

# PARA HILLS WEST PRIMARY SCHOOL

*Respect Integrity Belonging Achievement*

Term 2 Week 5

## WESTIES WORLD

### DATES to REMEMBER

Friday 5th June  
World Environment Day

Monday 8th June  
Queen's Birthday Holiday

Tuesday 16th June  
NMC – 5pm  
Governing Council – 6pm

**Mid – Year Concert  
CANCELLED**

**No Assemblies until  
further notice**

**POP THIS INFORMATION ON  
YOUR FRIDGE FOR  
EASY ACCESS**

### COVID-19 Update information

Thank you to all our students, parents and families for their wonderful support during this time. We have now transitioned back to full classroom learning programs.

A special thank you to the staff for the fantastic efforts in preparing and implementing both on-line and face to face learning programs for our students. It was wonderful to see the teachers establish quality learning programs online so quickly, even with the teething problems they faced with Microsoft Teams.

Please be aware of the following requirements still in place and being reinforced by the Department for Education

- Parents still must **remain outside the school building** for drop off and pick ups for their child, except for a scheduled meeting with the teacher.
- Parents are **permitted into the front office area** to speak with front office staff – please remember social distancing measures
- If your **child is feeling unwell**, we ask that you **keep them home** until they are well again – this will help prevent the spread of colds, flus and viruses.
- If your child **presents unwell to school or becomes unwell at school**, you will be contacted to collect your child from school.

**All children are now required to be at school** and any child still at home due to the Covid-19 situation must have a medical certificate that meets the following criteria:

- Have a chronic medical condition or compromised immune system and are not able to attend school on advice from their medical practitioner
- Live in a household with others that are deemed vulnerable to COVID-19 and are not able to attend school on advice of their medical practitioner
- Have been diagnosed with COVID-19 or have been required to self-isolate by SA Health

Balkara Road, Para Hills West, South Australia  
Tel: 8258 2216  
Fax: 8281 5837  
Email: [dl.1045.info@schools.sa.edu.au](mailto:dl.1045.info@schools.sa.edu.au)



Government of South Australia  
Department for Education



## Tracey's Care Column

It's not easy being a parent/carer, in fact, it can challenge us day to day.

Dr. Justin Coulson has prepared some fantastic videos and has some great resources that support parents/carers on this journey.

He is conducting a live webinar on Monday 1<sup>st</sup> June 6.30pm called

### **THE SECRET TO CALM KIDS & A HAPPY HOME**

Here is the blurb...

What do you do when your child is losing the plot?

On a recent coaching call with a desperate mum, her four year old crashed into the room and started screaming. She was upset about EVERYthing. I listened as Mum tried her best to calm her little one, but things only got worse.

I asked the mum to repeat a couple of sentences after me. I spoke. She repeated. Within 20 seconds her four year old was sitting happily on her lap, colouring in while that mum and I continued our conversation. Within two minutes the little one was outside playing with her big sister.

It's not magic. I can show you how. No yelling, no threats, no bribes. Just calm, confident parenting, and a happy home.

If you are interested go to <https://www.happyfamilies.com.au/> and click on 'sign up' tab for the free webinar on Monday 1<sup>st</sup> June 6.30pm. The webinar will be available to watch the following day if you are not free on Monday.

You will find many helpful podcasts and resources on this website to help bring more happiness into your family.

Here's to more joy and happiness in our lives! ☺

Tracey Cooper  
Pastoral Care Worker



# PHUSC

Para Hills United Soccer Club

## Players wanted

Following age groups are required:

**U6 - born 2014**



**U8 - born 2012**



**U10 - born 2010**

To Register email

[registrar@phusc.com.au](mailto:registrar@phusc.com.au)

Contact Sally - 0400 131 273



The Paddocks  
Bridge Road, Para Hills



Check our website for further information.

[www.phusc.com.au](http://www.phusc.com.au)



## ROLL UP! ROLL UP!

It's nearly time for the **NEW ONLINE COMPETITIONS** and we would love to see your creations!

Kids, Adults, Families and Schools can all take part, **it's easy, fun and free!**

Simply visit the website, click on the competition for details, take a photo and email it!

- Lego Competition
- My Veggie Patch
- Chalk Walk
- Colouring
- Needlework
- Animals
- Painting & Drawing
- MasterChef
- School Posters
- Photography
- Funny Fruits & Veggies
- New Skills
- Handicrafts
- Recycling
- Junior Handicrafts
- Native Flora and Birds

PLUS MANY MORE

[www.gawlershow.org.au](http://www.gawlershow.org.au)

Entries open 1<sup>st</sup> June 2020 and close 31<sup>st</sup> July 2020. The winner and runner up will receive an emailed certificate. Results will be announced on our Facebook Page on 29<sup>th</sup> & 30<sup>th</sup> August

**GOOD LUCK!**



## TerryWhite Chemmart

### McIntyre Medical Centre Pharmacy

#### School Community Update

We hope you are all returning to some sense of normal after recent COVID-19 stay at home measures have been relaxed. We understand that many families have been affected in different ways by the pandemic and we hope to provide assistance where we can. In doing so we have a number of initiatives in store that include:

#### **Flu Vaccinations:**

There has been a recent rush on flu vaccinations leaving a shortage within the community. We have now replenished our Flu Vaccination stock and our pharmacists are able to vaccinate all children aged 10+ as well as all adults. Students over 10, older siblings and family members are all welcome to come in for their flu vaccinations. Bookings can be made on **8463 1999**, Walk Ins are also welcome.

#### **Delivery/Pick up and Click and Collect:**

During COVID-19 stay home measures, the pharmacy set up a **FREE** delivery service to ensure medication could be delivered safely to your home. If your family or other relatives such as grand parents can benefit from this service please give the pharmacy a call on **8463 1999**. We are more than happy to keep your scripts on file and provide you with a free delivery service. We also have an external letter box now attached outside the medical centre pharmacy where you can drop your scripts off and collect them after 10am the next day- **33 McIntyre Road, Para Hills West.**

#### **After Pay options and Price Match Guarantee:**

As always Terry white Chemmart McIntyre Medical Centre Pharmacy offers you a price match guarantee. We will match every genuine advertised price. Further to this we now offer after pay options recognising that many families may be encountering financial difficulties at this time.

We wish you good health and look forward to seeing you in store!

**Chris, Shauna, Matt and Karina**