



Principal Newsletter article Friday 26th June 2026

We have celebrated the last day of school for Term 2 with a whole school pyjama day, and it has been very entertaining to observe students turning up to school in their pyjamas and other assorted items of comfortable bedtime attire. A big thanks to our Student Senate team for organising this end of term activity.

We wish Mr Webb all the best as he embarks upon leave for the rest of 2026 and look forward to seeing him back at school in 2027; Mr Webb finished his last Auskick session this week, and I know that many students and families are grateful for his afternoon football coaching efforts. Mr Webb has worked very hard as our Midwest Complex interschool sports coordinator this year and I really appreciate his dedication in gaining Sporting Schools funding to expose our students to a wide range of sporting activities over the last term. Thank you!



Congratulations to Mr Walker, Hartley, Blake and Tess for braving the chilly waters of the Hawkesdale Pool last Sunday at the annual Big Freeze event. It was great to see lots of visitors to our township on the weekend, and to know that this event was raising thousands of valuable dollars towards Motor Neurone Disease research. A big thanks to the Hawkesdale Pool Committee for their efforts in organising and running this event.

Destinee has been hard at work finishing painting the weather poles in the indigenous garden, and they look spectacular. I enjoyed chatting with Destinee earlier in the week about the meaning behind each of the six poles, and she explained to me that they “represent the six indigenous seasons of the year: the Big Dry, which is basically summer and then the Early Wet, when the weather transitions from summer to winter with rain. Then comes the Big Wet, when it's very rainy, which is followed by the Fattening-Up season, when food starts to flower and sprout. Then comes the Flowering-Out season, which is when the food in spring starts to grow, and finally there's the Drying-Out, when it starts to transition into summer again.” Each of the poles tells a story about Country and culture, from campfires to viewing stars in the night sky - please take the time to look closely at these poles if you happen to be walking down to the F-1 Building.



Several staff are on leave in the coming semester, and there has been some juggling of subjects and teaching allotments to ensure the smooth running of classes and curriculum. Please note the following changes for Semester 2:

- Mr Webster will be teaching Unit 4 Business Management, while Mrs Mirtschin will make a return to school as the teacher of Unit 2 Business Management
- Ms Vaughan will be teaching Year 7 and 8 Chinese language classes
- Mr Kingston will be teaching Units 2 and 4 Outdoor Education as well as Year 7 PE, Year 7/8 Sport and the Year 9/10 Sport elective
- Mr. Fleming will be teaching 9A English, Year 8 Humanities, Year 10 Humanities, Year 8 Commerce and the Year 9 Agriculture elective

I am still recruiting for a teacher to fill a range of primary and secondary PE subjects not listed above and am hoping to conclude this process over the upcoming school holidays.

Last week a large group of Year 7 to 10 students attended the Midwest Complex Football and Netball Carnival held in Mortlake. Our teams were very competitive on the day and achieved some excellent results, with Cooper Sharrock being named the most valuable player in the football competition and Addisyn Habel earning the most valuable player in the netball competition. Well done everyone!



Our Year 9 students were involved in a Careers Explorer Day on Wednesday of this week, visiting South West TAFE campuses at Sherwood Park and Timor Street in Warrnambool. Students took part in hands-on building and construction, electrotechnology and horticulture activities and learned about pathways into hair and beauty, plumbing, hospitality, early childhood teaching and nursing. The day finished with an afternoon visit to South West Health Care, where students learned about the hundreds of occupations available in the health industry and took a tour of hospital facilities. This was a big day of pathways learning and experiences for our Year 9 group!

A reminder that families are very welcome to attend our end of term assembly this afternoon in the Stadium between 1:20pm and 1:40pm where we will be celebrating student achievements and the end of a busy and productive term. School will finish at 2:30pm today, with buses departing on their usual runs at this time.



Families may have noted media articles over the past week outlining changes to the way in which technology will be used in Victorian Government schools. From 2027 onwards secondary school students will be required to have planned device-free learning time daily, while primary students will be restricted to a 90-minute daily cap for technology use in Years 3-6 and minimal use of technology for Year F-2 students. These changes aim to better balance the way in which students learn in Victorian schools and recognise that technology is just one of the many ways that students can engage with learning and express their knowledge. I will provide more information to our school community about this reform when more detail becomes available.

Finally, I note that the In-principle Award agreement between the Australian Education Union and the Victorian Government has stalled, and that a new agreement is being renegotiated. The Department of Education released details today about what the resumption of industrial action measures would look like in government schools from the beginning of Term 3. Written comments in student reports are once again banned, and there is the possibility that whole day and rolling half-day stop-work actions will occur once again. It is still very early in the renegotiation campaign, and I will let the school community know of any upcoming stop work action as soon as that information becomes known to me.

I would wish everyone a happy and safe school holidays, and look forward to seeing everyone back at school on Monday July 13.

