Beverford District Primary School Newsletter

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March 11, 2026
Term 1, Week 7

What's On at BDPS?

Term 1, 2026	
Wed Mar 11 to Fri Mar 13	NAPLAN Testing – Grade 3 & 5
Friday March 20	Harmony Day – Wear a touch of Orange (Free Dress) Bring Your Wheels to School Day
Monday March 23	P-2 Fun Day – Australian Christian College 3-6 Summer Sports – Ken Harrison
Wednesday March 25	School Council AGM & General Meeting – 7pm
Monday March 30	**Pupil Free Day – Staff Professional Learning**
Tuesday March 31	Divisional Summer Sports
Wednesday April 1	Easter Hat Parade – 9.05am
Thursday April 2	Term 1 Ends (Early finish – 2.20pm)
Term 2, 2026	
Monday April 20	Term 2 Begins
Saturday April 25	Anzac Day (March in Swan Hill)
Tuesday May 5	P-6 Cross Country at Riverside Park
Friday May 8	Mother's Day Morning Tea
Thursday May 14	GRIP Leadership Conference Bendigo
Friday May 15	Divisional Cross Country – Gr 3-6.
Mon May 18 – Fri May 22	Education Week
Wed May 20 – Fri May 22	Gr 3-6 Log Cabin Camp - Creswick
Friday June 5 & 19	2027 Prep Come & Try Days
Monday June 8	King's Birthday Public Holiday
Friday June 12	Gr 3-6 Winter Sports – Swan Hill P-2 Fun Day - Nyah
Wednesday June 17	Divisional Winter Sports
Friday June 26	Term 2 Ends

IMPORTANT NOTICE: GASTRO CASES AT BDPS

We have confirmed cases of Gastro at school including staff Please be vigilant in keeping our school community safe by following the guidelines below.

Victoria's Department of Health requires that children and staff with gastro symptoms must stay home from childcare, school, or work until at least 24 - 48 hours after the last episode of vomiting or diarrhea.

NAPLAN Testing

Students in Grades 3 and 5 began their NAPLAN testing today. Testing will continue for the remainder of the week, ending on Friday.

NAPLAN tests assess student knowledge and skills in writing, reading, language conventions (spelling, grammar, and punctuation) and numeracy.

Later in the year, parents/carers will receive their child's personal NAPLAN results in a report. The report will describe the student's particular skills in the areas mentioned above and will also show how your child performed in relation to National standards.

We always encourage our students to do their best during the NAPLAN testing but understand the tests are one off and only give a small snapshot into a student's skills and knowledge.

Please contact Phil if you have any questions about the National testing program.

Principal's Report

A Touch of Orange!

It's hard to believe we are over half way through Term 1. The formal **Prep Rest Days** have concluded and our 10 Preps have settled in wonderfully to Primary School. We have a very engaging and busy second half of the term planned.

Next Friday March 20 (new date), we will celebrate **Harmony Day** by having a free dress day with students encouraged to wear a "touch of orange". Harmony Day celebrates cultural diversity, promoting inclusiveness, respect, and a sense of belonging for everyone. It highlights the contributions of all Australians, from Traditional Custodians to new migrants, under the theme "Everyone Belongs". Joining up with Harmony Day on March 20 is **"Bring your Wheels"** to school day, this day was also postponed due to the weather. Junior School Council will ensure this day is a lot of fun. We do have some scooters at school to borrow for those students who are unable to bring something with wheels.

NAPLAN testing for our Grade 3 and 5 began today (Wednesday March 11), with testing continuing tomorrow and catch up tests on Friday and next week if required. Information has been sent home to families. We wish our students all the best in these one off tests.

Due to the wet weather last week, the **Gr. 3-6 Summer Sports and P-2 Fun Days** have been re-scheduled to Monday March 23. The students were very excited about this news, as we were all very much looking forward to it. Students will catch a bus with Nyah District students in and out of Swan Hill. Previous notes signed will be used for this excursion. If your child will not be attending, please contact the school.

