

**Diary Dates 2023 - TERM 1**

**6 Apr Easter Parade 9:30am**  
**Basketball Courts**

**6 Apr Last Day of Term -**  
**Students finish at 1:30pm**

**TERM 2****24 Apr - 23 Jun**

<b>25 Apr</b>	<b>Anzac Day - PUBLIC HOLIDAY</b>
<b>8 May</b>	<b>Mother's Day Stall</b>
<b>14 May</b>	<b>Mothers Day</b>
<b>18 May</b>	<b>School Photos</b>
<b>22-26 May</b>	<b>Lamonts Book Fair</b>
<b>25 May</b>	<b>National Simultaneous Storytime</b>
<b>2 Jun</b>	<b>Report Writing Day - Student free</b>
<b>12 June</b>	<b>Kings Birthday - PUBLIC HOLIDAY</b>
<b>23 Jun</b>	<b>Last Day of Term - Students finish at 1:30pm</b>

**TERM 3****10 Jul - 15 Sep**

	<b>SEALS Program Commences</b>
<b>3 Jul</b>	<b>NAIDOC Week</b>
<b>19-26 Aug</b>	<b>CBCA Book Week</b>
<b>28 Aug</b>	<b>Fathers Day Stall</b>
<b>30/31 Aug</b>	<b>School Concert</b>
<b>3 Sept</b>	<b>Fathers Day</b>
<b>15 Sept</b>	<b>Last Day of Term - Students finish at 1:30pm</b>

**TERM 4****2 Oct - 20 Dec**

<b>29 Oct</b>	<b>Grandparents Day</b>
<b>3 Nov</b>	<b>Report Writing Day - Student Free</b>
<b>7 Nov</b>	<b>Melbourne Cup PUBLIC HOLIDAY</b>
<b>5 Dec</b>	<b>International Volunteer Morning Tea</b>
<b>19 Dec</b>	<b>Curriculum Day - Student free</b>
<b>20 Dec</b>	<b>Last Day of Term - Students finish at 1:30pm</b>

*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

This is our final whole school newsletter for the term and an important opportunity to thank our school community for your support during a very successful and busy Term 1. Thank you to our staff, who ensured that Term 1 was such a success for our students. The background work to ensure events like Harmony Day, Easter Parade and more is a great credit to the hard work of our staff and I would like to thank them for ensuring 2023 began so successfully.



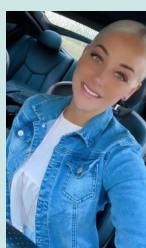
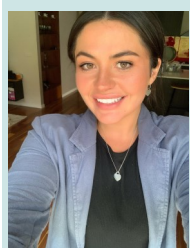
## NAPLAN

NAPLAN testing concluded on Monday 27 March. Both Year 3 and Year 5 students tried their best to complete each test and some students even said that they enjoyed them. We anticipate that the results will become available late Term 2 and students of Year 3 & 5 cohorts will receive a report as soon as we receive them.



## NEW Class, Staff and Principal's time fraction

Our new 45J class have settled into its routines and I would like to thank families for their support transitioning those students, over the last half of Term 1. I would also like to welcome Mr. Joseph to PHPS. Two new education support staff have also joined the team, welcome Kate Haines and Lexie Crawford.



I commenced a time reduction to 0.6 two weeks ago and Mrs. Mauger will be the acting Principal on Wednesday and Friday.

Mr. Anderton has been successful in picking up the Acting Principal role at Boronia Heights PS for Term 2. We wish him all the best in this role.



## School Council

2023 School Council have been appointed:

Dale Hendrick (Chairperson), Rachel Mauger (Secretary), Deb Davey (Parentzone Co-Ordinator), Kira Saroni (President), Elise Chapman (Vice President), Kylie Vernon (Treasurer), Emma Simmonds, Michelle Smith and Ivana Vargovic.

Thank you all for the invaluable support you give the School. Some very positive proposals were tabled at our first meeting which have already come to fruition. I look forward to working with you all this year.

## 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.

*Continued...*



# Principal's Post continued.



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 wakening 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.

## End of Term Arrangements

**Term 1 officially ends at 1.30pm Thursday 6 April. Can parents please ensure they are at school to pick up their child / children by 1:30pm please.**

Wishing you all a safe and restful Easter break,

**Dale Hendrick**

**Principal**



## Important Info Regarding Xuno

**Xuno is our main method of communication with families of students. Parents must have access to this portal in case of an emergency. Please download the app on your phone (download via Google Play or Apple store).**

**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: 03 59414436**



# Parent Information



## Dojo Points and Pakky Shak

Class Dojo is the app we use school wide to connect teachers with students and parents/carers to build amazing classroom communities.



