



Principal Newsletter Report

Friday 12th June 2026

Congratulations to the many students who represented our school all over the district this week: to Grace and Addisyn for being part of the combined GWR netball squad in Ballarat, and to our keen secondary badminton players in Ballarat also. Rydah, Xavier, Phoenix and Hunter took part in the primary Koorie Leadership Day at Deakin University and came back with some spectacular First Nations t-shirts!



A reminder to Unit 3 traditional VCE and vocational VM students that the GAT written exams will be happening at the Lutheran Hall under full exam conditions next week on Tuesday 16th June, with practice English exams to follow on Thursday 18th June for our Year 11 and Year 12 traditional VCE students. VCE students who attend TAFE classes on the day of the practice English exam will be able to sit their exams on Friday 19th June, also under full exam conditions. The General Achievement Test (GAT) is a pen-and-paper test of general knowledge and skills taken by students as a routine part of completing their senior secondary studies, and plays an important role in the quality assurance of VCE assessments as well as providing students with an opportunity to demonstrate that they meet the Victorian Literacy and Numeracy Standards expected at a senior secondary level. Year 9 and 10 English exams will also be held in the week of the GAT exam.

A reminder that the Hawkesdale Big Freeze event will once again be held at the Hawkesdale Pool on Sunday 21st June, raising money for ongoing MD research. This is always a great day out, and I would encourage our school community to get involved and support this entertaining event. Please refer to the Hawkesdale Pool Facebook page for further details ...



It is important to keep reminding families and students that it is a legal requirement to wear seat belts on a bus when they are fitted, no matter how old you are. While I will remind students about this expectation as I move around the school in the coming weeks, it would be very useful if parents and guardians could also remind students about expectations around sensible bus behaviour and the wearing of seat belts.

A reminder again to families that public transport in Victoria is half price for everyone, every day, from June 1st2026 until January 1st2027. Half price fares will automatically apply to all public transport services statewide, including trains, trams and buses. It is also worth noting that trials of contactless payment options will resume on selected train lines from June 1st. Reduced public transport costs have certainly helped families and students manage the cost camps and excursions to Melbourne over the past year, and I'm very pleased to note that this support will continue for the remainder of this school year. Feel free to visit the Transport Victoria website for further information.

Have a great weekend everyone,

Mr Ralph
Principal



School Wide Positive Behaviour Expectations



Next week our behaviour focus continues to be:
**RESPECT TO OURSELVES AND OTHERS WITHIN
THE SCHOOL COMMUNITY**

This includes:

Being polite and kind to others

Respecting the rights of all students and staff

Helping other students and staff feel safe and belong

Keeping our hands to ourselves and Giving others personal space

Using respectful actions and words



We encourage students to follow our behaviour expectations and develop positive learning habits by giving positive feedback and positive rewards on Compass. In Primary classes teachers give out reward cards which then allow students to purchase rewards from the SWPBS rewards cabinet.

In secondary classes, students are nominated by teachers for displaying the positive behaviours and go in the draw to win canteen vouchers at each weeks assembly. Reinforcing good behaviour helps students practice and learn these behaviours easily.



Pearson's Nursery Plant Drive Fundraiser

Pearson's are running a school plant drive where 20% of all purchases will be donated back to the school.

Order forms will be sent home with students. Spare forms available from the office.

Please return order forms before Thursday 25th June. Delivery date to be confirmed but it will not be in the school holiday.

All money raised will go towards purchasing new playground equipment.

**Any queries please see the office or
email : carolnemocare27@outlook.com**



**HAWKESDALE
P12 COLLEGE**

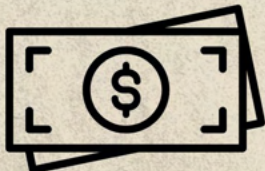
P/1 Week 8

We have been learning about Australian money



\$ We love money \$

We played shops!



Regional NETBALL SUCCESS

FOR ADDISYN AND GRACE!



PROUDLY REPRESENTING
MID WESTERN

Lake Bolac ★ Derrinallum ★ Mortlake ★ Hawkesdale

9 JUNE 2026

Congratulations to Addisyn and Grace on their fantastic achievement representing the Mid Western team at the Greater Western Regional Intermediate Girls Netball Championships in Ballarat today.

The Mid Western team brought together talented players from Lake Bolac, Derrinallum, Mortlake and Hawkesdale, showcasing the strength of netball across our local communities. Competing against some of the best intermediate girls' teams from across the region, the girls demonstrated outstanding teamwork, determination and sportsmanship throughout the day.

