

# Parkhill Primary School Newsletter

*"United through learning, we nurture success"*

Issue 4, Thursday 22 February 2018

Cover art by Mercades and Madeleine in 6L

PARKHILL  
PRIMARY SCHOOL

'Nurturing Success'

Dear Parents/Carers,

It has been so lovely to see so many of you in and around the school this week during our Three-Way Conferences. As you are aware we trialled a new set up for the conferences to comply with the 2017 Working Agreement for teachers. The staff at Parkhill are so dedicated to meeting the needs of all students in our care and go over and above what could be expected of them. I am really keen for some feedback about the afternoon sessions so that we can critically review the process. Please do email me your thoughts/comments regarding the new structure – Positive, Minus and Interesting is always a constructive way to give feedback - [brady.elaine.e@edumail.vic.gov.au](mailto:brady.elaine.e@edumail.vic.gov.au).



## KIDSMATTER:

What is mindfulness? Mindfulness is a whole body-mind state of awareness that involves 'tuning in' to the present moment with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future - which is often our brain's default mode.



Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

Visit the KidsMatter website to find out more information about mindfulness in children and mindful parenting.

<https://www.kidsmatter.edu.au/mental-health-matters/mindfulness>

## GETTING INVOLVED:

There are many ways to get involved in our school community. Through our class reps, PFA, working groups, in class reading support, excursions, incursions and many other incidental and highly appreciated acts. **School Council** and subcommittees are another way that you can be involved with the goings on at Parkhill. For many parents, working full time means that it is tricky for you to come into school during the day. School Council are a group of parents, teachers and community members that meet twice a term, eight times year, to discuss and make decisions regarding the governance of matters at Parkhill. At this time of the year, we are holding our Annual Report to the Community meeting, our last meeting of the 2017 council and the first meeting of the 2018 council. It is often a period in which members leave, stay or join us. This year, we have **three** positions to fill for **parent members**.

Please see the attached information and self-nomination form. If you are interested in becoming a member of our School Council, please do complete the form and return to me via the office by **4pm Friday 1 March**.

Our Annual Report to the Community meeting will be held at 7pm on Thursday 16 March for anyone who would like to come along. During the meeting I will present the major events of 2017 and talk about our priorities for 2018.

Have a wonderful weekend,

Elaine Brady

Acting Principal



# APPENDIX A: SCHOOL COUNCIL ELECTIONS – INFORMATION FOR PARENTS

## SCHOOL COUNCIL ELECTIONS

### WHAT IS A SCHOOL COUNCIL AND WHAT DOES IT DO?

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within state-wide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

### WHO IS ON THE SCHOOL COUNCIL?

For most primary school councils, there are three possible categories of membership:

- A mandated elected Parent category – more than one-third of the total members must be from this category. Department of Education and Training (DET) employees can be Parent members at their child's school as long as they are not engaged in work at the school
- A mandated elected DET employee category – members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members
- An optional Community member category – members are co-opted by a decision of the council because of their special skills, interests or experiences. DET employees are not eligible to be Community members.

For all schools with a year 7 and above cohort, there is a fourth category of membership.

- A mandated elected Student category.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

### WHY IS PARENT MEMBERSHIP SO IMPORTANT?

Parents on school councils provide important viewpoints and have valuable skills that can help inform and shape the direction of the school.

Those parents who become active on a school council find their involvement satisfying and may also find that their children feel a greater sense of belonging.

### DO I NEED SPECIAL EXPERIENCE TO BE ON SCHOOL COUNCIL?

Each member brings their own valuable life skills and knowledge to the role, councillors may need to develop skills and acquire knowledge in areas that are unfamiliar to them. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

### HOW CAN YOU BECOME INVOLVED?

The most obvious way is to vote in the school council elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might seriously consider

- standing for election as a member of the school council
- encouraging another person to stand for election.

