



Principal's Newsletter Report

Friday, 28TH March

What a busy week it has been at Hawkesdale P12 College this week, with a Student Voice cupcake stall, an Epilepsy Awareness Day, our annual welcome back to school BBQ and Open Evening, an ADVANCE and VCE Outdoor Education canoeing camp along the beautiful Glenelg River, the primary Moyne District Athletics day at Brauerander Park and even a shelter in place bushfire emergency drill in the Stadium.



Jasper represented our school at the Greater Western Region swimming carnival in Horsham on Wednesday, achieving a 3rd place medal in the breaststroke event, plus a 4th placing in the freestyle event and a 6th placing in the backstroke event. It takes significant skill to reach the Regional finals, and I appreciate Jasper being our sole competitor in this carnival! Jasper trains with the Warrnambool Swim Club, and competes regularly in Melbourne carnivals - well done Jasper!

Our Student Voice group is very busy at the moment, and I was pleased to note that over \$300 was raised during our **Epilepsy Awareness Day**, with all funds gathered helping to purchase a new at-home monitoring device for Shelby. This was a great student-led activity, with lots of cupcake consumption and the wearing of purple across the school - a big thanks to Ms Roney, Mr Gordon and teachers for their support of students in getting this event up and about. Next week will conclude with another Student Voice event - a **Dolly Day and Colour Run on Friday 4th April**. Students have been busy organising haybales and donations towards this day, and have learnt a lot about leadership, communication and teamwork along the way. **Please note that the school day will be finishing at 2:30pm on Friday 4th April, with buses delivering students home an hour earlier than usual on this day.**



A reminder that our end of term Parent-Teacher-Student Conversation Day will be happening next week on Thursday, 3rd April, from 11am to 7pm. Interviews will be held at school, and will follow on from interim reports that have been loaded to the Reports tab for each student on Compass. Interviews are a valuable chance to start a conversation about how students are working and behaving in their class subjects, and to discuss ways that students can improve their learning. While this is a School Council designated pupil free day, students are of course very welcome to be part of this conversation. Bookings for our Parent-Teacher-Student Conversation Day are open on Compass, and I would encourage families to start making bookings if they have not already done so. Please contact our Office if you are having trouble making a booking.

In response to community feedback, our weekly newsletter will once again be available in our local township and on Facebook, but with a slightly different events calendar to the full newsletter that is published for families on Compass. We recognise that the safety of students is paramount, and the community version of our newsletter will not include dates about where students will be when they are away from the boundaries of the College. I was heartened to receive feedback about the valuing of our newsletter in the wider community, and would encourage community groups to contact the school if there is an upcoming event or activity that they would like to have advertised in our newsletter.

The Moyne Shire is currently conducting a traffic count along the Penshurst-Warrnambool Road, using pole-mounted cameras within the township to gather data about traffic and pedestrian frequency. This data will add to our ongoing funding application with the Department of Transport and Planning for improved pedestrian crossing infrastructure within the town. The camera technology involved detects movement without capturing the identity of pedestrians and drivers, and replaces the use of pneumatic rubber tubes stretched across roadways and attached to data-logging devices. It is good to know that our campaign to improve the safety of our township crossing is active - I look forward to hearing the results of our application once the data is added to it.

Please note that students are currently preparing for two upcoming ANZAC Day commemorations following the Easter break. Our VCE VM students will lead a College ceremony on Wednesday April 23, starting at 10:15am in the Stadium, while our School Captains and local township students will lead a community ceremony at the Hawkesdale Memorial Hall on Friday April 25 beginning at 6am, and with a cup of tea and a sausage in bread in the Hall afterwards. ANZAC Day is a significant national tradition, and a time for reflection about sacrifice, freedom and the values that bind us together - I would encourage families to attend one or both of these commemorations once we return to school next term.

Our College website contains a range of policies that outline the expectations and procedures of our school, and which are being updated during this term. The recently endorsed Child Safety Code of Conduct outlines the acceptable and unacceptable behaviours for all adults who work with children and young people at our school, while the Values and School Philosophy policy describes the values and objectives of our school in providing a safe, supportive and inclusive environment for all students, staff and members of our community, while at the same time building student learning, engagement and wellbeing capacity. Policies are an important part of the life of our school, and I would encourage families to have a look at these publicly accessible documents via our fantastic College website.