Addisyn and Grace were proud representatives of our area, giving their all on the court and contributing to a strong team performance. The experience provided a wonderful opportunity to develop their skills, build new friendships and compete at a high level of netball.

The day was filled with exciting matches, team spirit and plenty of memorable moments. The commitment shown by all players, coaches and supporters was a credit to the Mid Western region.



1 Addisyn and Grace proudly representing the Mid Western team at the Greater Western Regional Intermediate Girls Netball Championships in Ballarat.



2 The Mid Western team gathers before competition, ready for a day of regional netball.



3 Players warm up on court ahead of their matches at the championships.





START Chinamans
campground
410 m asl

To
Warrack



Main Mt Cole

Area
Rd



Chinmans



hill

Walk to

Other

Main

Fores

Main s

Map
Over

HIKE

a



Main Mt Cole Rd

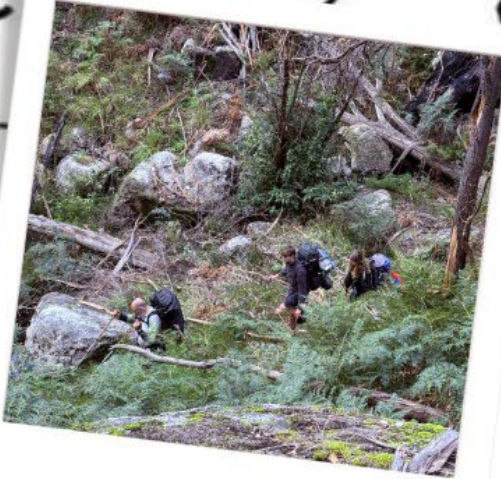
END
Middle Ck
Campground
400 m

To W Highway

Mt Co
886 m

START Chinamans
campground
410 m asl

To
Warrack



Main Mt Cole

Area
R



Chinamans



hill

Walk to

Other

Main

Fores

Main s



Ma
Ove
g
ike



Main Mt Cole Rd

END
Middle Ck
Campground
400 m

To W Highway

Mt Co
886 m

START Chinamans
campground
410 m asl

To
Warrack



Main Mt Cole

Area
Re



Chinamans



hill

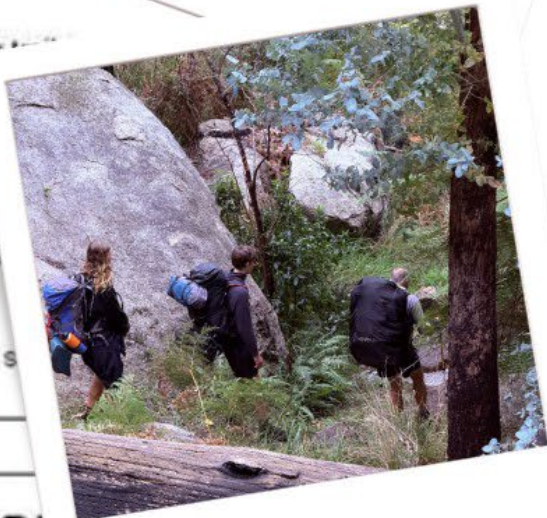
Walk to

Other

Main

Fores

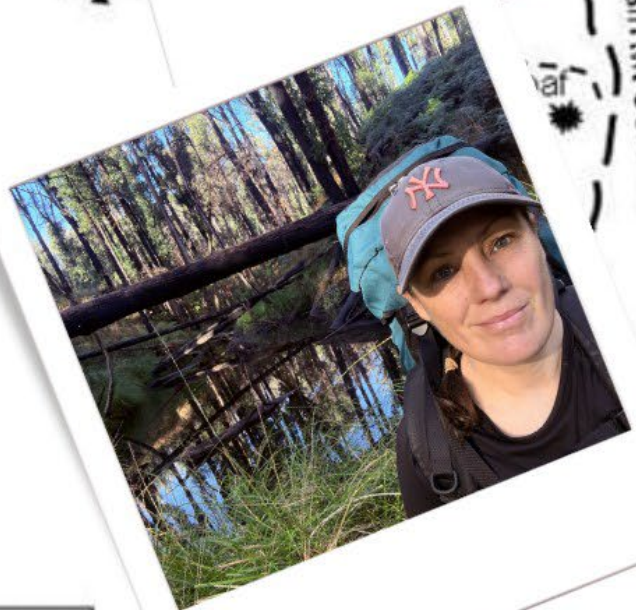
Main s



Map
Over

bike

a



Main Mt Cole Rd

END
Middle Ck
Campground
400 m

To W Highway

Mt Co
886 m

From the Wellbeing Team

Managing Screen Time in Your Home

Technology is part of everyday life, but finding the right balance can be challenging for families. A recent guide from the [Institute of Child Psychology](#) highlights the importance of helping children become confident digital users while staying connected to the world around them.

