



**ISSUE 29**  
**October 14<sup>th</sup> 2022**

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

## CALENDAR – The week ahead

### TERM 4

Monday 17<sup>th</sup> October

- Assembly
- Grade 5 Rail Trail Camp

Tuesday 18<sup>th</sup> October

- Grade 5 Rail Trail Camp

Wednesday 19<sup>th</sup> October

- Grade 5 Rail Trail Camp
- Wheels Day
- School Council 7pm

Thursday 20<sup>th</sup> October

Friday 21<sup>th</sup> October

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

### **Term Dates 2022**

Term 1: January 31<sup>st</sup> to April 8<sup>th</sup>

Term 2: April 26<sup>th</sup> to June 24<sup>th</sup>

Term 3: July 11<sup>th</sup> to September 16<sup>th</sup>

Term 4: October 3<sup>th</sup> to December 16<sup>th</sup>

### **PUBLIC HOLIDAYS**

31<sup>st</sup> October – Pupil Free Day  
1<sup>st</sup> November – Melbourne Cup Day

## *Dear Parents and Carers*

Our students were looking fantastic today, embracing the themes of Crazy Hair Day, 70's Day or both! The photos do not fully capture the detail and effort that went into some of the hair styles, it would have been an early morning in some homes getting the magnificent creations perfected. Well done everyone who helped out with this, they are awesome! Some stunning 70's outfits were on display too, I love this era!

Today was the first day for our 2023 Preps. The first day of school is an important milestone and we are very excited to be welcoming these students and their families to our school community. There were a couple of students absent today, so I will include a photo in next week's newsletter.

Next week our Grade 5 students will be heading off to the Rail Trail Camp, where they will complete the Rail Trail bike ride from Bairnsdale to Nowa Nowa. This is an amazing adventure and students feel a true sense of accomplishment on journey completion. We look forward to hearing all about it on Thursday, have an amazing time Grade 5 students!





## Science Talent Search

I am very excited to share with you our students' results in the Victorian Science Talent Search. All of our entries received an award, this is an outstanding achievement for our school. Students who received a bursary award will have their achievement acknowledged in an online award ceremony to be held on November. Congratulations to all our students, we are very proud!

### Major Bursary

Anthony D'Amore  
Ayla Romanin  
George Roberts  
Madeleine Hall

### Minor Bursary

Charlotte D'Amore  
Emily Melrose  
Jemma Markwell-O'Neill

### Distinction

Lacey Kiss  
Ella Maddern  
Maddison Kelly  
Austin Hasler  
Sylah Coull-Barnes

### Merit

Liam Carmichael

## UNSW ICAS Writing Results

We received the results for the UNSW ICAS Writing assessment. Liam and Bonnie received a credit award and Emily received a merit award. Well done to these students.



## *Regional Athletic Sports*

On Tuesday this week five of our students competed in the Regional Athletic Sports in Newborough. Everyone enjoyed the challenge of competing at this high level and was proud of their performance. Ella Maddern came first place in shot put and Ayla Romanin came second in high jump. Both these girls will compete in the State Athletics Sports in Melbourne in early November. This is a very impressive achievement, good luck for the next level of competition girls.

## *Golf*

On Monday and Tuesday this week I competed in the Victorian Women's Spring Tournament at the Bairnsdale Golf Club and Lakes Entrance Golf Club. I had an amazing time with some of the lovely ladies I played with. I had a lovely surprise at the end of the two days. I had won the VI Teesdale trophy. The VI Teesdale trophy is the net/stableford trophy when you take your handicap off your score. It was a lovely two days and I had a great time. By Maddison.



## Chaplains Chat

A friendly reminder – because we ALL need to be reminded – about just how important a good nights sleep really is.

Every individual is different but generally children between the ages of 6 -13 require between 9 and 11 hours sleep. Restorative sleep is vital for brain functioning, physical health and emotional wellbeing. Difficulty concentrating, regulating emotions, memory, problem solving skills, irritability and restlessness... It's pretty obvious: when we're tired none of us learn well!

