

PHPS NEWS



Pakenham Hills
Primary School
Life is for learning

TERM 4 ISSUE 4.4 Friday 4th December 2020

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.



DATES TO REMEMBER 2020

TERM 4

Tuesday 8th December 2020

Pakky SEALS Final Transition Session

Tuesday 8th December 2020

Grade 6 Transition Day (*Alternate High Schools*)

Wednesday 9th December 2020

Grade 6 Transition Day (*Pakenham Secondary College ONLY Parents to Drop Students at Pakenham Secondary College @ 9am*)

Wednesday 9th December 2020

Grade 6 Graduation *Parents attend via Zoom

Thursday 17th December 2020

Existing Students Prep - Grade 5

Transition morning

**LAST DAY OF SCHOOL FOR STUDENTS
STUDENTS DISMISSED AT 1.30PM**

Friday 18th December 2020

Curriculum Day

Monday 1st February 2021

All students begin TERM 1

Notifications Sent:

- School Concert Link
- Final Call for Parents to Consent to Martial Arts Therapy Session (Grade 5 and 6)
- State School Spectacular
- Class Dojo (1/2 T)
- Parent Payment 2021

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Principal's Post

Welcome!

Year 6-7 Transition

State-wide transition day is Tuesday 8th December. Due to COVID-19 requirements the secondary colleges are approaching this day in a variety of ways. On Tuesday 8th December, some of our students will be attending their chosen secondary college and some will be undertaking video conferencing from school. On Wednesday 9th December, students who will be attending year 7 in 2021 at Pakenham Secondary College will be attending a transition half day. They will be returned by bus from the secondary college to PHPS at midday. All students attending a secondary college for a transition day will be required to wear masks.

Year 6 Graduation

We will be conducting a year 6 graduation on-site this year, using the Performing Arts centre. As this is a smaller space it will cater for our students and teachers only. The ceremony will be streamed and recorded for parents.

COVID Safe

In recent times some aspects of COVID-19 restrictions have continued to be relaxed by the government. For the past 6 months we have found the processes we have put in place have worked for the school and protected the staff and children. As we only have 10 days of school left we have decided not to change what we are doing, for pick-up and drop-off times. We have found that children arriving between 8.45am and 9.00am has meant there have been no before school behavioural issues. Children are going straight to class and getting ready for learning at 9.00am. Currently the 3.00pm finish is actually helping

many of our children, who are incredibly tired and cranky. In 2021 we will revert to everything being normal, with parents being on-site and school finishing at 3.10pm.

Thank-you

I want to really thank our School Community for how fantastic it has been in dealing with all the pandemic issues that have arisen over the past 6 months. Drop-off and pick-up times have run smoothly, parents have been really patient in very difficult circumstances and been very helpful and supportive. When my colleagues ask me how things have gone here over the lockdowns and remote learning, I have told them how fantastic this community has been. Thank-you very much!

Planning for 2021

Planning for next year is well advanced. If you know you are leaving us or moving to another area, would you please let the school know. When we plan grades and budgets for any year, the key driver is ensuring we have accurate information to make these decisions. Where these are significantly out, because parents haven't told us, it can lead to major class changes at the beginning of the year. These are usually very disruptive and unsettling for both parents and students. If you know of any parents who have not enrolled their prep child, would you please contact them and encourage them to complete this process. We have significant interest around enrolment places for 2021.

Regards

Dale Hendrick

Principal



Parent Payment 2021

Information is now available on compass under Course Confirmation. Financial Support and Payment plans are available, please contact me

for further information.

Kind regards,

Elaine Eastwood

Business Manager



Parent Information



Christmas in Cardinia

Cardinia Shire Council proudly celebrates
12 days of Christmas online program
7-18 December 2020
www.cardinia.vic.gov.au/christmasincardinia

 **Cardinia** | **ALIVE WITH CREATIVITY**



VACATION CARE OSHC

OUR HAPPY HAVEN

Taking Bookings now for kids ages
5 to 12 years

DEC 21ST 2020- JAN 29TH, 2021,

Daily Fee: \$70 & Excursion Daily Fee \$90
For Enrolments or Vacation Care Program please
email: ourhappyhaven14@gmail.com or
phone: 0425 750 366 or 5940 9710
14 Main St, Pakenham 3810



SUMMER



Thank You

for being an essential part of your
students' reading journey in 2020

Book Club



Colouring and Drawing Club

This week we started a Colouring and Drawing Club.

All students are welcome, it will be in Room 11, during lunchtime on Mondays.



