



# PEARCEDALE PRIMARY SCHOOL NEWSLETTER ISSUE 6

Hello PPS families,

We are well into the second half of the year and we are making the most of many learning opportunities and extra-curricular activities.

It is such a fun and busy time at Pearcedale Primary School. From our Book Parade, Foundation Father's Day afternoon to our outstanding Art Show, there is so much happening.

It was terrific to see so many families in and around the school yesterday celebrating all the amazing artwork on display. The Alice in Wonderland showcase was a huge success and a true celebration of all the hard work in Art this year. A big shout out to all the students for their efforts and to our amazing art teachers, Kerry Kingham and Renee Holman. Endless hours putting together a memorable event for our community.



The Book Parade was (again) the highlight of the term. We truly value reading at Pearcedale Primary School, so it was great to see so many students and teachers embrace dressing up as their favourite book character. Thanks to all who demonstrated their creativity and imagination to find amazing costumes. A big shout out to Michelle and the student leaders for putting on an amazing whole school event!



Well done to all the Year Two students who participated with confidence and demonstrated our school values when attending their excursion to the Dolphin Research Institute and Willum Warrain Centre. The Year Two students continue to learn about sustainability and looking after their local environment.

Our newly installed netball court is proving to be a new favourite place for students to play. Another great addition to the school which came from the wonderful community fundraising efforts.

We have a lot more exciting things coming up... our next big event is the School Fun Colour Run on Friday the 13<sup>th</sup> of September. More information will be available a week prior to what the day will look like. We have not had a colour run at PPS since 2018. It is quiet fitting as our Year Six students experienced it as Foundation students and now as Year Six students.



## REMINDERS

**Mon 2nd - Wed 4th  
Sept**  
Yr3 Camp

**Mon 2nd Sept**  
Yr1 Botanical Gardens  
excursion  
Yr6 Family Life

**Thurs 5th Sept**  
Yr6 Family Life  
Marine Amb workshop

**Fri 6th Sept**  
Assembly

**Mon 9th Sept**  
Yr6 Family Life

**Wed 11th Sept**  
Murdoch District  
Athletics

**Fri 13th Sept**  
School Colour Run!!

**Mon 16th Sept**  
Yr6 Family Life

**Tues 17th Sept**  
Yr5 Bizarre Bazaar  
Market Day  
Session 4 & 5  
12:10 to 1:50 pm

**Wed 18th Sept**  
Yr6 Family Life

**Fri 20th Sept**  
Footy Day  
End of Term 3  
School finishes @  
2.30pm



# Thank you

THE PPS FATHER'S DAY STALL WAS A HUGE HIT WITH MANY STUDENTS PICKING UP A LOVELY GIFT FOR THEIR SPECIAL PERSON!

A HUGE THANK YOU TO OUR STALL COORDINATORS SARAH VAN PAMPAS, LYNETTE KNIGHT AND THEIR TEAM OF HELPERS FOR THE AMAZING ORGANISATION AND RUNNING OF THE STALL ON THE DAY.

WE APPRECIATE ALL THE EFFORT YOU PUT IN TO HELP MAKING THIS EVENT SO SUCCESSFUL.

IT WAS LOVELY TO SEE ALL THE SMILING STUDENT FACES AS THEY RETURNED FROM THE STALL WITH THEIR SPECIAL GIFT.

WE HOPE YOU ALL HAVE A LOVELY FATHERS DAY!



## HAPPY Father's Day

To all of the Father's/Dad's, Grandpa's/Pa's,  
Uncles and all the special people in your lives  
who mean the world to you!

We hope you have  
a lovely day on Father's Day on Sunday xx



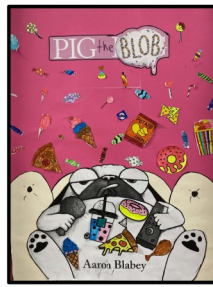
# Grade 1 Community Walk



# Book Week



# Book Week Grade 1 Doors



# GRADE 2 EXCURSION



**Willum Warrain Centre  
&  
Dolphin Research Institute**

# GRADE 2 EXCURSION



**Willum Warrain Centre  
&  
Dolphin Research Institute**

# GRADE 2 EXCURSION



**Willum Warrain Centre  
&  
Dolphin Research Institute**

# PHYS ED NEWS

TERM 3  
2024

In PE this term we have been focussing on a variety of skills and sports across the school.

