



PHPS NEWS

TERM ISSUE 1.2 Friday 25th March 2022

Principal's Post - Xuno Notifications - Parent Information - Student of the Week - Life is for Learning - Community News

MARCH, 2022 < >

31 **SMOKING CEREMONY**
MAR STARTING AT 2:15PM

APRIL 2022

01 **FAMILY FUN DAY AT PARENT ZONE**
APR

08 **LAST DAY - TERM 1**
APR 1:30PM FINISH

08 **EASTER HAT PARADE AND RAFFLE**
APR STARTING AT 9:15AM

15 **GOOD FRIDAY - PUBLIC HOLIDAY**
APR

18 **EASTER MONDAY - PUBLIC HOLIDAY**
APR

26 **ANZAC DAY - PUBLIC HOLIDAY**
APR

26 **FIRST DAY - TERM 2**
APR

MAY 2022

05⁻⁰⁶ **MOTHER'S DAY STALL**
MAY

08 **MOTHER'S DAY**
MAY

16 **PUPIL FREE DAY**
MAY

19 **SCHOOL PHOTO DAY**
MAY

23⁻²⁷ **BOOK FAIR**
MAY

JUNE 2022

13 **QUEEN'S BIRTHDAY - PUBLIC HOLIDAY**
JUN

24 **LAST DAY - TERM 2**
JUN 1:30PM FINISH

In the spirit of reconciliation PHPS acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Principal's Post



Welcome

We have had a very busy term to date. Along with the normal requirements of school, we have also had to deal with regular cases of Covid across the school and the isolation of staff who have either tested positive or been close contacts.

I would just like to thank everybody for their patience and perseverance through these times. It is quite obvious that both students and staff are suffering fatigue at this end of the term and the coming holidays will provide a well-earned break for everyone.

I will be on long service leave for the last week of term one. In my absence for this week Mrs Mauger will be the acting principal.

Our School implements a literacy program called Jolly Phonics. In the Prep years of the program, students bring home readers and

practice sound sheets. In our year one classrooms they bring home their magic words, readers and some also bring home practice sound sheets. This practice work at home is a critically important part of students learning.

Over the first two years of school it becomes very evident which children do their practice at home and which children miss it. I would like to encourage all parents to ensure their child/children do their readers and sound/word practice each night.

This small investment of time in your child's education is as critically important as their day at school.

Regards

Dale Hendrick

Principal



Xuno Notifications Sent

IMPORTANT

Xuno is our main method of communication with families of students.

Please make sure you have access to the app on your phone.

If you need help setting up, do not hesitate to get in touch with the Office for assistance.

We will be only too happy to help.

- 21/02 Dale Hendrick Covid Case Update
- 25/02 Kara Herman 1/2 Term 1 Learning Objectives
- 25/02 Kara Hermann 1H Weekly Timetable
- 25/02 Laura Clayton New News Item Newsletter
- 02/03 Dale Hendrick Covid19 Cases Update March 1
- 03/03 Dale Hendrick Covid19 Cases Update March 2
- 03/03 Dale Hendrick Covid19 Cases Update March 3
- 03/03 Kara Hermann VSSS Rehearsal Monday 7th March 2022
- 04/03 Dale Hendrick Covid19 Cases Update March 4
- 07/03 Dale Hendrick Covid 19 Cases Update March 7
- 08/03 Laura Clayton Welcome Back to BOOKCLUB!
- 08/03 Save the Date! Family Fun Event at

