



ISSUE 7. 16th March, 2023

THE WEEK

Thursday 16th March

NAPLAN Grade 3 and 5

Regional Swimming Competition – Sale for Bronte Pyke

Friday 17th March

NAPLAN Grade 3 and 5

Free Choice Friday 2 – 2.50pm

Assembly – 3pm

Saturday 18th March

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

Monday 20th March – Wednesday 22nd March

NAPLAN Grade 3 and 5

Monday 20th March

Bowls Practice for Bowls team

UPCOMING DATES

Thursday 30th March

Parents and Friends Group Meeting. 4.15pm

Tuesday 4th April

Regional Competition Bowls Competition at Traralgon.

IMPORTANT NOTE FOR YOUR CALENDAR.

Monday 24th April: PUPIL FREE DAY. School will commence for students for term 2 on Wednesday 26th April after the ANZAC Day Public Holiday.

**ANY DONATIONS FOR OUR EASTER RAFFLE
CAN BE LEFT AT THE FRONT OFFICE.**

**RAFFLE TICKET BOOKS WILL GO HOME EARLY
NEXT WEEK.**

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

WORKING BEE SATURDAY 18th March

The focus for this will be a general clean up and removal of rotted garden beds and overgrown plants/bushes etc over walkways, pressure washing of areas that are requiring it. Areas such as front office, hall, kitchen, MADD building and classroom doorways and the removal of any other rubbish about.

This will be in preparation for a focus on rejuvenating the old kitchen garden area and creating a range of new garden spaces. Along with this we will be guided by the students in what else they would like to see at their school. So far there has been mention of repainting the totem poles etc and also the Buddy Bench. I am sure they have many other projects they would like to see get up and going.

If you have a trailer, garden trimmers or pressure washers and are able to attend on the day it would be greatly appreciated. Thanks in advance to those who can.



TERM DATES for terms 1 and 2.

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

Term 2: Monday 24th April (Staff only on this day) – Friday 23rd June.

PUBLIC HOLIDAYS during term 1 and 2.

Friday 7th April: Good Friday

Tuesday 25th April: ANZAC Day

Monday 12th June: King's Birthday

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

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

On that note last Friday over 450 school staff from the Bairnsdale Tambo Network and some from the Far East Network gathered in Bairnsdale to attend an outstanding day of learning centred around Mental Health and Wellbeing. Kristen Douglas who is the National Manager and Head of Headspace Schools was exceptional in supporting us all as staff to see how supporting our own wellbeing is paramount in supporting the wellbeing of our students and families. Kristen and the team from BeYou delivered and enabled us to walk away from the day with many tools in our baskets to work in this Mental Health and Wellbeing Space moving forward. This was an extremely positive day for all involved.

NAPLAN testing commenced for our year 3 and 5 students on Wednesday. Our students have commenced testing in Writing and Reading so far with Spelling and Language Conventions, along with Numeracy to follow throughout next week. We are so proud of all our students for giving it their best at school every day and being respectful and proud learners.

Thanks to all that attended our first PARENTS AND FRIENDS GROUP 2023 meeting for 2023 on Tuesday afternoon. There were many great ideas and discussions that will set us up for some positive things for the students and the school starting this term and continuing throughout the year. Please be aware that you are able to join as part of this group at any time.

The main focus for the next few weeks for the PARENTS AND FRIENDS GROUP will be to organise this year's Easter Raffle. If you are able to donate any Easter related prizes for the raffle they would be greatly appreciated. If you are able to contribute easter eggs, baskets, soft toys, bunny ears or whatever you are able to give can be dropped off to the office at any time. The money raised by this raffle will go towards the garden project (Students are going to be given the opportunity to name this project themselves during the week). We have so many good things and great people in our community and we look forward as a team to collaborating with all of you and the many others across the community that would like to join in when they can and be part of our school community. The next meeting for the PARENTS AND FRIENDS GROUP will be held on Thursday 30th March at 4.15pm in the Staffroom at school if you would like to join us.

Deb Mathers – Principal

International Women's Day

Thanks to Jill and Linda for organising a Morning Tea and recognising this important day for our staff, and always supporting the wellbeing of staff, students and families.



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>



Preps

Enjoying spending time with their Grade 6 Buddies.



Grade 1's

Are enjoying their Library sessions with Judi.



Grade 2's

The grade 2 class have begun their journey into 'Art of the World'. They have started with Maori tattoo designs from New Zealand (co-hosted by Fletcher O'Riley). The students have tried to incorporate some common Maori symbols like: spirals, fern fronds, fish-hooks, waves and dolphins into their designs.



Grade 3/4

The grade 3/4's have been working on Habitats and Coping strategies this week.



Grade 5/6

Students in Grade 5/6 have been collaborating together during their Reading Workshops to engage in Book Clubs. This has seen students reading and discussing texts together to enhance thinking about and understanding of the texts they read.





New School National Flags

Darren Chester dropped in to deliver our new National Flags. The School captains got to meet him and had a quick chat about a few things school based.



Staff Member of the Week

As a staff we are living our school values everyday and acknowledging the work each of us as staff does to promote and show these values. The staff member of the week for last week was Jarryd Floyd. He received his award for showing the value of Safety.



Darren Chester was also here to recognise Jarryd and his contribution to keeping us safe.



Division Bowls

Last week the Lawn Bowls team did an amazing job to compete and win the Division Bowls competition in Bairnsdale. They had some tough competition and came out as winners for their Pool. They then played against the winners of the other Pool and won which enabled them to both win the day and move through to the Regional Competition which is on Tuesday 4th April in Traralgon. Well done to all the team and their amazing coaches from Paynesville Bowls Club.





