



# Panania North Public School

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## NOTES AND PAYMENTS

Please be aware of the following payments/notes

- School fees
- PSSA sport
- Teen Ranch Camp
- Stage 1 Mini-Beasts Incursion

## PRINCIPAL AWARDS

The following awards will be presented at our K-6 Assembly to be held on Wednesday 7, November 2018 at 2.15pm.

**Principal's Award:** Abigail G (Turtles), Jaxon C (Ring Tailed Possums), Maya C (Ring Tailed Possums), Amanda Y (Ring Tailed Possums), Tully H (Cockatoos), Callum C (Hérons), Tom S (Sugargliders), Maya A (Cockatoos), Cathy L (Turtles), Noorunisa M (Pythons), Kaden M (Pythons), Daniel W (Cockatoos), Jackson D (Wallabies), Karinda P (Kookaburras), Riley M (Sugargliders), Josiah D (Hérons), Obadiah D (Tiger Cats), Haangham S (Geckoes), Sofia S (Flying Foxes), Aiden P (Geckoes), Alex C (Goannas)

**Gold Principal's Award:** Callum C (Hérons), Arielle P (Flying Foxes), Amish P (Caterpillars), Luca K (Caterpillars), Aiden F (Caterpillars), Riley M (Sugargliders), Josiah D (Hérons), Obadiah D (Tiger Cats)



## What's Coming Up

### Monday 5 Nov

- Dance festival 7.30pm

### Tuesday 6 Nov

- Kindy Calmsley Hill excursion
- EHPSSA Golf Gala

### Wednesday 7 Nov

- K-6 Assembly

### Thursday 8 Nov

- Sports & Extra-curricular photos
- Kindy Orientation 3



# ONE SONG

On Thursday, 1 November 2018 under the guidance and musical expertise of Mr Wotherspoon, the students at Panania North participated in the Music: Count Us In Program for 2018.

Our Kindergarten students even shared the song with their buddies at Beechwood Aged Care this Wednesday during their visit.

Music: Count Us In (MCUI) is Australia's largest school initiative. It is the education program of Music Australia working together with partners around the country to support music in schools. MCUI plays a vital role in fostering music education in schools, with a presence in every state and territory in the country. It offers students music participation and skill development, as well as delivering much needed resources and training to teachers in regional, remote and special needs locations.

The program brings together more than half a million students to sing the same song, on the same day, at the same time.

For more information visit <https://musicaustralia.org.au/program/countusin/>



## Therapy At School DOES YOUR CHILD NEED SPEECH PATHOLOGY OR OCCUPATIONAL THERAPY?



**ONE STOP**  
ALLIED HEALTH & MEDICAL CENTRE

**PANANIA NORTH PUBLIC SCHOOL,  
ALONG WITH  
ONE STOP ALLIED HEALTH & MEDICAL CENTRE  
ARE OFFERING YOU THE OPTION OF THERAPY AT SCHOOL (IN SCHOOL TIME).**

**Speech Pathologists Help with:**

- Articulation (how children make sounds)
- Sound awareness (part of spelling)
  - Stuttering
  - Building Sentences
- Following Instructions
  - Social Skills

**Occupational Therapists Help with:**

- Fine Motor Skills (Use of hands)
- Gross Motor Skills (co-ordination)
  - Handwriting & Cutting
  - Sensory Regulation
- Visual Perception (understanding what the eye sees)

**Contact us to find out costs,  
more information and to put  
your child's name down for  
Therapy at School for 2019**

**(02)8734 3065**

**Please say your school name  
when you call**

**NDIS REGISTERED**

[www.OSAH.com](http://www.OSAH.com)  
102 Nuwarra Rd Moorebank

**Medicare rebates may apply**

# Learning & Support News

Last newsletter we discussed Dyslexia and this week we discuss ADHD and dispel the myths and stigma.

There are been a lot of recent articles published on social media, print media and vigorous discussion on television regarding ADHD. This is the one disorder where so many people have such vast opinions which are not based on research or personal experience. At PNPS we recognise that ADHD is a disorder where students need adjustments to access the curriculum as well as a team approach with parents and student. It is important to note that no two children with ADHD are the same. The supports and interventions that are put in place are personalised to the student.

On Wednesday I presented professional learning to our staff about ADHD and how we can best support the needs of students in our classroom. I am very keen to present a parent workshop this term to anyone in our community who is interested to learn more and ask those questions!

