

# Beverford District Primary School Newsletter

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April 26, 2023

Term 2, Week 1

## What's On at BDPS?

| <b>Calendar Term 2, 2023</b> |  |
|------------------------------|--|
| Monday April 24              | Term 2 begins  |
| Tuesday April 25             | <b>ANZAC DAY Public Holiday</b>  |
| Monday May 1                 | School Nurse Visit   |
| Tuesday May 2                | School Cross Country at Riverside Park                                   |
| Wednesday May 3              | GRIP – Student Leadership Program - Mildura                              |
| Thursday May 4               | <b>Pupil Free – Wellbeing Professional Learning</b>                      |
| Mon May 8 to Thurs May 11    | Urban Camp (Gr. 3-6)   |
| Wednesday May 10             | Book Club Due  |
| Monday May 16                | Mother's Day Morning Tea & Activities (10.30 – 11.30am)                  |
| Mon May 15 to Fri May 19     | Education Week   |
| Tuesday May 16               | Possum Magic – Swan Hill Town Hall (Gr. P/1)<br>Divisional Cross Country |
| Wednesday May 17             | School Council Meeting – 7pm   |
| Thursday May 25              | Performance – Let the Music Move You                                     |
| Mon June 5 and Tues June 6   | State Principal Conference in Melbourne                                  |
| Friday June 9                | Gr. 3-6 Winter Sports in Swan Hill<br>P-2 Fun Day at Nyah District P.S.  |
| Monday June 12               | <b>Kings Birthday Public Holiday</b>                                     |
| Friday June 16               | Divisional Winter Sports   |
| Friday June 23               | Term 2 Ends (2.20pm finish)  |

*School Lunches begin this Friday April 28.*

*A new canteen menu is attached.  
(no ice creams in Term 2/3)*



## Lest We Forget

Students, staff and families marched on Anzac Day and attended the ceremony at the Swan Hill Cenotaph.

Thank you to those families who attended, we had approximately half the school there, which puts us a long way ahead of the other schools.

Congratulations to our captains Tillie Shadbolt who spoke confidently and clearly during the ceremony and Oscar Coates who laid a wreath on behalf of the school community.



*Students pictured before the march.*



# Principal's Report

## Welcome to Term 2!

**Welcome back** to everyone! We hope you enjoyed your Easter break and that the Easter Bunny found you safe and sound. With Tuesday off for Anzac Day it has been an interrupted beginning to the term, but the students and staff have hit the ground running.

Last term finished with the annual **Easter Hat Parade** and drawing of the Easter raffle. The students looked great in their amazing hats and certainly enjoyed the Easter egg hunt around the school. Thanks again to everyone who donated items for the raffles and sold tickets.

Speaking of running, we will continue to practice for the **Cross Country** this week, which is on Tuesday May 2 at Riverside Park. Students will compete against students from Woorinen, Son Centre, Lake Boga and Ultima. The times and distances of the events are listed below. The age group is the age that student turns in 2023, in other words the age of the child at 31/12/23. Parents are welcome to attend, please arrive 10 minutes before your child's event in case the day is running ahead of schedule.

| Time    | Age Group       | Distance |
|---------|-----------------|----------|
| 10:00am | 12+ year olds   | 3,000m   |
| 10:20am | 11 year olds    | 3,000m   |
| 10:40am | 10 year olds    | 2,000m   |
| 11:00am | 9 year olds     | 2,000m   |
| 11:20am | 8 year olds     | 1,000m   |
| 11:40am | 7 year olds     | 1,000m   |
| 12:00pm | 5 & 6 year olds | 600m     |
| 1:00pm  | Ball Games      | N/A      |
| 1:30pm  | Presentations   | N/A      |

Our school captains, junior school council president and sports captains will be attending the **GRIP leadership conference** in Mildura next Wednesday May 3. We look forward to these students building their leadership skills and sharing this with the rest of the school.

The **Grade 3-6 Urban Camp** is not far away! We will be departing by coach on Monday May 8 for four days in Melbourne, returning on Thursday May 11. Information including the itinerary and equipment list will be sent home this week. Students will be visiting the Zoo (including a night tour), Eureka Skydeck, Melbourne Museum, Imax, Old Melbourne Gaol, MCG, Australian Sports Museum and Melbourne Aquarium. We will also view a Magic Show and tackle Ten Pin Bowling and Bounce. It is going to be a very busy camp!

The school will be celebrating **Education Week** in Week 4 of Term 2. This will begin with a **Mother's Day Morning Tea** and classroom activities between 10.30am and 11.30am on Monday May 15. This will be a lot of fun and is open to all of the special people we have in our lives such as grandparents and aunties also.

