



Heathcote Primary School

News

Telephone: (03) 5433 3090

heathcote.ps@education.vic.gov.au

Issue No. 17

11th June 2025

At Heathcote PS we value... Respect Learning Teamwork Responsibility

We acknowledge that we are on the traditional lands of the Taungurung people and we pay our respects to their Elders, past present and emerging.

2025 - What's Happening?

Weeks 8 & 9	Tues. 3rd June— Wed. 11th June	Somers Camp (Grade 5/6 students)
Week 10	Wednesday 18th June	School Council @ 5:30pm
Week 11	Friday 4th July	Junior School Council (JSC) PJ & Crazy Hair Day End of Term 2. Early Dismissal @ 2pm
Term 3		
Week 1	Friday 25th July	100 Days Brighter Celebration (details coming)
Week 2	Wednesday 30th July	Football Round Robin (Grade 5/6 students)
Week 3	Wednesday 6th August	Netball Round Robin (Grade 5/6 students)
Week 5	Tuesday 19th August	Real Schools Family Information Session @ 7pm

2025 - What's Due?

--	--	--



Heathcote Primary School

Respect ~ Learning ~ Teamwork ~ Responsibility

CIVICS AND CITIZENSHIP AWARDS

<u>TEAMWORK</u>	<u>RESPECT</u>	<u>RESPONSIBILITY</u>	<u>LEARNING</u>
Amelia H Max	Corey Amelia E Theo Noah Ba Jett J Xander	Lilah George H Lawrence George J	Lachlan S Johnathan Masie

BRONZE LEVEL

Nate Savannah Logan R Ava S	Aurora Zara Amelia H Hunter	Olivia Yahya Ellie Mark Ana Timoci Georgia Ava S Oliver	Yahya Ana Timoci
--------------------------------------	--------------------------------------	---	------------------------

SILVER LEVEL

Noah Ba Kaylee Cailen		Heidi Pippa Hunter	
-----------------------------	--	--------------------------	--

GOLD LEVEL

--	--	--	--

CIVICS AND CITIZENSHIP AWARDS

CJ - Respect Award for being polite and well-mannered to other people.

Theo - Respect Award for consistently using appropriate and respectful language.

Amelia E - Respect Award for being polite and well-mannered to other people.

Noah Ba - Respect Award for treating others with respect.

Lilah - Responsibility Award for showing responsibility when asked to complete a task.

Jett J - Respect Award for always using your manners.

Lawrence - Responsibility Award for looking after your equipment properly.

Lachlan S - Learning Award for consistently staying on task.

George J - Responsibility Award for representing our school in a responsible manner.

Amelia H - Teamwork Award for encouraging others.

Johnathan - Learning Award for being prepared to have a go.

Max - Teamwork Award for looking out for others.

Masie D - Learning Award for staying focused on learning.

Xander - Respect Award for treating others with respect.

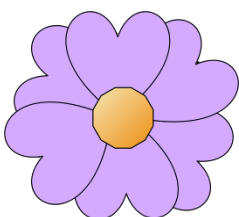
George H - Responsibility Award for looking after your equipment properly.

Awards are presented at our weekly whole school assembly on Friday.

****Assembly now starts at 2:15pm****

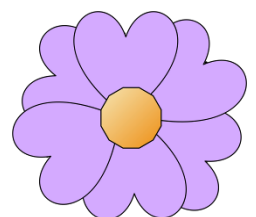
Kindness Ambassador Award

Students who consistently demonstrate acts of kindness, compassion and empathy towards others, promoting a positive and inclusive school environment.



Layla P - For consistently being kind and helpful towards others.

Kaylee - You always greet people with a smile and kind words, and lend a hand to those who need it.



Principal's Report

Last week, we farewelled a small group of students along with Miss Matthews for nine fun filled days of adventure at Somers Camp. This camp was not like other school camps as it included 160 students drawn from a large number of schools and ran for nine days. Like Heathcote PS, one of the camp's values is **learning**. It looked slightly different on camp as students embraced new challenges that contributed to personal growth through resilience, independence and reflection.