### Create a positive culture

Teachers can encourage students for any skill or value—whether its working hard, being kind, helping others or demonstrating the School Values, “Be Safe, be Respectful, be a Learner.” The students are rewarded with “Dojo points.”

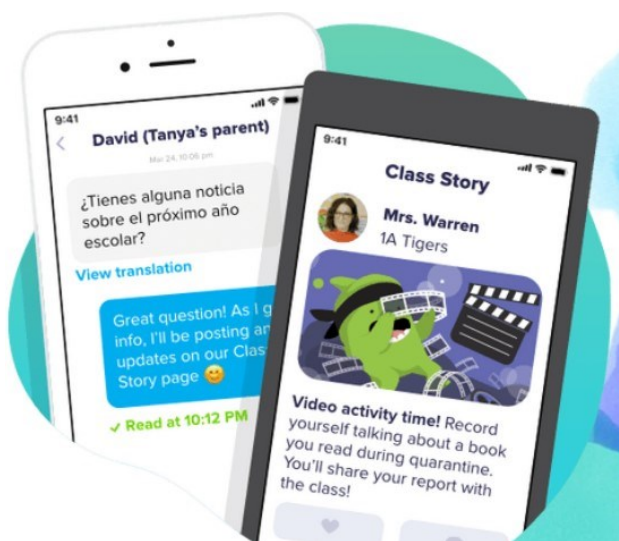
Dojo points can be spent in Pakky Shak on super rewards, more info to follow next issue.

### Share moments with parents/carers

We hope to engage with parents/carers by sharing photos and videos (permissions approved) of wonderful classroom moments.

Families will need to download the ClassDojo app from their App store. If you need help, please do not hesitate to contact your child's classroom teacher.

(Classroom teachers may be contacted directly via our Xuno app).



Five ways to earn

# PAKKY SHAK



Points

1. Attendance.
2. Demonstrate one or more of our school expectations – Be a learner, Be Safe, Be respectful.
3. Complete work to the best of my ability.
4. Being lined up in roll order, ready to enter the classroom before school, and after recess and lunch.
5. Being kind and helpful to others.

# Parent Information

## Volunteering at PHPS

We are looking for volunteers to assist with **Phonic and Reading support with our Preps.**



You will be working specifically with students who need extra support with learning and remembering their letter sounds. We are hoping to run sessions every morning for 30 mins.

All training and instruction will be provided with a brief OHS induction in line with PHPS Volunteer Policies and Procedures. If you are interested, please register via our [volunteer expression of interest form](https://www.workingwithchildren.vic.gov.au/) or phone the office on 5941 4436.

We ask that you have a current Working With Children Check.

<https://www.workingwithchildren.vic.gov.au/>

We have had an amazing response from our families who have helped with book covering this term. There has been enough interest in this for it to be made a regular event on a Monday and Friday morning from next term. Thank you all so much for your generous support.

We look forward to seeing you and appreciate the invaluable support you will provide.

Kind Regards

**Rachel Mauger**

**Assistant  
Principal**



To register your interest and availability:  
<https://pakenhamhillsps.vic.edu.au/volunteers/>



## Congratulations Lucas!

1st in Butterfly and Breaststroke at the Regional Swimming Carnival. Good luck at State from all your friends and the staff at PHPS.

We are so proud of you!

**Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds.**



**It's about inclusiveness, respect and a sense of belonging for everyone. Here are some of our staff, looking stunning in Orange or Cultural Dress. Many thanks you to our families who joined us for lunch on the oval, more photos to follow in our newsletter.**



