



Principals Newsletter Report

Friday 14th August 2026

A reminder to Year 9 and 10 families Due that our annual VCE information evening will occur on Monday 7th August, from 6pm to 8pm in the College Library. While this evening is usually attended by Year 10 students and families, Year 9 students and families are also welcome and encouraged to attend - noting that many of our 2026 Year 9 students may choose to take part in TAFE certificate courses or an accelerated VCE subject as Year 10 students in 2027.

This information evening will feature a brief presentation about how VCE works, study expectations, subject options for 2027, a subject expo with VCE teachers, supper at 7pm, and the chance to speak with individual teachers about the VCE subjects that they teach. We will also cover vocational options in VCE, including traineeships and school-based apprenticeships, studying at TAFE, how work placements work for VCE Vocational Major students and the subjects that form the VM curriculum. There is a lot to cover, and staff will be available to answer questions during the evening. This evening will begin the subject selection process for our 2027 VCE students, and the pathways that they will follow as senior students at our school. **This is an essential information evening for Year 10 families to attend and is optional for Year 9 families with students interested in learning more about TAFE and VCE step-up subjects for 2027** - please contact myself or Mr Webster at school if you have any queries about this evening.

Our Student Senate and student Wellbeing teams have organised a series of activities next week to recognise Bullying No Way week, noting that the theme of this event in 2026 is *Small Acts, Big Impact*. Activities at school will including a blue-themed casual clothes day on Monday, cup-cake decorating on Wednesday and a free photobooth and craft opportunities on Thursday. Casual clothes gold coin donations, sausage sizzle fundraising and cup-cake purchases will all be donated to the Dolly's Dream organisation which works to change the bullying culture, raise mental health awareness, and prevent youth suicide across Australia - a great cause!

Student Senate & The Wellbeing Team present:

BULLYING NO WAY WEEK

CASUAL CLOTHES DAY AND BBQ

Who: Students & Staff
What: Wear Blue
When: Monday 17th August
Cost: Gold coin donation

BBQ lunch: \$3.00 per sausage

All proceeds go to Dolly's Dream
<https://dollysdream.org.au/>

DO IT FOR DOLLY DAY '26

SPEAK, even if your voice shakes

Small Acts Big Impact

Student Senate & The Wellbeing Team present:

BULLYING NO WAY WEEK

CUP CAKE DECORATING

Who: Students & Staff
What: Cup Cake Decorating
When: Wednesday 19th August
At break 1
Cost: \$2.00

All items kindly donated by the Howkesdale CWA

All proceeds go to Dolly's Dream
<https://dollysdream.org.au/>

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Small Acts Big Impact

Student Senate & The Wellbeing Team present:

BULLYING NO WAY WEEK

LIBRARY ACTIVITIES

Who: All students welcome
What: Photo booth & Craft
When: Thursday 20th August, Break 1 & 2
Cost: Free

Come and spend some time with the Wellbeing team in the Library.
Bullying is everyone's responsibility.

DO IT FOR DOLLY DAY '26

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Small Acts Big Impact

The 2027 TAFE South West enrolment portal is now open, and students in Years 9 and 10 have been considering VETDSS subjects on offer and sorting through the process of creating their individual USI prior to submitting an online course enrolment. Areas of VETDSS study on offer in 2027 include arts, working with babies and children, building and construction, business, vehicle mechanics, civil construction, community services, conservation, electrical services, agriculture, cookery and hospitality, hair and make up, ICT studies, plumbing and horticulture. VETDSS courses align neatly with Year 10 and VCE subjects, and we are fortunate that our local TAFE can provide so many vocational courses of study for secondary students.

The AEU has been granted permission to hold a day of Stop Work Action on Wednesday 19th August, and I would anticipate disruption to our usual school operations and learning routines on this day if the strike goes ahead. AEU members are currently voting in an EBA ballot to approve or dismiss the latest conditions offer from the Victorian Government, and I note that the results of this process will not be known until Monday 17th August – only a few days before the planned Stop Work. A majority YES vote will see the cancellation of the Stop Work, while a NO vote will see the Stop Work action continue. I am always conscious of the juggling that families need to perform around childcare and work commitments and will let the community know as soon as possible on Monday of next week what the impacts of the action will look like at our school. Please note that written comments will once again not be appearing in upcoming VCE interim reports due to this ongoing industrial action.

