

Beverford District Primary School Newsletter

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November 8, 2023
Term 4, Week 6

What's On at BDPS?

<u>Calendar Term 4, 2023</u>	
Thursday November 9	Principal Forum – Swan Hill (Phil away)
Saturday November 11	Remembrance Day Ceremony – 10.40am
Monday November 13	Enhanced Transition session 1: Swan Hill College
Tues Nov 14 & 21, Thurs Nov 16 & 23, Fri Nov 17 & 24	P-6 Swimming Program – Swan Hill Leisure Centre (1.45pm – 2.45pm lessons)
Friday Nov 17, 24, Dec 1 & 8	2024 Prep Transition Program
Wednesday November 22	Enhanced Transition session 2: Swan Hill College School Council 7pm
Tuesday November 28	Enhanced Transition session 3: Swan Hill College
Friday December 1	2024 Prep Information Session (1.00-1.30pm)
Wednesday December 6	Swan Hill College Yr. 7 Transition Info. Night
Thursday December 7	Swan Hill College Gr. 6 to Yr. 7 Transition Day
Tuesday December 12	School Concert
Thursday December 14	Semester 2 Reports sent home
Monday December 18	Pupil Free Day
Wednesday December 20	Last Day of School Year (1.20pm finish)

REMEMBRANCE DAY CEREMONY

Swan Hill Cenotaph – 10.40am Saturday November 11

Captains laying wreath.

Families welcome to attend.

SWAN HILL COLLEGE ENHANCED TRANSITION SESSIONS

Monday Nov 13, Wednesday Nov 22 & Tuesday Nov 28

World Teachers Day

Hats off to teachers was the motto for World Teachers Day across Victoria. Students at BDPS had a fancy hat dress up day on Friday October 27 and celebrated with their teachers.

Throughout the recent review it has been very evident that we have wonderful educators at BDPS. Not only are our students out achieving the state and like schools academically but survey results from parents and students demonstrate a level of satisfaction that is far higher than any school the review team had seen.

Inclusive practices and student wellbeing are also at the forefront of everything our teachers do, inside and outside the classroom.



Principal's Report

School Review Success!

The final two days of **school review** took place last week on Wednesday and Thursday. A big thank you to the parents who volunteered their time and chatted with the review team. The review team were very impressed with the school and in particular the positive school community and the relationships between home and school. We will receive the report from the reviewer in coming weeks, which will drive the goals, key improvement strategies and targets for the next 4 years (2024 – 2027).

One aspect the review has highlighted is our **high student absence rate** when compared to state and like school averages. This is something we will focus on together as a school community moving forward.

We have our structures and **teachers set for 2024**. Due to Miss Wren heading off on Family Leave, Kristy Summerhayes will teach in the straight Prep class. Demi Salau will remain in the middle room teaching the Grade 1/2 class and newly appointed Tamika Elford will teach in the Senior Room taking Grade 4-6. We will again run three classrooms up until lunch before teaching specialist subjects in the afternoons to two classrooms P-2 and 3-6.

The **Swimming Program** begins next Tuesday November 14. We will attend the heated pool at the Leisure Centre for the program with trained swimming instructors and our teachers running the program. A bus will collect students and staff from school at 1.20pm, students will get changed in and out of their bathers at the Leisure Centre. We will depart the pool at 2.55pm after our 1-hour swimming lessons, returning to school before the bell. Please ensure your child has his/her bathers in a plastic bag or swimming bag with a towel. Students are also encouraged to wear goggles in the pool.

Our 2024 **Prep Transition Program** begins on Friday November 17 and runs for four consecutive Fridays. The first two sessions run from 9am to 11.30am. The final two run until 1.30pm. There will be a Prep Information session beginning at 1.00pm on Friday December 1, which all parent/carers are encouraged to attend.

We congratulate the following students on their recent awards:

Junior Student of the Week

W4: Cleo Mason

W5: Jack Strugnell

Middle Student of the Week

W4: Josh Tabone

W5: Bailee Riordan

Senior Student of the Week

W4: Meg Van Liessum

W5: Harley Thomson

Maths Awards

W4: Knox Smith, Steff Singleton & Tillie Shadbolt

W5: Poppy Duffy, Ryan Burney & Lilly Thompson.

Principal Award

W4: Oscar O'Bree

W5: Brax O'Bree

Enjoy your Week,
Thanks, Phil



October Aussie of the Month – Felicity Mills



Week 5 Student of the Week winners: Jack, Harley & Bailee (absent)



Week 5 Principal Award - Brax



Week 5 Reading Award winners: Tillie, Oscar O, Oscar C, Josh & Brax.



Week 5 Maths Award winners: Poppy, Ryan & Lilly.



Week 4 Student of the Week winners: Meg, Cleo & Josh (absent)



Week 4 Principal Award - Oscar



Week 4 Reading Award winners: Harley, Oscar, Charli, Knox & Steff.



Week 4 Maths Award winners: Tillie, Steff & Knox.

Gardening / Maintenance Position



We have a casual Gardening & Maintenance Position at the school starting asap.

Approximately 5-6 hours per week in Spring/Summer
 Approximately 5 hours per fortnight in Autumn/Winter

Work to be completed before or after school hours.
 Working with Children's Check required.

All necessary equipment supplied.

Contact school to apply by Friday November 17.



Hats off to Teachers Dress Up Day

RSL POPPY APPEAL

Open at school until Friday November 10

Items available at the office between \$1 and \$5.

WELLBEING

with Mrs Blackmore

TERM 4
WEEK 6

RESPECT

RESPONSIBILITY

RESILIENCE

'SWPB'S

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

RESILIENCE

In Shared Areas we show RESILIENCE by...

- Working together as a team
 - Waiting patiently
 - Sharing school equipment
 - Accepting who our partner/buddy is
 - Trying new things

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

RESILIENCE
RIGHTS &
RESPECTFUL
RELATIONSHIPS

MHiPS
Mental Health in Primary Schools

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?



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, iPad 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