Students from Foundation to Grade 2 have participated in our Olympic-inspired Gymnastics Unit. This unit included Artistic Gymnastics and Break Dancing, along with Trampoline Jumps and Balance Walks. Students in the foundation level finished off our unit with a 'Gold' medal.

Meanwhile, students from Grade 3 - 6 have focussed on teamwork through a variety of Olympic and Paralympic-based events. This has seen the students participate in a variety of races, sports games and activities that have helped them gain a greater understanding of teamwork and the level of skill it takes to be an Olympian or Paralympian.

## Southern Metro Regional Mixed Netball

What a fantastic day of Netball was had at the Jubilee Park last Friday.

The team had trained hard, and everyone was excited to play.

This level of competition was really tough, but what an outstanding effort from everyone in the team, to get to this level. There were only 8 teams and the winning teams were going on to represent the Region at State Level.

We had 3 games. The first was a hard-fought game, but unfortunately had a loss to the team who ended up in the Grand Final. This did not dampen the team spirit and we had a great win in Game 2.

We had to win Game 3 to make sure we made finals, but unfortunately, we lost the game by a few goals.

Congratulations to the team:  
Ruby M, Warick F, Kalani C, Elle J, Sophie P, Harper J, Ben W and Amelia S.

Thanks to all the continued support from our wonderful parents/carers/extended families at all our events.



# PHYS ED NEWS

TERM 3  
2024

## St. John First Aid in Schools

Over the past week, all students have participated in a 'St. Johns Ambulance' First Aid course, in which they have been introduced to the basics of 'DRS ABCD'.

It would serve as a fantastic opportunity to have a chat with your children about safety around the home and access to help if an emergency were to happen.

Students from Foundation to Year 2 learnt about the basics of 'Danger, Response and Send for Help', which included what they need to know if they call 000.

Year 3 - 4 students learnt how to place an unconscious individual into the 'Recovery' position, while students in Grades 5 - 6 had the opportunity to learn about the above, as well as learn about CPR.



## District Basketball

A huge shoutout to all the Grade 6 students that participated in the recent Murdoch District Basketball Tournament. We had 6 teams play across a number of different pools, and had some fantastic results. Our Future Star Mixed A team and Future Stars Girls both walked away as Champions of their respective Pool, while the All-Star Mixed fell just short to Woodlands, finishing in a very respectable 2nd place.

Thank you to any parents that came along and assisted on the day, these days are never possible without your support.





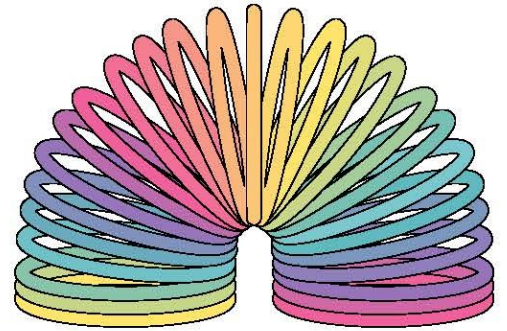
# WELLBEING NEWS

TERM 3, 2024

## HOW DO WE BUILD RESILIENCE IN OUR CHILDREN?

Resilience is the ability to 'bounce back' after tough times or challenges. Resilient children are able to recover from set backs and learn to deal with situations proactively and positively.

Resilience is developed over time by learning through experience. Strong relationships are key to building resilience, particularly with those of the care giver. Relationships provide a sense of belonging and confidence in dealing with life's ups and downs.



Here's some things you can do to build your child's resilience:

- Support your child to try and solve problems on their own
- Avoiding solving or dealing with small challenges for your child
- Help develop strategies in dealing with emotions
- Encourage trying things more than once
- Build empathy through discussing the feelings and the perspectives of others
- Acknowledge and celebrate when things are going well

Scan this QR code to learn more about resilience and mental health in children



## TAKE A DEEP BREATH!

Did you know that taking purposeful deep breaths calms the nervous system and helps to control stress?

