

Excellence
Resilience
Responsibility
Respect
Inclusiveness

The Parkmore Pulse



Important Dates

JUNE

21ST - BLACKBURN LAKE EXCURSION Y3-6
21ST - FHC Y12 STUDENTS VISIT
21ST - SCHOOL COUNCIL
25TH - LAST DAY OF TERM 2 FINISH 2.30

JULY

20TH - WINTER SPORT
23RD - ACMI EXCURSION P-Y3

AUGUST

2ND - MELBOURNE ZOO P- Y2
2ND - DEAKIN SCIENCE Y3-6
9TH - DEAKIN SCIENCE Y3-6
11TH - HOOP TIME Y5-6
12TH - HOOP TIME Y3-4
16TH - SCHOOL COUNCIL
16TH - DEAKIN SCIENCE
20TH - MOVIE NIGHT P-Y1
20TH - MOVIE NIGHT/SLEEPOVER Y2
30TH - DISTRICT ATHLETICS

2021 SCHOOL TERMS

TERM 1 JANUARY 28TH - APRIL 1ST
TERM 2 APRIL 19TH - JUNE 25TH
TERM 3 JULY 12TH - SEPTEMBER 17TH
TERM 4 OCTOBER 5TH - DECEMBER 17TH

CURRICULUM DAYS

TERM 3 - AUGUST 23, MONDAY
TERM 4 - NOVEMBER 3, WEDNESDAY

From the Principal



It has been wonderful for Parkmore Primary School to come together again to learn, play and grow! Thanks once again to our fabulous teachers, support staff, families and students for making a smooth transition in and out of home learning.



Farewell

Next week we say farewell to our EAL specialist Mr Suvie Sathurayar who has been working with us on secondment from Blackburn English Language School. Mr Sathurayar has provided our staff with great professional learning and resources to help us meet the needs of our English as an Additional Language learners. He has also worked closely with our EAL students to develop their English speaking and literacy skills. Mr Sathurayar will be moving on to his next assignment in Term 3 – we wish you well in your future endeavours!

School Assembly

Parents will be advised on Class Dojo once parents are permitted to attend assemblies.

UNIFORM SHOP will recommence after Assembly once parents are able to attend assemblies.

Prep Enrolments for 2022

We have begun to accept enrolments for Prep 2022. Please act now to secure your place and enable us to forward plan for next year. Enrolment forms must be accompanied by Immunisation Statements and Birth Certificate and/or Passport. Enrolment forms are available on our website and may be collected from the office.

Principal's Report

Reporting



Student reports have now been published through Sentral. Thanks to all of those members of the school community who participated in forums and surveys to help us strengthen our reporting process - we have already had positive feedback about our new reporting format!

Please note that student-led conferences will occur early in Term 3.

Condolences

Sadly we are mourning the loss of a family member of our school community. The family have asked for privacy at this difficult time.

If your child has been affected by this news, please follow the link below to help you have a discussion with them:

<https://raisingchildren.net.au/school-age/connecting-communicating/tough-topics/death-how-to-talk-about-it>

Our Student Wellbeing Office Lana Paten can be contacted on Tuesdays for further guidance if needed.

Isobel McLennan

Principal

UP COMING EVENTS:

Ensure you keep abreast of all the up coming excursions and sporting events booked in for Term 3.

Some are events that have been rescheduled from Term 2 due to the COVID-19 Lockdown 4.0 therefore next term's going to be a busy one.



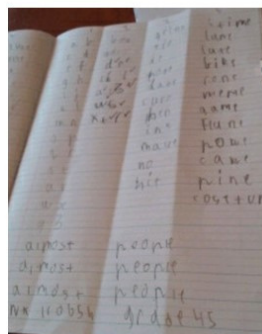
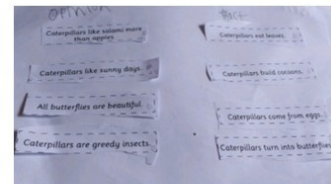
Class Article

1/2B

1/2B HOME LEARNING AND RETURN TO SCHOOL

We did some fantastic learning at home, but we are very happy to be back at school!

1. I am easier to learn.
2. I am determined.
3. I never give up.
4. I get on well with everyone.
5. I like to play with my friends.
6. I enjoy playing sports.