Download on the
App Store



GET IT ON
Google Play

Imagine Cardinia Survey

By Rogan, Amber, Phoebe and Radhini

On Monday the 16th of November, we, the school captains (Radhini, Amber, Rogan and Phoebe) went to a Webex meeting in the library with Miss T and with other school leaders from around Cardinia Shire.

We were discussing how we could change Cardinia Shire for the better. It took us a little bit of time to get comfortable in the meeting, but later on, we participated in the conversations more.

We liked that everyone was friendly and got a say in decisions that affect us. It was important to get all of the children to have a say in what they want in their environment, because one third of Cardinia is kids under the age of 14.

If you would like to join in and complete the survey, go to:

<https://creating.cardinia.vic.gov.au/imaginecardinia/youngpeople>



Tell us how you Imagine Cardinia!

Share your thoughts and ideas to help us develop the *Community Vision, Council Plan, Financial Plan and Council Budget*.

Help create the future of your shire.

Have your say online at: www.cardinia.vic.gov.au/imaginecardinia

Join an online Info session:

Monday 7 December 11am

Wednesday 16 December 7.30pm

More info: www.cardinia.vic.gov.au/Imaginecardinia

Round 1 feedback closes 5pm 23 December 2020.



NAIDOC Week

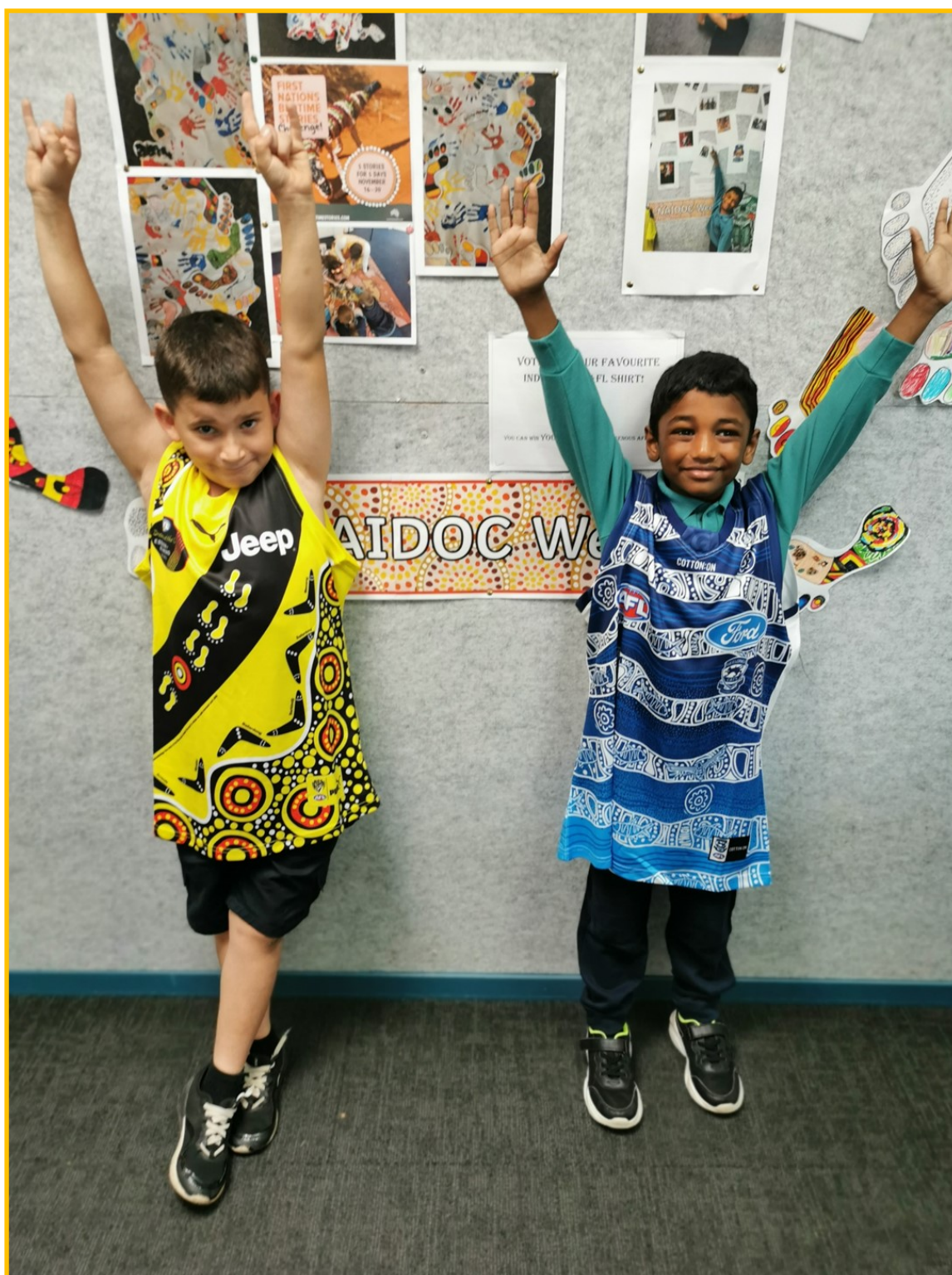
Do you remember voting for your favourite Indigenous Guernsey a few weeks ago? The guernseys have arrived!

