



ISSUE 8. 23rd March, 2023

THE WEEK

Friday 24th March

Free Choice Friday 2 – 2.50pm

Assembly – 3pm

Monday 27th and Wednesday 29th March

Bowls Team training 2 pm

Wednesday 29th March

2.15 pm ... Terry Payne from Paynesville RSL visiting students to talk about his experiences and ANZAC Day

Thursday 30th March

Parents and Friends Group Meeting. 4.15pm

Friday 31st March

Free Choice Friday 2 – 2.50pm

Assembly – 3pm

UPCOMING DATES

Tuesday 4th April

Regional Competition Bowls Competition at Traralgon.

Wednesday 5th April 2 – 3.30 pm Easter Celebration

Activities: Whole School – organised by Year 5/6 classes. House Colours themed. Students will know their House Colours by next week. There will be a range of fun activities. Families are welcome to join from 3pm.

Thursday 6th April

- Last day of term. House Colours Day.
- Cross Country 11.30am – 1.30 pm approximately
- Final Assembly for term 1. 2.45 pm
- **NO After School Care today**

ANY DONATIONS FOR OUR EASTER RAFFLE CAN BE LEFT AT THE FRONT OFFICE. If you have sold all your tickets and would like more, please grab another book from the office.

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

Special Reading Awards were given out to our Prep/1 students at Assembly on Friday. We are so proud of our little readers



IMPORTANT NOTES FOR YOUR CALENDAR FOR TERM 2.

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

Monday 31st April. Term 2 Swimming Program begins.

Wednesday 3rd May – Friday 5th May.

Grade 3/4 Coonawarra Camp

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.

Learning has been our value of the week and I learnt on Saturday at our Working Bee that teamwork and community are so important in being able to create and embed a strong and positive vibe and culture at our school. There were many parents, families, students, staff and students that attended. Each one contributing to getting so much done together to clean up and rejuvenate areas of the school that had weathered the summer months and into the autumn. Thank you to all that came on this day. There were many that were apologies and we all know we can't be at everything, every time. There will be another Working Bee next term and I will get the date out earlier so there is more time for those who wanted to come but already had plans.

NAPLAN testing for our year 3 and 5 students was completed today. Our students have positively engaged in the testing they have needed to complete. It has been quite a busy and sometimes stressful time for many of them. They have shown resilience and a can do attitude and given it their all. We are all so proud of what you achieve every day and for putting in the effort to complete these tests during the last 2 weeks. Well Done to you all.

The Easter Raffle tickets have been sent out and prizes for the raffle are coming through the doors by many who are contributing to the prize collection. We of course have appreciated all the donations so far and would certainly love to have as many prizes to hand out as possible. If you do have the ability to add some easter eggs, creative or interesting easter themed prizes or baskets, vouchers or other nice things they certainly would be used and shared with those purchasing tickets. The money raised by this raffle will go towards the garden project (Students are still working on the name of this project, however after seeing the changes already to the garden area and the clearing of many overgrown and delapidated garden beds etc they are starting to get a greater vision on what it could be). As I said last 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.

Deb Mathers – Principal

Values Awards winners for the last 2 weeks.



Aires has taken home a few over the last 2 weeks. Well Done Aires.

Prep/1's

Have been learning so much in Maths about numbers and money. They have also enjoyed spending time learning new mathematical and numeracy skills through using the Maths Seeds online platform to engage further in the concepts being explored at their level.



Grade 2's

The grade 2's continue their journey into 'Art of the World'. They have started creating pointillism paintings from France this week. They have also been working on a range of Maths concepts and strategies which they were proud to show their understanding of.



Grade 3/4

The grade 3/4's have enjoyed being part of many different learning experiences this week. They have liked partaking in Music and a First Aid and CPR Incursion run by St John Ambulance. They also certainly like to read their Book Club newspapers as well.



Grade 5/6

Students in Grade 5/6 have continued to learn more about our school values and leadership. They have also been learning about first Aid and CPR.



WORKING BEE SATURDAY ON SATURDAY 18th MARCH



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 Jess Sargent. She received his award for showing the value Positivity.



WELLBEING and CHAPLAINCY

Wellbeing Award winners for the last 2 weeks are Lachlan McGrath and Aires Ngawhika



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.

This will be held on on Wednesday 29th March from 6.30 - 7.30 pm.

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.



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...

