGES ON US!!

The weather forecast for our picnic next Wednesday is perfect! We are looking forward to sharing a casual get together with a few races later in the afternoon.

As it has been a long time since we could come together and in recognition of the tough year we will be

cooking up sausages on the BBQ for anyone who would like—it's on us!

COUNSELLING SERVICES

I have been in discussion over the last few weeks with a counselling service about the possibility of having a counsellor working from school once a week. We are hoping that this will commence at the beginning of Term two, on a user pay basis. Further details will be forthcoming as we confirm the details.

SCHOOL COUNCIL

Our meeting was held on Monday evening. This was the first meeting for a year that we could actually be in the same room together.

The following was covered :

- A change in Ministerial Orders relating to School Council Power and Functions
- We had an interested local, Georges Bernard visit and speak with School Council about rural funding. (More information will be coming from School Council shortly).
- 150th School celebration plans:
 - Olden day dress up day for students

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

- Open morning on a Sunday for the general community with various activities
- Feature written about one of our longest standing families at PHPS
- A path constructed out of bricks decorated or labelled by families (also a fundraiser)
- We shared some information about alternate communication systems to Skoolbag. We are waiting on further quotes for comparison
- We have a very full and exciting fundraising calendar this year, with amazing support from our parents.
- General discussion about the health and wellbeing of our community after our return to school and what the school is doing to support our families. Information about this was sent out in a letter yesterday. Please check your child's bag.

ASSEMBLIES—COME ALONG!

As mentioned in last week's newsletter, parents are now more than welcome to come along to our weekly Monday assemblies.

Next week, we will also hold a final assembly on the basketball court at **2:20pm** on the final day of term **Thursday 1st April**

READING MORNING

We are hoping that next term, we can start our Parent Reading mornings again. This is held on Monday mornings, following assembly. Parents are welcome to find a good space and a good book and share some time reading with their child/ren to start off the week. Parents are welcome to gather their children (and friends sometimes) from different grades. The bell will ring at 9:30am when it is time to start the school day. As soon as we have confirmed that it is okay to go ahead with this, we will let you know. Fingers crossed for Term Two.

A NOTE FROM OUR GRADE 6 LEADERS—BUDDY BENCH

Are you feeling lonely? Are you finding it hard to find someone to play with? Are you scared to ask to play with someone? Head to the buddy benches, where you can make friends. The buddy benches are located behind the 5/6 building near the fish pond. We are trying to raise money for better buddy benches and to

Value Award Winners

Congratulations to:

Joel Wellings and Mila Fitton



make it obvious that it actually is a buddy bench where you can make friends.

What Could We Do to Make it Better?

We could make it more colourful and inviting. We could make signs around the school pointing to the buddy benches. We could also make motivational texts to encourage people to ask to play with someone.

Campbell Parker and Sascha Griffith

WORKING WITH CHILDREN CHECK

If you have an existing Working with Children Check, please check your card's expiry date just in case you need to update it.

SCHOOL PHOTOS

Our school photo day is **Thursday the 22nd of April**, which is the first week back in term two. After receiving feedback from parents last year, we have moved to a different company, Melbourne School Photography. The photo order envelopes will be in the school bags today—please be sure to retrieve them! Ordering details are on the envelopes. All payments are made through the company, the school does not handle payment.

It is important to not misplace the order forms—students will need them on photo day.

SPECIAL RELIGIOUS INSTRUCTION (S.R.I)

SRI will re-commence at the beginning of term two. This program will be held once a week, for 30 minutes during lunchtime. It is an optional program provided by Korus Connect and organised by St Matthews Church, our next door neighbours. Forms will be sent home to all families shortly.

LUNCH BUDDIES

Some of our students in our composite grades have expressed that they are keen to catch up with their friends while eating lunch inside. As a result, for the ten minute eating time, our 2's will be together, 3's together and 4's together.

TERM 2 INTERSCHOOL SPORTS DATES

23rd April	PH verses Wattle Glen	Home
30th April	PH verses Arthurs Creek	Away
7th May	PH verses St. Andrews	Home
21st May	PH verses Kangaroo Ground	Home
28th May	PH verses Wattle Glen	Away
4th June	PH verses St. Andrews	Away
11th June	PH verses Arthurs Creek	Home
25th June	PH verses Kangaroo Ground	Away

~Easter Raffle Donations Required~

Each year we hold an Easter Raffle on the last day of Term One.

It would be appreciated if each family could donate one Easter gift to the box outside the office.

Raffle tickets have be sent home. Extras at the office if required.



