NAPLAN

Today sees the conclusion of the National Literacy and Numeracy testing process for our Year 3 & 5 children. Results are normally forwarded to parents towards the end of Term 3 each year. These tests are designed to take a ‘snap shot’ of a student’s basic Numeracy and Literacy skills and does not take into account the varied other forms of assessment that schools engage the children in.

I commend the children for the way in which they have taken to these formalised tests and all did their best at answering the booklets. Thank you also to the teachers who planned beforehand to ensure that the children weren’t overcome with the formality of this experience and to the PFA who organised a wonderful breakfast for them each day!

Mother’s Day

A big thank you to our PFA parents for organising a wonderful array of presents for the children to purchase for Mother’s Day. I hope that you all had a lovely day last Sunday and were suitably spoilt.

FOUNDATION ENROLMENTS 2017

Enrolments at Parkhill Primary School for Foundation 2017 are now open. Parents are asked to complete the enrolment form and return to the school office as early as possible to assist with planning for 2017. If you know of family or friends who may be interested in hearing more about a Parkhill education for their children, please don’t hesitate to give them my contact details: mckinlay.rodney.d@edumail.vic.gov.au or 0439 39 45 41.

EDUCATION WEEK: 16 – 20 MAY: OPEN DAY/NIGHT: Wednesday 18 May: 9am – 11am and 6.30pm – 8pm

Please note that our Open Night will be held on Wednesday 18 May from 6.30pm – 8.00pm. I encourage you to put this date in your diary and come along and enjoy a fun night of learning activities for the whole family here at school. Feel free to invite any family or friends who may be interested hearing more about a Parkhill education for their children.

KidsMatter: Dealing with Anxiety

The following article is from renowned parenting expert Michael Grose author of parentingideas.com

If you find the article below useful you may like to subscribe to the Happy Kids newsletter, which is a free weekly email parenting guide at https://www.parentingideas.com.au/newsletter/HK/form.html

How to move your child from worrier to warrior

As a parent of a worrier, and also a natural born worrier myself, I’m a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn’t allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school. She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micromanager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend’s birthday party she’d always have a back-up plan in case a parent wouldn’t arrive in time to take her home! ‘Being prepared for every contingency’ was one of her main strategies to help alleviate her worries. Many children worry about seemingly little things that they have no
control over. Whether it’s worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the morning and won’t return home can seem irrational to all-knowing adults but make perfect sense to them. If you are a Type A worrier yourself then you probably fully comprehend your child’s anxieties and worries. You know that being told not to overthink things or to stop worrying just won’t cut it. If you are the ‘It’ll be right. Don’t overthink it’ type then you may be scratching your head wondering what all the fuss is about. There’s no doubt that worryers need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future. Here’s a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

Give the worry a name

Somehow giving a worry a name makes it feel less scary and more manageable.

Put your worries in a jar

Wouldn’t it be great to put all your worries into a Safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight.

Limit talking time

Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety

Anxious kids are very sensitive to their parents’ concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by “I’ve already talked to you about that.” Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about

Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax

My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up. It’s not that worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worryers some tools and strategies to make life more tolerable now and, importantly, in the future.

Have a great worry free weekend!

Rod McKinlay

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**Parkhill Primary School’s Open Day 2016**

**Wednesday 18th May**
2016

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**LOTE corner:**

We will be having an Asian Culture Day on Tuesday 17th May.

On this day, we invite all students to come to school dressed in Asian costumes.

Teachers have prepared a range of exciting activities so that our students can experience different Asian cultures.

I look forward to a culture rich and fun day at Parkhill.

Shuoyin Tu
LOTE Teacher

**From the Art Room...**

This week the Year 2 students have been looking at painting without brushes. They explored ways of making marks to represent the habitats of Australian animals.

This complements their Inquiry unit and provided discussion points for their excursion to the Zoo.

Cathy Bateman
Art Teacher

**School Payments**

When making cash payments to the school for fees, excursions, fundraising and the like please use Australian Coinage only. The bank will no longer take foreign coins.

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**Birthdays May**

- Oliver B
- Alexandra S
- Ruby P
- Joseph F
- Mystique-Belle H
- Tianqi R
- Benjamin F
- Pandelis A
- Zaid S
- Viktoria K
- Harlie C
- Padra S
- Milan T
- Anik P
- Ella M
- James D
- Thomas H
- Aston W
- Nicholas T
- Dylan M
- Mark S
- Gemma E
- Nathan N
- Phyllis T
- Pria T
- Kaitlyn M
- Billy N
- Nathan T
- Anabel W
**Lego Club**

This week we opened our Lego arms welcoming the Preps of 2016 to come along and be part of Lego Club. Lego Club is open to all year levels across the school and is on each Tuesday and Thursday at lunchtime.

