



Heathcote Primary School

News

Telephone: (03) 5433 3090

heathcote.ps@education.vic.gov.au

Issue No. 26

3rd September 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?



Hats are back!

Week 7: Students encouraged to wear hats
Week 8: Students must wear hats when outside

Week 7
Monday 1st September

Friday 5th September

Father's Day Breakfast @ 8:15am—8:45am

Week 9

Monday 15th September

Division Athletics (Grade 4-6 students)

Wednesday 17th September

Boys to the Bush Community Engagement Day
(Grade 6s, details coming soon)

Friday 19th September

Sports Colours and Hot Pie Day (a JSC led initiative)
Last Day of Term 3. Early Dismissal at 2pm.

Term 4

Week 1

Monday 6th October

Term 4 Starts

Week 2

Friday 17th October

Foundation 2026 Transition Session #1
(flyer included in newsletter with additional dates and details)

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>
Logan R	Hailee Timoci	Ernie Lawrence Jaydy Indie Freddie Jett T	Liam B Corey Neleyah Fox

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

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

Logan R - Teamwork Award for listening to other peoples thought and opinions.

Jaydy - Responsibility Award for being a trustworthy person.

Freddie - Responsibility Award for demonstrating responsible behaviours.

Liam B - Learning Award for always trying your best.

Indie - Responsibility Award for demonstrating responsible behaviours.

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

Jett T -Responsibility Award for demonstrating responsible behaviours

Corey - Learning Award for always trying your best.

Hailee - Respect Award for recognising the strength of others.

Fox - Learning Award for being punctual to school and class.

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

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

****Assembly starts at 2:30pm****

AWARDS

TEAMWORK

RESPECT

RESPONSIBILITY

LEARNING

BRONZE LEVEL

Ben D

Fatat

Cooper

Lachlan S

Zara

Chase H

Aurora

Jack H

Logan R

Creed

Ava S

SILVER LEVEL

Harry

William D

Lilah

George J

Yahya

Jessica

Hailee

Tauri

Amelia B

Jaylah

Ben J

Masie

Willow

Teddy

Savannah

Jackson A

Angelo

Noah Ba

Willow

GOLD LEVEL

Theo

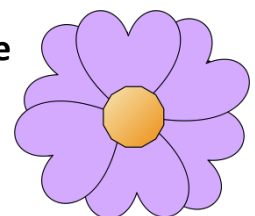
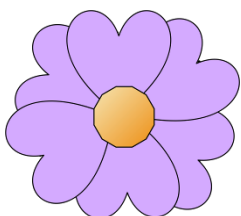
Lincoln

Kindness Ambassador Award

Students who consistently demonstrate acts of kindness, compassion and empathy

towards others, promoting a positive and inclusive

school environment



Harry - You support others when they are having a hard time and celebrate them when they succeed, demonstrating your kindness and compassion.

Lillian - For consistently showing kindness and inclusiveness whilst completing day to day activities.

READING AWARDS

200 Nights

Jess



150 Nights

Logan J



*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)*



Zara

Jett J

Aurora



Junior School Council News

JSC is holding a Favourite Sports Colours day. Whip out your favourite sports colours and wear them to school. Whether they are footy, netball, basketball or rugby colours, your choice!

When: **Friday 19th September 2025.**

We will be having a **hot pie day** too.

All donations will go to our wonderful Heathcote Community House.

Thank you for all your support,

JSC

Principal's Report

This week, learning has included everything from revising shapes to telling the time to researching passion project topics and summarising information. Outside of classrooms, students have participated in their third soccer clinic and made the most of Breakfast Club. It's been another full week.

The end of the year seems both far away and just around the corner at the same time. As part of preparing for the coming year, our transition program begins in earnest during Term 3. A group of Grade 5 students visited Shine Bright Kindergarten to meet some of our future Foundation students. A highlight of the visit was seeing the kindness and confidence demonstrated by our students who introduced themselves and then set about getting to know their future buddies. It

was a joy to see our students use their initiative, including leading a scavenger hunt and playing games with our soon-to-be Foundation students. It's safe to say much fun was had by all. I had to smile when our Grade 5s reflected, "They are balls of infinite energy!" and "I'd forgotten how energetic little people are!" Everyone is looking forward to the next visit in Term 4.



