



No. 13
Week Commencing
6th May 2024

Newsletter

Dates to Remember

May

Friday 10th
Mother's Day Stall

Monday 13th
Division Cross Country
(Selected Students)

Author Visit
(Selected Students)

Tuesday 21st & Wednesday
22nd
GLaWAC Planetarium

Tuesday 28th
Senior Grades Excursion to
Ballet

Friday 31st
Reconciliation Assembly
11.00am

June

Monday 10th
Public Holiday

Tuesday 11th
Pupil Free Day

Thursday 27th
Parent Teacher Chats
School Finishes 3.10pm
Last Day for Students

Friday 28th
Parent Teacher Chats
No School For Students

Celebrating Kindness Across Our School

This week's assembly was all about our 2024 theme of Be Kind! Selected senior school students shared their individual focuses on how they could be kind to one another, encouraging all of us to help our school be an inclusive and caring place.

Please check out the photo of JLS and JSJ's Rainbow of Kindness display in the newsletter. It looks great along Cooma St and is part of a junior school focus to celebrate individual and collective acts of kindness from students and staff.

Welcome

We welcome Tegan McKenzie to BWPS. Tegan has begun work in the junior school as a teacher's aide.

Tegan is well connected to our place through her sister, Maddy Oswald, and we look forward to Tegan's many contributions to our community.

A Busy Week Ahead

Get ready for a busy week of activities next week. Swimming lessons kick off, the division round of inter-school cross country running is on Monday, and we are thrilled to welcome author Scott Gardner on Monday to run a writer's workshop.

It is going to be an exciting week and we hope all our students enjoy the arranged activities.

Thank You to Our Volunteers

A big shoutout to all the wonderful volunteers who helped set up our Mother's Day Stall. Your contribution of time and effort has made it possible for our students to celebrate the special ladies in their lives.

The Mother's Day Stall will run tomorrow. Students can purchase items. Items are between \$2-\$10.

Happy Mother's Day!

To all mothers, grandmothers and special ladies in our students' lives, we wish you a Happy Mother's Day!

Thank you for your endless love, support and guidance. This weekend, we celebrate you and your many strengths.

Grade 6 Transition Forms Reminder

Now that students and families have had an opportunity to visit local schools Year 7 open nights, it is asked that they nominate a preferred high school using the provided transition form. Forms are required back to us by Monday 13th May.

Please have a chat with your child's teacher or myself if you have any questions about the transition process.

Thanks for reading and hopefully see you around school.

Huw Porter

Acting Principal

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Kindness Quilt



Resilience, Rights and Respectful Relationships Program Positive Coping

The Junior school have recently been learning about positive coping.

JSB have been talking about how we all have fears but we also have coping strategies or things we can do to manage when we are afraid.

Student 1 - talked about a time when she was scared so she used the strategy to call out to Mum and Dad. Next time, she thought she "could switch the light on and check outside".

Student 2 - says a strategy he uses when he is scared is to "cuddle my toy".

Student 3 - In the past, when she was scared by a dream she "yelled out to Mum and Dad to tell them about it." She thinks she can also cuddle her dog next time.

Student 4 - "When I'm scared in bed, I get Blue bear and Brown bear and cuddle them. Then I feel better and go to sleep. Next time, I could get another toy. They always make me feel better."

Student 5 - likes to jump on the trampoline. "It makes me happy."

EXAMPLES OF COPING STRATEGIES

Cuddle your teddy

Sing a happy song

Tell yourself it's okay my fear will go away

Talk with mum or dad

Ask for help

Imagine you are a superhero fighting the fear away

Play with a favourite toy

Fill your lungs like big balloons and let the air out slowly

Turn your light on and check your room

Spray the imaginary monster with magic potion

Imagine you're floating on a cloud

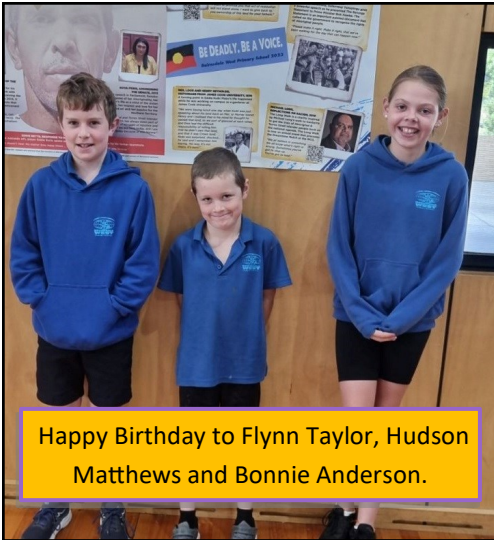
Take some slow, deep breaths

Listen to some gentle music

Get a friend to help you

Ask for a hug

Happy Birthday



Happy Birthday to Flynn Taylor, Hudson Matthews and Bonnie Anderson.

Senior Awards

Harry Simpson SJS - for being caring and supportive to his buddy in JTF and showing active listening skills in the class.

Freya Somerville SJS - for successfully working on her independent reading goal.

Jasmine Lynch SLW - for always being positive and encouraging and helping others.

Angell Lancaster SLW - being a leader in her maths group and showing independence.

Jimmy Loridas SCC - for a great week giving consistent effort.

Arnhem Saunders SCC - for having a great week because he gave so much effort.

Eyra Evans SMC - for her positive attitude and valuable input to Reconciliation.

Kasey Egan SMC - taking pride in her work showing critical thinking and being a supportive classmate in SMC.

Trae Fleischer SJS - for being caring and supportive to his buddy in JTF and showing exceptional active listening skills in class.

Lincoln Ellman SJS - for participating in discussion during book club and using evidence from his text to support his argument.

Noah Lewis SRS - helping clean up the school in his own time.



Swimming Times 13th - 17th May

MONDAY 13th May

JLS/JSJ	11:15am-12noon
SJS/SMC	12noon-12:45pm
MMO/SRS	1:00pm-1:45pm
SCC/SLW	1:45pm-2:30pm

WEDNESDAY 15th May

JLS/JSJ	11:15am-12noon
SJS/SMC	12noon-12:45pm
MMO/SRS	1:00pm-1:45pm
SCC/SLW	1:45pm-2:30pm

THURSDAY 16th May

JNB/JTF	11:15am-12noon
JSB/JCJ	12noon-12:45pm
MAB/MTE	1:00pm-1:45pm
MWT/MMT	1:45pm-2:30pm

"Know the stories
NOW
more than ever"

You are invited to Bairnsdale West Primary School's
Reconciliation Assembly
Friday, 31st of May @ 11am
Nova Hall, Bairnsdale West P.S.

The Five Clans of the Gunaikurnai

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