



Panania North Public School

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The following awards will be presented at our K-6 Assembly to be held on Wednesday 20 February 2019 at 2.05pm.

Principal's Award: Serene B (Honeyeaters), Lilli F (Albatross), Niah H (Honeyeaters), Noorunisa M (Wagtails), Amelie R (Honeyeaters), Shayan Y (Honeyeaters), Jade V (Albatross)

Gold Principal's Award: Amelie R (Honeyeaters)

SCHOOL GATES

For the safety of our students, the gates will be closed at 9.05am each morning and opened at 2.45pm in the afternoon. All visitors must sign in at the office if entering the school between 9.00 - 2.45pm.

What's coming up

Monday 18 Feb

- AFL after school clinic

Tuesday 19 Feb

- Stage 3 & Currawongs Yoga

Wednesday 20 Feb

- K-6 assembly
- KIndy BBQ

Thursday 21 Feb

- First day of scripture

Monday 25 Feb

- AFL after school clinic 3.15-4.15pm

Tuesday 26 Feb

- Stage 3 & Currawongs Yoga

Wednesday 27 Feb

- Meet the teach
- K-6 Assembly (Penguins performance)

SPECIAL RELIGIOUS EDUCATION (SRE) AND SPECIAL ETHICS EDUCATION (SEE)

Panania North PS is pleased to offer both SRE and SEE for the spiritual and moral welfare of our students. These 30-minute sessions run on Thursdays of the school term.

A note was sent home for you to indicate your preference for your child. If you have not returned an updated form then your child will attend the SRE or SEE group that you chose in 2018.

SRE and SEE classes commence Thursday, 21st February 2019. If you have any concerns please contact our school office.

PANANIA NORTH STARS

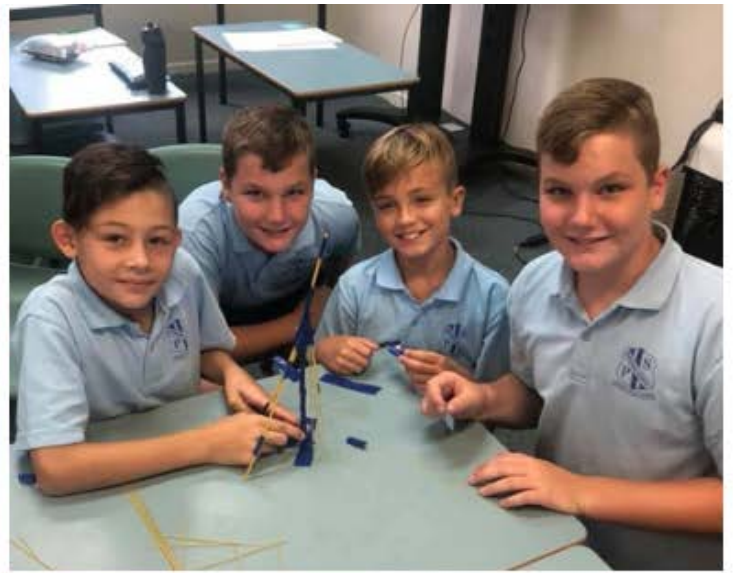
Panania North Stars are awarded to students who follow the school rules.

20 Panania North Stars = Star Certificate

3 Star Certificates = Principal's Award

3 Principal's Awards = Gold Principal Award

3 Gold Principal Awards = Principal's Badge



🗼 Stage 3 - STEM 🤖





Kindergarten's first two weeks of School.

The kindy students have had a great start to their first couple of weeks at big school. They have been listening to stories, learning about colours and numbers and have been busy playing and making new friends.

Thank you to the parents who have helped in preparing the students so well for big school. We hope to see you all at the Kindergarten welcome BBQ next Wednesday 20th February.



INTRO TO HEALTHY SKILLS FOR LIFE AND RESPECT

The Life Skills Group program, **Healthy Skills for Life** has commenced with **Stage 2 Currawongs** and the **Tools for Transition** with all **Stage 3 students** led by Tanya our instructor. The students and teachers could not be more excited! The program is a curriculum based Health and Physical Education and Social Emotional Learning program. Each week Tanya will facilitate classes aligning lifelong value based skills, fundamental movements, and positive psychology through various games, breathing techniques, guided stories and relaxation. We are happy to be working with you, your child and the school community to support, inspire, and grow happy, healthy, and well-adjusted kids and families.