**HARMONY  
WEEK**



**JOIN US IN  
CELEBRATING**



HARMONY.GOV.AU





# Student of The Week



	Week 1	Week 2	Week 3	Week 4	Week 5
00A		Lily A	Arynsh S	Nazanin J	Sarasvati B & Alina C
00E		Madison C	Viraaj R	Audrey P	Maharliijah M
00K		Kiah W	Madelyn Kelly	Raphael L	Mason S
01O H		Ollie K		Phailin P & Junior H	
12M	Finn B. Heather H, Mila H	Archer G, Stanley H	Elizabeth J & Lola L	Sophie T & Karan S	
12J			Logan D V	Zaylee & Maddy S	Raksshana V & Jiana R
12K		Frankie M-E, Jakob C		Aliyah I	Raider M
12X	Heidi, Lyric, Ai-yana-Rose	Maggie, Jayden	Afsa H	Mikaella C	Alier A
12R		Zahra W	Daniella V	Bryce L	Zaria C
34C	Alex C	Franklin S, Dhiya S	Aryan J	Kelsey A	Sarah L & Mohammed B I
34L		Reef C	Amber L	Chris L	Roman M
34M		Chelsea R, Lachlan E	Joseph L & Tyler R	Lily H	Jennifer T
34W		Bonnie S	Jaimann T	Kobe F	Noah V
45B					
45J					
56D		Natasha E, Pepper G, Bonnie L, Krish S	Senuka S		
56L	Will H, Jaylee D	Ellie I			Tyson H & Alisha H
56J	Ella A	Shaylah E	Ben N	Brody S	Eve B
Per- formin g Arts					
Visual Art		Aiva I, 34M	Bonnie S, 34W	Hayley S	Raksshana V 12J, Wynter C 00A and & Audrey S 34M
PE					Cody V 34C
Auslan		Jaylee D, 56L	Ella S 34L	Lexi S	

# Student of The Week



	Week 6	Week 7	Week 8	Week 9	Week 10
00A	Kayden P	Nate R	Addi C & Isaak W	Kamakhya S	
00E					
00K	Ollie G	Evie C	Aleah M-P		
01O H					
12M					
12J		Wade H & Riley T	Brodie C	Ayla C	
12K		Caleb D & Hunter V	Mia B		
12X	Seth D	Emma S			
12R	Avinoor G	Dakkshav S	Declan B		
34C	Chelsea F-P & Oggie B	Thomas H & Travis D	All of Grade 3!!!	Sharon Z T	
34L	Hayley W	Ella S	Livsharah S	Mishka L	
34M	Cooper T	Isabel F	Francis B-M	Charlie H	
34W		Amelia S	Taya D		
45B					
45J		Jack C	Xanthe H & Kobe F		
56D					
56L	Yvarra I	Lachlan D	Prabh S	Mantej G	Bella B & Nash B
56J	Daniel W	Charlie D	Runjodh S-B		Ben Lloyd
Per- forming Arts					
Visual Art		Riley J	Alisha H		
PE	Lorenzo M				
Auslan	Tyler R	Luis R	Alyssa D		

# Life is for Learning



## 3-6 Visual Arts:

Grades 3-6 Visual Arts students have started off Term 1 learning all about Australian artist Reg Mombassa. Reg is known for album artwork as well as poster and shirt designs for the surf brand Mambo. He is also the guitarist from Mental as Anything, a popular Aussie band in the 1980's.

We learned that Reg has designed stamps for Australia Post and coins for the Australian Mint. So far, the children have made a landscape using water colour pencils and included a background, middle ground and foreground.

Next, students produced a key ring or piece of jewellery made from Magiclay. I am so impressed with everyone's efforts and how well the children have incorporated Reg's themes into their own work. Here is Audrey, Sheanna, Prabh and Mantej proudly showing their creations.



Looking forward to seeing more amazing work this term. Mrs. H.



Below: Aila 12j, Nazeen 00A, Harper 00A and Kamakyya 00A using shapes to create animals.

Right: Artist Miro inspired our preps creativity.

Bottom Right: Alarick 12M enjoyed using perspective to create his masterpiece.





# Life is for Learning



## Auslan

In 2023, PHPS students will undertake Auslan as a LOTE subject weekly across the whole year. This year students have started off the year learning about what it might feel like to be Deaf.

Students are understanding that being Deaf is not a disability and Deaf people can do anything - as long as they can communicate.

The 3-6 children watched the Academy Award winning short film "The Silent Child," which showed life from the perspective of a Deaf six year old. The discussions around the film blew me away, the students were very vocal about the importance of inclusivity and what they would do to include a Deaf child in our school community. I was very proud of their responses.

So far, we have been learning signs to use in the classroom such as please, thank you, lunch time, drink, toilet. Over the last two weeks we have been learning the signs for Aussie Animals.

Check out 1/2K showing the sign for "cockatoo." Just a reminder to all students that "Harry," our mascot from the Auslan room, is still missing - if you find him in your travels please return him to room 7.

Thanks, Mrs H.





# Life is for Learning



## “Wominjeka” say: [wo min DJEE ka]

**Wominjeka** is used to say “Welcome” in the First Nation language of our area. We currently have 14 Koorie students from 11 families at our school.

### ***Why do we use the word “Koorie” to refer to our classes?***

- The Koorie Nation includes present day Victoria and parts of New South Wales.
- Within the Koorie Nation, we live and work on the land of the Bunerung People.
- First Nation People traditionally speak 4 or 5 languages.
- Much of the language has been lost unfortunately, but there are many projects that aim to bring the original languages back to life.
- One of the common languages in our area is Woiwurrung.