Gippsland Bowls Region's
Junior Development Squad
 incorporating the
Gippsland Geckos U18 Squad



- Exciting project of the GBR aimed at fostering more junior participation in Gippsland
- Opportunities for 10 to 18 year olds to attain guidance and advanced coaching from qualified coaches
- Competition against similar aged bowlers
- Pathway to Region representation with the Gippsland Geckos U18 Squad
- Pathway to representative opportunities at state and national level

Your clubs participation in this GBR project is integral to the development of junior bowls through:

1. welcoming junior bowlers and their family to a club
2. providing them and their family with opportunities for participation and competition
3. providing a pathway to the GBR Junior Development Squad, representation of the Region and ultimately State selection.

The Region will assist clubs in developing strategies to attract juniors and their families.

Juniors will be mentored by club coaches, who will assist in the development of skills and knowledge of our game. The club will encourage them to join the Junior Development Squad for further training and competition.

This model the GBR is promoting is aimed to increase membership of clubs with younger members of the community.

FUN. FRIENDLY. COMPETITIVE.

Under18 Squad &
 Gippsland Bowls Region
 Junior Development Squad

gippslandbrjunior@gmail.com
 @GippslandGeckos

Contact:
Nigel Plunkett, Coordinator JDS, 0400 569 481.
 Further info and enrolment forms can be
 downloaded from the GBR Website:
<https://gbr.bowls.com.au/>

230310PromotionFlyer2.docx

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, U/17.5, 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 \(mygameday.app\)](#)

Holiday Camps
 DOXA
 2023

<p>WHAT'S ON OFFER?</p> <p>During the term 1 holidays, Doxa will be running camps in both the City and our bushland camp in Malmsbury. They will cater for children aged 10 to 12 years.</p> <p>ABOUT US</p> <p>The Doxa Youth Foundation is a not-for-profit organisation that has been operating for over 50 years. We are committed to ensuring that all children are able to go on camp to have fun, learn and create special memories.</p>	<p>CITY CAMP</p> <p>Located in the heart of the CBD, our city camp will offer participants the opportunity to discover all the things that our vibrant city has to offer. From seeing Melbourne's large iconic attractions such as the Eureka Skydeck and the Zoo to participating in sporting activities such as bowling and trampolining, the experience that they will have will be like no other.</p>	<p>MALMSBURY CAMP</p> <p>Our Malmsbury Camp is located in an idyllic bush setting in Central Victoria where campers will have exciting outdoor adventures. Onsite there are all sorts of facilities including a giant swing, a climbing wall and trampolines and we visit some of our local attractions such as Kryal Castle.</p>
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DATES FOR BOTH OUR MALMSBURY & CITY CAMP

CITY CAMP

April 11 to April 14
 4 days and 3 overnight

MALMSBURY CAMP

April 17 to April 21
 5 days and four overnights

TRANSPORT

MALMSBURY CAMP

We will provide buses from central pick-up points at the Southern Cross Station in Melbourne and Bendigo or you can pick up and drop off your child from camp

CITY CAMP

We will provide buses from central pick-up points at Pakenham and Traralgon or you can pick up and drop off your child from camp.

COST

Our camps are free. We fund them through donations and proceeds from running two hospitality venues in Melbourne's CBD.

FURTHER INFORMATION AND TO BOOK:

email: info@doxa.org.au
 or phone: Mariana Anthony on (03) 9046 8200
 or see our website: doxa.org.au/holiday-camp/



Paynesville P.S. Values Awards.



Value of the Week: POSITIVE.

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

Harley Hovelman. 3/4... For being positive during writing today when doing NAPLAN.

Nastasia Sokor-Krakowiak. P/1... For positively engaging in her class work.

Chase Martin. P/1... For positively responding to feedback about his learning.

Wyatt Howard. 5/6... For his positive attitude that makes it a pleasure to work with him.

Olivia Gordon 2... For always maintaining a positive attitude towards extending her learning.

Vera Cooper. 2... For being positive and having a go in Maths.

Ollie Gafney. 3/4... For showing his positivity in Writing today during NAPLAN..

Vincent Sheldon. P/1... For his positive approach to food preparation and trying food in the kitchen.

Aries Ngawhika. 5/6... For showing enthusiasm when Miss Smith asked if she could take Luna into the 5/6 classroom.

Ru Rickhuss. 5/6... For her passionate and positive approach to story writing.

Charlotte D'Amore. 5/6... For staying positive even though she has a hand injury.

Liam David 5/6... For being positive towards his writing in NAPLAN.

Chiarah Searle 5/6 ... For having a positive start to her PPS journey.

Laila Trease. 5/6... For being a positive role model to other students.

Bridie Henery 5/6... For always having a positive attitude in wellbeing class.

Frankie Molinaro. P/1... For taking on a positive attitude towards her art project even though it challenged her.

Liam Wood-Laird. 2... For showing a positive attitude towards class games. "Having fun is more important than winning".

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 POSITIVITY this week.

The Resilience Project.

As a school the students all participate in sessions during their Wellbeing class that has them understanding the principles of Gratitude, Empathy, and Mindfulness (GEM). The flyer below is for a fabulous presentation to support parents and families.

Parents and Carer will need to register for the webinar using the following [link](https://us02web.zoom.us/meeting/register/tZEscu-spzMsH9YFVSHczgBYaugOi20b-fOD):
<https://us02web.zoom.us/meeting/register/tZEscu-spzMsH9YFVSHczgBYaugOi20b-fOD>



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.

NEARLY TWO THIRDS

Alarminglly, **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.