

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

## Veggie Garden Update

A few weeks ago I was lucky enough to have some of 5/6L join me in the Veggie Garden. We weeded, raked, dug and prepared three of the existing garden beds for planting. The students worked hard and are looking forward to spending more time out there as our new space comes to life.

A big thank you to all families who have been able to donate. Donations are still being accepted at the office. If you are able to donate please pop your donation in an envelope with your name and grade and address to "Garden Committee."

Many thanks,

Garden Committee



### TERM 3

10 Jul - 15 Sep

15 Sept

Last Day of Term -

Students finish at 1:30pm

### TERM 4

2 Oct - 20 Dec

2 Oct—5 Oct Prep—4 Swimming

6 Nov Report Writing Day -  
STUDENT FREE

7 Nov Melbourne Cup  
PUBLIC HOLIDAY

5 Dec International Volunteer  
Morning Tea

15 Dec Prep—4 Swimming

18 Dec Prep— 4 Swimming

19 Dec Curriculum Day -  
STUDENT FREE

20 Dec Last Day of Term -  
Students finish at 1:30pm



*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.*

# Community News



Dear Parents and Friends,

You may have noticed our old Veggie Garden space is under construction. The Garden Committee has been working hard over the last few months planning an exciting outdoor learning space for our students. This is a huge task which we hope to be using by term four this year. The theme of the garden will be a sustainable and sensory space.

Our local Bunnings Warehouse has committed to assisting us with seedlings, planting and education support once the garden is set up, allowing PHPS to plan and deliver lessons focussed on sustainability in an outdoor setting.

Children with extra sensory needs will be able to use the garden to self-regulate their emotions in a calm outdoor space.

We are holding a fundraiser to help us get this space up and running.

**OPTION 1 \$50:** Families or local businesses have the chance to sponsor a bench seat. A small plaque will feature on the seat with your family's name. Our goal is to install eight bench seats for children to enjoy outdoor lessons.

**OPTION 2 \$25:** Families can donate the cost of a stepping stone to help with the landscaping costs. Our goal is to lay 30 stepping stones for children to navigate their way around the garden.

**OPTION 3 \$10:** Families can donate the cost of a bag of river stones to help build our "sensory walk."

Alternatively, any donation great or small can be made at the office. Every little bit helps. Please return the form attached if you would like to donate via any of the above options. Please label any envelopes of donations with "Garden Committee."

Student leaders will be fundraising for the Garden at break times by selling Zooper Doopers and chocolate bars.

We are also holding a competition to name the garden... \$2 per entry. Put your idea and name the bottom of the form with your \$2 coin into an envelope addressed to the "Garden Committee" and hand it into the office.

Many thanks,

**Garden Committee**



# Community News

---



## **Pakenham Hills Primary School Sensory / Sustainable Garden Donation**

Donation details:

Student Name and Grade: \_\_\_\_\_

- I would like to donate \$50 for a new bench seat
- I would like to donate \$25 for a stepping stone
- I would like to donate \$10 for a bag of river stones
- I would like to make a donation of a different amount \$ \_\_\_\_\_

*For bench seat only:*

What would you like your name plaque to say? (50 characters only):

---

---

---

*Name the garden competition:*

Student Name and

Grade: \_\_\_\_\_

I would like the new garden space to be called:

---

Please return to the school office with payment in an envelope labelled "Garden Committee".

# Principal's Post



## Casual Relief Staffing

Over this term, we have had to employ a large number of CRTs and emergency ESS due to staff illness, Long Service Leave, and staff Professional Practice Days.

In the last few weeks we have had multiple staff unwell and have struggled to get replacements, due to critical shortages of replacement teachers. This has led the school to having split classes across year levels to ensure important aspects of teaching and learning within classrooms continue. Our daily organiser, Michelle Heenan, does an outstanding job trying to get replacement staff. Unfortunately, you can't book what's not there. This situation is not going to improve in Term 4. Our teachers do a sterling job coping with this situation and should be commended on their patience and dedication to ensuring children's education continues under very difficult circumstances.

## RUOK Day

Yesterday we acknowledged RUOK Day. This is our National day of action when we remind people that every day is a day to ask, "Are you okay?" and start a conversation whenever we spot the signs that someone might be struggling with life. This whole school Wellbeing Day provided opportunities for students to participate in mindfulness activities, learn more about friendships, bullying and growth mindset.

## School Holidays

We have reached the end of another busy term. I hope all the students will have a relaxing and enjoyable break. I hope parents will enjoy not having the routing of school for a couple of weeks. I look forward to seeing everyone on our return at the beginning of term 4

**Dale Hendrick**

**Principal**



**\*\*\*Term 4 Report Writing Day\*\*\***

**Rescheduled**

**New Date for your diary: 6 Nov 2023**



# Book Week



This term we had our much anticipated Book week and many students dressed up in their favourite characters! We held a competition for the best dressed of the day and here are the winners:

Winners:

Maharlija M	Prep E	Lachlan S	12M	Chelsea F	34C	Ethan S	56L
Carter F	Prep E	Oliver V	12R	Renny I	34W	Alyse S	56J