1. ADHD (Attention Deficit Hyperactivity/Inattentive Disorder) – it is a neurological developmental disorder
2. Three categories
  - predominately hyperactivity/impulsivity
  - predominately inattentive
  - combined presentation
3. There is more to consider than simply ADHD as being an attention vs inattention disorder
4. In our brain parts that control performance as well as parts that support knowledge. An ADHD brain is developing a little slower and is smaller in size than a neurotypical brain. We need to consider this when we are supporting students with executive functioning issues
5. Executive function includes areas such as working memory; organisation and planning; controlling emotions; effort; beginning and finishing tasks and internal language

6. Early intervention is important to support students with ADHD. This may include Occupational therapy; psychology sessions; cognitive therapy. This may include setting up consistent routines and structures at home; attending a parent course; using visual reminders; timers as well as rewards and consequences; mediation; exercise and good nutrition
7. 50% of students with ADHD have a learning disability
8. Medication can be part of the plan. Dr Barkley is a renowned psychiatrist who states that ADHD is the most treatable disorder with the availability of therapies and medications however it is the one disorder which is not treated effectively. It mentions that ADHD is the 'diabetes of psychiatry'. Treated ADHD will assist with I have more information to share in this area which I will discuss in this workshop

If you want more information please visit ADHD Australia website page [www. australiaadhd.org.au](http://www.australiaadhd.org.au) or [understood.org.au](http://understood.org.au)

If you would like to attend a workshop led by learning and support please contact the front office to register your interest or send me an email [Samantha.whyte@det.nsw.edu.au](mailto:Samantha.whyte@det.nsw.edu.au) . I am tentatively planning this for Thursday 23<sup>rd</sup> November for either 900am-1030am or 300-430pm depending on preference.

Learning and Support Teachers

# Kindergarten Orientation Days



**Session 1: Thursday 25th October 2018,  
9.15am to 10.45am**

**Session 2: Thursday 1st November 2018,  
9.15am to 10.45am**

**Session 3: Thursday 8th November 2018,  
9.15am to 10.45am**

Children will go to the Kindergarten rooms each morning session 1-3 to experience a variety of school activities with Kindergarten teachers and to make new friends.

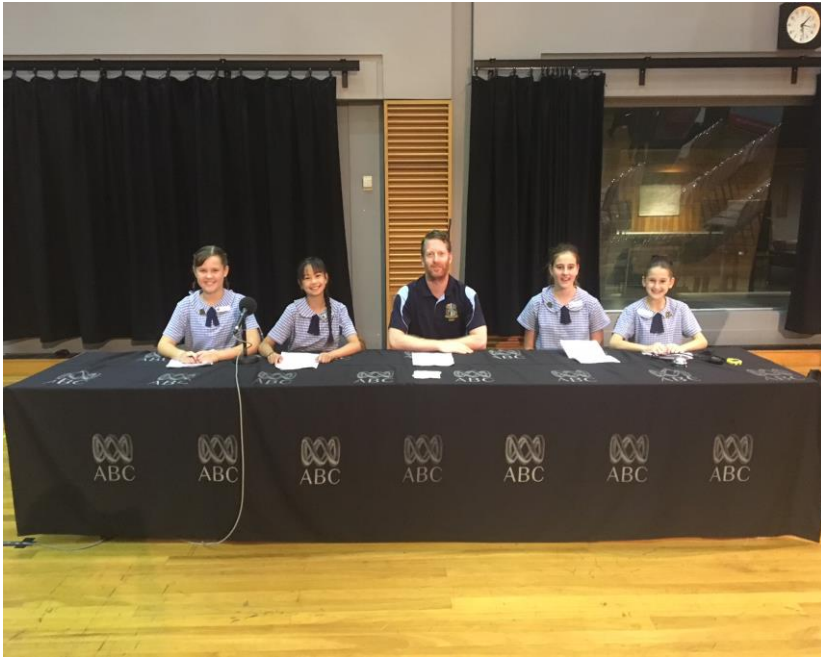
Your child will need to bring a backpack with their hat, a snack for recess and a water bottle to each session.

Parents will have the opportunity to purchase uniforms whilst the children go to the Kindergarten room.

