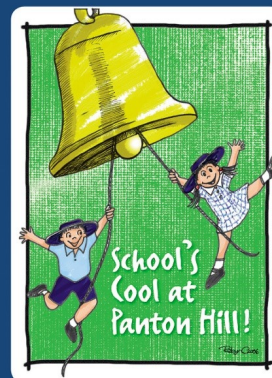




*A Rich Past,
Present & Future*

NEWSLETTER

Friday 7th May, 2021
Term 2: Week 3



DIARY DATES

Monday 10th May

Pupil Free Day

Monday 10th May

Scholastic book club orders due

Tuesday 11th May

NAPLAN Language conventions and writing

Wednesday 12th May

NAPLAN Reading

Thursday 13th May

NAPLAN Numeracy

Friday 14th May

Interschool Sport—BYE
Walk to School Safely

Monday 17th May

Planks Incursion and Open Evening

Wednesday 19th May

District Cross Country 3-6 selected team

Friday 21st May

Interschool sport vs Kangaroo Ground—away

Wednesday 26th May

Division Cross Country—selected students

Principal's Report

SCHOOL COUNCIL REPORT

At our School Council meeting this week we discussed:

- Our 150th Birthday celebrations. See the articles in this newsletter titled 150th Team and Follow the Special Brick Road for more information
- The process of moving from Skoolbag to Xuno, our new communication platform
- Student counsellor arrangements
- We discussed a suggestion of having a playground specialist visit the school to advise on possible modifications/improvements

150TH TEAM

One of the topics of discussion at our School Council meeting on Monday was the arrangements for our 150th birthday celebration. We have plenty of good ideas for our open morning. We really need to have a team who can drive the organisation. It would be great to

have some interested community members who would love to come together to pull the event together—this opportunity only comes around once in every 150 years—not one to miss!

If you are interested please contact us at the office—we'd love to hear from you.

MOTIVATIONAL SPEAKER

Motivational speaker & mental health advocate, Luke Kennedy, will be presenting to our 3-6 students on **Tuesday 15th of June**.

He's one of the most sought after guest speakers in the country, and reports from all schools state that he leaves a huge impact on students and the school community.

Topics covered in his student talk;

- Bullying (self-bullying/Negative self talk)
- Mental Health - Self-Care
- Resilience
- How to be yourself and stop worrying what other people think

As well as this, Luke will be holding a session for the parents of our school on the evening of the 15th.

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

This talk is for parents only, as Luke will be going deep into his story (he PG's his content for students during the day), and mental health advice.

A separate note will be sent home for you to RSVP. We are happy for you to invite any other interested adults outside of the PHPS community to the evening talk.

WALK TO SCHOOL SAFELY

Every year the Pedestrian Council of Australia encourage schools to participate in the Walk to School Safely Initiative. This campaign encourages all primary school children, their parents and carers to walk safely and regularly to school.

Many of our students do not live within walking distance to school but we still like the idea of marking the event and encouraging exercise. Our compromise is that we all meet at the Panton Hill Pub at **8:45am on Friday morning** and walk to school as a group. Parents can choose to drop their students in the carpark, where we will meet up before wandering down the path. We will also scoop up any students who have been dropped off to school—they will get to walk to and from!

XUNO



All parents should have received a welcome letter from Xuno, inviting you to register for our new communication tool. You should also have received a letter in your child's bag (eldest children) with instructions. If you do not have either of us, please let us know.

As mentioned in the cover letter, we will be rolling out the different functions of Xuno over time. At this stage we are focussing on the applications that were previously used in Skoolbag.

Teachers will be marking the roll digitally as of next week. When you send an absence note through Xuno, it will be sent directly to your child's teacher.

NAPLAN

All Grade 3's and 5's across Australia will be participating in NAPLAN testing next week. The test schedule is noted in our diary dates. The tests will be starting right at the beginning of the day at 9:00am. **Please make sure that your child is at school on time for the testing.**

PUPIL FREE DAY

Don't forget that we have a pupil free/curriculum day on Monday.

Value Award Winners

Congratulations to:

Seth Stein



Our staff will be attending professional development with a focus on literacy at Lower Plenty Primary School. Their care will be offering full day care. Please be sure to register if you would like to make use of this.

PLANKS INCURSION

We will once again be welcoming Green Hat Workshops back to PHPS on the **17th of May**. During the day all grades will be participating in workshops, using consistently sized planks of wood to construct. This was incredibly popular in 2018 when we had them here last.

We will top this off by inviting families back to school at 6:30 for an hour of fun with the same activity—again, an activity which was very well received previously.

A form was sent home this week with a return slip. It is important for us to have an idea of numbers as we will have to be mindful of Covid restrictions.

