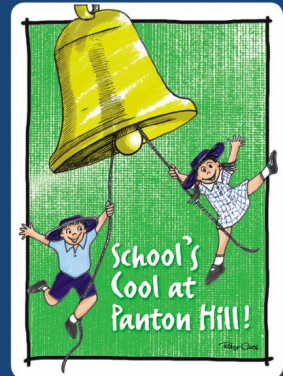




*A Rich Past,  
Present & Future*

# NEWSLETTER

Friday 22nd July, 2022  
Term 3: Week 2



## DIARY DATES

### **Friday 22nd July**

Bunjil planting Prep,1,5,6

### **Monday 25th July**

School Council Meeting

### **Friday 29nd July**

Bunjil planting Gr 2,3,4

### **Monday 1st August**

### **Curriculum Day**

Scholastic Book Club orders due

### **Monday 22nd August**

Author visit

### **Tuesday 23rd August**

Swimming Prep –Grd 1

### **Wednesday 24th August**

Swimming Prep –Grd 1

### **Thursday 25th August**

Book week activity day and dress up

### **Friday 26th August**

Hooptime 5/6

### **Friday 2nd September**

Hooptime 3/4

### **Wednesday 7th September**

Life Ed Program

### **Monday 12th Sept.**

### **Pupil Free Day**

### **Wednesday 14th Sept.**

Kaboom Sports

## **Principal's Report**

Welcome to Term 3. I hope that everyone managed to have a good break in routine over the holidays.

It has been a very chilly, but smooth start back with all grades getting straight into a term of learning and working towards their goals.

It was great to see the engagement in the parent teacher student conferences on Wednesday (and Thursday for the Grade 3's). The staffroom chatter was very much about how impressed the staff were with the way in which the students presented their work. These conferences are a really good opportunity for our students to not only share their work but practice the skill of presenting, something which they spent time preparing for in their classes. In our busy lives it can also be a somewhat rare chance to focus entirely on one student and their achievements and strengths.

## **PARENTING IDEAS—PARENTING INTROVERTS & QUIET KIDS**

The world is skewed toward extroverts. Parenting introverts can be a

challenge particularly if you are an extrovert yourself. We have included an interesting article discussing this.

## **BOOK WEEK**

We are so excited to be planning Book Week for this term. It has been a couple of years since we have been able to celebrate book week in the manner which we prefer.

So, we have a couple of things up our sleeves for book week. We will kick the week off on **Monday the 22nd August** with an author visit by Andrea Rowe who is the author of *Jetty Jumping*, a CBCA shortlisted book for 2022. Andrea also happens to be the sister of our very own musical instrument tutor Ewan Cloonan! On the Thursday we are hoping that we will be greeted with 145 students dressed up in book related costumes. We will have a costume parade on the basketball court first up. We have also invited our Panton Hill Pre-School friends to come and join in with the parade. Of course, we would love parents/guardians to join in the fun.

Following our parade we will have a second author visit—none other than our very own Ali Sharma, who is the author of two books 'Scarlett Brown'.



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

Then the fun continues with all students rotating through different classrooms and teachers and enjoying book related activities.

### COVID 19 INFORMATION

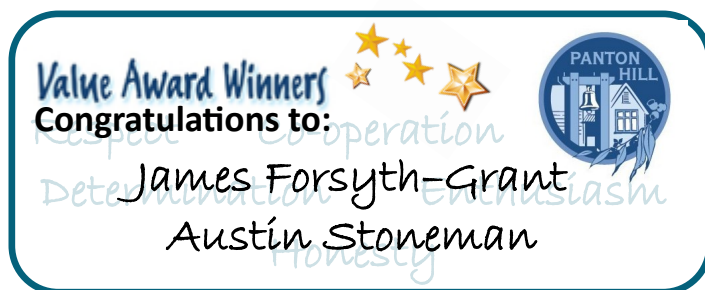
A reminder that as part of the changes, from **11.59pm Friday 24 June 2022**, parents and carers who have COVID-19 can transport their non-COVID-19 children via private vehicle to their primary or secondary school when an alternative person is not available to assist. This means that parents and carers will be able to leave COVID self-isolation to take their non-COVID-19 child to school via a private vehicle.