Why Screen Time Matters

Research suggests that excessive screen use can impact children's development, attention, sleep, learning and social skills. Some common signs of too much screen time include difficulty concentrating, reduced interest in outdoor play, sleep problems and emotional reactions when devices are turned off.

The Four Key Areas of Concern

- **Sleep:** Screens can interfere with healthy sleep patterns, which are essential for learning, emotional regulation and growth.
- **Social Development:** Children learn important social skills through face-to-face interactions, conversations and play.
- **Attention:** Fast-paced digital content can make it harder for children to focus on tasks that require sustained concentration.
- **Overreliance on Screens:** Constant access to highly stimulating content can reduce interest in offline activities and make boredom harder to manage.

Not All Screen Time Is Equal

The [guide](#) encourages families to think about the quality of screen use. Educational apps, creative tools and learning platforms can support curiosity and skill development, while endless scrolling and highly stimulating content should be balanced with other activities.

Tips for Families

- Create screen-free zones, such as bedrooms and the dinner table.
- Avoid screens for at least one hour before bedtime.
- Develop a family media plan together.
- Keep devices out of bedrooms overnight.
- Encourage outdoor play, reading, hobbies and family conversations.
- Model healthy technology habits as adults.



Helping Children Transition Away from Screens

Giving children advance warnings before screen time ends, maintaining consistent routines and offering engaging alternatives can make transitions smoother. Remember, boredom can be an opportunity for creativity, problem-solving and imaginative play.

By approaching technology with balance, connection and consistency, families can help children develop healthy digital habits while supporting their overall wellbeing.

If you are interested in reading more about screen time please read the complete guide by following this [link](#). Alternatively you will find more information on screen time on SchoolTV: <https://hawkesdalecol.vic.schooltv.me/>

From the Wellbeing Team

Our school cares about the safety and wellbeing of our students and their families.

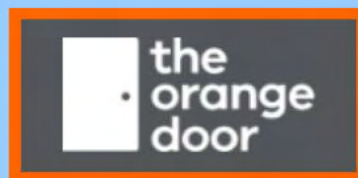
Sometimes things at home or in a relationship are not OK or families can be worried about the wellbeing of their children or young people.

The Orange Door can help you to get the support you need, quickly and easily. It's free and you don't need a referral.

The Orange Door

The Orange Door can help families. They provide support for concerns with parenting, relationships, and family violence.

- The Orange Door is a free intake and assessment service for:
- families requiring support for their child or young person's wellbeing or development
- families needing parenting support
- young, isolated, or unsupported families
- individuals and families experiencing family violence
- adults using family violence
- young people using violence in the home.



If you contact The Orange Door, they can help by:

- working with you to identify the help and support you need
- supporting you with the wellbeing and development of your child or young person
- helping you make a safety plan if someone is making you feel unsafe
- connecting you to services that can help like counselling, accommodation, mental health and drug and alcohol services, parenting support groups, services for children, financial help, or legal assistance
- supporting you to access funding for basic living expenses and some other costs
- supporting you to change abusive or controlling behaviour.

Each Orange Door location across Victoria has their own phone number and email. Students and their families can also visit their local Orange Door in person for support, Monday to Friday, 9am - 5pm for support. No appointment is needed.

To find your local service, see: [The Orange Door – Support near you.](#)

How schools connect with The Orange Door

Our school might talk to a student and/or their family about The Orange Door. We might encourage them to contact their local Orange Door to get advice and help if needed.

Ideally, a student and/or their family will get in touch with The Orange Door to seek advice and support.


Sometimes, schools might make a referral to The Orange Door without the student or their family's knowledge or consent. Schools will do this if:

- Informing a student and/or family increases the risk to their safety or wellbeing
- not linking a student to support increases the risk of their safety and wellbeing.


You can learn more about: ·

- The Orange Door and how they can help you and your family [here](#).
- how our school keeps our students safe by reading our School Policy on Child safety found on our school webpage: <https://www.hawkesdalecol.vic.edu.au/>

Now open for Year 4 students.



OPTOMETRIST QUESTIONNAIRE



Child's Details and Eye Health

When was your child's last eye exam with an optometrist? Never 1 year 2 years 3 years 4+ years

Does your child wear glasses? Yes No

If your child currently wears glasses, please attach their most current prescription if available.

Do you have any concerns about your child's vision or eyesight? If yes, please describe:

Has your child ever had eye surgery or vision therapy, such as eye exercises or patching? If yes, please describe:

Family Eye Health

Does anyone in the family have any of the following?

