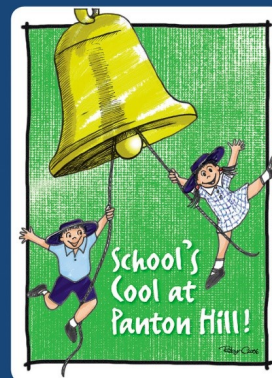




*A Rich Past,
Present & Future*

NEWSLETTER

Friday 28th May, 2021
Term 2: Week 6



DIARY DATES

**Monday 31st May—
Thursday 3rd June**

Remote learning

Friday 4th June

Interschool sport vs St Andrews—away

Disco

P-2 4:45– 6:15

3-6 6:30—8:00

Monday 7th June

Finance & Fundraising Meeting 6:30pm

School Council meeting 7:15pm

Friday 11th June

Interschool Sport vs Arthurs Creek—home

Storytime

Tuesday 15th June

Luke Kennedy presentation 6pm—7.30pm



Principal's Report

We once again find ourselves in the position where we are confined to our homes and dealing with a statewide snap lockdown. I know this is not anyone's ideal situation, but hopefully it will be effective and we can all be back on board in a week.

An information sheet was sent home yesterday and placed on Xuno, outlining the details of what next week will look like at PHPS.

We understand that every family situation is different. Please be in contact with your child's teacher if you need anything or would like to discuss the learning expectations. First and foremost we want our community to be safe and do not want to be adding any extra stress to an already difficult situation.

Further information was received last night by the Department of Education and I expect that further updates will be coming. Please make sure that you regularly check on Xuno for information.

The most recent update clarified

the onsite supervision arrangements. Onsite supervision applications can be approved if the following criteria is met:

Children where both parents and/or carers are authorised workers who cannot work from home, work for an essential provider and where no other supervision arrangements can be made:

- Where there are two parents/carers, both must be authorised workers, working outside the home in order for their children to be eligible for on-site provision

For single parents/ carers, the authorised worker must be working outside the home in order for their children to be eligible for on-site provision.

Children experiencing vulnerability, including:

- children in out-of-home care
- children deemed vulnerable by a government agency, funded family or family violence service, and is assessed as requiring education and care outside the family home.
- Children identified by a school as vulnerable, including via referral from a

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

government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service.

Information is available to [support your child's learning from home.](#)

RECONCILIATION WEEK

This week was Reconciliation Week with Sorry Day being observed on Wednesday. The school leaders and I were looking forward to attending a Sorry Day ceremony in Eltham and were really disappointed that it was cancelled as a result of restrictions. We are hoping that this may be rescheduled.

We started off this week with our school leaders taking assembly. They introduced a different Acknowledgement to Country (below), which they thought was more in line with our PHPS culture.

We acknowledge Australia's Aboriginal and Torres Strait Islanders peoples, the traditional custodians of lands, waterways and skies across Australia.

We thank you for sharing and caring for the land we learn and play on.

We pay our respects to Elders, and we share our friendship and kindness.

All grades this week had planned various Reconciliation Week activities, some of which we didn't get to do. These will be held over for once we are back.

150TH TEAM

As mentioned in previous newsletters, we would love to have a team of enthusiastic PHPS associates to join a team in organising our 150th celebrations.

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

Also a gentle reminder to submit your paver orders prior to **Friday 22nd July**

SCHOOL DISCO

The ticket sales are coming in for our school disco which is being held on **Friday the 4th of June**. At this stage we are assuming that we will be able to go ahead with this event but will be watching the restrictions very closely and will notify everyone of any changes as soon as we are made aware.

But for now, let's keep our fingers crossed that our students can finish next week with a celebratory dance!

LUKE KENNEDY

Regardless of restrictions, Luke Kennedy will be presenting to our Grade 3- 6 students and parents on **Tuesday the 15th June**. Hopefully these sessions can take place face to face, but we are all set up for remote sessions if required.

Please be sure to return the notices for the students and let us know at the office if you would like us to reserve a place for the evening session for you.