Breakfast Club
Tuesdays & Fridays
@ 8:40am



I will be on long service leave for the last two weeks of this term, starting on Friday 5th September from midday. Whilst I am away, Jess will be Acting Principal. I'd like to take this opportunity to wish everyone a very happy holiday break when it arrives. Although Term 3 has been the shortest term of the year, we seem to have packed just as much into it as we do the longer terms. Thank you for the ongoing partnership between home and school—our students benefit greatly when we work together and we appreciate your support. See you in Term 4!

Wellbeing

New Support Services Hub for Families

At Heathcote Primary School, we care deeply about the wellbeing of every child in our community. We know that sometimes families may have concerns about their child's mental health or just need some extra support. We are pleased to let families know that we now have a Support Services Hub page available on our school website. It's a great place to start if you're looking for advice, guidance, or someone to talk to.

You can access the Support Services Hub here:

👉 [Support Services Hub – Heathcote Primary School](#)

We encourage you to visit the hub and keep it handy for when you might need it. Together, we can help all our students feel happy, healthy, and confident at school and beyond.

If you have any questions 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



Heathcote Primary School
Respect – Learning – Teamwork – Responsibility

Support Services Hub

Parent Support Hub

Raising Children Network

The Raising Children Network provides ad-free parenting videos, articles and apps based on the latest research. <https://raisingchildren.net.au/>

Emerging Minds Families

Emerging Minds works with families and professionals and draws on the latest research to help families and professionals understand and support children's mental health as they navigate the ups and downs of daily life.

<https://emergingminds.com.au/families/>

What is Children's Mental Health? Video

<https://emergingminds.com.au/families/understanding-and-supporting-childrens-mental-health/>

Beyond Blue – Parenting and Mental Health

Provisional Psychologist

Our school is participating in a partnership with Federation University through their Fed-Care Psychology Services. This means we have a provisional psychologist placed at our school who can work one-on-one with students to provide short-term support, under the supervision of an experienced clinical psychologist. In Term 3, we welcomed Izzy to the HPS team.

A message from Izzy:

Hi Heathcote PS!

I'm Izzy, I'll be working at Heathcote PS as a provisional psychologist every Tuesday. I'm a mature-age student who returned to study after a career in advertising and becoming a mum to two beautiful boys. Working in education is a passion of mine, and I am currently working at another primary school in an Education Support (ES) role alongside my provisional psychologist position. I have worked across all year levels within the school, but most recently in a 5/6 classroom.

I'm genuinely excited to become part of your school community over the coming months.

School Wide Positive Behaviour Support

Our expected behaviours matrix has been finalised and published. Copies are displayed in all learning areas and the main office. As part of our SWPBS work, students are explicitly taught what the expected behaviour looks like at school. Our values cards can be earned by students when they demonstrate expected behaviours.



Values in action spotted this week include...



We return our sports equipment



We determine and play by the rules



and we wait our turn



HEATHCOTE PRIMARY SCHOOL RESPECT • LEARNING • TEAMWORK • RESPONSIBILITY

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 pack up

We choose teams fairly

We share

We determine and play by the rules

We wait our turn

RESPONSIBILITY

We use equipment for its intended purpose

We use materials for their intended purpose

We return our sports equipment

We arrive on time

We participate

We look after school property

We place rubbish in the correct bin

We use our 'calm down' strategies

Will you be at HPS in 2026?

It might only be Term 3 but planning for Term 4 2026 has already started.

Term 3 is when schools must submit their projected enrolment numbers for the following year to the Department of Education. It is also the term when we receive our indicative budget for the year ahead. We use these pieces of information to inform our planning, including how many classes we will run and how many staff we can employ for the following year.

