



Broadford Primary School

Respect Responsibility Resilience Readiness

Believe in yourself

Term 2, Week 3 - Friday 13th May, 2022

DATES TO REMEMBER

Week	Date	Events
4	16 - 20 May	Mon 16th - Fri 20th - NAPLAN catch up tests Wed 18th - Grade 3/4 Historical Building Visit, Broadford, 11.15am-1.15pm Fri 20th - Walk Safely to School Day Fri 20th - District Cross Country, State Motorcycle Complex
5	23 - 27 May	Mon 23rd - Fri 27th - Education Week, 150 years Fri 27th - Curriculum Day (no school)
6	30 May - 3 June	Fri 3rd - Cookie Dough Order Due
7	6 - 10 June	Fri 10th - Student Free Day
8	13 - 17 June	Mon 13th - Queen's Birthday Public Holiday
9	20 - 24 June	Fri 24th - Last day of term, 2.30pm finish

CAMPS 2022

Grade 3 - Lady Northcote Camp, Glenmore
Monday 22nd August to Wednesday 24th August

Grade 4 - Adanac Camp, Yarra Junction
Monday 12th September to Wednesday 14th September

Grade 5 - Phillip Island Adventure Resort, Cowes
Monday 18th July to Wednesday 20th July

Grade 6 - CYC City Camp, Melbourne
Monday 24th October to Wednesday 26th October 2021

A word from Mrs Cooney...

This week I returned to school after two weeks of long service leave. It was lovely to be welcomed back by happy, friendly students and see them engaged in their learning. I would like to thank Mrs. Christine Hyde and Mrs. Leah McWhinney for leading the school in my absence.



Mother's Day Stall Thank You

Last week our Parents and Friends held our annual Mother's Day stall. This was a huge success with lots of lovely gifts purchased and plenty of helpers supporting the stall on the day. A big thank you to the team who organised the stall (a lot of organisation goes on behind the scenes to purchase stock, set up, clean up etc), our helpers on the day and the lovely donation of candles. The event raised just over \$1000 and I hope we had lots of happy mums on Sunday.

Our Parents and Friends group met for their monthly meeting on Wednesday and have some great plans for the year ahead. This week information has been sent out regarding a Cookie Dough fundraiser so please get behind this and purchase your cookie dough and enjoy making some yummy cookies.

NAPLAN

Our grade 3 and 5 students have been participating in NAPLAN this week. NAPLAN provides a point in time snapshot of student learning and reports will be provided to parents later in the year. Next week catch up tests will be conducted with students who were absent this week.



Upcoming Events

It is wonderful to be able to reintroduce a number of events for our students this year. Next Friday we will be participating in the National Walk to School Day and you are invited to join us at 'The Island' as we walk together. We also have a number of students competing in the District Cross Country on this day.

The following week we will be celebrating Education Week and the 150th Anniversary of State Education. You can find more information about these events in this week's newsletter.

Curriculum Day & Professional Practice Day

Throughout the year we hold four curriculum days where staff are involved in professional learning. This term we will be holding our curriculum day on Friday 27th May. The focus for the day will be Mathematics and Student Wellbeing. Students do not attend school on this day.

For Term 2, 2022, the Department of Education and Training has provided schools with the option to hold each teacher's allocated professional practice day on the same day for all staff. This is to enable the most effective and efficient use of this day. As a result, we have scheduled our professional practice day for Friday 10th June. Students will therefore not be required to attend school on this day.

Mrs. Jennene Cooney

Principal

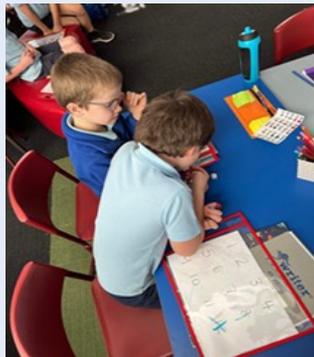
Magnificent Maths!

What's on in Maths next week?

Grade	What students are learning in the classroom	What you can do at home to support their learning
Foundation	Addition	Practice adding different numbers that equal 10. Use objects such as marbles or Lego to make the numbers.
Grade 1 & 2	Subtraction	Play games involving addition and subtraction using cards or dice
Grade 3 & 4	Addition and Subtraction	Talk about the relationship between addition and subtraction. How can addition help you to solve a subtraction problem?
Grade 5 & 6	Time	Work out the duration of events. You could use TV guides, movie session times or train timetables to pose problems. Practise changing 12 hour time to 24 hour time and vice versa.

Addition and Subtraction Games

Did you know that maths games are both fun and an important part of learning maths? There are many quick and easy maths games that require minimal equipment that students learn at school. Ask your children to show you!



Did you know?