The winners are proudly wearing their beautiful winning shirts, congratulations to Xavier P-C from 12L (TIGERS) and Nithu K from 12S (CATS).

Thank you all for participating.

Malika Gerlofsma

EAL and Koorie Teacher



Student of the Week

Congratulations to all our Students of the Week!

PJ	Sebastian B		
PP	Dahkota T-B and Charlie W	56B	Taylan S
1/2L	Aryan J and Eve B	56S	Joshua M
34M	Emily I and Alex L	5/6H	Kitara F and Matthew D



Pre-Loved Uniform Shop - Stock now available

Please see the website, www.pakenhamhillsps.vic.edu.au/enrolment/phps-uniform/ to fill in your request (or use the hyperlink opposite if viewing the newsletter online.)

We will get back to you as soon as we have checked our stock, or leave your request for items and sizes with the office. We would still

appreciate unwanted uniform donations for our shop ASAP. Please leave your donations at the Office.

Thank you for your continued support.

Kim Hancock , Integration Aide

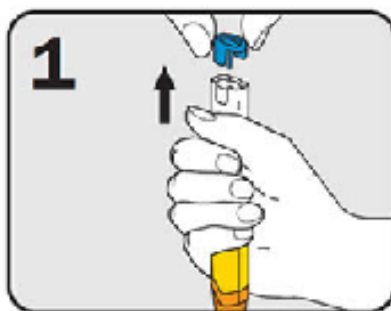
https://docs.google.com/forms/d/e/1FAIpQLSdpC8AYfiPbZjqwOsg_ewTPfMiuBuuaMVawbOgMn5C3b5RWEg/



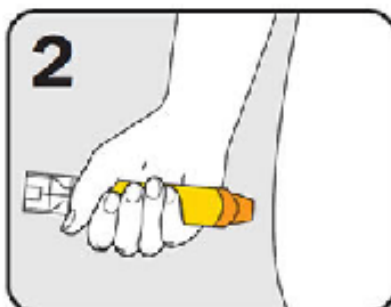


EpiPen® 與少兒版 EpiPen® 腎上腺素自動注射器使用指示

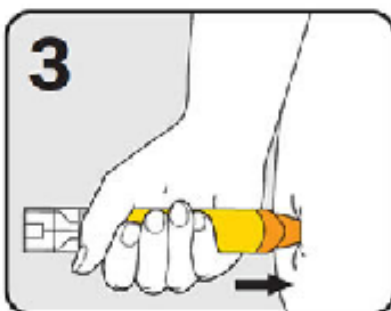
(How to give EpiPen® or EpiPen® Jr adrenaline (epinephrine) autoinjectors)



1. 用拳握住 EpiPen®, 拉出藍色保安蓋。



2. 固定大腿，將注射器的橙色一端抵住大腿外側（隔衣服或直接接觸皮膚均可）。



3. 用力按下注射器，聽到或感覺有“卡”響聲后保持 3 秒鐘。

移除 EpiPen®

注意：所有的 EpiPen® 都需要在注射后保持 3 秒鐘，無論注射器標籤上如何指示。

Sick Bay Notifications



ASTHMA IN CHILDREN



ASTHMA HAS A SIGNIFICANT IMPACT ON CHILDREN



MORE THAN
460,000

AUSTRALIANS
UNDER THE AGE OF 14
HAVE ASTHMA

(10.1%)¹



ASTHMA IS THE
**LEADING
CAUSE**

of burden of disease for
Australians aged 5-14 years
and is a **common cause of
school absenteeism**
due to chronic illness³



42%

of Australians aged 0-14
had to take time off school in
2014/15 due to their asthma⁴



