



Read online: <https://newsletters.naavi.com/i/5opePaN>

Banyule Bulletin

April 26th 2024 · 26 Apr 2024

Where happy kids learn!

In this issue



From the Principal Team



Year 5 Community



Events and Reminders



Specialist Programs



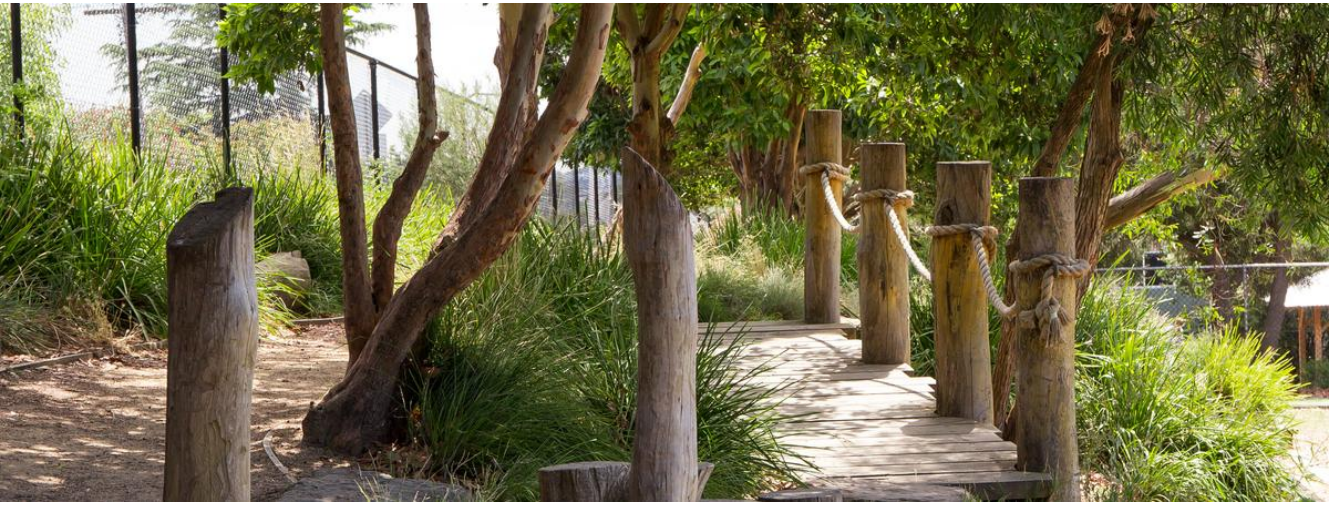
Community Engagement Committee



Community Advertising



Student Achievements



From the Principal Team

Natalie Shanahan, Sam Fleming, Claire Johnston

Welcome back for Term 2!

We have had a great start to another jam packed term ahead, filled with lots of events and activities for students. And the teachers!

Curriculum Day

Today's curriculum day provided a great opportunity for our staff to get together as the students for some valuable collaborative work exploring the revised Victorian Curriculum Mathematics. Dubbed Mathematics 2.0, the new curriculum aims to be more streamlined, allowing for teachers and students greater scope to make connections across different areas of mathematics. Teachers spent time pulling it apart, identifying similarities and differences between old and new and discussing the impacts these might have on future planning across their P-6 teams.

Teachers then worked in teams to begin mapping out the curriculum into yearly planners, allowing them to identify priorities, connections and lesson sequencing needs. With a variety of engaging maths games thrown in our teachers certainly walked away feeling more knowledgeable about how to provide high-level relevant and engaging maths programs throughout the school. Check out our 'big' mathematics learners below:

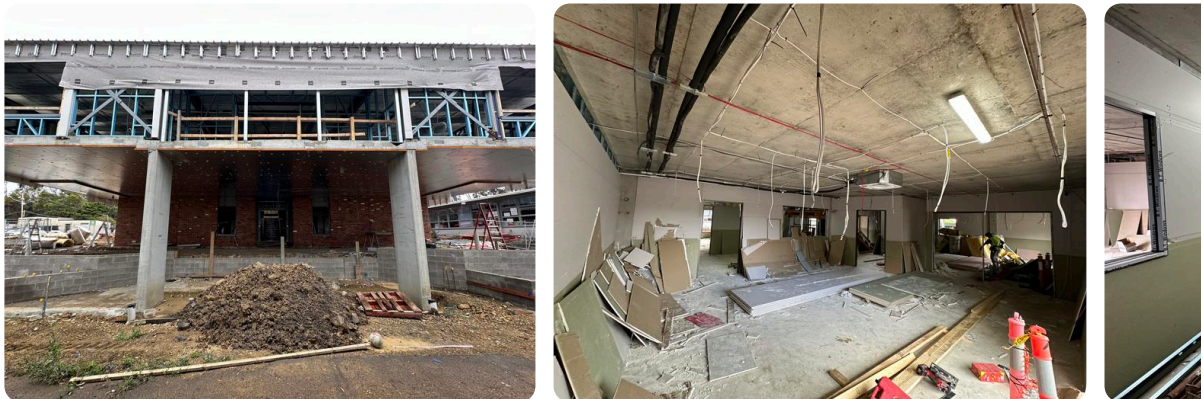


Prep 2025 Enrolments

We are now accepting enrolments for next year. Families with a child starting prep next year are able to collect an enrolment pack from the office or give the staff a ring and we can organise to send one home for you.

Building Project Update

Our builders have been busy and we returned from the break to new brickwork, roughed-in services, cladding preparation and wall plastering. It was exciting having a guided tour through last week and really seeing the internal spaces becoming real!



Prep Families Working Bee

May 4th will see the undertaking of our Prep Families Working Bee. With the two-pronged aim of connecting new families and sprucing up our grounds, we thank those Prep families that have already pledged their time, tools and green thumbs for the day. If you are a Prep family who is yet to RSVP that you are keen to join in please do so [HERE](#).

BPS PREP FAMILY WORKING BEE



This working bee will be just for 2024 Prep families. Not only will it help spruce up our yard, but it will also be a great opportunity to meet other BPS families. The working bee will begin in front of the admin building and focus on our garden beds around the school. There will be weeds to pull, mulch to spread and plants to plant.

Wheelbarrows, rakes, brooms and shovels will all be helpful to bring along on the day.

HOPE YOU CAN HELP!

There will be a free **sausage sizzle after the work is done**.

Please click the RSVP link in the Compass post by **Wednesday May 1st** to help us with numbers for catering.

Tuning in to Kids

From time to time our great community provides opportunities for school communities to connect and make the most of opportunities that services or events may present. We were recently contacted by Berry Street who are promoting their *Tuning in to Kids* parenting program for parents of children aged 3-10. Berry Street are renowned for their high quality, researched based approaches to supporting children and families so it is anticipated that the program on offer will be of great value to anyone who engages. Please see the flyer below for further information, including details on how to register if you are interested.



Tuning in to Kids

Emotionally Intelligent Parenting

A six-session parenting program for parents of children aged 3 to 10 years

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Feedback from previous participants:

- "Really useful for parenting"
- "This program was complete and helpful"
- "Helped me to learn to be positive, calm" and "helped me and my kids to be more settled and emotionally happy"
- "My children are positively responding to changes"

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

Evidence shows that the earlier the intervention the greater the impact - it's never too early to learn how to better connect with your child and teach them important life skills!