## 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



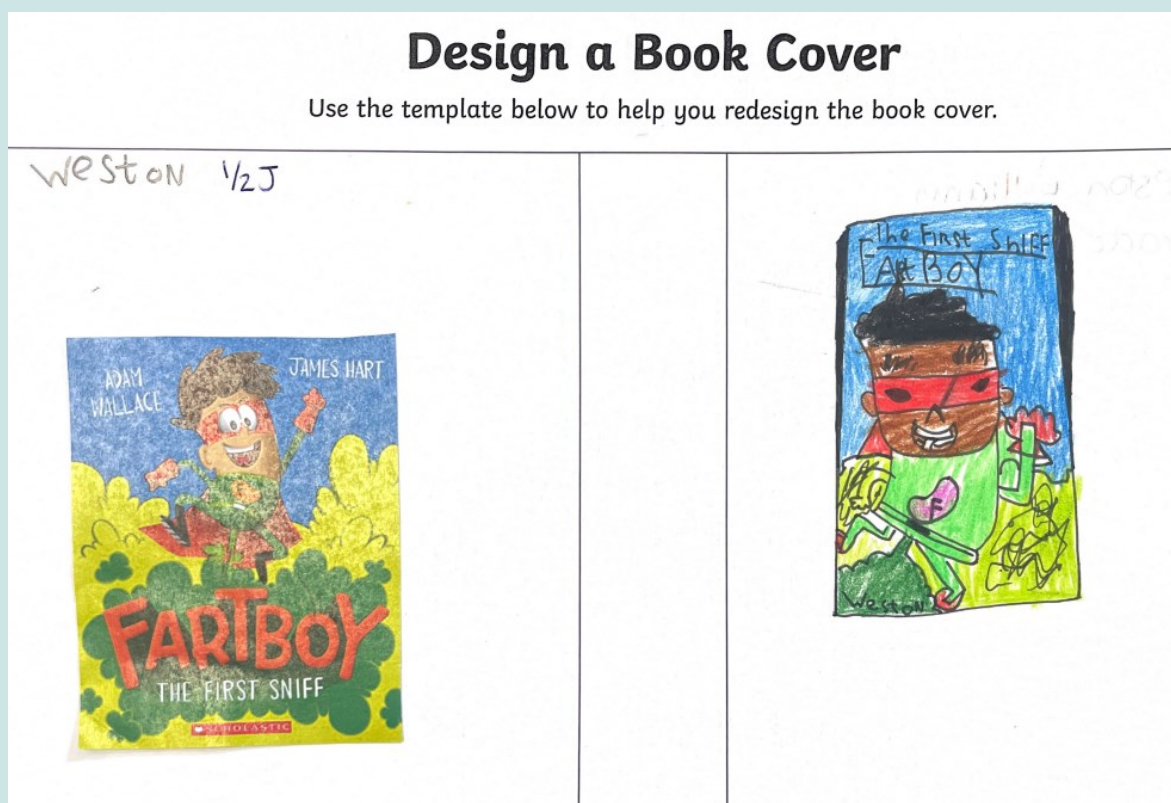


# Book Week

Congratulations to the Preps –1s for their amazing effort in designing a book cover and the 3-6s in creating incredible comic strips:



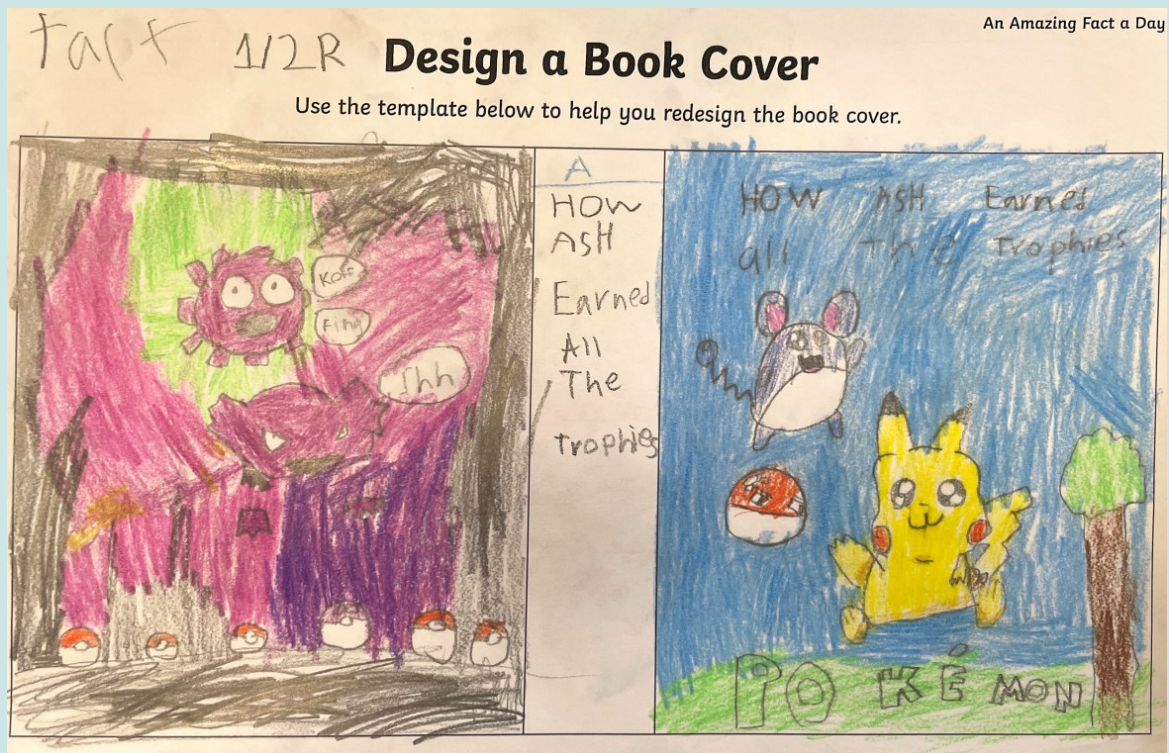
Archer Higney P/10H



Weston Williams 1/2J



# Book Week



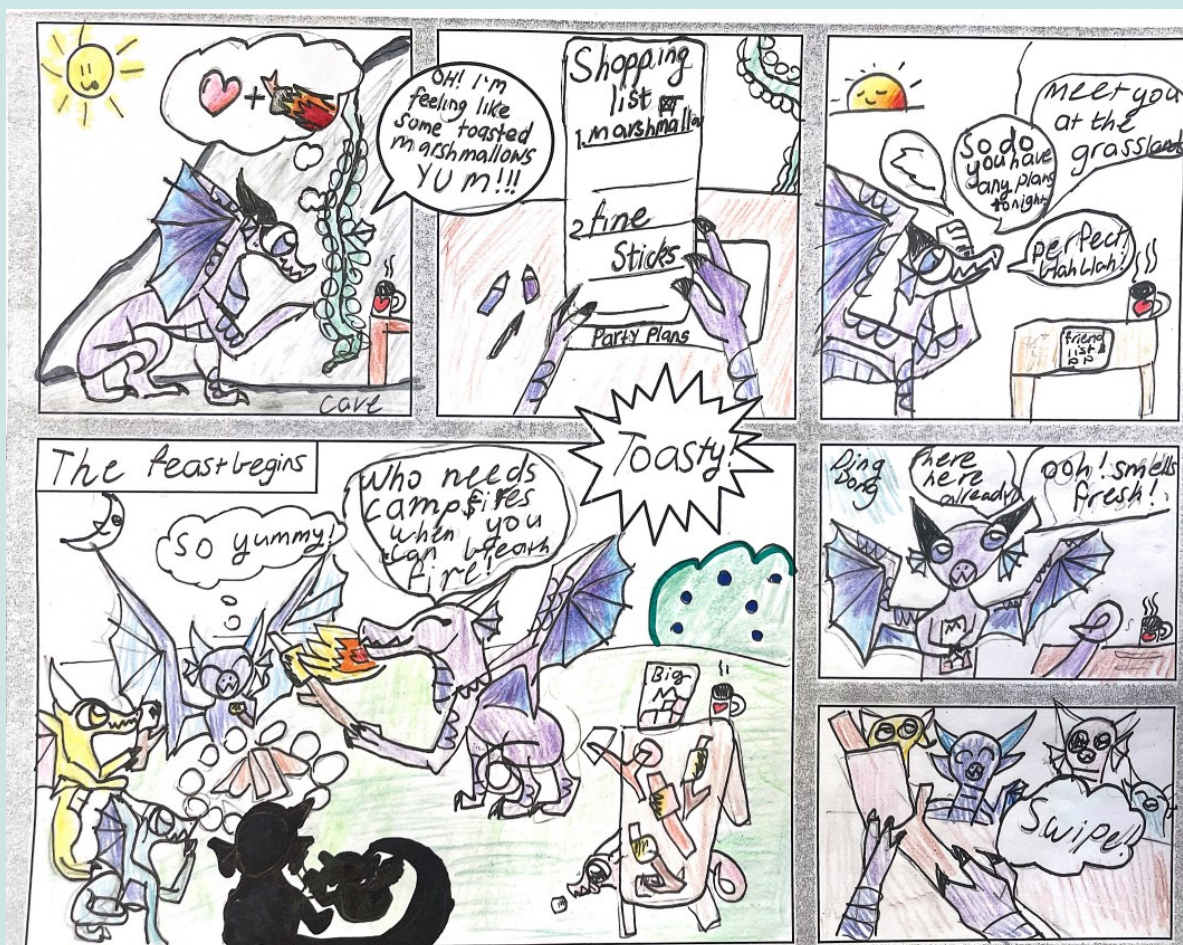
Tait Mcardle-Price 1/2R



Jorge Fehr 3/4W



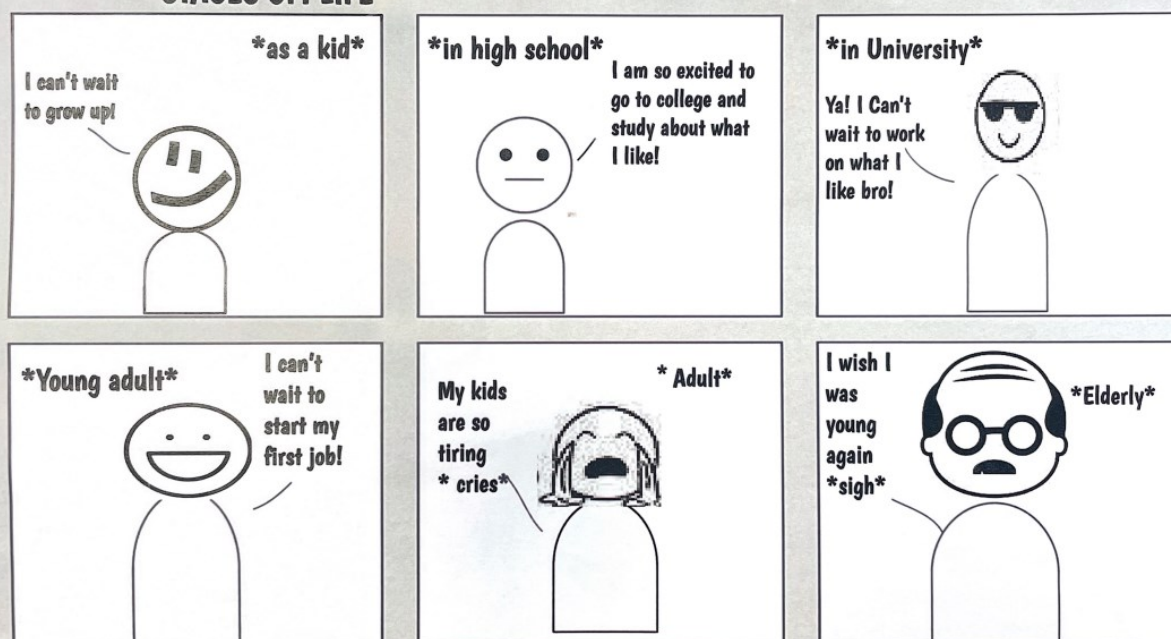
# Book Week



Aiva Ikupu 3/4M

## STAGES OF: LIFE

By: Ella Ashton and Eve Byrne



Ella Ashton &amp; Eve Byrne 5/6J



# Book Week

Dear Families,

Two authors have visited our school on Friday 1<sup>st</sup> September, Frane Lessac, on: Art of the Story, and her partner Mark Greenwood on: The Story Hunter.