During Education Week the school will be open for the general public and prospective parents **to tour classrooms and grounds**. If you know a family with a Prep starting in 2024, please let me know and I will invite them to tour the school.



*Tillie and Oscar pictured after laying the wreath on Anzac Day.*

Enjoy your Week,  
Thanks, Phil



### School Charges

Each family will home a tax invoice for class requisites today. Lois is more than happy to set up payment plans for those interested. Please contact Lois at school on Mondays or Wednesdays if you are interested.

### School Nurse Visit – May 1

Kerrie McCosh, our local primary school nurse, will be visiting our school this coming Monday May 1. The purpose of this visit is to undertake health assessments and discuss health concerns that parents and/or teachers may have with their children/students.

**Prep Grade Health Assessments:** All parents of prep grade children will be asked to complete a Health Questionnaire and return the form to the school before Friday April 28 2023. These were sent home on Monday. If you do not wish your child to be seen by the school nurse, please sign the non-consent section and return the form to the school.

**Referrals (All Grades):** Parents and/or teachers may refer children from any grade for assessments of vision, hearing, basic speech, physical abilities, medical conditions, behavioural and parenting issues. Please collect a referral form from the school office. Completed forms are to be handed into the school office prior to April 28, 2023. Should parents wish to have an interview with the School Nurse, please indicate your request on the form.

Please note: You can talk to the school nurse at any time throughout the year. The school has her mobile phone number.



*A big crowd attended the Easter Hat Parade.*

### Book Club

**Book club catalogues** have been sent home. Any orders are due online or to Lois in the office by Wednesday May 10.

### Attendance

Term 1 saw overall **attendance improve dramatically** from that recorded in the second half of 2022. I would like to thank our school community for getting behind our push to ensure our students are here everyday. We have decided to celebrate this with certificates for students whose attendance is 90% or above. They will be presented at next week's assembly.

There is a direct link between poor attendance and low **academic growth**, obviously teachers can not deliver the necessary learning to students if they are not at school. Regular days away from school can lead to gaps in students knowledge, which can be difficult to catch up in the future.



*Students participating in the Easter Parade.*



# WELLBEING

with Mrs Blackmore

TERM 2  
WEEK 1

RESPECT

RESPONSIBILITY

RESILIENCE

## 'SWPB'S

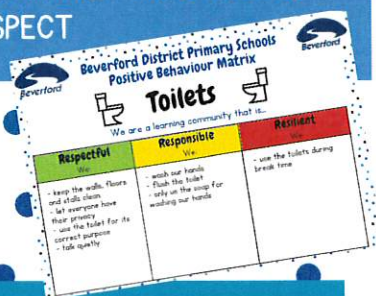
This week in wellbeing we are focusing on our School Wide Positive Behaviour Support Value of

RESPECT

In the toilets we show RESPECT by...

- keeping the walls, floors and stalls clean
- letting everyone have their privacy
- using the toilets for their correct purpose
- talking quietly

Classroom teachers will be awarding 'Student of The Week' to a student in their class who has shown outstanding RESPECT



## ZONES OF REGULATION: THE YELLOW ZONE

The Yellow Zone is used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student's energy is elevated yet he or she feels some sense of internal control in the Yellow Zone. Idioms used in the Yellow Zone may be Wound up, At my wit's end, Butterflies in my stomach, Woke up on the wrong side of the bed and Chip on your shoulder. In the Yellow Zone we have to SLOW down! Tools we can use in the Yellow Zone include, taking a break, getting a drink, taking a walk, focusing on a small task.

