

## Principal Newsletter Report

Friday 27<sup>th</sup> June 2025



**The end of term two is – incredibly – only a week away.** As we start thinking towards next week, please note that buses will be departing from school at 2:30pm on Friday 4<sup>th</sup> of July, with a whole-school assembly happening prior to this at 2:00pm in the Stadium. As always, families are very welcome to attend our end of term assembly, and to take students home at the conclusion – but please let Office staff know if students are going home with families, rather than on the usual bus network.

Keep in mind also that **Semester One written reports will be made available to families online via Compass on the last day of this term.** Teachers have been busy writing and proofreading reports over the past few weeks and have put a lot of effort into describing the learning, personal effort and class behaviour that students have displayed across the last two terms. Written reports are an important summation of learning achievement and improvement, and I would encourage families to read through these carefully, to discuss these with students, and to provide praise and/or prompting as required.

**One of the things that I have enjoyed observing this week is the progress that our Year 8's are making with their wooden stool designs;** some excellent joinery has been on display thanks to our domino jointing machine, and students are currently cutting legs to length and planning their seat designs. This project has a great recycling story attached to it: the timber being used was repurposed by Mr Hoeksema from the hardwood timber window frames that were replaced and destined for rubbish removal in term one. After much planning and cleaning some beautiful timber has emerged, which has been transformed into precisely made pieces of furniture. Students are really proud of their developing woodworking skills – well done Years 8's, and Mr Hoeksema!



**A big thanks to the many staff, students and families who supported the Hawkesdale Big Freeze event on Sunday June 22.** This was a great day for our township, with lots of visitors, great food and fun. A particular thanks to Ms Roney, Mr Gordon, Mr Walker for dressing up and navigating the bumpy slide before landing in the freezing water of the pool; this was a most entertaining spectacle, and the end result of many coins and notes being dropped into the glass collection jars at the Office. I enjoyed the car show along Dawson Street and was impressed with the presentation of student vehicles – well done Shane, Zac and Bailey. Shane was particularly keen to let his customised car horn rip throughout the afternoon, which made me smile whenever I heard it. Travis also produced a detailed news report about the day for FitzMedia, which was shared across over one thousand social media feeds. The event raised well over the target amount of \$10,000 for MND research, which is an outstanding result.

**The first day of School Strategic Review happened on Wednesday of this week,** with several local Principals, our Senior Education Improvement Leader, a DET Reviewer, school leadership staff and Elise Dell as our School Council President working together to discuss the work, achievements and challenges of our school over the past five years, and to make observations visits to classes from Prep to Year 12 during the course of the day. This was an interesting and insightful day and will contribute to developing a school improvement plan for the next five years.

**The second day of the School Strategic review will happen on Thursday 3<sup>rd</sup> of July – the last Thursday of this term.** This is a fieldwork day, in which visiting panel members will gather feedback from students, staff and families about their perceptions and experiences of our school. **There will be an opportunity for members of our parent community to take part in a fieldwork workshop in the Library from 10-10:50am on this day, and I would encourage parents to come along and contribute your thoughts and opinions about our school.** Tea, coffee and morning tea will be available, and this will be a great chance to add parent and guardian voices to planning for the future direction of our school.

**Alternatively, our Reviewer – Dr Jane Kovacs – is very happy for parents and guardians to make contact via email to share perceptions about our school;** Jane can be contacted at [Jane.Kovacs@education.vic.gov.au](mailto:Jane.Kovacs@education.vic.gov.au)

There are a number of staffing changes happening at school at the beginning of term three. **We will be farewelling Mr Kingston at the end of this term,** and I wish Joe all the best as he takes leave for 12 months to explore life goals and experiences in the much warmer climate of Queensland. I have really valued working with Mr Kingston over the past three and a half years and recognise the important contribution that he has made to our school during this time.