- ParentZone HUB - Friday 1st April
- 08/03 Dale Hendrick Covid Cases Update March 8
- 08/03 Elaine Eastwood Paying for an event on Xuno
- 09/03 Laura Clayton Bullying No Way Day - Friday 18th March—Free Dress Day, ORANGE clothes are encouraged
- 10/03 Nicole Jeavons Grade 6 Tops 2022
- 12/03 Suzy Nassif Bullying No Way
- 15/03 Dale Hendrick Covid19 Cases update March 15
- 16/03 Dale Hendrick Covid19 Cases updated March 16
- 21/03 Elaine Eastwood Gr 6 Hoodie & Polo Shirt Available
- 21/03 Dale Hendrick Covid19 Cases Update March 21
- 22/03 Mat Anderton COVID Cases update 22/3/22
- 22/03 Dale Hendrick COVID Cases update 22/3/22 Update
- 22/03 Mat Anderton Berwick Dance Academy information
- 22/03 Bonnie Hendrick Easter Raffle Donations
- 23/03 Bonnie Hendrick ANZAC Day Badges
- 23/03 Bonnie Hendrick Easter Raffle
- 24/03 Elaine Eastwood Gr 6 Hoodie & Polo Shirt Available (copy)
- 24/03 Elaine Eastwood Save the Date! Family Fun Day at ParentZone Hub—Friday 1st April



Parents Information



Eudaimonia: the state or condition of 'good spirit'; commonly translated as 'happiness' or 'welfare'

This year Pakenham Hills PS has introduced weekly Eudaimonia lessons. Each week there are up to two hours dedicated within class to Eudaimonia which focuses on areas involving **Respectful Relationships, emotional intelligence**, and the learning about the 3 **school expectations of – Be Safe, Be Respectful and Be a Learner**. Weekly Eudaimonia lessons and activities will allow students to practice appropriate behaviour and engage with what it means to be human. Through this, students will develop skills to understand themselves and others better, to be more ethical, to recognise and regulate their emotions and to actively participate in the cultivation of their own and other's wellbeing.

One key area of Eudaimonia is the **Respectful Relationships** program. As outlined by the Department: The Respectful Relationships program supports schools and early childhood settings to promote and model respect, positive attitudes, and behaviours. It teaches our children how to build healthy relationships, resilience, and confidence. In the primary years, Respectful Relationships focuses on treating everyone with respect and dignity. The implemented lesson plans and activities help students learn and practice social skills and apply them in a positive way to learning, life and relationships.

Overall, by introducing Eudaimonia, Pakenham Hills PS aims to teach, encourage, and equip students with the tools and knowledge necessary to be happier, more positive and more understanding human beings.

To find out more about Respectful Relationships, please visit: www.education.vic.gov.au/respectfulrelationships

Rachel Mauger, Assistant Principal



*"As part of our 'Bullying No Way!' Day celebrations, these lovely 3/4 students gave up their playtimes to pick up rubbish as a random act of kindness." **Katrina Miller, classroom teacher of 34M***



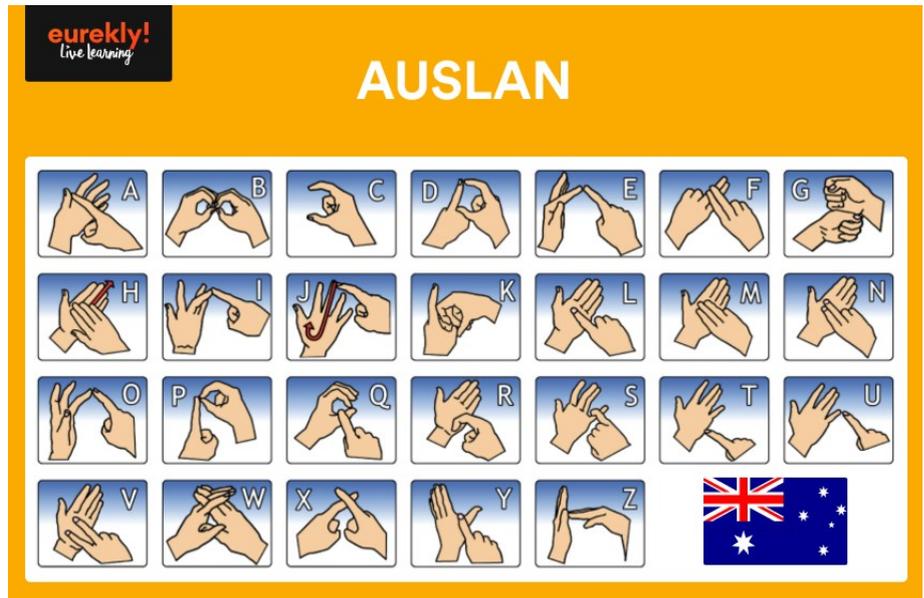
Parent Information



Auslan (Australian Sign Language)

This year we are excited to introduce "Auslan" as our Language Other Than English (LOTE) at Paky Hills. Learning Auslan not only helps us to communicate with the Deaf community, but increases memory retention and motion processing. Learning Auslan also stimulates brain development and mental flexibility, all whilst promoting inclusivity.

