



*A Rich Past,
Present & Future*

NEWSLETTER

Friday 2nd September, 2022

Term 3: Week 8



DIARY DATES

Mon 5th—Fri 9th September

Safety Week

Tuesday 6th September

Life Ed Program

P-1 Swimming

Wednesday 7th September

Life Ed Program

P-1 Swimming

Thursday 8th September

Division Athletics

Lockdown drill 9:30am

Friday 9th September

P-1 Final swimming/fun day

Monday 12th Sept.

Pupil Free Day

Wednesday 14th Sept.

Kaboom Sports

Thursday 15th September

Camp meeting 6pm

Friday 16th September

Football dress up day

Gold coin donation

Last day of Term 3

Assembly & early dismissal



Principal's Report

Life at PHPS has certainly been very busy since our last newsletter. Last week was a blur of visiting authors, Hoottime and dressing up. Although the weather was not kind to us, it was still so fabulous to have our Bookweek parade—showcasing the creative book-inspired costumes. Well done to all involved for putting together these creations.

We had great feedback from our students about the Bookweek activities that followed the parade. We have had a long tradition of these activity days here at PHPS. It is always a great opportunity for our students to mix together prep to grade six and enjoy working together. Thanks to the teachers who worked in pairs to plan some great activities.

SAFETY WEEK

Victorian schools are required under the Child Safety and Wellbeing Act to ensure that they implement compulsory child safe standards to protect students from harm. Panton Hill Primary School is committed to child safety. Articles will appear in the newsletter and on our website to promote our commitment to the Child Safety Standards.

The Child Safe Standards set out to create safe places for students to fully and actively participate in the life of the community, benefiting everyone. Panton Hill Primary School will ensure that the students in its care are protected to the best of its ability and in line with their duty of care and the compulsory child safe standards.

As a community we want students to be safe, happy and empowered. We support and respect all students, as well as our staff and volunteers. We are committed to the safety, participation and empowerment of all students.

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

There is zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures. We meet our legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously.

We are committed to the cultural safety of Aboriginal and Torres Strait Islander students, the cultural safety of students from a culturally and/or linguistically diverse backgrounds, to providing a safe environment for vulnerable students and students with a disability.

This year Panton Hill Primary School will run 'Safety Week', in line with the 11 Child Safe Standards. Grades will be covering the following topics in an age appropriate manner during Wellbeing sessions.

Child abuse awareness and prevention:

- Identify when they feel safe and unsafe and when they are at risk
- Identify safe and unsafe touching (using the anatomical names for their body parts)
- Promote their personal safety (avoiding harm where possible)
- Promote online safety
- Seek help, using their identified safety networks
- Medical evacuations and emergencies (including Anaphylaxis and Asthma)

You can read more about child safe standards and policies at:

[HTTPS://WWW2.EDUCATION.VIC.GOV.AU/PAL/CHILD-SAFE-STANDARDS/POLICY](https://www2.education.vic.gov.au/pal/child-safe-standards/policy)

EMERGENCY LOCKDOWN DRILL

As part of safety week, we will be conducting our annual lockdown drill on Thursday the 8th of September at 9:30am. The teachers will discuss with their grades prior to the drill and prepare them.



HOOPTIME

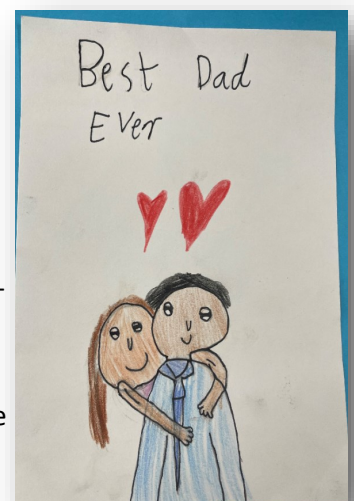
Well done to our Grade 5/6 Hooptimers who played against other local schools last week. This is always a great event and opportunity to compete. Thankyou to Mr Hurst and Mrs Puls-Welsh for organising our teams and to who helped out with scoring and supervision on the day. Thankyou also to our fabulous parent helpers, Kirsten-Renouf, Ben Strong, Kylie Brophy, Alison Tovey, Anita Stein and Poppy Berry who helped out with scoring, encouraging and supervising.

We will enclose a report of the 5/6 Hooptime day in the next newsletter.

The Grade 3/4 Hooptime teams are competing today— we will look forward to their report also in the next newsletter.

