



ISSUE 5
March 11th, 2022

Office Hours - 8:30am to 4:00pm - Monday to Thursday
9:00am to 3.30pm - Friday

CALENDAR – The week ahead

TERM 4

Monday 14th March

- Labour Day Holiday

Tuesday 15th March

- Swimming Grade Prep and Grade 1/2
- Parent / Teacher Interviews

Wednesday 16th March

- Wheels Day
- Parent / Teacher Interviews

Thursday 17th March

- Swimming Grade Prep and Grade 1/2

Friday 18th March

Receive our newsletter by email, please send your request to: paynesville.ps@education.vic.gov.au

Term Dates 2022

Term 1: January 31st to April 8th

Term 2: April 26th to June 24th

Term 3: July 11th to September 16th

Term 4: October 3th to December 20th

PUBLIC HOLIDAYS

Monday 14th March – Labour Day

Dear Parents and Carers

We have been out and about this week, with lots of exciting events. It is so wonderful to be able to do the activities we all enjoy so much again. Our junior school students enjoyed their first swimming lessons this week and our swim team participated in the Division Swimming Carnival. On Friday, our school lawn bowls team competed in the District Lawn Bowls Competition and the very exciting news is we won!!! We are now off to compete in the Regional Competition held in Morwell in two weeks. Our thanks to all the volunteer coaches from the Paynesville Bowls Club, we definitely couldn't have made it without all your support and coaching.





Swimming

Our swimming team competed at the Division Swimming Carnival on Thursday. Everyone tried their best and was impressed with the high standard of swimming on show at the event. An achievement for everyone who made it and a great experience. Congratulations to Bronte Pyke who came third in her backstroke event.

Check out where it all begins with these photos of our junior school swim lessons.



Leather Work

Education Support staff member Paul Percival has been sharing his leather working skills with a few of the students in the Grade 6 class. This week they made leather key rings and belts. Thanks very much Paul, the students are really enjoying it.



Parent / Teacher Interviews

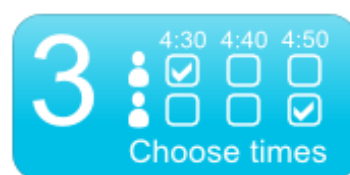
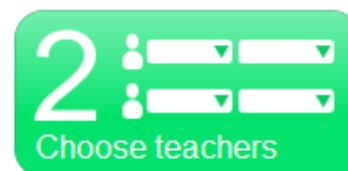
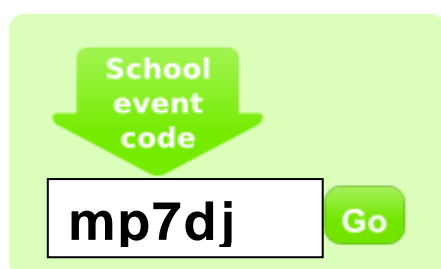
Parent / Teacher interviews will be held online after school on Tuesday 15th March and Wednesday 16th March. Please book your time using the School Interviews website below. After you have made your booking through the School Interviews website, **your child's teacher will send a WebEx invitation so you can connect online at the time of the interview.**

Bookings will remain open over the long weekend.

At these interviews, parents will have the opportunity to connect with their child's teacher and share any information they would like their child's teacher to know. The teachers will also let parents know about any relevant classroom routines and how the students have been going in the first half of Term 1.

BOOKINGS ARE NOW OPEN AT:

<https://www.schoolinterviews.com.au/code/mp7dj>



When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately.

You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

From the Kitchen...

Carbonara was on the menu this week, with students making the pasta from scratch. Amazing job everyone, very impressive!



The Resilience Project (TRP)

This year Paynesville Primary School is excited to be participating in The Resilience Project. The Resilience Project's mission is to teach positive mental health strategies to help people become happier and more resilient. The below is taken from the TRP website...

*The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars proven to cultivate positive emotion; **Gratitude**, **Empathy** and **Mindfulness (GEM)**. Our programs also have a strong focus on **Connection**, **Purpose**, **Kindness**, **Emotional Literacy** and **Physical Health**.*

THE
**RESILIENCE
PROJECT™**

GRATITUDE

EMPATHY

MINDFULNESS

EMOTIONAL
LITERACY

Coming up on Monday 28th March, our students will be attending a TRP presentation at Nagle College. A consent form will be send home next week.

