



Respect Responsibility Resilience Readiness

Broadford Primary School

Believe in yourself

Term 2, Week 5 - Friday 27th May, 2022

### DATES TO REMEMBER

Week	Date	Events
6	30 May - 3 June	Thurs 2nd - Hot Dog Day Fri 3rd - Cookie Dough Order Due Fri 3rd - Book Club 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 12<sup>th</sup> 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 24<sup>th</sup> October to Wednesday 26th October 2021

## *A word from Mrs Cooney...*

### **Exciting Events at BPS**

We have had another busy fortnight of fun and learning at Broadford Primary School with events such as Walk to School Day, District Cross Country, Grade 3/4 Historic Walk and Education Week. It is certainly very exciting that we can once again hold these events and have the community join with us.

National Walk to School Day last Friday was a great success – it was a perfect sunny day for students and families to walk together from ‘The Island’ and then enjoy breakfast at school. Thank you to Ms. Simons and our volunteers for your organisation and support.

Congratulations to all our students who competed in the District Cross Country last week. Our competitors did a great job putting in their best effort and proudly representing BPS. We have a group of students who will represent the school next Tuesday at the Mitchell District Cross Country. Good luck!

Education Week this year has celebrated 150 years of State Education. On Wednesday students were involved in activities to commemorate the occasion and many dressed as students from bygone eras. Our Foundation students had a great time learning traditional school games with our grade 5/6 students.



### **Progress Reports**

On Monday you will be able to view your child’s mid-term progress report on Compass. This will give you an update on the goals they have achieved and what they are currently working on in Reading, Writing and Mathematics. As we partner with you in your child’s learning we hope you find these informative. At the end of this term you will receive your child’s Semester report and this will include progress against the Victorian Curriculum. There will also be an opportunity for you to come into the school for our end of term Celebration of Learning Expo. Student led conferences will be held in term 3.

### Impact of Covid and Influenza

We are currently experiencing challenging times with Covid and influenza (flu) among our school community. This greatly impacts on staffing. Wherever possible we employ replacement teachers to cover absences but this has been increasingly difficult this year. This is occurring in schools statewide. If a replacement teacher cannot be sourced other staff are reassigned to grades or grades are split. If possible students are split into classes within their year level for continuity of learning. We thank you for your understanding and support at this time.

### Professional Practice Day Friday 10<sup>th</sup> June – Students are not required on this day

A reminder that the Department of Education and Training has provided schools with the option to hold each teacher's allocated professional practice day for term 2 on the same day for all staff. As a result, we have scheduled our professional practice day for Friday 10<sup>th</sup> June. Students will therefore not be required to attend school on this day.

*Mrs. Jennene Cooney*  
*Principal*

# SPORTS NEWS

Congratulations to Addison Wate on making it through to the National Equestrian Interschool Championships. Back in April, Addy represented Broadford Primary School in the Petstock Equestrian Interschools Championships and received 5<sup>th</sup>, 2<sup>nd</sup> and 1<sup>st</sup> in the show horse section (comprising of three phases-led, ridden and rider). Good luck for September at the Sydney International Equestrian Centre Addy!



Congratulations to Will Browne on winning his competition last week. Will competes in Reining and Extreme Cowboy Racing. He rides and does well at a state level in both. Reining consists of a set pattern including fast spins and sliding stops and Cowboy racing is racing over obstacles at speed and position body control of the horse. Well done Will!

Well done to all competitors in the Mitchell South Sports association District Cross-Country. Our students represented our school brilliantly and overall we came 5<sup>th</sup> (with Wandong Primary winning the event).

Good luck to the following students who now go on to Bundoora to compete at Division level on Tuesday 31st May - Jayla B, Tamika-Lee S, Jesse S, Evan M, Amelia H, Jake E, Jett L, Harrison W, Kaytlyn M and Lillii B.

- Miss Henry

# 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	Subtraction	Tell stories using subtraction. Use blocks or pictures to tell the story and show the "taking away".
Grade 1 & 2	Sharing / Division	Look for ways to share items. For example, if you bake 12 cupcakes and there are 4 people in your family, how many cupcakes can each person have if you share them equally?
Grade 3 & 4	Multiplication and Division	Practice times tables facts. Solve division problems using times tables facts.
Grade 5 & 6	Multiplication and Division	Practice times tables facts. Think of times and places that you need to use multiplication and division at home, school or playing games.

## Grade 3-6 Maths Equipment Trolleys

Last week we were fortunate to be able to deliver brand new maths trolleys full of materials and equipment to help the students with their maths learning in Grades 3 - 6. Foundation, Grade 1 and 2 classrooms also have maths trolleys.

