

Beverford District Primary School Newsletter

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September 7, 2022

Term 3, Week 9

What's On at BDPS?

<u>Calendar Term 3, 2022</u>	
Thursday September 8	RU OK? Day
Friday September 9	Gr 5/6 Health & Human Development Session 2
Monday September 12	Gr 4-6 Divisional Athletics Competition Pupil Free Day (Professional Practice Day)
Wednesday September 14	School Council 7pm
Friday September 16	Footy Colours Day Term 3 Ends (2.20pm Finish)
<u>Term 4, 2022</u>	
Monday October 3	Term 4 Begins
Wednesday October 19	School Council 7pm
Monday October 31	Pupil Free Day
Tuesday November 1	Melbourne Cup Public Holiday
Tuesday Nov 8, 15, 22 Thursday Nov 10, 17, 24	Swimming Program - Leisure Centre Swan Hill
Wednesday November 16	School Council 7pm
Friday Nov 18 & 25, Dec 2 & 9	Prep Transition Program
Tuesday December 13	School Concert Proposed Date
Tuesday December 20	Last Day of School – 1.20pm finish

REMINDER - PUPIL FREE DAY

Monday September 12

Athletics Sports Day

Congratulations to all of the students who participated in the Athletics Day last Tuesday at Ken Harrison. The weather was not kind to us, but a huge thank you to our families and friends who came to support the students.

The school came third overall with an average score of 13.30, with Lake Boga PS the winners with an average score of 14.06. It was a very close result.

Another very pleasing result was the large number of our 10, 11 and 12+ year olds who have qualified for the Divisional Sports at Ken Harrison on Monday September 12. Congratulations and good luck to Brock, Quordel, Zac, Harley, Tai, Ella, Tillie, Emma and Tayla. A note has been sent home with the students involved.

It was great to see that our practice paid off for students who all made some pleasing improvements!

Principal's Report

One Week to Go!

The Term 3 holidays are just around the corner. A reminder that we have a **Pupil Free Day** this Monday September 12, however we will have some senior students competing in the Divisional Athletics on this day.

The final day of Term 3 (Friday September 16) is an early **dismissal at 2.20pm**. It is also **Footy Colours Day**, students and staff are encouraged to wear their favourite football team's colours on the day.

We celebrated **Father's Day** with a breakfast last Friday September 2. It was wonderful to see such a large crowd in attendance. We hope that all of our dads, granddads, uncles and other role models enjoyed their special day on Sunday also.

The Grade 5/6 students began their **Health & Human Development sessions** with District School Nurse Kerrie McCosh last Friday. The students have one more session this Friday also.

A reminder to school councilors that **School Council** will meet next Wednesday September 14 at 7pm. An information pack will be sent home this week.

RU OK Day is officially on tomorrow (September 8), but students have been working on activities today with Mrs Blackmore around conversations we can have and actions we can take to support one another.

The students have been enjoying themselves on the new playground equipment. The **Playground Update** has been a long time coming and I appreciate the school community's patience. The joy and laughter coming from the students when we allowed them through the temporary fencing made the wait worthwhile!

Mrs Summerhayes is recovering well and is jumping out of her skin to return into the Prep class at the beginning of Term 4. A **huge thanks** to Miss Wren for taking the Junior class throughout the term and also Miss Pretty and Mrs Blackmore for teaching in the Middle Room. We certainly have a high skilled, enthusiastic and adaptable staff that we are all very grateful for.