Have a great weekend everyone,

Mr Ralph
Principal

PRIMARY SPORTS DAY











SchoolTV

In this edition of SchoolTV - ANXIETY

Most young people today experience anxiety at some point in their life. Sometimes that slight rush of anxiety that occurs prior to an exam or sporting event, can enhance their performance. However, experiencing too much anxiety, over long periods of time, can be extremely damaging to their health and wellbeing. There is a difference between 'good' and 'bad' anxiety.

Statistics show, that the psychological health of young people today is far worse than it was a generation ago. This is having an adverse affect on children in both primary and secondary levels. Some of their issues of concern include stress, school, study, body image and friendship.

Parents need to be aware of the warning signs of 'bad' anxiety. There are preventative measures parents can implement as well as teaching kids the skills to cope more efficiently with their anxiety.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school wellbeing team for further information or seek medical or professional help.

Here is the link to the **Anxiety** edition of SchoolTV

<https://hawkesdalecol.vic.schooltv.me/newsletter/youth-anxiety>



From the Wellbeing team:

For a number of different reasons, **school holidays** can be
extra tough for some students

Please find **attached** to this weeks newsletter a factsheet
outlining **wellbeing support for students during the school holidays.**

FROM MRS DART

Mental Health and Wellbeing Leader

WELLBEING BAROMETER SURVEY – 2025 WE WANT TO HEAR FROM YOU!



The Wellbeing Barometer survey is an invaluable tool for schools, providing critical insights into the mental health and wellbeing of young people. This survey identifies areas of concern, highlights resilience and adaptability in students, and emphasises the importance of preventative strategies to promote positive outcomes.

The survey helps to identify strengths and areas for improvement, as well as pinpoint opportunities for early intervention. We hope you take time to complete this survey so that we can gain valuable insight into the mental health of both our primary and secondary students.

Responses remain anonymous and should be based on your observations over the last 12 months.

Here is the link to the report and survey

https://hawkesdalecol.vic.schooltv.me/wellbeing_news/special-report-wellbeing-barometer-2025-au

SPECIAL REPORT



Wellbeing Barometer Survey 2025



Open Night & Community BBQ

We had a wonderful evening at school last night with our community BBQ and Open Night. It's always great to have a chat with families and community members over a well cooked snag by Mr Quinno and students enjoyed playing ping pong and out on the tennis courts.



It was also wonderful to welcome some new and familiar faces at Open Night. A big thanks and well done to Mrs Butters for emceeing the evening and sharing all the things that makes our school so special. Thanks also to with Ms White, Mr Webb, Mr Walker and Mr Hoeksema and their student helpers for running the fabulous activities that gave our prospective Year 7 students a taste of high school! We all enjoyed a delicious supper catered by Leanne as well. Such a great evening of community and fun! 🤗





Purple for Epilepsy Day



A big well done to our Student Voice team for organising the Purple Day for Epilepsy dress up and cake stall today! It was great to see students stepping up, taking on responsibilities and working as a team.