The parent or carer must travel directly to and from the school only. They must remain in the vehicle at all times, unless it is reasonably necessary to leave the vehicle to walk the child to and from the entrance of the school safely. They must wear a face mask at all times.

Family members are asked to continue reporting positive COVID-19 cases to both the [Department of Health](#) and to our office.

You must also let the school know if your child is a close contact. Students who are close contacts and want to attend school should still take 5 RATs over 7 days and wear a face mask whilst indoors if they are aged 8 years or over. Please note that RATs are provided from the office if you would like them.

Students should continue to stay home if they are un-



well, even if they test negative on a RAT.

Thank you for your support as we continue to make these adjustments.

### PUPIL FREE DAY

A couple of dates to have in your calendar—we have a pupil free curriculum day on **Monday the 1st of August** where the teachers will be working on a literacy, conferencing focus. Their care will be available for full day care on this date.

We have an additional pupil free, professional practice day on **Monday the 12th of September**. This is the last Monday of the term. Full day care will also be available from Theircare for this date.

It is unusual for us to have this many pupil free days in one term. DET has advised schools that as it is difficult to find replacements for teachers at the moment, the professional practice day for teachers should be taken on one day and deemed pupil free. Teachers are entitled to a professional practice day, normally we would spread this over a couple of days and use Casual Relief Teachers to replace them.

## 2022 School Council Members

POSITION	
President	Megan King
Vice President	Aaron Cody
Secretary	Deanne Cahir
Treasurer	David Shaw

SUB COMMITTEE	MEMBERS	MEETING TIMES
Building & Grounds	Kylie Richards Marc Lemire Beth Borthwick	Monday morning prior to SC meeting 7:30am
Finance & Fundraising	Kylie Richards, Megan King, David Shaw, Alison Tovey	6:30pm prior to SC Meeting
Curriculum & Review	Anne Howard, Kylie Richards, Margaret Bozik, Sam Headberry, Steph Brindley, Justine Puls-Welsh	As required

## CALENDAR

Schools are such busy places, with dates flying here there and everywhere. If you are needing to confirm a date, it would be a good idea to head straight for the Xuno calendar or check out the dates on the front page of the newsletters.

## BUNJIL PLANTING

Nillumbik Council have approached us with the prospect of working with them on a project connecting our kids with Bunjil Reserve which we are all for! The focus of the project will be looking at information around indigenous seasons, local flora and fauna. There is a chance that it may also involve some work with a performance company, aligned with the environmental focus.

This project kicked off today with the Grade 6's and Preps, then the Grade 1's and Grade 5's heading over and meeting with Council staff and helping out with planting indigenous species.

## CFA CUP

The annual CFA Cup will be held this weekend at the Panton Hill oval during the Seniors half time. If you are interested in playing, please arrive at the below times with either white or red shorts. Playing tops will be provided.



2022 CFA Cup

Calling Grade 4s, 5s & 6s

Panton Hill PS vs St. Andrews PS

Saturday 23 July 2.30pm for a 3pm game

At Panton Hill Football Oval

Remembering those lost in the 1983 Ash Wednesday Fires




## APPLES ARE BACK

On Monday we will have 10 bags of new season Gala apples delivered to the school. The apples are wax free and delicious so get in quick. **\$7 per bag**

## UNIFORM SHOP

The uniform shop opening hours are: **Tuesday 3.00pm—3.45pm and Friday 8.45am—9.15am**

  
**Book Club**

Please order and pay for your books online at  
<http://mybookclubs.scholastic.com.au/>

Scholastic Bookclub - please order online

If you have any queries about registering or using their ordering system please contact Bookclub Help on 1800 021 233 or the school office.