PARENTING IDEAS — ANXIETY REQUIRES UNDERSTANDING

Children and young people who experience anxiety need acceptance, compassion and understanding rather than judgement, dismissiveness and rejection. The article attached to this newsletter is a very common sense approach to dealing with anxiety in children. This may come in handy particularly over this lockdown period.

CROSS COUNTRY

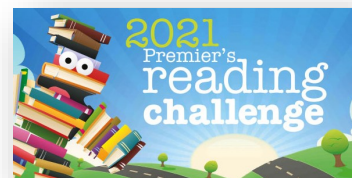
Well done to the following runners who competed in the Division Cross Country on Wednesday at Bundoora Park on a pretty chilly morning!

Charlotte Smith, Mitchell Bates, Tane Yalden, Leah Cody and Aussie Borthwick. We are really proud of the manner in which you represented PHPS and the Sugarloaf District. Thankyou also to the parents who transported our students, cheered them on and rugged them up at the end.



PREMIERS READING CHALLENGE

One of the priorities for students to do over remote learning is to continue to practise the reading strategies which they have been working on in class. What better way to do this than by finding a cosy, warm spot at home, reading a great book and adding it to the Premiers Reading Challenge.



APPLES

If you are after apples next week, you will need to brave the supermarket or greengrocer. Our apple cart will be empty until we have everyone back on deck.



2021 CFA Cup

Saturday 5th June (COVID restrictions permitting)



At

Panton Hill Football Oval



The CFA Cup began in the mid-1990s. The club had no juniors and the then President, Tony Cahir, wanted to give the young people a chance to play at least one game a year in front of their parents and the community.

He approached the principals at Panton Hill Primary and St. Andrews Primary who were fully supportive. It also felt important to link the game to the other stalwarts in each community, the CFA, particularly as the memory of the loss on Ash Wednesday of Stewie Duff and Neville Jeffreys, both connected with the club, was 'still very real'.

Whilst now our junior sides give an ongoing opportunity for boys and girls to play competitively each week, the CFA Cup maintains a Community legacy and provides a fun game between the "traditional rivals" of St. Andrews and Panton Hill.

Panton Hill Football Club invites students from Panton Hill and St Andrews Primary Schools to take part in this match. This year the match will be played at the half time break of the senior's match vs Thomastown, which will be at approximately 3pm. It is a mini match, which will run for 15 minutes. The Club would appreciate your support to keep this important community tradition alive. And the kids will love it!

**Please arrive at the ground no later than 2:30pm.
Players are to wear their own shorts. A top will be provided.
Don't forget your mouth guard!**

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



(Email): info@theircare.com.au

Service Number: 0498 989 126

Hello Everyone! We've been having quite a time over here diving into our imaginations and creating all sorts of play involving kings and queens, knights and other fairy-tale creatures. The children were given the task of finding out "Who Poisoned The Princess?," using the visual clues that were left for them to work through, and they did a great job of it! You'll never guess who the culprit was! We put our problem solving skills to good use again by constructing castles using marshmallows and toothpicks. The castles were then able to be digested! Oops, minus the toothpicks!



Our weekly menu follows Nutrition Australia's guidelines and is created with the children and parents. All cultural needs are considered and any dietary requirements are to be discussed with program coordinator. Before school care meals include a selection of cereals, wholemeal bread, fruit and milk. We offer special days such as pancakes and toasties. We also offer take away coffee or tea for all our parents.

About the program

TheirCare 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 TheirCare to provide quality care, flexibility and commitment to deliver on our promise to your school community.

Operation Times	Fees*	Out of Pocket	Average^	
Before School Care	6:45am – 8:45am	\$18.00	\$2.70 - \$18.00	\$5.04
After School Care	3:20pm - 6:00pm	\$26.00	\$3.90 - \$26.00	\$7.28
Pupil Free Day	6:45am – 6:00pm	\$60.00	\$9.00 - \$60.00	\$16.80
Late Booking				
Cancellation Fee	Within 48 hours	\$5.00	\$5.00	
Cancellation Fee	Same Day	Full Fee	See BSC/ASC	

Service Phone Number: 0419 179 948 Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410

How to Enrol
Visit TheirCare website: www.theircare.com.au and click on 'Book Now' in the top right hand corner to register your child's details.