200 volunteers were surveyed and asked to record the mathematical calculations they completed in a typical 24 hour period. Here's what they found...

- 85% of all calculations used mental strategies compared to 11% using written.
- A calculator was used in 7% of those.
- 60% required only an estimate, 40% an exact answer.
- The most common purpose of the calculations involved **time**, a quarter of all calculations in the 24 hour period in fact.
- Addition (46%) and subtraction (43%) were the most common operations used. In fact, 2/3 of the calculations reported were at an average Year 4 level and almost all of the remaining 1/3 would have been learned by the end of primary school.

SPLENDID SOCIAL AND EMOTIONAL LEARNING (SEL)

School Wide Positive Behaviour Expectation Launch – Resilience

In Week 3, the BPS Expectation of “Resilience” has been launched. Showing “Resilience” means: WE show resilience when we accept challenges and make positive changes.

- We challenge ourselves
- We encourage each other
- We celebrate each other’s successes
- We give and receive helpful feedback

Help Seeking – Respectful Relationships

Children can experience all kinds of challenges as they grow and develop. The help-seeking behaviours of children are fundamental to their mental health and wellbeing. Encouraging and fostering help-seeking behaviours is one way to improve mental health and wellbeing. It is important to work with students to make sure they are aware about help-seeking avenues and confident to seek help from an appropriate source when needed.

Students have been learning about help seeking strategies.

Foundation	Grade 1 & 2
<p>We are learning about skills that help us make better relationships.</p> <ul style="list-style-type: none">• I know I am successful when I can say a skill that helps. <p>We are learning who can help us in our school.</p> <ul style="list-style-type: none">• I know I am successful when I can name someone who can help me at school.	<p>We are learning how we can help others.</p> <ul style="list-style-type: none">• I can explain why it is important to help others.• I can identify ways I can help others in my life.
Grade 3 & 4	Grade 5 & 6
<p>We are learning to normalise help-seeking behaviour.</p> <ul style="list-style-type: none">• I can use strategies for peer support and peer referral• I can use sources of help for children experiencing a range of problems	<p>Students in Grade 5/6 Have been learning to identify and solve problems</p> <ul style="list-style-type: none">• I can identify problems.• I can seek help from trusted peers.• I can seek help from trusted adults. <p>Students did this through role playing scenarios</p>

Grade 5/6 Students Role Playing Help Seeking Scenarios



PE NEWS

Good luck to our students representing the school in the District Cross Country on Friday 20th May. This event will be held at the State Motorcycle Complex in Broadford.

- Miss Henry

National Walk Safely to School Day 2022

Next Friday 20th May, BPS will join schools all over Australia to participate in National Walk Safely to School Day! The last time that we were able to have a whole school walking event, was in 2019. I am so excited to announce that we are lacing up and getting ready to walk our socks off this year!

The walk: Staff, students, parents/carers and families will be meeting at 'The Island' on Friday 20th May, **before school at 8:40am**. Students arriving to school by bus will be walked over by staff members. New students to BPS might also like to meet at school to walk across, if unsure where to go. When these students arrive, (at approximately **8:50am**), we will all walk safely together, through 'The Common' and back to school. Staff and student school leaders will be there to guide the way if anyone is unsure. Parents and siblings are welcome and encouraged to join us in our walk.

Silly Socks: To make this event even more fun, students are welcome to wear special socks for the day! This could be colourful, silly, bright or odd socks!



Breakfast: When we arrive at school, students will have the opportunity to collect some breakfast from the area outside the canteen, with the supervision of their class teacher. As a school, we will enjoy our food in the fresh air after the completion of the rejuvenating morning walk.

****Please note: Being a 'Walk to School' event and to ensure everyone's safety, we request:**

No bikes, scooters or dogs be brought to the event

Walk to School Day is a way to promote active travel to and from school. Although the official event is dedicated to only one day each year, we hope that this encourages and motivates students to consider walking safely to school on a regular basis. There are many ways to make this safe and achievable! If you live far away, you can drive halfway and walk an age-appropriate distance. Perhaps you have friends that live nearby or on the way, that you can enjoy the walking journey with. There are so many benefits to walking! Please see the additional information below.

I can't wait to see your silly socks and to celebrate Walking Safely to School next **Friday 20th May!** - Miss Simons





WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 20 MAY 2022

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 20 May 2022!

For more information, visit www.walk.com.au





This year marks 150 years of public education in Victoria.

In 1872 the introduction of the Education Act made Victoria the first Australian colony (and one of the first jurisdictions in the world) to offer free, secular and compulsory education to its children.

Being a forerunner of free, secular and compulsory education is one of Victoria's greatest achievements.

Before 1872 most children living in Victoria were enrolled at government-aided institutions, others attended independent or church schools. A few were educated at home by tutors and, at a time when schooling was neither compulsory nor free, some received no formal education at all.