We congratulate the following students on their awards:

Junior Student of the Week

W7: Knox Smith

W8: Onyx Flood

Middle Student of the Week

W7: leesha Chaplin

W8: Ryan Burney

Senior Student of the Week

W7: Aidan Evans

W8: Harley Thomson

Principal Award

W7: Josh Tabone

W8: Angus Whimpress

Enjoy your Week,
Thanks, Phil



Week 8 Award Winners: Onyx, Harley, Angus & Ryan

FATHER'S DAY BREAKFAST



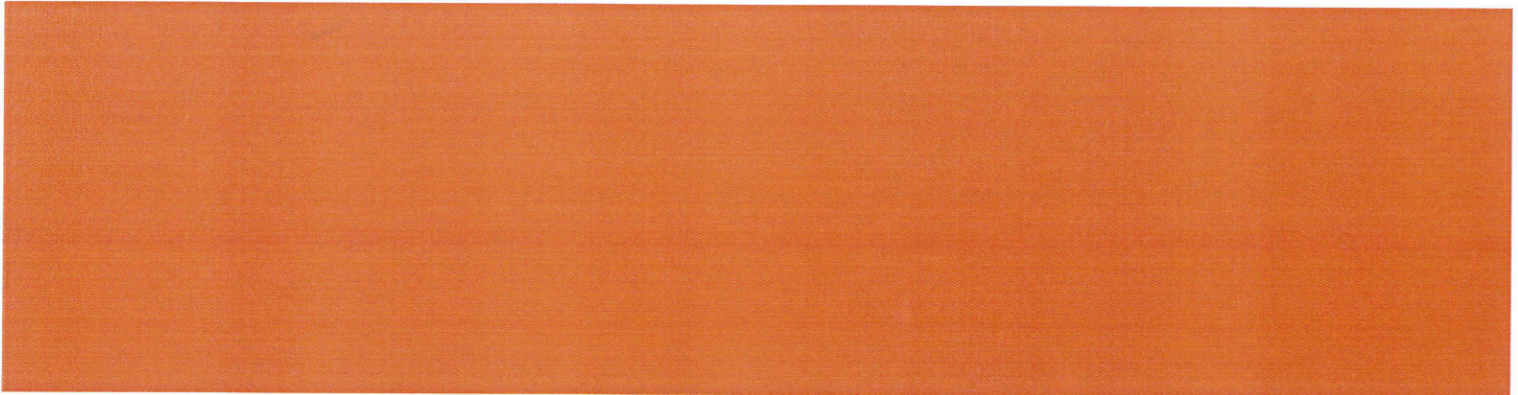
Week 7 Award Winners: leesha & Knox. Josh & Tillie (absent).



Week 7 Home Reading Award Winners: Angus, Harley, Oscar & Tillie



Week 8 Home Reading Awards: Knox & Onyx





Sacramental Program 2022 Holy Family Parish Swan Hill



Catholic families of baptised children Yr 3 and above who wish to present and support their child to continue their Sacramental journey, are invited to attend a Confirmation Information Session during weekend Masses **September 10th/11th**, either 6pm Saturday night or 10.30am Sunday. If you can't make either of these sessions, please contact the Parish office to make other arrangements:

(03) 5032 4144 or email northeastmallee@ballarat.catholic.org.au



WELLBEING

with Mrs Blackmore

TERM 3
WEEK 9

RESPECT

RESPONSIBILITY

RESILIENCE

SWPBS

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

RESILIENCE

On excursions we show RESILIENCE by...

- accepting the group we are put in
- waiting patiently
- trying all activities

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

R U OK? DAY

Today we have been learning all about R U OK? Day which is tomorrow the 8th of September. R U OK? Day is our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life. R U OK? has released resources, tips and ideas to help us drive genuine change in our school. Students have completed activities with Mrs Blackmore today around checking in with their friends and asking "R U OK?" We have provided some more info on asking "R U OK?" on the back of this newsletter.

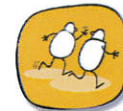
Beverford District Primary Schools Positive Behaviour Matrix		
Excursion		
We are a learning community that is...		
Respectful We:	Responsible We:	Resilient We:
<ul style="list-style-type: none"> - listen to all teachers, parents and volunteers - Follow instructions - use our manners - only touch what we are allowed to 	<ul style="list-style-type: none"> - stay with our group - represent our values of the school - complete any set tasks 	<ul style="list-style-type: none"> - accept the group we are put in - wait patiently - try all activities



1. Ask



2. Listen



3. Encourage action



4. Check in

R U OK? DAY COLOURING COMPETITION!

