

# Beverford District Primary School Newsletter

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October 8, 2025

Term 4, Week 1

## What's On at BDPS?

<b>Term 4, 2025</b>	
Monday October 6	Term 4 begins
Tues October 14 & 21	Grade 5/6 Health Talks
Wednesday October 15	School Council – 7pm
Sunday October 26	100 Year Celebration School Colour Run
Monday November 3	<b>Pupil Free Day – Assessment &amp; Planning</b>
Tuesday November 4	<b>Melbourne Cup Public Holiday</b>
Mon Nov 10 to Wed Nov 12	Swimming Program Week 1 (3 sessions)
Mon Nov 17 to Wed Nov 19	Swimming Program Week 2 (3 sessions)
Fri November 21 & 28	Prep Transition Day 1 & 2 (9.00am – 11.30am)
Wednesday November 26	School Council – 7pm
Friday December 5	Prep Transition Day 3 (9.00am – 1.30pm)
Tuesday December 9	Prep Transition Day 4 (9.00am – 1.30pm)
Friday December 19	Term 4 Ends: 1.20pm finish



## Footy Colours Day

The final day of Term 3 was celebrated with Footy Colours Day. Although there were not too many in Kangaroos colours it was a great day.

A big thanks to the Junior School Council for organising the day which included the Lion King movie and some yummy treats.



Students pictured celebrating Footy Colours Day

**NO LUNCH ORDERS THIS WEEK**

**Friday October 10**

# Principal's Report

## Welcome Back

Welcome back to Term 4! We hope everyone had an enjoyable break and **re-charged the batteries** ready for a busy final term of the year. The students have settled in quickly and have been working hard.

We have our **100-year anniversary celebration**, which is just around the corner. The big day is Sunday October 26 and will include a Colour Run, lunch, live entertainment and memorabilia. We look forward to seeing all current families at the big event. A parent helper volunteer sheet is attached to the newsletter, please return by Monday October 13. We will need all hands-on deck to make the day a success.

The school council funded **BDPS School Bags** were given out in the final week of Term 3. They have been very popular with students and families and look great. Please label your child's bag to make it more easily to identify. A key tag is also a great way to individualise the bag.



A big congratulations to Jack S, Felicity, Mikayla and Florence who have been shortlisted for the **Young Writer's Awards** at the Swan Hill Regional Library. The students and their families have been invited to attend the award ceremony at the library on Wednesday October 22. The narratives are able to be viewed on the Library's Facebook page. If you like the student's stories it is a vote towards the people choice award.

We have a **School Council meeting** next Wednesday October 15 at 7pm, an information package will be sent home this week. A reminder that the Melbourne Cup will be an extra long weekend due the **Pupil Free Day on Monday November 3**.

We have new signage along school road to highlight the **Bus Zone**. Please do not park in this zone between 8.30am and 3.45pm on school days.

We congratulate the following students on their recent awards:

### Mathematics Awards:

W9: Ally, Skylah & Ajay

### Junior Student of the Week

W9: Florence

### Middle Student of the Week

W9: Indi

### Senior Student of the Week

W9: Onyx

### Principal's Award

W8/9: Knox & Felicity

Have a great week.  
Thanks Phil



Week 8/9 Principal Award Winners: Knox & Felicity



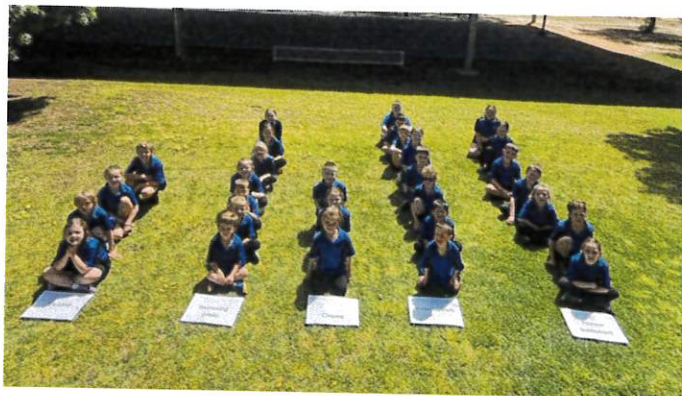
Week 9 Student of the Week Winners – Onyx & Indi



Week 9 Maths Award Winners – Skylah & Ally



Students learning about data by surveying and making 'human graphs'.




