

Heathcote Primary School News



Heathcote Primary School
Respect ~ Learning ~ Teamwork ~ Responsibility

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Issue No. 30

17th October 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?

Week 3	Thursday 23rd October	Musical performance @ 2:25pm (performed by Mariah's musicians and Heathcote in Harmony choir)
	Friday 24th October	Grade 3—6 Excursion to Melbourne (notes have gone home)
Week 4	Monday 27th October	Grandparents/Special Person's Morning Tea (9:15am—9:45am)
	Monday 27th October to Friday 31st October	Swimming—Group 1 (Grade 3, 4,5 & 6 students)
	Thursday 30th October	Foundation 2026 Transition Session #2 (9:15am—11am)
Week 5	Tuesday 4th November	Melbourne Cup / Heathcote Show Public Holiday
	Friday 7th November	Bendigo SC Transition Session (students attending BSE in 2026)
Week 9 & Week 11	Tuesday 2nd December, Monday 15th December to Thursday 18th December	Swimming—Group 2 (Foundation, Grade 1 & 2 students)
Week 10	Thursday 11th December	Grade 6 Graduation
Week 11	Friday 19th December	End of Term 4. Early Dismissal @ 1:30pm

2025 - What's Due?

OVERDUE (Due 10th October 2025)	Swimming permission notes (Gr 3—6 students)
	Grade 3—6 excursion permission form

CIVICS AND CITIZENSHIP AWARDS

<u>TEAMWORK</u>	<u>RESPECT</u>	<u>RESPONSIBILITY</u>	<u>LEARNING</u>
Ryker Pippa Jack R Matteo Alexander Johnathan	Lachlan S	Jack H Malachi	William P

Lachlan S - Respect Award for acknowledging own effort.

Jack R - Teamwork Award for working positively with others.

William P - Learning Award for staying focused on learning.

Ryker - Teamwork Award for working positively with others.

Alexander—Teamwork Award for working positively with others.

Pippa - Teamwork Award for looking out for others.

Johnathan - Teamwork Award for co-operating with and including others.

Matteo - Teamwork Award for working positively with others.

Jack H - Responsibility Award for being responsible when working with others.

Malachi - Responsibility Award for being a great role model for other students.

Awards are presented at our weekly whole school assembly.

These awards were presented on Friday 10th October.

****Assembly is held on Friday and starts at 2:30pm****

AWARDS

TEAMWORK

RESPECT

RESPONSIBILITY

LEARNING

BRONZE LEVEL

Leo
Jack R

Anthony
Leo
Salwa

SILVER LEVEL

Cierra
Jack H
Jessica
April
Chase H
Em-Rose
Jackson A
Savannah

Freddie
Alexandra
Griffin
Jet T

Caspar
Ruby
Teddy
Noah Ba
Nate
Ryker
Charlie
Bryce

GOLD LEVEL

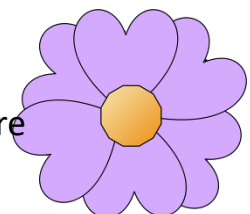
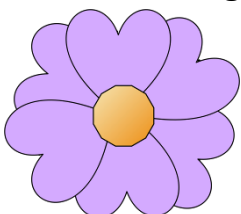
Heidi
Zoe

Kindness Ambassador Award

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

Bridget - For being kind, helpful and supportive to fellow classmates,
and the broader community.

Lincoln - For showing kindness to others when they are
feeling sad.



READING AWARDS

25 Nights

Salwa

50 Nights

Occy

Lillian

75 Nights

George H

Heidi

100 Nights

Lucas

Lina

125 Nights

George J

Jack r

Ernie

Lawrence

150 Nights

Luna

Miles

175 Nights

Pippa

Zoe

250 Nights

Jaimee



*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)*



Lucas
Ben D
Evie



Principal's Report

The beautiful spring weather has provided the perfect opportunity to take **learning** outside this past week. 1/2JS looked very happy to be completing their reading lesson outside. There was a combination of explicit teaching as part of a small teacher group, independent reading and partner work.