Attached to this newsletter is an "R U OK?" colouring competition sheet. Mrs Blackmore encourages everyone to colour it in at home and participate! There are 4 categories and prizes will be given to the winners. Please let us know if you would like an additional sheet! Younger siblings can also join in. Sheets are to be handed in next Wednesday the 14th of September.

- Category 1 - Younger siblings
- Category 2 - Grade Prep
- Category 3 - Grade 1, 2, 3
- Category 4 - Grade 4, 5, 6

Trust the Signs, Trust your Gut, Ask R U OK?



Changes in sleep patterns



Mood swings or changes



Quiet or withdrawn



Anxious, worried or overwhelmed



Irritable or angry



Losing interest in things they once loved

Learn the signs and how to ask at ruok.org.au

RUOK?
How are you really doing?

ASK

RUOK?™

Have a conversation using these 4 steps

No qualifications needed



1. Ask R U OK?

How are you travelling?

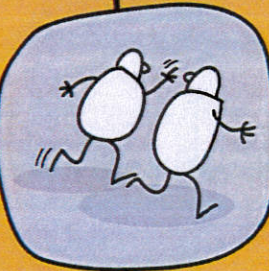
You don't seem yourself lately – want to talk about it?



2. Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



3. Encourage action

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



4. Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn more at ruok.org.au

Ask

R U OK?

No qualifications needed

Make staying connected
and asking R U OK?
part of your everyday.

Start by asking "Are you OK?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"Have you been feeling
this way for a while?"

"I'm ready to listen
if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem to
be your usual self lately."

"I'm always here if
you want to chat."

"Is there someone else
you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

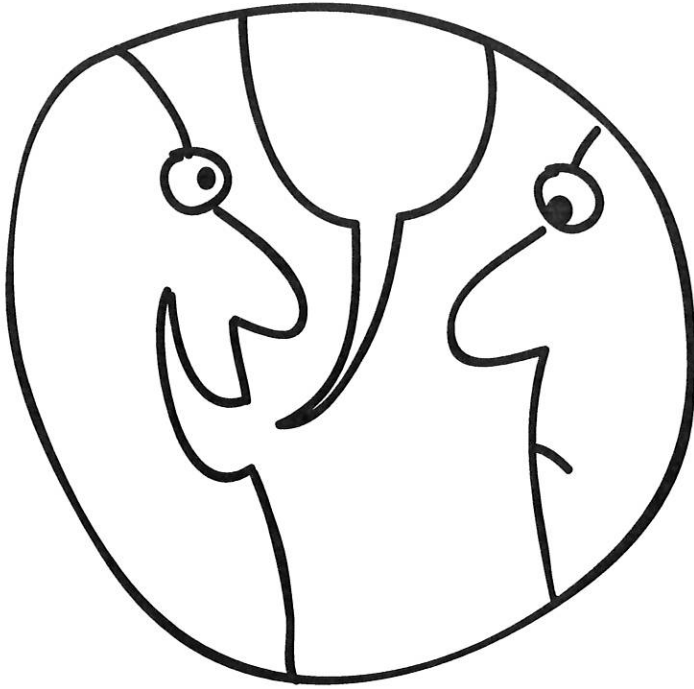
"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