**Beverford**

BEVERFORD DISTRICT PRIMARY SCHOOL

# 100 Year Celebration

It's time to reconnect and reminisce!  
Join us at the school for the 100 year Celebration Day!

11am - Colour Run

11:30am - 2pm - Live entertainment, Lunch & Memorabilia

**SUNDAY 26<sup>TH</sup> OCTOBER**

Please bring a chair  
Limited catering - Coffee Van, Drinks & BBQ (cash only)

Call the school on 50376622 for more information



# WELLBEING



with Mrs Blackmore

## Term 4! Welcome back!

Welcome back to Term 4! I hope all of our families enjoyed a restful break and some special time together.

This term will be a busy and exciting one for wellbeing at our school. Our focus will be on building students' emotional literacy, developing strong problem-solving skills, and encouraging help-seeking behaviours. These areas are vital in supporting our students to understand and manage their emotions, work through challenges in positive ways, and know when and how to reach out for support. I look forward to sharing updates with you throughout the term and celebrating the wonderful growth we see in our students.

## Zones of Regulation

At Beverford, students participate in The Zones of Regulation® curriculum (or "The Zones" for short), which are lessons and activities designed by Leah Kuypers, licensed occupational therapist, to help students gain skills in the area of self-regulation. Self-regulation can go by many names, such as self-control, self management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. The lessons and learning activities are designed to help the students recognize when they are in the different zones as well as learn how to use strategies to change or stay in the zone they are in. In addition to addressing self-regulation, the students will gain an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behaviour, insight into events that trigger their behaviour, calming and alerting strategies, and problem solving skills.

We have attached a basic copy of the Zones to this newsletter so you can familiarise yourself with the language and what we will be discussing at school. 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. The Zones of Regulation is intended to be neutral and not communicate judgment.

## Why teach the Zones?

Some of the aims of The Zones of Regulation:

- To help children recognise when they are in the different Zones and how to change or stay in the Zone they are in.
- To gain an increased vocabulary of emotional terms so that they can explain how they are feeling.
- To gain insight into events that might make them move into the different Zones e.g. disagreement with a friend, a certain subject being taught or a fire drill.
- To help children understand that emotions, sensory experiences, physiological needs (e.g. hunger/lack of sleep) and environments can influence which Zone they are in.
- To develop problem-solving skills.
- To identify a range of different calming and alerting strategies/tools that support them. Tools identified may be personalised sensory supports (e.g. use of putty at key times), calming techniques or thinking strategies.

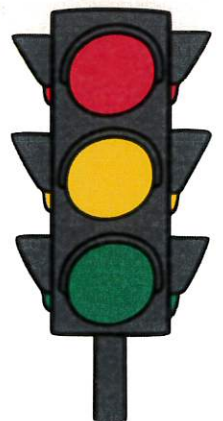
**GREEN: YOU ARE 'GOOD TO GO'**

**YELLOW: SLOW DOWN**





**RED: STOP AND REGAIN**

**CONTROL**

**BLUE: REST AREA - NEED TO RECHARGE.**



# The ZONES of Regulation

				<p><b>Blue Zone</b></p> <p>Sad Bored Tired Sick</p>	<p><b>Green Zone</b></p> <p>Happy Focused Calm Proud</p>	<p><b>Yellow Zone</b></p> <p>Worried Frustrated Silly Excited</p>	<p><b>Red Zone</b></p> <p>overjoyed/Elated Panicked Angry Terrified</p>
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## 1 Day Autism Workshop for Parents and Carers Swan Hill, VIC



Scan the  
QR code or  
[click here](#)  
to register



This workshop is for parents, full time carers and grandparents.



**Tuesday**  
**14 October, 2025**  
9:15am to 3:00pm



**The Grain Shed**  
**2-8 King Street**  
**SWAN HILL VIC 3585**

Morning tea and a light lunch will be provided



**Interpreters available upon request**

### During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:

 [www.positivepartnerships.com.au/PC](http://www.positivepartnerships.com.au/PC)

 [smidwood@positivepartnerships.com.au](mailto:smidwood@positivepartnerships.com.au)



0461 324 758



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