Remembrance Day

This Friday, 11th November we will commemorate Remembrance Day which is a significant day in Australia. Remembrance Day commemorates the noble sacrifices of armed forces and civilians during times of war. At the 11th hour of the 11th day of the 11th month, one minutes silence is observed across the country to mark the end of hostilities on the Western front during WW1 after four years of warfare.

During the First World War, red poppies were among the first plants to bloom in the battlefields of devastation in northern France and Belgium.

How to assist your child when friendships change:

From time to time parents talk to me about their children's friendships. Helping our children deal with relationship issues is an important part of growing up at any age. As adults we have our previous experience, logic and reasoning which helps us to keep things in perspective, without resorting to catastrophizing or experiencing those intense emotions that can be difficult to contain. That's because the fully mature adult brain uses the pre-frontal cortex, the thinking part of our brain to help regulate our emotion and behaviour. A child does not attain full brain maturity until approximately the age of 24. This means that our children see their world through a predominantly emotional lens. Helping a child through a difficult time helps them to develop a higher level of emotional intelligence (EQ), which helps them to handle those more complex interpersonal relationships as they get older.

It’s hard seeing your child in pain, whether emotional or physical, and it’s natural as a parent to want to fix it. What matters though is to not intervene with all guns blazing, as this can make matters worse and doesn’t teach our children how to work through a tough time and find their own solutions. It’s difficult too if we have a pre-existing relationship with the other parents involved, because the fallout from our children’s friendship issues impacts everyone.

Here are some tips from Michael Grose (Parent Educator) for you to consider when helping your child deal with emotional pain:

Allow them to grieve

Pain hurts and that’s normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you’re sorry they are hurting to help them learn that emotions are normal, and that it’s normal to feel that their whole world has temporarily turned upside down.

Encourage them to step away from the situation

When up close it can get very personal. Encourage your child to look at the situation from the other person’s perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to reframe what happened, elevates empathy and builds resilience to future hurts. What doesn’t
work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can’t reach out to their other friends for support.

**Offer time and an open ear**

Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some ‘normal’ things is what counts, as well as being available to just listen when required. It’s about understanding, not interrogation. They don’t necessarily want our advice!

**Move forward with respect and dignity**

A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference. Emotional intelligence remains a work in progress throughout our lives. It’s something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life’s knocks. This has to be one of the greatest gifts as parents we can give to our children.

Have a wonderful weekend!

Rod McKinlay
Principal

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**Administration**

**Sick Bay First Aid:**
**We have had reports this week of cases of the following medical issues:**

- **WHOOPING COUGH in the Year 4 area.**
- **Head lice in the lower year levels.**
- **Hay fever | Cold**

**Payments:** Family statements have been emailed out this week. If in doubt please do check in with the office for your family balance before making any payments.

Donations for Cool-a-thon can still be made via [https://chuffed.org/project/how-cool-is-our-school-a-thon](https://chuffed.org/project/how-cool-is-our-school-a-thon)

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Jo Ravida &
Mazz Higlett
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 11 November</td>
<td>PFA Embrace Movie Night</td>
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<tr>
<td>Monday 14 to Friday 18 November</td>
<td>Book Fair week</td>
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<tr>
<td>Wednesday 16 November</td>
<td>Year 2 Museum Excursion</td>
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<tr>
<td>Wednesday 16 &amp; Thursday 17 November</td>
<td>GATEWAYS at Mountain Gate Primary School</td>
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<tr>
<td>Saturday 20 November</td>
<td>Working Bee (TBC)</td>
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<td>Monday 21 November</td>
<td>Music Soiree @2.00pm in the Roger Beech Hall</td>
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<tr>
<td>Friday 25 November</td>
<td>Foundation Myuna Farm Excursion</td>
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<td>Monday 28 November</td>
<td>Year 3 Sky Deck &amp; City Excursion</td>
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<tr>
<td>Wednesday 30 November</td>
<td>Year 2 Mrs Sars Incursion</td>
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<tr>
<td>Thursday 1 December</td>
<td>Fun, Food &amp; Carols @Parkhill</td>
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<tr>
<td>Monday 5 December</td>
<td>Winning House Lunch</td>
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<tr>
<td>Tuesday 6 December</td>
<td>Year 6 Students Transition Day to visit 2017 Schools</td>
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<tr>
<td>Wednesday 7 to Friday 9 December</td>
<td>Years 3 &amp; 4 Camp</td>
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<tr>
<td>Monday 12 December</td>
<td>Volunteers Morning Tea 10.30am &amp; Awards Assembly 2.30pm</td>
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<tr>
<td>Monday 12 December</td>
<td>Uniform Shop closes for the year—4.30pm sharp</td>
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<tr>
<td>Tuesday 13 December</td>
<td>Parkhill Transition Day for 2017 classes</td>
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<tr>
<td>Thursday 15 December</td>
<td>Year 6 Graduation Day</td>
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<tr>
<td>Friday 16 December</td>
<td>Year 6 Big Day Out</td>
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<tr>
<td>Tuesday 20 December</td>
<td>Last day of term 1.00pm ASSEMBLY</td>
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<tr>
<td>Term 1 2017</td>
<td>Students Commence on Tuesday 31 January</td>
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**Interview with Mr Davies!**

1. **When did you know you wanted to become a teacher?**
   I stumbled across teaching! I wanted to be a children's author, so I started teaching to help get into the heads of my audience. I loved interacting with the kids so much, teaching has now completely taken over!

2. **What year did you start at Parkhill?**
   I think it was in 2007. Lots of teachers who were around back then have now moved on to other things. I was 25 back then!

3. **What do you like about Inquiry learning?**
   I love how student-focused Inquiry is - how it's the kids who really direct what is investigated and how the learning takes place. When it's done right, Inquiry lessons have been the best and most memorable experiences for the students I think.

4. **What subject do you like teaching the most?**
   I love teaching writing because of my background, but I also love doing the odd creative lesson. I've really enjoyed teaching graffiti during MADD week and other fun stuff like that.

5. **What are your interests outside of teaching?**
   I cycle to work and go on long rides with friends most weekends. I also love playing dorky board games and computer games! I have two cats but adore animals of all kinds.
### Uniform Shop Opening hours for Foundation Students of 2017

Wednesdays 9, 16 & 23 November 10.15am—11.30am  
Tuesday 13 December 10.30am—12.00pm  

For your convenience the Uniform Shop is also open for normal hours of operation on Mondays 3.00pm—4.00pm & Thursdays 8.30am—10.00am.  

The last day for Uniform purchases this year is on Monday 12 December.  

The Uniform Shop will open Monday 30 January 2017 from 10.00am for minor purchases such as Hats!

### Birthdays November

- Rupesh B  
- Ethan B  
- Harry N  
- Xavier M  
- Asha W  
- Joe E  
- Michael K  
- Madeleine S  
- Holly L  
- Lili C  
- Sasha P  
- Yaqoob S  
- Aaroon S  
- Wei C  
- James K  
- Charlie B  
- Zimo L  
- Daniel C  
- Ruby H  
- William L  
- Charlotte N  

### Reminder:

Parkhill Primary School’s main form of communication is via the free Tiqbiz App. Some of the features of Tiqbiz are:

- update your family contact details and emergency contacts,
- advise the school of absences,
- direct link to our school website
- contact the school
- Calendar of upcoming events—you may add these to your own calendar

If you are having any difficulties with the App please come by the office where we are happy to assist.

### Year 2 Rippon Lea Excursion—Thursday 3 November 2016

“Yay, yay! We are going to Rippon Lea!”

On Thursday the Year 2s went to Rippon Lea. First my group did servant work. We got to wash the clothes in tubs of water outside. Then we went to the garden and played old games. We played croquet, sack races, egg and spoon races and hot potato. Next we went to the time machine and looked around the mansion. After that we went to the garden and saw lots of flowers. Then we did the creature catcher. My group found six creatures. I had an exciting day.

By Chloe O’Connor 2C

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### Term Dates 2017

**Students Commence on Tuesday, 31 January**

**Term 1:**  
30 January (school teachers start) to 31 March

**Term 2:**  
18 April (Tuesday) to 30 June

**Term 3:**  
17 July to 22 September

**Term 4:**  
9 October to 22 December
Cool-a-thon – Donations due TOMORROW!
If you haven’t yet submitted your donations please either drop them off to the office ASAP or go online to: https://chuffed.org/project/how-cool-is-our-school-a-thon All money raised will go to our “How Cool Can We Make the School?” fund-raising. Simply click on the link and follow the prompts – make sure you select the grade your child is in so that we can determine which class raises the most money! Donations must be received by 4pm on Friday November 11th in order to be counted against a class total. The class that raises the most money will win a class party – 2S has taken over the lead from 1K with FT not too far behind.

Embrace Movie Night – Friday November 11th – TOMORROW NIGHT!
Friday November 11th will be our Embrace Movie Night. Tickets are still on sale for our once off screening of the movie Embrace. Check out the trailer for more information about this inspiring movie. We are really excited to be able to bring it to Parkhill as not just a fundraiser, but also as a social awareness event. Go to www.trybooking.com/NOPW. $20 for adults and $13 for teenagers aged 15 and up and you receive a goodie bag on the night. For more information please contact Kylie Brown on 0402 304 095.

Enjoy using the BBQ? – We need YOU!
We have managed to secure a place on Waverley Netball’s BBQ calendar on Saturday December 10th – at the netball courts just behind Parkhill. We need approximately 20 volunteers throughout the day to make it run smoothly. If you are available to help out for a couple of hours please sign up here: http://signup.com/go/zvaNKf

Fun, Food and Carols – Volunteers Required
Fun, Food and Carols will be held on Thursday December 1st. This fun, relaxed event is always a hit with the kids and families but doesn’t happen without a lot of people helping out. There are various areas where help is required, please check them out via this link and follow the prompts to sign up where you would like to. http://signup.com/go/QFtvYc

Tupperware Promotion
Stock up on Tupperware products for the year ahead or simply purchase some as Christmas presents. Your oldest child should have brought home a brochure and order form this week. 10% from all sales will be donated to our “How Cool Can We Make the School’ campaign. Order forms are due back at the office by Friday November 25th.

Christmas Raffle & Silent Auction
At Fun, Food & Carols there will be a silent auction and we will also be drawing our annual Christmas Raffle. If you have any items to donate please drop them off at the office or email parents.friends.secretary@gmail.com if you have any questions.
Parkhill’s Annual Book Fair is back!

Tuesday November 14 – Student viewing during the day.
Open for sales 3.30 – 4.30pm

Wednesday November 15 – A special “parents only shopping” time
2.30- 3.30pm
Open for general sales 3.30 – 4.30pm

Thursday November 16 – Final day
Open for sales 3.00 – 4.00pm

Cash and EFTPOS

Any queries, please see Mrs. Bateman or Mrs. Gibson
Dear Families,

My name is Courtney, I am the new coordinator for OSHClub at Parkhill. We had a very short week last week due to the student free day and Melbourne Cup Day but that did not stop us from participating in many great activities from Wednesday to Friday. These activities included mask making, Hama beads, cubby house building and lots of great sport activities outside due to the great weather. This week we have a great week planned, some activities include smoothie making, making playdough, sticker art and many more.

We are also very excited to announce that OSHClub will be running the school holiday program in December and January. The dates for this program are 21st-23rd of December and then back on the 9th of January. We will be running many great activities including arts and crafts. If you have any old costumes, Christmas cards, socks, plastic bottles, tin cans, containers or boxes that you are no longer using, we would absolutely love them for our activities.

If you would like to enrol your child in OSHClub it’s easy and free. All you need to do is complete an enrolment form online at www.oshclub.com.au, where you will have the option of booking as either a permanent or casual user. I believe this to be beneficial for all families as once your child is enrolled you then have the comfort of knowing the program is available to you anytime should any unforeseen circumstances arise. It also gives you the assurance of knowing that your child or children will be cared for in a safe, warm and friendly environment.

Have a great weekend,

Courtney and Mastoora
Power Neighbourhood House together with the Salvation Army are able to provide a free toy for each child up to 12 years of age living in the Ashburton, Ashwood and Chadstone area. Please note family must be holders of a Health Care Card (HCC).

Forms should be returned to the Power Neighbourhood House at: 54 Power Avenue, Ashwood, 3147 or at the Craig Family Centre at 7 Samarinda Ave, Ashburton. The forms can also be lodged with the organisation/school that has supplied the notice.

Closing date for applications 25 November 2016

Toys can be picked up from Power Neighbourhood House on Saturday 10th December – 10am to 12noon or from the Craig Family Centre on Mon 7th to Fri 16th December from 10-1pm. If you have any questions please call Carol or Elizabeth at Power Neighbourhood House on 9807 3589, or Sam on 98857789 at the Craig Family Centre.

Please complete the details below and hand in. Keep the top part of the notice for your toy pick-up information.

<table>
<thead>
<tr>
<th>Child’s Name</th>
<th>Age</th>
<th>Boy or Girl</th>
<th>Pick at PNH or Craig</th>
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Parents Details for confirmation:

Name..........................................................................................................................................................

Address..................................................................................................................................................PC.

Phone............................................................................................................................................ Health Care Card No: .............................................

Form lodged at School/ Organisation ......................

Is it OK for us to contact you for further children's programs/activities?  Yes / No
STALL HOLDERS WELCOME FOR PARKHILL PRIMARY’S FUN FOOD & CAROLS
Thursday 1 December
Parkhill Drive, Ashwood
5pm – 7.30pm

We are seeking applications from potential stallholders.

Cost of stalls:
• For stalls selling non-food & drink related items - $20
• For stalls selling food & drinks- $30 (Please note that this event is a fundraising event for the school & we request that stall holders refrain from selling juice packs, bottled water, lemonade & orange soft drinks, as these are sold by the school’s fundraising committee.)

• Parkhill Primary Student stalls - $5.00

If you are interested in being a stall holder, or know of someone who would like to hold a stall, please make contact with Anny at annymation2@bigpond.com
On Thursday, 1st December, Parkhill Primary School will be hosting the annual Fun, Food and Carols’ night for the School Community.

The market will run from 5.00pm – 7.30pm.

If you are interested in being a stall holder, or know of someone who would like to hold a stall, please make contact with Anny Murray via email at annymation2@bigpond.com

STALLHOLDER INFORMATION

Market times / access:
Stallholders are asked to be set up by 5.00pm, and to conclude at approximately 7.30/8.00pm.
Stallholders can gain access to the school from 4.00pm.
The market will be located in the covered and uncovered areas around the quadrangle at the front of the school, so car access is limited, and goods will have to be transported manually for short distances.

Stallholders are responsible for:
Leaving their site, and the surrounding area, clean and tidy.
Providing their own trestle tables, chairs, etc

Cost of Stalls:
For stalls selling non food & drink related items - $20.
For stalls selling food & drinks - $30. (Please note that this event is a fundraising event for the school & we request that stallholders refrain from selling juice packs, bottled water, lemonade, lemon & orange soft drinks, as these are sold by the school’s fundraising committee)

To confirm your stall, the relevant fee must be paid and this is payable by EFT-POS|CREDIT CARD or CASH either by calling Parkhill Primary School on 03 9807 2239 or by leaving a marked envelope at Parkhill Primary School reception. Please include your stall details and a contact number on the envelope.

Thank you for supporting Parkhill Primary School and we look forward to welcoming you on the day.

Rodney McKinlay
Principal

Anny Murray
FFC Coordinator
Embrace
One woman’s journey to inspire everyBODY

Friday 11/11/2016
7.30pm for a 8pm start

Roger Beech Hall
Parkhill Primary School
4a Parkhill Drive, Ashwood

Tickets available online via
www.trybooking.com/NOPW
$20 adults, $13 teenagers

Contact: Kylie Brown
parents.friends.treasurer@gmail.com

SCREEN AUSTRALIA AND SOUTH AUSTRALIAN FILM CORPORATION IN ASSOCIATION WITH TRANSMISSION FILMS PRESENT
A SOUTHERN LIGHT ALLIANCE AND BODY IMAGE MOVEMENT PRODUCTION IN ASSOCIATION WITH KOJO “EMBRACE”
COMPOSER BENJAMIN SPEED FEATURES SONGS BY JUDE PERL AND DALLAS FRASCA
EDITORS BRYAN MASON AND LINDI HARRISON
DIRECTOR OF PHOTOGRAPHY HUGH FENTON
EXECUTIVE PRODUCERS TIMOTHY WHITE, MATTHEW BRUMFITT AND NORAH TSCHIRNER
PRODUCED BY ANNA VINCENT AND TARYN BRUMFITT
WRITTEN AND DIRECTED BY TARYN BRUMFITT
COMING SOON
Choi Kwang Do teaches real-life, practical self defence skills in a fun and energetic way. Students learn how to defend themselves from attacks, and fight back with powerful, effective techniques. With a progressive system from White belt to Black belt, Choi Kwang Do always offers you something new and challenging to learn, experience and enjoy. The first session is free and a special introductory offer of $50 for the rest of term 4 is available for adults and secondary school students only. Adults are welcome at any class. Session times are:

- Tuesday 7.50 to 8.45am – full
- Wednesday 3.45pm to 4.45pm - available
- Thursday 6.30 to 7.30pm – available
- Thursday 7.45 to 8.45om – available (Adults and secondary school students only)

For more information or to book into a session please call Janine Brewster on 0415 199 105.

Self Defence Training Through Choi Kwang Do

For more information or to book into a session please call Janine Brewster on 0415 199 105.