



ISSUE 7
March 25th, 2022

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

<p>CALENDAR – The week ahead</p>	<p>Receive our newsletter by email, please send your request to: paynesville.ps@education.vic.gov.au</p>
<p>TERM 1 <i>Monday 28th March</i> - Assembly <i>Tuesday 29th March</i> - Resilience Project Presentations <i>Wednesday 30th March</i> - Wheels Day - MyGolf Program - Forge Theatre Excursion – Dinosaur Time Machine <i>Thursday 31st March</i> - Swimming Grade Prep and Grade 1/2 - MyGolf Program <i>Friday 1st April</i> - MyGolf Program</p>	<p>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</p>
	<p>PUBLIC HOLIDAYS Monday 14th March – Labour Day</p>

Dear Parents and Carers

What a wonderful week we have had, finished off beautifully by our school cross country, the results are later in this newsletter. Below is a photo of our Student Representative Council (SRC) for Semester 1. I meet every Monday morning with the SRC and we talk about events and activities we can organize for the students at our school. I also use this group to get student feedback on what is happening in our classrooms. I look forward to working with this group throughout the first half of the year.



From the kitchen this week...

We had a Mexican fiesta in the kitchen this week. Each class made beef tacos from scratch. The Grade 5/6 students even made their own corn taco shells! Very well done everyone!



Science Fair

Our annual Paynesville Primary School Science Fair will be held in Week 6 of Term 2. Completing a science fair project is an excellent opportunity to make science relevant by allowing students to conduct an experiment based on their own interests. It allows students to develop important independent learning skills such as time management, responsibility, organization and communication.



This year all Grade 5 and 6 students will enter a science fair project. The science fair project will replace Grade 5/6 regular homework for 3 weeks during term 2. There will be some class time but the majority of the project is to be completed at home. We encourage our Grade 1 and 2 students to complete a project as well. If a Grade 3/4 student wishes to enter the competition they are welcome to, please have a chat to Miss Sowa if you wish to enter this year.

Full information has been sent home this afternoon, as many students may wish to make a start over the holidays. All science fair projects are due on Wednesday 25th May.

Easter Hat Parade

Our annual Easter Hat parade will be held at 9am on Friday 8th April, 2022. This will be our last assembly of the term. Looking forward to seeing the many marvellous creations from our students and their family. Thanks very much.

The Resilience Project

The Resilience Project is presenting an information session for parent and carers at the Forge Theatre on Monday 28th March from 6:30pm – 8pm. Please refer to the flyer later in the newsletter for more information.

Cross-Country Results

Congratulations to all our students for their amazing effort with the cross country this week. It makes us all so proud to see you trying your best. Thanks to all our volunteers who helped with the set up and those who were marshals out on the course.

Prep Boys

- 1st – Tom Geisler
- 2nd – Max David
- 3rd – Jaylen Howard-McKay

Prep Girls

- 1st – Frankie Molinaro
- 2nd - Mirae Hasler
- 3rd – Beatrix Campbell



Grade 1 Boys

- 1st – Nate Challenor
- 2nd – Liam Wood-Laird
- 3rd – Eshaan Kannan



Grade 1 Girls

- 1st – Imogen Martin
- 2nd – Heidi De Ruiter
- 3rd – Maisie Scullin



Grade 2 Boys

- 1st – George Molinaro
- 2nd - Ethan Matthews
- 3rd – Luke Davidson



Grade 2 Girls

- 1st – Ally Wood-Laird
- 2nd – Sophia Terrick
- 3rd – Melanie Guthrie



9 Year Old Boys

- 1st – Will
- 2nd – George Wood-Laird
- 3rd – Bill Rickhuss



9 Year Old Girls

- 1st – Charlotte D'Amore
- 2nd – Iley Trease
- 3rd – Lacey Kiss



10 Year Old Boys

- 1st – Hayden Garth
- 2nd – Liam David
- 3rd – Harry Smith



10 Year Old Girls

- 1st – Bronte Pyke
- 2nd – Grace Hall
- 3rd – Maddison Kelly



11 Year Old Boys

- 1st – Liam Carmichael
- 2nd – Wesley Robertson
- 3rd – Jackson Anderson-Calvert



11 Year Old Girls

- 1st – Dixie Clack
- 2nd – Annabell Longey
- 3rd – Laila Trease



12 Year Old Boys

- 1st – Dustin Angus
- 2nd – Campbell Moncrieff
- 3rd – George Roberts



12 Year Old Girls

- 1st – Bonnie McCaskill
- 2nd – Abbey Hudson
- 3rd – Emily Melrose



Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

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 that have been proven to cultivate positive emotion; **Gratitude, Empathy and Mindfulness (GEM)**.

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.



Paynesville PS Calendar TERM 1/2

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

<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 Forge Theatre Excursion - Dinosaur Time Machine	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	State Lawn Bowls Tournament	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>
<u>29</u>	<u>30</u>	<u>31</u>	<u>1 JUNE</u>	<u>2</u>	<u>3</u>	<u>4</u>
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>