PREMIERS READING CHALLENGE

The Premiers Reading Challenge has begun again and we have activated all of our students to participate this year. In past years (with the exception of 2020 of course) we have been really proud to have 100% of our students complete the challenge. We would love to be able to keep our fine track record going. Happy reading everyone!

FOLLOW THE SPECIAL BRICK ROAD

This week, some information will be coming home outlining a fun commemorative fundraising campaign which our clever parents have come up with. We will be building a new special brick pathway from outside the Grade 6 classroom to the corner of the BER building made out of custom decorated bricks. Past and present families will have the opportunity to 'buy' a brick with their name or artwork on it to be laid and admired hopefully for another 150 years!

Keep an eye out for more information coming home in bags this week.

MOTHERS DAY STALL

Happy Mother's Day to all of our lovely PHPS mums! Thankyou to our fabulous team of Grade 5 helpers, led by Naomi Friede, who organised and staffed our Mother's Day Stall on Thursday. The students had a great variety of gifts to choose from and we hope all of our mothers enjoy opening up their special presents on Sunday morning. I have also seen some beautiful Mother's Day cards and artwork being produced in the classrooms.

Thankyou to Naomi, Alan and Bridget Friede, Liz Danson, Kirsten Renouf, Melissa Bates and Jacqui Kowalewski for helping out with the stall. We raised a very impressive \$479.



PARENTING IDEAS

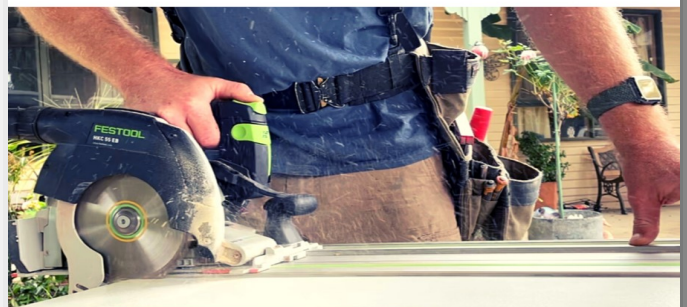
Raising children and young people to reach emotional maturity is an important part of parenting. It's a constant process that takes time, attention and work.

Included in this newsletter is the latest article by Parenting Ideas titled, Parenting for Emotionally Healthy Kids'.

DISCO

It has been fantastic to see the interest which our students have shown in the disco which is coming up on the 4th of June. Clearly PHPS kids like to dance!

Our Prep parents are organising this fundraiser, led by Megan King and Kate Edwards. We have had a great amount of support from parents for this event. Thankyou to Megan and Darcy King from BridgeHill Carpentry and Construction who have very generously donated the 'Bop Till You Drop' fee, the organisation engaged to run the night. Also thankyou to Kate Edwards and Dean Young from Bushwackers Birds and Bum Nuts and Straight Up Cranes for donating towards the glow sticks for the night. You will find the details of these companies which have been so generous below—please show them the love they have shown us.



Specialising in
Bathroom and Kitchen renovations
Decks and outdoor construction
Repairs and building maintenance
All general carpentry works



@Bridgehill Carpentry and Construction



@BridgehillConstruction



0433 835 662



Bushwackers Birds & Bum nuts
Quality Fertile eggs & day old chicks
St Andrews 3761
Kate - 0417 521 351



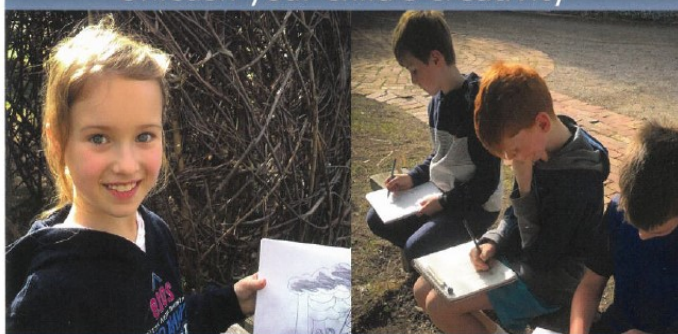
Community Notices

MayArt
Guided Art Exploration

Art for Kids



Unleash your child's creativity



Book now:

Phone: 0407 708 759

Email: lisamayartist@gmail.com

Lisa May is a Hurstbridge based artist and teacher. She is passionate about art and working with children. Lisa guides kids through the process of creating a piece of art in a supportive, relaxed environment.