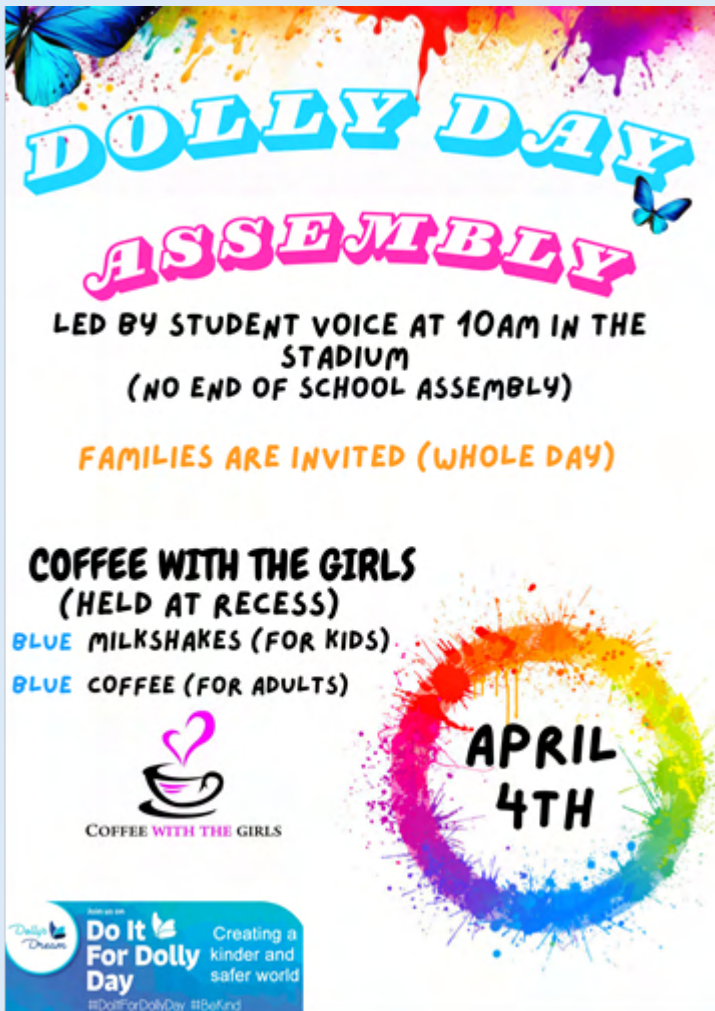


We raised \$328 from the dress up day with cupcakes still being sold to raise as much as possible towards Shelby's epilepsy monitor.



The final tally will be announced at the assembly at 10am on the last day of term. Families are welcome!!





DOLLY DAY

ASSEMBLY

LED BY STUDENT VOICE AT 10AM IN THE STADIUM
(NO END OF SCHOOL ASSEMBLY)

FAMILIES ARE INVITED (WHOLE DAY)

**COFFEE WITH THE GIRLS
(HELD AT RECESS)**

BLUE MILKSHAKES (FOR KIDS)
BLUE COFFEE (FOR ADULTS)



COFFEE WITH THE GIRLS

APRIL 4TH





Join us on
Do It For Dolly Day
Creating a kinder and safer world
#DoItForDollyDay #BeKind



DO IT FOR DOLLY DAY

Friday April 4

Families are invited to join us for some or all of this special day!

-  Student Led Assembly @ 10am
-  Coffee with the Girls from 10.45am - blue milkshakes \$2 (for students) & blue coffees \$5-7 (for adults)
-  Colour Run @ 11.15am - Students need to bring a change of clothes and a white t-shirt
-  BBQ cooked by P&F @ lunchtime 1pm \$2 raising funds for Dolly's Dream

#DOITFORDOLLY 



#SPEAKEVENIFYOURVOICESHAKE 



DOLLY DAY

COLOUR RUN

WHERE?
COLOUR RUN FROM 11.15AM
SCHOOL FOOTBALL OVAL

WEAR
STUDENTS SHOULD WEAR SCHOOL UNIFORM TO SCHOOL AND BRING A SPARE CHANGE OF CLOTHES FOR THE COLOUR RUN INCLUDING A WHITE T-SHIRT

APRIL 4TH

FAMILIES ARE INVITED (WHOLE DAY)

BBQ FUNDRAISER FOR DOLLY'S DREAM AT LUNCHTIME RUN BY PARENTS AND FRIENDS

Join us on
Do It For Dolly Day
Creating a kinder and safer world
#DoItForDollyDay #BeKind



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.

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/>

Family violence support and resources

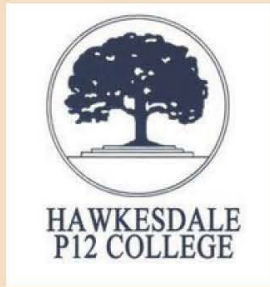
- **Safe Steps**, support for anyone in Victoria who is experiencing or afraid of family violence: 1800 015 188 www.safesteps.org.au
- **1800RESPECT**, sexual assault, domestic family violence counselling service (including [information in 28 different languages](#)): 1800 737 732 www.1800respect.org.au
- **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
**FOR THE MOYNE CAREERS DAY - WE
ARE...**

LOOKING FOR PARENTS WITH TRADES

MAY 15TH 2025

MORTLAKE COLLEGE

WHERE: MORTLAKE COLLEGE

WHEN: THURSDAY 15TH MAY

TIME: 9.30AM-11.00AM

ACTIVITY: STUDENTS WILL BE SHOWN A PARTICULAR SKILL, SPECIFICALLY RELATED TO THE ORGANIZATION'S BUSINESS AND STUDENTS THEN TRY TO REPLICATE THAT SKILL. STUDENTS WILL ALSO BE GIVEN A SET OF QUESTIONS THAT THEY CAN ASK THE TRADESPERSON. STUDENTS WILL ROTATE THROUGH 4-5 ACTIVITIES DEPENDING ON TIME.