Please follow the Newsletter each fortnight and practise the daily activities with your child. We've also included one or two ways to practise **family self-care**. We can assure you it will be fun and a great way to spend a few minutes extra with your child and family.

Stage 2 Students learnt breathing exercises, which help in calming the mind, building resilience and developing self-regulation. Students were able to practise specialised movements and skills in games and breath work that are especially designed to calm the nervous system, foster positive relationships and teach problem-solving skills. By working in teams, all levels utilised various strategies to complete different tasks, all the while understanding that there was no winner or loser, but what mattered was how well the combination of players on the team worked together. By participating in physical activities designed to enhance fitness, students came out with a greater understanding of the impact regular participation can have on health and wellbeing. All students had fun, calmed their bodies, and learnt the value of respect through fun games and activities.

Parents/Carers: Ask your child to show you the mindfulness practice or breathing activity they learnt this week and how it could help them.

Family self-care tip: Make time for a game at least once a week. Try to be fully present while playing that game.

Tools for Transition program **Stage 3** students were introduced to mindfulness (a practice that trains the brain to slow down and process sensory data) and how they can use it as a tool to self regulate and increase their ability to be more respectful in their actions. One of the best ways to practise mindfulness is through deep belly breathing, or moments of awareness in 'mindful bodies,' as they are referred to in the Tools for Transition program. Focusing on the breath has been shown to help the body return to a state of calm because it aids in slowing the heart rate, lowering blood pressure, and sharpening focus. Increased focus comes from increasing the functioning that takes place in the frontal lobes or prefrontal cortex, this leads to an increase in self-regulation (the ability to manage the emotions that come from upsetting situations and life's disappointments).

The students had the opportunity to share their thoughts on why learning mindfulness tools will be beneficial for our minds and bodies. They recognised it as, "relaxing, calming and helpful when you are stressed or worried". Students learnt a new breath technique and became aware of where breath is felt in the body. The breathing exercises are designed to show students how the breath helps to regulate the body and that each of us has more control over our bodies than we think! Controlled breathing also calms the body and mind and decreases the anxiety that sends our amygdala into fight, flight, or freeze mode. Regular practise of the tools learnt in the Tools for Transition program helps to prime the brain to be more reflective and less reactive. Over time, this strengthens neural pathways and connections and mindful awareness moves from being a temporary state to a long-term trait.

The games students will engage in each week help to reinforce the value of the week in a fun way. The games are non-competitive and promote social skills, critical thinking, physical movement and creativity.

Additionally, students practised applying effective communication in relationships. Students demonstrated the importance of communicating confidently in a variety of situations by applying movement skills that require communication, cooperation, decision making and observation of rules.

Parents/Carers: Ask your child why it is important to have self-regulation.

Family self-care tip: Give at least one compliment to your family members daily.

I have included the overview of the Stage 2 program below

Week	Focus	Values
1	Intro to Healthy Skills for Life	Respect
2	Mindful Listening	Honest
3	Teamwork	Team Player
4	Managing Big Emotions	Caring
5	Positive Self Talk	Persevere, Resilience
6	Creativity	Confident,
7	Inner and Outer Strength	Strong, Courageous,
8	Consolidation	Grateful

Overview of the Stage 3 Program

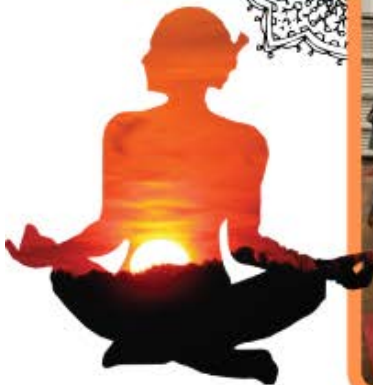
Week	Tool	Value
3	Self Regulation	Respect
4	Communication	Honest
5	Team work	Team Player
6	Managing Big Emotions	Caring
7	Positive Self-Talk	Resilience and Perseverance
8	Self Belief	Confidence and Excellence
9	Taking Healthy Risks	Strong and Courageous
10	Leadership	Grateful

Students from Stage 2 and one Stage 1 class will be participating in the Healthy Skills for Life program in Term 2 and the remaining Stage 1 and Kindergarten classes will participate in the program in Term 3. If you have any questions regarding the program, please contact the front office.