FATHERS DAY/SPECIAL PERSON STALL

Thankyou so much to our parent helpers: Amy Davey, Abbey Baines, Lara James, Bethany Anderson, Melissa Wharrie, Hayley James and Rebecca Beasley for organising, purchasing, wrapping and selling our gifts at the stall on Friday and Monday. The students always love the chance to come along and go shopping for something special. We hope that all the gifts contribute to a special day for all of our PHPS families.



Statement of Commitment PHPS is committed to Child Safety. We want children to be safe, happy and empowered. We support and respect children, as well as staff and volunteers.

SCHOOL COUNCIL

We had a very efficient School Council meeting on Monday where we discussed:

- The approval of the new Child Safety Policies. These are currently on our website in Draft form. Now that they have been approved, they will be updated to the final policy documents.
- An agreement with the DET building authority to replace our existing, decommissioned solar panels with a newer, larger system
- Current responses for the Parent Opinion Survey—16%
- Possibility for a working bee in Term Four, with a particular upgrade 'project' under the oak trees.
- Approval of Bike Ed and a bike ride for the Grade 5/6's in Term Four

KABOOM SPORTS

Our Grades P-3 students will be going along to Kaboom Sports on **Wednesday the 14th of September**. This is a fun event, hosted by Kangaroo Ground Primary School where the students have the opportunity to participate in a range of physical activities with students from our surrounding schools. Permission and payment will be up on Xuno today for this event.

SCHOOL NURSE

This is a reminder to our prep parents to please return the school nursing forms which were sent home earlier this term. This is a free service offered by DET where a nurse will attend here at school to offer an assessment of any concerns regarding health and wellbeing and give advice and information about your child's health and referral to other services if necessary. Packs will be collected during the last week of this term.

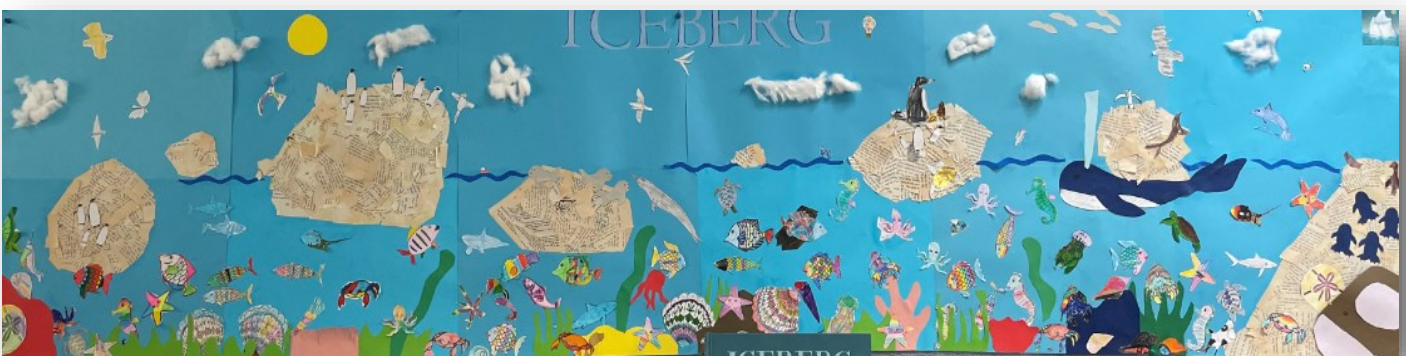


CURRICULUM DAY—PUPIL FREE DAY

Our staff will be spending **Monday the 12th of September** planning for Term Four. This day will be a pupil free day. Their care will be available for full day care if you need it.

CAMP MEETING

We will be holding a meeting for parents of our Grade 3-6 campers on **Thursday the 15th of September** at 6pm via Webex. During this meeting we will discuss the arrangements for the camp and give parents an opportunity to ask any questions. An invitation will be sent out shortly.



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ATHLETICS

We had such a great day on Thursday at the District Athletics at Willinda Park. The weather was kind to us and all of the competitors had a great day mixing with each other from other schools and jumping, running, leaping, throwing. Well done to all of our PHPS athletes for competing and for encouraging each other so beautifully.

Special congratulations go to the following students who have qualified to compete at the Division Athletics next Thursday at MeadowGlen Athletics Track.:

- Izzy Griffith—Discus
- Bella Ferguson McLellan—Shotput and Triple Jump
- Chloe Lemire—High Jump
- Esther Brown—Triple Jump
- Aspen Bryant—Discus
- Arlia Brennan—1500 Metres
- Aussie Borthwick—1500 Metres
- Edward Barrett—800 Metres & 1500 Metres
- Tane Yalden—High Jump
- Bailey Wilson—Discus
- Seth Stein— Discus



Value Award Winners

Congratulations to:

Isobel Ryan, Parker Thompson, Liam Beasley,
Esther Brown and Xavier Hayes



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.