Orders for this issue must be placed and paid for online by:

## Monday 1st August

Please note that books will be available for pick up from the school approx. 1 week later



## EMERGENCY HELP FOR INJURED WILDLIFE

Please keep me in your wallet

**If you come across injured wildlife, STOP and CALL:**

Wildlife Rescuers	📞 0417 506 941
Wildlife Victoria	📞 8400 7300
Help for Wildlife	📞 0477 555 611

**Specific to Nillumbik area**

Rescue Rehabilitate Release	📞 0422 969 703
Stringybark Wildlife Shelter	📞 0414 863 752

Please provide the EXACT LOCATION via an address, map pindrop or screenshot or leave a physical marker.





# Bunjil Planting





Week 2 Term 3

Grade	Reading	Writing	Numeracy	Integrated Studies	Social and Emotional Studies
<p>Prep</p> <p>Soundwaves</p> <p>w for </p> <p>Special word has</p> <p>z for </p> <p>Special word his</p>	<p><b>Thinking within the text</b> <b>Analysing</b></p> <p>Use language and pictures to talk about a text (title, beginning, ending)</p> <p>Setting up individual reader bags for the classroom</p>	<p><b>Recount</b></p> <p>Introduction to Narratives</p> <p>Handwriting</p>	<p><b>Number and Algebra</b> <b>Addition</b></p> <p>using a range of practical strategies for adding small groups of numbers, such as visual displays or concrete materials</p> <p><b>Shape</b></p> <p>Sorting, describing and naming familiar two-dimensional shapes and three-dimensional objects in the environment</p>	<p><b>Earth and Space</b></p> <p>Exploring day and night time.</p> <p>Exploring how day and night affects different animals.</p>	<p><b>Respectful Relationships</b></p> <p>Help Seeking</p>
1	<p><b>Thinking About the text</b> <b>Analysing</b></p> <p>Use specific language to talk about literary features eg: beginning, ending, problem, time and place, question and answer</p> <p>Understand that a biography is the story of one person's life and is usually told in chronological order</p>	<p><b>Poetry</b></p> <p>Haiku - Japanese poem based on set syllables</p>	<p><b>Number and Algebra</b></p> <p>Develop confidence with number sequences to and from 100 <u>by ones</u> from any starting point, skip <u>count</u> by twos, fives and tens starting from zero</p> <p><b>Time</b></p> <p>Tell time to the half hour</p>	<p><b>Earth and Space</b></p> <p>Patterns of the sun</p>	<p><b>Respectful Relationships</b></p> <p>Stress management</p>
2	<p><b>Thinking About the text- Analysing</b></p> <p>Understanding the perspective from which a story is told - First person /</p>	<p><b>Poetry</b></p> <p>Cinquain, Haiku and Blackout Poems</p> <p>Diamante &amp; Kenning Poems</p>	<p><b>Number and Algebra</b> <b>Multiplication</b></p> <p>Recognise and represent multiplication as repeated addition, groups and arrays.</p>	<p><b>Earth and Space</b></p> <p>Investigate students' questions about water, where it comes from and how to use it responsibly</p>	<p><b>Respectful Relationships</b></p> <p>Problem Solving</p>