A reminder that our **Easter Hat Parade** is on Wednesday April 1 at 9.05am. We hope everyone enjoys making their hats at home. It is a very popular annual event. The raffle will also be drawn on this day. A reminder that raffle donations for the hamper are due on Monday March 23. Please return all sold raffle tickets by Monday March 30. Proceeds raised will go to the Royal Children's Hospital Good Friday Appeal.

A reminder to our new **School Council** we have our AGM and March meeting beginning at 7pm on Wednesday March 25. The Executive will be formed at the AGM.

We congratulate the following students on their recent awards:

Mathematics Awards:
W5: Layne, Indi & Ella
W6: Maggie-Jane, Florance & Poppy

Junior Student of the Week
W5: Lenny W6: Tyson

Middle Student of the Week
W5: Max W6: Isaac

Senior Student of the Week
W5: Cohen W6: Oscar

Principal Award
W5: Isaac W6: Ella

Thanks Phil

Week 5 & 6 Principal Award Winners: Isaac & Ella

Week 6 Student of the Week Award Winners: Tyson, Oscar & Isaac

Beverford

HARMONY DAY

Celebrating Our Cultural Diversity

CHANGE OF DATE TO:
FRIDAY 20TH MARCH 2026

Wear a touch of orange

Please join us in celebrating Harmony Day on Friday March 20th by sending students to school wearing a touch of orange!
This might be a t-shirt, a pair of shorts or even just a hair ribbon
Students will participate in Harmony Day activities throughout the week during class

Beverford

You're Invited!

Easter Hat Parade

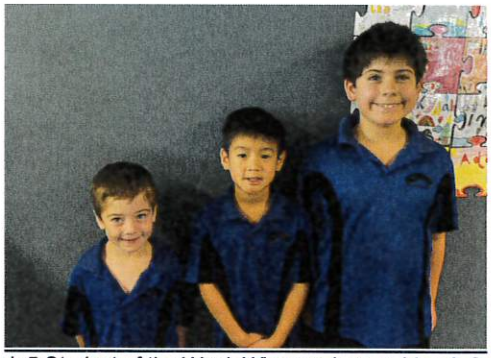
Wednesday April 1 at 9:05am

Familes to create their child's Easter Hat at home and bring it to school to wear at the Easter Hat Parade

Easter Raffle drawn and an Easter Egg Hunt also.

Week 6 Maths Award Winners: Maggie-Jane, Poppy & Florence

Week 6 Home Reading Awards: Tyson, Eedie, Sienna & Imogen



Week 5 Student of the Week Winners: Lenny, Max & Cohen

CITY NETBALL IS BACK FOR 2026!

City Netball is a supportive Junior Netball Competition that invites participants from years 3 to 8 to have a go at netball.

Whether you are affiliated with a Football Netball Club or not, all kids from years 3 to 8, from all schools, are welcome to take part.

REGISTRATIONS OPEN FROM MONDAY, 16 MARCH TO SUNDAY, 29 MARCH

For more information please visit - www.facebook.com/groups/shcitynetball/

Swan Hill City & District Netball Association

FRESH FOOD SWAP

'Share what you can, take what you need.'

When: 3rd Saturday of every month (excluding December)

2026 Dates: March 21st, April 18th, May 16th, June 20th, July 18th, August 15th, September 19th, October 17th & November 21st.

Time: 10am -12 noon

Location: Swan Hill Regional Library, 53-67 Campbell Street

WHAT YOU CAN BRING:

- Vegetables
- Herbs
- Preserves
- Fruit
- Seedlings
- Flowers / bulbs
- Seeds
- Eggs

All produce brought must be good quality. All preserves must be labelled with ingredients. Seeds, seedlings and bulbs must be labelled.

This initiative is compliant with the 'Food Act 1984' as there is no sale of food occurring.

SWAN HILL Rural City Council

April 2026 Vacation Program Flyer

Enrolments and bookings

All new enrolments are to complete a new enrolment form and a booking form.

All existing enrolments are to complete a booking form.

These forms are available from program staff and the council offices or by downloading from the Council website and must be in by Friday 20 March 2026.

Late bookings or any alterations to bookings cannot be accepted after the closing date.

During the vacation program, all meals are supplied and included in the fee.

Absences and cancellations

Please leave a message on the program's mobile 0409236541 for any absences or cancellations.

Families can also advise of absences or cancellations by sending an email to oosh@swanhill.vic.gov.au

To contact program staff during session times please call 0409236541.

The vacation program operates from 8am-6pm Monday to Friday except public holidays.

Child Care Subsidy (CCS)

Families are able to apply to Centrelink for Child Care Subsidy (CCS) to reduce their childcare costs.

CCS is paid directly to the service and will be deducted from your account.

Families need to apply to Centrelink for CCS and must ensure that the subsidy is current before each vacation program or commencing care.

You will be charged for all booked days regardless of whether you attend or not. CCS pays subsidy for 42 absence days each financial year. After you have used your 42 absent days you need to provide a doctor's certificate for all absences until 1 July.

You can use the CCS Calculator at StartingBlocks.gov.au to find out what your future CCS rates may be.

Fee

- After school - $40.00
- Vacation Program – $135.00

Swan Hill April 2026 Vacation Program

Monday, 6 April	Tuesday, 7 April	Wednesday, 8 April	Thursday, 9 April	Friday, 10 April
Easter Monday No Program	Taco Tuesday! Peg doll creations Shoe box small world craft Floor is Lava in the gym	Science fun today Make bubbling potions Parachute drop challenge Paper aeroplane comp Make your own pizza for lunch today!	Basketball clinic today Rainbow knitting Spaghetti bolognese for lunch Game of head bands	Bring your pillow, blanket or favourite toy for movies and popcorn today Squishy making Chicken burgers Bunnings visit today
Monday, 13 April	**Tuesday, 14 April**	**Wednesday, 15 April**	**Thursday, 16 April**	**Friday, 17 April**
Gods eye craft Natural clay modelling Recycle bottle planters Chicken tender wraps for lunch	Celebrate Thai Water Festival with Pranee's fried rice Sand stupas building comp Flower craft Floating flower experiment	AFL football clinic Slime making today Get crafty with cork characters Uno games throughout day	Soccer Clinic Mexican Nachos for lunch Loom band bracelets Board games	Pancakes for morning tea Musical games in the gym Magiclay modelling Hama beads

Lunchtime Zooper Doopers . . . . . yum

Week 5 Maths Award winners: Layne, Indi & Ella

FEELING

Beverford

with Mrs Blackmore

Body Signs in the different 'Zones'

Have you ever noticed your heart beating fast when you're nervous? Or your tummy rumbling when you're hungry? These are called body signs. Learning to notice these signs helps children understand how they are feeling.
When children can notice things like a fast heartbeat, tight muscles, butterflies in their tummy or slow, calm breathing, it helps them work out if they might be feeling worried, excited, frustrated, tired or calm.
Research shows that our body gives us important clues about our emotions. When children learn to tune into their own body signs, they are better able to understand their feelings and know what they might need. For example, if a child notices their breathing is quick and their body feels tense, they may recognise they are in the Yellow Zone and need a calming strategy. If they feel heavy and slow, they might be in the Blue Zone and need something energising.

In The Zones of Regulation, we teach students to:

- *Notice their own body signs*
- *Connect those signs to a Zone*
- *Use words to describe how they are feeling*
- *Choose strategies that help their body feel more balanced*

It's important to remember that every child experiences body signs differently. What feels like frustration for one child might feel different for another. That's why we talk about possible body signs in each Zone and encourage students to explore what is true for them.
By helping children understand their body's clues, we are building their ability to manage emotions, make positive choices and feel more in control.