**I'm very happy to welcome Mrs De Visscher back to our school next term** following a period of maternity leave, and note that she will be teaching Adolescent Health and Year 7 PE for the rest of the year. **Ms Regan will also be returning to her usual Vis Com and Art classes in term three, and Mr Walker will continue teaching secondary maths and science classes for the rest of 2025.** Mr Jarrad will be taking long service leave for all of term three, and Ms Cummings will be teaching his English and ADVANCE classes for this period of time.

**Mrs Dart will be the Year 8 Coordinator for the remainder of 2025,** and I know that she will bring a lot of experience and care to this important role. **Ms Cakebread is excited to be teaching VCE Outdoor Education for semester two** and is planning some challenging outdoor camping experiences for this group. **Mr Webster will also begin his teaching load next term, teaching Unit 2 Business Management as well as teaching the Year 9-10 Agriculture elective.**

**I would like to particularly thank Mrs Gow for her great Art and Vis Com teaching** while Ms Regan has been on leave; secondary students have created some amazing printmaking and sculptural work over the past term – thank you.

Finally, and in response to 2024 data around student perceptions of involvement in physical activity, I note that **all Year 9 and 10 students will be taking part in three periods of PE per week in the coming semester.** This class will be team-taught by Mr Webb and Ms Cummings, allowing opportunities for whole-class and split-class PE activities.

**All of our primary students will take part in a bus safety session on Wednesday of the coming week,** which will be conducted by trainers from the Bus Association of Victoria. I note that the Minjah bus has had a significant vehicle upgrade during the last week, and that students on this run are now travelling in great style and comfort! This upgrade means that all buses on our network now have seat belts – and internal cameras. We all need to keep working together to ensure that students are wearing their seatbelts correctly on buses, so that everyone is safe as they make their way to and from school every day.

**Our Student Voice Team has been busily organising another fabulous end of term activity for all students – a Be Yourself Day on Friday 4<sup>th</sup> of July, on which students can dress up in a way that represents who they are, and what matters to them.** Recognising diversity and inclusion in schools is a fundamental underpinning of DET values and policy, and our school is always seeking ways in which to bring this to life in all that we say and do. I am looking forward to our Be Yourself Day, and to finishing this busy term in a positive and inclusive manner.

Have a great weekend everyone!

**Mr Ralph**

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!*







## **P & F CATCH UP!**

**Thursday 3<sup>rd</sup> July**  
**in the library.**

**6.30pm for a cuppa.**  
**Meeting will start at 7pm**

## **ALL WELCOME**

Find out what P&F have planned for the rest  
of the year.

We also have a fun activity organised with  
Jodie. You will need to come along and see  
what it is all about.