Our campers arrived back on Wednesday, tired but happy and full of stories to share about challenge swings, high ropes courses, abseiling, concerts and singing. It has been terrific hearing about how much fun our campers had and the new things they experienced. Thank you to Brianna for supporting our students on camp and to our students for representing HPS so well.

Education Support (ES) Personnel Day officially took place on 16th May. We postponed our celebration to this week so that more of our ES team could attend. ES Day is an opportunity to recognise and celebrate the vital contributions of ES staff in schools. We are truly lucky to have an ES team who are passionate about supporting students (and staff). Our school would not run without them and we are grateful for everything they do—from supporting students with their learning goals, emotional regulation and engagement to leading the kitchen program and spaides (speech support), administration and business management. Our ES team keeps the wheels turning and we would be lost without them. On behalf of students and staff, a very big THANK YOU for being you!



There was much excitement in the sand-pit when a record for the largest HPS sandcastle was set earlier this week. The **teamwork**, persistence, problem solving and determination was equally as impressive as the very large sandcastle. It was a joy to see how students worked together to overcome setbacks of sandcastle cave ins, persisting until they had a super sandcastle.

A reminder to please label all clothing as we have quite the collection at the office. If you're missing any clothing items, please drop in to the office to check the lost property tub.



Heathcote Primary School
Respect ~ Learning ~ Teamwork ~ Responsibility

From our Students...

Last week, a group of Grade 5/6 students completed their peer mediation training. We learnt how to help students solve their problems and let them tell us how they want help.

This week, our first peer mediators went on duty at break time. We are having lots of fun doing something new and helping kids with their problems. Some of the things we have helped students solve are friendship problems and finding friends. We have also been able to hand out values cards to people showing our values. We are looking forward to our next duties.

Written by Willow, Cailen and Noah



Earlier this year, we invited staff, students and families to complete a survey related to **School Wide Positive Behaviour Support** (SWPBS), specifically current behaviours and desired replacement behaviours.

We received 139 student responses, 65 responses from families and 77 staff responses. Our SWPBS Coach analysed all responses with a focus on the desired behaviour. As a result, the behaviour matrix below was created. This matrix will form a key part of our SWPBS work.

Learning			
	Always	Inside	Outside
Respect	We use an appropriate voice	We follow classroom expectations	We leave nature in nature
	We use manners and kind words	We walk	We share our spaces
	We follow instructions		
	We keep our hands and feet to ourselves		
Teamwork	We are inclusive	We participate	We choose teams fairly
	We pack up		We determine and play by the rules
	We share		
	We wait our turn		
Responsibility	We use equipment for its intended purpose	We use resources for their intended purpose	We return our equipment
	We arrive on time		
	We look after school property		
	We place rubbish in the bin		
	We use our 'calm down' strategies		



Spotted in the yard this week was a perfect example of teamwork:

- We wait our turn
- We share

Students waited patiently at the fire hydrant (also known as the 'bike stop') for their turn on the bike track. Students ride around the track twice before stopping at the hydrant to give the bike to the next person. If there's no one waiting, you can keep riding.

The impact of SWPBS in Victoria

A November 2023 external evaluation found a positive relationship between effective SWPBS implementation and better outcomes for schools and students. These included:

- students' sense of connectedness
- respect for diversity
- inclusion
- effective classroom behaviour
- students feeling supported by an adult at school
- reduced bullying
- management of bullying
- staff confidence in working together effectively
- suspension days

Source: <https://www.vic.gov.au/SWPBS>:

Junior School Council (JSC) News

JSC are very excited to announce a PJ and Crazy Hair Day. You are welcome to bring your favourite stuffed toy or plushy too.

When: Friday, 4th July, 2025 (last day of term)

Cost: Gold coin donation would be appreciated.

We are fundraising for the amazing work that the Heathcote SES do to support our community.