The Rotary Club of Eltham
ELTHAM ART SHOW
Gala Opening 1st Sep 22
General Admission 2nd – 4th Sep 22

General Admission tickets are now available for all to purchase & enjoy this art show event.

The Eltham Art Show, this year titled Art Heritage of the Nillumbik Shire welcomes Artists who have a strong connection with Nillumbik to exhibit, be it residential, educational or institutional, e.g. Montsalvat, Dunmoochin, Baldessin Studio. Artists who have been a member of one of our many local artistic groups, or have exhibited at a major exhibition e.g. The Nillumbik Prize, or at one of the past or present local galleries e.g. Lighthouse Gallery, Wiregrass Gallery, Gallery 7six5.

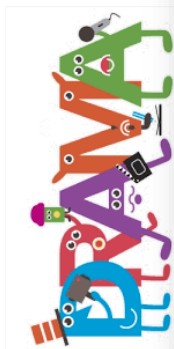
If you are an artist with this experience within the Nillumbik Shire, you qualify to enter the inaugural Eltham Art Show in 2022 – Art Heritage of the Nillumbik Shire.

<https://elthamartshow.org.au/#>

On Wednesday the 31st of August, our Grade 3/4s were visited by Nick from Drama Victoria. Nick taught our students all about improvisation and how to use our faces and bodies to show movements or actions. We learnt all about being able to trust each other during improvisation and how to follow on from each other with lines and actions.



Well done to all of our Grade 3/4s for participating and having a go at every activity.





KIDS HELPLINE- SOCIAL MEDIA



On Wednesday 24th August, Grade 5 took part in an online Kids Helpline Session all about social media. It was really interesting to learn that social media can be both positive and negative. We learned about managing time online, how social media affects our moods and emotions, and about different types of social media.

I learnt to put a timer on my phone or tablet.

I learnt that photos on Snapchat can be used for their marketing because when you sign up you give consent.

I didn't know that Snapchat can steal your videos.

I will use night shift mode when using devices at night (not on school nights).

I learnt what FOMO is (Fear of Missing Out).

I learnt that Snapchat can use your pictures for their ads.

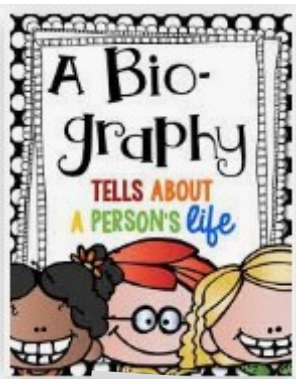
I learnt that I should have less screen time, and that photos are still there even when they are erased.

I learnt that Minecraft is Social Media.

I learnt that you can make your device screen yellow, and I am going to do that when it is night time.

I learnt that Social Media CAN be healthy.

I learnt what the three C's are: Critical, in Control, Conscious.




The Grade 4's have been busy researching people that inspire them and creating biographies about these people. We considered key life events and used multiple sources to find out information about our chosen people.

Greta Thunberg

a Biography of Greta Thunberg

introduction by Gabby French

One feature Greta was sick of all the draughts, floods and bushfires, one day on Friday in 2018 she quit school for the day and went and sat outside the Swedish parliament all alone no one supporting her.



The next year 2000 students joined her at the Swedish parliament, but over one million people protested around the world. Read below to learn about this amazing Climate Activist Greta Thunberg.

Early life
Greta Tintin Eleonora Emma Thunberg was born January 3rd 2003. She has a sister Beata Thunberg and her two parents, her mum Malena Thunberg is a Opera singer and her dad Svante Thunberg is a Actor her Grandfather is Olof Thunberg who is a Actor & director.

Climate Activist
Greta was inspired by a girl in America who did a protest about Ben Vilencia, her parents were aware of climate change that inspired her even more.

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Ash Barty

Biography

By Arlia Brennan

Early life:
Ash Barty has won 15 Singles titles and 12 doubles titles on the WTA tour. She was born in Ipswich Queensland. She started tennis. Ash Barty had a very good promising junior career. She had a high ranking of number two in the girls singles.





Introduction
She started by putting her feet on the court gets her tennis racket hits the ball at four years old... Bang She's famous!
Ash Barty was born 24 of April 1996 professional tennis player and cricketer. She won in the world Singles at the women's tennis ASS-OCIATION. She was also a top ten player in doubles.