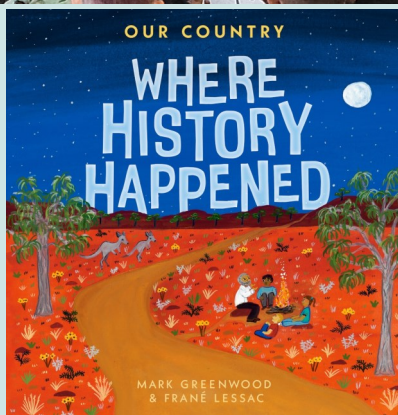
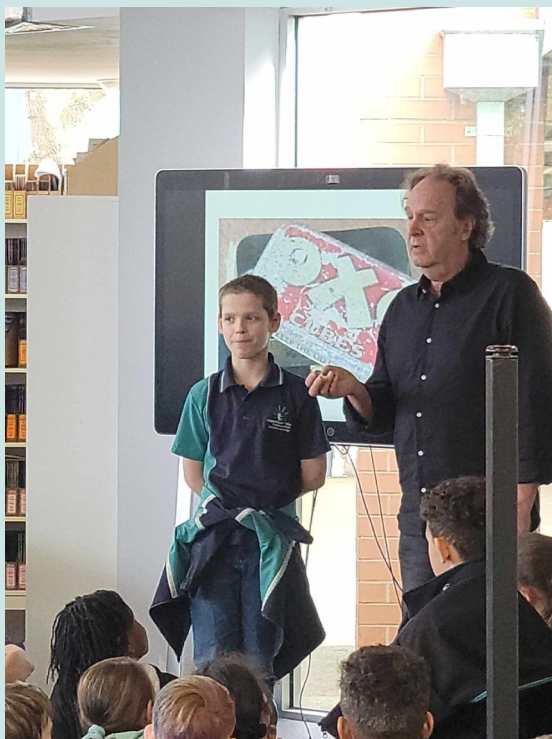
Here are a few pictures to show you the way the prep to grade 2 students were engaged in Frane Lessac's workshop. She explained the way she works and the students had a go at drawing their own characters for a book cover as well.

Meanwhile, Mark Greenwood had a captive audience in the library where the grade 3 to 6-es were hanging on to every word he said, resulting in great demand for his books from the students after the session had ended.

We will be working on getting more of his books in the library!



*Malika Gerlofsma*





# Student News \*



## Rubbish Competition

In 4/5J we were looking at persuasive writing and how we could persuade people not to litter through our writing. Two students then took the initiative to set up a school-wide rubbish collecting competition. They created posters and stood up at assembly to tell the whole school about the competition. Then the day finally arrived! Lachlan and Alex gave up their lunch break to help all the students sign up and they were off. When the break was over the students came back to drop off their buckets of rubbish and the grade sorted them all out and weighed all the buckets to determine the winner. We then made a classroom maths competition to work out the total weight of all the rubbish collected. The students collected just under 10 kilos of rubbish! What an incredible achievement! Alex and Lachlan determined the first, second, third and fourth winner and announced it.

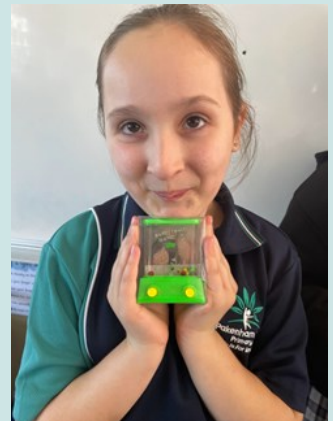
In **first** place we had Amelia Ingram

In **second** place we had Tamara Ngewa

In **third** place we had Luke Tran

And in **fourth** place we had Lyla Softley

Congratulations to our lucky winners and well done to everyone who participated! We are very much looking forward to the next rubbish competition.





# Student News



## Sporting Achievements

We would like to acknowledge and congratulate Lucas Kovac on his achievements at the Swimming National Championships in Sydney. He swam 2nd in breaststroke and 3rd in the individual medley relay. This is an awesome achievement at the Australian level and he has made his cohort proud. Your hard work is a great example for our younger budding athletes. And a special congratulations and good luck to all the students going to outer school athletic in the future!

## 5/6 Poetry

Over the past few weeks, the 5/6s have been learning all about poetry. Our students have been writing some fantastic poems, especially Daniel who has written one about her school day.



We sit here and learn all day

We listen to what the teacher has to say

Maths, History, Art and Sport



I'm good at all of them according to my report

We come here to learn

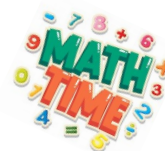
But recess time is what we yearn



The lunch bell rings

And everybody sings

We come back inside



It seems that some people went for a muddy slide

The school day has come to an end

I start my journey home and turn around the bend

— Nicole Daniel-Palmer 5/6D

## + Notice from Sick Bay +

Please remain vigilant if headlice is a concern; ensure that you are checking your child's hair if they are complaining that it is itchy and please to note send them to school if you have found headlice.

If your child is regularly needing a change of clothing, especially on rainy days, please make sure you are sending them to school with spare change of clothes as we do not always have spare uniform to give them. If your child has been loaned spare uniform please wash it and return it to the school.

Stay safe and enjoy your holidays!



# Parent Information



## R U OK? Day

We celebrated R U OK? Day on Thursday 14<sup>th</sup> September 2023. Students wore something yellow on the day. The students participated in a range of activities in their classrooms and then came together as a whole school to celebrate the wellbeing of our P.H.P.S community. The wellbeing activities this year specifically focus on Friendship and include the following elements.