Regards,

**Mr. Ralph
Principal**

Careers Day

Year 10 University Immersion Day at Deakin on Monday

The Day was an immersive on-campus experience that provided students with key insights into university life through hands-on learning and access to innovative learning spaces to help break down common myths associated with university and accessing higher education. Session included Health, Occupational Therapy, Radiology, Sports Marketing, Teaching and Science related careers.



Year 9 Career Explorer Day

At South-West TAFE City Campus and Sherwood Park Campus at Deakin

The Career Explorer Program provided our Year 9 students with a valuable opportunity to explore a range of potential career pathways, including Building and Construction, Electrotechnology, Horticulture, Hair and Beauty, Individual Support/Nursing, and Plumbing.

Through hands-on activities and industry-based experiences, students gained insight into a variety of occupations and the skills required in each field. The program also introduced students to Vocational Education and Training Delivered to Secondary Students (VET DSS) courses that will be available to them as Year 10 students in 2027, helping them make informed decisions about their future education and career pathways.

As part of the program, students also participated in an industry tour of South-West Healthcare in Warrnambool. This experience highlighted the diverse range of careers available within the health sector and challenged the common perception that hospitals are solely staffed by doctors and nurses. Students learned about the important roles played by chefs, electricians, builders, hospitality staff, security personnel, radiographers, allied health professionals, and many others who contribute to the day-to-day operation of a modern healthcare service.

The Career Explorer Program provided students with a broader understanding of the wide range of career opportunities available in our region and the pathways that can help them achieve their future goals.





Library News



Fun with Footy cards



Little Jack beat Big Jack at Chess



Thanks to Salty and Josh for all their help in the library this term!



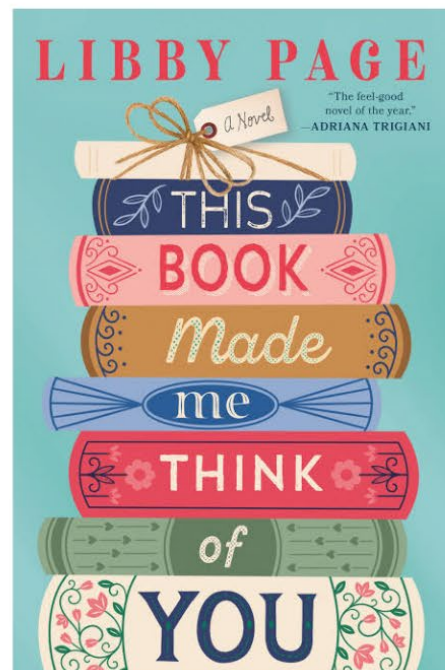
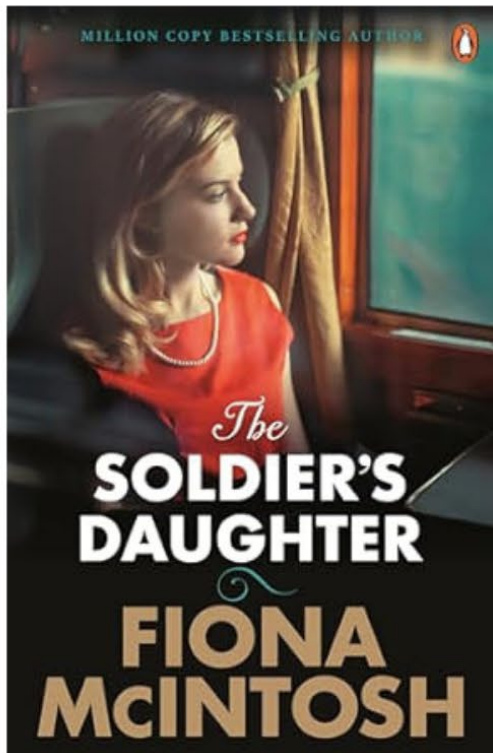
The new doll house has been very popular!!

Hawkesdale Community Book Club

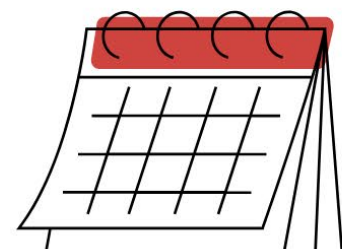
We have chosen two books for our upcoming book club meeting on Wednesday July 15. Come along and join the fun! You don't need to have read both of the books - or even either of them! New members and children are welcome 😊

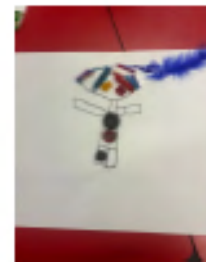
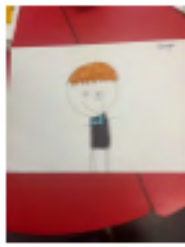