The 150 year anniversary of public education is an opportunity for us to commemorate the long and proud history of high-quality education in Victoria and to reflect on our own engagement with the state education system.

At Broadford Primary School we will be celebrating 150 years of public education by completing activities that children would have completed during the school day in the past. To get involved in the celebrations on social media use the hashtag #schools150years.

For more information and to see a selection of digitised records from Victoria's oldest schools visit vic.gov.au/150years.

On Tuesday 24th of May, students will participate in a range of activities that would have taken place at school in the past. Children will be engaged in conversations about how school has changed over time on this day.

Students can come dressed in clothing that resembles what students wore in the past to school.

Encourage your child to have a conversation with a grandparent, relative, neighbour etc. about school in the past. They could ask:

What did you wear to school?

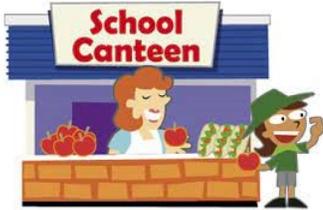
What subjects did you complete at school?

What did you like about school?

What didn't you like about school?

What games did you play at school?

WE NEED YOUR HELP



Canteen Helpers Needed

If you are available to help out in the school canteen on either Monday, Tuesday, Thursday or Friday, please contact the office to let us know when you are available.



Lost Property Roster

If you are available to help out in sorting lost property once a week on a Friday, please contact the office.

VOLUNTEERS WANTED

National Walk Safely to School Day 2022

Next Friday – May 20th

On Friday, BPS as a school community, are taking part in Walk Safely to School Day. Upon arrival to school (after the walk), we will be providing students with breakfast. It would be terrific to have some volunteers to help set up tables in the morning, prepare breakfast and serve food to the students.

If you are available, and have a current Working With Children Check, (must be shown at the office), please let the office know before Friday 20th May. It would be terrific to have all volunteers at school at 8am, but if you can make it a little later, that would be much appreciated also.

Teamwork makes the dream work

Thank you, Miss Carly Simons



**THE ART ROOM WOULD APPRECIATE
ANY DONATIONS OF SHOE BOXES**



We're excited to announce that Bring a Friend week is back in 2022 for Community Auskick, running over the week of May 16th.

Bring a Friend week encourages registered Auskickers to experience once-in-a-lifetime moments with their besties. Singing-a-long to their favourite song as they head to the ground together, celebrate their first goal in footy! It's about sharing great Auskick moments with friends.

Broadford Auskick Centre Bring a Friend week

Thursday 19th May

5:00-6:00pm

Please register here to assist the centre with planning attendance numbers:

<https://www.playhq.com/afl/register/c07de4>

An advertisement for Billy G's Gourmet Cookie & Biscuit Dough. The background is a light blue and white pattern. At the top, there are several cookies. In the center, there is a stack of five cookies on a red and white striped napkin. To the right of the stack is a white tub of dough with a brown label that says 'Billy G's Gourmet Cookie Dough' and '40'. The text 'CAN YOU SUPPORT US?' is written in large, pink, bubbly letters with a white outline. Below that, 'ORDER YOURS AT COOKIEDOUGH.COM.AU' is written in the same style. In the bottom left corner, there is a logo for 'Australian Fundraising school club specialists' and the website 'AUSTRALIANFUNDRAISING.COM.AU' in the bottom right corner.



Every Day Counts

Primary School Attendance

Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.

SCHOOL IS BETTER WHEN YOUR CHILD IS THERE

Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates.

It's vital that students go to school every day – even in the early years of primary school.

IN VICTORIA SCHOOL IS COMPULSORY FOR CHILDREN AND YOUNG PEOPLE AGED 6 - 17 YEARS

Student Absences

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and developing good sleep patterns, eating well and exercising regularly can make a big difference.

Family holidays - It's vital that holidays are planned during school holidays where possible, and not during the term. If you are planning to go on holiday during term time, make sure that you talk to your child's school in advance, and work with them to develop an absence learning plan.

"Day off" – Think twice before letting your child have a "day off" as they could fall behind their classmates – every day counts.

Tuancy – This is when students choose not to go to school without their parent's permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.



School refusal - School refusing children will experience significant emotional distress not only when going to school but also at the thought of going to school; they may be absent from school for weeks or even months at a time. School refusal differs from truancy as children generally stay home with the knowledge of the parents and despite their best efforts to encourage their child to go to school. See: [My child or teenager has anxiety](#)

BEING AWAY FROM SCHOOL FOR ONE DAY A FORTNIGHT EQUALS MISSING 1.5 YEARS OVER 13 YEARS OF SCHOOL

If your child is away

If for any reason your child must miss school, there are things you can do with your school to ensure they don't fall behind:

Inform the school

- Speak with your child's classroom teacher and find out what work they need to do to keep up.
- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, **every day counts**. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child's school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Training Regional Director who has authority to follow up attendance issues. Chronic or ongoing attendance issues that are escalated can lead to an Infringement Notice being issued to parent/s.

