The importance of using emotional intelligence with our children:

Emotionally intelligent parents don’t dismiss children’s behaviour and allow kids to do as they please. There are times that we need to focus on a child’s behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate. However, there are times when smart parents need to look beyond the obvious behaviours to get a good understanding of what’s happening to their child, and to help a child better understand and manage their emotions.

What is the impact on kids, parents and families of this approach?

**Emotionally intelligent parents have the following five attributes in common. They will usually:**

**Listen more and judge less**

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

**Impact:** Better, more open relationships.

**Accept strong emotions**

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can’t give voice to in a family, however there are behaviours that are not acceptable.

**Impact:** A healthy expression of emotions.

**Focus on the present**

Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That’s part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future focused mother or father. However when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

**Impact:** Happier families and less stress felt at home.

**Use rules rather than their moods to determine discipline**

Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they are feeling bad then they pick their kids up on every little thing. It’s better to stick to the family and house rules; that makes you more predictable, which kids really crave.

**Impact:** More consistent parenting.
Develop a language around feelings
A family develops a vocabulary around the things that are important to them. Kids in a sport
mad family will inevitably have a rich vocabulary around their chosen sport. The same holds
for emotional intelligence. Families that truly value building emotional smarts will develop in
kids a rich palette of words that will help them describe how they feel. This vocabulary will in-
evitably stay with them for life.

Impact: Better relationships later in life at work and in their own families.

School Council – Thank you
Our final meeting for 2016 will be held on Monday 12 December. I would like to express my sin-
cere thanks to our School Council members for their commitment to our school.
Thank you to our 2016 School Councillors:
Greg Ditton  (President)
Linda Curnow  (Vice President)
Garry Scott  (Treasurer)
April Minniece
Vanessa Cowley
Rachel Tit
Anny Murray
Jane Pingo
David Weisinger
Roger DuBuisson
Dyon Hunt
Michelle Smith
Chloe Mansbridge
Elaine Brady
Rod McKinlay

Each of our councillors has performed a very important role to support our school purpose
and in doing so has made an extremely valuable contribution to the educational outcomes of
each of our students.

The broad scope of work by School Council this year has included:
• Communicating the broad direction and vision of the school within our community.
• Participating in the development and monitoring of the School Strategic Plan and Annual
Implementation Plan.
• Approving the annual budget and monitoring expenditure.
• Developing, reviewing and updating school policies.
• Overseeing the maintenance of the school’s grounds and facilities.
• Reporting annually to the school community and to DET.
• Developing avenues for enhancing communication within our school community.
• Providing the opportunity for parents to have a ‘voice’ in relation to school practices.
• Developing our school Masterplan.

The time and effort dedicated to this role often goes unrecognised and whilst rewarding, can
also be challenging. We are fortunate to have school members who possess the skills to have
many discussions about how we can continue to improve Parkhill PS for the students, parents
and staff. Our School Council is wonderfully led by our President Greg Ditton.
Thank you one and all.

Final 2016 Assembly:
Our final assembly will be held on Tuesday, 20 December from 1pm – 1.25pm where we say
farewell to our Year 6 students.
On the last day of term the students are dismissed from their respective classrooms.
2016 Final Day Dismissal Time:
Classes for all students will conclude at 1.30pm on Tuesday 20 December. Students must be collected by parents and guardians by 1.45pm. Please note that staff will be on Yard Duty until 1.45pm. The Oshclub out of School Hours Care Program will commence from 1.30pm on this day.

2017 TERM 1 STAFF COMMENCEMENT ARRANGEMENTS AND DATES:
Please note the following dates in Term 1, 2017.

Monday 30 January: Staff return to work (officially) for one day of professional learning.
Tuesday 31 January: All students from Foundation –Year 6 commence school on this day.
Foundation students start at 9.00am and finish at 1pm on Tuesday 31, Thursday 2 and Friday 3 February (Foundation students do not attend school on Wednesday 1 February)

Foundation Students in 2017:
From Week 2, the following arrangements are in place for all 2017 Foundation students.

