



Principal Newsletter Report Friday 4th July 2025

Term three - despite being eleven weeks long - seems to have flown by; it's hard to believe that the holidays are upon us!

Our school has been involved in a School Strategic Review for all of this term, with a Review panel working with students, parents, staff and school leadership to set school improvement goals and actions for the next four years. I have enjoyed the Review process thus far, and there have been great insights into what our school does well, and what we need to get better at. A key finding of the Review so far is the importance of consistency - of families, students and school staff working together to make sure that students arrive at school every day ready to learn, and that students are consistently provided with opportunities to support and challenge their learning across every day. We have some big work in front of us as a school, but I am feeling excited about this work as we move closer to the planning and sharing of our school improvement plan next term.

Although the school term has finished, our Chief Reviewer - Dr Jane Kovacs - is very keen to hear more about parent and guardian perceptions of our school. Jane is happy for parents and guardians to contact her via email over the holidays, and can be contacted at Jane.Kovacs@education.vic.gov.au



All of our primary students took part in a bus safety session on Wednesday of this week which featured an information session in the Library, plenty of enthusiastic questions from students and a guided tour around the mechanical and safety features of a full-sized coach. I really appreciated the involvement of Coles Coaches and the Bus Association of Victoria in this session, and the stark illustration of how little visibility is

available to drivers if children move in front of or behind a bus. 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.

Semester One written reports will be made available to families online via Compass at the end of the school day today. 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 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. **Please contact Coordinators or class teachers early next term if student reports raise issues or queries for families.**

As I noted last week, there are several staffing changes happening at school at the beginning of term three. **We will be farewelling Mr Kingston today,** 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.

We will be welcoming 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.

Mrs Dart will be the Year 8 Coordinator for the remainder of 2025 and 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.

We have had a fantastic Be Yourself Day today, organised by our hardworking Student Voice team - what a great way to finish the term in a positive and inclusive manner! A big thanks to the students involved, and to Ms Roney for her efforts in assisting and guiding the Student Voice team.

Have a safe and enjoyable school holidays - I look forward to seeing everyone back at school at the start of term three, on Monday July 21.

Mr Ralph
Principal





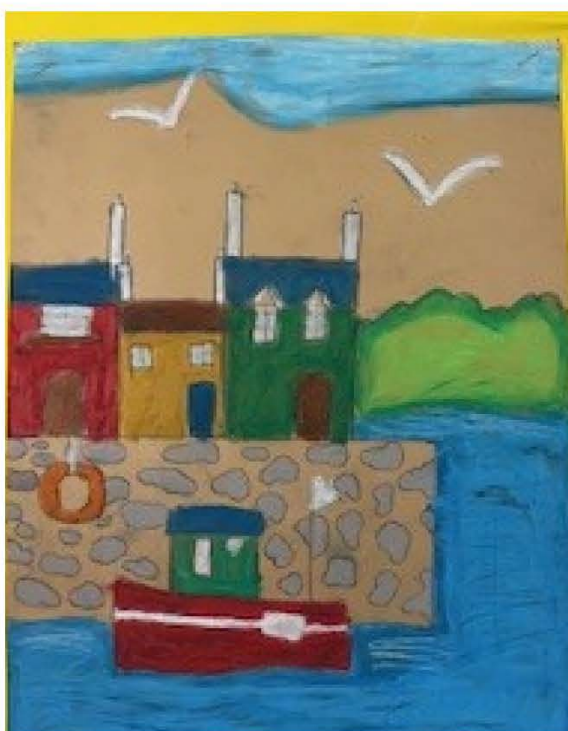
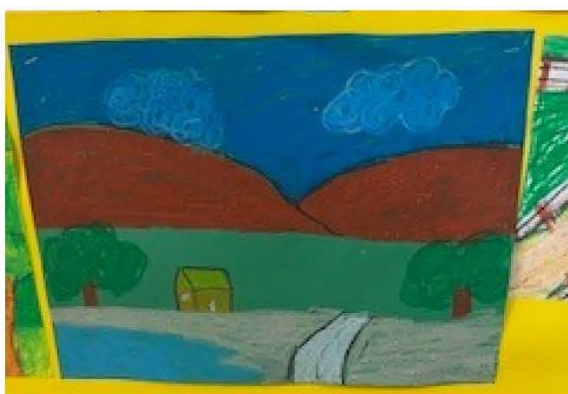
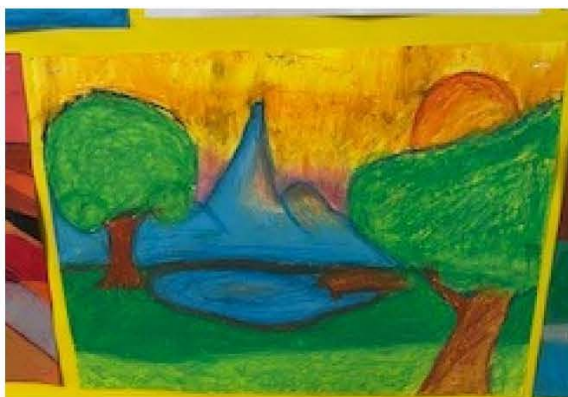
After school we had perfect weather on the school oval for our "Kids versus Grown Ups" Auskick