Some great 'Emotional Literacy' books to listen to together at home

'Ravi's Roar' A book about Anger and being in the Red Zone

SCAN ME

'Ruby finds a Worry' A book about being worried and the YellowZone

SCAN ME

'Billy's Bravery' A book about finding bravery and being in the Green Zone

SCAN ME

POSSIBLE BODY SIGNALS:
Heavy Limbs
Moving Slowly
Slow Heartbeat
Foggy Head

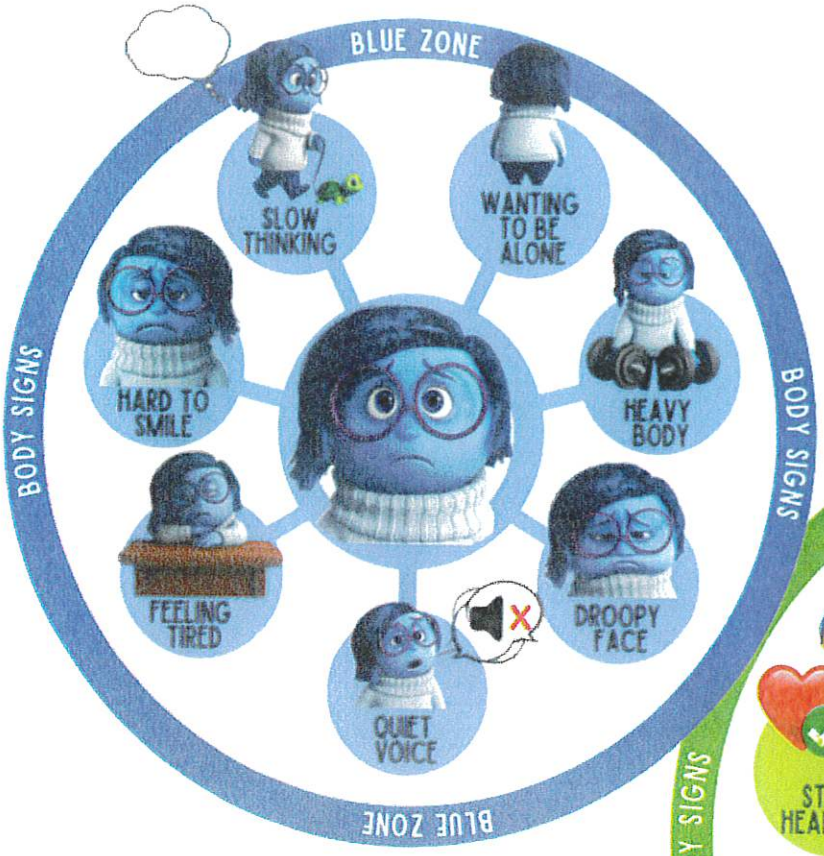
POSSIBLE BODY SIGNALS:
Relaxed Muscles
Comfortable Body Temperature
Focused/ Engaged Brain