# PLAYING SHOPS IN P/1/2







# PLAYING SHOPS IN P/1/2







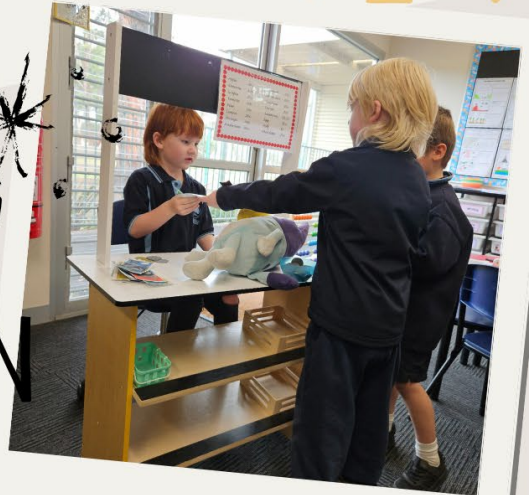
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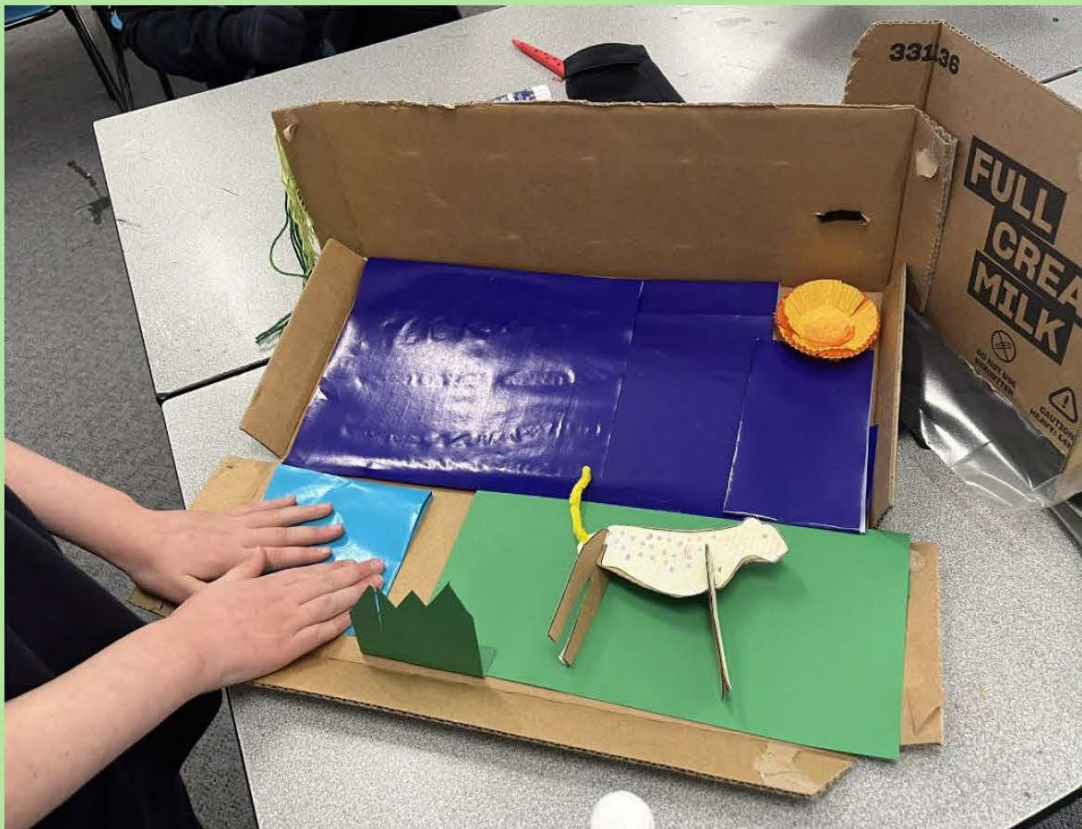




## Grade 3/4/5 Art – Habitat Dioramas



Rykah, Mason and Piper worked together to create an African savannah for their elephants and a cheetah.