	Third person.		<b>Measurement Time</b> Tell time to the quarter-hour, using the language of 'past' and 'to'		
3	<p><b>Thinking beyond the Text</b></p> <p><b>Critiquing and Analysing</b> Understand unique characteristics of graphic texts</p> <p>Notice that biography is built around significant events, problems to overcome and the subjects decisions</p> <p>Recognise the writers use of compare and contrast</p> <p>Recognise the writers use of problem and solution</p>	<p><b>Poetry</b></p> <p>Limericks</p>	<p><b>Number and Algebra-</b></p> <p>Model and represent unit fractions including <math>\frac{1}{2}</math>, <math>\frac{1}{4}</math>, <math>\frac{1}{3}</math>, <math>\frac{1}{5}</math> and their multiples to a complete whole</p> <p><b>Measurement Time</b></p> <p>Tell time to the minute and investigate the relationship between units of time</p>	<p><b>Earth and Space</b></p> <p>Tsunamis and Earth's surface</p>	<p><b>Respectful Relationships</b></p> <p>Positive Coping</p>
4	<p><b>Thinking beyond the Text</b></p> <p><b>Critiquing and Analysing</b></p> <p>Notice how a fiction writer creates suspense</p> <p>Use some academic language to talk about genres</p>	<p><b>Poetry</b></p> <p>Figurative Language (personification, Alliteration)</p> <p>Cinquain</p>	<p><b>Number and Algebra- recap of multiplication and division strategies</b></p> <p><b>Time</b></p> <p>Converting units of time/ calculating elapsed time</p>	<p><b>Earth and Space</b></p> <p>Tsunamis/ Earth's changing surface</p>	<p><b>Respectful Relationships</b></p> <p>Help Seeking</p>

	Understand that a non-fiction writer may use argument or persuasion				
5	<p><b>Analysing</b></p> <p><b>Character Analysis</b> Character traits. Identify round characters (those who change and develop) and flat characters (those who do not change) in a text. Identify static and dynamic characters. Analyse how characters change and develop in a text.</p>	<p><b>Biography Writing</b> Working on paraphrasing, Researching, the structure of a biography and elements of a biography</p>	<p><b>Number &amp; Algebra</b> Fractions-equivalent fractions, mixed numbers and improper fractions, adding and subtracting fractions, the connection between fractions, decimals and percentages <b>Location and Transformation</b> Apply the enlargement transformation to familiar two dimensional shapes</p>	<p><b>Grade 5 and 6 Natural Disasters</b></p> <p>Sudden geological changes or extreme weather conditions can affect Earth's surface</p> <p>-Earthquakes -Tsunamis -Volcanoes</p>	<p><b>Respectful Relationships</b></p> <p>Topic 4- Problem Solving</p> <p>Topic 5- Stress management</p>
6	<p><b>Analysing</b> Analyse strategies authors use to influence readers</p> <p>Identify, describe, and discuss similarities and differences between texts, including those by the same author or illustrator, and evaluate characteristics that define an author's individual style</p>	<p><b>Poetry</b> Figurative Language (personification, Alliteration)</p> <p>Cinquain poetry</p>	<p><b>Number and Algebra</b> Compare fractions with related denominators and locate and represent them on a number line</p> <p><b>Location and Transformation</b> Apply the enlargement transformation to familiar two dimensional shapes</p>		<p><b>Respectful Relationships</b></p> <p><b>Topic 7 Gender and Identity</b></p>

## INSIGHTS

### Parenting introverts and quiet kids



Many parents worry when their child is shy, quieter than others or not the outgoing type. The thought that their child may be a loner turns parents into social organisers who arrange playdates and parties or friendship coaches. They may upskill their kids to start conversations, manage conflict and play with others. This flurry of activity can be exhausting, and they cause a great deal of angst for kids. However, it may be that their child is introverted by nature, and they are trying to make them fit the extrovert mould.

#### It's genetic

Introverts are wired differently to extroverts. Introverts have closer links to the para-sympathetic nervous system, which is responsible for calm and relaxation, so they feel more at home in quieter, less stimulating environments. Extroverts, on the other hand, are more closely aligned with the sympathetic nervous system, which is responsible for high arousal levels, so they seek stimulating environments to keep their energy levels high.

Extroverts work hard to get their dopamine hits, those little shots of happiness the brain releases to reward behaviour and keep them coming back for more. Introverts, on the other hand, who only have to read a book to get a dopamine hit, feel more comfortable in low stimulus environments.