Please contact Mr Gordon at the College if you are a tradesperson interest in contributing in this event 55607225

Parent -Teacher- Student Interviews

Parent-Teacher-Student interviews will be held at school on Thursday, 3rd April between 11am and 7pm in order to have conversations about student achievement, effort and behaviour as noted on Semester 1 interim reports, which will be available on Compass prior to the interview day.

These interviews are a vital part of the learning partnership between parents, students, and teachers; they provide feedback about how students are progressing in their learning at this early stage of the 2025 school year and are a great chance to discuss ways in which this learning can be improved upon or extended as the year continues.

We certainly encourage as many families as possible to take part in these interviews, and for students to add their voices to the conversation also.



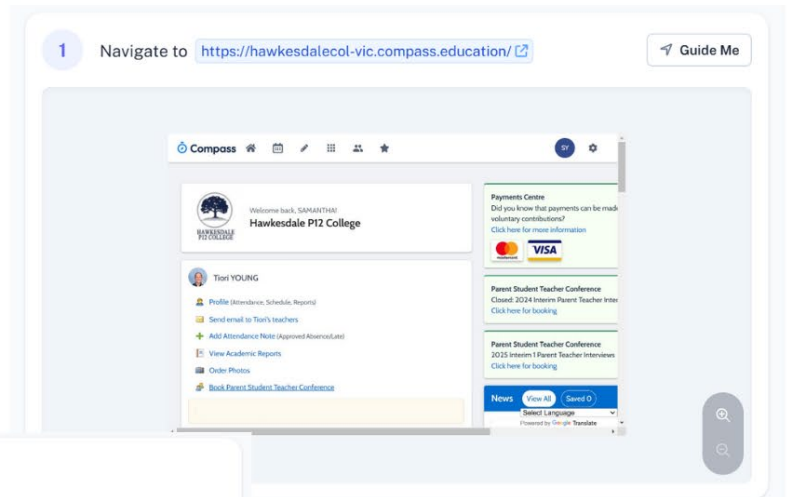
**Thursday 3
April
11am - 7pm
at the College**

