

# Beverford District Primary School Newsletter

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November 2, 2022

Term 4, Week 5

## What's On at BDPS?

### Calendar Term 4, 2022

Friday November 4	<b>Book Fair Ends</b>
Friday November 4	Grade 5/6 Cricket Blast
Friday November 11	Remembrance Day
Tuesday Nov 8, 15, 22 Thursday Nov 10, 17, 24	Swimming Program - Leisure Centre Swan Hill Depart BDPS at 1.20pm, return 3.10pm
Wednesday November 16	School Council 7pm
Friday November 18	Grandparents and Friends Day 11.30am – 1pm Free Sausage sizzle
Thursday November 24	Inquiry Late Stay – Prep/One Inquiry Day & Sleep Over – Gr. 2-6 Responsible Pet Ownership Workshops
Friday Nov 18 & 25, Dec 2 & 9	Prep Transition Program
Friday November 25	2023 Prep Parent Information Session 9.05am
Friday December 9	Whole School Transition Day (P-6 One Up Day)
Tuesday December 13	School Concert
Friday December 16	<b>Pupil Free Day – Curriculum Planning Day</b>
Tuesday December 20	Last Day of School – 1.20pm finish

### WOORINEN RSL POPPY APPEAL

Poppies - (20c, 50c, \$1, \$2 & \$5)

Key Tags - \$4, Wrist Bands - \$3, Pens - \$5



## Book Fair

The Bi-annual Book Fair ends this Friday November 4. A massive thanks to our students, families and friends for supporting the fair.

It has been a very successful



# Principal's Report

## **Short Week at BDPS!**

I hope you backed a winner yesterday or had success in a Melbourne Cup sweep. This is a very **short week** at BDPS with a Curriculum Day on Monday followed by the Cup Holiday yesterday.

The **flood situation** continues to impact areas close to Beverford and surrounding areas. We feel for those along the river systems that have had their properties and/or homes inundated by water. Our thoughts are with the members of our school community who have properties in vulnerable areas. There were community meetings conducted at the school on Friday and Sunday.

We wish our school representatives all the best at the **Grade 5/6 Cricket Blast** on Friday November 4. We have 12 students playing in various combined teams with cluster schools. Miss Salau will also be coaching a team. Please inform Miss Salau, if you need assistance transporting your child to and from the event.

The **Swimming Program** begins next week and runs for three weeks on Tuesday and Thursday afternoons. Students and staff will depart the school at 1.20pm each day and return before the end of the school day. Students will get changed into their bathers and back into their school clothes at the pool. Please ensure students have a plastic bag with their bathers, towel and goggles (optional).

The final day of swimming (Thursday November 24) will become an **Inquiry Based Learning Day** connected to our Health topic. The Grade Prep students will have a late stay on this day and students in Grade 2-6 will have a Sleep Over at school. Students will undertake the Responsible Pet Ownership Program at school before traveling into Swan Hill to participate in a fitness class and tour of Voyage Gym. This will be followed by a supermarket visit, swimming at the leisure centre and the opening screening of Disney's "Strange World" at the Cinema. A permission note and more information will be sent home asap.

School Council approved a day excursion for our Prep – Three students to the **Halls Gap Zoo**. Details and a date will be announced once any flood risks have decreased and all roads in the district are safe.

On Friday November 11 our School Captains Tayla and Darcy will lay a wreath at the Swan Hill cenotaph during the Remembrance Day Ceremony.

We congratulate the following students on their awards:

### **Junior Student of the Week**

W3: Ally Bates

W4: Knox Smith

### **Middle Student of the Week**

W3: Ryan Burney

W4: leesha Chaplin

### **Senior Student of the Week**

W3: Quordel Thomas

W4: Tillie Shadbolt

### **Principal Award**

W3: Sommer Clarke

W4: Malika Chaplin

Enjoy your Week,  
Thanks, Phil



*Week 3 Award Winners: Ryan, Quordel, Ally & Sommer*

## 2023 Enrolments

We continue to promote the school in the wider community. We currently have 7/8 Prep students enrolled for 2023, which is a testament to the positive reputation our school community is building. If you know of any families who may be considering BDPS in any year level, please encourage them to contact us asap. Knowing how many students are in each year level allows us to make informed decisions around staffing and classroom structures.



## Grandparents & Friends Day

On Friday November 18 we will be inviting our school community, grandparents and friends to attend the school. We will have some activities to do as a family and then open the playground and enjoy a sausage sizzle. Please spread the word and encourage everyone in our broader community to attend.