Mondays, Tuesdays, Thursdays and Fridays in Term 1- Foundation children begin school at 9:00am and finish at 3:30pm.
Foundation students do not attend school on Wednesdays in Term 1 except for their rostered assessment. Times to be advised by the Foundation teachers.

School Fees:
Just a quick reminder that the school fees for 2017 are due by Friday 17 February. Please see the Annual School Payment 2017 schedule attached to this Newsletter for further information. Thank you to those parents and guardians who have already paid their 2017 school fees. Your contributions and especially the targeted voluntary contributions are very much appreciated as we can’t continue to run the programs we do without your continued support.

Have a wonderful weekend!
Rod McKinlay
Annual School Payment – 2017

Please forward payment to the school office on or before
Friday 17th February 2017

<table>
<thead>
<tr>
<th>Surname</th>
<th>Child’s Name</th>
<th>2017 Year Level</th>
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TOTAL PAYMENT FOR 2017: $
**Calendar of Curriculum events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Friday 25 November</td>
<td>Foundation Myuna Farm Excursion</td>
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<tr>
<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>
</tr>
<tr>
<td>Thursday 1 December</td>
<td>Fun, Food &amp; Carols @Parkhill 5pm-8pm</td>
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<tr>
<td>Thursday 1 December</td>
<td>Y3 Learning By Doing Incursion</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 5 Mini Day Out</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>
</tr>
<tr>
<td>Term 1 2017</td>
<td>Students Commence on Tuesday 31 January</td>
</tr>
<tr>
<td>2017 Curriculum Days</td>
<td>Monday 30 January, Tuesday 18 April, Monday 17 July, Monday 6 November</td>
</tr>
</tbody>
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**Uniform Shop Opening hours for Foundation Students of 2017**

- **Tuesday 6 December 10.30am—12.00pm—Please note date!!**
- 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 closing 4.30pm sharp.
- The Uniform Shop will open Monday 30 January 2017 from 10.00am to 1.00pm.

**Normal hours resume on Thursday 2 February 8.30am.**
**PARKHILL PFA NEWSLETTER 24 November 2016**

**President:** Vanessa Cowley

**Vice President:** Donna Edwards

**Treasurer:** Sumi Sundram

**Secretary:** Wendy Douglas

**Committee Members:** Katrina Battle, Joanne Dodds, Lisa Jacobson, April Minniece and Anny Murray

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**Tupperware Promotion – ORDERS DUE TOMORROW!**

Our Tupperware promotion is coming to a close this Friday November 25th. Please make sure you get your order forms back to the office by Friday. 10% from all sales will be donated to our “How Cool Can We Make the School’ campaign. If you have lost your form there are more available on the parent table near the office.

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**Christmas Raffle Tickets – DUE BACK BY MONDAY**

We have some great items up for the Christmas Raffle this year including Tupperware, Arbonne, Natio and many other brands – with over 5 hampers on offer don’t miss this opportunity to potentially win one of the prizes. Tickets and money are due back at the office by Monday Nov 28th. If you are keen to increase your chances of winning, more tickets are available at the office.

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**Fun, Food and Carols – Volunteers Required Urgently!**

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](http://signup.com/go/QFtvYC) If you are interested in having a stall on the day please see the poster later in this newsletter.

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**Fun, Food and Carols – Cake Stall**

Cake kits should go home with your eldest child this week with instructions for how to donate a baked cake for our stall at Fun, Food & Carols. Cake donations are due back Thursday Dec 1st either before or after school in the library. Any questions please contact Janine on 0415 0199 105.

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**Waverley District Netball BBQ – Volunteers Needed!**

Our BBQ fundraiser at Waverley Netball on Saturday December 10th is still in need of volunteers – specifically in the afternoon. Do you have a couple of spare hours to help sell sausages at the netball courts just behind Parkhill? If you are available to help out for a couple of hours please sign up here: [http://signup.com/go/zvaNKf](http://signup.com/go/zvaNKf)

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**Christmas Raffle & Silent Auction**

We are still receiving donations for the Christmas Raffle and Fun, Food & Carols Silent Auction - 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.