Our School Council has approved a partnership with Spartan School Uniforms as our new uniform supplier into the future. Uniform purchasing with Spartan will be via an online portal which has been designed for ease of ordering and with measurements for correctly sizing uniform items. We will retain a sizing rack of uniform samples at the College Office, and families and students will be able to try uniform on for correct size before placing an online order if they wish. Purchased uniform can be sent to the college for collection without delivery cost or can be sent to family homes for a small delivery fee, noting that all online orders should arrive within a week of ordering. This is a new approach to managing uniform at our school and is one that many local schools in our region are using. **The Spartan online uniform portal will go live on Monday 24th August – please refer to the flyer in this newsletter with details about the portal web address, delivery information and contact details for the customer care line.** Feel free to contact Bronya in the front office on 55607225 if you would like more information about our transition to Spartan School uniforms.

Have a great weekend everyone!

Mr Ralph
Principal

WELCOME TO SPARTAN SCHOOL WORLD



● SHIPPING OPTIONS

School Delivery - Free
Weekly during school terms.
Orders received by Tuesday
will be despatched on
Wednesday

Please allow 4 - 5 days for
delivery after despatch of
your order.

Postage to private address
\$12.50 per order.

An order confirmation email
will be sent once your order is
processed.

Contact Us:
onlineorders@spartanss.com.au
Customer Service
1800 815 557

The Hawkesdale P-12 College
uniform range is now available
online at:

www.spartanschoolworld.com.au

Select Hawkesdale P-12 College from
the

"FIND MY SCHOOL" list of schools.
Place your order.

Choose weekly delivery to
school or home/private address.

State School Relief Vouchers

Orders using State School Relief Vouchers will need to
be placed by phone. Please call our Customer Service
line. You will need to provide details of your required
items/sizes and have your voucher details ready.

Free Call: 1800 815 557



**HAWKESDALE
P12 COLLEGE**

Online Uniform Service



www.spartanschoolworld.com.au

VCE Information Evening



Who should attend:

- Year 9 and 10 students and their parents / carers

What to expect:

- Information on VCE subject offerings for 2027
- Information on VET DSS subjects offered by SW TAFE
- Industry guests
- Subject Expo
- Supper provided
- Time to connect and ask questions
- Explore senior school pathways & future opportunities



Monday 17th August



6-8 PM



Hawkesdale P12 College Library





PREP 1 ART



**OVER THE LAST TWO WEEKS STUDENTS
HAVE USED ROLLING, CUTTING AND SHAPING
TECHNIQUES TO MAKE A VARIETY OF PEOPLE AND OBJECTS
OUT OF COLOURED MODELLING CLAY.**



Student Senate & The Wellbeing Team present:

BULLYING NO WAY WEEK



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Who: Students & Staff

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Small Acts Big Impact

Animal Farm Excursion

It was a very early start for students this Thursday as we caught the first train to Melbourne to enjoy a trip to see 'Animal Farm' at the Arts Centre.

Performed by Bloomshed, the play extended Orwell's classic text of power and manipulation with a second act exploring a senate inquiry into dodgy deals agreed to by Napoleon. With a contemporary Australian twist, plenty of movement and outrageous physical comedy, it was a highly engaging performance. Students enjoyed a Q&A with the performers after the show too.

With a quick trip to the museum, a live theatre experience and a delicious Italian dinner in the heart of the theatre district, it was a long but very rewarding day for all! A big thank you to Felicity for organising a donation which covered the cost of dinner.







Bullying No Way: National week of action
17–21 August 2026

Helping prevent bullying: A guide for families

Why it matters

A study from 2019 showed that globally, one in three young people report being bullied frequently. In Australia, the numbers are very similar, with 29–40% of young people saying they are being bullied frequently (every few weeks or more).