If you're having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

Further information

For more information and resources to help address attendance issues, visit:

<https://www.education.vic.gov.au/school/teachers/studentmanagement/attendance/Pages/improve-attendance.aspx>

Crisis Support - Phone and online counselling



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service

1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service

1300 22 4636
Telephone (24/7), online and email counselling.



1800RESPECT

1800 737 732
24/7 phone & online counselling for people seeking for domestic violence situations.



MensLine Australia

1300 78 99 78
Advice, therapy and support for men with families and relationship concerns.



QLife

1800 184 527
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



GriefLine

1300 845 745
Phone and online counselling for individuals and families experiencing loss and grief.



Open Arms

1800 011 046
Phone and online counselling for veterans and their families.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



MindGauge

A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



BeyondNow

A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



ReachOut Breathe App

A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'

A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



iBobbly

Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

Older Adults



Be Connected - e-Safety Commissioner

Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.



MindSpot - 'Wellbeing Plus'

An online program for stress, worry, anxiety and depression in adults aged 60 and above.

Self-Guided Programs



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Moderated Forums



Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



Sane Australia

Moderated forums providing peer-to-peer support.

Young People



Kids Helpline

1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The Check-In

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.



2022 schedule

eSafety's free webinars provide parents and carers with the knowledge, skills and tools to support children to have safe, positive online experiences.

Our live webinars for parents and carers attracted record attendance numbers in 2021. To meet the growing demand, our education and training team is expanding the program in 2022 to include more dates and topics to support school communities.

Each month, we will present either a new webinar topic or a video with simple tips to keep young people safe online.

2022 Parent and carer education topic schedule

<p>January</p> <p>Can't make it to a webinar? You can watch this short video on Cyberbullying and online drama. (Suitable for parents and carers of young people aged 11 to 18 years old).</p>	<p>February</p> <p>Webinar: Helping kids thrive online (Suitable for parents and carers of young people aged 5 to 12 years old).</p> <p>8th February – Safer Internet Day 2022 #SID22</p>	<p>March</p> <p>Webinar: Cyberbullying and online drama (Suitable for parents and carers of young people aged 11 to 18 years old).</p>
<p>April</p> <p>Can't make it to a webinar? You can watch this short video on Online sexual harassment and image-based abuse. (Suitable for parents and carers of young people aged 13 to 18 years old).</p>	<p>May</p> <p>Webinar: Parental controls (Suitable for parents and carers of young people aged 4 to 13 years old).</p>	<p>June</p> <p>Webinar: Online gaming (Suitable for parents and carers of young people aged 13 to 18 years old).</p>
<p>July</p> <p>Can't make it to a webinar? You can watch this short video on Parental controls. (Suitable for parents and carers of young people aged 4 to 13 years old).</p>	<p>August</p> <p>Webinar: Popular apps (Suitable for parents and carers of young people aged 13 to 18 years old).</p>	<p>September</p> <p>Webinar: Online sexual harassment and image-based abuse (Suitable for parents and carers of young people aged 13 to 18 years old).</p> <p>National Child Protection Week #NCPW22</p>
<p>October</p> <p>Webinar: Digital technologies and mental health (Suitable for parents and carers of young people aged 10 to 18 years old).</p>	<p>November</p> <p>Webinar: Guide to the holidays (Suitable for parents and carers of young people aged 8 to 13 years old).</p>	<p>December</p> <p>It's December! You can check out our annual Gift Guide here.</p>

Subscribe to [eSafetyNews](#) for dates and registration details or visit esafety.gov.au/parents/webinars.



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council



GU Ref No: 2019/146



PINK sports day

PLAY 4 BCNA

HELP SUPPORT AUSTRALIANS AFFECTED BY BREAST CANCER

HOSTED BY: BROADFORD NETBALL CLUB

ON: 14TH MAY 2022

AT: 10AM

INFO:

Powered by

red[™]
energy

Part of

Breast
Cancer
Network
Australia



**Female players born between
2003-2014.**

Wallan Basketball needs you!

Our girls program at Wallan is seeking new families to come and join our program. Our junior domestic program is played on Saturdays over term 2 & 3. Players will be placed on a team with a coach and given a short weekly training session before their game. The Domestic league is a great winter sport and the perfect spot for beginners looking to start their basketball journey.

50% discount

off registration fees for the upcoming season to new families to the club.

25% discount

for all current players who refer a new player to the club when they register for next season.

To take advantage of this offer please email
wallanbasketball@gmail.com