- **Inclusion:** R U OK? Activities help build positive, respectful relationships among students through understanding friendship and building support networks.
- **Student voice:** Through actively engaging students in identifying and responding to emotions in themselves and others, R U OK? lessons develop social and emotional skills, such as personal safety, resilience, help-seeking and protective behaviours, and foster a sense of connectedness.
- **Support:** By raising awareness and understanding of wellbeing through identifying, recognising and responding to emotions, R U OK? lessons support students with strategies that promote resilience and positive behaviour.
- **Partnerships:** Through developing the skills for students to have important conversations with those around them, R U OK? resources provide collaborative opportunities within the school community to support wellbeing.

We loved celebrating this special event together.



## Are You Safe at Home?

We all deserve safety, respect and the opportunity to thrive, wherever we live, work and play. But for many of us, home is not always safe.

Most people experiencing family violence will reach out to a friend, family member or colleague at some point. That could be you. And it's people like you who are often the first ones to notice that something isn't right. You can play a crucial role in identifying abuse and supporting the people you know and care about to be safe. You don't have to be an expert. You can start small by opening up the conversation, listening and offering support.

You can ask the question, 'are you safe at home?'. We all have a role in recognising and responding to family violence.

Start the conversation with a colleague or loved one. Learn more by visiting

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





# Parent Information



## The Thriving Kids & Parents Schools Project

Dear Parents/Carers,

As part of the *Thriving Kids and Parents School Project*, you are invited to attend three highly relevant Triple P – Positive Parenting seminars from one of the most effective evidence-based programs in the world, **FREE** of charge. These interactive seminars will be delivered to parents/carers of **children aged 4 – 12 years** from your school/via a videoconferencing platform.

**The three interconnected seminars will provide you with a toolkit of practical strategies to help your child thrive. These strategies will help you guide your child's behaviour, manage everyday worries, and build healthy peer relationships.**

Attending all three seminars will provide you with the strategies you need to best support your child's development.

The **Power of Positive Parenting (Triple P Seminar)** helps you to understand why kids behave the way they do and introduces practical strategies to *support your child's social and emotional development*.

The **Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar)** is designed to equip you with the skills and strategies you need to support your child to *manage their emotions and overcome challenges*.

The **Keeping your Child Safe from Bullying (Resilience Triple P Seminar)** helps you maintain good communication with your child, *develop positive peer relationships, and address conflict and bullying*.

### How can I get involved?

Register for the seminar series and complete a short (approximately 15 – 20 minutes) online questionnaire.

Attend the **three online seminars** in the TKPSP series (90 – 120 minutes each seminar).

Complete post-seminar series questionnaires 6 weeks and 12 weeks following the registration. Each questionnaire will take around 15 minutes to complete and will help us understand how helpful the strategies have been.

### Yes, I want to be involved. What's next?

Register through this link: <https://able.adelaide.edu.au/education/thriving-kids-and-parents/for-parents#power-of-positive-parenting>

If you have any questions, you can contact the project team at: [thrivingkidsandparents@uq.edu.au](mailto:thrivingkidsandparents@uq.edu.au)



THE THRIVING KIDS & PARENTS SCHOOLS PROJECT

**Online Parenting Seminar Series**  
for  
Parents of children aged 4 - 12 years

- ✓ Practical tools and strategies
- ✓ Evidence-based
- ✓ Highly relevant

**3 x FREE**  
interconnected  
seminars



# Parent Information



## Pakenham Hills Primary School



### Smile Squad is on the way to our school!

All children deserve a healthy smile, and the Smile Squad is coming to <INSERT NAME OF YOUR SCHOOL> to help make sure this happens.

Smile Squad is a Victorian Government program that provides free dental care to all Victorian government primary and secondary school students.

The friendly Smile Squad dental team will visit <INSERT NAME OF YOUR SCHOOL> soon to conduct a free annual dental health examination for every student and provide free follow up treatment as needed.

### What do you need to do?

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

OR use the QR code below:



The Smile Squad team will check the student's teeth and mouth and show them how to keep their teeth healthy and strong. They will also provide any preventive services you have consented for. If the student needs more treatment, the Smile Squad will discuss this and seek consent.

Please complete and submit the consent form by **Tuesday 12<sup>th</sup> September**.

Paper copies of the consent form are available. Please contact the school office if you would like to request one.

The electronic consent form can be translated into more than 100 languages, and the paper form is available in 13 languages.

### Do I need to attend my child's appointment?

No, you do not need to attend your child's appointment for them to be seen at school. However, if you wish to attend you are welcome to make an appointment at your local community dental clinic.


### Who is Smile Squad?

The bright orange Smile Squad vans are staffed by experienced oral health therapists, dental therapists, dental assistants and dentists. They all have lots of experience treating children and a passion for improving their oral health – for life.

Learn more about the Smile Squad by visiting [www.smilesquad.vic.gov.au](http://www.smilesquad.vic.gov.au) or contact the team at [smilesquad@dhs.vic.gov.au](mailto:smilesquad@dhs.vic.gov.au).




# Parent Information



## What is Smile Squad?



Smile Squad is a Victorian Government funded program which will provide all Victorian public primary and secondary school students with free dental care.

It's a \$321.9 million program, with a school dental van coming to your area soon. The friendly dental team will provide your child with a free annual oral health examination and follow up care if needed.




## Find out more



Smile Squad means that every child can have a healthy smile.  
Find out more at [smilesquad.vic.gov.au](https://smilesquad.vic.gov.au)

 dental health services victoria
  VICTORIA Government

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.  
©State of Victoria, July, 2019.



## Information guide for parents

 dental health services victoria
  VICTORIA Government

**Who is eligible?**  
All students attending government primary, secondary or special schools in Victoria.

**How can my child register for the program?**  
Information about the program, along with initial consent forms covering oral health examinations and active preventive care, will be distributed through the school.

**When and how will my child be seen?**  
The Smile Squad team will first visit your school to undertake oral health examinations and active preventive care. Your child will be collected from class when they are due to be seen. After the initial check-up, an individualised treatment plan will be developed and sent home along with a secondary consent form for treatment if needed.