BOOK NOW

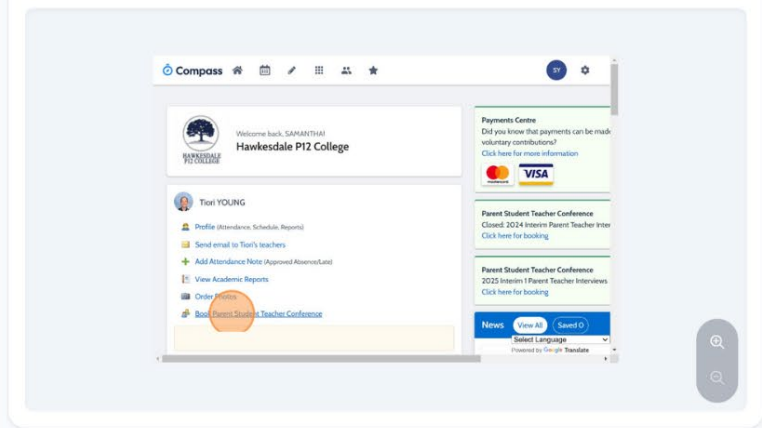


How to book Parent-Teacher-Student Interviews

1

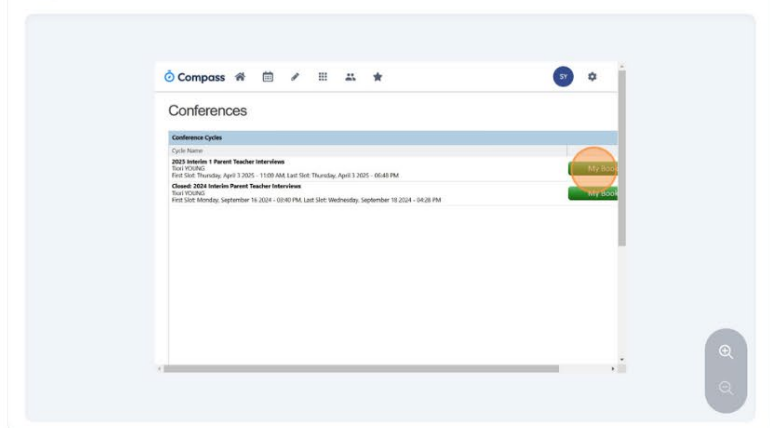


2 Click "Book Parent Student Teacher Conference"



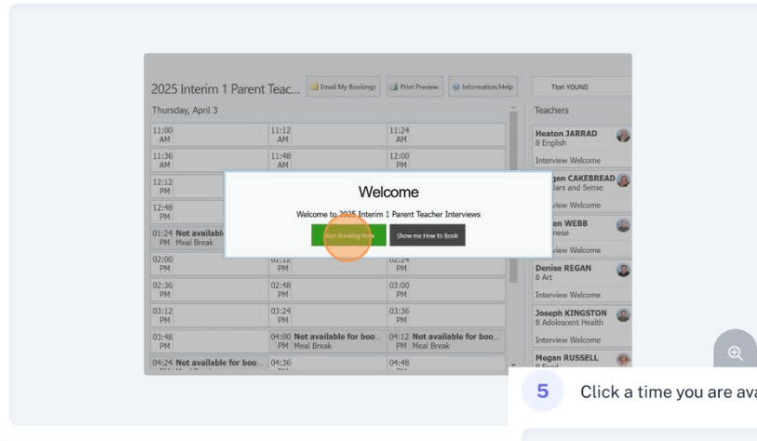
2

3 Click my bookings for the 2025 cycle



3

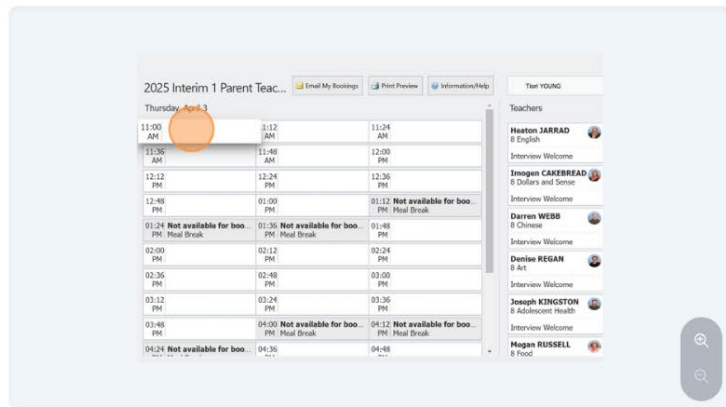
4 Click "Start Booking Now"



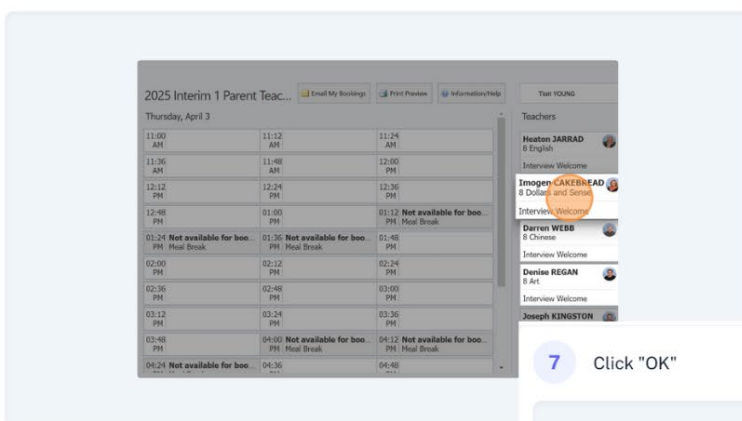
4

5 Click a time you are available

5



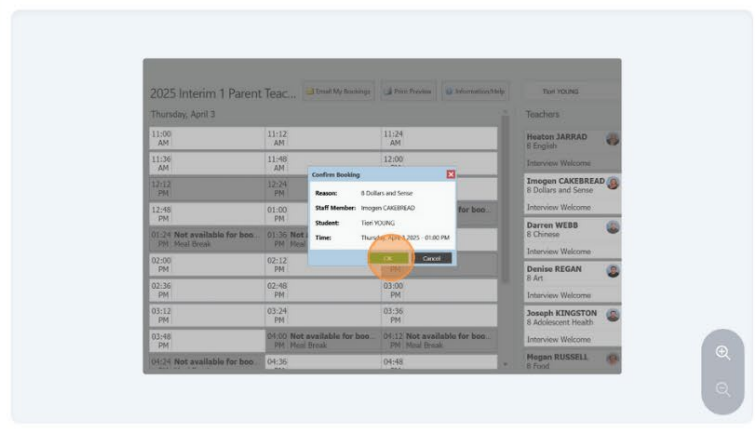
6 Choose a teacher who is available at this time



