



ISSUE 6. 9th March, 2023

THE WEEK AHEAD: Term 1: Week 5 and 6.

Friday 10th March

Staff Professional Practice day

Pupil Free Day for all students across the network.

UPCOMING DATES

Monday 13th March:

Pupil Free Day Labour Day Public Holiday

Tuesday 14th March

Parent and Friends Group Meeting: First Meeting of the Year. School Staffroom. 4 pm start.

Wednesday 15th March

NAPLAN Grade 3 and 5 commences.

Thursday 16th March

Regional Swimming Competition – Morwell

Friday 17th March

Assembly 3pm

Saturday 18th March

School Working Bee. 9am – 1 – 2pm approximately

SAVE THE DATE - Please see details to come

Office Hours

Monday to Thursday 8:30am to 4:00pm

Friday 9:00am to 3.30pm

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

READING AT HOME EVERY DAY MATTERS.

Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"	Student "B"	Student "C"
reads 20 minutes each day	reads 5 minutes each day	reads 1 minute each day
3600 minutes in a school year	900 minutes in a school year	180 minutes in a school year

1,800,000 words



90th percentile

282,000 words



50th percentile

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

TERM DATES for terms 1 and 2.

Term 1: Friday 27th January – Thursday 6th April.

Term 2: Monday 24th April – Friday 23rd June.

PUBLIC HOLIDAYS during term 1.

Monday 13th March: Labour Day Holiday

Friday 7th April: Good Friday

Assembly and Value of the Week Award Winners.

Last week our students were presented with their awards for displaying our value of RESPECT. With a few students also receiving their awards for LEARNING which they had missed the previous week.



Dear Parents, Carers, Families and Members of our Community.

This week Safety has been our school value of the week. Students have been working on contributing to and promoting a safe environment for us all. We continue to learn how we can best do this across the school each and every day.

Parent Teacher Interviews were attended well last week and it was great for teachers, students and families to be able to be part of productive conversations to ensure the learning wellbeing of our children is at the centre of what we do at school and home every day. If you were not able to make it last week and would still like to meet with your child's teacher then please pop in to organise a time that works for you and your child's teacher.

Today our Lawn Bowls Team competed at the East Gippsland Division Lawn Bowls Competition. We were so proud of their contributions and the way they played. Each of them were positive and encouraging of others in their team and of students competing for other teams. Well done to each one of them. They won their pool and then the final. They will move through to the Regional Competition on April 4th. Well done all and a big thank you to all their coaches from paynseville Bowls Club.

Attendance continues to be a key focus for us at school. We know it so important for all students to be at school every day. This way they will make the most of their time learning and feeling social and emotional connection and support which we know enhances their wellbeing. If you would like any support as a family to help get your child/children to school on days where there might be things that hinder your ability to get here, please know it is okay to give the school a call and we will work on a plan to help support you getting the kids here and home if required.

Home reading is such a vital part of the learning journey for your child. We are so very aware of the positive impact on learning for your child when you are able to read to them, with them or to listen to them read each and every day. The impact of that reading when you do spend that time. The difference in word exposure and outcomes is so critically aligned.

NAPLAN testing for our year 3 and 5 students will be carried out across the nation commencing next week on Wednesday 15th March. If you have any questions or would like to chat about this, please contact me or your child's teacher at a time that is convenient for you.

We are looking forward to getting the Parents and Friends Group up and going for 2023. It would be nice to have as many parents and friends involved as possible. This way we can work as a team to use our strengths and interests, and to share the contributions for a range of differing events and school based activities. The first meeting will be next Tuesday at 4 pm in the staffroom. It will involve us discussing and creating a school vision for the group and starting to plan out some events to get the started. Would love to see you there. If you want to be involved but this time doesn't work for you this time please drop in to see me or give me a call at school to discuss.

Deb Mathers - Principal



**IT'S NOT OK
TO BE AWAY**



**EVERY
DAY
COUNTS**
Primary school attendance

WELLBEING and CHAPLAINCY

Wellbeing Award last Friday was received by Hope Shingles. Way to go Hope. You are a Superstar!



Chaplain's Chat

Who's tired?

Pretty much everyone!

For all sorts of reasons, many of us are not getting enough sleep and coming along to school quite tired. Whether it's worries keeping us awake, or electronic devices (blue light from screens disrupts our production of melatonin), or just plain old bad habits, the consequences for our learning are obvious. It's hard to be our best selves, it's hard to be "nice" to others, it's hard to concentrate...

Changing bedtime habits is challenging, but the benefits of getting enough sleep really are worth the battle.