### WHAT DO YOU NEED TO DO TO STAND FOR ELECTION?

The principal will issue a Notice of Election and Call for Nominations following the commencement of Term 1 each year. All school council elections must be completed by the end of March unless the usual time line has been varied by the Minister.

If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category.

DET employees whose child is enrolled in a school in which they are not engaged in work, are eligible to nominate for parent membership of the school council at that school.

Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt via post or email following the receipt of your completed nomination.

Generally, if there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

### REMEMBER

- Ask at the school for help if you would like to stand for election and are not sure what to do.
- Consider standing for election to school council this year.
- Be sure to vote in the elections.

**Contact the principal for further information.**

## SCHEDULE 4: NOTICE OF ELECTION AND CALL FOR NOMINATIONS

An election is to be conducted for members of the school council of Parkhill Primary School.

Nomination forms may be obtained from the school and must be lodged by 4.00 pm on Thursday 1 March 2018.

The ballot will close at 4.00 pm on Friday 9 March 2018.

Following the closing of nominations a list of the nominations received will be posted at the school.

The terms of office, membership categories and number of positions in each membership category open for election are as follows:

| MEMBERSHIP CATEGORY | TERM OF OFFICE  | NUMBER OF POSITIONS |
|---------------------|---|---------------------|
| Parent member       | From the day after the date of the declaration of the poll in 2018<br><br>to and inclusive of the date of the declaration of the poll in 2020 | 3                   |
| DET employee member | From the day after the date of the declaration of the poll in 2018<br><br>to and inclusive of the date of the declaration of the poll in 2020 | 2                   |

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

Elaine Brady  
Principal



# SCHOOL COUNCIL ELECTIONS

## SCHEDULE 5A: SELF-NOMINATION FORM FOR PARENT MEMBER CATEGORY

I wish to declare my candidacy for an elected position as a parent member on the Parkhill Primary School school council.

Name : .....

Residential address: .....

Contact phone (mobile or landline): .....

Email: .....

I am the parent/guardian of ....., who is/are currently enrolled at this school.

I am an employee of the Department of Education and Training but not engaged in work at and for the school

Yes / No (please circle)

I am prepared to serve as a Parent member of the above-named school council. I hereby declare that I am not:

- an undischarged bankrupt
- of unsound mind
- currently serving a sentence for an indictable offence; or
- a registrable offender within the meaning of the *Sex Offenders Registration Act 2004*.

Signature of Candidate: ..... Date...../..... /.....

**You will be notified when your nomination has been received.**

Personal information provided in this form is collected as part of the school council election nomination process. The information may be used to determine your eligibility as a candidate. Your personal information may be disclosed as a result of inspection prior to the commencement of voting or at any time up to one year from the declaration of the poll.

Your name will be included in a list of school council candidates and nominators (where applicable) posted in a prominent position at the school and for candidates, on a ballot paper (where applicable).

Further, the name, membership category, gender, term of office, office held (if any) of school council members and notification whether the member is an employee of the Department will be forwarded to the Department of Education and Training by the principal by 30 April each year as a record of council membership and may be used for statistical purposes.

You can access your personal information by contacting the principal on 9807 2239.

If you choose not to give some or all of the information requested your nomination may not be accepted. If you have any queries about the school council nomination process, please contact the principal.

| Student of the Week |                    |
|---------------------|--------------------|
| Term 1              | Name               |
| FS                  | Ada W P            |
| FT                  | Xavier T           |
| 1B                  | Orson F            |
| 1HE                 | Parker K           |
| 2C                  | Oscar F            |
| 2M                  | Xavier T           |
| 3M                  | Isaac H            |
| 3R                  | Oscar P            |
| 4G                  | -                  |
| 4N                  | Wei C              |
| 5D                  | Theia M & Wesley P |
| 5H                  | Phyllis T          |
| 6CM                 | Cam M              |
| 6L                  | Tom R              |