Our Art teacher, Mrs Heenan, has been busy learning Auslan over the last few months and will continue to complete level two this year. Mrs Heenan will teach all students Auslan for two terms and Art for two terms. Currently Prep - 2 year levels are learning Auslan, and grades 3-6 will start in Term 3.



So far, this term students have learned the Auslan alphabet, how to introduce yourself, some signs for emotions and numbers from 0 -10. We have even learned the words to the nursery rhyme "Twinkle, twinkle little star."

If any parents and carers are interested in learning any signs, Signbank <https://www.auslan.org.au/> is a fabulous resource to help with basic signs. Be sure to set the dialect preference to "southern dialect," as different states use some different signs.

We hope your child enjoys learning Auslan!

Mrs Heenan - Specialist teacher of Art and Auslan



First Aid Coordinator

PHPS is pleased to introduce Susan Bonaviri as our schools First Aid Coordinator.

Sue joins us with over 13 years experience as a First Aider and 3 years in an education support role.

When she's not busy looking after our students, Sue trains the Narre Warren North Foxes football team.

Welcome to Pakenham Hills PS Sue.



Notices From Sickbay

Thank you for the warm welcome to PHPS. I have enjoyed getting to know our students and families over the last few weeks.

Our new Xuno app allows myself and the first aid team to message families directly via email, should your child attend sickbay. If a child needs to be collected or has an incident which involves a head injury, you will receive a phone call.

Please ensure the school has your current contact numbers and "in case of emergency" numbers up to date as it can be distressing for students awaiting a call back from parents or carers when they are unwell. If you would like to discuss any of your child's health matters, please do not hesitate to contact me.

Sue Bonaviri - First Aid Coordinator



Parent Information



Smoking Ceremony Special Assembly (Thursday 31st March)

We have invited a local Elder of the Aboriginal Community (Mr Alex Kerr) to perform a Smoking Ceremony at our school. We will start our Assembly earlier than usual, weather permitting, at the amphitheater.

What is a Smoking Ceremony?

It is an ancient Aboriginal custom in Australia that involves burning various native plants to produce smoke, which has cleansing properties and the ability to ward off bad spirits from the people and the land and make a pathway for a brighter future.

What is the difference between a “Welcome to Country” and an “Acknowledgement of Country?”

- *A Welcome to Country is like if you're hosting a birthday: you do a welcome and say thank you for coming to my birthday”*
- *An Acknowledgement of Country is like if you're a guest at the birthday: you say thank you for having me.*

Also: A **Welcome to Country** can only be given by an Aboriginal person who is actually from that land; so if you are a First Nations person born in the North of Australia, you cannot give a **Welcome to Country** in Victoria.

But you can give an **Acknowledgement of Country**, no matter who you are. You don't even have to be a First Nations person to do that.

Our Koorie students are learning how to sign an **Acknowledgement of Country** in Auslan, with the help of Michelle Heenan. We hope to perform that Acknowledgement during our Special Assembly.

This signed Acknowledgement will become a fixed item in our following assemblies.

Our Koorie students' families are invited to attend our Smoking Ceremony as our special guests, together with our KESO (Koorie Educational Support Officer) Peter Dye.

Thank you for your continued support.

Malika Gerlofsma - EAL Teacher



Parent Information



Easter Raffle and Donations

We are requesting donations from our families to help make up the hamper prizes for the Easter Raffle that will be drawn at the end of the Easter Hat Parade. If your family can help support this event by bringing a donation of Easter eggs, food, toys, merchandise and/or baskets and bags to make up our hampers, this would be greatly appreciated. Donations can be handed in at our school office during school hours, no later than Wednesday 6th April.