#### Birth order plays a role

While nature plays a huge part in temperament development, genetics can't claim all the credit for creating introverts and extroverts. In birth order studies, eldest borns repeatedly score higher on introversion than children in other birth order positions, while later-borns consistently lean towards extroversion. Being born last in a family usually means time alone is a rarity, while eldest children usually spend a great deal of time in their own company in the early formative years when personality is being shaped.

The world is skewed toward extroverts, so knowing how to raise introverts means that you may need to discard many parenting rules of thumb you've taken for granted. Here are some parenting ideas to get you started.

#### Welcome introspection

Introverts like to go within to process daily events and find solutions to their problems. In an era when we encourage kids to discuss rather than bottle problems up, introspection can be disconcerting for parents. But giving introverts space to think through adverse events before they seek help, enables them to get their thoughts in order and feel more in control of their lives. Welcome quiet times and remember that introverts need time to refresh and replenish away from the hustle and bustle of school and family life.



## Provide silence and solitude

Extroverts like to keep company of others, while introverts like to keep their own company, or keep friendship circles small. Introverted kids appreciate quiet time and spaces away from others to recharge, reconnect and relax. This may seem strange to extroverted parents, or siblings who want to hang out or play with their siblings. Giving kids permission to seek solitude, balanced with activity to prevent brooding, is an introvert-friendly family habit.

## Use stepladders not escalators

Extroverts tend to jump boots and all into new social situations. School camp coming up. *“Great. It’ll be fun.”* Family holiday approaching. *“Terrific! I hope we go where there’s heaps of other kids.”* Joining a new sports team. *“I can’t wait. I bet I’ll know heaps of kids already.”*

Introverts, on the other hand, are more tentative entering new social situations. School camp. *“I hope some of my friends are going.”* Family holiday. *“Who else will be there?”* Joining a new sports team. *“Will I know anyone?”*

Give introverts plenty of information about new situations and don’t expect them to immediately embrace the whole scenario. Give them time to make new friends and become comfortable in social situations.

## Quietly celebrate quiet achievers

Introverts can easily feel that something is wrong with them. Mainstream entertainment and social media celebrates extroverts in all walks of life. Brain surgeons don’t receive standing ovations, yet they do their best work on their own. When introverts do well in any field shout it out (but quietly!) as they need someone to aspire to as much as extroverts.

## Chess anyone?

Help your introverted child discover their strengths and interests and resist pushing them down common leisure paths such as sport or drama that may not hold strong appeal. When they join clubs and groups they may be really interested in, such as chess, crafts or reading, they will more than likely form friendships with like-minded souls... as birds of a feather really do flock together.

## It’s a balancing act

Too much solitude can lead to depression so introverted children and teenagers need to be challenged at times to leave the comfort of their own company and spend time with friends, or even the rest of the family. Firm but gentle persuasion and nudging works better with introverts than heavy-handedness so work on your persuasion skills to ensure your introvert lives a socially balanced life.

## In closing

Parenting introverts can be a challenge particularly if you are an extrovert yourself. Adopt the mindset that introversion is normal, indeed a strength, and put steps in place to help an introverted child feel both comfortable in their own skin and confident navigating the world at large.



### 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 Playgroup

Painting  
Arts & Crafts  
Sensory Activities  
Games  
Toys  
Pretend Play  
Messy Play  
Library  
Outdoor play



Bring your little one along to socialise, explore, experiment & play at our relaxed community playgroup. Spend some quality time with your mini while you fill your cup chatting with other grown ups. All welcome!

## Wednesdays

### 9:30-11:00

Panton Hill Primary  
School

in the music room

For more information contact Megan King on 0413 114 415



**CALLING ALL THREE AND FOUR YEAR OLDS!**

# **PANTON HILL PRIMARY SCHOOL STORYTIME**

We would like to invite all three and four year olds to Storytime Sessions at Panton Hill Primary School. This is a chance to come along, listen to a story and join in with some fun activities. All sessions will be held in the Prep Classroom with Miss Brindley, our Prep Teacher.