If you, or someone you know, is planning to enrol at Heathcote PS in 2026 and have not yet completed an enrolment form, please do so as soon as possible. Forms are available from the office.

If your child*/ren will not be returning to Heathcote PS in 2026 please inform the school as soon as possible (*excluding Grade 6 students).

A difference of as little as five children across the school has a huge impact on what is possible and the more informed we are, the better decisions we can make.

PS: We understand plans can change at the last minute and there is always flexibility in our planning.



Heathcote Primary School Foundation 2026 Transition Program

Inviting all 2026 Foundation students to join us for a series of transition visits as part of preparing for future school life.

Friday 17th October, 9:15am – 10:30am

Thursday 30th October, 9:15am – 11am

Friday 14th November, 9:15am – 11am

Tuesday 25th November, 9:15am – 11am

Tuesday 9th December, 9:15am – 12pm*

Please bring a fruit snack, drink bottle (with water) and broad brimmed hat.

*Lunch required for the longer day



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Restorative Practices: What is in it for my child?

QUICK SUMMARY

1. Restorative practices are an alternate approach to discipline and fostering relationships.
2. They encourage empathy, accountability and constructive problem-solving.

**REAL
SCHOOLS**

Restorative practices are an approach to discipline and community building that focuses on repairing harm, restoring relationships, and fostering a positive school environment.

This method shifts away from punitive measures and instead encourages accountability, empathy, and constructive problem-solving. Here are several ways restorative practices can benefit your child.

Benefit	Description	How to Support at Home
Promotes Emotional Intelligence	Helps children express and understand emotions, and develop empathy.	Model empathy and active listening; encourage sharing of feelings.
Encourages Responsibility and Accountability	Children take responsibility for their actions and understand their impact.	Help children reflect on their actions and discuss ways to make amends.
Improves Conflict Resolution Skills	Provides tools for constructive conflict resolution through active listening and effective communication.	Teach and practice conflict resolution strategies; guide them in finding mutually agreeable solutions.
Strengthens Relationships	Builds a sense of belonging and trust through community-building activities.	Foster positive interactions and relationships at home; engage in family activities that build trust and support.
Creates a Positive Learning Environment	Contributes to a supportive and inclusive school climate, reducing bullying and improving behaviour.	Promote respect and inclusivity; create a safe space for open communication.
Reduces Recurrence of Negative Behaviour	Addresses the root causes of negative behaviour, leading to lasting behavioural changes.	Discuss underlying reasons for behaviour; work on long-term solutions rather than immediate punishment.
Builds Resilience	Teaches children to handle setbacks, learn from mistakes, and develop coping strategies.	Encourage reflective thinking; support your child in learning from mistakes and overcoming challenges.



Two Options, One Choice

QUICK SUMMARY

1. Resorting to straight punishment leads to resentment.
2. Offering a child a choice of two options helps teach them to take responsibility, and reduces resentment towards you.



When dealing with behavioural issues, parents often resort to dishing out consequences or punishments. This usually leads to a disgruntled child who sulks their way to time out or glares with resentment as their phone is confiscated. **There is a better way!**

Offering children options can be a powerful method to help them take responsibility for their actions while learning to make better choices. This approach aligns with restorative practices by fostering accountability and encouraging problem-solving. Here's how to effectively use two options and one choice as a consequence.

Why It Works

- **Empowers Decision-Making:** Children feel more in control and are more likely to comply when they have a say in the outcome.
- **Encourages Responsibility:** By making a choice, children learn to take responsibility for their actions and the consequences.
- **Promotes Fairness:** This method is perceived as fairer, reducing resistance and conflict.
- **Teaches Problem-Solving:** Children develop critical thinking and decision-making skills by evaluating their options.

How to Implement It

1. **Identify the Issue:** Clearly state the behaviour that needs to change.
2. **Offer Two Options:** Present two reasonable and related consequences.
3. **Let the Child Choose:** Allow the child to choose which consequence they prefer.