**Do I need to attend with my child?**  
You do not need to attend with your child. However, if you wish to, we can make an appointment time for you to attend together.

**What does it cost?**  
Smile Squad is a free program for all students. It includes an annual oral health check, active preventive care and follow up treatment if needed.  
*Note: this program does not include orthodontic or cosmetic treatment.*

**Who can I contact for more information?**  
Visit [smilesquad.vic.gov.au](https://smilesquad.vic.gov.au)

**What if my child has urgent needs/dental pain?**  
If your child has dental pain, please contact your nearest dentist or community dental clinic for help.  
To locate your nearest clinic, visit <https://www.dhsv.org.au/clinic-locations/community-dental-clinics>.

## Four simple steps to receiving free high-quality dental care at school.





**Step One**  
Give your consent



**Step Two**  
Your school schedules a check-up



**Step Three**  
You give your consent for treatment if needed

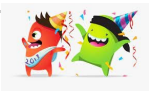



**Step Four**  
Your school schedules treatment



# Student of The Week—Term 3



	Week 3	Week 4	Week 5	Week 6
00A	Aryansh Sengupta	Nazanin Jafari	Sarasvati Bhudia, Alina Carroll	Kayden Pollard
00E	Viraaj Rao	Audrey Palmer	Maharlijah Maaka	
00K	Madelyn Kelly	Raphael Lambrinos	Mason Scott	Ollie Gathercole
01O H		Phailin Pass, Junior Hill		
12M	Elizabeth Jones, Lola Laoye	Sophie Turley, Karan Singh		
12J	Logan De Vent	Zaylee, Maddy Steven	Raksshana Vicknesh, Jiana Rejith	
12K		Aliyah Ingram	Alier Alier	
12X	Afsa Hashimi	Mikaelle Carroll	Zaria Clark	Seth Dalton
12R	Daniella Vargovic	Bryce Leonard	Sarah Lian, Mohammad Bin Isac	Avinoor Gill
34C	Aryan Jhanji	Kelsey Alcantara	Roman Martinez	Chelsea P.F, Oggie Biqkaj
34L	Amber Lyons	Chris Lane	Jennifer Tran	Hayley Warburton
34M	Joseph Laoye, Tyler Russell	Lily Horsburgh	Noah Vukasovic	Cooper Tantucz
34W	Jaimann Tejpal	Kobe Fetalaiga		
45B				
45J				
56D	Senuka Sandarage			
56L			Tyson Hill, Alisha Hort	Yvarra Ingaran
56J	Ben Nguon	Brodie Smith	Eve Byrne	Daniel Wilson
Per- formin g Arts				
Visual Art	Bonnie Steele 3/4W	Hayley Steele 5/6L	Raksshana Vicknesh 1/2J, Wynter Campbell PA, Audrey Saroni 3/4M	
PE			Cody Varga 3/4C	Lorenzo Modaffari 3/4M
Auslan	Ella Schill 3/4L	Lexie Schwartze 3/4W	Kayla 3/4W	Tyler Russell 3/4M





# Student of The Week — Term 3



	Week 7	Week 8	Week 9	Week 10
00A	Nate Rawson	Addi Cain, Isaak Walsh	Kamakhya Sharma	Mitchell Monssen
00E		Aleah McArdle-Price		
00K	Evie Collins		Aurora Fulcher	Didi Abosi
01O H				
12M				
12J	Wade Harris, Riley Tuituiohu	Brodie Craig	Ayla Cain	
12K	Caleb Dukakis. Hunter Valente			
12X	Emma Smith	Chizzy Abosi, Mila Govindasamy	Caelen Griffiths	Zayan Shahzad
12R	Dakkshav Shanmu- gasundaram	Declan Bell		Oliver Vukasovic
34C	Thomas Hamilton, Travis Day	All of Grade 3	Sharon Zaa Thang	
34L	Ella Schill	Livsharah Singh	Mishka Lovrecic	Abby Baley
34M	Isabel Felix	Frankie Baker- McCarthy	Charlie Hendy	
34W	Amelia Shahzad	Taya Davey	Charlotte Wilson, Luke Tran	
45B				
45J	Jack Cordy	Xanthe Hughes, Kobe Fetalaiga		
56D				
56L	Lachlan Dewaard	Prabh Singh	Mantej Gill	Bella Barr, Nash Byrne
56J	Charlie Dick	Runjdh Sing Bains		Ben Lloyd
Per- formin g Arts				
Visual Art	Riley J 3/4M, Emma S 1/2X, Parisa Tirmizi 1/2X	Alisha Hort		Patrick Baxter
PE				
Auslan	Luis Raymundo 1/2K	Alyssa Dunlop		Scarlet Welsh 1/2R

# School Photos



## School Photos 2023 – Pakenham Hills Primary School

Annual school photos have been taken by Arthur Reed Photos.

To view the images of your child and order photos, you will need to first register online.

Go to <https://order.arphotos.com.au> and enter the 2023 image code for your child (*from their personalized flyer*)

Tap on 'Add another child' to enter the image codes of any siblings

Fill in your email and mobile details and then review all details before confirming your registration

That's it! When 2023 photos are ready, you will be notified by email and SMS.

Even if you registered last year, it's important that you do it again each year using your child's new image code to link their photos for the current year with your contact details.

**To ensure you are ordering school photos for the current year, please wait for notifications that 2023 images are online before placing orders.**

In the webshop you can view photos and customize your photo package; Choose ANY layout, ANY image and purchase multiple digital image downloads.


**All photo orders will be sent directly to the address you provide when ordering.**

REGISTER ONLINE NOW to be notified when 2023 school photos can be viewed and ordered.

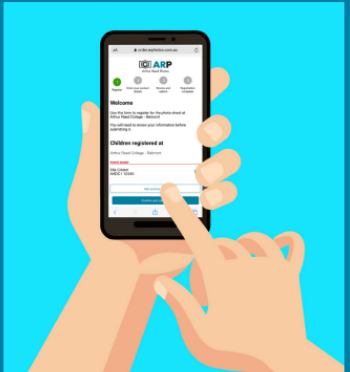
Register online now to be notified  
when images are ready to view!

## School Photos - easy as 1 2 3


**1** Go to [order.arphotos.com.au](https://order.arphotos.com.au) and enter your child's **2023 image code**



**2** Tap on 'Add another child' to enter the image codes of any siblings



**3** Fill in your contact details & review before confirming your registration\*



**That's it! You'll receive an email and/or SMS when images are ready to view in our secure webshop**

Registration is required each year to link student images for the current year with your contact details.

• View photos online & customise your photo package • Any layout, pose or image • Multi Image Digital Downloads

**TO ENSURE YOU ARE ORDERING 2023 PHOTO PACKAGES, please wait to receive notifications to view 2023 images before placing orders**

**Arthur Reed Photos Pty. Ltd.**  
A.B.N 48 528 494 590

Telephone: (03) 5243 4390 Enquiries: [customerservice@arphotos.com.au](mailto:customerservice@arphotos.com.au)

\*This information will only be used for distribution of personal image codes and ordering details.



# Community News



## Family Transition to School Program Term 4



### Providing FREE support for families transitioning to school in 2024.

Join our experienced team over refreshments for a casual and interactive program that provides practical tips for families to support their child to transition to school.

Each week families will receive some giveaways. We'll also provide translation and transport support where needed.

Uniting presents the Family Transition to School Program on behalf of the Department of Education.

**Contact us:**

Sinead O Conaill

0403 947 913

[sinead.oconaill@vt.uniting.org](mailto:sinead.oconaill@vt.uniting.org)

[unitingvictas.org.au/el](https://unitingvictas.org.au/el)

**Uniting**

**DATES**

Friday 6<sup>th</sup> October 10:30am-12:30pm

Friday 13<sup>th</sup> October 10:30am-12:30pm

Friday 20<sup>th</sup> October 10.30am-12.30pm

Friday 27<sup>th</sup> October 10.30am-12.30pm

Friday 3<sup>rd</sup> November 10.30am-12.30pm

**Location:**

First Early Learning Pakenham

33-35 James St, Pakenham,

VIC 3810

**Presented by**

Sinead O Conaill

# Community News



## THE THRIVING KIDS & PARENTS SCHOOLS PROJECT

### Online Parenting Seminar Series

for

### Parents of children aged 4 - 12 years

Are you interested in learning  
**practical strategies** to help  
your child:

- ✓ Manage everyday worries
- ✓ Build healthy peer relationships
- ✓ Thrive now and into adolescence

You are invited  
to attend  
**3 FREE**  
evidence-based  
seminars

Register via the  
project website

[CLICK HERE](#) or  
scan the QR Code



### Interactive and online seminar package

#### 90 - 120 minute seminars:

#### Power of Positive Parenting (Triple P Seminar)

Practical strategies to support children's social and emotional development.

**Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar)** Skills and strategies to support children manage their emotions and overcome challenges.

#### Keeping Your Child Safe from Bullying (Resilience Triple P Seminar)

How to maintain good communication with the children in your care, develop positive relationships, and address conflict and bullying.

#### Contact details:

QLD: [thrivingkidsandparents@uq.edu.au](mailto:thrivingkidsandparents@uq.edu.au)

VIC: [thrivingkidsandparents@monash.edu](mailto:thrivingkidsandparents@monash.edu)

SA: [thrivingkidsandparents@adelaide.edu.au](mailto:thrivingkidsandparents@adelaide.edu.au)



MONASH  
University



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA



# Community News



## Drawing with Georgia

SAKURA CREATIONS  
PRESENTS CREATIVE DRAWING  
CLASSES



### Encourage your child to explore their creativity

**During Term 4, 2023 - Private Art Classes for children who are looking to develop their skills in the Visual Arts.**

**Where: Pakenham Hills Primary School - Multipurpose room (located same building as Gymnasium)**

**When: Tuesdays**

3:15pm - 4:15pm

Minimum of 6 students will be required for classes to run. Maximum 15 students.

#### **CREATIVE DRAWING CLASSES**

Emphasis will be on developing a wide range of drawing techniques. Classes encourage all students to expand and develop their own drawing skills. Students will learn composition skills, exploring perspective, colour and media. Classes are designed specially to develop your child's own personal drawing style. We will explore value, line, texture & shading while using different mediums such as pencils, markers & water colour.

**All materials are supplied.**

**Price: \$180.00 for Term 4, 2023**

**9 Week Program**

**9 Sessions (\$20.00 per session - per child)**

**Classes Start - Tue 10th October 2023**

**Last Classes - Tue 5th December 2023**

**To Enrol:**

Contact Georgia via mobile or email for an enrolment form. This will need to be completed & returned as soon as possible. Payment details are explained on the enrolment form.

**Email: sakurafp20@gmail.com**

**Mobile: 0410 900 109**

**Please contact Georgia for all enquiries**

# Community News



## GIRaFfe -Gender Identity Relationships and Fluidity for Everyone

**Presented by Michelle Brown -Parent Resource Coordinator, Parentzone Southern**

- How best to support children through change
- Acknowledging how they and we are feeling
- Communicating their needs to others

**Date:** Tuesday, 12 September, 2023

**Time:** 6:30 - 8:00pm

**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\\_7XbXtmNPR5-ORo5CMCGe\\_Q](https://us02web.zoom.us/webinar/register/WN_7XbXtmNPR5-ORo5CMCGe_Q)



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**



# Community News



## Screen Time Reduction - How to do it

**Presented by Jasbir Singh Suropada -  
Senior Practitioner, Parentzone  
Southern**

**Date:** Tuesday, 10 October, 2023  
**Time:** 6:30 - 8:00pm  
**Where:** Online via Zoom

- Is my child spending too much time on screen?
- How do I manage my child's screen time?
- Who can assist me to support my child?

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

**Register at:**  
[https://us02web.zoom.us/webinar/register/WN\\_niWg9eJhSp6PulHxO6Iejg#/registration](https://us02web.zoom.us/webinar/register/WN_niWg9eJhSp6PulHxO6Iejg#/registration)



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**

# Community News



## POSITIVE PARENTING STRATEGIES PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

### JOIN US FOR OUR "HOW TO..." PARENTING WORKSHOPS

#### Session One: Positive Discipline

- Understanding the difference between punishment and discipline
- Understanding the difference between natural, logical and illogical consequences
- Establishing rules and consequences that teach your child to make good choices

#### BACK BY POPULAR DEMAND

#### Session Two: Tantrums versus Meltdowns

- Difference between meltdowns and tantrums
- Helpful responses to your own, and your children's, big feelings

**DATE:** Tuesday, 25th July (Session One)  
Tuesday, 12th September (Session Two)

**TIME:** 12.15 p.m. - 1.30 p.m.

**WHERE:** Online (Zoom)  
Please note: this session will not be recorded

**COST:** FREE!

For more information, contact:

Carey Cole - 0437 428 281  
carey.cole@anglicarevic.org.au

Register once to attend one, or both, sessions

Use the QR code or this link:  
<https://forms.office.com/r/f2qrN0MBYP>

Registrations close at 4.30 p.m. the day before



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



**PARENTZONE**



# Community News



## Become a Berry Street foster carer

In our community, some children are not always able to live with their family.

Become a foster carer and support a local child at a crucial moment in their life.

Enquire today  
[berrystreet.org.au/fostercare](http://berrystreet.org.au/fostercare)  
 Ph. 1800 816 037



## Advertise Here!!

Our school's monthly newsletter reaches over 400 families in the local area including staff and students.

It is distributed digitally via XUNO, our website and Facebook.

A Full Page advertisement: \$20.00

School families receive a further discount of 10% off.

Please contact the Office for further information or email: [pakenham.hills.ps@education.vic.gov.au](mailto:pakenham.hills.ps@education.vic.gov.au).

## BIKE CARE

Sponsored by:

**Cardinia  
Men's Shed**

&

**Rotary**  
Club of Pakenham



Contact: 0488 681 463

# Community News



**Karate (4-6 yrs, 7-12 yrs, Teens/Adults)  
at Pakenham Hills Primary School**

**4 Weeks Training + Uniform - \$39.99**



• **Confidence • Focus • Resilience**  
• **Commitment • Respect • FUN!!**

**Register Online Now**



**Ph: 0467 049 139 E: [pakenham@allstarsdefence.com.au](mailto:pakenham@allstarsdefence.com.au)**

**Location: Pakenham Hills Primary School Gym - 15 Kennedy Road, Pakenham, VIC  
(enter via Glenvista Rd)**

**When? Friday After School Classes**

**[www.allstarsdefence.com.au](http://www.allstarsdefence.com.au)**

## Benefits Of Martial Arts

- **Improved physical health:** Martial arts training involves a lot of physical activity, which can help children build strength, endurance, and flexibility.
- **Increased confidence:** As children learn new skills and techniques in martial arts, they gain confidence in their abilities and become more self-assured.
- **Improved discipline and focus:** Martial arts training requires children to pay attention, follow instructions, and stay focused on their goals, which can help them develop discipline and concentration skills.
- **Enhanced social skills:** Martial arts classes provide children with the opportunity to interact with other kids in a supportive and structured environment, helping them develop social skills such as teamwork, communication, and respect for others.
- **Self-defence skills:** Martial arts training can equip children with the knowledge and skills to defend themselves if they ever need to.
- **Increased self-control:** Martial arts teaches children to control their impulses, emotions, and reactions, helping them to make better decisions and avoid impulsive behaviour.
- **Better stress management:** Martial arts training can help children learn to manage stress and anxiety by teaching them techniques such as meditation and controlled breathing.
- **Overall, martial arts training can be a great way for kids to improve their physical and mental health, gain confidence and self-discipline, and develop important life skills that can benefit them in many areas of their lives.**



# Community News



## WHAT'S BEEN HAPPENING AT O.S.H.C?

We are thrilled to share some exciting highlights of Term 3 so far at Big Childcare! We started the term with some new faces, so we focused on fostering friendships and getting to know one another through collaborative activities, through out the term we have also explored safety and delved into the captivating world of science, sparking curiosity and exploration among our young learners. We cannot wait to see what the rest of Term 3 brings!



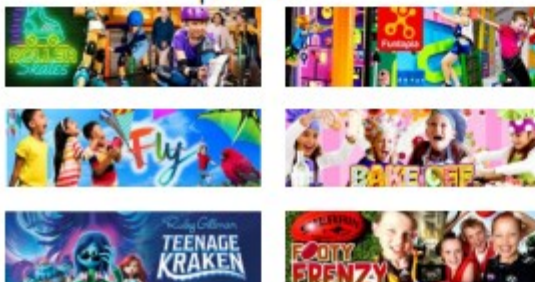
## HOLIDAY CARE



3 WEEKS TO GO UNTIL OUR SPRING HOLIDAY PROGRAM!

We are so excited! We are in the final stages of planning and can't wait to share with you the 2 weeks of full-on fun we have planned for these Spring holidays!

Bookings are open now via XAP! Head to [bigholidaycare.com](http://bigholidaycare.com) to get your brochure now! Check out the below sneak peak of activities planned...




**SPRING TASTIC!**  
big HOLIDAY CARE

"WHERE EVERY HOLIDAY ADVENTURE BEGINS"

**WE'RE BIG ON**  
• FUN  
• SAFETY  
• LEARNING

BOOK NOW AT [BIGHOLIDAYCARE.COM](http://BIGHOLIDAYCARE.COM)  
SAVE UP TO 50% WITH CHILD CARE SUBSIDY