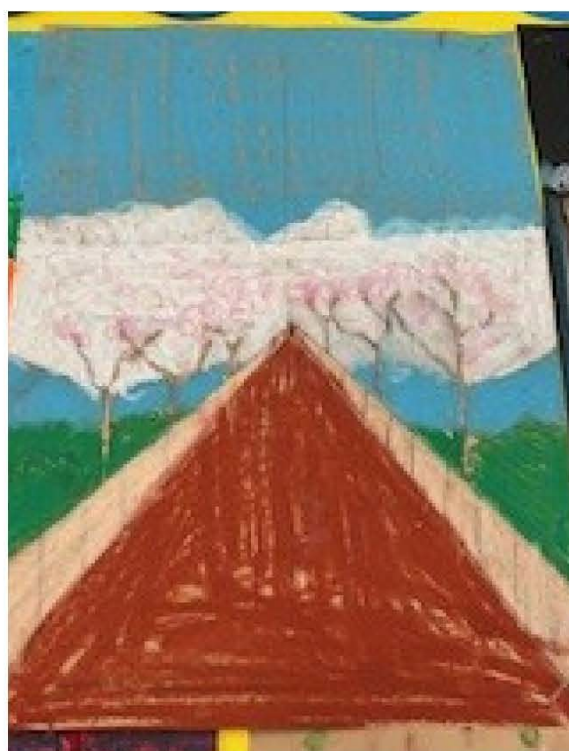
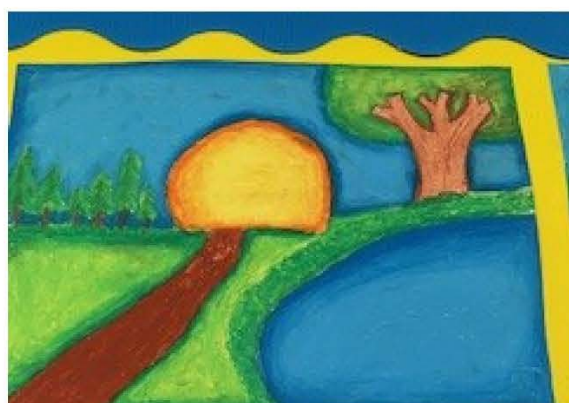
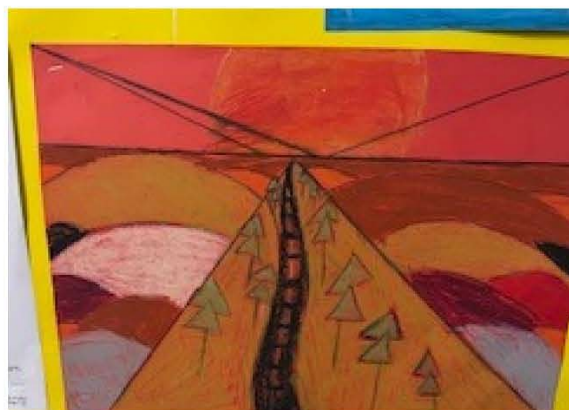
match. It was a hard fought battle, with some great kicks and tackles and of course lots of fun and laughter. The kids came away the winners!! A huge thank you to Mr Webb for running Auskick this year, we really appreciate it. Thank you to all the grown ups for coming along to play or support the kids tonight







Year 7 and 8 students have created Fauvist-style landscapes with oil pastels. 'Le Fauvs' means wild beasts in French.



Fauvism began in 1905 with the artists, Derain and Matisse and was characterised by bright, unnatural colours.

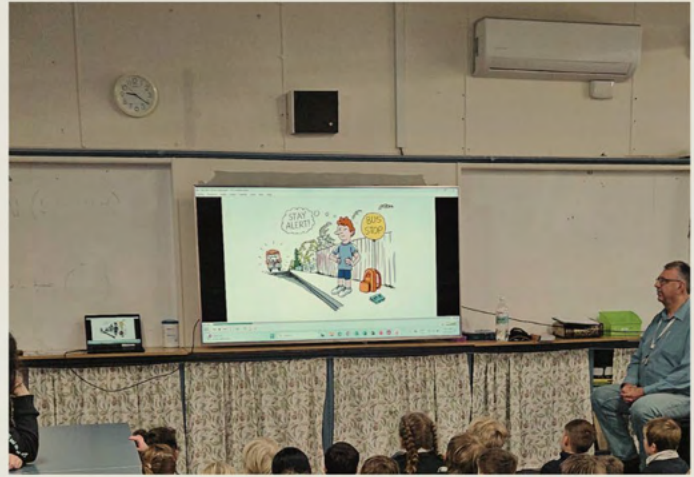


Year 12 V staff netball









On Wednesday the P-6 classes had a bus safety talk. This session reminded students of how to wait for a bus in a safe way, how to get on the bus safely, sit on the bus quietly, wear seatbelts (just like in a car) and get off the bus in a safe way. Students were also shown safety features of the bus.



BUS SAFETY TALK

Free farmer event

Thursday, June 26, 2025 / Event

Farmers and farming families are invited to the free farming event on July 6 in Hawkesdale, that is held to support farmers in south west Victoria.



Hawkesdale Rec Reserve 12 noon - 2.30pm

Event features:

- Guest speakers
- Health check in - Your mental health is just as important as the farm you care for
- Discussion about financial impacts & options
- Animal health welfare discussion
- Support from agricultural services
- BBQ lunch provided by generous sponsors below

RSVP

To RSVP, please contact Phil Marney on 0429 685 214 specifying the numbers that will be attending.
RSVP due Thursday 3 July.



Hawkesdale's

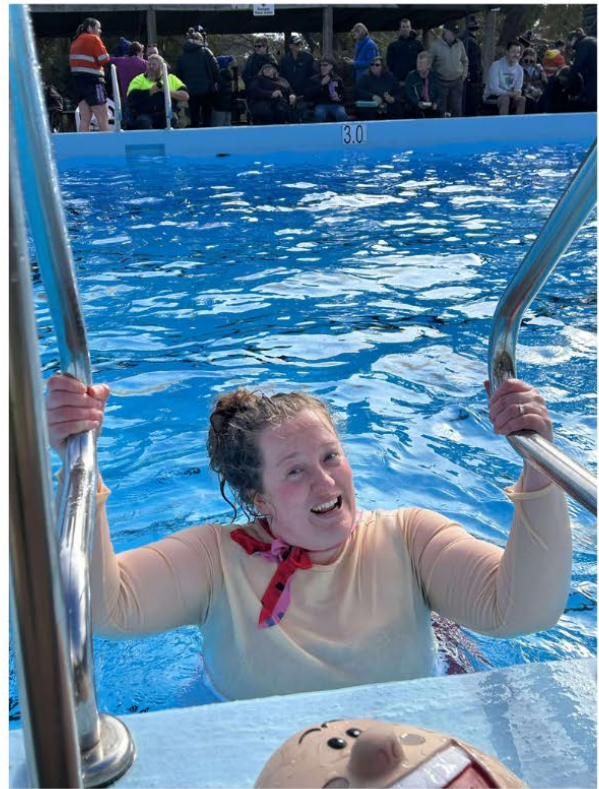


A huge thank you to our Hawkesdale P12 community!! After some last minute donations WE raised a whopping total of... Drum roll please!!!!

\$1,475.75

Our cash donations were donated to the Hawkesdale Big Freeze account helping to make the total of \$16,213.92!! All of these funds will be donated to fight MND!! What an incredible achievement!!





Hawkesdale's
BIG FREEZE 11



collins booksellers

WARRNAMBOOL

GREAT SOUTH COAST YOUNG WRITERS' PRIZE

WIN!

A year's supply of books*

+ \$500 book credit for your school

**Open to all
young writers in Years 5 – 8
living in the Great South Coast region**

**Shortlist will be judged
by bestselling & award-winning author
JUDITH ROSSELL**

**Winning entry will be
published in full in
The Warrnambool Standard**



*FOR FULL TERMS & CONDITIONS AND ENTRY DETAILS, SCAN THE QR CODE

*Proudly
supported by*

THE STANDARD

part of the **ACM** network



Wellbeing Space

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](#)



SchoolTV

A SPECIAL REPORT: Celebrating NAIDOC Week

NAIDOC week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander people. It is celebrated by all Australians and is a great opportunity to recognise and learn more about the history and culture of Indigenous communities.

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced back to the Aboriginal rights movement, when on Australia Day 1938, protestors marched through the streets of Sydney to highlight the status and treatment of Aboriginal and Torres Strait Islander Australians. Today, it is a week-long celebration held in July that consists of range of traditional and contemporary activities.

NAIDOC Week is an important event that helps build positive relationships between Aboriginal and non-Aboriginal people. It enables a deeper understanding of our differences and similarities and is a great opportunity for all Australians to eliminate bias and discrimination by reflecting and reconciling the wrongs of the past to facilitate hope and build a fairer future. Families are encouraged to join in and support young people in learning the significance of NAIDOC Week.

This Special Report offers suggestions on how families can celebrate NAIDOC Week together. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report:

https://hawkesdalecol.vic.schooltv.me/wellbeing_news/special-report-celebrating-naidoc-week



SPECIAL REPORT

**Celebrating
NAIDOC Week**



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-mood.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](#).
- **ehespace**, online and phone counselling for young people aged 12 to 25 and their families: 1800 650 890 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
- **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)



HAWKESDALE P12 COLLEGE



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

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