



*A Rich Past,  
Present & Future*

# NEWSLETTER

Friday 31st March, 2023

Term 1: Week 9



## DIARY DATES

### **Wednesday 5th April**

Last day to receive raffle tickets.

Easter raffle wrapping TBC

### **Thursday 6th April**

Last day of Term 1

2.10 Assembly

2.30 Finish

### **Friday 7th April**

Public Holiday — Good Friday

### **Monday 24th April**

1st Day of Term 2

No assembly

### **Tuesday 25th April**

Anzac Day— Public Holiday

### **Friday 28th April**

Interschool Sport - Home

### **Thursday 4th May**

School Photos

### **Friday 12th May**

Interschool Sport - Home

1st Storytime Session

### **Saturday 10th June**

Bunnings BBQ Eltham

### **Monday 12th June**

Monarchs Birthday—Public Holiday

### **Tuesday 13th June**

Curriculum Day—Pupil Free

## *Principal's Report*

And in a blink, we are only one week off the end of Term One! It has been a huge term in particular for our newest PHPS students who have just completed their first ever school term and have just moved to full weeks. It is time soon for a break in routine and some much needed family time and a rest. We wish everyone a safe and happy holiday break and we look forward to seeing you all back on Monday the 24th of April.

### **ALL THINGS EASTER—LAST DAY OF TERM**

We will be finishing off the term on **Thursday at 2.10pm** with a very definite Easter flavour! During our final assembly we will be drawing our much anticipated Easter Raffle (thankyou to all those who have donated to our raffle) and then once our assembly has finished (**approx. 2:30**) our friends at the Panton Hill CFA will be putting on their traditional Easter Egg Hunt over at the Memorial Park. Please let us know on Thursday if you have someone else picking up your child, or taking them to the hunt.



### **GRADE 3/4**

As notified on Xuno on Wednesday, unfortunately for personal reasons, Callum O'Connor has handed in his resignation and will no longer be teaching at PHPS. Of course, we wish him all the best in his future endeavours.

We have been very fortunate to have Merron Thomson step in to take this grade for the remainder of the year. Merron is a trusted, experienced teacher who already has a well established relationship with the students in this grade.

### *Value Award Winners*

**Congratulations to:**

*Audrey Shaw*



585 Main Rd. Panton Hill – Ph: 9719 7202

[www.pantonhill.vic.edu.au](http://www.pantonhill.vic.edu.au)

## HOLIDAY PROGRAM

Their care will be running our very first holiday program over these school holidays. With a theme of 'Wild Child' they have lots of interesting activities, incursions and excursions planned (please see the information in this newsletter). I know that registrations have been coming in pretty quickly and we do have a limit for our service so if you would like to come along, please be sure to register straight away. Attendance can be for as many or as few days as suits you.



## PARENT HELPERS

Classroom teachers will be putting out an expression of interest for parents/guardians who would like to help out in the classrooms. Rosters will be put together following this and we are hoping to start with parent helpers in Term two. In order to be a parent helper it is a requirement to have filled out and submitted a parent helpers guideline document and have a Working with Children Check. If you would like one of these, please contact the office and we can hand you one or send you a copy.

## MEDICATION

We still have some medication in the office that has not been collected following our school camp this term. Please come to the office if you have not collected yours and we will hand it over.

## WORKING BEE—POSTPONED

Unfortunately, we have had to postpone our working bee which was scheduled for this Saturday. We are hoping to be able to go ahead with it early in Term Two when we have all of the necessary equipment.



## SIBLING ENROLMENT

If you have a little one who will be starting school here with us next year, please be sure to come to the office to collect an enrolment form. There have been quite a few tours for 2024 Prep students over the last few weeks. We will always accept enrolments from families who are in our catchment zone and siblings of existing families. It is really helpful to have these enrolments in early in order to determine subsequent enrolment queries.

## MR. HURST'S TRAVELS

If you think that Mr Hurst is looking especially excited at the end of term assembly, you are probably right and there is a good reason for this. He is going to hook the caravan on, pack all the gear, throw the family in the car and head off on an around Australia adventure. We know that the Hurst family will have a ball and we wish them safe but exciting travels. Mr Hurst will be back in Term Three to tell us all about it!

## SCHOOL PHOTOS

Our school photos are scheduled for the second week back in Term Two, on Thursday the 4th May. The photo envelopes will hopefully be arriving next week.



## STUDENT ACHIEVEMENT (OUTSIDE OF SCHOOL)

On the long weekend Omar competed in the South Eastern Rep Under 12 Basketball tournament. He played seven different teams on the first day, then played one other team on the next day, to get into the semi-finals. On the third day he played two matches. His team went on to the grand final and won against Leongatha. The final score was 35-30. Omar had a great time. Well done Omar!



Another one of our students, Aussie Borthwick is continuing to do exceptionally well with his athletics, always achieving in the top ten and beating his PB. Well done Aussie for your amazing effort.



## TEXTILES CLUB

From the beginning of Term 2, Mrs Puls-Welsh will be running a Textile Club for Grade 4,5 and 6 in the BER building on Tuesdays at lunchtime. We will be trying out some sewing to start with, and then perhaps finger knitting, regular knitting, embroidery stitching and crochet. At this stage we do not need materials donations (because Mrs Puls-Welsh is a crafting supplies hoarder), but watch this space. All students in Grade 4,5,6 are welcome to come along.

## SOFTBALL CLINIC

For the last three weeks Cheryl from Softball Australia has been coaching the Grade 5s and 6s on softball and T-ball. Cheryl has been working on fielding skills – throwing and catching, pitching, how to run from base to base, how to hold the bat correctly and hit the ball from the Tee-stand. Next week, the students last session, they will have a proper game where they can have a go at batting the ball that is pitched to them or, have a go hitting the ball from the Tee-stand. If your child is interested in softball outside of school, please don't hesitate to contact me and I can pass on the details of a local club.



**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.

## SLEEP

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.



You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to: · Sleep tips for children and Facts about sleep for parents and school staff, from the Sleep Health Foundation · Why sleep is so important, from the Kids Helpline's · Sleep explained, from the Better Health Channel.



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The place to be  
these holidays!

# Wild Child



**Autumn Holiday Program**



**Wellness Warriors**



**Fun Park**



**Movie Time**



**Animal Antics**

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# OPEN DAY



Eltham  
High School

Thursday 27 April, 2023



Daily tours available commencing at 9:30am.  
Bookings essential by phoning 9430 5111

## Open Morning

Tours commence  
at 9:15am

## Information Evening

Doors will be open from  
5:30pm for you to engage  
with Key Learning Area  
specialists and displays.

Catering and light  
refreshments prepared  
by our VET Hospitality  
students.

Presentation  
commencing at 7pm

BOOKINGS REQUIRED:



[www.trybooking.com/CGFVY](http://www.trybooking.com/CGFVY)

Withers Way, Eltham | T 9430 5111 | [eltham.hs@edumail.vic.edu.au](mailto:eltham.hs@edumail.vic.edu.au) | [www.elthamhs.vic.edu.au](http://www.elthamhs.vic.edu.au)

# NEW!

# Art for Kids class

at Panton Hill Living & Learning

## Starting Term 2

## Weds 4:30

## 6-12 yrs



[livinglearningnillumbik.vic.gov.au](http://livinglearningnillumbik.vic.gov.au)