We received an invite to attend the Heathcote Community lunch. It was attended by a variety of community organisations, each providing an update on their recent work. Our school leaders spoke on behalf of Heathcote PS and did an exemplary job. I was impressed with the way they worked collaboratively to write and deliver their speech and equally as impressed with the **respectful** way they listened to other speakers and engaged with community members throughout. They were amazing.



Operation Chick'n Lickin was a roaring success. Congratulations to Cailen and Noah (Grade 6 leaders) who led the initiative, ably supported by their fellow leaders. This was a student led project and an excellent example of **teamwork**, persistence and leadership. Thank you to everyone for supporting the day. There was much excitement when lunch arrived and it disappeared very quickly!

Term 4 sees our transition program step up a notch. Friday saw us welcome our future Foundation students onsite for the first time with four more visits planned before the end of term. Our Grade 6s have also started their transition to secondary school and students are providing feedback on the transition program to help ensure the very best transition possible as students prepare for their 2026 year level. We will also be seeking further feedback from families.


There are a number of extra-curricular events on the horizon, including excursions and a Grandparents/Special Person's morning tea (see page 7 for details). We look forward to seeing you there!

Student Voice and Leadership

This week we had our Chick'n Lickin hot lunch day. Thank you everyone for ordering. It's a project we have been working on all year. We were very excited that it finally came to life and we hope that you liked the food. We are going to make a survey to help us work out if we are going to have another hot lunch day.

Cailen and Noah





Happy Grandparents and Special Person's Day

Heathcote Primary School is hosting a morning tea
for our special caregivers.

Grandparents and/or special friends are invited to
come along for morning tea with your student.

We will be on the turf area ready to read some stories,
let you tour our classrooms and enjoy our morning tea
together.

When: Monday the 27th of October from 9:15am-
9:45am.

Where: The Turf area and grade classrooms.



Maths Club is being launched in Term 4. It is an opportunity for students to spend extra time working on their maths goal/s. To attend, students must be registered using the link in the flyer below.

Maths Club

An opportunity to work mathematically with your mates!

Wednesdays @ 8:15am to 8:45am
Heathcote PS Kitchen
Grade 3 - 6 Students

Grade 3 - 6 students are invited to spend time working on their maths goals with support from Heathcote PS staff.

Maths $+$ Mates $+$ Milo $=$ See you there!

Register [HERE](#)

WHAT DID THE ZERO SAY TO THE 8?
NOTHING!

No. Sheep in Farmer Bob's Top Field

Baa Graph

Why is the number six so scared?
Because seven eight nine!

What do you get when you cross a maths teacher with a clock?
Answer: Mathema-ticks!

Maths jokes and puns included as a bonus!



From 10 December 2025, age-restricted social media platforms will have to take reasonable steps to prevent Australians under the age of 16 from creating or keeping an account.

The restrictions aim to protect young Australians from pressures and risks that users can be exposed to while logged in to social media accounts. These come from design features that encourage them to spend more time on screens, while also serving up content that can harm their health and wellbeing. See <https://www.esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions> for more information.

The FAQ section of the eSafety website addresses many of the questions families will have about this age restriction, see <https://www.esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions/faqs>. Many services are excluded from the age restrictions, including those that have the sole or primary purpose of messaging, email, voice calling or video calling and those that have the sole or primary purpose of enabling users to play online games with other users. There are several other categories of services that are excluded, see the FAQ for more information.

There are no penalties for under-16s who access an age-restricted social media platform, or for their parents or carers. The intent of the legislation is to protect young people, not to punish or isolate them. The goal is to help parents and carers support the health and wellbeing of under-16s.

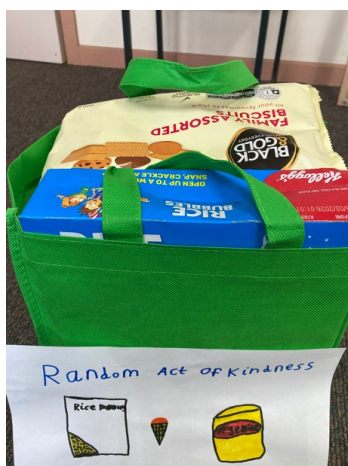
eSafety understands the change in the law may make some under-16s feel upset, worried or angry. Some may become more secretive about their social media use and less likely to ask for help from a trusted adult if things start to go wrong.

Here are some tips for parents and carers to use when starting these conversations:

- Lead with empathy and understanding.
- Ask your child how they currently use social media.
- Talk about the new law and what it means.
- Explain that the restrictions are protections, not punishments.
- Talk about the sorts of harms the law aims to help them avoid – such as over-use and exposure to harmful content that can impact their sleep, stress levels, attention and wellbeing.
- Validate their feelings and offer reassurance.
- Explore safe alternatives together for staying connected with friends, expressing themselves, and finding entertaining or educational activities that are age-appropriate.
- Reassure them they can always come to you or a trusted adult to talk about their concerns.

Helpful advice about discussing the social media age restrictions is also provided by headspace (Australia's National Youth Mental Health Foundation) at [Information for family about the social media ban](#) External link.

If you have questions or would like help finding more information please see Ms Sergi.



We have some goody bags filled with groceries that are looking for their forever homes.

Please drop into the office to collect a bag if you would like one.

School Wide Positive Behaviour Support

Our expected behaviours matrix is displayed in all learning areas and the main office. Our values cards are earned by students when they demonstrate expected behaviours. Student leaders collect and count the values cards each week at their leadership meeting and have suggested a weekly lucky dip; all values cards earned in the week are placed in a tub and two winners randomly drawn out at assembly, earning themselves a 'values voucher'.



Congratulations to Kynan and Layla S who were Week 2's lucky dip winners.



We determine and play by the rules



We are inclusive



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

Real Schools

We are a [Real Schools](#) partner school, in the first year of our three year partnership. We also have a page on our school website [HERE](#) with information.



PARENT ARTICLE



Stored Responses

QUICK SUMMARY

1. Our neocortex is the rational part of our brain
2. The limbic system is the 'fight or flight' instinctive part
3. Having stored responses ready helps us to remain calm and focussed when the limbic system might otherwise take over

Ever had a moment with your children where you look at them and wonder why asking them to clean the room has triggered an emotional response that you never saw coming? Ever wondered why they have gotten so upset that the friend from yesterday doesn't want to be their friend today? Ever gotten that call from the school and suddenly you are in combat mode because there is 'no way' your child would do that?

In every single one of these moments, it is best for your rational brain (the neocortex) to respond, rather than the emotional reaction that happens when your feelings brain (the limbic system) kicks in. When we are confronted with new or unexpected situations, our brains start searching for a response and it is much easier to work with people when they are using the neocortex.

Stored responses are those things that we upload to our neocortex so that we don't get emotional and say or do things that might make the situation worse or that we might regret after the moment is over. You could say that we are conditioning ourselves to know how to react in a specific moment – we are uploading the right response for when moments are tough, giving ourselves the best chance to tilt the earth just a little to stay calm and be focused.

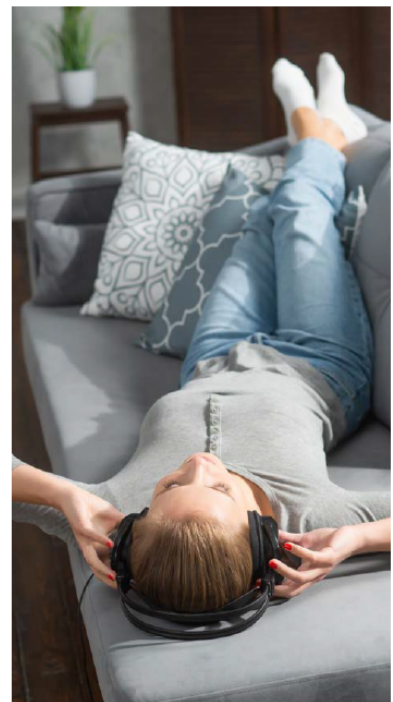
What does it look like?

Your child's bedroom is a rubbish tip – the emotional response might be to start yelling about the smell; threatening to throw your child out if they don't clean up; piling all of their prized possessions into garbage bags and loading the boot of the car! Saturday morning is for household chores and they won't do it!

Stored responses are those things that we upload to our neocortex so that we don't get emotional and say or do things that might make the situation worse or that we might regret after the moment is over.

Then, to top it off, they say to you 'Seriously, take a chill pill, it's my room!' Kaboom – your limbic system in full flight and you are about to have a heart attack. And it's likely the rest of the day has you out of sorts!

Some stored responses could be... Friday night place a washing basket at the door of the bedroom, loaded up with garbage bags, cleaning products and a checklist; when asked what this is all about have preloaded statements explaining what needs to be done on Saturday morning by 11am and how delighted you will be that everyone can then enjoy their weekend!



Will you be at HPS in 2026?

Enrolments & Departures

If you, or someone you know, is planning to enrol a child 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 and [school website](#).

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).

Enrolment projections inform our planning, including how many classes we will run and how many staff we can employ for the following year. 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.

Classroom Placement Requests

Class lists for 2026 will soon start to be drafted. The process is complex with one underlying key focus—what will work best for our students. When creating classes, multiple factors are taken into consideration, including friendships, academic abilities, behaviour and additional needs along with trying to create classes balanced by gender and size. It's not an easy or quick process and there are many drafts before landing on the final class lists. If you have a request you would like considered, please email carolyn.crowther@education.vic.gov.au by Friday 31st October 2025.

Submitting a request does not guarantee that it will be able to be met. Please note, that with the exception of Foundation, we do not know which teachers will be teaching in which year level yet and requests for teachers will be unable to be considered.

You can read about our classroom placement policy [HERE](#)

Key Transition Dates

Foundation 2026 Transition Program: Five sessions, starting Friday 17th October

November: Multiple opportunities for students to spend time with their 2026 cohort

Monday 8th December: Students find out their 2026 class and teacher/s

Tuesday 9th December: All students spend time in their 2026 class with their classmates and teacher/s. Grade 6 students (Year 7 in 2026) attend a statewide transition at government secondary schools.



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



Heathcote Primary School
Respect – Learning – Teamwork – Responsibility

Phone: (03) 5433 3090

Email: heathcote.ps@education.vic.gov.au



FUN IS IN FULL SWING!

Join Woolworths Cricket Blast

A safe way to have fun and stay active for kids of all abilities.

HEATHCOTE CRICKET CLUB BLAST SESSIONS

Session 1 – 9/11/2025 Session 2 – 16/9/2025


Session 3 – 23/11/2025 Session 4 – 30/11/2025

Session 5 – 7/12/2025 Session 6 – 8/2/2026

Session 7 – 15/2/2026 Session 8 15/2/2026



SIGN UP TODAY!

 **Play Cricket**

PROUDLY
PRESENTED BY

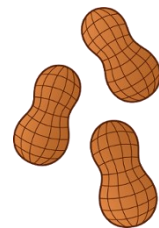
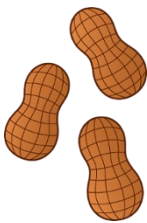


School Bank Details

Account Name: Heathcote Primary School Official Account

BSB: 083 001

ACCOUNT: 71 938 5618



School and Department policies
are available on the
[school website.](#)

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



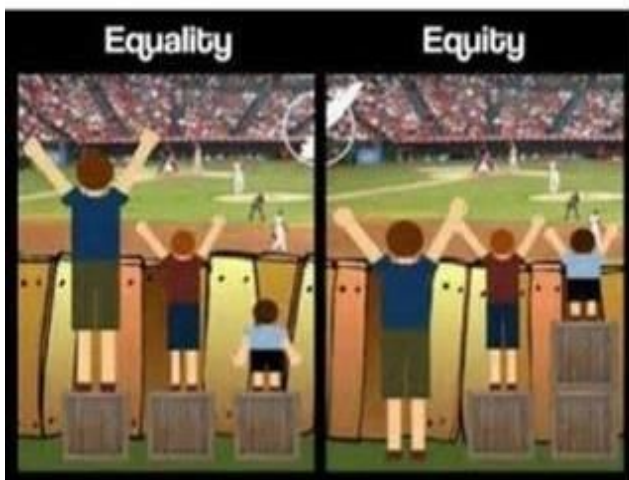
**Remember,
only WATER
in your drink
bottle at school.**



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:

