

DIARY DATES 2021

TERM 4

Please note:
All dates are
subject to
current
COVID
restrictions.
Please check
compass for
regular
updates

**MON 4
OCTOBER**
Term 4 starts

**MON 11
OCTOBER**

- StirCrazy Kids Canteen opens

**FRI 5
NOVEMBER**

- School Run4Fun Colour Explosion Fund Raising Event



Events Postponed to Term 4 - Dates To Be Confirmed

- ADHV Dental Van Visit
- Whole school Incursion - Author/Illustrator Zeno Sworder
- Book Fair
- Grandparents Day
- Smoking Ceremony (Assembly)
- 3-6 House Athletics Sports
- Melbourne Zoo

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

THANK YOU

I would like to thank our entire School Community, Staff, Students and Families who have pulled together to support each other through this very challenging Term 3.

The extended lockdown has put further strains and pressures on us all. Please see contact information for supports within Cardinia in the following pages should you need to access them.

The school is awaiting further advise from the Department of Education regarding information for Term 4, as soon as we know, we will notify parents via Compass.

Please ensure you have access to Compass on your phone, should you need assistance with this the Office team are only too happy to help.

YEAR 7 TRANSITIONS

Applications for Secondary School (Year 7) have now been completed. The following is a link for parents with tips for starting secondary school.

<https://www.education.vic.gov.au/parents/going-to-school/Pages/tips-starting-school.aspx>

This is a major step and a time of big change in a child's life. Our Year 6 team will continue to prepare our students for this process.

2022 FOUNDATION ENROLMENTS

May I take the opportunity again to remind families and friends to please ensure they have completed the enrolment process for Foundation 2022.

There is further information on our website. Accurate numbers of future students are key to planning for next year and will alleviate disruption to your child's introduction to school.

REVIEW AND SSP

This term, PHPS completed its 4 yearly Review process. This process provides assurance of ongoing compliance with requirements for school registration and informs the development of the schools 4 year School Strategic Plan (SSP).

The aim of this process is to create a self-sustaining cycle of continuous improvement of student outcomes. This venture has required input from all stakeholders within our school community, from staff, students, leaders, parents and school council and our challenge partners from Pakenham Primary School and Pakenham Consolidated School. I wish to thank each and everyone who participated and gave their time, expertise and support. The valuable information and data gathered will determine the direction and goals for our school.

Please take the opportunity to enjoy a relaxing and well-deserved break this school holidays. We will announce any further updates via Compass. I look forward to seeing you (either remotely or face-to-face) when school resumes on Monday 4th October for Term 4.

Regards

Dale Hendrick
Principal



Canteen

Due to delays caused by Covid, Stir Crazy Kids Canteen will begin trading for Lunch orders Monday 11th October.

Compass Notifications Sent **IMPORTANT**

Compass 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 or come to the Office for assistance. We will be only too happy to help.

- 25/08 PHPS Welfare Day - Dale Hendrick
- 02/09 3/4 Camp & Learning Catch-up Day - Dale Hendrick
- 03/09 P-2 Zoo Excursion - Kara Hermann
- 08/09 Work for Term 4 2L - Carolyn Lockwood
- 09/09 Last day of term 3 - Mathew Anderton
- 10/09 Managing Covid Stress - Rachel Mauger
- 13/09 Vaccine and Mental Health webinar for students Tuesday 14th September - Mathew Anderton
- 13/09 COVID-19 vaccine eligibility for 12 year olds - Mathew Anderton
- 14/09 GOOGLE MEETS tomorrow at 12:30pm 3L - Melissa Lodder



Parent Information



Mental Health Support during COVID-19 - for Children, Teens, Parents, and caregivers.



Source: Kidshelpline; kidshelpline.com.au

Out of the COVID-19 pandemic several services have developed online and phone support, including counselling, webinars and resources. These online resources are available and plentiful. However, it can be challenging and overwhelming to access helpful information.

As a starting point the three organisations below provide resources that offer support to children, teens, caregivers, and parents. These include, the Kid's helpline website, Headspace webinars and the World Health Organisation Fact sheets.

Kids Helpline – report the following warning signs that your child might be struggling

“The COVID-19 pandemic can affect the mental health of kids in different ways. You know your child best, so any behaviours that are out of character for them might be a warning sign they need support. Here are some things to look out for:

- *Withdrawal from family and friends*
- *Loss of interest in things they usually enjoy*
- *Changes in eating or sleep patterns*
- *Being irritable, moody, or becoming upset easily*
- *Self-harm or suicidal thoughts*
- *Feelings of hopelessness, especially about the future “*

Source: Kidshelpline; kidshelpline.com.au

The Kids help line- online support offers support to children 5-12 years, teens 13-17 years, young adults 18-25, parents and caregivers.

[Helping kids through COVID-19 \(kidshelpline.com.au\)](http://kidshelpline.com.au)

Kids help line offer a phone line- 1800 55 1800

Email – counsellor@kidshelpline.com.au

Source: World Health Organisation; www.who.int

The World Health Organisation has published simple fact sheets- attached for “coping with stress during COVID” and “helping children cope with stress”.

[Coping with stress during the 2019-nCoV outbreak](#)

[Helping children cope with stress during the 2019 nCoV outbreak](#)

Source: Headspace; headspace.org.au

Headspace are running parent/carer webinars. They have online resources, phone, and online counselling.

Parent Information



Services Supporting Cardinia Shire

Alcohol and Drugs

Taskforce 9532 0811

Children's Services

Communities for Children 0457 825 076

Culturally & Linguistically Diverse

Southern Migrant and Refugee Centre 9767 1900

Carer Support

Alfred Health Carer Services 1800 512 121

Community Health

Monash Health 1300 342 273

Counselling

Windermere 1300 946 337

Disability

Irabina Autism Services 9720 1118

SCOPE 1300 472 673

Education

Uniting School Attendance Support 5945 3900

Family support

Uniting 5945 3900

Family Violence

1800 RESPECT 1800 737 732

Food

Salvation Army 5941 4906

Gambling

Gamblers Health Southern 1800 858 858

Housing & Homelessness

WAYSS 9703 0044

Legal advice & support

Peninsula Community Legal Center 1800 064 784

Mental Health

ERMHA 1300 376 421

MIND Australia 1300 286 463

Parent/ family support

Anglicare ParentZone Hub 9781 6767

CatholicCare 1800 522 076

Kooweerup Regional Health Service 5997 9679

Sexual Assault

SE Centre Against Sexual Assault and Family Violence 1800 806 292

Youth

Kids Helpline 1800 551 800

Youth Support Program 1800 4 YOUTH

Call these services to find the group, program or service most suited to you.





Give life. Give blood in Pakenham.

Cnr John St and Henry St, Pakenham, VIC 3810
27 September to 8 October



Monday 4 October	12.30pm – 7.30pm
Tuesday 5 October	12.00pm – 7.30pm
Wednesday 6 October	12.00pm – 7.30pm
Thursday 7 October	12.00pm – 7.30pm
Friday 8 October	8.00am – 3.00pm