Samantha Bruno
Mindfulness Organiser
Learning and Support

LIFESKILLS GROUP

YOGA



10 Reasons why you and your child will love Wushka!

- Extensive selection of high-quality levelled Readers with proven pedigree
- It's fun! Wushka is not a game, but kids love it!
- No more concerns about lost or damaged Readers at home or whilst on holiday
- Readers are accessible 24 hours/day, on any device – smart phone, tablet, home computer – suiting busy families on the go
- An Australian owned and developed product – we support teachers locally, so that they can focus more time on the needs of each of their students
- Readers include fictional stories from around the world and fascinating non-fiction titles covering interest areas such as science, technology, history, geography, animals and the environment
- With the Narration option turned on, students and parents can focus on improving pronunciation, fluency and listening skills
- Online comprehension quizzes provide instant feedback to teachers and parents on students' progress
- Multiple choice questions after each Reader provide students with NAPLAN-style practice
- Students' reading progress needn't come to a halt on weekends or at the end of the school term – Wushka's levelled Readers are available 365 days/year, including over the long Summer break



Early Bird Reading



**Kindy, Yr 1 and Yr 2 students
join us for our reading program
on Tuesday and Thursday
from 8:30 to 9:00am
In the Galah's classroom**



PANANIA NORTH
PUBLIC SCHOOL

Look What's New!

In 2018 the P&C raised enough money to purchase two water bottle refill stations along with other items!

Thank you for all your support with our fundraisers during 2018.

The P&C would also like to thank Mr Matt Walshe. Matt kindly donated his own time to install the two stations.

If you need any plumbing services please support one of our school community!

Ian Walshe
PLUMBING SERVICES
Lic No. L5763 A2395
Licensed plumber, drainer & gasfitter
Ian : 0412 243 891 Matthew : 0403 233 137
Ph: (02) 9774 4292 Fax: (02) 9792 3213
7 Links Ave, Milperra NSW 2214



**PANANIA NORTH PUBLIC SCHOOL P&C ASSOCIATION
NOTICE OF ANNUAL GENERAL MEETING
4th March 2019 at 6.30pm**

The 2019 Annual General Meeting of the Panania North Public School Parents and Citizens' Association will be held on Monday 5th of March commencing at 6.30pm. Conference Room – Panania North Public School

The Annual General Meeting (AGM) will immediately be followed by the March General Meeting.

All current office bearer roles will be declared vacant and nominations called for the following positions:

- President
- 2 x Vice Presidents
- Secretary
- Treasurer

The AGM is open to all parents and carers who wish to attend, however only financial members are eligible to vote and/or nominate for vacant positions.

Please come along to support your school. It is only together that we can build a strong community and supportive environment for our kids and staff.

Panania North Public School P&C Association

THE HUNGRY VOTER



**SUPPORT YOUR LOCAL
PANANIA NORTH PUBLIC
SCHOOL**

**ELECTION DAY BBQ
SATURDAY March 23
7am till sold out!
202 Bransgrove Road Panania**

**BBQ/COLD DRINKS/CAKE
STALL/GELATO**

P&C are looking for families to letterbox drop the flyer in our area over the next few weeks. If you are free to help could you please contact us via email pnpssc@gmail.com or let the school office know and they will pass the information on to the P&C

PANANIA NORTH PUBLIC SCHOOL UNIFORM SHOP

2019 AGM Positions

The Uniform Shop Annual General Meeting will be held on Monday 4th March at 6.30pm in the Board Room, at the P&C Annual General Meeting. All positions on the committee will be vacant. If you are interested in taking up one of these positions, you need to attend the meeting and be a current member of the P&C.

Then the first Uniform Shop Meeting will be held on Friday the 8th March at 8.50am at the Uniform Shop. This meeting usually does not take very long, but like all P&C meetings we will need to have 5 members present so your RSVP to the new Scribe will be appreciated.

Positions are as Follows:

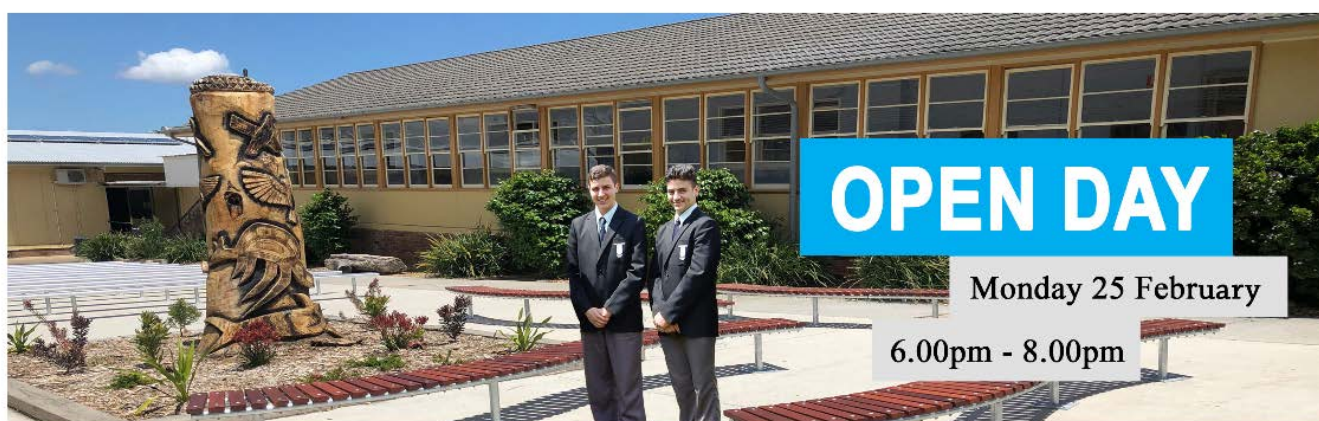
Coordinator: - Must also be part of the executive committee of the P&C. For the Uniform shop the Coordinator chairs the Uniform Shop Meeting (usually once a term). Organizes the running of the shop, including stock orders, stock takes, organisation of kindy orientation uniform packs and year 6 shirt orders. Does not physically have to be at every store opening.

Convenor: - Keeps track of expenses, pays bills and banks all money received in the Uniform Shop. Does not physically have to be at every store opening.

Scribe: - Takes and prepares meeting minutes, organizes rosters and notes. Does not physically have to be at every store opening.

Feel free to send through any suggestions, ideas or comments to us via email to pnpsuniform@gmail.com

Regards
Uniform Shop Committee 2018



EAST HILLS BOYS HIGH SCHOOL

Learning Respect Responsibility

Our Principal Mr Paul Abboud invites you to take a closer look at our school. Join senior students for a tour, meet our dynamic staff and friendly families and experience the vibrancy and spirit of East Hills Boys High School.

Stay informed with the SkoolBag App

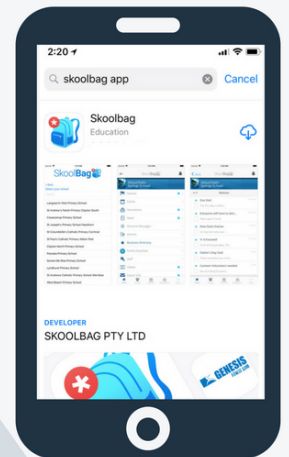


The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and **all** school communications.

1

Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store



2

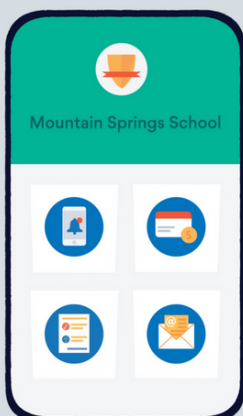
Create an account

Sign up in seconds with your email address

3

Add your school

Search for your school and add your subscription groups



SkoolBag 

TOO SICK FOR SCHOOL?

Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

CONDITION	TIME FROM EXPOSURE TO ILLNESS	EXCLUSION OF CASES
Chickenpox	2-3 Weeks	Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children.
Conjunctivitis	1-3 days	Exclude until discharge from eyes has ceased.
Diarrhoea and/or Vomiting	Depends on the cause	Exclude until there has not been a loose bowel motion or any vomiting for at least 24 hours. <i>(therefore if your child has been sent home do not return them the following day unless they have a doctor's certificate)</i>
Fever	A temperature of 38 degrees or more	Exclude until their temperature returns to normal
Glandular Fever	4-6 weeks	Exclude until well
Hand, Foot and Mouth Disease	3-7 days	Exclude until all blisters have dried
Head Lice	Time from infestation to eggs hatching usually 5 – 7 days	Exclude until all live lice and eggs have been removed
Hepatitis A	2 – 6 weeks	Exclude until a medical certificate of recovery is received, but not before 7 days after the onset of jaundice or illness