SCHOOL COUNCIL 2021

POSITION	NOMINATION
President	Jason Ditcham
Vice President	Sam Headberry
Secretary	Anne Howard
Treasurer	Aaron Cody

SUB COMMITTEE	MEMBERS	MEETING TIMES
Buildings and Grounds	Kylie Richards, Colin Smith, Tracy Parker and Beth Borthwick	Prior to School Council – to be organised re availability
Finance and Fundraising & Uniform Shop	Kylie Richards, Jason Ditcham, Alison Tovey and Aaron Cody	Monday 7.00pm prior to School Council
Curriculum, Review and Promotion	Anne Howard, Kylie Richards, Zoe Payne, Margaret Bozik, Sam Headberry and Steph Brindley	As required

OPEN DAY

Thursday 22 April, 2021



Open Morning

Tours commence at 9.15am

Information Evening

Presentation commencing at 7pm

For all details see www.elthamhs.vic.edu.au

BOOKINGS FOR OPEN DAY REQUIRED
www.trybooking.com/BPDHJ

Weekly tours available commencing at 9.30am
BOOKINGS ESSENTIAL

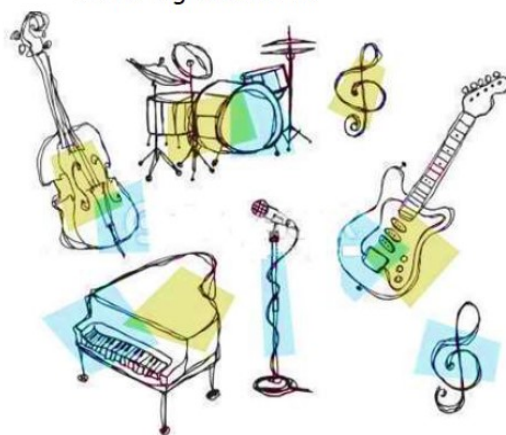
Withers Way, Eltham | T 9430 5111 | eltham.hs@edumail.vic.edu.au | www.elthamhs.vic.edu.au

LPC Music Australia

Learn, Play, Create.

Offering lessons in

- Guitar
- Ukulele
- Violin
- Piano
- Drums
- Singing



- Lessons at school during school hours.
- Teaching modern songs and traditional music theory.
- Private or group lessons.
- Band program.

To see which instruments are available at your school contact Ewan at lpcmusicaustralia@gmail.com or on 0408 197 884.

To enrol go to www.lpcmusicaustralia.com.au



Balance Gymnastics

Over the school holidays, Balance Gymnastics and Fitness Centre will be running a gymnastics School Holiday programme from **Tuesday 6th April–Thursday 15th April 2021**. These classes will be run by our qualified staff and they will be on the floor at all times to supervise. Children will learn the fundamentals of gymnastics and these classes are suitable for primary school aged children from 5-8 years of age.

Kindergym programme for 2-4 years on Wednesday 7th & 14th April from 11am-12.30pm. Bookings are required. \$20 per child.

5-8years

STRUCTURED HOLIDAY PROGRAMME

Tuesday	6th	April, 2021	11am-12.30pm
Wednesday	7th	April, 2021	11am-12.30pm
Thursday	8th	April, 2021	11am-12.30pm
Friday	9th	April, 2021	11am-12.30pm
Monday	12th	April, 2021	11am-12.30pm
Tuesday	13th	April, 2021	11am-12.30pm
Wednesday	14th	April, 2021	11am-12.30pm
Thursday	15th	April, 2021	11am-12.30pm

*****PLEASE BRING A DRINK BOTTLE*****

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

We are also running a gymnastics School Holiday programme for primary school aged children from 9-12 years of age. These classes are **not structured but supervised**, children are able to choose their activities.

Parents will not be allowed on the floor with the children and bookings are required. \$15 per child.

9-12years

FREE PLAY HOLIDAY PROGRAMME

Tuesday	6th	April, 2021	1pm-3pm
Wednesday	7th	April, 2021	1pm-3pm
Thursday	8th	April, 2021	1pm-3pm
Friday	9th	April, 2021	1pm-3pm
Monday	12th	April, 2021	1pm-3pm
Tuesday	13th	April, 2021	1pm-3pm
Wednesday	14th	April, 2021	1pm-3pm
Thursday	15th	April, 2021	1pm-3pm

******We will be following all Covid safe procedures******

School Holidays

2021

Panton Hill PLAY GROUP



Monday mornings
at 9.30 till 11.00 in
the after school
care building

Welcoming all parents, grandparents
and carers to bring along their little
ones aged 0-5 years to join in the fun
at our community play group.

toys play dough puzzles cooking library
outdoor play arts and crafts
sensory activities

For more information contact Megan King - 0413 174 415

INSIGHTS

Managing anxiety before it becomes a problem



The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Webinars for Parents in 2021

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in this school community can attend webinars at no cost. Hear from the experts from the comfort of your own home. Enjoy this exclusive benefit by redeeming online today.



Watch from any device, any location

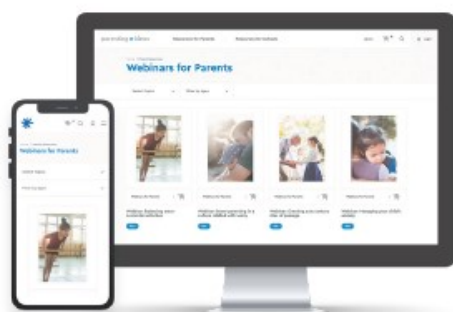


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**Valued at
\$39 per webinar**



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To redeem your webinar vouchers, visit www.parentingideas.com.au/parent-resources/parent-webinars. Choose the webinar you would like by clicking 'add to cart'. At the checkout, add the voucher code for the webinar. Enter your school's name to verify your eligibility. The \$39 discount will then be applied. If you're unable to make the broadcast time, just register anyway and you will get access to the recording. Webinars need to be redeemed individually before their expiry date, but you can register for as many as you like!

parenting  ideas

Hear from the experts from the comfort of home in 2021



Maggie Dent presents: Communicating with teenage boys

Adolescence has a way of transforming children's brains that can make communication challenging, especially with teenage boys who often start articulating in monosyllabic grunts. These brain changes also make them more sensitive, volatile and critical of themselves, making the tween/teen years a high-risk window. In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships.