| 2018                  | Calendar of Curriculum Events  |
|-----------------------|--|
| Friday February 23    | Y3 Circus Skills Incursion Session 2<br>Y4 IMAX Excursion<br>Y5/6 Round Robin - Jells Park |
| Tuesday February 27   | Y5 Mission to Mars Excursion   |
| Wednesday February 28 | Twilight Sports  |
| Friday March 2        | Y3 Circus Skills Incursion Session 3<br>School Leaders Presentation Assembly               |
| Wednesday March 21    | Multicultural Day  |
| Friday March 23       | Y4/5/6 District Athletics - selected students  |
| Thursday March 29     | Term 1 ends - 2:30pm finish  |

## Clean Up Australia – 2<sup>nd</sup> March 2018



As a part of Parkhill's action to reduce the impact of rubbish on our environment Y6 and the SRC will be hosting a Clean Up Australia event on Friday 2<sup>nd</sup> March.

Alongside their buddies, students will be cleaning up the school and surrounding area from 2:00pm – 3.15pm. We would love to have you join us and assist in supervising cleaning groups around the school and local area.

Students will wear their regular school uniform with a touch of Australia - a flag, hat or iconic emblem would be great. The SRC will collect gold coin donations on the day to support the efforts of Clean Up Australia, or alternatively you can register your attendance or make a donation at Clean Up Australia.

Our site details for Clean Up Australia are as follows:

Site name is: Parkhill Primary School

Site URL: <http://www.cleanupaustaliaday.org.au/Parkhill+Primary+School>

Site Number: 79296

We look forward to seeing you on the 2<sup>nd</sup> March and seeing Ashwood shine.

Andrea Crane, Y6 and the SRC.

### First Aid

We have had reports of head lice, chicken pox and gastro virus throughout the school.

### PARKHILL STUDENT CHOIR

The choir rehearses with Mrs. Rosie Pryor on Monday lunchtimes in the hall. Come along to learn fun songs and have opportunities to perform at assemblies! New singers are always welcome.

## Garden News

We returned from our summer break to a green, lush garden bursting with ripe veggies to enjoy.

Many thanks to Roger for watering over the long, hot summer, and to the Parkhill families who came to feed and care for our chickens.

Our first dish for the year was a real hit with our students - who can resist golden, flaky pastry. We made Danish Pastries using homemade plum jam which was made with plums from our orchard.

Look out for our 'Garden Crew' on a Monday up near the front entrance to the school. They will be selling our garden produce for a gold coin donation. At present we have cucumbers, herbs, zucchini, and tomatoes in abundance.

### Danish Pastries with homemade jam

#### Ingredients:

- Spreadable cream cheese
- Jam
- Flaked almonds (optional)

#### Pastry

- 4 sheets of puff pastry, defrosted
- 2 eggs, lightly beaten (egg wash)

#### Method:

1. Preheat oven to 180C.
2. Put baking paper on oven trays.

#### Pastry

1. Cut each pastry sheet into three equal strips.
2. Then cut each strip into three equal pieces.
3. Place each piece on the baking tray.
4. Place a teaspoon of cream cheese in the middle of each piece of pastry. Follow this with a teaspoon of jam.
5. Don't overfill otherwise you won't be able to seal the pastries or they will burst open when baking.
6. Press the corners gently into the middle. Push them down into the jam mixture.
7. Brush with egg wash.
8. Sprinkle with flaked almonds.
9. Bake for 15 to 20 minutes or until deep golden brown.
10. Allow to rest for five minutes before removing from the tray.
11. Serve warm.



**Help wanted next  
Thursday morning  
9-10am**

Looking for parents to help us move some fresh sand into the sandpit. It would be great if you could bring along your gloves, shovel and/or wheelbarrow (if possible). Thanks in advance.



**Mini Working  
Bees each  
Thursday  
morning 9am onwards**

Please come along on any Thursday morning during Term 1 to join a group of us doing small jobs around the school such as pruning the fruit trees, neatening the kid's garden class area or simple gardening to neaten up our beautiful school grounds.