Where: Darebin North East Community Hub (DNECH), 35 Copernicus Crescent, Bundoora VIC 3083

When: Wednesdays 10am - 12pm, 01st May to 05th June 2024

* Please note we are unable to offer childcare

To sign up please contact: Marisa Bellina or Emma Dunstan (9450 4700 or familyservicesintake@berrystreet.org.au)

Parking:

- Free parking at rear of building

Helping Kids Process Traumatic Events

Anyone switching on the news of a night, hearing it on the radio or scrolling through the online world would agree that it feels like there's been one traumatic event after another happening both near and far. We know these can be challenging for us as adults to hear, see and read about, but how do we navigate through these events with children, when it is so hard for them to be shielded from it these days? We share the following brochure from *The Trauma and Grief Network* with this in mind, hoping it might give you some guidance on how to support children through times like these.

Disasters, the media and your child



When natural disasters occur in Australia, or man made disasters occur elsewhere in the world, they are often given constant media coverage. It can seem like every time you turn on the TV there is more news about the event, who has been hurt and what is happening now.

Media coverage during times of disaster is important. It can help to provide people who have been affected by the disaster with news and information about where to go, how to access help and when it is safe to return to their homes. However, many people, including children and families, can become absorbed by the constant news stream about the disaster and sometimes watch or listen for hours.

We know that during times of disaster children need to be protected and kept in mind. This can also mean not allowing them to have too much access to media coverage about the disaster.


The impacts

When disasters are being shown on TV, or covered on the radio or on the internet, parents really need to be mindful about how much exposure their child has to this. The media often focus on the most frightening aspects of a disaster and this coverage can often contain graphic, scary and disturbing images. Seeing this type of media coverage can cause distress or worry for children and adolescents. Children and young people will also often discuss what they have seen in the media with each other, so even though your child may not be seeing it on TV, they are still exposed to it by their friends.

Some of the ways that this sort of media coverage can impact on children and young people are:

- » It can lead to children and young people thinking a lot about the disaster and this can impact on their sleep and their time at school.
- » It can cause worry and anxiety that the same sort of disaster may happen to them or their family
- » It can lead them to generally feel that they are unsafe and that something bad may happen to them or their family.

The more media coverage a child or young person sees, the more likely it is that they will become afraid or upset.



trauma & grief network
supporting families

Disasters, the media and your child

Helping your child

It is important that parents, carers and other family members help children and young people to cope with the media coverage that they may see of a disaster.

Some ways that you can do this include:

- » Restricting the amount of time that children and young people are able to watch TV or internet coverage of the disaster.
- » Making sure that you are there with your child when they are watching coverage of a disaster. This way you can talk to them about their fears and answer any questions that they may have.
- » Distracting your child from the media coverage by doing something else with them, such as watching a different TV show or playing a game.
- » Helping your child to understand what has happened and why it has happened and providing information on how likely this is to happen to you and your family.
- » Reminding your child that while what is happening in the disaster is upsetting, there are also lots of good things happening in the world, though these do not always receive the same level of media coverage.
- » Helping to remind your child that they are safe and that you are there to answer any of their questions and provide comfort to them if they are feeling unsafe.
- » Giving support to your child when upset, answering their questions and comforting them with physical affection.

Talking to your child and making sure that you continue to follow the normal routines and rhythms of your daily life are important ways to help your child feel safe and secure. Keep in mind that if your child does begin to show signs of excessive worry or distress at the media coverage they have seen, you may need to speak to your GP or another health professional.

For more information


The Trauma & Grief Network: Supporting families
www.tgn.anu.edu.au

This tipsheet has been written by Professor Beverley Raphael and Amanda Harris.


Professor Beverley Raphael is a Psychiatrist, Head of the Academic Unit of Psychiatry and Addiction Medicine at the Australian National University and Chairperson of the Australian Child & Adolescent Trauma, Loss & Grief Network.

Amanda Harris is a Psychologist and the Director of the Australian Child & Adolescent Trauma, Loss & Grief Network.

The Trauma and Grief Network is funded by the Australian Government and part of the Australian National University's Australian Child and Adolescent Trauma Loss and Grief Network.



Australian National University



Australian Government
Department of Health and Aged Care

Have a wonderful weekend,

Natalie, Sam and Claire.