Week 4 Principal Award Winner: Maika

## Prep Transition Program

The 2023 Prep Transition Program kicks off on Friday November 18 & 25 between 9.00am and 11.00am. Students then participate in two longer sessions between 9am and 1.30pm on Friday December 2 and 9.

An important information session will be ran on the second transition day for parents and carers beginning at 9.05am on Friday November 25. All parents are encouraged to attend straight after drop off in the Lounge Room. The session will run for around 20 minutes and give adults an opportunity to ask any questions during and after the presentation.



Week 4 Student of the Week Award Winners: Tillie, Iesha & Knox



Week 3 Home Reading Award Winners: Josh, Jack (absent) & Oscar O (absent).



Week 4 Home Reading Award Winners: Harley, Byron, Onyx and Knox



Woorinen RSL – Poppy Appeal (available at office)

### MAJOR FUNDRAISER - CHRISTMAS RAFFLE

The school will be running a major raffle to raise funds for future projects and programs. If possible we are asking families to donate an item or items that could go into hampers. If you have a contact at a local business, please ask them also and we would be happy to advertise their support.

An example of a donation is a toy, non-perishable food. Christmas decorations, vouchers . . . . .

Please drop off your donation to school before Friday November 25 to be collated into hampers. Tickets will be sent home to all families to sell. The raffle will be drawn at the Christmas Concert on Tuesday December 13.

If you have any questions about the raffle or would like to assist in the organisation and promotion, please contact me at school.



## 'The Pool is opening soon!'

The Nyah and District Community Pool  
will be opening on

**Saturday, 12<sup>th</sup> November**

### **Membership**

Family - \$150.00 (this covers 2 adults and 3 children) each extra child is an additional \$10.00

Single Adult: \$75

Single student: \$60

Payments can be made at the pool or online. Our bank details are:

Bendigo Bank

BSB: 633-000

Act: 108328600

Ref- your surname

**Memberships paid before Sunday 5<sup>th</sup> December will go into to draw to win their membership payment back!**

### Pool Entry

Child entry: \$3

Adult entry: \$4



**The Pool mobile  
phone number is  
0478 116 422**

*The pool will be open from 3-7pm everyday provided the weather is suitable. Stay updated by checking the pools Facebook page. <https://www.facebook.com/NyahSwimmingPool/>*

*Morning lap swimming is  
Monday, Wednesday and  
Friday mornings*

*During the month of February, we will be  
closed in the afternoon on Tuesday,  
Wednesday and Friday.*

# WELLBEING

with Mrs Blackmore

TERM 4  
WEEK 5

RESPECT

RESPONSIBILITY

RESILIENCE

## SWPBS

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

RESPONSIBILITY

In The Classroom we show RESPONSIBILITY by...

- Following all instructions

- Keeping our tub and table clean and tidy
- Putting things away after we use them
- Taking turns
- Focusing on our learning
- Arriving on time after each break

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

RESILIENCE  
RIGHTS &  
RESPECTFUL  
RELATIONSHIPS

MHiPS  
Mental Health in Primary Schools

## TIPS FOR GETTING A GOOD NIGHTS SLEEP!

- Think about your bedtime routine - What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 30 minutes at a time.
- Make sure you are really tired before you go to bed - the less time you spend awake in bed, the better.
- Have at least 15 minutes' quiet time before trying to go to sleep so your body and brain can relax and prepare to sleep.
- Don't use your phone or computer before bed - this can stimulate your brain and make it more awake.
- Try having a lukewarm bath (not too hot or cold) - this can relax your body more.
- Try to go to bed at the same time every day once you have settled on a routine.
- Try to get up at the same time every day. An occasional sleep in on a weekend is fine, just try not to sleep late every day.
- Choose a relaxing activity before bed, such as reading or listening to music. Try a few relaxation activities until you find the one that works for you.
- If you find it hard to switch off from your thoughts, keep a diary at the side of your bed and write down these thoughts. Try to give yourself an extra 10 minutes before bed to do this so it doesn't cut into your sleeping time.
- Make sure you are comfy in your sleeping environment. Is it dark enough? Are you the correct temperature... not too hot and not too cold?
- Put your phone onto silent at night so it doesn't wake you up. It can be difficult then to switch off and get back into a deep sleep

## WHAT HAPPENS WHEN YOU SLEEP?

Sleep is a state of rest when most of the muscles you can control on purpose are inactive and relaxed. You are in a mostly unconscious state, meaning that you do not react to stimuli as fast as when you are awake.

After a good night's sleep, you should wake up feeling refreshed and energised for the day.

Think about the last time you had a good night's sleep. What do you think made it a good night's sleep?

