



Beverford District Primary School Newsletter

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****Lunch warm ups, toasting and noodles. Every Tuesday and Thursday**
Lunch orders. Every Friday.**

<u>Calendar Term 3, 2018</u>	
Tuesday, September 4	Athletics Carnival
Monday, September 17	Division Athletics for those students who qualify
Wednesday, September 19	School Council Meeting 7.15pm
Thursday, September 20	Family Day at school
Friday, September 21	End of Term 2.20 pm dismissal
<u>Calendar Term 4, 2018</u>	
Monday, October 8	Start of term
Thursday, October 18	School Disco
October 22 24 25 29 30 Nov 1	Swimming 1.45 pm to 2.45 pm
Wednesday, October 17	School Council
Tuesday, November 6	Melbourne Cup Day Holiday
Wednesday, November 21	School Council
Wednesday, December 12	Swan Hill College information night for grade 6 students and parents (evening)
December 13 and 14	Grade 6 /7 SHC Transition days and new preps to Beverford
Thursday, December 13	School Concert and Presentation Night
Monday, December 17	Grade 6 dinner
Friday, December 21	End of Term 2.20 pm dismissal

Athletic Sports

Next Tuesday. On this day it is up to parents to arrange transport to and from Ken Harrison Reserve for their children.

Children should arrive by 8.50am for the first event starting at 9.00am and to be picked up at 1.45pm.

Everyone needs to bring their own food or drink or buy it at the canteen.

A program was sent home with students yesterday.

Sports Canteen Lunch attached

Please find attached the canteen pre order form for your school.

Could you please send one form home per student if they would like to order lunch from the canteen on the day of the Athletic Sports. This will help speed up the process at the lunch time rush.

They can bring these with them on the day as we thought it would help parents know what is available and the cost.

Thanks, Barb Lewis ☺

Parents visiting School

If children are having issues within the school with other children we want to know about it if it is significant enough, Please do not confront other students in the school ground.

My Child is Being Bullied (from BullyStoppers)

Take the bullying incident seriously and know that your child's school will too.

Stay calm and positive

It can be upsetting when your child is being bullied. Focus on identifying a solution with your child. A confident, positive and resilient appearance can stop bullying from continuing. It might be helpful to draw on your own networks to get support for yourself while you are helping your child.

Talk with the school

You do not need to ask your child's permission to talk to the school. Understandably, children who are being bullied are often fearful and worry that any action will worsen the problem. The solution is to make a parental decision to talk to the school. A consistent and co-operative approach by both the home and school is important. You can always let your child know later what actions you have taken. Let the school take responsibility for helping students who are bullying to change their ways.

Keep your child safe

You should contact the school immediately if your child's safety is at risk.

Talk with your child

Encourage your child to talk about what happened. If they want to try to deal with the bullying themselves, discuss these strategies and set a short period of time to see if they can resolve the situation. Tell your child that reporting the bullying is okay. Assure your child that it is not their fault.

Encourage your child to:

- try to act unimpressed or unaffected
- use other strategies to diffuse the situation (e.g. agreeing in an offhand way with the bullying when they say offensive or negative things - this is known as fogging)
- say 'No!' firmly
- talk to the teacher or another staff member, e.g. school guidance officer
- act confidently even when they don't feel it.
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Practise some strategies at home with your child to help them to:

- stand and walk in a way that appears more confident
- give a quick reply to surprise or disarm the other child
- use a routine response (e.g. okay, whatever) that implies that the child is not bothered.
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Talk about what we know doesn't work with bullying:

- fighting back
- bullying the bully
- ignoring it
- playing with a different group of friends
- remaining silent about the problem.