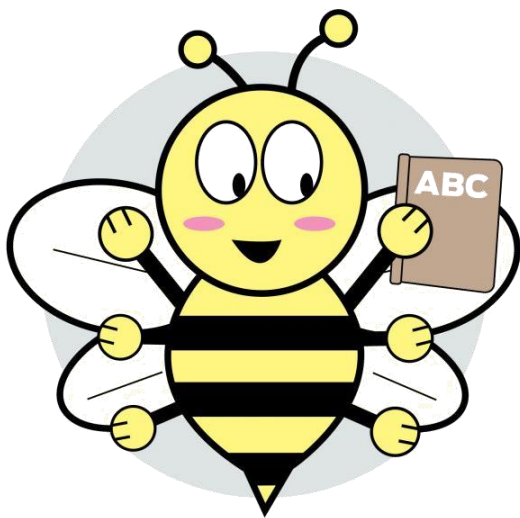
Please collect your child at 10.45 a.m.

We hope that this program will help make a happy and relaxed beginning to their school life in 2019.

# Premier's Spelling Bee State Final



Thank you to our female student leaders for hosting today at the Spelling Bee State Final.



You all spoke and represented our school beautifully!



Yes; It's that time of year again – The lead up to the much anticipated annual PNPS Talent Quest!!! Years 3 to 6 will be holding their auditions in Weeks 4 and 5 while Kindergarten, Years 1 and 2 will hold them in Week 6.

We are looking for budding entertainers, dancers, magicians, singers, musicians, jugglers, clowns and loads more to try out and showcase their talents. Acts should be between 3 to 5 minutes in duration.

#### **Audition Timetable**

<b>Week 4</b>	Thursday 8 November, lunch	Years 3 and 4
<b>Week 5</b>	Monday 12 November, recess	Years 5 and 6
	Thursday 15 November, lunch	Years 3-6 'catch up'
<b>Week 6</b>	Monday 19 November, recess	Kindy, Years 1 and 2
	Thursday 22 November, lunch	Kindy-Year 2 'catch up'

Please ensure that your child comes to their audition prepared with any music, instruments or props that they will need for their act. We look forward to 'unveiling' some awesome talent! Performances are on Tuesday of Week 7.

Mr Wotherspoon and Mrs Kuzmanovska  
Talent Quest Co-ordinators

### Advertisements.

The school often publishes information on behalf of Community groups – parents need to decide the appropriateness of activities involving their child. It is the responsibility of each parent to research the bona fides of any organisation, in which you wish your child to be involved in.

# brite dental

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Panania NSW 2213



Providing Quality  
Education and Care in a  
Playful, Nurturing and  
Learning Environment

**Our centre provides:**

- Trained and qualified bilingual staff with years of experience.
- Nutritionally balanced meals and beverages (milk and water) with ongoing support by health professionals
- High quality, educational and multi-cultural and pre-school programs
- Regular yoga, exercise and tai chi classes
- Munch and Move Program
- Music and Movement
- Basic languages skills in various languages (ELLA - program)
- Basic computer skills & awareness
- Highly qualified staff

**ENROLLING NOW FOR NEXT YEAR**

**Panania, 139 Horsley Road**

Phone: 9785 6803 - Call for more details.

Monday to Friday 7.30am - 6.00pm

[educareplayskool\\_pania@hotmail.com](mailto:educareplayskool_pania@hotmail.com)

**Experience the Difference!**



Panania Village Market 10th November

The Rotary Club of Padstow Inc. is hosting the Panania Village Markets on Saturday 10th November. Stalls will operate from 9.00 am to 1.30pm, located around the Panania Library Park, corner of Anderson Ave and Tower St Panania. The market offers a wide range of quality stalls including Art & Crafts, Baby & Children's Apparel, Books, Bric a Brac, Candles, Cards, Cosmetics, Essential Oils, Fashion, Gifts, Honey, Jams, Jewellery, Organic Food, Plants, Records, Cd's & DVD's, Toys, and more, all at a wheelchair friendly Outdoor Market.

Please come along and support our local market.

A project of the Rotary Club of Padstow Inc."

# Come & Try Girl Guides!

Laughter, learning, friendship and fun...  
come and discover at Guiding what's done!

**Panania Junior Guide Unit**  
(For girls 7–9 years old)

**Monday 29 October**  
5pm for a 5.30pm start–7pm

We will be playing games, making gumnut creatures &  
learning a Girl Guide skill!

**Panania Guide Hall,  
Weston Street Panania**

**Please contact** Leanne Murray to register for this FREE Event  
Ph: 0403 679 907 Email: leannem869.lm@gmail.com



[www.girlguides-nswact.org.au](http://www.girlguides-nswact.org.au)



GIRL GUIDES  
AUSTRALIA  
NEW & ACT