TERM 2
WEEK 8
13/6/25

PRINCIPALS REPORT

Every time I have the pleasure of teaching in a classroom I am reminded of the amazing students we have at our school. They are respectful, kind and hard working. Thank you to you all for preparing them at the beginning of each day ready to learn and take the opportunities they are being provided. This week I have been in 1/2DM, I loved working with them on their grammar and mathematical understandings. In the afternoon we completed a session from our Respectful Relationships curriculum on What is stress and what can we do to cope? The lesson was based around Wibbly the teddy, who is the same age as the students in the grade; and some of the stressors he feels. The students learned about what stress means (Stress is what a person feels when they are worried or feel uncomfortable about something.) Students in 1/2DM were able to articulate what makes them feel stressed and even more importantly what they need to do if they do feel any stress. It surprised me their understanding of the techniques and how to help themselves. One student even used the words, “to calm my nervous system”. Lessons like this are so important and are a priority for us as a school as we know that more and more students are coping with anxious thoughts and feelings every day.

Over the next week or so, we will be having maintenance works start on our school to fix/improve many things from roofing, to painting to resanding floorboards. **The back area behind the Science Room is now out of bounds for students and families to have access to, so please seek alternative routes to and from school.** These works have been in the pipeline since I started here nearly 4 years ago so it will be wonderful to see them finally come to fruition.

JUNE

Happy Birthday to :

Bella
Stella
Jet
Archer D
Connor
Alex
Lulu
Frank
Jackson A

PRINCIPALS REPORT

We want to let you know about our school's emergency management plan. Our school plans for a range of hazards, such as bushfire, severe weather, medical emergencies, intruders, etc. We develop specific response procedures to address these risks. We also conduct drills regularly, ensuring that our core procedures of on-site and off-site evacuation, sheltering-in-place, and lockdown/lockouts are well-rehearsed and understood by staff and students. If we enact our emergency management plan, we will notify you by Xuno with updates on our actions. If there is anything we need you to do, we will let you know. During emergencies, we will work with emergency services and the Department of Education for safety advice and support. Please know that keeping our students and staff safe is our top priority.

If you need to let your student know anything before the end of the day, can you please ensure you call the office before 3pm. Any time after that, the office gets very busy and we can not be sure to get a message to your child. Thank you for your cooperation with this.

With only 3 weeks left of term, I will be sending out a questionnaire regarding our trial assembly/clubs sessions this term. I would love to gain feedback about whether we should continue this format moving forward, so please keep an eye out for it.

Have a wonderful weekend, I am looking forward to a weekend in Melbourne at the footy and netball with my girls. GO BOMBERS!

MHiPS
Mental Health in Primary Schools
NEWS
Mrs. McLauchlan

Technology & sleep hygiene

Supporting healthy habits in children and young people



We all know that sleep is important for our health. A good night's sleep helps us function throughout the day, improving our productivity and concentration. For children and young people, whose brains and bodies are still developing, poor sleep can affect their mood, academic performance and behaviour.

Technology use is one factor that has been shown to impact sleep – how much we get, as well as the quality of the sleep. So when we're trying to set our children up for success by instilling good sleep habits, we should also be thinking about how they use their computers, phones and tablets.

The link between technology and sleep

Technology can impact sleep in a couple of different ways. Firstly, we can become absorbed in what we're doing online and lose track of time. Staying up late on your device eats into the time you would otherwise be sleeping, so you get less sleep overall.

Secondly, using a device before going to bed can make your brain more alert, so it's harder to fall asleep even if you turn in at a reasonable hour. Light from device screens interferes with your brain's production of serotonin, the chemical that makes you sleepy. So staring at a screen right before going to bed can keep you artificially awake.

These effects are more pronounced in different kinds of online activity. More passive technology use, like watching a film or using an e-reader, will impact sleep less than playing games or talking to friends.

Technology use can be compulsive, and self-regulation is often a challenge for young people. So knowing when to switch off and go to bed can be hard.

Learning good sleep hygiene

We can use the term "sleep hygiene" to refer to habits and routines relating to sleep. Just like personal hygiene covers things like showering regularly, brushing our teeth and keeping our living spaces clean, sleep hygiene can mean going to bed when we're tired, giving ourselves enough time for a good night's sleep, and making sure our sleeping environment is comfortable and free from distractions.

Here are some ways you can your child improve their sleep hygiene:

1. **Create a consistent bedtime routine** – Setting a time or window of time that your child goes to bed each night creates consistency. Having a bedtime routine that includes things like brushing their teeth, reading and relaxing without a device will help support this.
2. **Leave enough time for a good night's sleep** – Sleep patterns change as we grow, and children of different ages will need different amounts of sleep. Making sure your child is getting the right amount of sleep for their age will help them function at their fullest throughout the day. You can find a guide for your child's recommended daily sleep by age here.



alannah & madeline foundation

DigiTalk | Children

3. **Make bedrooms tech-free spaces** – It's best if you can keep devices out of your child's bedroom – if not all the time, at least in the hours leading up to bedtime, say from 6PM. They can charge their phone overnight in a shared space and use a simple alarm clock to wake up. This ensures they won't be distracted by notifications or be tempted to check their phone throughout the night.



4. **Lead by example** – As all parents and carers quickly learn, children are much more likely to imitate the behaviours you model, rather than the adopt ones you tell them to. Make good sleep hygiene a priority for your whole family and stick to the same rules around technology use that you set for them.



5. **Talk to your children about sleep hygiene** – Like any important issue that affects them, you should make a point of discussing sleep hygiene with your children. Explain to them why it matters and make room to answer any questions they might have.

Play the long game

Like any behaviour change, setting up good sleep hygiene and adopting a healthy bedtime routine can take time. Don't get discouraged or become angry if your children don't take to it right away. Keep talking to them about it, adjust the routine if certain parts aren't working, and keep modelling good behaviours yourself. If you're consistent, you will see the benefits soon enough.



FOUNDATION HOMEROOM HAPPENINGS

What We Learned

Literacy

This week we have continued to review our sound from Units 3 and 4 of Sounds Write. We have been adding more information to our sentences by adding 'when' and 'where'. We have been reading Jim is fed up" and I continue to see the improvement in our fluency.

Numeracy

We continue to work on our number fluency and tens facts. We also had fun using location words and placing objects and people in different locations.

Extra

In The Resilience Project we looked at being able to read people's emotions through their facial expressions.

Reminders

Reader changeover on Thursday's.

Upcoming Events

20/6 - Student free day
1/7 - Parent Teacher Interviews
2/7 - Parent Teacher Interviews
4/7 - Last day of term; 2.30 finish

Specialist

Music - Monday 2:30pm
Science - Tuesday 11:30pm
Art - Tuesday 12:30pm
PE - Thursday 2:30pm

Fun Fact

Did you know, cockroaches can live for a week without their heads!





YEAR 1/2 HOMEROOM HAPPENINGS

What We Learned

Literacy

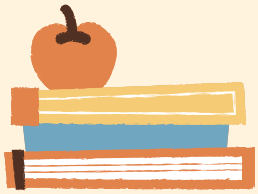
Over the past two weeks, our students have been busy developing their reading fluency and learning to write complete sentences using statements, exclamations, commands, and questions. In spelling, we have been exploring different ways to represent the sounds /e/, /ow/, /ay/, and /d/.

Numeracy

In Maths, we have been working on subtraction. Students have been building their understanding of what subtraction means and what it looks like, through stories and materials.

Extra

We focussed on character strengths, and role played how we can use our character strengths to help others at home and at school, such as bravery, kindness, honesty, and patient.





Reminders

Readers changed on Monday

Upcoming Events

20/6 - Student free day
1/7 - Parent Teacher Interviews
2/7 - Parent Teacher Interviews
4/7 - Last day of term; 2.30 finish

Specialist

Monday: Music
Wednesday: Science/Art
Thursday: PE

Fun Fact

An elephant's trunk has over 40,000 muscles and can even pick up tiny objects like a coin.

YEAR 3/4 HOMEROOM HAPPENINGS

What We Learned

Literacy

We are continuing our novel study of Wylah. As part of our novel study we have been looking at how pictures can enhance our enjoyment and understanding of texts. We are also learning about suffixes and how to correctly construct sentences. We continue to learn vocabulary specific to Indigenous Australians and use our new vocabulary in our Picture Writes.

Numeracy

In Numeracy we are learning about subtraction when regrouping is required, using both algorithms and worded problems. We continue to practice our fluency with our Facts on Fire program, which is fast becoming a highlight in our day.

Extra

Thank you for your support with our focus on reading fluency both at school and home. It has been so lovely seeing the pride on the student faces when they show us the progress they are making!





Reminders

Please continue to listen to your student read for 1 minute each night and bring the folder back on Monday.

Upcoming Events

20/6 - Student free day
1/7 - Parent Teacher Interviews
2/7 - Parent Teacher Interviews
4/7 - Last day of term; 2.30 finish

Specialist

Tuesday: Science, Art, Music
Wednesday: P.E.
Thursday ODD cooking, EVEN garden

Fun Fact

Katy Perry was born Katheryn Hudson and was a well known gospel singer before becoming the pop star she is today.

YEAR 5/6 HOMEROOM HAPPENINGS

What We Learned

Literacy

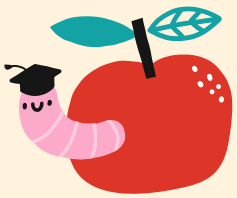
This fortnight in Literacy, our Year 5/6 students have been exploring the novel 47 Degrees by Justin D'Ath. Through this gripping story, students have been discussing themes of resilience, teamwork and care for others, linking them to their own experiences and learning. We have also focused on improving reading fluency, sentence structure and handwriting, while building vocabulary through morphology —looking closely at word parts like prefixes, suffixes and base words to strengthen spelling and understanding.

Numeracy

In Numeracy, students have been building number fluency with our daily Facts on Fire challenges, sharpening their recall of key number facts. We've used counting patterns to support mental strategies and reduce cognitive load, helping students feel confident and capable. Students also tackled an open-ended problem-solving task with the answer of 9—encouraging creative thinking and multiple strategies. Our work on nets of 3D shapes, grid references, and mapping skills has deepened spatial reasoning and real-world maths connections.

Extra

Lots of sport this fortnight with Winter sports, Girls AFL and division level soccer.





Reminders

Keep an eye out on XUNO for permission notes to keep up to date with the program.The children have access to Google Classrooms. Please encourage your child to read, record and post this onto Google Classrooms. If you are going to be away for a short or long holiday during the term, please let the teacher know so that they may post lessons on Google Classrooms for your child to access.

Upcoming Events

20/6: Student free day
25/6: Beach Monitoring
1/7 : Parent Teacher Interviews
2/7: Parent Teacher Interviews
3/7: Son of Pinocchio - Lighthouse Theatre
4/7: Last day of term; 2.30 finish

Specialist

Tuesday - Music
Wednesday - Art, Science, PE
Thursday 12th June - Cooking (WK 8)
Thursday 19th June - Garden (WK 9)
Thursday 26th June - Cooking (WK 10)

Fun Fact

Did you know?
More than 80% of the ocean remains unexplored! Scientists believe there are millions of marine species still undiscovered, making the ocean one of the greatest mysteries on Earth.

PE

HOMEROOM HAPPENINGS

What We Learned

The long awaited rain finally came and as much as our tanks and paddocks appreciated it, it made for a cold and wet day at winter sports in Koroit last Friday. We took 6 teams in total, 4 netball and 2 football (AFL). We were all wet and a bit cold, but it was a great fun day all the same! I'm always so proud of our kids and how they always have a go, even at something they've hardly ever done before. We had netballers who were soccer players and footballers who had never played netball, it was amazing to see so many pushing their comfort zones and giving it their all!

Our Division 1 football team made the grand final and were narrowly beaten by a few points by St Pats Port Fairy. Our Division 1 Girls Netballers finished 3rd and our Mixed team 2nd and our Division 2 teams really gave their opposition some great games and certainly showed massive improvement throughout the day.

All these fantastic experiences don't happen without the help of our wonderful parents. Huge thanks to Cath and Ewan Haldane who coached our Division 1 netballers and footballers. Nicole Dwyer for coaching our Division 1 mixed netball team and Lexie for umpiring the whole day. Our super staff coaches were, as usual, a great support. Thanks to Joel and Erica, Cynthia and Leah, your teams had such a fun day and I couldn't do it without you!

Good luck to our girls AFL teams at the Divisional round (Thursday) and to our two Division Soccer teams (Boys and girls) competing on Friday.

Brooke Green
Physical Education Coordinator

Weekly Award Winners

This weeks awards will be presented next THURSDAY 19/6 at assembly in the school hall at 2:55pm.

FV - Natasha
For being a terrific storyteller during community circle and for always trying your personal best to get your work done. You never give up, even when it gets hard. Keep working hard, Natasha!

1/2D - Hannah
For coming to school each morning with a big smile, and a confident attitude. Your positivity brightens our classroom and has set a wonderful example for others. Thank you Hannah for being such a wonderful class member!

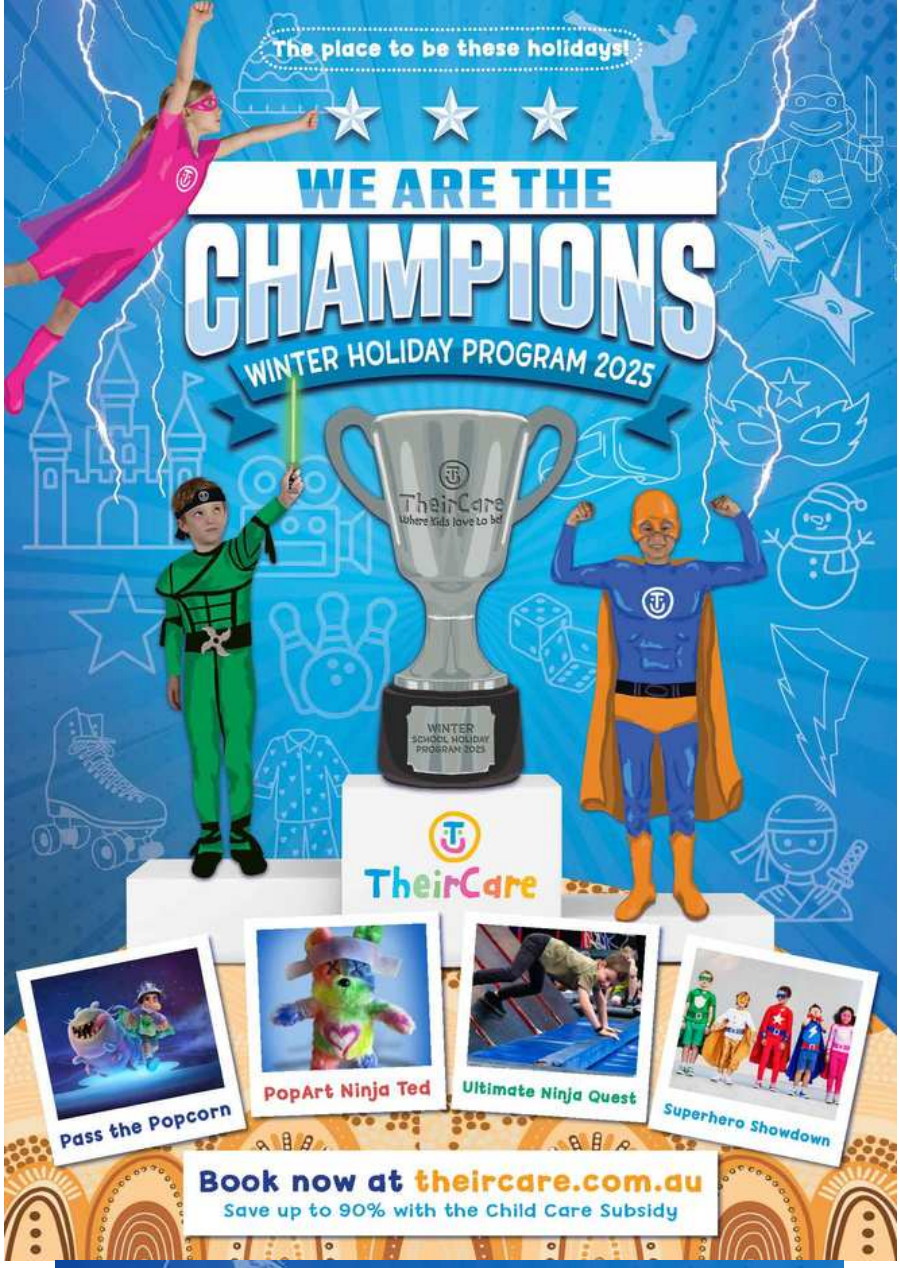
1/2M - Ruben B
For being so genuinely kind to all of your peers and the staff at this school. You are so incredibly helpful in the classroom, and do your very best in everything we do - a perfect role model for everyone. Well done Ru!

3/4I - Jade
You have done an absolute powerhouse of work this year and it has been such a joy watching you thrive. Well done on your commitment and ability to continue even when things get difficult. Your progress is a testament to your dedication and I hope you are proud of yourself!

3/4W - Charlotte K
For your outstanding generosity in sharing your knowledge of formulas and spreadsheets with your classmates during Numeracy. Your willingness to help others, explain tricky concepts, and support your peers shows true teamwork and kindness. You have not only strengthened your own learning but also lifted the confidence and understanding of those around you.
Well done Charlotte!

5/6A - Zavier
For showing dedication to soccer both at and outside school. You have shown initiative, commitment, leadership and teamwork when organising training. Well done Zavier.

5/6M - Jaylah
For your outstanding commitment to school tasks, especially in your reading and number fluency. The extra effort you are putting in at home is truly paying off. It is wonderful to see your confidence and skills growing every day. Well done, Jaylah!


The place to be these holidays!
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PARENT EDUCATION EVENTS

GEELONG and BARWON SOUTHWEST REGION



TERM 3, 2025

All Regional Parenting Service programs along with MELI *(formerly Barwon Child Youth & Family (BCYF) and Bethany)*, Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.

BRINGING UP GREAT KIDS
The First 1000 Days

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

BRINGING UP GREAT KIDS

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 years.

The program aims to:

- develop parents' skills to enhance communication with their child/ren
- promote positive interactions between parents and their child/ren
- encourage the development of a child's positive self-identity

CIRCLE OF SECURITY

Circle of Security is an 8-week supportive program for parents of children aged birth to 5 years.

The program aims to:

- help parents understand how to build feelings of security for children in their early years
- assist parents with skills to build on the positive relationship with their child
- develop confidence in parents to respond to their child in a way which builds a secure foundation for children

TUNING IN TO KIDS

Tuning in to kids is a 6-week supportive program for parents of children aged 4 to 10 years.

The program aims to:

- help parents teach and support their child/ren to understand and manage their emotions
- support parents in encouraging children to express emotions appropriately
- maximise children's social, behavioural and learning outcomes

BRINGING UP GREAT KIDS
Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years.
This 6-week program will look at having a better understanding and being able to support your adolescent.

- Finding meaningful ways to stay connected with your adolescent
- Understand that all behaviour and interaction have a meaning attached to it
- Develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and attitudes
- Develop skills to identify and manage their stress associated with parenting

STRENGTHENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-week program for parents and their children aged 8 to 12 years. The program aims to build a positive family culture and strengthen family connections.

Parent Education Events

Term 3, 2025

OUR KIDS – Parenting After Separation

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for 6 weeks during school terms. Morning and evening sessions are available.

FLOURISHING FAMILIES

A 5-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- how you can promote resilience
- increase awareness of your family's strengths
- create and nurture positive family relationships
- give feedback to support individual growth

THE ANXIETY COACH

Reducing Anxiety and Building Resilience in Children

A 5-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

TUNING IN TO TEENS

Tuning in to teens is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- support parents to connect and communicate with their teens
- assist parents with understanding adolescent development
- help parents to assist their teen to develop emotional intelligence
- remain empathetic and stay connected

THE DAD WORKSHOP

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- your relationship with yourself
- your relationship with your partner
- your relationship with your kids

POSITIVE PARENTING PROGRAM

Available online via the Triple P website

www.triplep-parenting.net.au/vic-uken/triple-p/

LIVING WITH TEENS

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program aims to cover:

- what parents need to be able to meet teen's needs
- what teens need from parents
- adolescent development

BUMPS TO BUBS

Bumps to Bubs brings young mothers and mothers-to-be (up to 23 years) with babies 0 to 1 year, together to support the journey of parenting.

BUBS TO TOTS

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 2 year age group together for support and education.

DADS TUNING IN TO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 12 years.

The program aims to:

- help dads to effectively tune in to their child's emotions
- encourage dads to strengthen their emotional connection with their child
- support dads to build skills in emotion coaching to assist their child's individual needs

STEPPING STONES

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

GRANDPARENTING PROGRAM

Being a grandparent is one of the most exciting times in our life. A lot of information and safety recommendations have changed since we had our own young children.

In this session, come together with other grandparents to discuss some of the fun times we share with our grandchildren but to also look at the many guidelines that have changed since we had our own young children.

Parent Education Events

Term 3, 2025

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Online via Zoom	Wednesdays 23 July – 27 Aug	7.00pm - 9.00pm	Regional Parenting Service www.geelongaustralia.com.au/parenting Ph: 5272 4741
Tuning in to Teens	Online via Zoom	Tuesdays 29 July – 02 Sept	7.00pm - 9.00pm	
Circle of Security	Virginia Todd 9-15 Clarence Street, Geelong West	Thursdays 24 July – 04 Sept	7.00pm - 9.00pm	
Anxiety Coach	Online via Zoom	Mondays 18 Aug – 15 Sept	7.00pm - 9.00pm	
Bringing up Great Kids	Virginia Todd 9-15 Clarence Street, Geelong West	Tuesdays 05 Aug – 09 Sept	7.00pm - 9.00pm	
Bringing up Great Kids – Apollo Bay	Apollo Bay Community Hall 4 Whelan St, Apollo Bay	Monday 21 July	10.00am - 2:30pm	
Our Kids – Parenting after Separation	Family Relationship Centre 1/100 Brougham Street, Geelong	Thursdays 31 July – 04 Sept	12.00pm – 2.00pm	Family Relationship Centre www.catholiccarevic.org.au Ph: 5246 5600
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates and times		Drummond Street Services ds.org.au/events/

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THE PRIMARY SCHOOL WITH THE MOST REGISTRATIONS TO THE ALL GIRLS AUSKICK AND SUPERKICK PROGRAM WILL WIN!!

