



**Broadford Primary School**

*Respect Responsibility Resilience Readiness*

*Believe in yourself*

**Term 4, Week 5 - Friday 4th November 2022**

## **DATES TO REMEMBER**

<b>Week</b>	<b>Date</b>	<b>Events</b>
<b>6</b>	<b>7 - 11 November</b>	Tues 8th - Broadford Cup Day & Canteen Special Lunch Tues 8th - Foundation 2023 Transition Session 1 & Parent Morning Tea, 9am-10am
<b>7</b>	<b>14 - 18 November</b>	Tues 15th - Foundation 2023 Transition Session 2, 9am-10am
<b>8</b>	<b>21 - 25 November</b>	
<b>9</b>	<b>28 Nov - 2 Dec</b>	Tues 29th - Foundation 2023 Transition Session 3, 9am-10am Tues 29th - Grade 1/2 Melbourne Museum excursion
<b>10</b>	<b>5 - 9 December</b>	Mon 5th - Curriculum Day, Student Free Day Tues 6th - Foundation 2023 Transition Session 4, 9am-10am Fri 9th - Foundation Bundoora Park Farm excursion
<b>11</b>	<b>12 - 16 December</b>	Tues 13th - Statewide Transition Day Tues 6th - Foundation 2023 Transition Session 4, 9am-10am Wed 14th - Grade 6 Graduation Thurs 15th - Grade 5/6 End of Year Celebration, Funfields Fri 16th - Final School Assembly
<b>12</b>	<b>19 - 23 December</b>	Tues 20th - Last day of term, <b>1.30pm finish</b>

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

### **State Athletics**

Congratulations to Will Browne who competed in the State Schools Athletics Championships this week. To achieve State level is a fantastic achievement and we are very proud of Will.



### **Facility Improvements**

Broadford Primary School has featured in both the North Central Review and The Seymour Telegraph this week. We have been successful in receiving a \$12,000 State government grant for additional shade sails and the announcement of money earmarked for redevelopment. We are looking forward to seeing ongoing improvements to our school.

### **Colour Run**

Thank you to our hardworking Parents and Friends group for organising our Colour Run. Due to weather there has been a couple of false starts but we are looking forward to this afternoon's event. Thank you to your generous support we are able to purchase additional resources for our school such as the recent order of ipads that will be used in the junior school and money contributed towards a new school fence to be erected in 2023.

### **Progress Reports**

Progress reports are now available on Compass. These reports show student progress against their previous goals and outline their current goals in Reading, Writing and Mathematics. If you would like to discuss your child's progress further please contact your child's teacher.

### **Passion Project Presentations**

This term our grade 3-6 students have been creating Passion Projects. Students choose a topic they were passionate about and have then used a variety of genres to present a project on their chosen subject. On Wednesday 9<sup>th</sup> November from 2.45pm – 3.40pm you are invited to visit your child's class to see the writing they have created. Our F-2 students are beginning their Passion Projects next week and will hold their Expo later in the term.

### **2023 Planning**

As outlined in our last newsletter, planning for 2023 including creating classroom structures, is well under way. To assist us with this process, we would appreciate it if parents could notify us if their child will not be returning to BPS in 2023. When creating balanced classes, we consider a range of factors such as social groupings, academic levels and student's previous teachers. If you feel it would benefit your child to be placed with another student in 2023 or you have any other considerations you would like to bring to my attention, you are welcome to forward these suggestions to me via email [Jennene.cooney@education.vic.gov.au](mailto:Jennene.cooney@education.vic.gov.au) by Friday 11<sup>th</sup> November. While we will endeavour to factor in requests in our final classes, it is not always possible to accommodate all requests.

*Mrs. Jennene Cooney*  
*Principal*

# Magnificent Maths!

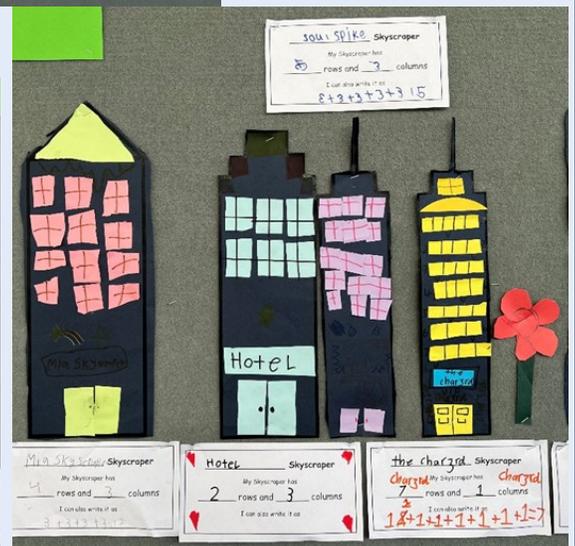
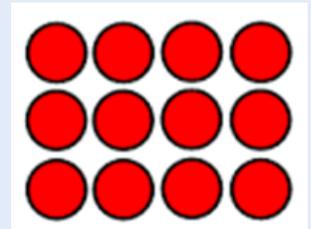
## What's on in Week 6?