Events and Reminders

Date	Event
29 April	Boys Netball & Girls Football Day
1 May	School Council Meeting
3 May	Interschool Sport (Year 6) vs Heidelberg (home)
4 May	Prep Families Working Bee
9 May	Prep Breakfast
9 May	Banyule Cross Country Year 3-6 Banyule Flats
10 May	Gym Playdate for 2025 Preps 12.30 - 1.30pm
10 May	Interschool Sport (Year 6) vs Viewbank (away)
12 May	Mother's Day
13 May	Special Visitors Day 9 - 11am
17 May	Interschool Sport (Year 6) vs Rosanna (home)
21 May	Year 2 Incursion Space Dome
22 May	National Simultaneous Storytime
22 May	District Cross Country (Banyule Flats)
24 May	Interschool Sport (Yr 6) vs CLT (home)
24 May	Literacy Paydate for 2025 Preps 12.30 - 1.30pm

Pupil Free Days for 2024

School Council has endorsed the following days for 2024

- Friday 26th April (Curriculum Day)
- Tuesday 11th June (Curriculum Day)
- Monday 5th August (Professional Practice Day)
- Monday 4th November (Curriculum Day)



Community Engagement Committee

We invite all parents/guardians to join the 2024 Banyule WhatsApp Community! If you haven't already joined, simply go to: <https://bit.ly/BPS-WhatsApp2024>

Once a member of the community, you'll automatically receive reminders for whole school events like icypole day, and get access to other groups including:

Class Chats – get to know the other families in your class, hear about social events, contribute to class gifts, ask for advice, and more!

Year level announcements – get year level specific reminders like show and tell day, track day, or high school applications.

Events – groups will be opened throughout the year as volunteering opportunities arise for events like our Bunnings BBQ fundraiser.

Questions or want to join the Community Engagement Committee (CEC)?

Get in touch via banyuleps.cec@gmail.com



Student Achievements

Congratulations Harriet!

Harriet went through a rigorous audition process to try out for a role in the 'Stage School Australia' annual musical of Shrek Jr. Over 150 girls auditioned for the role of 'Young Fiona' & after an intense call back process, Harriet was chosen to play the part. Harriet & two other children are the only young ones to be given principal roles. Harriet will perform her first solo song in the production in the July school holidays. What a great example of effort equaling reward and following your passion. Well done Harriet!



Year 5 Community

ANZAC DAY POETRY BY 5KB

Awful place, for these men to be,
Never expected the war, in a million years,
Zipping up their jackets and thrown into war
After trying and trying, as good men, it was too much for them,
Crawling under the dirt mud and wet water,
Depression of the men for their lives was unspeakable,
Also do you think the men liked this?
Years of cold blood battle, for nothing?

BY Ruben.A

**Soldiers have fought
For all of Australia
And sacrificed lives**

By Olivia Gannon

Harry R' s ANZAC poem

Bombs and guns kill bodies
People **who serve** in the war
Lest we forget them

A DEVASTATING lose fall to the ground
Never live never fill happiness
Zip death to death
A fall is a death of a lose
Currys of lose and devastated families
Devastating losses and devastated soals and broken hats
A stand is for a fall
Yells of pane and death
By Aiden

**Remembering the soldiers
That went to war
The ANZACS will be honoured,
Remembered**

**They were warriors
Noble warriors
Who fought for our safety
Everyday, for days, for months,
Maybe years**

**They fell on fields, off cliffs
Worldwide
Fighting on and on, until finally
It ended
Finally**

**Their life filled with misery,
Despair
Losing friends, loved ones
But continuing fighting
Not giving up**

By Emma Scott

Anzacs fighting
National anthem playing
Zooming bullets in the air
Australia will win
Cooperative in war