Raffle tickets for the Easter Raffle will be sent home with the eldest students this week. Tickets are \$1 each (10 tickets to a book). Please write name and contact number on the tickets and return to the school office with payment. If you wish to purchase more raffle tickets these will be available at the office. The raffle closes Thursday 7th April and will be drawn at the end of the Easter Parade on Friday 8th April. All money raised will be donated to the **Good Friday Appeal**.

PAKENHAM HILLS PRIMARY SCHOOL

EASTER HAT PARADE

We are excited to announce our upcoming Easter Hat Parade. It would be wonderful for all our students to create a hat with an Easter theme to be worn at our parade. This will need to be created at home and brought to school on the day. It will be a fun morning with prizes for the best, most creative hats along with an Easter Raffle Draw at the end of the parade.

FRIDAY, 8 APRIL 2022 | 9:15AM ON THE OVAL
PARENTS INVITED



Student of The Week



	WEEK 5	WEEK 6	WEEK 7	PAKADEMY
00J			<i>Logan D V</i>	
00K	<i>Taylor N & Abby M</i>		<i>James K & Ava T</i>	<i>Iyon W</i>
00W				<i>Emma S</i>
1H	<i>Wade H</i>		<i>Kaylee K</i>	<i>Alarick R & Aiyana-Rose L</i>
1K				
1M		<i>Maggie L & Oliver V</i>		<i>Jayden N</i>
2A	<i>Sharon Z T</i>	<i>Harley L</i>	<i>Hailey M</i>	
2R	<i>Ziggy P-L</i>	<i>Charlotte W</i>	<i>Noah W</i>	
2D		<i>Amber L</i>	<i>Mackayla G</i>	<i>Charlie H</i>
34L	<i>Peyton P-D</i>	<i>Nithu K</i>	<i>Shaylah E</i>	
34I		<i>Jackson K</i>	<i>Mason T & Aiva I</i>	<i>Nolene N</i>
34M		<i>Ruby B</i>	<i>Chase H & Alex C</i>	<i>Alex C & Aryan J</i>
34R		<i>Alannah E</i>		
34J				
56B				<i>Millie M & Prabh S</i>
56J		<i>Charlie D</i>		
56H				
56L	<i>Shandiel A</i>	<i>Isabelle P M</i>	<i>Yvarra I</i>	

Parent Information



School Captains

We are pleased to announce that our 2022 School Captains have now been appointed. Congratulations to the following students who have worked hard to demonstrate the **School expectations of – Be Safe, Be Respectful and Be a Learner** and we wish them every success in their roles this year.

School Captains

Almin B, Charli T, Lachlan C and Ava B



House Captains

Kennedy: Chloe H & Quade F



Adams: Bjay G and Star A



Murphy: Ayvari L P and Mia E



Anderson: Kayla D and Evelyn S



Art Captains

Will H & Nicole D-P



Performing Arts Captains

Sheanna S, Kyra S, Makayla K and Alexandra L



Parent Information



School Captains continued.