Grade	What students are learning in the classroom	What you can do at home to support their learning
Foundation	Numbers 0—20	Practice counting forwards and backwards to and from 20. Practice starting from numbers other than 1, for example, starting from 7 and counting to 20, or counting backwards from 14.
Grade 1 & 2	Subtraction	Play board games such as 'Snakes and Ladders' where students have to move forwards and backwards around a board to develop their understanding of addition and subtraction.
Grade 3 & 4	Multiplication & Division	Practice times tables. There are many card games and online games that can help students develop their recall of multiplication facts.
Grade 5 & 6	2D and 3D shape	Use 'Tangrams' to move and make different regular and irregular shapes.  <a href="https://www.abcya.com/games/tangrams">https://www.abcya.com/games/tangrams</a>

## Room 16's 'Array City'

Arrays are a way of representing multiplication as 'rows of'. Using arrays develops multiplicative thinking and is the next step after making 'groups of' when multiplying.  $3 \times 4$  can be represented as 3 rows of 4 or 3 fours. Arrays are used from Grade 1 through to Grade 6 to model multiplication and division.

The students in Room 16 created an "Array City" using rows of 2, 3 or 4 as their building windows.



# JSC News

A big thank you from JSC to everyone who donated in support of the wonderful McGrath Foundation. We raised over \$570.00 to go towards having more breast cancer nurses available to help people through such a hard time. So thank you! It was so lovely to see the pink sea flow through the school.



We have our annual Love in Action Christmas Hamper Drive. Please see flyer for details.

Keep your eyes peeled in the coming weeks for an exciting raffle to win a \$200 gift card to Funfields.



Thank you so so much!



# JSC News cont.

Over the next 6 weeks, JSC and the school captains have the opportunity to go and help people with disabilities to play golf. Each week on a Friday, we go to the Broadford Golf Club and volunteer our time to help others conquer the skills of golf. This week was our first visit and it was a blast. We really enjoyed our time and super pumped for the next one.

- Penelope and Sarah



# B.P.S Christmas Hamper Drive

HELPING LOCAL FAMILIES  
CELEBRATE CHRISTMAS

DONATIONS DUE BY:  
**FRIDAY 2ND DECEMBER**

STUDENTS WILL DONATE ITEMS TO A BOX  
PROVIDED IN THEIR CLASSROOMS

**PLEASE ONLY DONATE  
NEW/UNUSED ITEMS**

## THINGS TO INCLUDE:

- ANYTHING CHRISTMASSY - CAKE, PUDDING,
- SWEET TREATS - BISCUITS, LOLLIES, CHOCOLATES
- CHRISTMAS DECORATIONS
- BON BONS
- CHRISTMAS SERVIETTES, PLATES ETC.
- CHOCOLATE COATED NUTS
- CHRISTMAS SAUCES - CRANBERRY, APPLE ETC.
- LONG LIFE CUSTARD
- SOFT DRINKS, JUICES, CORDIAL
- TINNED FRUIT
- SMALL GIFTS FOR KIDS OR ADULTS

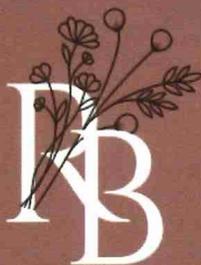
**FEEL FREE TO ADD ANYTHING ELSE THAT WOULD SUIT A HAMPER  
READY FOR CHRISTMAS CELEBRATIONS**

# Support Coordination for NDIS participants.

## How can RB Coordination and Consulting support you?

We will support you to:

- Make the most out of your NDIS Plan
- Understand your NDIS Plan & goals
- Understand what supports and services are funded by the NDIS
- Provide you with information about what supports and services are available
- Negotiate Services and pricing to develop your budget that last for the life of your plan
- Empower you to access and coordinate supports identified in your plan
- Link you in your community
- Develop your capacity to confidently manage your NDIS plan over time.