Some of the top tips for good sleep hygiene include:

- No devices before bed time, and never in bedrooms. This is because the LED light from electronic devices reduces our body's production of the sleep hormone melatonin. (Easier said than done...but worth the battle)
- Have a regular bed time routine.
- Avoid sugary or caffeinated products for 4 hours before bed time.
- Keep bedrooms quiet, cool and dark.

There are lots of parent websites and tip sheets for advice, but if lack of sleep is a regular occurrence, chat to your GP. IT'S IMPORTANT!

Good sleep is life changing! 😊

## 70's/Crazy Hair Dress Up Photos









# JOIN THE PARKRUN FAMILY

**WALK, JOG, RUN, VOLUNTEER**  
 or simply come and watch - it's up to you!

**FRIENDLY, ENJOYABLE 5K EVENTS**

Every Saturday morning

**FREE & EASY TO TAKE PART**

No need for special equipment or clothing

**FUN FOR ALL THE FAMILY**

Prams and dogs can take part

**YOU DON'T HAVE TO RUN**

Volunteering is a great way to get involved

**IMPROVE HEALTH & FITNESS**

Be active in the open air

**BE PART OF A COMMUNITY**

Make new friends and socialise

**DEVELOP NEW SKILLS**

Opportunities to volunteer

**BUILD CONFIDENCE**

Track progress and achieve new goals

Register at [parkrun.com.au](http://parkrun.com.au)

notes:



**#BAIRNSDALEPARKRUN**

[www.parkrun.com.au/bairnsdale](http://www.parkrun.com.au/bairnsdale)



## Supporting Children and Families Through Change, Loss, and Uncertainty following Natural Disasters and COVID-19

### Parent/Carer Session

Communities in East Gippsland have been heavily impacted by events such as the Black Summer Bushfires and the unfolding of the COVID-19 pandemic. This has brought many changes and losses for children and families. Higher levels of uncertainty have subsequently affected areas of daily life which raises many questions about the impacts and how we can best support our children.

#### Overview

##### Common questions:

- How can I talk about what is happening?
- What kind of reactions can I expect from my children?
- How can I best support those in my care?

##### Attendees will have the opportunity to:

- Consider the range of impacts that recent events are having on people
- Explore ways of managing reactions of children
- Hear about some creative ways of providing support

Attendees will receive a 'showbag' that contains information about the services that Uniting can offer as well as where to get further support if needed.



#### We invite you to join us at

##### Paynesville Primary School

This parent/carers session is for parents and carers to discuss helpful ways to support children and young people affected by the Bushfires nearly 3 years ago and more recently the changes and loss experienced from covid-19. We hope you can come!

**Date: Wednesday 26<sup>th</sup> October**

**Time: 2:30-3:30**

**Afternoon Tea provided**

For more information get in touch with Wendy (contact details below) or Linda King from Uniting [linda.king@vt.uniting.org](mailto:linda.king@vt.uniting.org)

#### Get in touch

**Wendy Ronalds-Community Resilience Officer  
East Gippsland**

**Wendy.Ronalds@mackillop.org.au**

The Seasons for Growth suite of programs equip schools and other professionals to support children and young people, parents/carers and other adults in sharing their experiences of change and loss in safe and creative ways, understand and attend to their feelings, and learn skills for adapting and recovering.



# Paynesville PS Calendar TERM 4

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

<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
	Grade 5 Rail Trail Camp	Grade 5 Rail Trail Camp	Grade 5 Rail Trail Camp School Council Meeting 7pm			
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
	Grade 6 Urban Camp	Grade 6 Urban Camp	Grade 6 Urban Camp		Halloween Dress up Day Carey Baptist School Performance	
<u>30</u>	<u>31</u>	<u>1 NOV</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
	Pupil Free Day	Melbourne Cup Day				
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
			Grade 6 Coolamatong Lake Camp	Grade 6 Coolamatong Lake Camp	Grade 6 Coolamatong Lake Camp	
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
	Grade 3/4 Coolamatong Farm Camp	Grade 2/3/4 Coolamatong Farm Camp	Grade 3/4 Coolamatong Farm Camp			
<u>20</u>	<u>21</u>	<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>1 DEC</u>	<u>2</u>	<u>3</u>
			School Council Meeting 7pm			
<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
	Grade 6 Graduation	Bairnsdale SC Transition			Last day of Term 4	