### ***What do we teach in our Koorie class?***

- We all live and work on the land of the Koorie Nation. We learn all about our own local area.
- Our students trace their heritage to different parts of Australia. The various Mobs have very different cultures and languages. We enjoy learning about other First Nation cultures from our own.
- Many students cannot trace exactly where their families are from. We learn about how families are traditionally connected through: artefacts, different art styles, history, stories and backgrounds of different Mobs. We also discuss related, current news stories.
- We compare what we learn in our Koorie class with our experiences of “everyday Australian life”.

### ***We have been making Australia's First Nation Heritage more visible in our school:***

- At Assembly, our Koorie students head up the Acknowledge of Country, supported by Auslan sign language.
- We have introduced simple greetings and phrases in the Woiwurrung language school wide. Staff and students are encouraged to use these phrases when marking the roll in the classroom.
- We organise School-wide incursions. In November 2022, we listened to First Nation's Bedtime Stories (Video clips of Aboriginal stories told by Elders).
- We celebrate Reconciliation Week and Naidoc Week as a whole school each year.

Thank you for your continued support,

**Malika Gerlosfsma, EAL/Koorie Teacher**



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# Community News

## SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES

THANK YOU &  
CONGRATULATIONS!



Foodbank Victoria, in partnership with the Department of Education and Training, would like to congratulate your school, students and families on successfully completing the Cooking Classes program. We hope the recipes have provided some great inspiration for healthy and delicious meals at home.

We would love to share some highlights of the program with your school community.

During Term 1, the program was delivered in 15 schools, with 600 take home hampers were distributed to participating families to try out the recipes at home.

Families that took part in the program had some great things to say.

Thank you from Foodbank Victoria and the School Breakfast Clubs Program Cooking Classes team — Emma, Myloan, Stephanie, Alanna, Jane and Alice.



# Community News

"Since joining the program my family and I now enjoy cooking together and enjoy talking about food to eat".

"It's a great way to get the kids involved in what they eat and getting them to try new food".

"Cooking with the kids was fun, they showed me they can do more than I thought."

"The educational benefits and the teachers were wonderful."



To continue exploring all things 'food' – please jump online to find out more. See below for some more inspiration!

#### Nutrition Australia

Provides fantastic fact sheets and delicious, easy-to-follow recipes.

[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

#### Healthy Eating Advisory Service (HEAS)

Download a free 150+ recipe booklet filled with affordable, fresh recipes!

[www.heas.health.vic.gov.au](http://www.heas.health.vic.gov.au)

#### Ceres Community Environment Park

Workshops and courses including: permaculture, small-space gardening, backyard beekeeping and more!

[www.ceres.org.au/education](http://www.ceres.org.au/education)

#### Dietitians Australia

Check out DA's Smart Eating Fast Facts and simple, healthy recipes.

[dietitiansaustralia.org.au](http://dietitiansaustralia.org.au)

#### VicHealth

Be Healthy is a blog created by VicHealth for people looking for information they can trust on a range of topics, including healthy eating.

[www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)

#### Cook Well, Eat Well

Brought to you by VicHealth and Nutrition Australia, Cook Well, Eat Well aims to help people create healthy meals at home.

[www.cookwellevestwell.org.au](http://www.cookwellevestwell.org.au)

#### Eatforhealth

Easy to understand, printable guidelines, posters and tips for healthy eating.

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



# Community News



## Free Family Day out for School holidays

### Kids Day Out

Our School's Easter Raffle raises funds for the Good Friday appeal. Last year we raised \$1430!

This event is hosted by the Good Friday Appeal. Thank you to all our families who support this worthy cause.

### Cardinia Shire Events

Please visit the Cardinia webpage to find more information about Wonderful Waterbugs and other activities for children in our local area.

[https://www.cardinia.vic.gov.au/info/20055/children\\_and\\_youth/762/](https://www.cardinia.vic.gov.au/info/20055/children_and_youth/762/)



**Cardinia** **WONDERFUL WATERBUGS**

Free Holiday Workshop  
April 17, 11am | Deep Creek Reserve  
[wonderfulwaterbugs.eventbrite.com.au](https://www.wonderfulwaterbugs.eventbrite.com.au)



**KIDS DAY OUT**

**FRIDAY 7 APRIL**  
**10AM - 5PM**

**MELBOURNE CONVENTION AND EXHIBITION CENTRE**

Melbourne's Favourite Family Fun Day is back!