## Parkhill PFA Newsletter February 22, 2018

**President:** Vanessa Cowley

**Vice President:** Katrina Battle

**Treasurer:** Sumi Sundram

**Secretary:** Kylie Touloupis

**Committee Members:** Wendy Douglas, Mark Havas, Lisa Jacobson, April Minniece, Anny Murray, Naomi Bishop

### Calendar of Events

**Wednesday 28 February**

Twilight Sports (refreshments sold, weather permitting)

**Wednesday 7 March**

Cupcake Stall - 3.15pm-3.45pm

PFA Annual General Meeting - 8.00pm

**Tuesday 13 March**

Easter Raffle Tickets and Hot Cross Bun order forms sent home

**Friday 23 March**

Easter Raffle Wrapping Bee - 9.00am-11.00am in RBH



### Parents and Friends Association (PFA)

#### Annual General Meeting (AGM)

**Wednesday 7 March 2018, 8.00pm**

Performing Arts room, Parkhill Primary School  
(enter via ramp beside the Hall)

**ALL WELCOME**

Please come along to hear what we've been up to and what we have planned!

**All positions are open for consideration.**

If you would like to be on our email distribution list and receive communication and minutes from our meetings please email Kylie [parents.friends.secretary@gmail.com](mailto:parents.friends.secretary@gmail.com)



### COLES SPORTS FOR SCHOOLS IS BACK!



Support Parkhill by collecting vouchers at your local Coles and entering them into our voucher collection stand located at the office. There is lots of exciting sports gear from quality brands such as Kookaburra, Nike, Spalding and Sherrin for the school to choose from. The program runs until May 7, so let's give it our best shot!

### EASTER RAFFLE DONATIONS NEEDED

A tub will be placed in the office foyer for donations. Anything Easter related will be greatly appreciated - chocolates, soft toys, baskets, Easter crafts, etc.  
Thank you for your support.



### THE HOT CROSS BUN FUNDRAISER IS ON ITS WAY!



### DO YOU KNOW A BUSINESS THAT IS WILLING TO DONATE?

As our school community grows and welcomes new families, we're giving a shout out to anyone that may have contacts in a business that is willing to donate goods. We hold raffles and stalls throughout the year and the school would benefit greatly from this generosity. Please take a moment and consider if this could be you.

Email Kylie [parents.friends.secretary@gmail.com](mailto:parents.friends.secretary@gmail.com) with any ideas. Thank you!





## Play Junior Footy on a SATURDAY in 2018 !

**EMMAUS ANIMALS JUNIOR FC** is gearing up for another season. We have Under 10 & Under 12 teams who play in the Eastern Primary Schools Football League on a Saturday Morning.

We have some exciting news that **Stephen Lawrence, 1991 Hawthorn Premiership Player**, is returning to coach our Under 12 team this year ... what a fantastic experience for the girls and boys!

For our Under 10s team, the amazing **Sue Fearn-Wannan** will be our coach. Sue has previously played with the Whitehorse Colts, trained with the **Box Hill Hawks VFL Squad** in 2017, and will play with the Emmaus Animals Seniors in 2018.

Join us on the following dates:

**Registration Night - Wed 28th Feb** from 5.30 - 6.30pm, at our brand new clubrooms at **Bennettswood Reserve, Holland Avenue, Burwood (next to Deakin University)**

**Pre-season training** on the following 3 Wednesday evenings at the same time and venue, and

**Super Saturday Carnival** kicks off the season on **Saturday 24th March**.

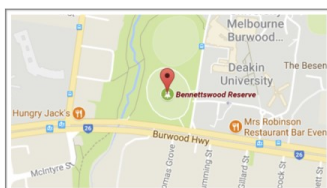
Come down for a kick!