## HOW CAN YOU HELP YOUR CHILD USE THE ZONES OF REGULATION?

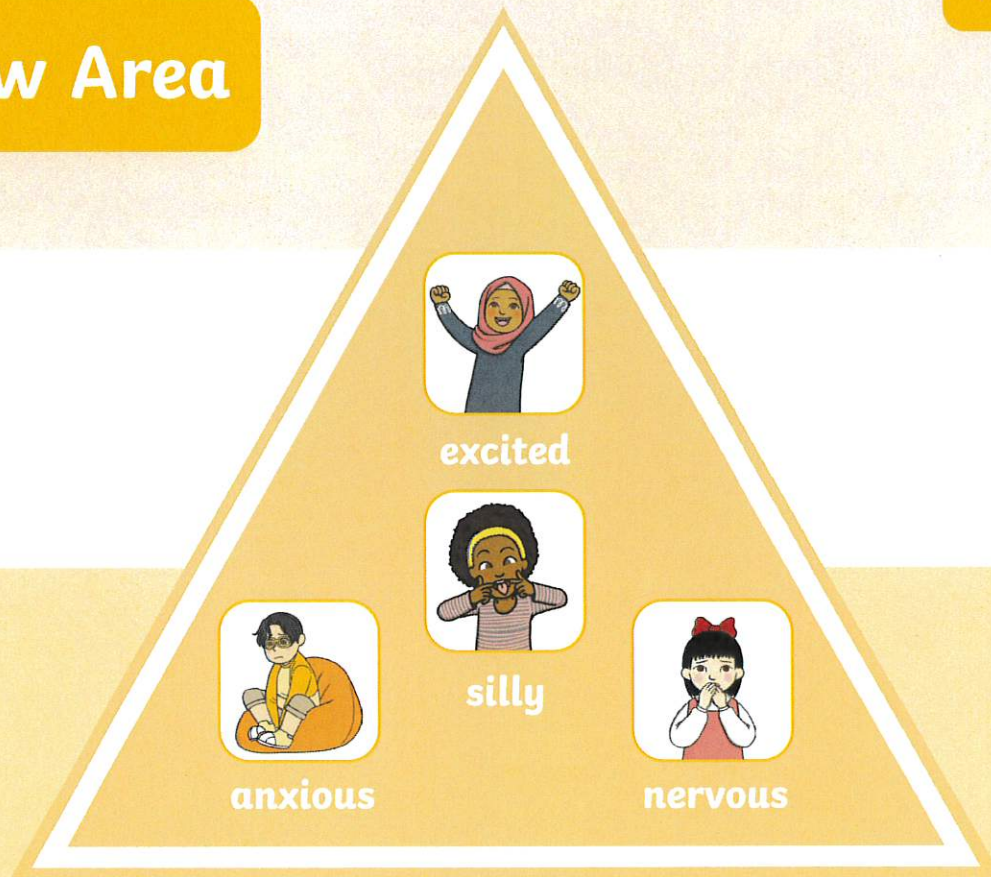
- Identify your own feelings using Zones language in front of your child (e.g. "I'm frustrated, I think I am in the Yellow Zone.")
- Talk about what tool you will use to be in the appropriate Zone (e.g. "I need to take 4 deep breaths to help get me back to the Green Zone.")
- At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film/book might be in (e.g. "You look sleepy, I wonder if are you in the Blue Zone?")
- Engaging your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated/calm.
- Teach your child which tools they can use (e.g. "It's time for bed, let's read a book together in the rocking chair to get to the Blue Zone").
- Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone you could comment that their behaviour is also helping you feel happy/go into the Green Zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise/encourage your child to share which Zone they might be in.

It is important to note that everyone experiences all of the Zones - the Red and Yellow Zones are not the 'bad' or 'naughty' Zones. All of the Zones are expected at one time or another.

As part of our learning about the Zones of Regulation, we encourage children to choose 'tools' to go in their toolkits.



# Yellow Area



## Yellow Area Tools

- Take time out.
- Take some deep breaths.
- Talk to somebody.
- Count to 20.
- Draw a picture.
- Squeeze something, like a cuddly toy.
- Concentrate on feeling the ground under your feet.
- Do some yoga stretches.
- Listen to some calming music.
- Blow bubbles.

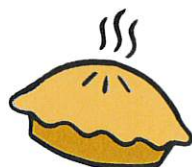
## Use this space to add your own.

have a drink  
exercise (run/walk)  
meditate

# Beverford Friday Lunch Order Price List - Term 2, 2023



## HOT FOOD



|   |        |
|---|--------|
| Pie                                     | \$3:00 |
| Sausage Roll                            | \$2:00 |
| Hot Dog                                 | \$3:00 |
| Pizza                                   | \$3:00 |
| - Cheese & Bacon                        |        |
| - Ham & Pineapple                       |        |
| Steamed Dim Sim                         | \$1:00 |
| Toasted Sandwich                        | \$3:00 |
| - Cheese                                |        |
| - Ham & Cheese                          |        |
| Chicken Burger<br>(lettuce/mayo/cheese) | \$4:00 |



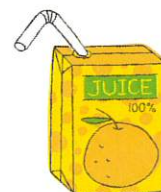
## OTHER

All sauce provided (Tomato/Soy)



## DRINKS

|                        |        |
|------------------------|--------|
| Fruit Drinks (250ML)   | \$1:00 |
| - Orange               |        |
| - Apple & Blackcurrent |        |
| Flavoured Milk         |        |
| - Chocolate            | \$1:00 |
| - Strawberry           |        |



Please write child's name and lunch order on a brown paper bag and enclose the CORRECT money.

All orders to be placed in the box outside the school office by 9am.