Amblyopia (lazy eye) Hyperopia (far sighted) Astigmatism (blurred vision) Other

Strabismus (cross eye/s) Myopia (near-sighted) Nystagmus (rapid eye movement) None/Unsure

Observations

Please tick any of the following that you or your child's teacher has observed:

Blurred distance vision Near blur/double vision Squints or blinks excessively Headaches

Tilts head Avoids close work Closes one eye/squints when reaching Red or watery eyes

Eye turns in/out/up Uses finger to read Takes out small words when reading Holds books too close

Loses place when reading Skips or re-reads lines Reverses letters and numbers Words move or run together

Slow reading Poor spelling Other



GLASSES FOR KIDS IS COMING TO YOUR SCHOOL!

Your child is eligible to receive **FREE** vision screening, testing and glasses through the Glasses for Kids program—available to **Foundation (Prep) to Year 3** students. This service is provided at **no cost** and takes place at school.

How does the Glasses for Kids program work?

- GFK partners with qualified optometrists who will visit your child's school and offer your child initial vision screening and if required, further testing and glasses at no cost.
- All screening and testing sessions will be completed during school hours.

Who can participate?

- Primary Schools: Prep – Year 3 students.
- Specialist Schools: Students aged 5 to 10 years old.

How can my child be part of the program?

- Please complete the online consent form using the QR code. If preferred, simply complete the attached consent form and return it to your school by the due date.

Can children who currently wear glasses be part of GFK?

- Yes, they can. If their glasses are less than 12 months old, please provide a copy of their latest prescription if available.
- If your child is already under the care of another optometrist, please share any relevant information on the Optometrist Questionnaire.



Sign up today by scanning the QR code below

If preferred, you can also complete the attached consent form which must be returned to your school by the due date.



Need help? For more information, or if you have problems accessing the consent form please get in touch with us:
www.stateschoolsrelief.org.au | www.glassesforkids.com.au
 info@glassesforkids.com.au | (03) 8789 8400

STATE SCHOOLS RELIEF

REAL BIRTHDAY SUPPORT

VICTORIA Department of Education

Canteen Menu – 2026

Mini Chicken Wrap -	\$2.50
Chicken Mini Muffin Pizza	\$2.00
Ham, Cheese Mini Muffin Pizza	\$2.00
Ham, Cheese, Pineapple Mini Muffin Pizza	\$2.00
Egg and Bacon Muffin	\$3.50
Hash Browns	\$1.00
Sweet Chilli Chicken Tender Toastie	\$2.00
Party Pies / Sausage Rolls	\$2.00
Homemade Slices / Muffins / Banana Bread	\$1.50
Homemade Biscuits	\$0.80
Truffles	\$2.00
Banana bread - (gluten free) must be pre-ordered	\$3.50
Brunch Pies	\$6.50
Angel Bay Light Beef Burgers with Salad - must be pre ordered	\$6.50
85gm Canteen Approved Chicken Burger with Salad- must be pre ordered	\$6.50
Salad Roll or Sandwich with or without Meat	\$6.50
Salad Tubs with or without Meat	\$6.50
Sandwiches - selected fillings eg: egg & lettuce / ham & pickles (must be pre ordered)	\$3.50
Veggie Burger with lettuce, tomato, beetroot, cheese, mayo on a wholemeal roll	\$6.50
Sweet Chilli Chicken Wrap - with lettuce, tomato, mayo and cheese – must be pre ordered	\$6.50
Dino Nuggets & Wedges	\$4.50
Meat Pie	\$5.00
(gluten free) Party pies	\$3.50
(gluten free) Sausage rolls	\$4.00
(gluten free) Pie	\$8.00

While canteen staff will take all reasonable precautions to prevent the cross-contact of gluten free and gluten containing food products, it is important to be aware that we cannot guarantee that any item prepared and served from our canteen is going to be completely free of allergens.

Drinks

Water – 600 ml	\$2.00
Nippy's Milk – 250 ml – Strawberry, Honeycomb, Chocolate, Coffee	\$2.50
Fresha Juice – 250 ml - Apple or Apple & Blackcurrant or Orange	\$2.50
Nippy's Milk – 375 ml – Strawberry, Honeycomb, Chocolate, Coffee, Banana	\$3.70
Fresha Juice – 500 ml - Apple & Blackcurrant or Orange	\$3.70
Frozen Yoghurt or Icy Poles – break 2 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 g) - Honey Soy or Sea Salt or Salt & Vinegar (gluten free)	\$1.50
Snaps (28 g) (gluten free)	\$1.50