Day we remember
Amazing soldiers fight in war
Young soldiers in war

By Callum.D

**The ANZACS will be honoured,
Above all the rest,
We remember them with a lest we forget,
They were noble warriors,
Who fought for our safety,
Because of them, we live on this land,**

**They fell on fields, hills and mountain cliffs,
All around the world,
Hearts filled with justice and made of gold,**

**The ANZACS lost their lives,
They protected this beautiful land,
Now it's our turn to protect and remember.**

By Laya Reddy

I stood tall and proud.
In a line of Anzac soldiers.
All vowing to protect this country.
We all call home.
Marching along.
To the enemy's coastline.
The guns blared.
And the lights flared.
The battle had begun...
The birds sang..
While the guns blew.
Screaming and terror.
I heard and saw.
Bodys flew.
I felt a pounding in my head.
A bullet had struck my heart.
Another bullet in my spine.
I thought I would never survive.
The battle was long and hor-rific.
Half dead hanging on dear life.
Left my child and wife.
I fought for my dear country.
No fear .
I layed on the ground.
I was proud.
We sacrificed our story so you could tell yours.
By Amirah

I look back to the time of war
To all the families rich and poor.
I'm told it was a painful place
Not a shred of joy to fill the place.

With conflict happening here and there
And blood getting spilt everywhere.
Thousands of lives already gone
Left for only room to mourn.

After the war there came some space
For bright red poppies to fill the space
So when I look back at war
I'm glad I wasn't there at all.

By Anya

*ANZAC day,
Fighting, dodging,
Horrific, murderous, brutal,
Painful, tired, empathetic, sad,
Dawn service
By Sudhanshu*

Big bright red petals
A black circle in the middle
All spread out in a field
There to remember the soldiers
The soldiers were special people
Brave people
Who fought in war
So much pain
Horrific pain
We should thank them
Always

By : Alyssa C

ANZAC day is all memories
ANZAC day is all that we need
We shall remember them
When we march we remember
The people that fought for us
The people that thought for us

By Isaac Low 5KB

Australians fight the war with the

New

Zealand troops

*And the Turkey troops try to battle them and
other*

Countries

Days this war went on

*And soon Australia had
to*

Yield

You
fought in the war
You died the poppies red
You got the victoria cross
award
But then you were dead
We will remember
We we won't forget
You saved our
lives. How

An awful war to remember
New Zealand fighting in the
war
Zipping through the sky
A big war in Australia
Cold rain in your face
Disappearing soldiers
A bad year
Ye fight in the war

I feel the way and emotions families feel
and their sons get forced to war
how that their mums wanted to see them
but they can't for months on
and sadly they don't even make it back home
By Charlie

Sad
Devastated
Lost lives
WWI
WWII
Honour to these people
Painful Wars
Shots so loud
People died.
By Justin

*I love ANZAC
The good soldiers died for us
and we say thank you.*

*Guns, army people
Australia New Zealand
They all fight for us.*

*People remember
Poppies grow on battle field
We will remember.*

*Red healthy poppies
World war 1 World war 2
Thank you for fighting.
By Feranmi*



Specialist Programs

PERFORMING ARTS

The Grade I students have been busy creating their own sock puppets and bringing them to life by giving them features and creating a special character.