Bullying can seriously affect a child's confidence, mental health and learning. But research shows that strong, connected families can help prevent bullying. Children are less likely to be bullied—or to bully others—when they feel safe, supported and know what respectful behaviour looks like.

A 2025 study found 49% of parents/carers have suspected, confirmed or been informed their child has been bullied, so you're not alone.

What is bullying?

Bullying is when someone repeatedly and intentionally uses their power or status to harm, upset or intimidate someone else. It can cause physical, social or psychological harm.

Bullying can happen anywhere – at home, online, at work or at school. It can involve individuals or groups, and it can happen to anyone.

Bullying can include:

- verbal (e.g. name-calling, teasing, threats).
- physical (e.g. hitting, pushing, damaging property).
- social (e.g. excluding others, spreading rumours).
- online (e.g. hurtful messages, posting private images).

Elements of bullying

It's important to know that bullying is not just a one-off disagreement or occasional teasing. Those situations can still cause harm, but there are three main elements that separate bullying from one-off incidents or other types of conflict.

1. Involves a real or perceived (felt) imbalance of power between the person being bullied and the person bullying them.
2. Happens repeatedly or could potentially be repeated (like with online behaviour).
3. Consists of intentional acts that are aggressive, negative or harmful towards another.

Signs of bullying

A child or young person who is being bullied might not tell an adult about it. It can be hard to ask for help, and sometimes children might feel fear or shame about telling someone.

There are physical, social and emotional signs that can indicate bullying. Being aware of these potential signs can help those who bully or are bullied get support as early as possible.

- Changes in school engagement (e.g. not wanting to go to school, becoming upset or anxious before or after school, showing a drop in grades).



Bullying No Way: National week of action 17–21 August 2026

- Unexpected changes to friendship groups (e.g. changing friendships or breakups, being excluded).
- Physical and behavioural changes (e.g. changing sleep or eating patterns, feeling sick, mood swings, acting aggressively, not wanting to discuss what's wrong, withdrawing, negative self-talk).
- Physical signs (e.g. unexplained bruises or cuts, missing or damaged clothes or belongings, arriving home hungry).
- Changes in daily routines (e.g. change in routine or travel to school, spending more time in their room or alone, withdrawing from previously enjoyed activities).
- Changes in digital technology use (e.g. appearing upset or nervous after using technology, nervousness when receiving notifications, messages or calls, hesitancy about going online, spending long hours online, secretive about online activity, suspicious package delivery).

If your child is being bullied

Telling someone about bullying is not easy. If your child tells you they're being bullied, this is a great first step to getting the help they need. There are several ways to help. The most important thing is to listen without judgement. Let your child or young person tell you what's happened and wait to ask any questions you may have until they have finished.

The recent Australian [Anti-Bullying Rapid Review](#) confirms that around 1 in 4 students in Years 4–9 experience bullying every few weeks or more, highlighting the ongoing importance of prevention and early support. The Review reinforces that families play a critical role in creating safe, supportive environments that reduce bullying.

Ways to strengthen family connections

- Spend one-on-one time – even 10 minutes of child-led time a day strengthens trust.
- Eat meals together – regular shared meals are linked to better behaviour and communication.
- Listen without judging – ask open questions and let your child express themselves fully.
- Be a role model – show kindness and respect in your own relationships, online and offline.
- Be consistent – clear routines and boundaries help children feel secure and respected.

How to respond

Your child may be less likely to raise concerns when they are uncertain what will happen after they speak up, so it's important to respond with consideration and understanding.

How to respond:

- **Listen** – find a quiet space, give them your full attention, and let them share their experience without interruptions.
- **Calmly ask questions** – wait until they have finished talking and gently try to get a full picture of the situation.
- **Acknowledge their experiences and the impacts** – 'I can see this is very upsetting and I can understand why you're worried about going to school ...'
- **Help them to feel safe** – let them know you will work with them to try to make things better.
- **Involve them in the response plan** – being bullied can feel like a huge loss of control and can impact self-esteem and confidence. Help them regain control by including them in decisions about how to address the issue.
- **Support them to recover** – this includes offering emotional support, focusing on their wellbeing and supporting them to develop positive coping strategies.