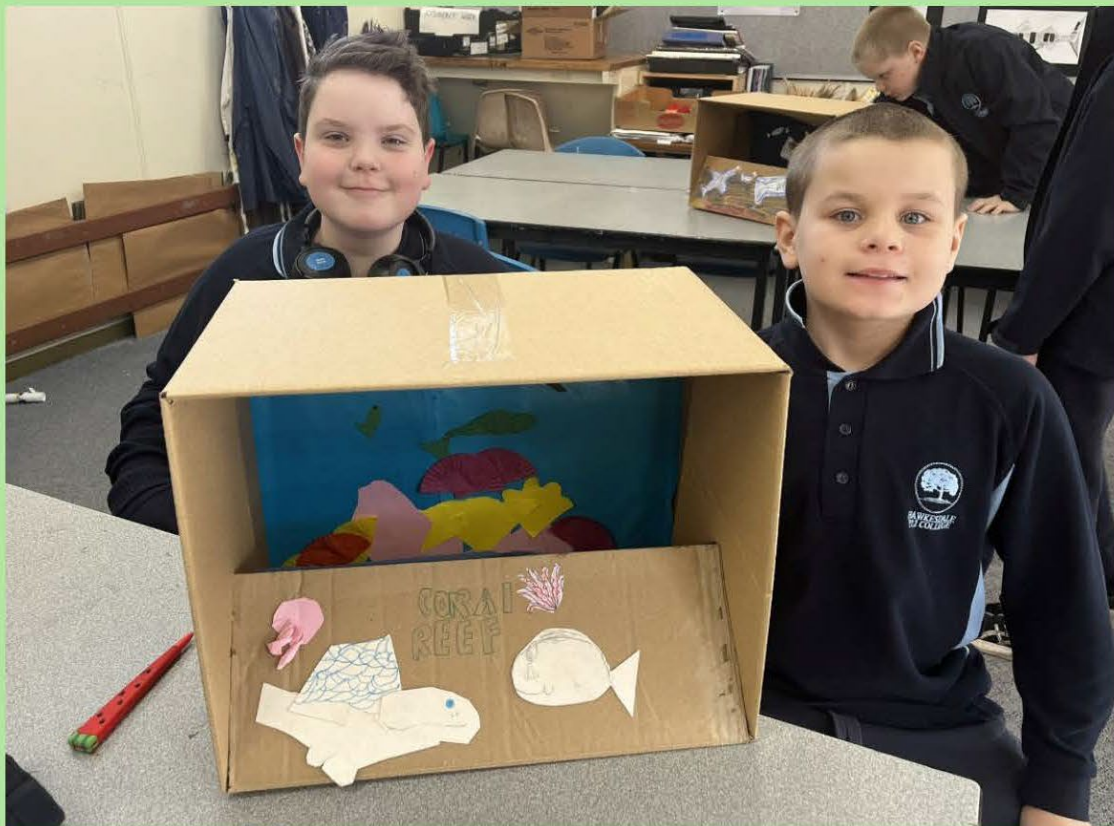
Tess used brightly coloured paper to create a diorama of the African plains for her cheetah.



## Grade 3/4/5 Art – Habitat Dioramas



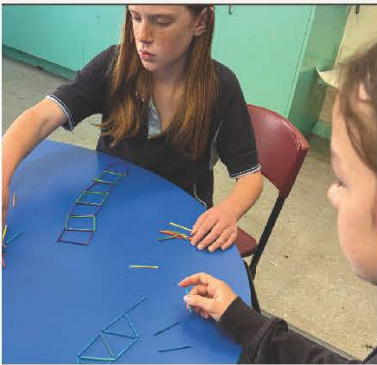
Kaiden, Hunter, Xavier, Hartley and Blake worked really well together to create a habitat for their dinosaurs.



Nate and Hunter created a brightly coloured coral reef habitat for their marine creatures. Well done to all the students who learned about how to communicate, collaborate and work in a team.



## GRADE 6 BUDDIES



## GRADE 6 NUMERACY



STUDENTS HAVE BEEN LEARNING ABOUT NUMBER PATTERNS IN GEOMETRIC PATTERNS. UNDERSTANDING PATTERNS, AND GEOMETRIC PATTERNS HELPS DEVELOP CRITICAL THINKING, PROBLEM-SOLVING, AND REASONING SKILLS. PATTERNS ARE THE FOUNDATION OF MATHS AND APPEAR IN NATURE, ART, AND DESIGN. RECOGNISING AND PREDICTING PATTERNS HELPS STUDENTS MAKE SENSE OF NUMBERS, SHAPES, AND RELATIONSHIPS. GEOMETRIC PATTERNS ALSO BUILD SPATIAL AWARENESS AND SUPPORT LEARNING IN SCIENCE, TECHNOLOGY, AND ENGINEERING.