All donations by Friday 4th July for administration purposes please



PARENT
RESTORATIVE PRACTICE
SNAPSHOT



The Brain and Behaviour

QUICK TIPS

1. Try to stay calm and composed. Our emotional state can influence our children's emotions too.
2. Provide comfort to let your child know you are there to support them.
3. Listen actively and validate their emotions, even if you don't agree with them.
4. Set limits. While validating emotions, it is important to set appropriate boundaries to ensure safety and respect ie "It's okay to be angry, it's not okay to hit your brother when you are angry."
5. Wait until the emotion has passed, and you and your child are both engaging your neocortex to problem solve and find solutions to what triggered the limbic response.



REAL
SCHOOLS

The human brain is a complex organ that controls our thoughts, feelings and behaviour.

Two important parts of the brain to understand in relation to your child's behaviour are the neo cortex and the limbic system.

The neo cortex is the thinking and reasoning centre of the brain- it helps us to process information, solve problems and make decisions. It can be considered the logical part of the brain, and all of our language is stored here.

The limbic system on the other hand, is the feeling part of the brain. It's responsible for our emotions, such as happiness, fear and anger.

The thing is, that as humans, we aren't very good at using both regions of the brain at the same time—we tend to either be thinking or feeling.

Understanding these parts of the brain can help us to make sense of a child's behaviour. When our kids are having an emotional response to something and are displaying behaviours such as crying, yelling, throwing a tantrum or ignoring us, this means their limbic system is engaged. During these emotional outbursts, they will find it almost impossible to be reasonable and logical, and to access their language.

As parents, understanding that behaviours such as these come from a brain that is still developing logical thinking and emotional regulation can help us to respond in the moment, and to support our children after these outbursts.

Heathcote Primary School

Family Information Session (onsite and online)

Save the Date—Term 3, Tuesday 19th August @ 7pm

**Thank you to The Heathcote Lions Club for
their amazing donations for our
Kitchen Program**



Mental Health & Wellbeing

Information repeated
from previous newsletter

Mental Health in Primary Schools

Children's mental health is fundamental to their development and learning. Good mental health means having a positive sense of wellbeing, coping with challenges and being able to realise individual potential. Unfortunately, not all children experience good mental health. Schools are an ideal platform for promoting children's mental health, and the MHiPS (Mental Health in Primary Schools) program in Victoria aims to equip primary schools with the resources and expertise to address student mental health and wellbeing. One of the avenues for this is the Mental Health and Wellbeing Leader role, which commenced this year at Heathcote Primary School.

Mental Health and Wellbeing Leader role

A Mental Health and Wellbeing Leader (MHWL) in schools is a qualified teacher who focuses on implementing a whole-school approach to mental health and wellbeing. The role involves building staff capacity to identify and support students with mental health concerns, coordinating targeted support for students, and establishing clear pathways for referrals. Essentially, MHWLs are responsible for creating a positive and supportive environment where students can thrive both academically and emotionally. It is important to note that this is not a clinical role and not designed for direct intervention. At our school, Ms Sergi is in the MHWL role.

Resources to help support children's mental health and wellbeing.

The Children's Wellbeing Continuum is an evidence-based tool developed to support conversations around children's wellbeing. The tool provides a snapshot of a child's social and emotional wellbeing at a point in time.

The Continuum has four anchor points that range from "Good" through to "Coping", "Struggling" and "Overwhelmed". By enabling parents, teachers and service providers to more easily discuss and reflect on wellbeing, the Continuum can support health literacy, and early identification and action when children are struggling.

The Children's Wellbeing Continuum



The [Raising Healthy Minds app](#) by [raisingchildren.net.au](#) has published an animation video to help showcase what the Continuum is and how it can be used to support children's social and emotional wellbeing.

If you have any questions about this role, resources that are available to support children's mental health or would like to talk to someone about any concerns you have regarding your child's wellbeing, please contact Ms Sergi by phone or email, Concetta.sergi2@education.vic.gov.au

TERM TWO 2025

0-11 YEARS PARENT SUPPORT AND EDUCATION SESSIONS

The Loddon Children's Health & Wellbeing Local will be offering weekly education sessions related to mental health and wellbeing for parents of children 0-11. These are available in person. The session is run by a lived experience parent and mental health clinician.