Herpes (Cold Sores)	Varies	Young children unable to comply with good hygiene practices should be excluded while the lesion is weeping. Lesions to be covered by dressing where possible
Impetigo (School Sores)	1 – 3 days	Exclude until; appropriate treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing
Influenza and Influenza like Illnesses	1 – 3 days	Exclude until well (sneezing and coughing ceases)
Measles (including Rubella)	2 -3 weeks	Exclude for at least 4 days after onset of rash
Mumps	14 – 25 days	Exclude for 9 days or until swelling goes down (whichever is sooner)
Pertussis (Whooping Cough)	7 – 20 days	Exclude the child for 21 days after the onset of cough or until they have completed a 5 days course of antibiotic treatment
Ringworm	varies	Exclude until the day after appropriate treatment has commenced
Scabies	1 day – 6 weeks	Exclude until the day after appropriate treatment has commenced
Worms	Several Weeks	Exclude until there has not been a loose bowel motion for 24 hours

PARENTS NEED TO KEEP THE SCHOOL INFORMED OF ANY CHANGES TO PHONE NUMBERS, EMERGENCY CONTACT INFORMATION AND OF ANY NEW MEDICAL CONDITIONS OR CHANGES TO A CHILD'S MEDICAL CONDITION.

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.



PADSTOW RSL

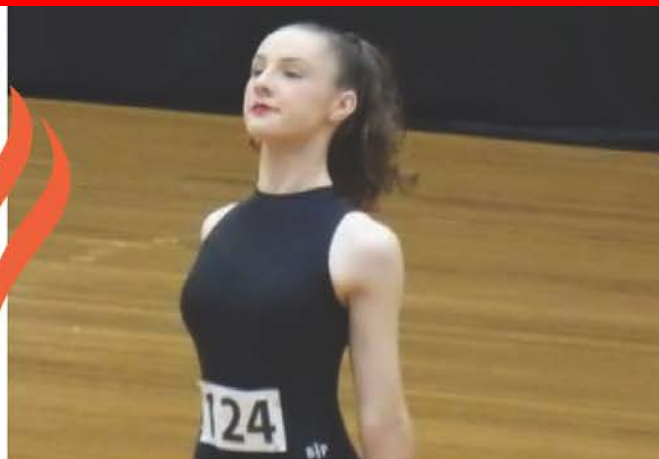
PHYSICAL CULTURE CLUB

Brand New Club !!

**Monday classes at
Padstow RSL starting
18 February**

**Come and join the fun,
Bring a friend!!**

**Physie is a mix of jazz,
contemporary and aerobic
dance.
Innovative choreography
to fun, upbeat pop music.
From 4years to Ladies.**



Monday Class Times

- 4-8yrs.....4.00-4.45pm
- 9-12yrs.....4.45-5.30pm
- 13-1st yr Seniors....5.30-6.15pm
- Seniors.....6.15pm-7pm
- Novice/Int Ladies...7pm-8pm
- Open Ladies.....8pm-9pm

**2nd class to be advised
Contact Jill 0408 814 005**



BANKSTOWN AUTISM SUPPORT GROUP

The Autism Community Network provides support for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings.

When: Third Tuesday 10 am to Noon
Venue: Bankstown Sports Club
Provided By: ACN and Bankstown Sports Club
Cost: Free

For more information :

www.autismcommunity.org.au | info@autismcommunity.org.au | 9543 9036



CANTERBURY BANKSTOWN

Proposed Canterbury-Bankstown Leisure and Aquatic Centres

As part of our ongoing commitment to make our City a thriving and attractive place to live, work and visit, Council has developed a draft strategic plan for the future of the Canterbury-Bankstown Leisure and Aquatic Centres.

Like most areas in Sydney, our leisure and aquatic centres were built in the 1960s and are nearing the end of their life cycle. Our residents are now looking for contemporary facilities that offer a broader range of activities to choose from.

The draft Leisure and Aquatic Strategic Plan was developed with extensive consultation with the local community and also considered the proximity of other facilities outside Canterbury-Bankstown's boundaries.

We are proposing to operate five leisure and aquatic facilities. This plan will guide the upgrading of existing facilities and services and the establishment of new centres over the next 10 years, to meet the growing needs of our local community.

Council is looking for feedback, accepting written submissions up to **12 March 2019**.

We believe this would be of interest to your school, staff, students and families. Your assistance in making parents and the greater school community aware of the survey and submissions can be found at the following link.