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## For parents and carers

# Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

## Actions that support positive mental health

- Exercise boosts mood and mental health – make it fun!
- Eating healthily to improve mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk – and remember they are not alone
- Seek professional help if needed.<sup>1</sup>

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: mindfulness resources and activities for senior secondary students: Smiling Mind gives tips on self care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

## Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.<sup>2 3</sup>

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<sup>1</sup> headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

<sup>2</sup> headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mood.pdf>

<sup>3</sup> headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>



## Young people supporting each other

Young people are most likely to turn to each other for support before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

## Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students including those who have just finished schooling can access counselling services from headspace. During the holidays, students can self-refer by calling their local headspace centre. Students can self-refer by calling their [local headspace centre](#).
- **ehespace**, online and phone counselling for young people aged 12 to 25 and their families: 1800 650 890 [www.headspace.org.au/ehespace](http://www.headspace.org.au/ehespace)
- **Kids Helpline**, online and phone counselling for young people aged 5 to 25: 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Parentline**, counselling and support for parents and carers: 13 22 89 <https://services.dffh.vic.gov.au/parentline>
- **Lifeline**, crisis support and suicide prevention for all Australians: 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- **Beyond Blue**, online and phone support service for individuals experiencing depression and anxiety and their families: 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au) (including [translated resources to help parents and families support young people's mental health](#)).
- **Head to Help**, digital mental health resources from Australian organisations: 1800 595 212 [www.headtohelp.org.au/](http://www.headtohelp.org.au/)
- **Suicide Call Back Service**, online, phone and video counselling for anyone affected by suicidal thoughts: 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- **contacting 000** if you are in an emergency, or at immediate risk of harm to yourself or others.



## Family violence support and resources

- **Safe Steps**, support for anyone in Victoria who is experiencing or afraid of family violence: 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au)
- **1800RESPECT**, sexual assault, domestic family violence counselling service (including [information in 28 different languages](#)): 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)
- **What's okay at home**, a domestic violence resources centre: [www.woah.org.au](http://www.woah.org.au)
- [Family violence support](#)

## Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

## Mental health resources

- [Mental Health Toolkit](#): contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
- [Raising Learners Podcast Series](#): providing expert advice/information to parents/carers on topics including how to keep your child safe online.
- [Understanding mental health – fact sheet](#) (Orygen)
- [Learn how to handle tough times](#) (headspace)
- [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)



# Wellbeing Space

Have you checked out SchoolTV?

Since beginning to promote this school resource in January, we have had over 600 clicks. The website has a variety of resources to help you with modern day parenting and we really encourage you to check it out.

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



## Seen the Film

Did you miss seeing this documentary when we promoted it in May? You now have the opportunity to see it in Warrnambool.



📺 SEEN the Film hosted by Perinatal and Infant Psychology 📺

**When:** Friday, 18th July, 2025

**Time:** 6:30 PM-8pm (Doors open at 6pm)

**Where:** Mozart Hall 2 Gillies Street, Warrnambool, 3280.

**Tickets:** Grab your seat now – spaces are limited! Tickets online at \$16.99 each - [Seen The Film -Warrnambool, VIC hosted by Perinatal and Infant Psychology Tickets, Fri 18/07/2025 at 6:30 pm | Eventbrite](#)

Babes in arms welcome.

♀ **Don't miss this chance to join the conversation and the movement to create a brighter future for children and families.**