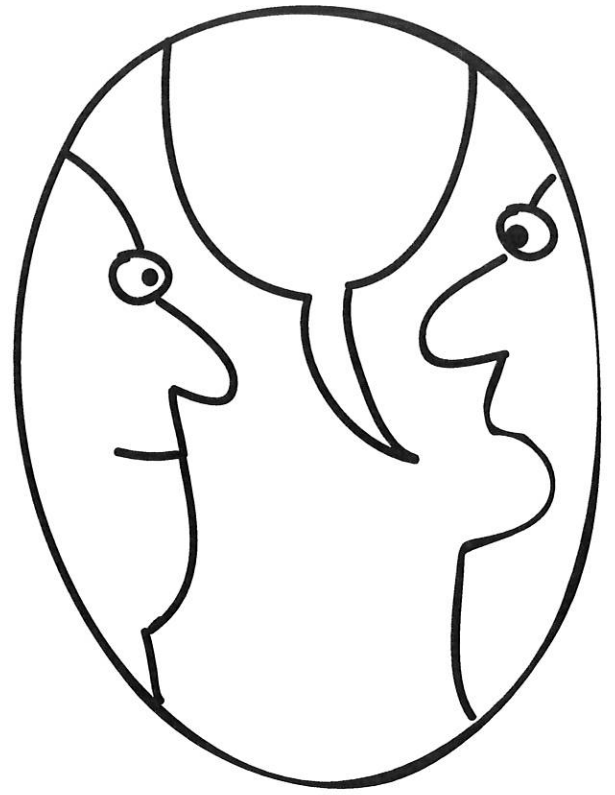
Make time to check in:

"Let's chat again next week."

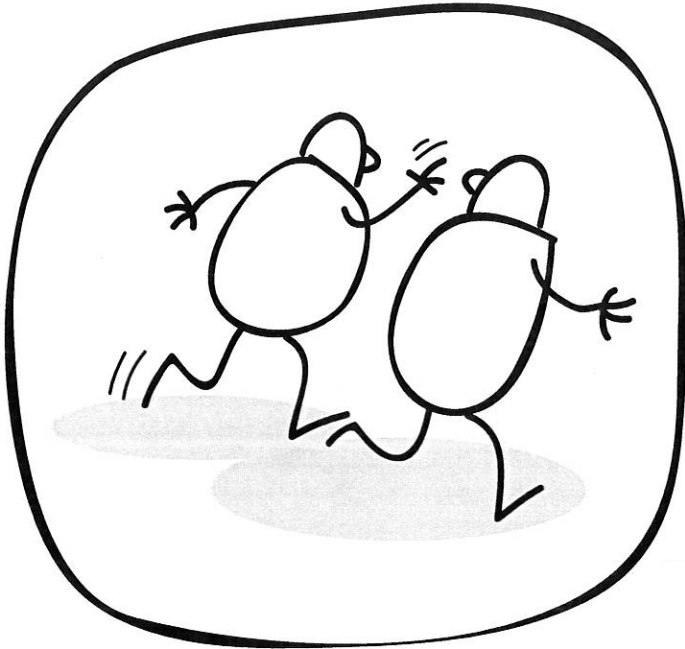
Learn more at ruok.org.au



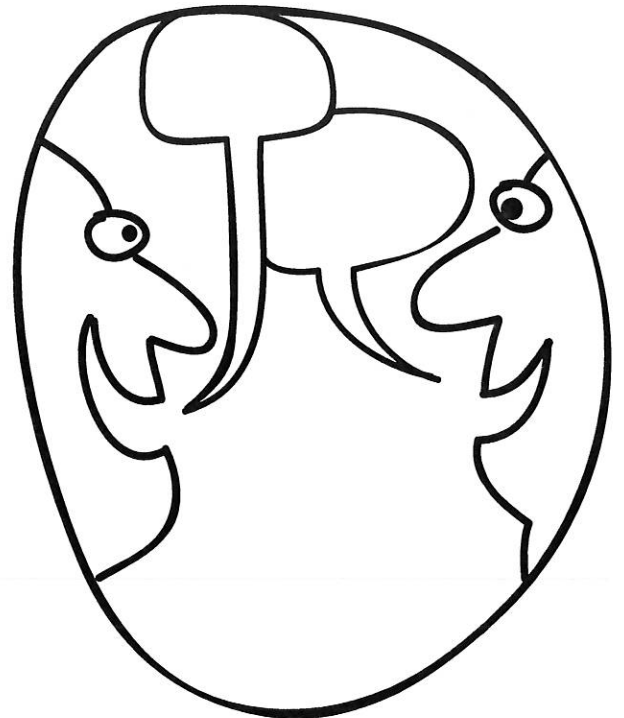
1. Ask are
you OK?



