Student Reports

Teachers are currently preparing end of Semester 1 student reports which will provide parents and students with detailed information regarding achievement progress, effort, behaviour, attendance and focus areas for future learning. An extensive range of assessments and data are utilised to inform progress ratings and teacher comments.

To support parents and student understanding of the report, each student will also bring home their Student Assessment Portfolio at the beginning of Term 3 in preparation for their Three Way Conference. Further details regarding the organisation of Three Way Conferences will be sent home shortly.

Inter School Division Cross Country:

Congratulations to the following students who participated in Division Cross Country competition today:

Nikita Rogers 6G
Charlotte Hall 6S
Daniel Curnow 6G
John Vayenas 6G
Marcus Ditton 6S
Ruby Pagliaro 5H
Tom Harris 5H
Charlotte Hedges 4M
Will Croxford 4B
Alexander Butler 4M
Lachlan Morrison 4B

SchoolMate

The Department of Education and Training has released an App which is designed to help you better understand the curriculum we use to teach your children every day.

The App, called SchoolMate, is available for free download now in the App Store for iPhones and iPads and in Google Play for Android phones and tablets.

SchoolMate gives you a general overview of the Victorian curriculum in each subject at each year level and:

- Provides you with an overview of what your children are learning in each subject at each year level according to the Victorian curriculum (AusVELS)
- Provides you with tips regarding activities and things you can do at home to help your kids in each subject and year level
Our school, like all other government schools in Victoria currently use AusVELS as the basis for the learning programs we run at school every day and we will be changing over to the Victorian curriculum in due course. Our teachers adapt the curriculum to meet the needs of our students and community, for example, designing learning programs around what our children are interested in, or around days or celebrations that are important to our community.

SchoolMate is designed to give you an overview of what children are expected to learn in Victorian government schools across every subject from Foundation to Year 10.

I encourage you to download SchoolMate and to please talk with your teacher or myself if you are interested to find out more about how our school teaches the curriculum and how we incorporate the International Baccalaureate PYP program into our studies.

The importance of sleep

Sleep can be an upsetting issue for some parents: the amount of time spent trying to get kids to sleep, worrying about kids not sleeping, being woken up by kids who should be sleeping…it goes on and on!

It’s an important issue for parents of teens too. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence. So here are 5 tips for good sleep habits, and 5 extra tips for teens to help manage their changing sleep cycle.

**Good sleep habits include:**

1. **Regular bed-times** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. **Have a wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **An established bedtime routine** that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.
4. **Keeping bedrooms for sleep** and not for TV.
5. **Maximising the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

**Sleep tips for teens:**

1. Allow them to **catch up** on lost sleep during the weekends.
2. Help your young person **schedule** their after school activities to free up more time for rest.
3. Discuss ways to **limit stimulating activities** such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to **recharge** their batteries.
5. Make sure they go to **bed early** each Sunday night to prepare for the coming week.

Have a great sleep this weekend!

Rod McKinlay
Principal
WINTER CLOTHING NEEDED NOW
Second Hand Uniform sale

We have had many requests from families for second hand uniform.

Do you have any Parkhill uniform items that your child has grown out of and you no longer need?

Donations can be left at the office.

Friday 3 June after assembly Ms D’arcy will be holding a second hand uniform stall.

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**Calendar of Curriculum events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>Friday 3 June</td>
<td>Foundation students Puffing Billy Excursion</td>
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<tr>
<td>Wednesday 8 June</td>
<td>Year 5 &amp; 6 Basketball Clinic</td>
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<tr>
<td>Friday 10 June</td>
<td>Foundation Pyjama Day</td>
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<tr>
<td>Friday 10 June</td>
<td>No Flexi School Canteen orders</td>
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<tr>
<td>Monday 13 June</td>
<td>Public Holiday - NO SCHOOL</td>
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<tr>
<td>Thursday 16 June</td>
<td>Year 5 VSSEC Excursion</td>
</tr>
<tr>
<td>Thursday 16 June</td>
<td>Story Time for 2017 Foundation students</td>
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<tr>
<td>Tuesday 21 June</td>
<td>Soiree 2.00pm—3.30pm</td>
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<tr>
<td>Thursday 23 June</td>
<td>PFA Disco</td>
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<tr>
<td>Monday 11 July</td>
<td>Term 3 commences</td>
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<tr>
<td>Thursday 14 July</td>
<td>Story Time</td>
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</tbody>
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**Student of the Week**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
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<tbody>
<tr>
<td>1B</td>
<td>Samuel</td>
</tr>
<tr>
<td>1K</td>
<td>Lachlan</td>
</tr>
<tr>
<td>1M</td>
<td>Dylan</td>
</tr>
<tr>
<td>2C</td>
<td>Fei</td>
</tr>
<tr>
<td>2S</td>
<td>Willow</td>
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<tr>
<td>3H</td>
<td>Mystique-Belle</td>
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<tr>
<td>3M</td>
<td>William</td>
</tr>
<tr>
<td>4B</td>
<td>Jenny</td>
</tr>
<tr>
<td>4M</td>
<td>Harmony</td>
</tr>
<tr>
<td>5D</td>
<td>William &amp; Ashley</td>
</tr>
<tr>
<td>5H</td>
<td>Charlotte P</td>
</tr>
<tr>
<td>6G</td>
<td>Class</td>
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<tr>
<td>6S</td>
<td>Ilias</td>
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</tbody>
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**Birthdays June**