RB COORDINATION  
AND  
CONSULTING  
EST 2022

## RB Coordination and Consulting

[info@rbcc.com.au](mailto:info@rbcc.com.au)

0408 274 321

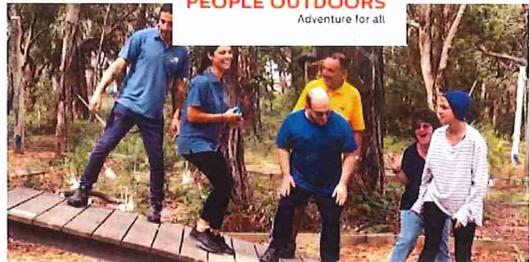
## What to expect from RB Coordination and Consulting?

- A commitment to listening to what you want and need
- A quality person-centered approach
- Communication that is honest, open, and dependable
- An understanding of how the NDIS works
- A commitment to helping make your plan work.

PEOPLE OUTDOORS

# CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All!



- Overnight Camps
- Weekend Camps
- School Holiday Camps

All meals, activities, transport and accommodation included. Central pick up point.

We are a Registered NDIS Service Provider. NDIS plan not required to attend.

Kids, teens and adults welcome.

Campers supported by professional staff.

30 years experience!

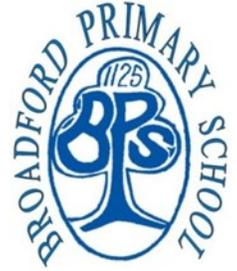
**Call today to find out more:**  
**Melbourne - 03 9863 6824**  
**Ballarat - 0455 514 879**

[www.peopleoutdoors.org.au](http://www.peopleoutdoors.org.au)





**Broadford Primary School**



## **Attendance**

### **Notify the school of your child's absence**

Protecting the safety and well-being of children through the reporting and monitoring of absenteeism is the responsibility of both parents/carers and schools.

Please remember to call the school on 57841221 or email at [broadford.ps@education.vic.gov.au](mailto:broadford.ps@education.vic.gov.au) or log your child's absence using our school's IT platform Compass.

Do this early in the morning if your child is going to be away or late for school so your child's absence can be recorded correctly. For further information on the processes and procedures our school uses to record, monitor and follow-up student attendance and absence please read our Attendance Policy.

### **Same-day notification of unexplained student absences**

Our school will text you as soon as practicable on the day if a student is not at school and you haven't notified the school as to why. If you are notified by the school that your child is away without a reason, please contact us as soon as possible by calling 57841221 or email at [broadford.ps@education.vic.gov.au](mailto:broadford.ps@education.vic.gov.au) or log your child's absence using our school's IT platform Compass to let us know where your child is. If we cannot reach you because we don't have your correct contact details (i.e: message notification fail, disconnected number), then we will make contact with any emergency contact/s nominated on your child's file held by the school, where possible, on the same day of the unexplained absence.

***Please remember it is your responsibility to contact us to provide an explanation for your child's absence from school, and where possible, please inform us in advance of upcoming absences.***

### **Attendance Requirements**

If your child is sick or absent, you are required to notify the school as soon as possible **on the day of absence**, by calling, emailing or online through Compass.

Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility.

*From the end of Term 2 2018, all Victorian government schools are required to contact parents/carers as soon as practicable on the same day of an unexplained student absence. If your child is absent on a particular day and you have not contacted the school to explain why, the absence will be marked as unexplained.*

**This system also promotes daily school attendance. Going to school every day is the single most important part of your child's education, they learn new things every day – missing school puts them behind.**

# Managing Your Mental Health Online

## Digital Mental Health Gateway

### Head to Health

**Head to Health**  
A website that links Australians to free or low-cost online and phone mental health services.  
[headtohealth.gov.au](http://headtohealth.gov.au)

## Phone and Online Counselling



**Lifeline** 13 11 14  
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, and moderated forums.



**1800RESPECT** 1800 737 732  
24/7 phone & online counselling for people seeking help 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.



**Butterfly Foundation** 1800 33 4673  
Telephone, online counselling, referral and online support groups for eating disorders.



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



**SANE Australia** 1800 18 7263  
Phone counselling and moderated forums providing peer-to-peer support.



**FriendLine** 1800 424 287  
A national support line "ready for a cuppa and a conversation" with trained volunteers.

## Young People



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



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



**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.

## Programs



**MindSpot**  
Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



**THIS WAY UP**  
Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted option available.



**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.



**Healthy Mind**  
An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



**ParentWorks**  
Online program for parents and caregivers providing evidence-based parenting strategies.



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

## Apps



**HeadGear**  
An app with activities and challenges to build wellbeing and reduce depression and anxiety.



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



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



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

## Aboriginal and Torres Strait Islanders



**WellMob**  
Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



**iBobbly**  
A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.

Scan to download a free PDF version from the eMHPrac Website