Join here



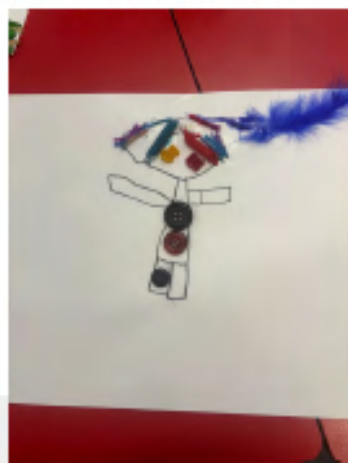
Save the date: Wed
July 15, 5-6pm in the
college library





Experimenting with materials

Students in Grades Prep and 1 Art used a variety of everyday materials to make a collage. Students experimented with different lines, shapes and textures.



FOOD2FOGO Way to go!

35% of waste in the red landfill bins we collect is valuable food and organic material that could be recovered through the green FOGO (Food Organics and Green Organics) bin, and locally composted to be used in gardens, parks and farms!

Remember:

- NUDE food – no packaging.
- Only use Council-supplied green compostable bags.
- Food and garden waste belong in your green FOGO bin.

FOGO tips:

- Reduce odour and moisture by layering food scraps and wet grass clippings with dry materials such as leaves, newspaper and coffee grounds.
- Don't overload your bin – heavy bins may not be able to be emptied safely. 70kg is about the limit – "Too heavy to wheel, too heavy to lift!"
- Zero plastics – only Council-supplied compostable bags and compostable materials belong in your FOGO bin.

Visit the Waste and Recycling pages on our website to find out more about kerbside collection services, or call 1300 656 564.

Find out more:



TOO HEAVY

garden prunings
coffee grounds
food organics
dry leaves
grass clippings
newspaper

**NUDE FOOD
ZERO PACKAGING**

**Manage moisture
manage WEIGHT**

*We can't lift more than about 70kg -
too heavy to wheel, too heavy to lift!*

*Food scraps and nude food is
the way to go for FOGO.*

4 BINS

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.¹

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.^{2 3}

¹ 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/>

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

³ 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](#).
- eheadspace, online and phone counselling for young people aged 12 to 25 and their families: 1800 650 890 www.headspace.org.au/eheadspace
- Kids Helpline, online and phone counselling for young people aged 5 to 25: 1800 551 800 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
- Beyond Blue, online and phone support service for individuals experiencing depression and anxiety and their families: 1300 224 636 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/
- Suicide Call Back Service, online, phone and video counselling for anyone affected by suicidal thoughts: 1300 659 467 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
- **1800RESPECT**, sexual assault, domestic family violence counselling service (including [information in 28 different languages](#)): 1800 737 732 www.1800respect.org.au
- **What's okay at home**, a domestic violence resources centre: 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)

NO FILTER. JUST ME.

ClearlyMe® A mental health app to see teens through tough times.



For Parents and Carers

KIDFEST WARRNAMBOOL

Ages 0-10 years, a vibrant, interactive festival packed with creativity, discovery and hands-on fun!

4-6 JULY 2026

WWW.KIDFESTWARRNAMBOOL.COM.AU

Scan to explore the full program



- ✓ Hands-on activities
- ✓ Creative workshops
- ✓ Building & discovery sessions
- ✓ Music & movement sessions
- ✓ Soft play area for under 2's
- ✓ Local food vans
- ✓ Giant sandpit
- ✓ Free face painting

WARRNAMBOOL | A GRAND ONEVENTS | Great Day Out | starprinting | THE GREAT ESCAPE OF ED | NATURE in Nature

Travel Freeeeeeee

Free Public Transport - Youth Myki

Under 18s Travel Free

From 1 January 2026, all young people under 18 travel free on all Victorian public transport (trains, trams, and buses) across the state using a \$5 Youth myki card.

Which services accept Youth myki

- ♦ Rail, tram, bus and coach public transport in myki areas (Metro Trains, Yarra Trams, metropolitan buses, and V/Line coaches)
- ♦ Rail, bus and coach public transport in non-myki areas
- ♦ V/Line trains outside the regional train network

Where to buy

At a staffed train station that sells Youth myki.

Register for a Youth myki by logging in and creating a myki account: <https://transport.vic.gov.au/manage-myki>


***Registered Youth mykis are replaced for free if they're lost, stolen, defective or expired.**

For more information visit this link:


<https://transport.vic.gov.au/tickets-and-myki/>



Now open for Year 4 students.



OPTOMETRIST QUESTIONNAIRE



GLASSES FOR KIDS COMING TO YOUR SCHOOL!

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

REAL BIRTHDAY SUPPORT

STATE SCHOOLS RELIEF

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 (gluten free) Party pies	\$5.00
(gluten free) Sausage rolls	\$3.50
(gluten free) Pie	\$4.00
	\$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