### REGISTRATION FEES

The fee of \$185 for the 2018 season includes a personalised, reversible Emmaus Animals Training Jersey, Team Photo, Trophies, Insurance, and Match & Umpire fees throughout the season. If you have more than one child in your family the registration for each subsequent child/children is \$160.

If you would like a registration form emailed to you or if you have any questions please email the Registrar, **Susie Carrick** at

[susanjcarrick@gmail.com](mailto:susanjcarrick@gmail.com)



## WEAR THE RED AND GREEN IN 2018



BOYS: UNDER 8 – 17 YEARS  
GIRLS: UNDER 12 – 18 YEARS

REGISTER ONLINE TODAY  
[www.ashyredbacks.org.au](http://www.ashyredbacks.org.au)  
[registrations@ashyredbacks.org.au](mailto:registrations@ashyredbacks.org.au)

@ashyredbacks @ f t

## Ashburton Festival

On Sunday 25<sup>th</sup> February, we will be set up at the Ashburton Festival from 12:00pm – 5:00pm – come along and say hi!

## Robotics Classes

### Term 1 - 2018

#### Beginners or experienced coders

- Discover the world of robots
- Learn or expand your knowledge of programming with Lego Mindstorms software
- Design, build and program a robot

Use the Learning Enrichment Studio's NXT Lego Mindstorms Robots or bring your own NXT or EV3 Mindstorms Robot.

**When:** Saturday February 24, March 3, March 10 **Time:** 9.00am to 10.30am

**OR:** Wednesday February 28, March 7, March 14 **Time:** 4.00pm to 5.30pm

Call the studio to register at 0448 064 738 or email [nv@learningenrichmentstudio.com.au](mailto:nv@learningenrichmentstudio.com.au)

North Place | Suite 214/19 Milton Parade, Malvern VIC 3144

<http://www.learningenrichmentstudio.com.au/>





# LAUGH *dance* MOVE *PLAY* PURE *FUN*

**EVERY SESSION INCLUDES:**

- Dance Technique
- Fun With Friends
- Relay Races
- Fitness Games
- New Music Mixes
- End of Session Performance
- So Much More

**Location:** Parkhill Primary School Performing Arts Room  
**Date:** Monday 12th Feb 2018 – Monday 26th March 2018  
**(No Class Monday 12th March)**  
**Time:** 4:00pm – 4:45pm  
**Grades:** Foundation – Grade 6 (Girls & Boys Welcome)  
**Price:** 6 weeks for \$60 (cash only)

*For more information: Please call Fran Ditton 0417 323 273 or email [fditton@icloud.com](mailto:fditton@icloud.com)*

## Choi Kwang Do Self Defense



Learn real-life, practical self defence skills in a fun and energetic way through games and exercises. Also learn how to defend yourself from attacks, and fight back with powerful, effective techniques. CKD has a progressive system from White belt to Black belt and is designed for people of all skill levels aged from 7 to 100.

Come and try for free at any of the following sessions:

- Tuesday 8.00 to 8.45am (Junior and Senior class)
- Wednesday 3.45pm to 4.45pm (Junior class)
- Thursday 6.30 to 7.30pm (Junior and Senior class)
- Thursday 7.45 to 8.45pm (Senior class adults and secondary school students only)

Sessions held at Parkhill Primary School Hall and are \$15 per class or \$25 for two.

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



## AUSKICK @ ASHWOOD FOOTBALL CLUB

Essex Heights Reserve, Outlook Road, Mount Waverley VIC 3149

Saturday Mornings from 9.30am to 11.00am

The season kicks off on **SATURDAY 21 APRIL 2018**

We would like to invite Boys and Girls from Pre-prep – Grade 6

All sessions are aimed at providing a safe, fun & family friendly environment .

Register now - [www.aflauskick.com.au](http://www.aflauskick.com.au)

Please contact - Oudom Chhit on 0413 512 199 or  
email on [Oudomchhit@gmail.com](mailto:Oudomchhit@gmail.com)