2. Listen



3. Encourage
action



4. Check in

SWAN HILL RURAL CITY NEWS

COUNCIL HIGHLIGHTS PRESENTED
TO THE COMMUNITY ON THE
LAST FRIDAY OF EVERY MONTH

STOMP INTO THE SCHOOL HOLIDAYS

Pick up your copy of the Dinosaur trail from one of the participating locations below, receive a dinosaur stamp from each location – and you could be a winner!
School holidays run from Saturday, 17 September to Sunday, 2 October.



Pioneer Settlement

- Play dinosaur hide and seek to win some dino treats
 - Ceramic Dinosaur painting
 - Traditional school holiday program activities
- Find out more by following us on facebook @swanhillpioneersettlement or visiting our website pioneersettlement.com.au

Swan Hill Town Hall PACC



THE DINOMANIACS is a highly interactive energetic DINOSAUR adventure suitable for the whole family!
Wednesday, 28 September 2022 at 10.30am
Find out more by following us on facebook @swanhilltownhall, visiting our website swanhilltownhall.com or calling our bookings office on 5036 2384.

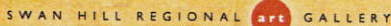


Swan Hill Library

- A range of fun activities including a visit from Mr Badger, Dinosaur seek and find, Dinosaur StoryWalk®, lego and much more.

Robinvale Learning and Community Hub

- Lots of fun activities including a dinosaur hunt.
- Find out more by following the libraries on facebook @swanhilllibrary or visiting our website library.swanhill.vic.gov.au/



Swan Hill Regional Art Gallery

- Dinosaur drawing activities
 - The gift shop is full of all your dinosaur delights
- Find out more by following us on facebook @swanhillregionalartgallery or visiting our website gallery.swanhill.vic.gov.au

Swan Hill Region Information Centre

- Window display
- Fun dinosaur facts

Submit your entry here!

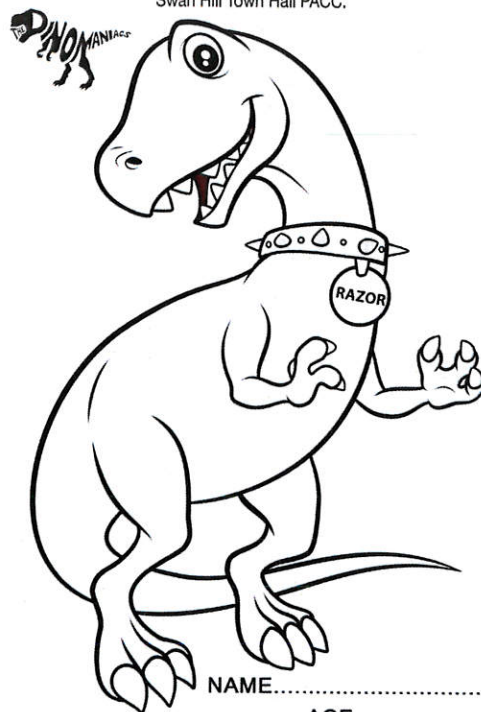
Discover the
Dinosaur Trail to
WIN \$250
Swan Hill
Shopping Dollars!

Second prize - \$100
Third prize - \$50

Supported by Swan Hill Incorporated

Colouring Competition

Go in the draw to WIN 1 x Family Ticket (two adults & two children) to The Dinomaniacs on Wednesday, 28 September at the Swan Hill Town Hall PACC.



Entries to be dropped off at the Town Hall or the Robinvale Learning and Community Hub by Tuesday, 22 September at 3pm.
Winner to be announced on Friday, 23 September.