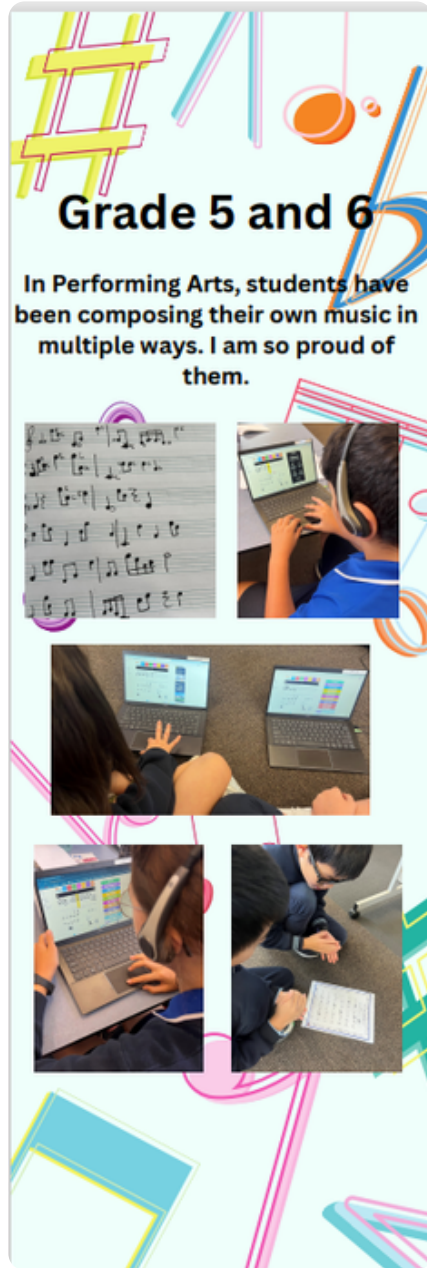


They will now work in groups to plan, rehearse and perform simple stories with their sock puppets.



We can't wait to see our sock puppet characters take the stage and come to life!







Community Advertising

Banyule Primary School Prep 2025 Transition Activities

'What Makes BPS Special?'
Information Evening for prospective parents
Tuesday 5th March 7pm-8pm
Please register using the QR Code:

'Getting Ready for Prep.'
Information Evening for parents of enrolled students
Wednesday 13th November
6pm-7pm

Group Tours
Tuesday 12th March
9:30am-10:30am

Thursday 14th March
9:30am-10:30am

Phone: (03) 9459 0732 to book in for a group tour.

Individual Tours
By appointment in Term 2.
Phone: (03) 9459 0732 to book a tour.

Gym Playdate
Friday 10th May 12:30-1:30pm

Literacy Playdate
Friday 24th May 12:30-1:30pm

Maths Playdate
Friday 14th June 12:30-1:30pm

Please register using the QR Code:

For Enrolled Students:

Transition 1
Friday 15th November
9:30am-10:50am

Transition 2
Friday 22nd November
9:30am-10:50am

Transition 3
Friday 29th November
9:30am-10:50am

Happy Kids Learn

Banyule Primary School Auskick



nab AFL Auskick

JOIN THE FUN!

Banyule Auskick Centre

Banyule Primary School
Every Thursday in Term 2 starting 18/4
3.45-4.30pm



**Scan the QR code to
register now!**

Contact: Alex
alex.federico@afl.com.au or 0499 499 956



AFL PLAY

come find your awesome

nab AFL Auskick

play.afl/auskick





Heidelberg Auskick Centre

Heidelberg Junior Football Club
Beverley Road, Heidelberg

FRIDAY NIGHTS
5:15pm - 6:15pm
19.04.2024 - 26.07.2024

**All Children
5-12 years**
(must turn 5 by 31/12/24)

Develop new skills
Make friends
HAVE FUN!



Register for Heidelberg



auskick@heidelbergjfc.com.au
More info: play.afl/auskick



TERM 2 AUSSIE HOOPS MINI HAWKS

LEARN BASKETBALL THROUGH FUN GAMES & ACTIVITIES

FOR CHILDREN AGED 5-10 YRS



SCAN HERE TO REGISTER

Duration: 8 Weeks

When:

Tuesdays Apr 30 – Jun 18	Thursdays May 2 – June 20
Wednesday May 1 – Jun 19	Saturdays Apr 27 – Jun 22

Times: Check website for 5-6yrs, 7-10yrs & All Girls session times

Cost: **\$104.00** for returning participants
\$13 per session inclusive of all fees & charges
+ \$42.82 New Participant Pack
(includes personalised singlet & ball) if required

Where: Macleod YMCA

Registration & further info at banyulehawks.com.au





Address: 93-97 Banyule Road Rosanna Victoria 3084

Phone: (03) 9459 3051

Centre Director: Debbie Koukoumas

Assistant Director: Kim Taki

Centre Director's email: byp@goodstart.org.au

Administration Assistant: Lauren

Centre Admin email: bypadmin@goodstart.org.au



Location: Conveniently located in a suburban, leafy neighborhood, close to Banyule Primary School and local parklands. This provides a pleasant and accessible setting for families and allows for collaboration with our local community and schools.