Sessions are open to any family with children 0-11.

Why join in?

- Meet and mix with other parents.
- Talk to mental health staff about your child.
- Ask any practical questions you have about parenting at the moment.
- Gain support for yourself as a parent.

Where: Activity Room 2, Downstairs, Bendigo Library, Hargreaves St,
BENDIGO 3550 **Note the *dates are in an upstairs room at the library.**
Use the lift to find us.

Dates and topics: Thursdays

*Apr 24th	1pm face to face	Sleep issues
May 1st	1pm face to face	Stop the tech
*May 8th	1pm face to face	ADHD What is it and how can I help?
*May 15th	1pm face to face	Managing big feelings
May 22nd	1pm face to face	Parent wellbeing
May 29th	1pm face to face	Anger in kids
Jun 5 th	1pm face to face	Anxiety in kids
Jun 12th	1pm face to face	What is autism and how can I help? Presented by Daniel
*Jun 19th	1pm face to face	Setting limits and family rules
Jun 26th	1pm face to face	Building social skills

If you have any questions, please contact Annette Clemments on 1800 433 977.

Book in here: using the QR code or email icfhwlocals@bchs.com.au





Heathcote Primary School has a Private Group page on Facebook. We currently have 104 members. If you would like to become a member of the group, search for Heathcote Primary School and request to join. Each request is approved individually. For the safety of our students, there are three questions to ensure that only people directly connected to HPS become members. Requests are usually approved within 48 hours. However, if we are unsure of the connection to the school, there may be a delay whilst we do some research. We may also decline the original request and seek further information. Please don't be offended—our intention is to make sure we can identify each person as it is a Private Group. We ask that no images are shared / screenshot.

Information repeated
from previous newsletter



Heathcote Primary

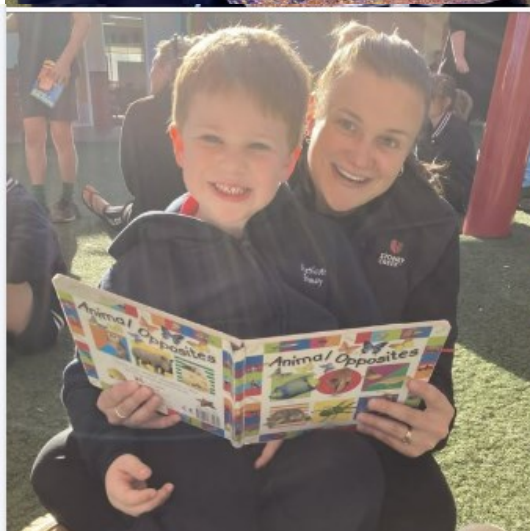
Admin



Rising contributor

12 May at 22:21 · 🌐

We started the week with a morning tea in honour of Mother's Day and all the mums, carers and special people in our students' lives. The weather was on our side and morning tea was followed by shared reading outside. Thank you to everyone who was able to join us today. We hope you enjoyed it!





*Students have the option of wearing casual clothes to school on their birthday
(or the closest school day to their birthday if their birthday falls on the weekend or in the school holidays)*

*Mariah's
Musicians*

facebook.com/mariahsmusicians



MUSIC LESSONS AVAILABLE WITH MARIAH MCCARTHY

Guitar, piano, ukulele and voice lessons
Private & shared available

Enquire now -
mariaismccarthy@gmail.com



Reminders

Information repeated
from previous newsletter

Annual privacy reminder for our school community

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#) and the [Schools' Privacy Collection Notice](#).

Our [Photographing, Filming and Recording Students Policy](#) describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn. A copy is available on the website and hard copies from the office.

We ask parents to also review the guidance we provide on how we use [Microsoft 365/Google Workspace for Education](#) safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns, please contact the school.

Insurance Reminders from Department of Education

The Department does not provide personal accident insurance or ambulance cover for students. Parents/carers of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance or transport as well as any other transport costs.

Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage. This can include mobile phones, toys, sporting equipment and cars parked on school premises. As the Department does not hold insurance for personal property brought to schools and has no capacity to pay for any loss or damage to such property, students and staff should be discouraged from bringing any unnecessary or particularly valuable items to school.