Key learning and discussion points include:

- communicating effectively
- giving feedback
- avoiding arguments
- helping teenage boys to problem solve
- letting our sons know we really hear them, and that they matter

WEBINAR DATE 24 MAR 2021, 8-9 PM AEDT **VOUCHER CODE** COMMUNICATION **VOUCHER EXPIRES** 24 JUN 2021



Dr Justin Coulson presents: Connecting with teenage daughters

Trying to guide a teenage daughter through a complex adolescent world is... well, complicated. Alcohol and drugs, mental health concerns, body image issues, friendship issues, and premature and/or non-consensual intimacy are just the tip of the iceberg. In this webinar, Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real-world advice for parenting teenage daughters. You'll discover what is really going on in their minds, how they really feel and what they wish you knew.

Key learning and discussion points include:

- dealing with eye rolls and bad attitude
- why your teenage daughter "hates" you, expects the world and needs to talk
- how we can stay connected to our teenage daughters and keep them motivated
- how to keep our teenage daughters safe and informed without pushing them away
- how to encourage teenage girls to develop strong, healthy relationships and resilience

WEBINAR DATE 23 JUN 2021, 8-9 PM AEST **VOUCHER CODE** DAUGHTERS **VOUCHER EXPIRES** 23 SEP 2021



Dr Kristy Goodwin presents: Taming digital distractions

Technology is an integral part of life for our children – it's the portal for their leisure, learning and connection. However, digital technologies can also disrupt a child's focus, put a dent in their learning and compromise their wellbeing. In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

Key learning and discussion points include:

- how long we should expect focused attention from children and teens
- the research behind why digital distractions are interfering with our children's attention
- how some technologies have been intentionally designed to be captivating and alluring
- why banning technology isn't the solution
- how to teach children and teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

WEBINAR DATE 8 SEP 2021, 8-9 PM AEST **VOUCHER CODE** TAMING **VOUCHER EXPIRES** 8 DEC 2021



Michael Grose presents: Using birth order knowledge for a parenting edge

Effective parents and carers are always looking for an edge to help them raise happy, confident, resilient kids. Many people do a brilliant job of learning on the run, but can miss a rich vein of knowledge that's right in front of them – a child's birth order position. In this webinar, Michael Grose explains how birth order position impacts on a child's personality, attitudes and behaviour. He provides insights to help bring out the best in every child, reduce destructive sibling rivalry and increase family harmony.

Key learning and discussion points include:

- how birth order works and why it sometimes doesn't make sense
- how birth order applies to both large and small families
- how to conduct a birth order audit for your family
- the impact that your own birth order has on your parenting
- essential parenting strategies for kids who don't quite fit the birth order mould

WEBINAR DATE 10 NOV 2021, 8-9 PM AEDT **VOUCHER CODE** ORDER **VOUCHER EXPIRES** 31 DEC 2021

parentingideas.com.au

parenting*ideas



BREAD TAGS FOR WHEELCHAIRS



Please save your bread tags – they will be recycled to fund wheelchairs in South Africa.



Bread Tags for Wheelchairs has been recycling bread tags in South Africa since 2006. They currently collect about 500kg/month, which funds 2-3 wheelchairs. Now we are collecting in Australia too!



What can I do?

It's easy save your bread tags for a while and then drop them off at one of our collection points. Ask your family, friends, school and local café to help.



Visit our website for signage, to find your nearest collection point, or to host a collection point.



Aussie Bread Tags for Wheelchairs
- Melbourne



ozbreadtagsforwheelchairs.org.au

Local Contact:

.....



Rinsed
Recycle code 2
Recycle code 4
Milk bottle lids
Soft drink lids
Water bottle lids
Bread clips

Dirty
Pop-up lids
Vegemite lids
Coffee pods
Wine bottle lids
Plastic rings
Plastic inserts



LIDS
4 KIDS

WHAT LIDS CAN WE COLLECT?

 **YES**



MILK **WATER** **SOFT DRINK**

Check for recycle codes 2 and 4 under the lid.
We cannot accept numbers 1, 3, 5 or 7.
If there is NO number, still collect it.



LIDS
4 KIDS

WHAT LIDS CAN'T WE COLLECT?

 **NO**



COFFEE LIDS OR PODS **WINE** **POP TOPS**



SPREADS **SAUCE**

Please only collect plastic lids with recycle code 2 or 4.
All lids must also be the same size as a milk lid or smaller so that they fit into the shredding machines.