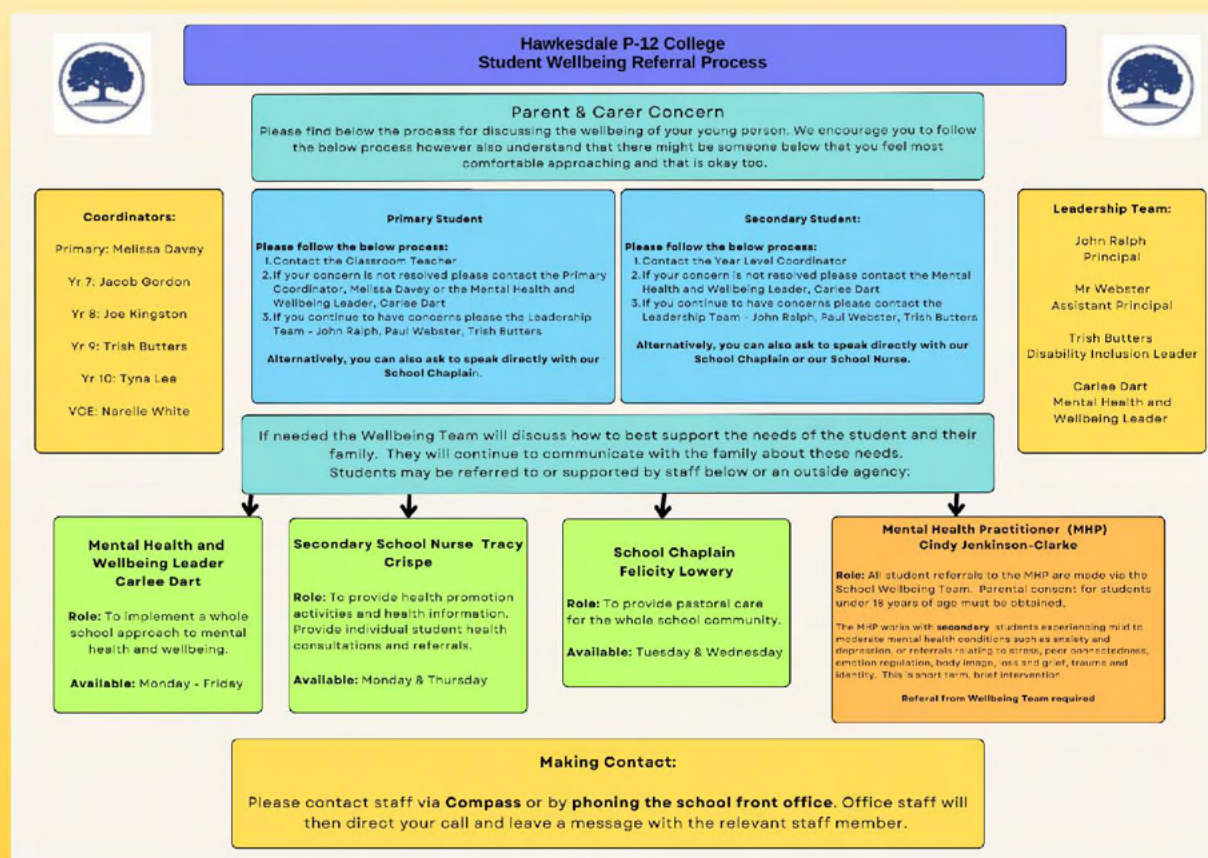
SEEN is a groundbreaking feature-length documentary that not only explores the transformative power of personal healing for parents but also delves into the scientifically supported effects of such healing on parenting and its impact on child brain development. By focusing on the unexplored aspect of parents confronting their own childhood coping mechanisms, "SEEN" is poised to fill a significant gap in current narratives. It promises not just compelling storytelling but also the potential for profound societal impact, making it an appealing proposition for those looking to invest in content that drives change. Our vision was to craft a film that deeply resonates with audiences, sparking a flame of self-reflection and personal growth. Through the unfiltered and authentic narratives of real parents, we reveal the remarkable potential of addressing trauma and attachment styles. Together, we are illuminating the path toward emotional liberation and healthier connections—with both ourselves and our children.

[Seen The Film -Warrnambool, VIC hosted by Perinatal and Infant Psychology Tickets, Fri 18/07/2025 at 6:30 pm | Eventbrite](#)



# Wellbeing Space

Please remember that if you have any concerns about your young person to please reach out to the school. The Referral process below should assist you to reach out to the relevant people. Please find in this weeks newsletter a factsheet about supporting students during the school holidays.



The online world is a tricky place. The **eSafety commissioner** has some fantastic resources that can assist parents with strategies to support our young people.

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



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



**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
Vegie 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



Monday	Hot Dogs	\$3.00
	Baked Potatoes	\$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**