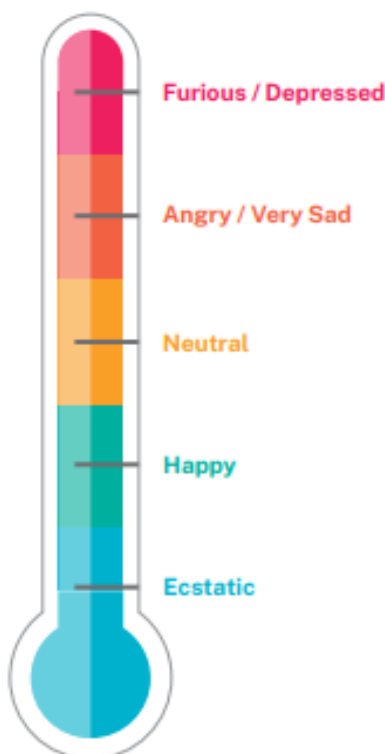
- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & 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.



Emotional Literacy

Emotional Literacy is being able to **recognise and name our emotions**. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.

It is important to know that it is okay to feel all the emotions! **The key is to understand these and be able to use strategies to manage our emotions effectively.** Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.



REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, furiousness, high anxiety, etc.

MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

DEEP BREATHS

PLAYING WITH YOUR PET

PLAYING MUSIC

A HUG FROM YOUR CHILD/REN

MINDFULNESS

A WALK

Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.



Click on the image or scan the QR code to listen to **Dr. Emily**, a psychologist who talks about **Emotional Awareness** on the podcast, 'the imperfects'.



Click on the image or scan the QR code to listen to **Lael Stone** on the podcast, 'the imperfects'. Lael is an educator and a parenting expert.

If you enjoyed that episode, [click here](#) to listen to her most recent episode too.



Proudly supported by

coles

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

education@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au

RESILIENCE PROJECT



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/>

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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 \(mygameday.app\)](#)

Holiday Camps

DOXA

2023



WHAT'S ON OFFER?

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.

ABOUT US

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.

CITY CAMP

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.

MALMSBURY CAMP

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 our local attractions such as Kryal Castle.

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: Marianna Anthony on (03) 9046 8200
 or see our website: doxa.org.au/holiday-camp/



Paynesville P.S. Values Awards.



Value of the Week: LEARNING.

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

Jayden Barley. 3/4... For doing his absolute best in NAPLAN to show his learning.

Zahara Terrick. P/1... For taking on feedback regarding her learning.

Liam Checkley. P/1... For actively extending his learning in Reading.

Charlotte Brocchi. P/1... For always listening carefully during instruction time.

Olivia Gordon. 2... For consistently doing extra work to extend her learning.

Zoe Wyntjes. 2... For improving in her writing.

George Wood-Laird. 3/4... For learning to walk away and to avoid conflict.

Lacey Kiss. 5/6... For always showing enthusiasm and commitment to her learning.

Melanie Guthrie. 3/4... For explaining her thinking so clearly during Maths.

TJ Tavai. 3/4... For approaching his learning enthusiastically.

Bronte Pyke. 5/6... For learning to play safely on Play Equipment.

Nathaniel Abraham. 3/4... For mastering his level M timestables.

Jayden Taplin. 5/6 ... For improving his information report writing.

Mahlia Owen-Marchbank. 5/6... For the efficient and conscientious way of going about her learning.

Austin Bourke. 5/6... For positive learning in the classroom.

Tom Geisler. P/1... For learning three ways for practise mindfulness.

Maddison Kelly. 5/6... For asking for ways in which to extend and improve her art pieces.

Issabell Longey. 5/6... For supporting her learning and the learning of others by making an excellent seating choice.

River-Lee Blanco. 5/6... For applying reading strategies conscientiously in her reading task.

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 LEARNING this week.

Bairnsdale Easter + Laneway3875 Festival!



Sunday, 2 April
Bairnsdale CBD

Support Local Easter Shopping!

Shops open 10am - 2pm

**Then head to Nicholson Street Mall for the
Easter Market & Laneway3875 Festival 12 - 5pm**

Live Music + Great Food

**Pop-Up Stalls, Face Painting, Arts & Crafts
Easter Hat Parade! Easter Bunny Visits at 3pm!**



Market Stall Bookings \$50
www.trybooking.com/CGGB1



Make Your Hat for the Easter Hat Parade!



Sunday, April 2

Parade starts 3pm
@ Bairnsdale Bake House

Prizes for the
most creative hats!



The Bairnsdale Easter Festival
& Easter Hat Parade

is an initiative of the
Bairnsdale Chamber of
Commerce and Industry.

People of all ages are invited
to make their own Easter
Hats and participate in the
parade.

For design ideas, information about sponsors
and prizes, and to register your school or
classroom to participate, visit
bairnsdale.org.au/events
or scan the QR code.