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More about Greta

by Gabby French G:4

Fun Facts
 * She first heard about climate change in 2011 when she was eight.
 * She lives in Sweden.
 * She is eighteen now.

Now you learnt about this amazing climate activist Greta Thunberg. Maybe you can become a climate activist too!



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Ash Barty

By Arlia Brennan

CAREER:
Ash had an early success in doubles on the WTA tour in 2013 while at 16 years old. Late in the 2014 season, Ash Barty also took a long break

CONCLUSION:
there you go Ash Barty is very good at sport especially tennis, cricket and golf

from tennis then ended up playing cricket. She also ended up returning to tennis in 2016 then in 2022 she returned again.

Edited by Famous Arlia Brennan

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Don Bradman

by Louise Brooks

intro

When he hits a six he makes 100 bats go back couple of years. Don Bradman was the greatest Australian batsman ever or he will all ways be remembered by Australians



early life

Don Bradman was the youngest of Emily and George Bradman. He started playing cricket with just a golf ball and a stump.

or career
Don Bradman started play state cricket in 1925, but in 1929 he started for Australia. He was the 121st person to play for Australia got the first time he got out got 2 runs but got that he became
↓ keep on reading down here



a legend "

Don Bradman

by Louise Brooks



Don Bradman will always be remembered by Australians

the Dark ages

When World war 2 broke out he joined the RAF until he was sent to the army by Lord Gouern in 1945 he played 2 first class matches to get back playing for Australia in 1948 on his best game he only 10 runs to get a batting average of 100 but he got out for a duck so he got out for a duck so he ended up with a average of 99.99 which is the best average by an Australian

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Michael Jordan

Michael Jordan



He accepted a basket ball scholarship at the University of North Carolina. Jordan became Freshman of the year and scored 53% of all goals for his team. Michael Jordan turned out to be the best basketball Player

games and lost 366 games in his career.

career

He Played 15 seasons in the NBA and he won six championships for the Chicago bulls. Jordans was twice inducted to be in the Naismith memorial basket ball Hall of Fame, he became a member of the FIBA Hall of Fame in 2015. Jordan won 706

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Michael Jordan

written by Joel wellings

grade 4

Introduction
Swish, he shot another three pointers a minute before I say anything, lets go back Jordan's early life.

carolina. Jordan attended Emale A. Lang high school. Jordan wanted to join a big team, he liked basket-ball, base-ball and foot ball. He got accepted as a senior he played a big



early life Michael Jordan was born on February 17th 1963, was born in New York city. When he was five he moved with his family to Wilmington, North

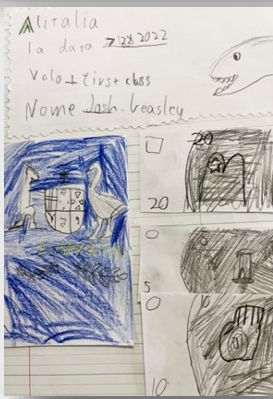
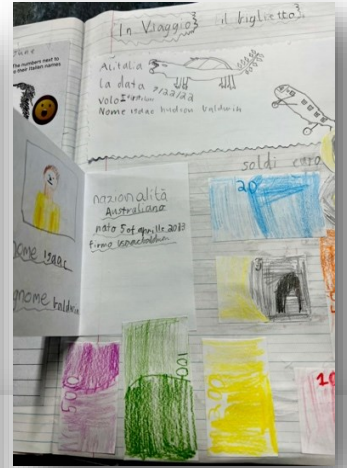
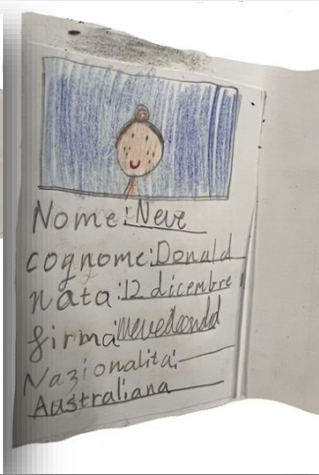


game and scored 30 points, he was noticed and was recruited by lots of basketball colleges.

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Principles for savvy parenting in a digital world



Don't 'ban' devices, make a plan

Creating your [family's technology use agreement](#) is an evolving task and requires careful considerations. Involve your children in decisions about what are meaningful restrictions on the use of devices, based on what is fair, healthy, and aligned to the values of your family. Consider these key features:

- Avoid bookending the day with technology use, especially before bed
- Limit the stretches of time spent online in one sitting/viewing, break this up across the day
- Diversify the digital 'diet' – explore a range of online activities (games, TV shows, apps, etc) and try new content that might not be as popular, but possibly more pro-social
- Have clear expectations across the offline aspects of the day/week (around chores, learning, etc)
- Outline where screen-based media use can take place. Avoid bedrooms in favour of common areas.