Inclusive Environment: We pride ourselves on being an inclusive environment for children of all ages, cultures, developmental levels, and temperaments. This inclusivity supports our commitment to meeting the diverse needs of the children in our care.

Play-Based Program: We offer an indoor/outdoor play-based program that is not only engaging but also adaptable based on the children's interests and developmental needs. This approach recognizes the importance of play in a child's learning and development.

Prioritizing Wellbeing: The well-being and happiness of the children are our first priority as educators we emphasize a commitment to creating a nurturing and supportive environment.

Collaboration with Families: We encourage and invite collaborative relationships with both families and children. This facilitates an open and communicative approach to working with families and involving them in their child's learning journey.

We Currently Have Vaccancies.

Book A Tour Today!



SEE US IN ACTION!

Follow us on Instagram



[@goodstart.rosanna.banyule.road](https://www.instagram.com/goodstart.rosanna.banyule.road)



TENNIS LESSONS

WE SPECIALIZE IN LESSONS FOR BEGINNERS

LOCATION: VIEWBANK TENNIS CLUB
RUTHERFORD RD (2 MINS FROM THE SCHOOL)

SPECIAL 2024 OFFER!!

ENROL NOW & RECEIVE A
30% DISCOUNT
AND A NEW RACQUET FOR
FREE!

FOR MORE INFORMATION
TEL: 0425 831 666
WEB: WWW.TOPLINETENNIS.COM
EMAIL: BRAYDEN@TOPLINETENNIS.COM

TOPLINE TENNIS

ANZ HOT SHOTS

NUTRITION CORNER

Q&A



Should You Be Concerned If Your Child Prefers Beige Foods?



While it's natural to be concerned about your child's diet, understanding the reasons behind their food preferences and how to address them can help alleviate some of those worries.

Why Do Children Prefer Beige Foods?

- 1. Texture Sensitivity:** Children, especially toddlers, are often sensitive to textures. Beige foods to have a softer, smoother and consistent texture compared to many fruits and vegetables, which can be perceived as being inconsistent in terms of size, taste and texture by some children.
- 2. Familiarity and Comfort:** Beige foods are often staples in a child's diet, and familiarity breeds comfort. Children may prefer what they know and trust, leading them to gravitate towards these familiar options.
- 3. Palatability:** Beige foods are often rich in carbohydrates and fats, which are inherently palatable. These foods trigger the brain's reward system, making them more appealing to children.

Tips to Encourage Healthy Eating Habits:

- 1. Offer Choices:** Provide a selection of nutritious foods and let your child choose what they want to eat. This gives them a sense of control and independence.
- 2. Be Patient:** Picky eating is usually a passing phase. Continue offering a variety of foods, and don't be discouraged if your child rejects them at first.
- 3. Get Creative:** Experiment with different cooking methods, flavours, and presentations to make healthy foods more appealing to your child.
- 4. Celebrate Successes:** Praise your child when they try new foods, even if they don't like them. Positive reinforcement can help build confidence and curiosity around food.



And hey, if picky palates are the norm at your dinner table, join my *Unfussy Eater* online program for tips that really stick! (<https://www.bewellnourishment.com>)

Got A Nutrition Question? Send it through!



@familynutritionist_tracy



bewellnourishment.com



Be Well Nourishment Family Nutrition



bewellnourishment@gmail.com



0427 733 485