The beauty of this process is that it encourages children to choose the "preferred" action out of two possible consequences. If they choose the less preferred action, they only have themselves to blame. This shifts the focus inward, reducing resentment towards you and promoting self-reflection.

Example Scenarios

Scenario 1: Disrespectful Behaviour



1. **Identify the Issue:** "Speaking rudely to others is not acceptable."
2. **Offer Two Options:** "You can either apologise and help set the table for dinner, or you can write a letter of apology and go without screen time tonight."
3. **Let the Child Choose:** "Which do you prefer?"

Scenario 2: Not Following Bedtime Rules



1. **Identify the Issue:** "You stayed up past your bedtime last night."
2. **Offer Two Options:** "Tonight, you can either go to bed 30 minutes earlier or lose 30 minutes of screen time tomorrow."
3. **Let the Child Choose:** "Which do you prefer?"

Tips for Success

- **Stay Calm and Consistent:** Present options in a calm, neutral tone and follow through consistently.
- **Be Reasonable:** Ensure the options are fair and appropriate to the behaviour.
- **Focus on Learning:** Emphasize the learning opportunity rather than punishment.
- **Use Positive Language:** Frame the options positively to encourage better decision-making.
- **Be Flexible:** Be open to discussing the options if the child feels strongly about them and offering alternatives that still address the behaviour.

Community Events



HEATHCOTE PANTHERS SUMMER SEASON

Term 4 2025 -Term 1 2026

We are now seeking expressions of interest for our Junior Basketball Summer Season

Under 10 Boys born 2017-2018
Under 12 Boys born 2015-2016
Under 14 Boys born 2013-2014

TRAINING SCHEDULE:

Under 10 Monday 4pm - 5pm
Under 12 Monday 4pm - 5pm
Under 14 Monday 5pm - 6pm
++ Training times may vary depending on participant numbers ++

- All welcome. Training is free of charge.
- Competition games are played at Red Energy Arena, Bendigo.
- Please contact Alan 0418 589 020 or Kristyn 0418 852 339
- Expressions close Sept 20th 2025

www.facebook.com/HeathcotePanthersBasketball

LOCATION: Barrack Reserve Stadium, Heathcote.

Heathcote Contemporary Art

at Heathcote Community House

After School Art Program

Wednesdays 5.30-6.30pm
23 July-10 September

All materials included

Term bookings essential

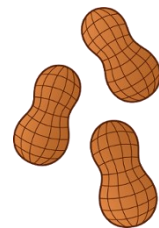
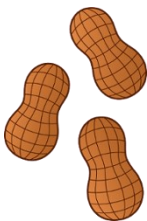
03 5433 2820 or
0409 100 071

School Bank Details

Account Name: Heathcote Primary School Official Account

BSB: 083 001

ACCOUNT: 71 938 5618



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



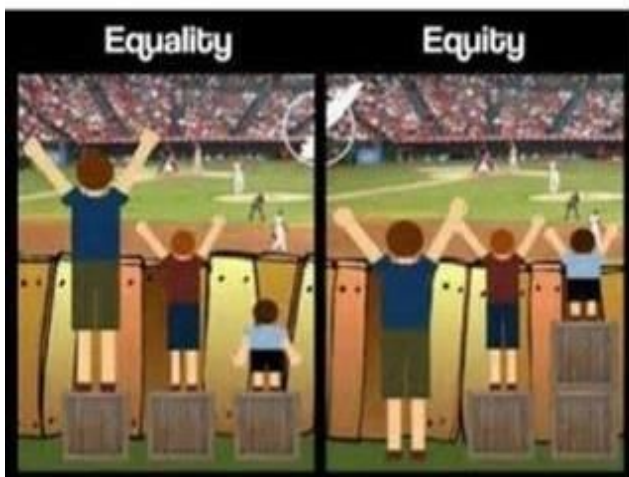
**Remember,
only WATER
in your drink
bottle at school.**



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



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:

