

Education Week 2025

Education Week is an annual celebration of public education in Victoria. In 2025, we celebrate Education Week from Monday 19 May to Friday 23 May.

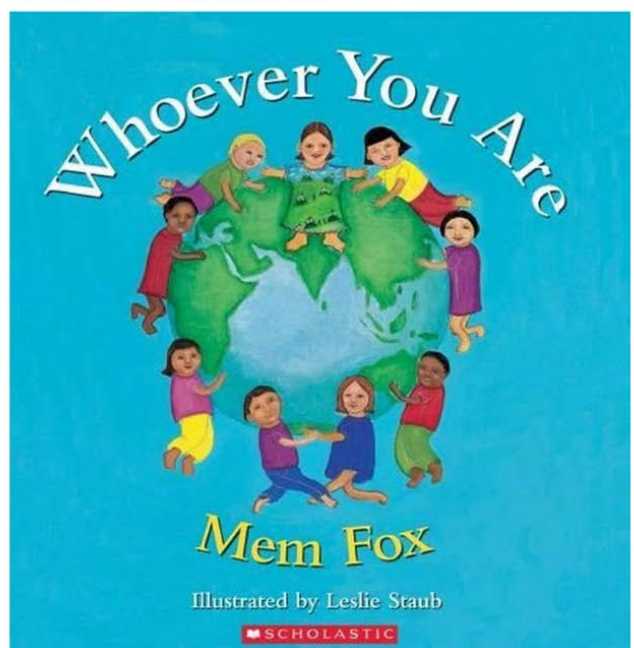
All children deserve a place to learn and thrive in. This year's theme Celebration of Cultures highlights the diversity of our communities and the importance of every child feeling safe and welcome at school.

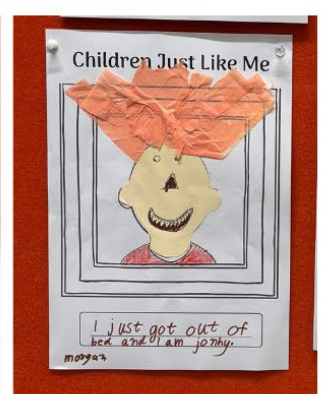
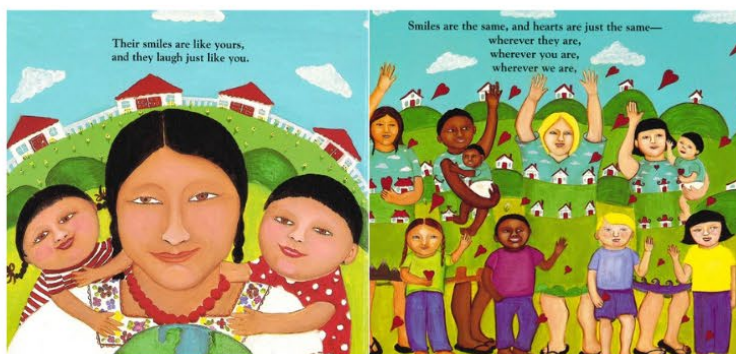
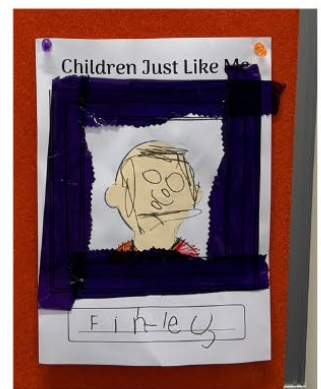
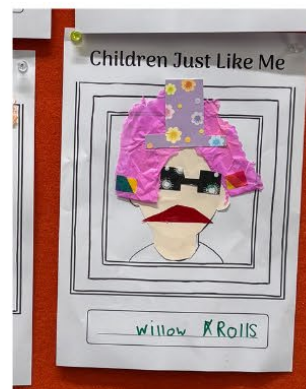
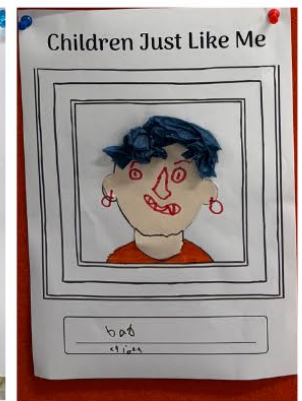
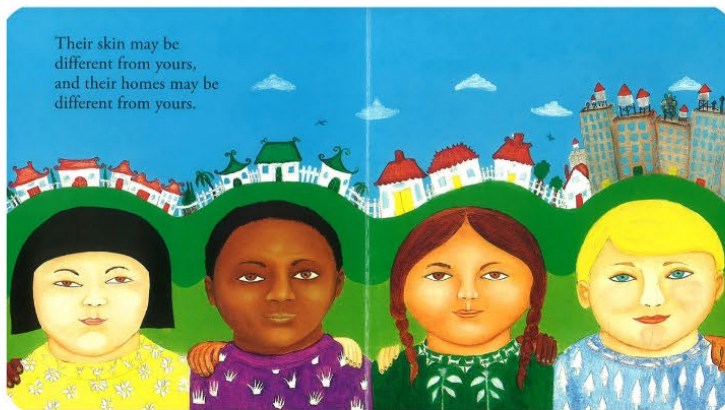
Throughout Education Week, students, parents/carers, teachers, and school communities are encouraged to celebrate and share ideas to promote the wide range of cultures and cultural connections in Victorian schools.

In the library, students, families and staff are invited to put a sticker on the world map to recognise where their families/ancestors come from! Mr Webster joined in with some P-2s 😊

At our P-6 open Night on Thursday, primary students read, 'Whoever You Are' by Mem Fox and made happy school children!

"Every day all over Australia, children are laughing and crying, playing and learning, eating and sleeping. They may not look the same. They may not speak the same language. And their lives may be quite different. But inside, they are just like you."





STUDENT VOICE PRESENTS

Be Yourself Day!



DRESS UP AS WHAT MAKES YOU

YOU!

Friday 4 July

Our identity refers to gender, ethnicity, personality, religion, values, and hobbies that define who YOU are.



If you are on the Autism Spectrum, you could wear blue, the colour of Autism awareness,

or

If you are very keen on dinosaurs, you could dress up as a dinosaur,

or

If your ethnicity is significant in who you are, you could wear something that's traditional to your nationality.



There's so many ways to express yourself!

Come to school and express who you are!





Year 8 Art - Textile Sculptures

Students learned about the mysterious, oversized, rectangular livestock depicted in C17th paintings and then used empty milk bottles to create their own animal. Each bottle was stuffed with soft plastics and then wrapped in strips of fabric and thread. Tails, horns and facial details were then added to bring their creature to 'life'. Thanks to Sam Young and others for donations of milk bottles and soft plastics.



Students created a variety of animals, including sheep, cows, pigs, horses, a rhino, two dinosaurs (T. Rex and Triceratops), a cassowary and a zebra. This task promoted creative problem solving - how to make and attach limbs and the head, how to keep it standing up - as well as persistence and resilience. Well done to the Year 8's who finished their textile sculptures.

Hawkesdale staff participated in online and practical Bike Ed training all day on Thursday of this week. After the professional learning, staff reported that they feel excited and ready to get more of our students on bikes and practising their skills balancing, feathering the breaks, negotiating obstacles and hazards in a controlled setting and learning to be safe and competent cyclists in lots of different environments.



Flash Light Friday!
Huts, Cubbies and cosy reading fun



Destinee & Saith
share with our
Open Night guests,
what it's like to be a
student at
Hawkesdale P12
College



Winter Sport AFL 9s Football & Netball Training



Grade 6 felting work



Wellbeing Space

Netflix' *Adolescence* and how to support students against online harm

For any **adult** who has watched the Netflix drama *Adolescence* and was left disturbed by the harmful impact that social media can have on young men and boys, you are not alone.

The program (Rated M) has shone a light on the dangerous impact of misogynistic content, algorithms and influencers on the minds of young men and boys. The harrowing storyline explores themes of toxic masculinity and the online 'manosphere'. *Adolescence* has ignited conversation about the potentially destructive influence social media might be having on our kids. As adolescent boys search for identity they need validation, belonging and connection. Where these things are not found boys are at greater risk of being influenced by the 'manosphere'. The voice of the 'manosphere' is less relevant to boys who feel seen, loved and connected.

Dr Justin Coulson, a well-respected psychologist and parenting expert, has written a compelling review of the show, offering insight into the complex issues that it presents. Here is the link to the full article: <https://happyfamilies.com.au/articles/review-of-adolescence-netflix>

Below we have included some resources that may assist you to improve your digital literacy to support the young people in our community to be safe in the online world.

In a recent edition of the newsletter we shared 'Shaping Healthy Masculinity' from SchoolTV and we encourage you to explore this if you have not already. SchoolTV also has other online resources about online safety.

https://hawkesdalecol.vic.schooltv.me/wellbeing_news/special-report-shaping-healthy-masculinity-au

<https://hawkesdalecol.vic.schooltv.me/>



Seen the Film

Seen the Film has been referred to as the 5th episode of *Adolescence* and is a documentary that invites parents to reflect on the way that they see themselves so that they can better connect with their children. It explores how their own childhood experiences shape the way that they parent. It challenges the traditional views of parenting with a focus on true connection to support our young people through the current mental health crisis and the world that we live in today.

The trailer and tickets to watch *Seen the Film* can be purchased via this link:

<https://kinema.com/events/Seen-The-Film-n4d0pi>

The **eSafety commissioner** has some fantastic resources that can assist parents with strategies to support our young people.

<https://www.esafety.gov.au/parents>

<https://www.esafety.gov.au/parents/resources/online-safety-book>

<https://www.esafety.gov.au/newsroom/blogs/shining-a-light-on-the-dark-forces-manipulating-our-teenagers>



Wellbeing Space

The Hidden Language of Emojis in the Online World

In *Adolescence*, Emojis were used to bully Jamie. David J. Williams, a specialist in digital wellbeing, has referenced certain emojis that can indicate engagement with harmful online spaces. While not all uses of these emojis are negative, it is important for parents to be aware of their possible meanings in certain contexts: These symbols can be used in ways that most adults will completely miss. What looks innocent could have a much darker meaning.

🔵 Blue Pill – Represents those who are “blind to the truth” or still believe in mainstream views about relationships and gender dynamics.

💣 Dynamite Emoji – An “exploding red pill,” meaning someone is a radicalised incel.

🥵 Kidney Bean – A symbol linked to incel culture, sometimes mocking women.

💯 100 Emoji – Tied to the “80/20 rule,” the belief that 80% of women are only attracted to 20% of men.

❤️💜💛💖💗 Heart Colours – Not just about love!

❤️ = Love

💜 = Lust

💛 = “Are you interested?”

💖 = Interested but not in sex

💗 = “You’ll be okay”

So what can parents do?

1. **Get Curious, Not Combative** – Ask open-ended questions: *“I saw something about emojis meaning different things. Have you heard of this?”* Keep the conversation light.
2. **Create a Judgment-Free Zone** – If your child feels like they’ll be punished for opening up, they won’t. Make it clear you’re there to listen, not just lecture.
3. **Decode Together** – Ask them to explain their digital world. *What do different symbols mean? Who are the influencers they follow?* Don’t assume—ask.
4. **Teach Critical Thinking** – Help them question online content. *“Why do you think some groups push this idea? Who benefits?”* Arm them with questions, not just rules.
5. **Monitor Without Spying** – Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.
6. **Be Real About Manipulation** – Explain how toxic online groups groom young people by making them feel special, included, or like they have ‘insider knowledge.’
7. **Build Their Offline Confidence** – The more they feel valued and confident in the real world, the less they’ll seek validation in dangerous online spaces.

The biggest thing parents can do is to build connection with your child – make sure they feel seen and encourage them to pursue their own interests.

Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

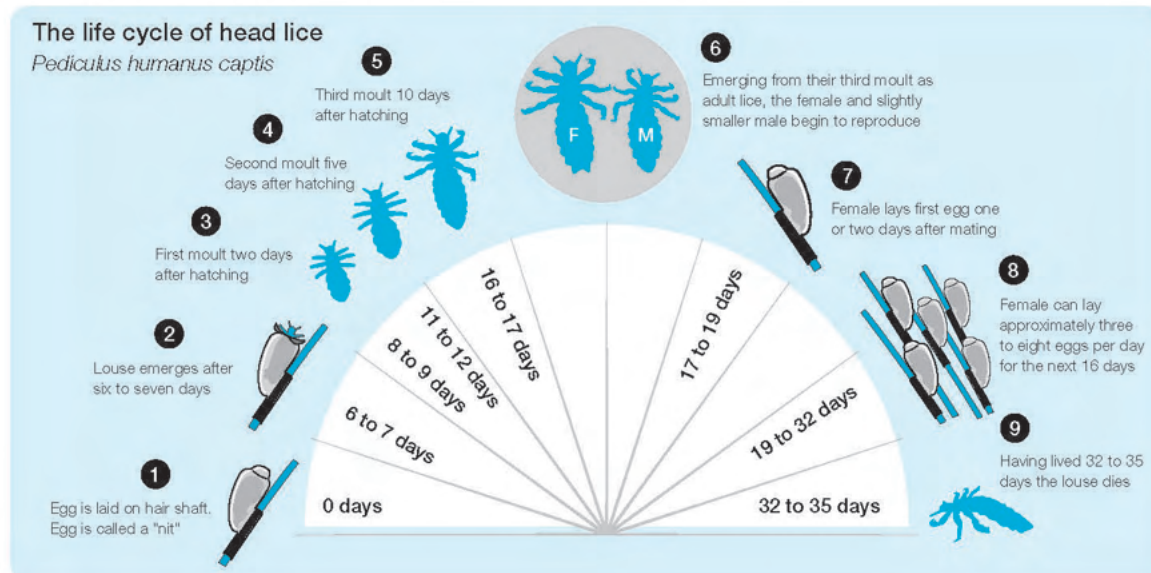
Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:

www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Treating and controlling head lice

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.
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Canteen Menu – 2025 term 2

Recess and Lunch

Mini Chicken Wrap -	\$2.20
Chicken Mini Muffin Pizza	\$1.80
Ham, Cheese Mini Muffin Pizza	\$1.80
Ham, Cheese, Pineapple Mini Muffin Pizza	\$1.80
Egg and Bacon Muffin	\$3.00
Hash Browns	\$1.00
Sweet Chilli Chicken Tender	\$1.80
Toastie	\$3.00
Party Pies / Sausage Rolls	\$1.80
Homemade Slices / Muffins / Banana Bread	\$1.80
Homemade Biscuits	\$1.20
Truffles	\$0.60
Banana bread - (gluten free) must be pre-ordered	\$1.80

Lunch Only

Angel Bay Light Beef Burgers with Salad	\$6.00
85gm Canteen Approved Chicken Burger with Salad	\$6.00
Salad Roll or Sandwich with or without Meat	\$6.00
Salad Tubs with or without Meat	\$6.00
Sandwiches - selected fillings eg: egg & lettuce / ham & pickles (must be pre ordered)	\$3.00
Veggie Burger with lettuce, tomato, beetroot, cheese, mayo on a wholemeal roll	\$6.00
Sweet Chilli Chicken Wrap - with lettuce, tomato, mayo and cheese	\$6.00
Chicken Crackles and Wedges	\$4.00
Pastie slab - must be pre-ordered	\$4.50
Meat Pie	

Drinks

Water – 600 ml	\$2.00
Nippy's Milk – 250 ml – Strawberry, Honeycomb, Chocolate, Coffee	\$2.40
Fresha Juice – 250 ml - Apple or Apple & Blackcurrant or Orange	\$2.40
Nippy's Milk – 375 ml – Strawberry, Honeycomb , Chocolate, Coffee, Banana	\$3.50
Fresha Juice – 500 ml - Apple & Blackcurrant or Orange	\$3.50

Frozen Yoghurt or Icy Poles – lunchtime only

Lemonade Icy Poles (gluten free)	\$1.60
Zooper Dooper – Maximum of 2 – Temp must be over 25°C	\$0.50
Dixie Cups (gluten free)	\$2.50
Frozen Yoghurt	\$2.50

Chips

Chips (28 gms) - Honey Soy or Sea Salt or Salt & Vinegar (gluten free)	\$1.40
Snaps (28 gms) (gluten free)	\$1.40

LUNCH TIME SPECIAL

Monday	Hot Dogs Baked Potatoes	\$3.00 \$6.00
Tuesday	Butter Chicken & Rice	\$6.00
Wednesday	Beef pasta Bake	\$6.00
Thursday	Chicken Fried Rice	\$6.00
Friday	Chicken Enchalida	\$6.00

**Dim Sims available at recess on Monday, Wednesday & Friday
\$1.00**