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**Going Shopping?**

Don’t forget when shopping at Bakers Delight and Super Amart Sports to mention Parkhill Primary. Also if you shop at Ritchies/IGA sign up for their community benefits card and nominate Parkhill Primary as your nominated community organisation. These companies then generously donate cash and goods to Parkhill based upon the sales generated. It all adds up towards helping raise much needed money for our air-conditioning units.
Interview with a Teacher: Desiree Schlack

1. What do you like most about being a teacher?
I love working with children and watching them learn and grow. It's those moments when something 'clicks' and a student in my grade finally works out how to do something for the first time and their face just lights up. I try to make my classroom a safe and happy place and tasks fun and interesting so my students enjoy school and learning.

2. What year did you start at Parkhill?
I started in 2008 at Parkhill. I taught Grade 5 then Grade 6 each for a year before moving down to the junior school and teaching Grade 1 and 2. While I enjoy teaching all year levels I keep saying to students that I can't teach students taller than me because when I taught grade 6 I had to stand on tables to be seen as the students were taller than me and you couldn't see easily.

3. Tell us about your cat!
My cat Tinkerbell is a handful but I love her she's my baby. She is a blue mink Tonkinese (half Siamese and Burmese). She is a very small cat grey colour with darker grey fur on her paws and head. Tinkerbell is very smart and likes to make a lot of noise. As I live in a flat on a main road she is an indoor cat but I do have a lead and she likes to go outside and walk around on her lead. She has even figured out how to open doors and loves chewing on my leather bags and shoes. I might of spoilt her and she likes to drink water out of glasses and sleep in my bed.

4. What is one memorable moment you've had at Parkhill?
I've had several memorable moments at Parkhill and couldn't choose one... But events like the Year 2 Sleepover, Concert, Staff VS Students Netball Match, Graduation, Book parade all stand out.

5. What are you interests outside of teaching?
Outside of teaching I love to travel. I have been to England, France, Thailand, Singapore, Canada, America and Mexico. I also enjoy spending time outdoors especially in summer. I like going to the beach, dancing, keeping fit, playing netball, catching up with friends, reading and watching Harry Potter, Lord of the Rings and Game of Thrones, and also watching and going to sporting events like the tennis, cricket and football.

YEAR 4 visit IMAX

KABOOO00000000!! Along with shake, rattle and roll........Year 4's Inquiry unit has been all about Natural hazards. We have been immersed in volcanoes, earthquakes, bushfires and avalanches to name just a few, both at school and at the museum. At Imax we watched “The Forces of Nature” and saw up close how vulcanologists study volcanoes. We watched scientists analyse earthquakes and joined storm watchers in the middle of a tornado. Loud and scary!

At our incursion with the Monash Science unit we learnt about Tectonic plates and had great fun doing experiments with Oobleck, volcanoes and simulating tornedos. Lots of fun learning!

Dyon Hunt
Year 3 & 4 Coordinator
**GATEWAYS**

For the last couple of weeks, students from Year 3-6 have been preparing for the G.A.T.E.W.A.Y.S challenge program hosted at Mountain Gate Primary School. On November 16 and 17, 8 teams participated in fun activities that challenged their thinking in English, Maths, Science and Humanities. Congratulations to all students who participated and represented the school, they did a fantastic job.

A special mention to Charlotte Hedges, Nika Riazaty, Joshua Aitken and James Macleish for coming 3rd and making it to the finals that will be held at Box Hill High School on Friday December 2.

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<tr>
<th>Fourtunate Parkhill</th>
<th>CORO</th>
<th>Parkhill Shooting Stars</th>
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<tbody>
<tr>
<td>Charlotte Hedges – 4M</td>
<td>Olivia Rossato – 4M</td>
<td>Jenny Zhang – 4B</td>
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<td>Nika Riazaty – 4M</td>
<td>Olivia Ham – 4B</td>
<td>Pria Thomas – 4B</td>
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<td>Joshua Aitken – 3H</td>
<td>Cormac Morrin – 3H</td>
<td>Flynn Bittner – 3M</td>
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<td>James Macleish – 3H</td>
<td>Rudraksh Bhardwaj – 3H</td>
<td>Ronia Momeni – 3M</td>
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<tr>
<th>Brainiac Busters</th>
<th>The Legends</th>
<th>Parkhill Blues</th>
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<tr>
<td>Jethro Dvorak – 4M</td>
<td>William Roache – 5D</td>
<td>Ruby Pagliaro – 5H</td>
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<tr>
<td>Lachlan Morrison – 4B</td>
<td>Rupesh Bankar – 5D</td>
<td>Ala Sek – 5D</td>
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<tr>
<td>Nicholas O’Meara – 3M</td>
<td>Mitchell Wain – 6S</td>
<td>Keifer Lo – 6S</td>
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<tr>
<td>Oliver Hore – 3M</td>
<td>Luka Perovic – 6S</td>
<td>Indra Kusumah-Kasim – 6S</td>
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<tr>
<th>Quantum Physicist</th>
<th>Fourth Dimension</th>
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<tr>
<td>Ashleigh Baker – 5H</td>
<td>Aurelia Thian De Wind - 6G</td>
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<tr>
<td>Isabella Ditton – 5H</td>
<td>Charlotte Norton – 6G</td>
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<td>John Vayenas – 6G</td>
<td>Tom Harris – 5H</td>
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<tr>
<td>Qing Zhu – 6G</td>
<td>Joseph Fisicaro – 5H</td>
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**MELBOURNE MUSEUM Year 2**

Wow! The Museum is so big!

On Wednesday 16th November I went to the Melbourne Museum with my class and 2C.

First I went to the Melbourne Story, I saw the best horse ever! His name was Phar Lap. Then I went to the My Grandmother’s Toy box room. My favourite thing was the Coles book, it was so funny! Next I went to the Forest Gallery and there was a cave in it, it was also dark.

I had an awesome time at the Museum.

Minh Tran 2S
Chaplain’s Corner

Have you ever seen a picture of a tadpole during metamorphosis?

They’re funny looking things; some might even say they look a bit ugly. Tadpoles have a head and tail, with gradually elongating little legs sticking out the sides.

They aren’t really tadpoles anymore but neither are they fully formed frogs, they are some kind of half-formed creature. And so it is with transition. Whether that’s the transition of our children from childhood to adolescence, from primary schoolers to high schoolers, from one house to the next, one job to the next, from a school full of old portables to brand new buildings. That time can often be a little bit fraught. We can often get weighed down in difficulty of what is happening right now, the mess of moving or the ridiculously expensive high school booklist, the pimply faces and interesting odours. We can also get stuck in a loop of not knowing, not knowing who will I/they be friends with, what will the new job be like, what if.....

But then we see flashes, glimmers of what is to come.

Our child makes a new friend at orientation day, we remember those expensive books mean one step closer to their childhood dream of becoming a ‘rocket scientist’, we meet our new employer and they are actually pretty friendly.

Search out those glimpses, be thankful for those flashes. They keep us going, in the awkward, uncomfortable and often anxiety inducing space that is transition. It’s good to remember those things, to write them down even so that you can remind yourself that it will be ok, there is a light at the end of the tunnel. That things might look different but different is not necessarily a bad thing, it’s just different, it takes a while to acclimatise to.

There’s a reason why we have those plans on the wall in the front office whilst we journey through renovations, they will remind us during the mess and the mire, this is where we are aiming for, this is what we are becoming, because on the worst days you need that kind of reminder to keep you going.

So remember things might be a bit messy in your life right now but one day, that funny looking half-formed creature is going to be one amazing frog.

Suzanne Carmody

Chaplain
We would like to thank you in advance for your baking and we are sure that the cake stall will be very popular because of the baking you have provided.

**Cake Kits** – We have sent out these cake kits for you to pack your baked goods into when they are ready to be delivered. Additional kits are available by calling Janine Brewster on 0415199105. Remember we cannot sell items with cream or that have previously been frozen (only fresh) and all items need to be delivered completely sealed in the bags provided.