Parents are welcome to join in with their children.



**FRIDAY MAY 13TH  
FRIDAY JUNE 17TH  
FRIDAY AUGUST 5TH  
FRIDAY SEPTEMBER 2ND**

**11:30AM TO 12:20PM**

Contact  
panton.hill.ps@education.vic.gov.au  
9719 7202



Hello Everyone!

Next week at OSHC we will be looking at the season of Winter and what it means to us on the hill. We will be making igloos with marshmallows, making crystal snowflakes, lots of Winter themed art and of course, drinking hot chocolates to keep ourselves warm or even some lovely hot soup.

Even though it is really cold outside, we will still be running our outdoor games.

The following week, two of our older children have put in a request to “do” The Magic Faraway Tree, by Enid Blyton. I suggested building a Magic Faraway Tree for the OSHC room and they became very excited at the prospect of building a Magic Faraway Tree. This will be interesting~! 😊

(Phone): 1300 072 410

Take Care and stay warm and safe!

Register and make bookings at: [www.theircare.com.au](http://www.theircare.com.au)

Kind Regards, Ella

(Email): [info@theircare.com.au](mailto:info@theircare.com.au)

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, whole-meal 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.

**Pantan 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	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](http://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







## Looking for one-on-one support to create your emergency plan?

Come along to one of our drop-in sessions and talk to us about planning for emergencies such as storms, power outages, bushfires and heatwaves.

CFA and Red Cross will join Council's Communities First and Environment teams to offer one-on-one support.

No booking required, just drop in for a free cuppa and chat with us about your emergency plan.

For more information contact [emergency.management@nillumbik.vic.gov.au](mailto:emergency.management@nillumbik.vic.gov.au) or call 9433 3160 to discuss access requirements, or to request resources and information in an alternative format.

### Session dates

**Thursday 21 July, 10am – 1pm**  
St Andrews Community Centre  
35 Caledonia Street, St Andrews

**Tuesday 16 August, 12.15pm – 3.15pm**  
Eltham Library Community Room  
Panther Place, Eltham

**Monday 19 September, 2pm – 5pm**  
Hurstbridge Community Hub  
50 Graysharps Road, Hurstbridge

**Wednesday 26 October, 9am – 12pm**  
Smiths Gully General Store  
914 Kangaroo Ground-St Andrews Road,  
Smiths Gully

# Bringing Up Great Kids

## Parent Support Program

In this practical parenting group, delivered over 6 consecutive weekly sessions you will learn how to parent in a more reflective and mindful way.

Hosted by Family Support Worker Joan Lauricella, Bringing Up Great Kids is suitable for parents with preschool or primary school aged children.

### What will be covered:

- Learn about the origins of your parenting style and how it can be more effective
- Identify the important messages you want to convey to your child and how to achieve this
- Discover how to overcome obstacles preventing you being the kind of parent you want to be
- Learn how to communicate effectively with you child and build a positive relationship
- How to develop your child's positive self-identity



**When:** Tuesday 2, 9, 16, 23, 30 August and 6 September

**Time:** 9.30am to 11.30am

**Where:** healthAbility, 917 Main Rd Eltham

**Cost:** \$150 per adult, \$250 couple and \$75 concession

**Bookings:** Essential via [trybooking.com/CBAOC](https://trybooking.com/CBAOC)

### For more information

Please contact Joan Lauricella, Family Support Worker at [joan.lauricella@healthability.org.au](mailto:joan.lauricella@healthability.org.au) or phone **9430 9100**

**Phone:** (03) 9430 9100 | **Email:** [contact@healthability.org.au](mailto:contact@healthability.org.au)

**Box Hill:** 43 Carrington Road, Box Hill, VIC 3128

**Eltham:** 917 Main Road, Eltham, VIC 3095



healthAbility

By your side  
[healthability.org.au](https://healthability.org.au)