Entries Close: Tuesday 17th of June

** Winner will be based % of participants **



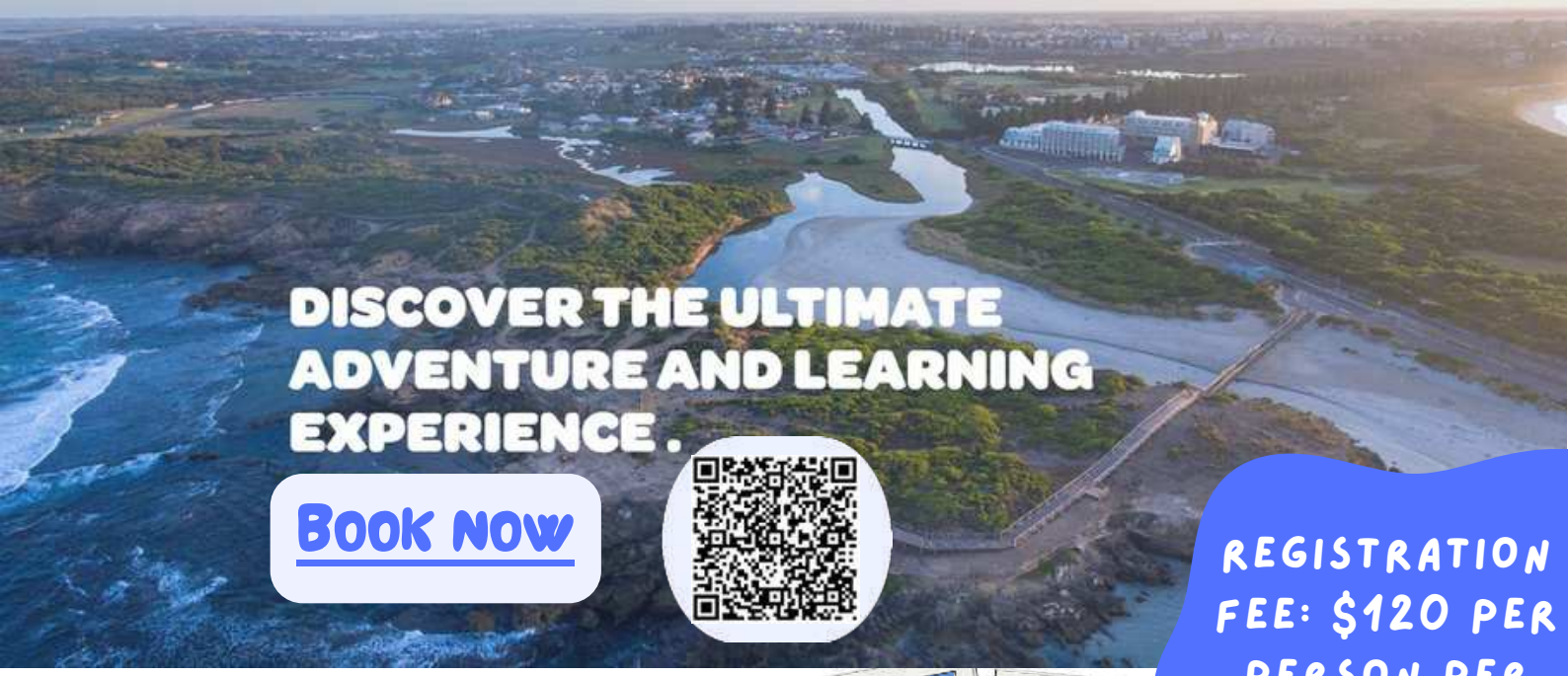


20 Synthetic Footballs

ALL GIRLS GROUPS

LEARN MORE AT PLPAYL.AAFLY/SC.AHOOLS/GSCHOOLS

AFL PLAY Schools



REGISTRATION FEE: $120 PER PERSON PER DAY

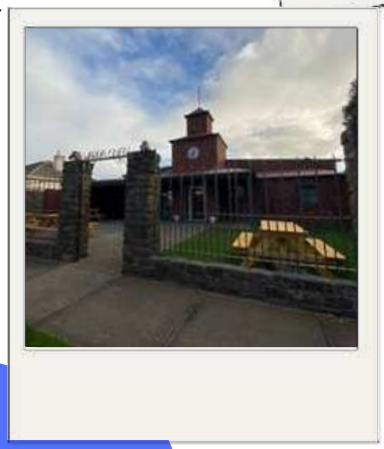
WARRA GNAN
COASTAL CAMP - WARRNAMBOOL



WARRA GNAN WINTER HOLIDAY PROGRAM

MONDAY 7 JULY TO FRIDAY 18 JULY 2025

Places Limited, Ages 8-12
Enrolments close 1/7/25



Activities:

- Bike Riding
- Fishing
- Coastal Walks
- Beach Games

- Qualified Teacher Led
- Experienced and qualified Staff
- 8.30am-4.30pm
- Morning Tea, Lunch & Afternoon Tea Provided

Please Scan the QR code to access our registration form.
Enrolments close on Tuesday the 1st of July

Contact:
www.warragnancamp.com.au
info@warragnancamp.com.au

PORT FAIRY COMMUNITY HOUSE

July School Holiday Program

Bookings Essential 5568 2681 or online www.portfairycommunityhouse.com.au



The Most Magnificent Nature STEAM Adventure with Tania Moloney

An adventure in creativity, teamwork, and problem-solving — wild fun guaranteed!

Wednesday 9 July

10:00 am to 11:00 am
$10 per child



Dreamcatcher Magic with Sue McComish

A fun, hands-on craft that catches dreams and sparks imaginations!

Wednesday 9 July

11:30 am to 12:30 pm
$10 per child



Tiny Toymakers Workshop with Melanie Macilwain

Kids will bring charming wooden toy animals to life with color, creativity, and personality.

Thursday 10 July

10:00 am to 11:00 am
$10 per child



Sing Your Heart Out with Danielle Stearman

Calling all young melody makers! Join us for a joyful, group singing workshop where you can discover the fun of making music together.

Thursday 10 July

11:30 am to 12:30 pm
$10 per child

Limited spots available so book in early!