For tips and tricks, see the Sleep Health Foundation website for some awesome fact sheets.

SHAVE FOR A CURE.

Our gorgeous Grade 5 student Lexie Fordham has shaved her head to support a wonderful cause. We are all supporting her endeavours to raise money for The Leukaemia Foundation and work towards finding a cure for blood cancers. We are proud of you Lexie and you look even more beautiful than ever. You can see her page and support her on this link. <http://my.leukaemiafoundation.org.au/lexiefordham>



Breakfast Club

Many students enjoy Breakfast Club with Suzy each morning and on Friday they cheese toasties along with a range of other yummy breakfast items.



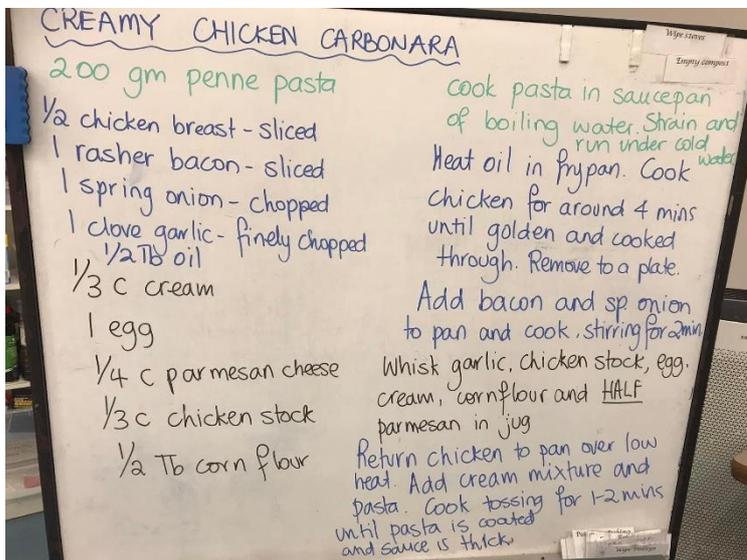
Wheels Day on Friday

Last Friday students were excited to be involved in the first Wheels Day for the year. Students were riding bikes, scooters, roller blades and skates along with driving their remote control cars and generally having a fun time with and on their wheels during lunchtime.



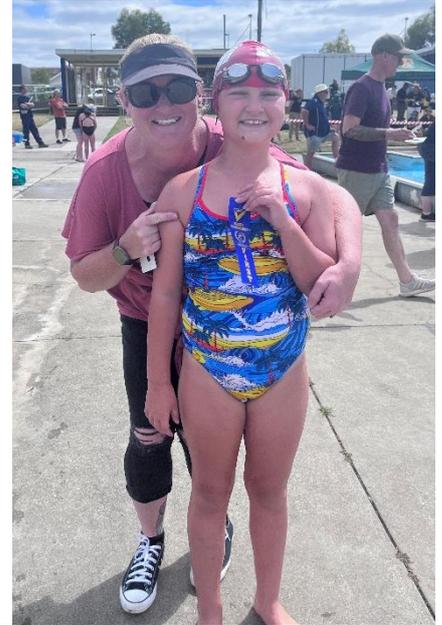
In the KITCHEN!!

Grade 5/6 students made a tasty Creamy Chicken Carbonara last week.



Division Swimming Competition.

Last Thursday our swimmers who made it through the District Swimming event competed at Bairnsdale in Division Swimming. The competition was fierce and both the relay teams swam very well. Well done to Dixie who made it to this level in Breaststroke and Bronte who won 2 of her races and will represent our school at the Regional event next week in 2 individual events.





Looking after our native wildlife.

On Monday Lorna King came to speak to our students about how we can look after our native wildlife and what to do if we find injured animals. How very lucky they were to have this experience. Thank you Lorna.

MyGolf – Final Session

The final session of MyGolf was at the Bairnsdale Golf Course for our 3 – 6 students last Monday. The students loved having a session on the course and playing a game together on a few of the course's holes.



Rural Recovery Program

Free sessions with a provisional psychologist

Provisional psychologists are psychology students
in their final (fifth and sixth) years of study

No mental health treatment plan or referral needed, just book
straight in.

Up to 20 sessions via telehealth.

No waiting list.

Available to children, adolescents and adults looking to work on:

- Anxiety
- Low level depression
- Stress
- Grief and loss
- Anger
- Relationships
- Sleep issues

Please go to ruralhealthconnect.com.au and go to the Rural Recovery page
and sign up.