MAKING CONNECTIONS & SUPPORTING YOUR CHILDREN

Building your relationships and connections with your children is key to helping them **feel loved, safe** and **secure**. Feeling genuine connection also has many **positive impacts on our mental health**, some benefits include:

HELP DECREASE CHANCES OF ANXIETY & DEPRESSION

GIVES US PURPOSE

HELPS DEVELOP GREATER EMPATHY

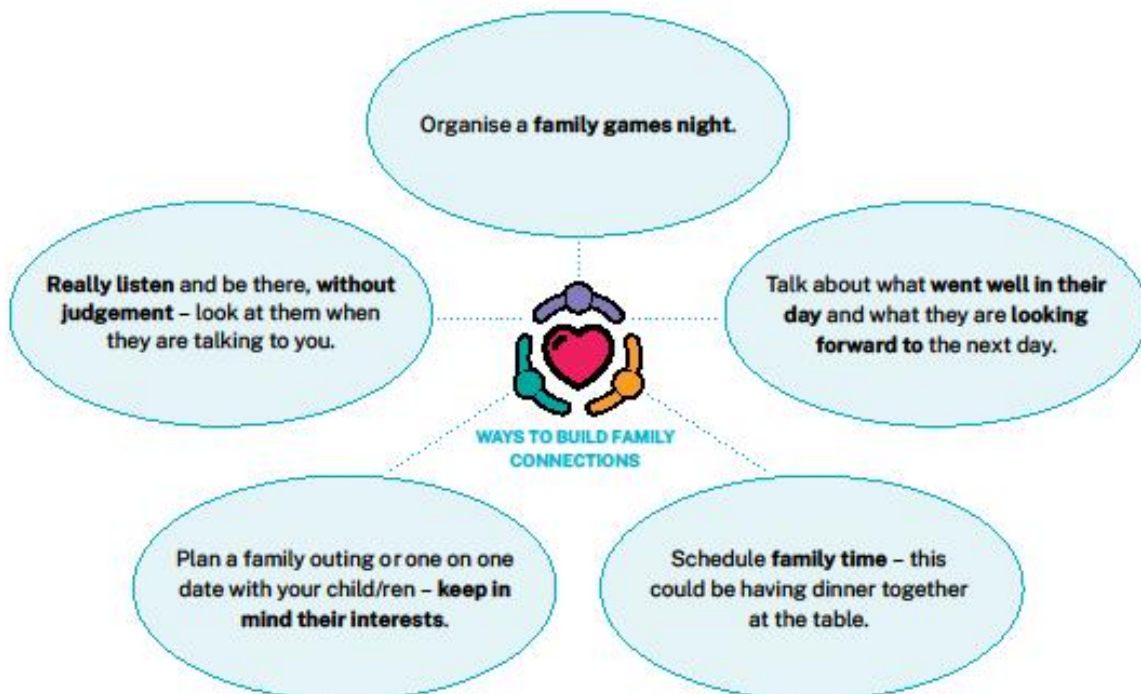
SENSE OF BELONGING

FEELING SUPPORTED

BUILDS TEAMWORK AND COOPERATION

ENHANCED HAPPINESS

INCREASES SELF ESTEEM



For more information on how to **build meaningful connections and support your children** click on the links below.



TRP's **Lael Stone** talks about Connected Parenting

[READ ARTICLE](#)



Teenagers talking about relationships with parents from [raisingchildren.net.au](#)

[WATCH VIDEO](#)



[raisingchildren.net.au](#) talks about building positive relationships for parents and children.

[READ ARTICLE](#)



Paynesville PS Calendar TERM 1

Please note any changes to the calendar have been highlighted in **RED**.

<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
	Labour Day Holiday	Swimming Prep/1/2		Swimming Prep/1/2 Regional Swimming Carnival		
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
	Regional Lawn Bowls Tournament	Swimming Prep/1/2	School Council AGM 7pm	Swimming Prep/1/2	School Cross Country	
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1 APRIL</u>	<u>2</u>
	Resilience Project Launch -Nagle College	Swimming Prep/1/2	MyGolf program	Swimming Prep/1/2 MyGolf Program	MyGolf Program	
<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
	MyGolf Program Bairnsdale Golf Club Excursion	Swimming Prep/1/2 Division Cross Country		Swimming Prep/1/2	End of Term One	
School Holidays 9th – 25th April						
<u>24</u>	<u>25 APRIL</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>
	ANZAC DAY	Beginning of Term 2				
<u>1 MAY</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
			Winter Sports Tournament @ PPS		Mother's Day Stall	
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
Mother's Day		NAPLAN Testing commences				
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
					NAPLAN Testing concludes	
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>