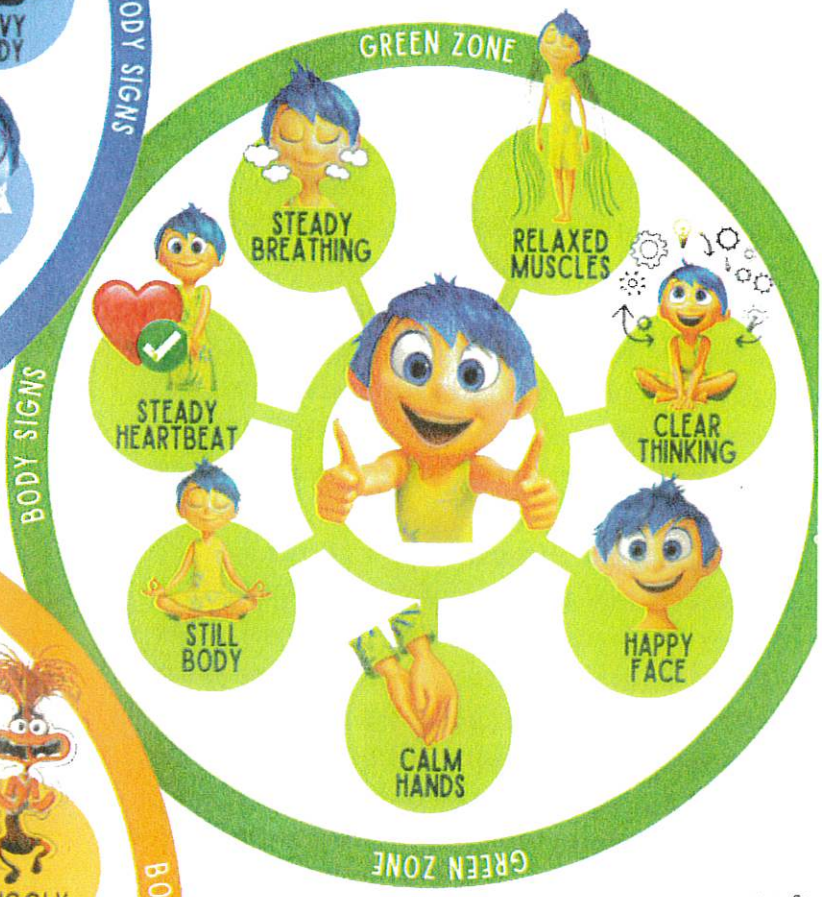
POSSIBLE BODY SIGNALS:
Wiggly
Heart Beating Faster
Body Warming Up
Muscles Tense
Thinking Faster

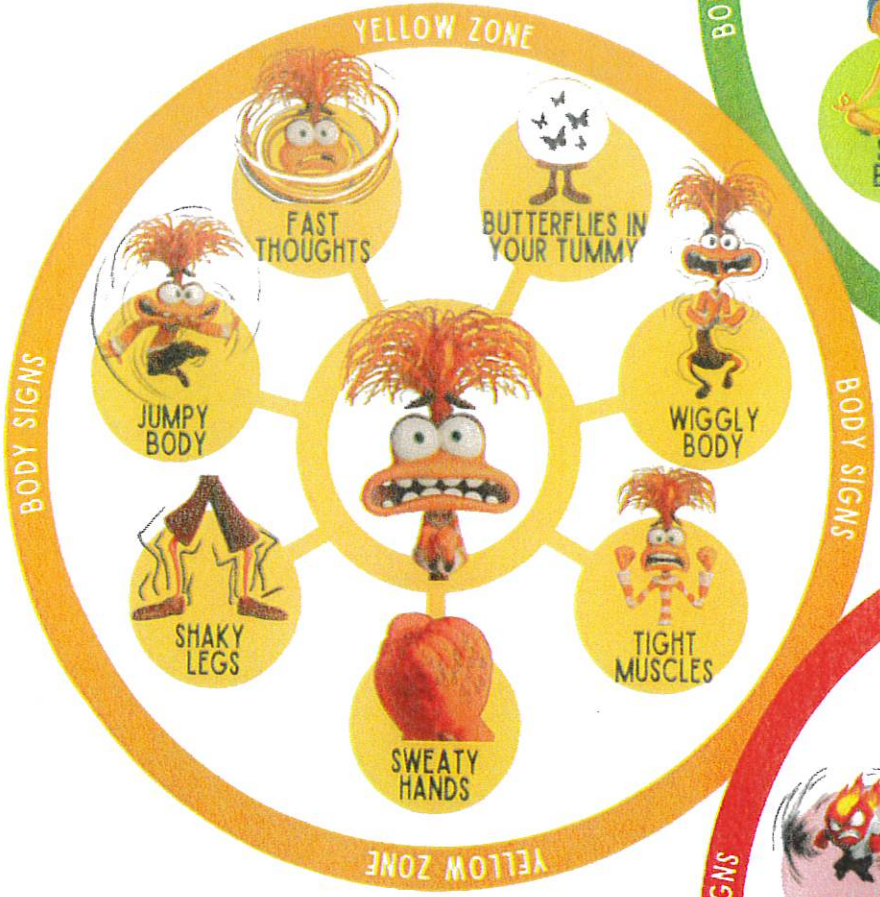
POSSIBLE BODY SIGNALS:
Heartbeat Fast
Skin Flushed
Hot/Sweating
Muscles Tense