Photographing & Filming Students We Need Your Help Please

We have a number of students whose images cannot be shared publicly. As a school community, we have a combined responsibility to keep our students safe, including protecting their identity and image.

With this in mind, we need your help...

We are asking families to please wait until the end of assembly to take photos / film their child/ren (instead of during the assembly).

Plans are underway to create a special location with a fancy background that students can have their photo taken after assembly with their certificate. This means that families will be guaranteed an opportunity to take a photo with only their child in the photo.

We know that no images of other children are taken deliberately and it can be hard to avoid having other students in the photo of your own child. By providing a separate location, the risk of having other students in the photo is reduced.

Thank you for your support of this request at recent whole school events. We were very grateful for your co-operation supporting this change.

Thank you!

Reminders

Information repeated
from previous newsletter



We have made the switch
to Compass!



Apple Store



Google Play Store

Download the Compass app today and
contact the school for your personal log in
details.



Heathcote Primary School

Respect ~ Learning ~ Teamwork ~ Responsibility

School Bank Details

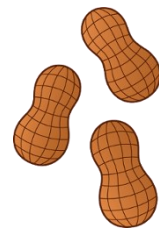
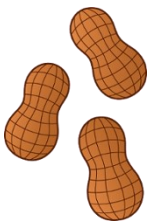
Account Name: Heathcote Primary School Official Account

BSB: 083 001

ACCOUNT: 71 938 5618



*Information repeated
from previous newsletter*



Peter from St Vincent de Paul would like to remind our community that Vinnies can provide food vouchers and help with school costs for uniforms and excursions.

Heathcote Vinnies

155 High Street, Heathcote

Open Wednesday and Friday

10am to 12:30pm

School Sports and Excursion Fund (CSEF)

If you hold a current Healthcare card or a Centrelink pensioner card you may be eligible to apply for CSEF. CSEF provides financial assistance for families to use for camps, excursions and school sports.

If you think you may be eligible, please contact the school office.

DRINK BOTTLE



**Remember,
only WATER
in your drink
bottle at school.**



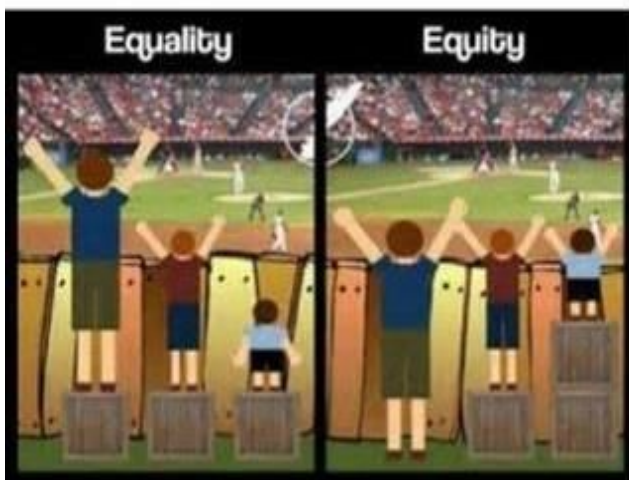
SCHOLASTIC
Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.
To order and pay for Scholastic Book Club by credit card visit:
www.scholastic.com.au/LOOP

GET IT ON
Google play

Download on the
App Store

Information repeated
from previous newsletter



PROTECT

Everyone has the right to be safe
and be protected from abuse.

No one should behave in a way that
makes you feel unsafe or afraid,
including anyone in your family,
anyone at school or anywhere else
in the community.

Tell a teacher or any adult at your
school if you feel unsafe.



Please check your child's hair for any unwelcome visitors. If hair is
shoulder length, please be sure to tie it up as a preventative strategy.



FOUR STEPS TO LICE-FREE LIFE:

1: INSPECT If you suspect head lice, check	2: TREAT Use lice treatment product as directed	3: REMOVE lice/nits by combing the hair with the comb provided	4: CLEAN rooms and personal items