66%

of people aged 0-14 have a
written Asthma Action Plan²



The Asthma Australia Bushfire
Impact Survey showed that children
and young people with asthma were
significantly impacted by bushfire
smoke during the Black Summer
bushfire events of 2019/2020⁵



They were **twice as likely** to report
attending the Emergency Department or
being hospitalised for asthma symptoms



43% of children aged 0 – 17
reported being absent from work or school

For more information on asthma in children, call **1800 ASTHMA** (1800 278 462)
and speak with an Asthma Educator or visit asthma.org.au/asthma-in-children



1. Australian Bureau of Statistics 2018; National Health Survey: First Results 2017-18, ABS Cat no. 4364.0.55.001, Canberra: ABS
2. Australian Government Productivity Commission 2020, Report on Government Services
3. Australian Institute of Health and Welfare 2018, Australian Burden of Disease Study: Impact and causes of illness and death in Australia 2015, Australian Burden of Disease series no. 18, Cat. no. 880 22, Canberra: AIHW
4. Australian Bureau of Statistics 2017, Health Service Usage and Health Related Actions Australia 2014-15, Canberra: ABS
5. Asthma Australia 2020, Bushfire Smoke Impact Survey 2019-2020, Asthma Australia, available online: <https://asthma.org.au/what-we-do/advocacy/smoke-survey-results/>

Sick Bay Notifications



BACK TO SCHOOL... IS YOUR CHILD ASTHMA READY?



Every year there is a rise in asthma flare-ups when children return to school after the summer holidays. This results in an increase in Emergency Department visits, hospitalisations and days off school.

MAKE SURE YOUR CHILD IS ASTHMA READY BY FOLLOWING THESE STEPS:

1 BOOK AN ASTHMA REVIEW (LONG APPOINTMENT)

This is a designated check-up for your child's asthma, recent asthma control, symptoms, summer and back to school triggers, and medication use. Don't forget to include a check on their device technique.

2 UPDATE YOUR CHILD'S ASTHMA ACTION PLAN

During the Asthma Review ask the doctor for a signed written Asthma Action Plan. Schools and Outside School Hours Care will require an up-to-date plan for each student with asthma at the start of the new school year. Evidence tells us that using a written Asthma Action Plan to identify and manage a flare-up sooner can help to reduce hospitalisations, improve lung function and reduce the number of days off school.

3 RELIEVER MEDICATION AND SPACER

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable).

- Ensure medication is in date and with enough medication remaining, if not
- Purchase reliever medication and a spacer (and mask if age appropriate) for use at school
- Ensure the pharmacist labels medication with your child's name and you label the spacer with your child's name

4 TALK TO SCHOOL STAFF

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their written Asthma Action Plan and their usual triggers, symptoms and medication.

Also talk to your child's sport coaches and supervisors of other school activities. Don't forget to keep staff up-to-date with any change to your child's asthma management.

Any changes to asthma management throughout the school year, requires an updated written Asthma Action Plan to be completed by your doctor and provided to the school.

If a child -

- has symptoms during the day more than 2 days per week
- has to stop activities such as playing or exercise because they get asthma symptoms
- wakes up with asthma during the night or early morning
- needs reliever more than 2 days per week (not including prior to exercise)

then take your child to their doctor as this indicates signs of worsening asthma.

Children over 12 can take an Asthma Control Test, a score under 20 indicates partial or poor asthma control.

For more information
call **1800 ASTHMA** (1800 278 462)
to speak with an Asthma Educator or
visit asthma.org.au/back-to-school



PARTNERS



Bend Healthcare and Flo are campaign partners of Asthma Australia and have not been involved in the development of this resource.



FINANCIAL WELLNESS WEBINAR

For all Parents, Carers and Volunteers

- Do you feel like you have to choose between buying food and paying bills?
- Are you finding it difficult to stay afloat with your finances?
- Want to learn to budget and build financial resilience?
- Confused about government concessions?

Presented by Financial Wellness Workers from Anglicare, this webinar will help with information on :

- Accessing utility or telecommunication hardship programs
- Referrals to financial counsellors and other community supports
- Budgeting support
- Your financial rights
- Tools to assist money management

When: Wednesday 9 December 2020
Time: 1:00PM- 2:30PM (plenty of time for questions)
Where: Online via Zoom

Queries

Email: CFCCardinia@anglicarevic.org.au
Phone: 0457825076

Registrations

https://us02web.zoom.us/j/zoom/register/WN_yjmaCdOKR06FzqZFFeZV9Q
or Scan the QR Code below



Communities for Children Plus
Anglicare Victoria

BETTER
TOMORROWS

anglicarevic.org.au



ADHD, neurodiversity and additional needs

CfC Frankston Community Workshop Series is designed for local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies

Presented by Rebecca Perkins of My Special Child, this workshop will equip attendees with an understanding of:

- Attention Deficit Hyperactivity Disorder (ADHD)
- The impact of combined diagnoses and additional behavioural challenges
- Strategies for assisting ADHD kids to thrive
- Where to find appropriate resources and gain assistance.