Koorie Captain

Tenesha H



Office Captains

Isabelle M, Nash B, Prabh S and Bianca C



Library Captains

Sujeda S, Nylah C, Mantej S G, Runjodh S B, Samiullah S and Timothy T



Environmental Captains

Indiana C and Ashlyn M



Life is for Learning

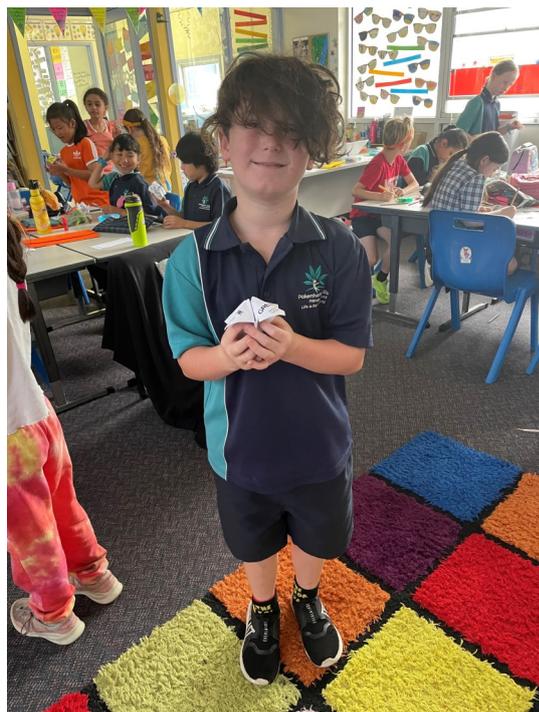


Bullying No Way! Day - Friday 18th March

It was a great opportunity to actively teach the students what Bullying is. The 3/4's learned what bullying was. We looked at different ways a person can get bullied.

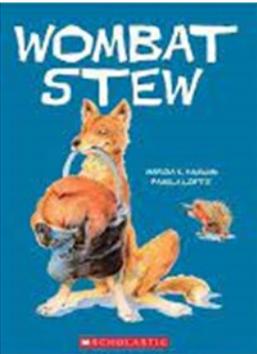
After class discussions, the students then made chatterboxes and actively shared with each other tips on how to prevent cyberbullying. It was a very engaging learning session. It was awesome having so many students dressed to promote BULLYING NO WAY DAY.

Cathy Rawlings, classroom teacher of 34R



Savannah (top right), Abrianna (top left), Liam and Audrey (bottom right) and Dane Bottom left).

Life is for Learning



2A's Wombat Stew Adventure

2A read the story Wombat Stew today. We decided to make our very own stew so we went outside to find ingredients such as gumnuts, leaves, sticks and grass and stuck them on to our billy can.

What a fun morning!

Windya Arambawela, classroom teacher of 2A



Thanks for buying books from



Book Club

they help build our classroom resources



Book Club

Thank you for your book Club orders from Issue 2. As soon as your child's order arrives, it will be delivered to their classroom. Your support is greatly appreciated.

Laura Clayton, Library



Pre-Loved Uniform - stock now available

Please complete the online enquiry form on our school website with your enquiries: www.pakenhamhillsps.vic.edu.au/enrolment/phps-uniform/

Donations are always appreciated.

Thank you for your continued support.

Kim Hancock, Integration Aide





EFTPOS available at the Canteen

PAKENHAM HILLS PRIMARY SCHOOL

ON-LINE LUNCH ORDERS

You can order your child's lunch online
Stir Crazy Kids

Download the App at the App Store or Google play
Available early February 2022

We will have everything ready to go to make Lunch orders easy. All you need to do is register, add your kids, don't forget their grades, choose their lunch and we will take care of the rest. You can order 5 days in advance

Ordering closes at 9.am

Categories are the same as this menu.

Need some help! support@stircrazykids.com.au

Call 0405110407

CANTEEN LUNCH ORDERS

For orders direct to Canteen Please write the following details for your child's lunch order on a **Paper Bag**;

Child's Name & Grade, Food order, Cash amount enclosed
Food Allergies in **Red Pen**

Please provide one bag per order

*If a bag is not supplied 20c for a bag will need to be included.
*To help us to comply with Food Safety Regulations all Paper Bags must be new



Pakenham Hills Primary SPECIAL MEAL DAYS

MUNCHY MONDAY

- ☺☺ Sushi Rolls with Carrot & Cucumber
Serving size 2x1/2 Rolls Choose from:
Tuna, Chicken, Honey Soy Chicken
Or Avocado **\$5.50**
Add Soy sauce **.30**

TASTY TUESDAY

- ☺☺ Beef burger **\$5.00**
Add Cheese slice **.50**
With burgers sauce or tomato sauce
Available Halal

WICKED WEDNESDAY

- ☺☺ Chicken Parma pocket **\$5.50**
Crumbed chicken patty with Napoli sauce, ham
and cheese toasted in a wrap.
Available Halal

TEMPTING THURSDAY

- ☺ Steamed Dim Sims **\$1.00**
Gluten Free **\$1.60**
Add Soy sauce **.20**
Available Halal

FANCY FRIDAY

- ☺ Hot Dog, Beef Sausage H
- Or a Chicken sausage **\$4.00**
- Vegan sausage **\$5.00**
In a long roll
Add Cheese **.50**
Add sauce or mustard **.30**

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.40 Add a Slinky Apple, Anzac, Cornflake cookie or a Mini Muffin for .90c each

TERM 1 2022

CANTEEN MENU



Nutritional Guide

All The Food in this Canteen Menu has been ranked by Nutrition experts using smiley faces. This allows you to make informed choices about your child's daily nutritional requirements.

☺☺ Green ☺ Amber

This Menu is in line with the DEECD School Canteen and other School food Policy "

Whilst we offer Gluten Free choices these are prepared with care in a Gluten environment

GF Gluten Free V Vegetarian H Halal

support@stircrazykids.com.au

Facebook/stircrazykidscanteen

RIGHT-ON-WRAPS Mon-Thurs

Tortilla Style Wrap with your choice of:

- ☺☺ Cheese & Salad **\$4.50**
 - ☺☺ Ham & Salad **\$5.50**
 - ☺☺ **H** Chicken & Salad **\$5.50**
 - ☺☺ Tuna & Salad **\$5.50**
- Add cheese 50c Add avocado for \$1.00

SUPER SALAD BOWL Mon-Thurs

- ☺☺ Super Salad Bowl **GF** **\$5.00**
Lettuce, Tomato, Carrot, Cucumber & Cheese
Add any extra filling for \$1.00 EA
Chicken, Ham, Tuna, Egg, or Avocado
YUM! YUM! YUM!



HOT ITEMS ANY DAY

Meal Deal Any Day

- ☺ **V** Penne Pasta & Oak Milk **\$6.40**
Add a Slinky Apple, Anzac Cornflake cookie or a Mini Muffin for .90c each

- ☺☺ Penne Pasta with Cheese **V** **\$4.00**
(Available Gluten Free) **\$4.40**
- ☺☺ Mini Corn Cob **V** **\$1.00**
- ☺☺ Hard Boiled Egg **\$1.00**
- ☺☺ Chicken Zoomer & cheese **H** **\$5.00**
- ☺☺ Tuna, Chicken **H** or Ham Melt
Toasted with Corn & cheese **\$4.80**
- ☺☺ Pita Pizzas **Margarita** **V** **\$4.00**
Ham & Cheese **\$4.40**
Hawaiian **\$4.80**

GF Gluten Free V Vegetarian H Halal

TUMMY TEASERS

Available for lunch orders and every Canteen day at Recess and Lunchtime

- ☺☺ Orange 1/4 **.40c**
- ☺☺ Slinky Apple **\$1.00c**
- ☺☺ Slice of Fruit in Season **\$1.00c**
- ☺ Mini Muffin **\$1.00c**
- ☺ Anzac Biscuit **\$1.00c**
- ☺ Corn Flake cookies (Gluten Free) **\$1.00c**
- ☺☺ Garlic Finger **.50c**
- ☺ Jumpys (Chicken/Salt&Vin) **\$1.10**
- ☺ Vegie Chips (Gluten Free) **\$1.50**
- ☺ Grain Waves **\$1.50**
- ☺☺ Cobs Pop Corn **\$1.50**
Plain Small Bag **.50c**
- ☺ Ginger Bread People **\$2.20**
- ☺☺ Yoghurt Tubs—Topped with Fruit Coulis
Sml- \$1.00 Med- \$1.50 Lge-\$2.00
Available Frozen
- ☺☺ Quelch—Frozen Fruit Icy Pole **\$1.00**