Next time you or your child are feeling escalated try the following:

- *Breathe in through your nose for 4 seconds*
- *Hold the breath for 4 seconds*
- *Breathe out through the nose for 4 seconds and repeat!*

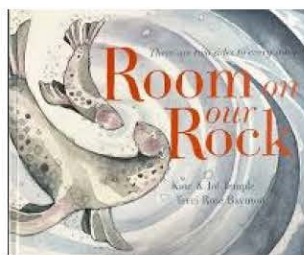


## THIS TERM'S BOOK SUGGESTIONS



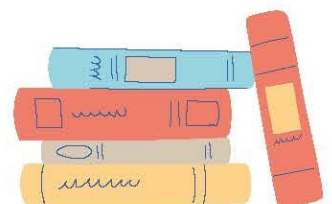
Hey Awesome  
By Karen Young

*A reminder that everything you need to be brave, strong and brilliant is right inside of you!*



Room on Our Rock  
By Jol and Kate Temple

*Room on Our Rock celebrates the truth that there are two sides to every story. This book is read forwards then backwards - very cool!*



For more information

Call 5978 6250

Email

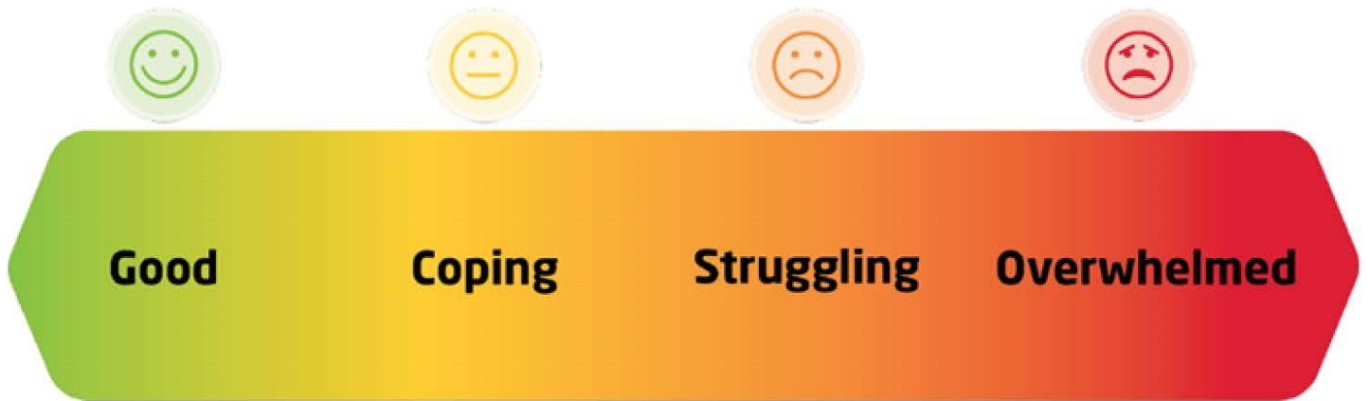
rachel.jessep@education.vic.gov.au  
aleesha.wood@education.vic.gov.au

# WELLBEING NEWS

TERM 3, 2024

## THE CHILDREN'S WELLBEING CONTINUUM

Recently, we introduced The Children's Wellbeing Continuum to our staff. The continuum has been designed to provide a 'snapshot' of a child's social-emotional wellbeing at a point in time. Families can use the continuum to check in with their child and to seek help early if a child is not coping. Scan the QR code to read more and watch a video explaining the benefits of the continuum, you can also download a copy of the continuum to have at home!



© 2022 Murdoch Children's Research Institute

The Continuum is designed to reduce the stigma that often accompanies mental health issues, especially for parents, and facilitate them seeking help early when they see their child is not coping. It is not designed for use as a screening or diagnostic tool.

### Using the Continuum

To use the Continuum, reflect on a child's wellbeing over the past four weeks using the table below.

	Good 	Coping 	Struggling 	Overwhelmed 
Emotions				
Behaviour				
Social relationships				
Thoughts				
Sleep				
Energy				
Routines, rhythms and rituals				
Learning				

For more information

 Call 5978 6250

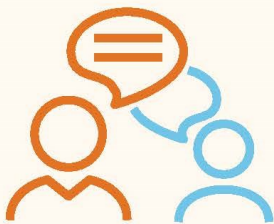
Email

 [rachel.jessep@education.vic.gov.au](mailto:rachel.jessep@education.vic.gov.au)  
[aleesha.wood@education.vic.gov.au](mailto:aleesha.wood@education.vic.gov.au)

# Respectful school communities start with respectful behaviour

Parents, carers, staff and students can help keep our school community safe, supportive and respectful.