Bullying No Way: National week of action 17–21 August 2026

Ask your child about:

- **The bullying** – when, where, who, how.
- **How they feel about it, what they think about it and why they think it might be happening** – this can help you get a better understanding of what's going on from their perspective. Children and young people can sometimes blame themselves for the behaviour of others, and if this is the case, it's important to know early so you can help them to understand that it is not their fault.
- **How they responded** – how did they react? This can help you to understand what they might be doing to cope and what they might have tried already to fix the problem.

Conversation starters

Keeping the conversation open can help your child feel safe to talk about problems. Try:

- 'Who did you spend time with today?'
- 'What was something that made you smile?'
- 'Who did you sit with at lunch?'
- 'Was there anything that made you feel uncomfortable or upset?'
- 'Do you know what to do if someone sends you messages that are hurtful?'
- 'Was there anything today that was tricky or frustrating?'
- 'Who do you feel safe talking to at school?'
- 'What could you do if someone was being mean to you or someone else?'
- 'What could you do to help someone who is being treated unfairly?'

Tell someone

The best advice for dealing with bullying is to tell someone.

Children and young people who bully others gain power if no one speaks up because it allows the bullying to stay hidden. But when their behaviour is challenged by people with authority, such as teachers or other adults, they lose that sense of power. This is why it's important to tell someone what is happening.

Reporting the behaviour to the school is a good early step. All schools are required to have policies and procedures in place to address bullying because every child has the right to be safe at school.

If your child may be bullying others

Hearing that your child may be bullying others can be challenging but remember that children are still learning and growing. Bullying is a behaviour that can be changed with guidance and support.

If your child is bullying others, it may indicate they need help building social and emotional skills, such as managing emotions, empathy and forming positive relationships. Bullying can stem from a desire to belong or be accepted, and without guidance, these behaviours may impact their wellbeing and future. Supporting them to treat others respectfully is key to their development.

According to the Australian [Anti-Bullying Rapid Review](#), children who engage in bullying benefit most from guidance combined with consistent whole-school approaches that teach empathy, respect and positive behaviour.

How to respond:

- Stay curious, not angry – "Can you help me understand what's been going on?"
- Talk about empathy – "What do you think the other person felt?"



Bullying No Way: National week of action 17–21 August 2026

- Set clear expectations – “In our family, we treat others with fairness and respect.”
- Guide them to repair harm – talk about apologies, making amends, or writing a note.
- Work with the school/community group – ask about positive behaviour support or mentoring programs.

Getting help

Families supporting children and young people who are experiencing bullying in any form do not need to deal with it alone. There are support organisations available to help and support.

- If it happens at school or in the community – talk to your child’s teacher, principal, coach or other person in charge. Ask about their anti-bullying plan.
- If it’s online – save messages, block the person, report the content and visit esafety.gov.au.
- If someone is in danger – call 000 straight away.

Information and support for families

Service	What they offer	Contact
Kids Helpline	Free 24/7 counselling for children and young people aged 5–25	1800 55 1800 kidshelpline.com.au
Headspace	Mental health support for 12–25-year-olds	headspace.org.au
Parentline	Confidential support for parents and carers	Parentline in your state or territory
Raising Children Network	Trusted parenting advice, videos and tools	raisingchildren.net.au
Bullying No Way	National resource on bullying prevention in schools	bullyingnoway.gov.au
eSafety Commissioner	Cyberbullying info and reporting platform	esafety.gov.au
Student Wellbeing Hub	Australian Government initiative to support physical, mental and emotional wellbeing in schools.	studentwellbeinghub.edu.au
Emerging minds	Useful information and advice for families caring for a child or young person affected by bullying	emergingminds.com.au

Final tips

Bullying can be incredibly distressing to experience and can have a lasting impact on children and young people’s wellbeing – affecting their confidence, academic performance and mental health.