<https://haveyoursay.cbccity.nsw.gov.au/leisure-aquatics-draft-strategic-plan>

Should you have any questions about the plan, please contact Graham Humphrys on 9707 9602.



SANDRA MALONE DANCERS

The Sandra Malone Dance Centre has been established since 1981 in three Sydney locations – **Abbotsford, Greenacre and Panania.**

Our students are offered a range of opportunities and performances while learning the art of dance.

For more information contact us!



CLASSES AVAILABLE IN:

- ✦ Jazz
- ✦ Tap
- ✦ Ballet
- ✦ Modern/Contemporary
- ✦ Acrobatics
- ✦ Hip Hop
- ✦ Drama
- ✦ Musical Theatre

Perform At:

- ✦ Sydney Royal Easter Show
 - ✦ Eisteddfods
 - ✦ Ferragosto, Five Dock
 - ✦ Burwood Festival ✦
- And many more!

CONTACT US 0419483108

Facebook – Sandra Malone Dance Centre
Instagram - Sandramalonedc



Physie is a uniquely Australian form of dance covering many styles from jazz, ballet, aerobics to contemporary and more.

Come and join our friendly club and do BJP Physie with St Luke's Physical Culture in 2019!

- ✓ Classes for pre-schoolers to ladies of all ages and abilities
- ✓ Classes in Milperra and Panania
- ✓ New to physie 2 free trial lessons

Classes for 2019 start the week beginning February 18th

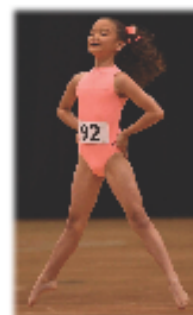
Find us on Facebook @ St Luke's Physical Culture Club to see more of what we do.

St Luke's is both an Active and Creative Kids provider, saving you \$200 towards fees for school aged children.

Lessons are less than \$7!

We look forward to welcoming you and your friends to our growing, family friendly club!

Contact Louise on 0415 339 035



2019 – VENUE AND CLASS TIMES

CLASS	MONDAY	TUESDAY	THURSDAY	SATURDAY
	MILPERRA PUBLIC SCHOOL	TOWER STREET PUBLIC SCHOOL	TOWER STREET PUBLIC SCHOOL	TOWER STREET PUBLIC SCHOOL
PRESCHOOLERS		3:45-4:15		
5-8 YRS		4:15-5 PM	4-5PM	
9-10 YRS		5-5:45 PM	5-5:45 PM	
11-12 YRS		5:45-6:30 PM	5:45-6:30 PM	
13-18 YRS		6:30-7:30 PM	6:30-7:30 PM	
SENIORS		7:30	7:30	
BEGINNER – INTERMEDIATE LADIES	7-8 PM			FROM TERM 2 TIMES TBA
OPEN LADIES	8PM			FROM TERM 2 TIMES TBA



Casual Work

School Crossing Supervisors – Work with your community
1 X Casual Position – Bankstown Local Government Area
1 X Casual Position – Canterbury Local Government Area

An important person in a child's school life is the School Crossing Supervisor, who ensures they cross the road safely. The role requires minimal hours out of your day and gives something worthwhile back to the community.

The hours are usually 8.00am to 9.30am and/or 2.30pm to 4.00pm Monday to Friday during school terms. You may be required to work morning, afternoon, both shifts and no shifts. As a casual you will be filling in for existing part-time staff as required. The base rate is \$23.02 - \$27.62 per hour.

All the qualifications you need are community spirit, good communication skills, an alert and professional attitude to work and a reliable personality. The casual hours and school holidays would suit a parent or grandparent, a retiree or anyone wanting meaningful work — but not full-time.

Training for your key responsibilities of directing traffic to stop at the designated crossing and giving clear instructions to infants and primary school students to cross the road safely, will be provided. You may be required to attend a health assessment. Appointment is subject to a Working with Children Check clearance.

Roads and Maritime Services is an equal opportunity employer.

For further information on this exciting opportunity please call 1300 305 855 or go to iworkfor.nsw.gov.au

Applications close 11.59pm Sunday, 24 February 2019

TfNSW are committed to building a diverse and inclusive culture across the Transport cluster, planning for and promoting diversity. We welcome and encourage applications from diverse community groups and ages including Aboriginal and Torres Strait Islander, LGBTI, people with disabilities, women and other diversity groups. TfNSW recognises the benefits that such an approach brings for our staff and customers in delivering the future of NSW.



Transport
Roads & Maritime
Services