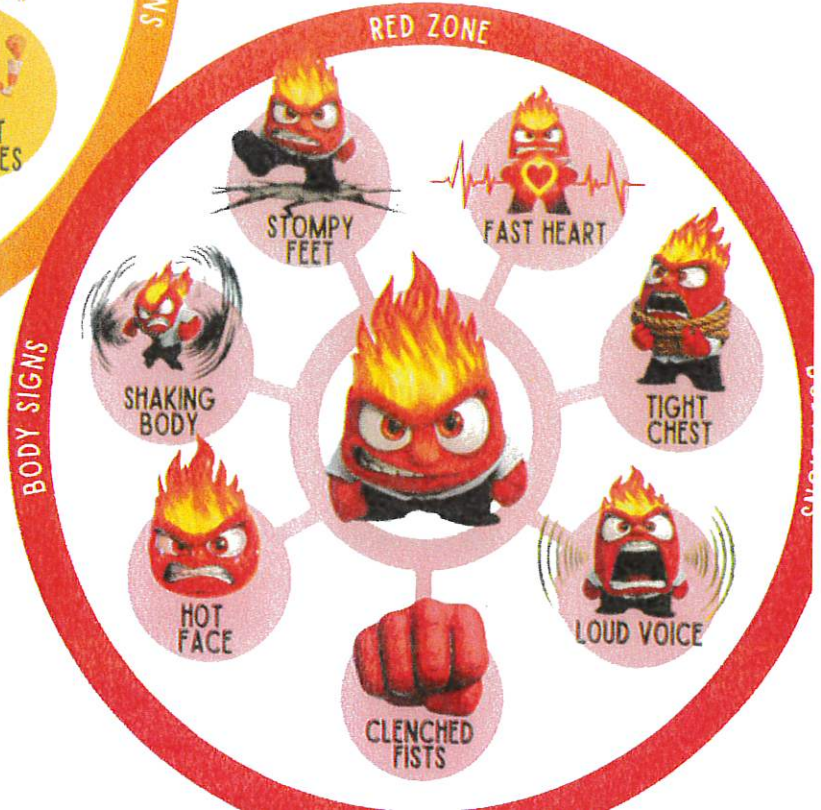
MHiPS Mental Health in Primary Schools

THE ZONES OF REGULATION®


BLUE ZONE
BODY SIGNS
SLOW THINKING
WANTING TO BE ALONE
HARD TO SMILE
HEAVY BODY
FEELING TIRED
DROOPY FACE
QUIET VOICE
BLUE ZONE


GREEN ZONE
BODY SIGNS
STEADY BREATHING
RELAXED MUSCLES
STEADY HEARTBEAT
CLEAR THINKING
STILL BODY
HAPPY FACE
CALM HANDS
GREEN ZONE


YELLOW ZONE
BODY SIGNS
FAST THOUGHTS
BUTTERFLIES IN YOUR TUMMY
JUMPY BODY
WIGGLY BODY
SHAKY LEGS
TIGHT MUSCLES
SWEATY HANDS
YELLOW ZONE


RED ZONE
BODY SIGNS
STOMPY FEET
FAST HEART
SHAKING BODY
TIGHT CHEST
HOT FACE
LOUD VOICE
CLENCHED FISTS