*Standard fees excluding incursion / excursion costs
^Based on ABS published average family income for the suburb the school is located

(Phone): 1300 072 410



Register and make bookings at:

www.theircare.com.au

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

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

CELEBRATING 150 YEARS



BE PART OF PHS HISTORY

To commemorate the 150th Birthday of Panton Hill Primary School, a special pathway will be created on the school grounds. All past, present and future families will have the opportunity to be part of this special event, by purchasing a brick or bricks to form the pathway.

This commemorative path will also support the school as a fundraising activity.



SINGLE PAVER 230 x 115mm

- Max 3 lines per paver
- Max 17 characters per line
- Price includes path construction. Please consider adding an extra donation to go towards the school's logo plaque. Any amount is appreciated.
- NOTE: If multiple single pavers are ordered, they will not be laid together

\$40



DOUBLE FAMILY PAVERS 230mm x 230mm

- Max 6 lines, border around both
- Max 17 characters per line
- Price includes path construction. Please consider adding an extra donation to go towards the school's logo plaque. Any amount is appreciated.

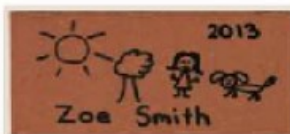
\$80



TRIPLE FAMILY PAVERS 230mm x 345mm

- Max 9 lines, border around all three
- Max 17 characters per line
- Price includes path construction. Please consider adding an extra donation to go towards the school's logo plaque. Any amount is appreciated.

\$120



HAND DRAWN PAVER 230 x 115mm

- Simple hand drawing
- In black only
- Price includes path construction. Please consider adding an extra donation to go towards the school's logo plaque. Any amount is appreciated.
- NOTE: Bricks come in 3 colours, which will be randomly selected.

\$50

ORDERS CLOSE FRIDAY 22 JULY 2021

* If you know of past families who may be interested, please pass on this information.

Please contact Panton Hill Primary School on 9719 7202 to receive the order forms for your chosen pavers.

The forms can be emailed or posted to you, or you can collect from the office.

INSIGHTS

Anxiety requires understanding



The recent rise in childhood and adolescent anxiety and its acceleration during COVID-19 has worried parents and teachers. Many ask how they can assist kids when they become anxious about seemingly routine events such as attending school camps and excursions, tackling difficult subjects, or facing the prolonged absence of a favourite teacher.

Typical responses such as ignoring their worries or encouraging them to 'get on with it' are unhelpful. Allowing a child to avoid an activity that makes them anxious is another unhelpful option. Avoidance may help kids feel safe in the short term, but it risks the establishment of a long-term pattern that can be impossible to shift.

Regardless of the source every child and young person needs an adult in their life that understands them when they are anxious. It may make little sense that an activity makes a child anxious, you just need to understand that they are anxious. They need someone to witness their anxiety without dismissing or ignoring their feelings.

Anxious kids frequently look to parents and teachers for reassurance when they feel anxious. This shows in many ways, including kids continually seeking the opinion of others, wanting parents or teachers to make decisions for them, and continually asking for praise. Adults don't have to fix kids' problems, but we do have to understand they are anxious.

The use of 'Ahhhh' statements to validate how an anxious child is feeling, is a practical way to show that you are trying to understand them. It's also a great way to help a child develop a more nuanced emotional vocabulary. Here are some examples:

'Ahhhh, you're feeling anxious about going to school camp . . .'

'Ahhhh, you're having one of those "I might mess it up" thoughts . . .'

Each child's anxiety is unique. The first and most important response from an adult is to show a child that you 'get' that they are anxious. Having someone understand that they are anxious is an enormous relief, particularly if they haven't been taken seriously in the past. Sitting alongside a child who feels anxious is an underestimated act of compassion that makes a huge difference to their immediate emotional state.



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: _____