

# Beverford District Primary School Newsletter

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**October 4, 2023**  
**Term 4, Week 1**

## What's On at BDPS?

<b>Calendar Term 4, 2023</b>	
Monday October 2	<b>Term 4 Begins</b>
Friday October 13	Gr. 5/6 Health Talk Session 1
Monday October 16	School Review Day 1 – Validation Day
Tuesday October 17	School Review Day 2 – Fieldwork Day
Wednesday October 18	Book Club orders due
Monday October 23	School Review Day 3 – Final Day Gr. 5/6 Health Talk Session 2
Wednesday October 25	School Council – 7pm
Friday October 27	World Teacher's Day
Wednesday November 1	RSL Remembrance Day Talk
Monday November 6	<b>Pupil Free Day</b>
Tuesday November 7	<b>Melbourne Cup Public Holiday</b>
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	School Council 7pm
Wednesday December 5	Swan Hill College Yr. 7 Transition Info. Night
Thursday December 6	Swan Hill College Gr. 6 to Yr. 7 Transition Day
Tuesday December 12	School Concert
Monday December 18	<b>Pupil Free Day</b>
Wednesday December 20	Last Day of School Year (1.20pm finish)

### JSC Fun Day

A big thank you must go to Miss Salau and the Junior School Council for the "Fun Day" they organised on the final day of Term 3.

During the middle session, the Junior School Council ran some old-fashioned games such as the egg and spoon race, unders and overs, the three-legged race and the sack race.

It was a great way to celebrate the end of term and we appreciate the input that the Junior School Council have at the school.



**SUNSMART SCHOOL**  
*A reminder students must wear a school broad-brimmed hat when outside.*

***School hats need to be kept at school and not taken home.***



# Principal's Report

## Term 4 Begins!

It's been a **great start to the term**. We welcomed back Mrs. Summerhayes & Mrs. Blackmore to the staff and we also welcomed new student Steff Singleton to Grade 4. Steff has settled into life at Beverford wonderfully! In other great news, Prep student Dannika Knee has returned to the school.

We hope everyone enjoyed a **restful break** leading into a jam-packed Term 4. We wish the Grade 6 students all the best as they embark on their final term of Primary Schooling, we hope they continue to make great memories of their time at BDPS!

On the last day of the term, we had our two Term 3 **Aussie of the Month Awards** presented to two very worthy recipients. Congratulations to Bailee Riordan and Quordel Thomas who were outstanding students and role models during the term. Being the Aussie of the Month is an outstanding achievement!

Yesterday we bid farewell to Grade 6 students Tillie, Oscar and Harley who are at **Somers Camp** for the next 9 days. We know the students will have a fantastic time and we look forward to hearing about their experiences and adventures. Families have an opportunity to visit the students over the weekend if they wish to.

Early this term the school will undertake its **review**. Every Victorian school undertakes this process. Our review will look at our 2019-2023 Strategic Plan. There will be an opportunity throughout the process for parents to have input, this will be organised when the agenda is set and likely to be on the morning of Tuesday October 17.

The annual **Grade 5/6 Health & Hygiene Talks** are on Friday October 13 and Monday October 23. A letter has been sent home outlining the topics covered by School Nurse Kerrie McCosh. Please contact Mrs. Summerhayes or I by Friday October 6 if you wish your child to be excluded from the program.

It is that time of year when we organise **staffing and budgeting** for the following year. Being a small school, enrolment numbers greatly affect our funding. Please contact the school as soon as possible if you are aware of families out there considering Beverford for 2024, and if any students may be departing the school.

A **Book Club catalogue** is attached to this newsletter, please order online by Wednesday October 18.

We congratulate the following students on their recent awards:

### Junior Student of the Week

T3 W10: Knox Smith

### Middle Student of the Week

T3 W10: Rhylee Wall

### Senior Student of the Week

T3 W10: Zac Whimpress

### Maths Awards

T3 W10: Harley, Bailee, Oscar & Felicity

### Principal Award

T3 W10: Poppy Duffy

### Aussie of the Month

Bailee Riordan & Quordel Thomas

Enjoy your Week,  
Thanks, Phil



*Aussie of the Month Award Winners: Bailee & Del.*





Term 3 Week 10 Maths Award Winners: Harley, Bailee, Oscar & Felicity.



Term 3 Week 10 Principal Award Winner: Poppy Duffy



Term 3 Week 10 Student of the Week Winners: Knox, Rhylee & Zac.



Term 3 Week 10 Reading Awards: Knox, Cleo & Poppy.



# WELLBEING

with Mrs Blackmore

TERM 4  
WEEK 1

RESPECT

RESPONSIBILITY

RESILIENCE

## SWPBS

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

RESPECT

On the Deck we show RESPECT by...