6

7 Click "OK"

7



WANTED

FARM FRESH EGGS



**DONATIONS FOR THE
HAWKESDALE CAMPDRAFT
FUNDRAISER**

Please leave at the office

HAWKESDALE P-12 COLLEGE
PRESENTS OUR ANNUAL STUDENT-LED

ANZAC

Community Commemoration

WEDNESDAY APRIL 23

10.15AM - SCHOOL STADIUM

Lest we Forget



Wellbeing for School Communities

2025 Youth Mental Health Roadshow

Featuring Dr. Michael Carr-Gregg



Monday 5 May, 2025

Parent & Carer
Information Evening

L 7 pm – 8 pm

L The Lighthouse Theatre
185 Timor St, Warrnambool

Suitable for: Parents, grandparents
and caregivers supporting school
aged young people.

FREE EVENT

Registration is essential.



Join Dr Michael Carr-Gregg, one of Australia's leading child and adolescent psychologists, for a presentation on youth mental health. His invaluable insights will equip parents and caregivers with practical strategies to support youth wellbeing build resilience, and navigate the challenges young people face today.

Topics will include:

- Nurturing growth and development
- The stages of adolescence
- Understanding key milestones
- Tips for effective communication
- Tips for thriving in school
- Strategies to help with anxiety
- Building resilience
- Trauma and recovery

Proudly supported by:



Careers Night for Parents

Parents are the main source of career advice for teenagers. Are you ready to have career conversations with your children? This evening will give tips on helping your child:

- understand study and work options
- find and do what they enjoy
- define what a successful career is
- choose the right career for the right reasons

Port Fairy Surf Lifesaving Club's Education Centre

Wednesday April 2
6.00 - 7.30PM



PRESENTED BY MICHAEL ABSALOM

Michael isn't your average careers practitioner. As well as being an expert in his field, he's had over 40 jobs! Michael will give practical and non-biased advice throughout this entertaining session

- Students are most welcome, and encouraged, to attend
- Representatives from further education, schools and industry will speak and answer your questions

Venue provided by



Proudly supported by

Bendigo Bank

Community Bank
Port Fairy &
District

Register here



CHOOSE YOUR

FOOTY ADVENTURE REGISTER TODAY!

Register to any Auskick, Superkick, or School Holiday Program
before SUNDAY 30th MARCH 5.00 PM

GO into the DRAW to win a
Signed Geelong Cats Playing Jumper



4-12 year olds



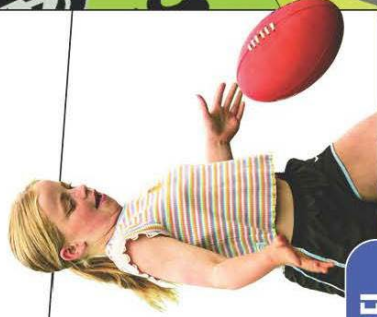
Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.



8-12 year olds



Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.



VISIT PLAY.AFL

PLAY



GOOD CLEAN FUN

PLAY.AFL/AUSKICK

HAWKESDALE AUSKICK CENTRE

Starting: April 29th and finishes on July 1st

LOCATION: Hawkesdale College Oval

DAY & TIME: Tuesdays, 3:45pm - 4:45pm

10 WEEK PROGRAM - \$ 85, Open to all Children aged 5 - 12

ALL WELCOME

Further information Contact Centre Coordinator

REGISTER USING THE QR CODE



For any Enquires

Contact: jono.box@afl.com.au



PLAY

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	Quiche Lorraine (with wedges & salad)	\$4.00 \$6.00
Wednesday	Homemade Pizza	\$3.00
Thursday	Enchiladas	\$6.00
Friday	Chicken Parma Burger	\$6.00



HAWKESDALE P12 COLLEGE



Canteen Menu - 2025

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	\$4.50