Effective technology contracts involve consistency, protecting time offline for exercise, socialising and other activities. Avoid using time online as a currency and create rewards and consequences that suit your particular family and situation. For more structured support on co-creating this digital wellbeing plan collaboratively with your kids, [join this course](#).

Co-view and co-play, to spark conversations

Using technology together – by viewing content or playing games – is a good way to prompt meaningful conversations about device use, online activities and interactions. This will help young people make sense of their experiences and build skills to circumvent and/or manage online issues.

Bring curiosity rather than fear to these conversations. Talk about what you and they do, see and read online, how they feel about this activity, and how they respond to others. Fake news and misinformation is rife online, so helping kids understand how to spot dodgy information and think critically about what they see online is vital. Be conscious of listening to young people's perspectives, rather than lecturing them about what they 'should' do (they know this but doing it in reality can be tricky!).

Parental monitoring software can help, up to a point

There are hundreds of monitoring and tracking tools designed to help manage time online, or block age-inappropriate content. While these tools can be helpful, the social-emotional and cognitive skills that allow us to manage our choices and behaviours require real-life opportunities to rehearse and repeat. Software doesn't do the tough work of parenting (negotiations, communication, battling big emotions and burgeoning identity and independence) for you or guarantee no exposure to dicey content!

Don't sweat the screen 'time', consider broader factors

Parents can get caught up on the amount of time their children spend online. Yet there is no agreement among experts as to what constitutes excessive time online. Instead, focus on:

- the **quality of the content** – what is it about, is it developmentally appropriate, does it require passive or interactive consumption?
- the **context** in which the technology is being used – when alone, in groups, or to pacify a child in a café or to stop a tantrum, in a global pandemic and lock-down?
- the **cognitions** (that is, the mental action) associated with the activity – are these thoughts helpful and constructive?
- the **function** of the activity – is it to study, for social connection, information gathering, or other uses?

Asking these more detailed questions about online activities will help parents make more informed decisions about whether particular technology use is serving their children's wellbeing and development, and how to help their children manage this tech use.

Check your own habits and be a positive digital mentor

Parents are important role models for children – and this extends to screen and smartphone use. Be mindful of your own digital habits (and how easily they can creep into overuse territory) to ensure you set a valuable example of safe and savvy digital citizenry. Kids see our use of technology and consider that as the standard, try 'narrating' what you're using devices for – is it to pay bills or organise the family, or to answer emails that could probably wait?!



[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



Jocelyn Brewer

Jocelyn is a Sydney-based psychologist with a special interest in the psychology of technology and staying human in a digital age. Jocelyn is a part of the Cyberpsychology Research Group at Sydney University, where she completed a Masters of Applied Science (Cyberpsychology) exploring the role of self-control and parenting factors in the prevention of Problematic Smartphone Use.

She created [Digital Nutrition](#) in 2013 as a positive framework for addressing digital wellbeing issues and our love-hate relationship with technology.



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

Kind Regards, Ella

(Email): 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.

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	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



and respect children, as well as staff and volunteers. d empowered. We support

**4PM WEDNESDAY
14TH SEPTEMBER
HURSTBRIDGE STADIUM
FREE**



**THIS
GIRL
CAN**

**REGISTER AT
WWW.HURSTBRIDGEHURRICANES.COM**



**SPRING
SCHOOL
HOLIDAYS
PROGRAM**

**Book now
9433 3744
or online**

Eltham

Pottery for kids
21 Sep 10am - 12pm & 1pm - 3pm
\$35

LEGO building
19 Sep 10.30am - 12.00pm &
12.30pm - 2pm \$35

Panton Hill

Drama for Kids
27 Sep 9.30am - 12pm \$25

Diamond Creek
Nature Journaling
21 Sep 11am - 12.30pm \$25
28 Sep 11am - 12.30pm \$25



livinglearningnillumbik.vic.gov.au

LIVING & LEARNING
NILLUMBIK



If you're keen to play cricket at a fun and exciting club, come to Panton Hill and become a Redback!

Competitive format for boys and girls from Under 10s-Under 18s with Junior Blast (4-7 year olds) skill and game awareness programs for young cricketers.

Panton Hill is closer than you think: 13 minutes from Diamond Creek, 15 minutes from Doreen, 24 minutes from Whittlesea.

**Pre-season training will begin in October.
Contact: Callum O'Connor 0407 338 948
Nat Grant 0434 045 090**



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