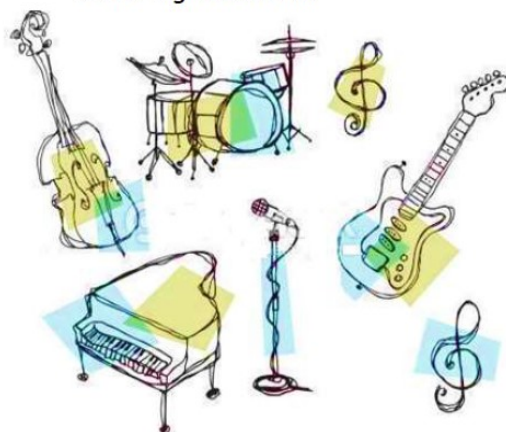
www.mayart.com.au

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

Apted Unwaxed Apples

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



PANTON HILL TENNIS CLUB IS BACK IN ACTION

A SMASH HIT FOR LITTLE LEGENDS

Our ANZ HOT SHOTS is Tennis for Kids, our entry level program is designed with smaller racquets, softer tennis balls and lower nets to make learning easy & fun AGES: 4-12 years



TEENS TENNIS

All abilities great chance to let off some steam, get active, socialize with friends AGES: 12-17 years
THURSDAY AFTER SCHOOL

SIGN UP NOW Wendy 0418 539 740



CARDIO TENNIS FUN FUN FUN



Who: **Beginners to Advanced players**

Day: **THURSDAY EVENING**

Time: **6.30pm — 7.15pm**

Cost: **\$16 per player**

Venue: **Panton Hill Tennis Club,
Rodger rd PANTON HILL**

Fun tennis drills, 4,000 steps in 45 mins

ALL TO HIGH ENERGY 80'S TUNES



SIGN UP NOW Wendy 0418 539 740

XUNO



INSIGHTS

Parenting for emotionally healthy kids



Most people steer clear from using destructive, toxic parenting strategies for fear of raising dysfunctional, emotionally unhealthy adults. Living vicariously through your kids or using fear to gain obedience are the types of strategies most parents avoid. So, what behaviours can parents practise that will help their kids function well, relate well to others and reach emotional maturity in adulthood? These behaviours will help your lay the foundation for your child to become an emotionally healthy adult.

Helping kids tolerate discomfort

While you don't need to expose kids to pain just for the purpose of toughening them up, you don't need to shield them from discomfort. Missing being picked for a team, a friend moving away and sitting a test that makes them nervous are the types of situations that reflect real adult-life. Providing children and young people with exposure to such experiences and giving them coping strategies such as positive distraction builds their resilience, which is essential for success and good mental acuity.

Validating their feelings

Telling kids to stop worrying or stop crying sends a message that emotions are bad. It teaches them to hide their emotions or fight their feelings. Similarly applying the terms 'good' or 'bad' to emotions sends a message that some emotions are not acceptable. The use of terms 'pleasant' and 'unpleasant' when discussing emotions is non-judgemental and shows your acceptance of all feelings. Let kids know through your language and behaviour that all emotions are a natural part of life, and that they provide important information to help them navigate their world. "Ahh! I see you feel upset about this" is the type of statement kids want to hear particularly when feelings are negative.

Letting kids live their own life

Parents have unrealised dreams as well as unhealed emotional scars. It can be tempting to put your own emotions onto your child or steer them away from areas of life that caused you pain. This practice places enormous pressure on children and restricts them from developing their own sense of self that comes from making your own life choices and living with the consequences. Kids require a certain amount of emotional space to develop their own interests and strengths that may be at odds with your expectations, which can be challenging when parenting small families.

Being emotionally available

One of the most difficult and time-consuming aspects of parenting is sharing a child or young person's emotional burdens. Supporting a child who is sad, or helping a young person manage disappointment is draining emotional labour, requiring your full attention. Supporting, coaching and coaxing kids when they are down is when parents do some of their most important work.

parenting*ideas

In closing

Raising children and young people to reach emotional maturity is an often (unintentionally) neglected part of parenting. By paying attention to their emotions and responding positively rather than shutting them down when their emotions get the better of them you will help lay the foundation to live healthy, balanced lives.



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.



Panton Hill Primary School

DISCO

Run by children's entertainers 'Bop Till You Drop'

Friday 4th of June

Panton Hill Hall

4:45-6:15 Preps - grades 2

6:30-8:00 grades 3 - 6

Tickets \$10 each

Includes refreshments, games and glow sticks

Bring along a gold coin if you would like your face painted

Parents are invited to stay in a separate parent zone during
the disco

(byo snacks and nibbles)

Children to remain inside the hall until an adult arrives to
collect them.



please return to office to collect ticket

students names & grades _____

number of tickets _____

Payment options: Cash to office

Direct deposit: Acc name: Panton Hill Primary School Council Account

BSB: 063 222 Acc Number: 00901713

Credit Card: Card holders name _____

Card number: _____ Expiry: _____ CCV: _____