- Luca E
- Daniel Z
- Ashleigh B
- Benjamin F
- Matthew L
- Mikayla J
- Oscar P
- Taylor F
- Harry B
- Angela W
- Ashlan T
- Tom P
- Ava M
- Harmony O
- Tom H
- Elizabeth T
- Evan L
- Leah P
- Jack D
- Marvin E
- Madi H
- Nicholas O
- Eli H
- James L
- Wijaya K
- Indra K
- Bethany C
- Rafael J
- Jeffrey C

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**Canteen Orders—Reminder**

Please remember to cancel any regular orders you may have set for Flexi School or Classroom Cuisine lunch orders for the upcoming holiday period.
Heatable Soft Toys Promotion
A HUGE thanks to everyone who has submitted their order forms for these beautiful Heatable Soft Toys. If you haven’t yet ordered, it isn’t too late! Please get your forms to the office by this Friday – June 3rd. If you have lost your order form please pop by the office to collect another one – you don’t want to miss out on the chance to purchase these amazing toys.

All orders will be available for collection from the office foyer from 3:15pm on Tuesday 7th June.

Entertainment Book Promotion
If you haven’t yet purchased an Entertainment Book – now is the time to do it! The Entertainment Book can represent amazing value for money. Did you know that you can buy gift cards for Woolworths, Caltex, Dan Murphy’s and Masters with a 5% discount? 5% doesn’t sound like much but if you spend $250 a week on groceries, you would save $650 over the course of a year! At a cost of $65, the books are well and truly worth it!

To order one please use the following link: www.entbook.com.au/9r34937 and remember that you can choose to purchase either the traditional hard copy book or get the app that can be downloaded on your phone. Parkhill gets some money back from every book/app purchased. This is a great way for your family to save some money whilst also raising money for the school.

PFA Meeting
Our next PFA meeting will be held on Thursday June 9th at 7:30pm. These meetings 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.

School Disco – Volunteers Required!
With the School Disco fast approaching we are in need of a number of parent volunteers/Helpers on the actual evening. This year we are using VolunteerSpot (the leading online signup and reminder tool) to organize our upcoming activity.

Please sign up to volunteer at the Parkhill Primary School Disco as follows:
Click this link to go to our invitation page on VolunteerSpot: http://vols.pt/uajNBd

1. Enter your email address – you will not need to register an account on Volunteer Spot

Sign up! Choose your spot and VolunteerSpot will send you an automated confirmation and some reminders closer to the event.

Please note that VolunteerSpot does not share your email address with anyone. If you prefer not to use your email address, please email h_dimo@yahoo.com and our Disco Coordinator Helen can sign you up manually.
Parent Walking Group (it's back!!!)  Come and join a group of us Parkhill parents for a brisk walk every Friday morning leaving from the school at approx 9:05am.
April Minniece

Parkhill Parent Community Board
A reminder we have a community board situated on the side of our quadrangle.
Information is updated as available.
Football Star Academy run soccer coaching clinics each Thursday during Term 2 at Parkhill Primary School at the following times:

3.40pm – 4.40pm: 5 – 8 year olds
4.40pm – 5.40pm: 9 – 12 year olds

Each student at Parkhill Primary School is able to try one session of the soccer coaching clinics for free to see if they enjoy it. Spaces are limited, please contact Tim Rickman at Football Star Academy and provide the following information to secure a spot:

- Child’s Name & Surname
- Child’s Date Of Birth
- Parent’s Name
- Parent’s Email Address
- Parent’s Phone Number

Tim can be reached via:

Email - vic20.football@sportstaracademy.com.au
Phone - 0417 953349.

If you would like to find out more information about Football Star Academy, please visit www.footballstaracademy.com.au