**Ingredients List** – All ingredients along with your name and the date that you baked or prepared your item need to be provided. We have included a sticky label. Could you print on this clearly so that it can be easily read. Please circle ingredients and add other ingredients and stick under your cake box. There are many people with food allergies and intolerances so this is a very important part of preparing your item for sale.


**Drop Off** – Items can be dropped off in the library before school or after school on the Thursday 1 December 2016.

If you have any questions please call Janine on 0415199105.

Thank you

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**Girls Footy**

All girls aged between 10 and 17 years are invited to come and try girls footy.

**When:** From 5.00 to 6.00pm Tuesday 29 November, Tuesday 6 December & Tuesday 13 December. We will also be running Kicking Clinics on the same evenings from 6.00 to 7.00pm. This is for current and new girls.

**Note:** Runners—Not boots please!

Enquiries please call: Kim on 0402 043 800

**Venue:** Burwood Reserve—top oval.

282 Warrigal Road, Burwood, 3125
FUN FOOD AND CAROLS  
THURSDAY 1ST DECEMBER  
5:00PM - 8:00PM  
PARKHILL PRIMARY SCHOOL

Your family is invited to Parkhill Primary School’s end of year celebration!
A community event for the whole family.

- BBQ, Greek food and cold drinks
- Craft and local trader stalls
- Animal petting zoo
- Carols

Fun and games for everybody including a visit from the big man in red with a treat for every child!
Parkhill Primary School
Fun, Food and Carols

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 EFTPOS|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
OSHClub School Holiday Program

Our School Holiday Programs are jam-packed with exciting activities and awesome excursions in a safe and friendly environment for primary school children aged 6 – 12 years of age. (Some programs cater for 3-4 years olds)

All our Team are fun and friendly and have relevant qualifications and background checks (WWC). Bookings are now open Log on to www.oshclub.com.au and complete the online enrolment form, but be quick as places are limited

For more information please contact
OSHClub on 03 8564 9080 or 1800 460 870

Children with additional needs

OSHClub supports all children including children with additional needs. Please contact the Holiday Program Manager on 03 8564 9080 at least 4 weeks before their program is due to commence. Each case will be looked at individually and in some cases we will need to apply for funding for staff to support your child’s participation in the program.

Behaviour

If a child’s behaviour seriously affects the safety and/or enjoyment of others, parents will be contacted and asked to make alternative arrangements for their child/ren.

What does my child bring?

Please bring morning and afternoon tea, lunch and a refillable drink bottle. Make sure you don’t bring any food that needs to be heated or cooked, and remember not to bring anything containing nuts.

Don’t forget your hat, sunscreen and comfortable clothes and shoes. Sorry but no Crocs or Thongs!

Remember: no hat means no outdoor play!

We do not lose anything valuable, so please keep your money and electronic toys (Including iPads, iPhones, smartphones and DSL)

Cancellations and changes

If you wish to cancel or make any changes to your bookings without being charged, please ensure they are made online 2 weeks prior to the dates you require your child to attend. Cancellations will not be accepted after this date.

Payments

Payment for holiday program will be debited from your nominated bank account or credit card weekly.

What choices are there everyday:

⇒ Special theme (see specific days)
⇒ Fully stocked art and craft supplies
⇒ Sports games and equipment
⇒ Toys and games

CC/CF:

If you wish to claim Childcare Benefits (CCB) and the 50% Child Care Rebate (CCR) you must be registered with the Family Assistance Office.
Phone: 13 61 50

Late Bookings

To avoid a late booking fee of $10, please book online at least 5 calendar days before your child’s attendance.

Activity Cancellations

In the event that an Excursion or an Incursion is cancelled, the activity will either be postponed or an alternative activity of equal value will be provided where possible.

Important information before making your bookings:

Incursions are an additional cost to the daily fee. Incursions are provided and charged for each child that attends that session whether they choose to participate or not.

Book now at oshclub.com.au
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