It is a fantastic club where we all learn to work well as new friends, and establish and build our social skills whilst having fun. Children are encouraged to share and take turns along the way (especially with our little Lego friends).

We always are thankful for any donations along the way and we recommend Agent Bricks as a perfect shopping spot when buying Lego. Agent Bricks has supported our Lego Club with fantastic reductions. If you purchase an item at their store, please be sure to say you are from Parkhill Primary School, which earns us extra points towards new Lego!!

Many thanks - from Kerry D'Arcy :)
Parkhill PFA Newsletter 12 May 2016

President: Vanessa Cowley  
Vice President: Donna Edwards  
Treasurer: Sumi Sundram  
Secretary: Wendy Douglas  
General Members: Katrina Battle, Joanne Dodds, Lisa Jacobsen, April Minniece and Anny Murray.

| Calendar |
|------------------|------------------|
| Thursday 12 May  | PFA Meeting      |
| Thursday 23 June | School Disco     |

**Mother’s Day Stall & Prize – Thank you!!!!**  
A HUGE thank you to everyone who came and helped our Mother’s Day Stall and Prize Draw be such a success – we raised a combined total of over $2000! Thank you to everyone who bought gifts and/or tickets. We hope all of our Parkhill mums enjoyed receiving their gifts on Sunday and had a great day. Congratulations to all of our winners from the Mother’s Day Prize – especially Liam O’Connor who won first prize. We’d like to say a specific thanks to Lisa Jacobson who worked tirelessly coordinating the whole event and Deanne Harris for her amazing pot plant donation. We also had a huge team behind the scenes donating their time to bring the whole event together – a full list of volunteers can be found at the bottom of the page.

**Mum’s Movie Night**  
Thank you to Gabriele Moffitt for organizing yet another wonderful and fun night out for the Parkhill Mums and friends. We really appreciate you taking the time to do this every year – a great night was had by everyone.

**PFA Meeting**  
Our next PFA meeting will be held this evening at 7:30pm - Thursday May 12th.  
If you have never attended one of our meetings, please don’t be shy – they are open to all parents at the school and we would love to meet you and hear your thoughts and ideas and see where you might be able to help. For more details please contact Wendy Douglas via email parents.friends.secretary@gmail.com or phone 0420 657 007.

**NAPLAN Snacks**  
The PFA has been happy to use some of our funds this year to provide snacks for the Year 3 and 5 children who have had NAPLAN testing this week.  
A HUGE thanks to Mickey and Bushy Park (The Big Watermelon) for providing the fruit for this week.  
Thanks to the parents who have collected fruit and groceries and also prepared the food for the kids.

**Entertainment Book**  
It isn’t too late to order your copy of the Entertainment Book online via this link:  

The books cost $65 and Parkhill gets some money back from every book purchased. There are so many savings and discounts within the book this year – please take the time to check it out online. This is a great way to save some money whilst also raising money for the school.

**THANK YOU to our amazing volunteers!**  
Our Mother’s Day Prize and Stall were a huge success and largely thanks to so many people volunteering their time to help out either beforehand or on the day – A HUGE thank you to everyone involved.

**Foundation Teddy Bear’s Picnic**

The Foundation students had a wonderful day with their teddies during Tt week. We decorated teddy bear biscuits, played games with our teddies and invited our buddies and their teddies to our Teddy Bear’s Picnic.

**Grandparent’s/Special Friend’s Afternoon**

The Foundation students enjoyed a wonderful afternoon with their Grandparent’s and Special Friends. We sang songs, read stories, shared our portfolios and asked questions about our Grandparent’s and Special Friend’s days at school.
Parkhill Parent Community Board

A reminder we have a community board situated on the side of our quadrangle.

Information is updated as available. This week we have had the following items placed on to the board:

- **Lions Club Book Sale**—14 & 15 May at Glen Waverley. Prices from .50c to $3.00
- **St Michaels Family Bush Dance**—Funds raised to help Asylum Seeker Resource Centre & St Vincent De Paul.
- **Edge Church Ride For Hope**—Funds raised to help Childhood Cancer, World Vision & Transform Cambodia.

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**PFA Fundraiser**

You can now order your copy of the Entertainment Book online via the following details:

www.entbook.com.au/9r34937

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**Parkhill Primary School**

**TWILIGHT FAIR**

Saturday 4th March 2017
2pm - 8pm.

The months have been flying by and it’s already time to start preparing for our 2017 fair.

We are looking for people who would like to join the committee and help us deliver another fantastic event. It’s a little hard work, a lot of laughs and a great way to make some new lasting friendships, all while adding value to our children’s school experience.

Like to be involved?
Our first meeting will be held on Thursday 21st April at 7.30pm

Everyone is welcome. Please email Anny Murray at annymation2@bigpond.com if you would like to attend.