DATES: Thursday 10th December 2020

TIME: 6.30pm -8.30pm

WHERE: Zoom Webinar - pre-register by scanning QR code below

FREE: Pre registration essential
All enquiries contact:

CFC_Southern@anglicarevic.org.au



Communities for Children is funded by the
Australian Government - Department of
Social Services

BETTER
TOMORROWS

anglicarevic.org.au



PARENTS BUILDING SOLUTIONS

FREE one off ONLINE interactive session for parents, step-parents, grandparents and carers living in the Southern Region

Join us online to share experiences and ideas, and learn strategies to support your child/ren

ENCOURAGING GOOD BEHAVIOURS

- What is good behaviour?
- How can we teach our kids to be 'good'?
- Practical ideas to encourage the behaviours you want to see in your child.

You will need access to a desktop computer, laptop, tablet or smartphone and an internet connection. Support to access Zoom is available

DATE: Monday 7 Dec 2020
TIME: 1.00-2.30pm
WHERE: ZOOM Online
COST: FREE

BOOKINGS AND ENQUIRIES

Sandra Phillips at ParentZone
 Call / text 0447 500 355 or email
sandra.phillips@anglicarevic.org.au

PARENTZONE

anglicarevic.org.au

BETTER
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Thriving at home during the holidays

For parents, carers and volunteers

Jasbir Singh Suropada of Parentzone

will discuss among other topics,

- How to develop resilience as a family

- Managing emotions

- maintaining the family's mental health and well being

DATES: Tuesday 15 December 2020

TIME: 6:30 PM -8pm

WHERE: Online via Zoom

For enquiries contact
cfccardinia@anglicarevic.org.au

To register please scan the QR Code below or go to
https://us02web.zoom.us/join/register/WN_cJfoq9uIT_WgRKi2434apQ



Communities for Children Plus
 Anglicare Victoria

PARENTZONE

anglicarevic.org.au

BETTER
TOMORROWS

Lunch Orders

Canteen runs on Monday, Wednesday and Friday only. Your child will need to bring in a lunch bag with their Name, Class and order clearly marked. Orders will not be accepted after 11am.

If the order is short on money, it will be adjusted or will be incomplete. (A note will be on the bag). Please try and use the exact money as much as possible.

PRICE LIST FOR SCHOOL LUNCHES 2020			
PAKENHAM GENERAL STORE 5940 2559			
WRAPS, ROLLS, SANDWICHES (White bread)		HOT FOOD	
Cheese	\$2.50	Cheese Burger (Roll meat patty, tomato sauce)	\$6.00
Ham	\$3.30	Burger with the lot (As above with lettuce and tomato)	\$6.50
Strass	\$3.30	Chicken Burger (Roll, Chicken Fillet, lettuce/mayo)	\$5.00
Tuna	\$4.00	Hot Dog	\$3.00
Chicken schnitzel wrap. (Chicken, Lettuce & Mayo)	\$5.00	Mini Pizzas (Ham & pineapple)	\$2.00
Salad	\$3.50	Lasagne	\$4.00
Ham & salad	\$4.70	Meat Pie (Large)	\$3.70
Strass & salad	\$4.70	Meat Pie (Small)	\$1.50
tuna & salad	\$5.20	Sausage Roll (Large)	\$4.00
Salads=Lettuce, tomato, carrot, cucumber.	.40ea	Sausage Roll (Small)	\$1.50
Add Cheese	\$0.50	Steamed Dim Sims (with soy sauce)	\$1.20
Add Roll	\$0.50	Spinach and Cheese Roll (Extra Large)	\$3.50
FRUIT CUPS: Fruit Salad or two fruits	\$2.00	Chicken Nuggets	\$0.50
FROZEN YOGHURT CUPS: Strawberry or Mango	\$3.00		
DRINKS:		EXTRAS	
Fruit Boxes - Apple or Apple & Black Currant	\$2.20	Tomato Sauce Satchels	\$0.20
OAK Milk - Chocolate or Strawberry	\$2.60	Mayonassise	\$0.30
Water	\$2.00		