We are here to help. Please contact us on **0427 692 377** or
info@ruralhealthconnect.com.au.

This project is supported by the Victorian Government.

*Rural Health Connect is a social enterprise committed to improving access
to mental health services in rural Australia.*

**The East Gippsland Soccer League is back.
Registrations are open!**



Ages Groups and Eligibility:

U7 – 1st Jan 2016- 31 Dec 2017
 U9 – 1st Jan 2014 – 31st Dec 2015
 U11 – 1st Jan 2012 – 31st Dec 2013
 U13 – 1st Jan 2010 – 31st Dec 2011

Season: 29th April – August 12th **Finals:** 19th – 26th August

Price: \$180

Location: Howitt Park, Bairnsdale

Teams will be based on location: Bairnsdale, Lakes Entrance, Tambo Valley, Paynesville/Eagle Point and Orbost.

Register using the QR Code or at:

<https://www.gofootball.com.au/play/pick-your-location/East-Gippsland-United-FC>



Being a community sport, we ask that parents/guardians volunteer for team roles such as coach, manager, jersey washer and fruit supplier.

Do you like to keep FIT?
Do you want to get PAID for running
around?



Come and join us at East Gippsland Umpires and be involved in the national game and help out our local community football! Opportunities to umpire in the Gippsland League, EGFNL, ODFNL and the Bairnsdale Junior association are available. We are seeking new field, boundary and goal umpires.



OUR HOME & TRAINING VENUE is at;
Bairnsdale City Oval, Macarthur Street, Bairnsdale

- We train on Wednesday nights from 6:00pm to 7:00pm. During the season we run a canteen where food can be purchased.
- No prior experience is required, all you need is a keen interest in having fun and running!
- We are seeking Field umpires in all age levels, from U/11's through to seniors. The incentives for umpiring a game range from \$40 - \$190, depending on the level umpired.
- Boundary umpires are required for U/16, U17.5, U/18 and seniors. The incentives range from \$35 - \$110 depending on the level umpired.
- Goal umpires are required for U/16, U/18 and Senior football. The incentives range from \$40 - \$80 depending on the level umpired.
- Come and join us for a run on a Wednesday night, YOU might ENJOY it!

CONTACTS

President - Damien Donohue
 (0474512072)
 Secretary - Tracey West
 (0403504797)
 Director of Umpiring - David Pachl
 (0438530880)

The EGUA has an external and private Facebook page to keep in touch. Search up: East Gippsland Umpires.

Our Website

[Home - East Gippsland Umpires Association - GameDay \(mygameday.app\)](#)



Paynesville P.S. Values Awards.



Value of the Week: SAFETY.

Students identified by staff this week to be demonstrating our School Values.

Issabella Marshall. 5/6... Encouraging students to play safely in the sand pit.

Amelia Longey. P/1... For always watching out for student safety in the playground.

Nathalia Abraham. P/1... For keeping the classroom safe.

Jaylen Howard-McKay. P/1... For waiting patiently for his turn so that nobody would get hurt.

Fletcher O'Riley 2... For keeping watch on a massive spider to keep our class safe.

Tyga Swan. 2... For creating an environment where everyone feels safe and valued.

Olivia Gordon. 2... For always taking care of her friends.

Paige White. 3/4... For reminding other students of expectations to keep everyone safe.

Ally Wood-Laird. 3/4... For reminding others of the necessity of looking after their classroom.

Lachlan McGrath. 5/6... For keeping students safe whilst playing cricket.

Aires Ngawhika. 5/6... For using equipment in the artroom safely whilst completing her work.

Annabell Longey. 5/6... For making sure Mr Floyd is safe with his fractured hand.

Mahlia Owen-Marchbank. 5/6... For always making safe choices at school and assisting with wildlife talk about keeping animals safe.

Hope Spencer. 5/6... For making sure her friend is safe from bullant bites.

Alanis Hildred. 5/6... For looking out for others in the sun.

April Wyntjes. 3/4... For making safe choices in the classroom.

Charlie Stein. 2... For waiting more than 5 minutes to cross Main Road safely.

Spencer O'Riley. 5/6... For ensuring the floor cushions were stored away from the walkway in the Art Room.

Will Fountain. 3/4... For practising road safety on his bike.

Well done to all these students as well as so many others across the school that have worked to display actions showing our value of SAFETY this week.

RESILIENCE PROJECT

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.

Parents and Carer will need to register for the webinar using the following link:

<https://us02web.zoom.us/meeting/register/tZEscu-spzMsH9YFVSHczgBYaugOi20b-fOD>