Good relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

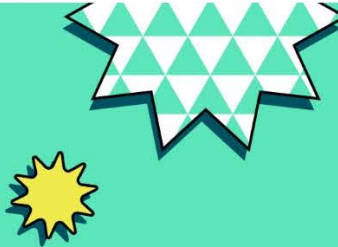
These behaviours are **not** okay in our school community:

- ⊗ Threats
- ⊗ Violence
- ⊗ Rudeness
- ⊗ Harassment
- ⊗ Discriminatory and derogatory comments
- ⊗ Aggression
- ⊗ Intimidation
- ⊗ Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online.

For more information ask your school about the **Respectful Behaviours within the School Community Policy**.

# Outside School Hours Care Newsletter



12<sup>th</sup>/08/2024

PEARCEDALE PRIMARY SCHOOL

Your  
OSHC.



## A message from your Coordinator

Dear Parents and Families.

We had a fun filled week at our OSHC Centre, as children indulged in various Activities, that sparked their creativity and interests. They were participating and engaging, in a range of different experiences, and some of the activities were offered, were Japanese Fans, City Skylines, and Finger Print Painting. Children also enjoyed, outside physical activities, at the beautiful weather.

This week, we celebrate National science Week, and we will be also doing some, exciting Art and Crafts, such as, Grow a Rainbow Science, 30 years Bunting, Olympic Ring Nature Art and more.

We are continuing Big Art Days on Fridays, with lots of Art Works and fun Crafts.

We design our programs that bring children together, so they can learn, grow and develop from outside school hours.

OSHC is a great place, for your children, to meet new friends, and bond over shared interests.

If you need help, in looking after your child, your Camp Australia Service Team is always here for you. Do not hesitate to contact us for more information.

Just to remind we are still running Lunch Break Club from 1:50pm to 2:30pm every Fridays. All children are welcome to enjoy some activities being provided.

Have a great and blessed week

Kind Regards

Your OSHC Team

Susana Tapuvae and Wendy Taig.

## Activities coming up

- Hungry Butterflies
- Book Tree Poster
- Big Art Hot Air Balloon.

## Make a booking

Join in the fun of Outside School Hours Care activities and experiences with Your OSHC and Rocketeers.

[Book now](#)




## Register free and book in 24/7 via our app

To attend our program, you must register your child. You can register an account with us at [pp.campaustralia.com.au](http://pp.campaustralia.com.au) or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Find out more and book now at [www.campaustralia.com.au](http://www.campaustralia.com.au)



# INFORMATION NIGHT

2025 Student Enrolment

Come and meet our friendly staff and hear how Advance College does school differently

We support students aged 15 to 19 to:


- Re-engage with education
- Achieve VPC and VCE VM Certificates
- Gain practical experience and get careers support
- Build confidence and resilience

Book Now



**Wednesday September 11 5:30-6:30pm**  
Rosebud Campus  
6 Henry Wilson Drive Rosebud

**Wednesday September 18 5:30-6:30pm**  
Hastings Campus (Hastings Hub)  
1973 Frankston-Flinders Road Hastings



Parents, students, carers and support workers welcome.  
Light refreshments provided.

Bookings via QR code or website  
For any enquiries call 5986 4623 or email [aceinfo@advance.vic.edu.au](mailto:aceinfo@advance.vic.edu.au)  
[www.advancecollege.vic.edu.au](http://www.advancecollege.vic.edu.au)

Highly skilled and dedicated teachers | Safe and relaxed environment | Extensive wellbeing support | Small class sizes | Class time 9:30am-2:30pm | No uniform



Be Kind. Work Hard.

### WHO WE ARE?

We are an independent school that provides innovative learning opportunities, that positively impact our students. We know that mainstream schooling isn't for everyone, that's why we offer an alternative education setting that is driven by an individualised approach for each student.

### WHERE CAN YOU FIND US?

**Hastings Campus**  
1973 Frankston Flinders Road,  
Hastings 3915

**Rosebud Campus**  
6 Henry Wilson Drive,  
Rosebud 3939

### WHAT WE DO?

Advance College offers the Victorian Pathways Certificate (VPC) and the Victorian Certificate of Education - Vocational Major (VCE VM) Units 1 & 2 and Units 3 & 4.

### FOR MORE INFO :



[advancecollege.vic.edu.au](http://advancecollege.vic.edu.au)