"I did not like learning at home. I like doing maths with the suspect board back at school." - Anmol

"I like writing. I like learning at home too." - Ximo

"I didn't like home learning. I like being back at school, especially doing maths and writing!" - Jake

"I didn't like learning at home. I like everything about coming back to school!" - Dexter

Class Article

4/5A

What's been happening in the 4/5s this week

We are so happy to be back from remote learning. All students were very keen to see their friends in flesh and spend time with them. On our return last Friday, we had a circle time to share how we went during remote learning and how we felt coming back to school. It was very pleasing to hear how students kept in touch with their friends online and how this helped them coming back at school.

In Reading and MSL, we spent time revising our phonological awareness such as what are silent -e words, and closed and open syllables. We also reviewed our sound pack and how certain letters formed voiced and unvoiced sounds, such as /th/ in 'this' and in 'thump'. You can continue to check your child's phonological awareness by asking them what makes closed syllables such as 'bat' or 'tip' and open syllable such as 'he' or 'no', and how the vowel sound changes from short to long vowel sound.





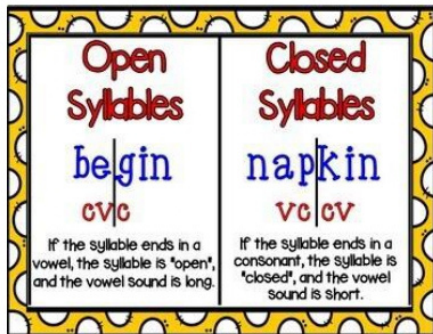
Vowel-Consonant-e Syllable:

In a vowel-consonant-e syllable, there is one vowel, one consonant, and a final e. The e is silent and the vowel is long.

For example:

 cake  kite

 bone  flute



In Inquiry, we have continued our brochure project linked to our history topics. We have learnt how to research information online using sources and how to track them to write our brochure. Our next step is to learn how to paraphrase successfully and how to reference other people's work.



P.E NEWS

with Mrs Raebel

Winter Sport

Winter Sport has been postponed to Tuesday 20th July. A notice will go home next week. I would like to thank the school community for being so flexible and understanding with the change of dates due to the lockdown.

Basketball

Our SEDA Basketball clinic has been postponed to Term 3. Every Parkmore student will receive an engaging 2 hour Basketball clinic as well as an optional lunch time basketball session to attend.

Hoop Time: (for all 3/4 & 5/6 students):

5/6- Tuesday 11th August

3/4- Wednesday 12th August

Both Hoop time sessions will be all day events run at Nunawading Stadium on Burwood Hwy. More information to come.



Physical Education (online)

It was fantastic to see almost half the school attend the online PE WebEx last week. We were able to do stretches, revise gymnastics skills and do some cardio exercises.



Sport & PE

Help us turn **BREAD BAGS** into **SCHOOL PLAY EQUIPMENT**

**COLLECTIONS
CLOSE AT THE
END OF
TERM!**



Our school is taking part in the Wonder Recycling Rewards campaign this term.

Help us collect bread bags so we can earn points to redeem on new RHTSports equipment.

It's simple! All you need to do is keep your empty bread bags and send them to school with your kids! We will then place them in Wonder's pink collection box and post them off to be recycled. The more we collect the more points our school earns!

Collections close 25th June.

Tip for collecting:

Use one empty bread bag to collect a bunch of other bags.

Did you know

Our school is now in the draw to **WIN 1 of 5** exercise circuits made from the soft plastic we collect!

**BRING IN YOUR BAGS
BEFORE JUNE 25TH!**



Tag Wonder on social [#wonderrecycling](#) to share all your recycling champion stories!



Wellbeing News

Student Wellbeing:



Welcome back to breakfast club

It is wonderful to have our students back at school this week and to see them participating in learning and the many co-curricular activities, our school offers. One of these is breakfast group and it was lovely to hear the laughs and chatter of our largest number of attendees at Brekkie Club to date. We would like to thank **FoodBank Victoria** for their generosity in providing fresh fruit and a range of breakfast alternatives to nourish our students and set them up for the day.



Intergenerational Grant

Parkmore Primary School was successful in receiving a grant from Whitehorse Council for an intergenerational project application between Parkmore Primary and Strathdon Uniting Age Well. The program involves our Yr. 6 students, who will connect with local residents from Strathdon Uniting Care during Term 3 and Term 4 this year. The program seeks to build intergenerational connections, with the goals of reducing ageism in our community, sharing knowledge, skills and experience between generations as well as a range of other benefits. Our Yr. 6 students will plan, coordinate and lead a range of sessions which include letter writing, 'getting to know you' activities, making a time capsule, running bingo, games day and catering. We would like to thank Rachel – School Council member, who supported us with writing our proposal. Our Yr. 6 students will keep you informed of this program via upcoming newsletters.