Bullying is about power imbalances, and children and young people often feel powerless when faced with it. But they are not powerless. They can take action to deal with the bullying, such as telling a trusted adult, trying some techniques to stop the bullying themselves and using positive coping strategies to get back a sense of agency.

Remember to:



Bullying No Way: National week of action
17-21 August 2026

- **Act early** – if something feels wrong, talk to your child and involve the school or community organisation.
- **Keep notes** – writing down incidents helps everyone respond clearly and quickly.
- **Work as a team** – consistency between home and school makes a big difference.
- **Take care of yourself** – supporting a child through bullying can be emotional. It's okay to ask for help too.

Small Acts, Big Impact.

Every small action helps create a safer and more respectful community for all young people.



School Wide Positive Behaviour Expectations



Next week our behaviour focus is

RESPECT IN THE CORRIDORS AND THE YARD

This includes:

Being friendly and inclusive

Being considerate of those around you

Using an inside voice in the corridor

Walking when inside & keeping hands to self

Moving safely and only using spaces that are available to be used

Using school equipment appropriately

We use respectful language

Congratulations to the following students for
receiving nominations for demonstrating our
school value, Resilience:

Liana, Williem, Will J, Rachel & Isaac





A SPECIAL REPORT: Do It For Dolly Day

Bullying can have a profound and lasting impact on a young person's wellbeing, sense of belonging and confidence. It is not always visible and can include social exclusion, verbal abuse and online harassment, often occurring repeatedly over time. Research shows that bullying can increase the risk of anxiety, low self-esteem, social withdrawal and difficulties with learning and peer relationships.

For parents and carers, it can be difficult to know how best to respond. However, recognising the signs, listening without judgement and maintaining open communication can make a significant difference.

Do It For Dolly Day is a national reminder that kindness matters and that everyone has a role to play in creating safe and inclusive communities. This Special Report provides practical guidance to help families understand bullying, support their child and promote empathy, respect and positive relationships, ensuring no child feels alone.

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-do-it-dolly-day



Speak, even if your voice shakes

2026 CHILDREN'S BOOK WEEK

SYMPHONY OF
STORIES



22-28 August 2026



BOOK WEEK

dress up day &

special person celebration day

Wednesday 26th August

Students are invited to come to school dressed as one of their favourite book characters

AND

Parents, carers, grandparents, family members and friends are invited to visit classrooms between 10am and 10:50am, followed by a book week parade on the tennis courts at 10:50am

AND

Visitors, students and staff are invited to a shared morning tea in the library during Break 1 (11:10-11:40am)

Students and staff are invited to bring along a packet or plate of food to share, so we can all contribute to a community morning tea

FOR SALE

Farm Ute for sale

Mazda Bravo, 2005, 270ks, petrol / gas, \$3k

After years of service to me and to school camps the beast is for sale to be used on farm. I'm not road worthy it due to the gas renewal issue. I'm sure it will give years of good service and will be available after the next Advance camp.

Heaton Jarrad

0402 830 137



HAWKESDALE HALL-AGM



The Hawkesdale Hall Social Committee AGM will be held on Wednesday 26th of August at 7.30pm in the Hall supper room.

The committee caters for meetings, funerals and the P12 College dinners.

New and old members **are most welcome** to attend.

Enquiries to Cheryl -0407907272



Healthy Limbs Club

is coming to **Penshurst**

Join us if you have swollen limbs, wounds or skin problems. **No appointment needed. Drop in anytime.**

Wednesday's

9:30am – 11.30am

Starting September 2, 2026

Sheppard Centre

Penshurst District Health Service

146 Cobb Street, Penshurst

Ph 03 5552 3001

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	\$2.00
Toastie	\$3.50
Party Pies / Sausage Rolls	\$2.00
Homemade Slices / Muffins / Banana Bread	\$2.00
Homemade Biscuits	\$1.50
Truffles	\$0.80
Banana bread - (gluten free) must be pre-ordered	\$2.00
Brunch Pies	\$3.50
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