DRINKS

- ☺☺ **Juice Box** 250ml- Apple/Orange
Apple & Blackcurrant **\$2.00**
- ☺ **Oak Milk**
Choc / Straw / Vanilla **\$2.60**
- ☺☺ **Plain Milk** **\$2.60**
- ☺☺ **Lactose Free Choc** **\$2.60**
- ☺ **Hot Chocolate** **\$2.20**
- ☺☺ Bottled water **\$1.60**

SUPER SANDWICHES & ROCK 'N' ROLLS Mon-Thurs

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra 60c
Gluten Free Bread .60c Lactose Free Cheese .70c

- ☺ Vegemite **\$2.50**
- ☺ Honey **\$2.50**
- ☺☺ Cheese **\$2.80**
- ☺☺ Cheese & Vegemite **\$3.20**
- ☺☺ Cheese & Lettuce **\$3.40**
- ☺☺ Cheese & Tomato **\$3.40**
- ☺☺ Egg **\$3.30**
- ☺☺ Egg & Lettuce **\$3.80**
- ☺☺ **H** Fresh Chicken **\$3.80**
- ☺☺ **H** Fresh Chicken & Salad **\$5.50**
- ☺☺ Ham **\$3.80**
- ☺☺ Ham & Salad **\$5.50**
- ☺☺ Ham & Cheese **\$4.40**

Extra fillings, Tomato, Cheese, Carrot, Lettuce
All extra fillings are 60c each Avocado \$1.00
Lactose free cheese ex .50c GF bread .60c

Truly Tasty Toasty's

- ☺ Vegemite **\$2.50**
- ☺☺ Cheese **\$2.80**
- ☺☺ Ham **\$3.80**
- ☺☺ Ham & Cheese **\$4.40**
- ☺☺ **H** Chicken & Cheese **\$4.40**
- ☺☺ Cheese & Vegemite **\$3.20**
- ☺☺ Cheese & Tomato **\$3.40**
- ☺☺ Ham Cheese & Tomato **\$5.00**

Order online Details PTO

EFTPOS available at the Canteen

PAKENHAM PUMAS BASEBALL CLUB

COME AND TRY DAY

&

REGISTRATION DAY

TOOMUC RESERVE, PAKENHAM

SATURDAY 26TH MARCH:

JUNIORS (7+) 10AM - 11AM

SENIORS/WOMENS 11:30AM - 12:30PM

SATURDAY 9TH APRIL:

JUNIORS (7+) 10AM - 11AM

SENIORS/WOMENS 11:30AM - 12:30PM





PARENTZONE HUB

FAMILIES GROWING TOGETHER

Family Fun Event

Bring your family along and grab a coffee while the children enjoy some FREE fun activities

DATE: Friday 1 April 2022

TIME: 2pm to 5pm

LOCATION: ParentZone Hub
75 Army Road, Pakenham

For more information
email Parentzonehub@anglicarevic.org.au
or phone: 9781 6710

Attendees over 18 years of age are required to show that current Government Vaccination requirements have been met.



Scan here to check us out on Facebook



Mount Burnett Observatory

Celebrating Half a Century of the Monash Dome

Open Day

Saturday 26th March 10am—4pm

Bookings Essential

Follow us on our Socials

- Monash Dome tours (limited tickets)
- Astrophotography display
- Swinburne University's OzGrav team
- Radio Astronomy display
- Solar telescope
- Dobsonian telescopes
- Children's activities and colouring competition
- Raffle (drawn 2pm)
- Merchandise and book sale
- Sausage sizzle
- Coffee van



Tickets \$5 (Under 5s free) at mbo.org.au

Covid Safe event

Photograph: Neil Creek



PICO

EARLY LEARNING
CENTRE & KINDERGARTEN

OPEN DAY!

2/2-6 Princes Highway, Pakenham

SATURDAY 2nd April 2022

10:00am-12:00pm

Come and see our new and improved
Early Learning Centre in Pakenham

**3 & 4yo
Kinder**

- TOUR THE CENTRE & OUR FACILITIES
- HEY DEE HO MUSIC PERFORMING
- FACE PAINTING

******Enrol by April 30th to receive your first week
free******

reception@picoearlylearning.com.au

5940-2111

High quality Nursery
& Toddler programs

Life is for Learning



A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!



FOR PHYSICAL, SENSORY & INTELLECTUAL DISABILITIES



Tuesday, 3rd May 2022

10:00am - 1:00pm

North Melbourne Community Centre

49-53 Bunde St, North Melbourne VIC 3051

Limited places available.
To register attendance [CLICK HERE](#)

Hosted by:



CITY OF MELBOURNE

Delivered by:



Contact:

Kristy Rohrer

+61 2 8736 1223

aisd@sports.org.au

Life is for Learning

VARIETY ACTIVATE INCLUSION SPORTS DAYS

Enabling kids to be
more active, more
often!

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

Each day involves:

- a range of sports to try
- specialised coaching
- adaptive equipment
- showbags
- water and fruit
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers



BENEFITS OF THE DAY

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

Benefits of attending the day include:

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement



www.variety.org.au



www.sports.org.au



<https://dsr.org.au>

Variety - the Children's Charity believes all kids deserve a fair go. They provide practical and essential support to kids who are sick, disadvantaged or have special needs.

Disability Sports Australia aims to get more Australians with a disability more active, more often while working nationally to support sport and active recreation participation.

Disability Sport & Recreation Everything we do is to help Victorians with disability live happier, more active lives.

SIGN UP FOR TERM 2
Music Lessons every Wednesday

2 GREAT PROGRAMS



FIRST LESSON FREE

ENROL:

Contact: James

www.jpoundsmusic.com/book-lesson

0407 857 616

disability
employment
services

**campbell
page**



**campbell
page**

NEED A HAND FINDING WORK?

GET STARTED WITH DES



**IF YOU HAVE AN INJURY, ILLNESS,
DISABILITY OR HEALTH CONDITION,
AND NEED A HAND FINDING WORK,
WE CAN HELP.**

**We believe there's a job out there for everyone.
And we know we can help you find yours.**

Our FREE Disability Employment Service is tailored to your individual needs and specifically designed to support you in finding (and keeping) a job that works for you and your health condition.

We can help you build skills, find suitable training and education, search for jobs, write a resume, prepare for interviews, meet local employers, access allied health partners and so much more.

GETTING STARTED IS EASY...

3 simple steps will have you on your way to finding a job that works for you.

1. Get in touch

Call our Customer team on 1300 139 920 or email them on hello@campbellpage.org.au and let them know you'd like to get started with DES.

2. Provide a few details

We'll ask a couple of questions to make sure you're eligible and assign you to the most convenient office.

3. Come and meet us

We'll organise a first appointment to find out more about you and what sort of job you're looking for, then we'll get to work finding it for you.

So if you need a hand to find (and keep) a job, call us today.

**CALL US &
GET STARTED...**

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Modelling compassion and confidence techniques to our children

Compassionate Steps is a mentoring program for women based on the evidence-based practice of mindful self-compassion. Research is now showing that participants in the program have shown increases in self-awareness, confidence, and happiness.

The practical techniques are very easily learned, accessible and able to be used anytime throughout the day. The mentoring is one-on-one and can take place either in-person or online via Zoom, enabling you to be in your most comfortable setting.

Compassionate Steps is ideal for women with school aged children. Increasing self-compassion gives you the ability to be there in new ways for your children, and helps them learn to notice, accept, and regulate their own emotions.

Mentor Lisa has been a registered teacher for over 25 years, holds a Diploma in Counselling and is accredited in mindful self-compassion.

Her thorough knowledge of welfare strategies used in the classroom also support practical discussions on bringing these teachings into the home.

For further details contact Lisa at

www.compassionatesteps.com.au

compassionatesteps@gmail.com



“All Stars Martial Arts classes are structured to offer each child a positive learning environment with activities and exercises specifically designed for the primary school ages.

The focus of these classes is on social and emotional wellbeing, development of gross and fine motor skills, coordination, discipline, respect, team work, making friends and self-defence.”

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