Covid-19 and Mental Health

The recent lockdown and return to remote learning were challenging for our students and parents, particularly after the lengthy lockdowns last year. Our staff are aware that this can have an impact on our student's mental health as they deal with change and ongoing uncertainty of Covid-19. The Victorian government acknowledges this and has provided resources to help parents/carers as their children transition back to face-to-face learning. One of these is a wellbeing guide for parents and carers which is available on the department's website:

<https://www.education.vic.gov.au/parents/Pages/default.aspx>

Below is the DET quick Guide to Student Mental Health and Wellbeing.

Wellbeing News

The guide includes resources to support student mental health and wellbeing, supports for parents and carers to help them build their child's physical and mental health and wellbeing as well as

- resources to support children's physical, mental health and wellbeing
- wellbeing activities and conversation starters
- Raising Learners podcast series
- how to talk to your child about coronavirus (COVID-19)



Health and wellbeing advice for students

This webpage provides students with links to current supports, DHHS health advice and a range of evidence informed and reputable organisations which provide mental health and wellbeing support including:

- Supporting their own mental health and wellbeing
- Getting help and helping someone else
- Staying healthy
- Staying safe online
- Support for Koorie students
- Support for VCE students
- Raising concerns at school
- Mindfulness activities

A series of videos feature students sharing their [experiences of remote learning](#), what students [hope for the future](#), and celebrated their previous [return to school](#).

Wellbeing with Melbourne Football Club

The Department has partnered with Melbourne Football Club on a series of videos to help support student wellbeing. Featuring both AFL and AFLW players, the videos provide students with tips on resilience, managing stress and anxiety, gratitude and staying active.

Kick it with Victory

Melbourne Victory Football Club's 'Kick it With Victory' online remote learning resources have been developed in collaboration with the Melbourne Victory Football Club Department of Education and Training and School Sport Victoria.

Accessing Support

If things are getting too much, or you're worried about someone at home, talk to a trusted staff member or another trusted adult. If the staff member is worried about your safety, or the safety of someone else, they will have to talk to the principal. You can also access external help through:

- [ehespace](#)
- [Kids helpline](#)
- [Lifeline](#)
- [Beyond Blue](#)
- [ReachOut - getting a mental health care plan](#)

Wellbeing News

Tips to support your child's health and wellbeing

Advice, tips and resources available for parents and carers to support their child's mental and physical health and wellbeing. It covers a range of topics including:

- [Managing screen time and online safety](#)
- [Looking after your child's wellbeing](#)
- [Looking after your child's mental health](#)
- [Physical activity and healthy eating](#)
- [Taking care of yourself](#)
- [Wellbeing activities for parents of primary school students](#)
- [Wellbeing activities for parents of secondary students](#)

Raising Learners Podcast Series



The Department has partnered with the Raising Children Network on a series of podcasts providing expert advice and information to parents and carers on a range of health and wellbeing topics.

Topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

Accessing Support

If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department. You can also access external help through:

Helpline

- [Parentline](#)
- [Lifeline](#)
- [Beyond Blue](#)

Information and resources

- [Black Dog Institute](#)
- [Raising Children Network](#)

Talking to your child about coronavirus (COVID-19)

Advice on having a safe and reassuring conversation about coronavirus (COVID-19), available in a range of community languages.

Please let the school know if your child is experiencing difficulties in returning to school.

Lana Paten

Student Wellbeing



Birthdays

June Birthdays

26th - Amelia M
26th - Sophie M
28th - Cayla T



July Birthdays

1st - Hayden M-R
23rd - Emma K
25th - Jason L
25th - Jessica A



Student of the Week

11 June 2021

There was no assembly held due to this day being the first day after Lockdown 4.0 there were no SOTW presented.

There will be a student only assembly on Friday (18/6/21)



#197717851

Parents & Friends

Parkmore Primary Parents & Friends **- Whats On**

Next Meeting

Wednesday 14th July
2021

7.30pm in Staff Room
ALL WELCOME



Keep your eye out next term for the latest book club edition.



Don't forget to keep putting
your tips in!
It's a close race to the end of
the season.
Who will be the winners?