Using concrete materials supports the development of maths concepts and understanding; most importantly, being able to visualise and represent numbers, patterns and shapes. Making models is a part of the maths curriculum throughout primary years.





# Lovely Literacy!



# LOOK

what has been happening in Literacy this week...



In Grade 5/6 students are working on persuasive writing.



In Grade 3/4 students are working on making connections in reading.

**Reading Partners**

- Evie and Layla
- Dominic and Josh
- Hayden and Kellie
- Lyla and Olivia
- Erik and Ronan
- Mia F and Liberty
- Charlie and Chad
- Mackenzie and Mia J
- Emma and Ava
- Logan and Lucas
- Teddy and Memphis

## READING



**Learning Intention:**  
We are learning to read hard word in order to keep learning.

**Success Criteria:**  
I can reread a page to read with fluency.  
Strategy – fluency



In Grade 1/2 students are working on rereading their books with fluency.



In Foundation students listened to the National Simultaneous Storytime Story – Family Tree

# SPLENDID SOCIAL AND EMOTIONAL LEARNING (SEL)

## School Wide Positive Behaviour

This week our students have been learning about all our SWPBS expectations. Over the next few weeks we will be doing a BLITZ which will focus on targeting non preferred behaviours that we have noticed this term across our whole school. We will explicit teach our students the expected behaviours and acknowledge the preferred behaviour with our 4R's stickers.



## Gender and Identity – Respectful Relationships

Learning activities within this topic assist students to challenge stereotypes and critique the influence of gender norms on attitudes and behaviour. They learn about key issues relating to human rights and gender identity, and focus on the importance of respect within relationships. The activities promote respect for diversity and difference.

Foundation	Grade 1 & 2
Students will learn to recognise personal qualities and achievements by describing activities they enjoy at school and home, noting their strengths. Student will list and describe personal likes and dislikes and will be able to identify similarities and differences between girls and boys.	Students will identify and describe personal interests, skills and achievements and reflect on how these might contribute to school or family life. Students will compare similarities and differences in personal interests. They will identify gender roles and suggest whether they are true and recognise that gender should not restrict what they like and are able to do.
Grade 3 & 4	Grade 5 & 6
Students will discuss the value of diverse perspectives and through their interactions they demonstrate respect for a diverse range of people and groups. They will learn to identify factors that affect gender roles and rules give examples of gender roles in different situations e.g. home and school. Students will describe the roles given to males and females in children's literature and media. They will identify gendered messages in children's literature and the media and present an alternate view about gender stereotypes	Students will recognise and appreciate the uniqueness of all people. They will be able to explain how individual, social and cultural differences may increase vulnerability to stereotypes. They will identify and describe gender norms, stereotypes and human rights and identify examples of stereotypes and discrimination. Students will be able to explain how some factors that affect gender norms and describe one similarity between the data sheets and how this happens in the real world and media.

# **Resilience Project – Empathy and Kindness**

**Empathy is our ability to put ourselves in the shoes of others to feel and see what they do. We practise this through being kind and compassionate towards other people.**

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)!

Research shows that practising empathy, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

**View Part 3 of the series here - Empathy** <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

Here's an activity to practise empathy and kindness:

1. Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to show an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days time, to ask how it went!

Sources: [Psychology Today](#), [UC Berkeley](#), [Greater Good Science](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

## National Walk Safely to School Day 2022

Congratulations to all students, families and staff for taking part in the National Walk Safely to School Day last Friday! It was brilliant to see the whole BPS community come together for a great event. I would like to also send out a HUGE thank you to all the volunteers and staff who assisted with the set-up, organisation and serving of breakfast. The students enjoyed their walk and were ready for a day of fun and learning!

Remember, walking to school is an easy way to keep our families active! If you live far away, you can always drive part of the way, and then walk safely to school for the remainder. Walking to school is terrific for our health and for the environment! This would be a wonderful routine to get into where possible.





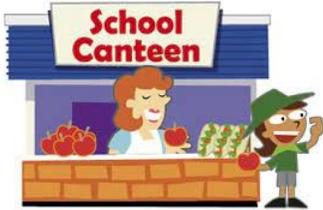
I look forward to hearing about some active travel stories from the students!

Thank you,

Miss Carly Simons



# 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.

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

**Billy G's Gourmet Cookie & Biscuit Dough**

**CAN YOU SUPPORT US?**

**ORDER YOURS AT COOKIEDOUGH.COM.AU**

Simply scoop, bake and serve.

**Australian Fundraising school club specialists**

**AUSTRALIANFUNDRAISING.COM.AU**



# 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.

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

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