- Finishing eating before we go to play
- Walking quietly
- Using the deck for sitting and eating

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

## HEALTHY HEADSPACE PROGRAM:

In Term 4, Head Space will be running an 8-week program on mental health literacy (Wednesdays - Term 4. 3.45- 4.45pm starting October 11 @ Swan Hill headspace centre).

This program aims to equip 12-14 year olds with valuable skills and knowledge to navigate the challenges they may encounter as they transition to high school and beyond. For additional details about the program please refer to the attached flyer or see me at school.

RESILIENCE  
RIGHTS &  
RESPECTFUL  
RELATIONSHIPS



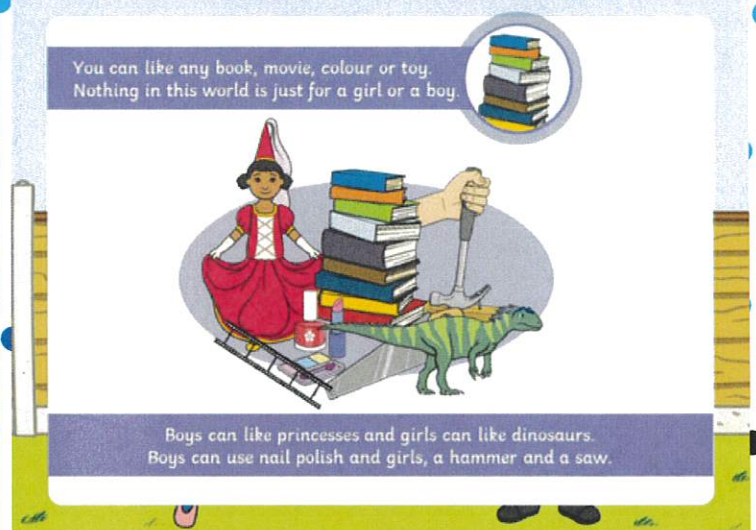
## WELCOME BACK!

I hope everyone has had a safe and happy holiday and have settled into Daylight Savings. We are very happy to have the corridors filled with laughter and smiling students..

## RRRR PROGRAM

For the first half of this term students will be learning about, **Topic 7: Gender and Identity.** Learning activities within this topic assist students to challenge stereotypes and critique the influence of gender stereotypes on attitudes and behaviour. They learn about key issues relating to human rights, gender, identity and focus on the importance of respect within relationships. The activities promote respect for diversity and difference. if you have any questions about our Respectful Relationships program you can contact me at school.

"Girls Toys vs Boys Toys, The Experiment BBC"  
Give this Youtube video a watch as a family to start a conversation around gender stereo types.





# healthy headspace



Healthy headspace is a skills based workshop designed to provide young people with brief psychoeducation and coping skills on 8 topics.



## Workshop information

**When:** Wednesdays | Term 4 | 3.45- 4.45pm

**Where:** headspace Swan Hill

**Who:** Anyone aged 12- 14

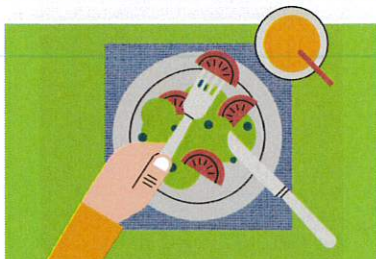
**What:** Young people can attend all topics or select individual weeks

**Bookings:** Please free call headspace Swan Hill on 1800 975 115 or email [headspace@shdh.org.au](mailto:headspace@shdh.org.au)



## Week 1 - sleeping well: 11 October

We will cover how to improve your sleep hygiene and the importance of sleep. You will learn strategies on how to get a good night sleep.



## Week 2 - physical wellbeing: 18 October

We will discuss how nutrition and exercise help maintain a healthy headspace. Staying active and eating well helps you sleep better, cope better and boosts your mood.



## Week 3 - building healthy strategies: 25 October

We will cover mindfulness and relaxation skills that can assist in grounding you, so that you aren't swept away by your emotions such as feeling overwhelmed and stressed.



## Week 4 - communicating with confidence: 01 November

This topic aims to help you build assertiveness skills, which can help you communicate in a clear, direct, respectful and honest way in difficult situations.



# HOT SHOTS TENNIS GET A GRIP

Start playing tennis today!

Time 4:15 – 5:00 (Preps-Two)

Time 5.00-5.45 Grade3's-6's)



Swan Hill Lawn Tennis Club



6-week program beginning:

**Wednesday 18<sup>th</sup> October**

Cost: \$50 per child

Racquets can be supplied or bring your own.



Bookings Essential

Contact Max Carroll on 0448 303 366