MAJOR SUPPORTER: smoothmy, nova100, T, M, MELBOURNE CONVENTION AND EXHIBITION CENTRE  
PRINCIPAL PARTNER: CITY OF MELBOURNE, Herald Sun

good Friday appeal  
THE WOND'ERFUL HOSPITAL



**JURASSIC CREATURES™**

**Westfield**

**FOUNTAIN GATE**

CORNER OF PRINCES HIGHWAY AND BREECHIN DRIVE, NARRE WARREN (OPPOSITE TACO BELL)

**31<sup>ST</sup> MARCH – 23<sup>RD</sup> APRIL 2023**

# Community News



## Give life. Give blood in Pakenham.

17 to 28 April

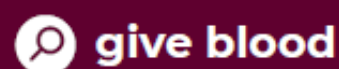


### **Pakenham**

Pop-up Blood Donor Centre

Pakenham Library Community Hall  
Cnr John and Henry Street

Please visit our website for details.





# Community News



## KINDERGARTEN REGISTRATION INFORMATION SESSION



**Parents and Carer's, please join us for a free Kindergarten Registration Information Session to understand the benefits of 3 and 4 year old kindergarten and to learn how to register your child into kindergarten.**

**Date:** Wednesday 5th April

**Time:** 11am-12pm

**Location:** Parentzone Hub, 75 Army Road, Pakenham

As part of the session, a free morning tea will be provided where you have the opportunity to speak one on one with Cardinia Shire Council's Central Registration Officer and Sparkways Pre School Field Officer about Kindergarten registration.

# Community News



## Emotional Regulation: Dealing with Stress and Anxiety

**Presented by Jasbir Suropada**

- How do I recognise when my child is experiencing stress and anxiety?
- How do I support my child?
- Where and who can I speak to for further help?

**Date:** Tuesday, 16 May, 2023

**Time:** 7:00 - 8:30pm

**Where:** Online via Zoom

**ENQUIRIES:**

[CFCCardinia@anglicarevic.org.au](mailto:CFCCardinia@anglicarevic.org.au)  
or call 0457 825 076

**Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_xEnu-mBISLGd2oX0V9NwNw](https://us02web.zoom.us/webinar/register/WN_xEnu-mBISLGd2oX0V9NwNw)



CFC is funded by the Australian Government,  
Department of Social Services.  
See [www.dss.gov.au](http://www.dss.gov.au) for more information.

**PARENTZONE**



or scan QR code

[anglicarevic.org.au](http://anglicarevic.org.au)

**BETTER  
TOMORROWS**



## Children's Mental Health & Well-Being

**Presented by Jasbir Suropada**

- Why our children's mental health & well-being is important?
- How do we support mental health & well-being?
- Where do I go to get further assistance?

**Date:** Tuesday, 13 June, 2023

**Time:** 7:00 - 8:30pm

**Where:** Online via Zoom

**ENQUIRIES:**

[CFCCardinia@anglicarevic.org.au](mailto:CFCCardinia@anglicarevic.org.au)  
or call 0457 825 076

**Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_DUCOEbzISiGx\\_tByh8078g](https://us02web.zoom.us/webinar/register/WN_DUCOEbzISiGx_tByh8078g)



CFC is funded by the Australian Government,  
Department of Social Services.  
See [www.dss.gov.au](http://www.dss.gov.au) for more information.

**PARENTZONE**



or scan QR code

[anglicarevic.org.au](http://anglicarevic.org.au)

**BETTER  
TOMORROWS**



## POSITIVE PARENTING RESPONSES TO SCHOOL REFUSAL PARENTS BUILDING SOLUTIONS

**SCHOOL REFUSAL IS A CHALLENGE FACING  
MANY PARENTS**

- Is school refusal turning your home into a battleground?
- Is your child experiencing separation anxiety?
- Would you like to understand some of the reasons for school refusal?
- Would you like to know what works for other parents?

**YOU ARE NOT ALONE!** Join us to explore positive parenting strategies to respond to school refusal.

**DATE:** Thursday, 27th April

**TIME:** 6.30 p.m. - 8.00 p.m.

**WHERE:** Online (Zoom)

Link will be provided to all registered participants the day before

**COST:** FREE!

**For more information contact:**

Carey Cole - 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

OR

Register using the QR code or this link:  
<https://forms.office.com/r/1VR9DiC74J>



**PARENTZONE**

**BETTER  
TOMORROWS**

# BIKE CARE

Sponsored by:

**Cardinia  
Men's Shed**

**&**

**Rotary**  
Club of Pakenham



**Contact: 0488 681 463**