



School Calendar

Week 9

Wednesday 9th - Open Pantry

Thursday 10th - RU Ok Picnic

Week 10 - 2027 Enrolments due

Wednesday 16th - Open Pantry;
Rewards Lunch

Friday 18th September - NO
LUNCH ORDERS; 2pm dismissal,
End T3

Term 4

Week 1 - Monday 5th October

Fri 9th - Greater Western Region
Athletics Championships

Week 2

Friday 16th October - Yr3/4
Ecolinc Excursion

Sunday 25th October - STAPS
Art Show

November

Monday 2nd - Pupil Free Day

Tuesday 3rd - Melbourne Cup
Public Holiday

18/19/20 - Energy Breakthrough

Friday 20th - Robotics Challenge

30 Nov-4 Dec - Yr5/6 Canberra
Camp

Tuesday 8th Dec - Step Up P-6

Friday 11th - Children's Fete

Monday 14th - Year 6 Graduation

Thursday 17th - Pupil Free Day

Thank you to
Jacob and Jas Vanrenen
for the generous donation of a
massive load of fire wood for
the Energy Breakthrough
Fundraiser!



Hey Sport,
RU OK?™



Principal's Report

R U OK? — A Conversation Can Make a Difference

Sometimes the simplest question can make the biggest difference: "Are you OK?"

R U OK? Day is an important reminder that looking out for the people around us is something we can all do. While R U OK? Day gives us a particular day to stop, notice and connect, checking in with our friends, family members, colleagues and children is something that matters all year round. We can all have days when things feel a little harder than usual. Sometimes there may be obvious signs that someone isn't travelling well, but often there aren't. Taking a moment to ask how someone is going lets them know that they are noticed, valued and that someone is there to listen.

The R U OK? approach encourages us to Ask, Listen, Encourage and Check In:

Ask: Start with a simple, genuine "Are you OK?" and let the person know you've noticed they might not seem themselves.

Listen: Give them your time and attention. You don't need to have all the answers or fix the problem — sometimes being heard is what matters most.

Encourage: If someone is struggling, encourage them to connect with someone who can provide support. This might be a trusted family member, friend, teacher or professional.

Check In: Don't let the conversation end with the first chat. Follow up and ask how they are going a few days or weeks later. This shows that you genuinely care.

For our children, these conversations are particularly important. We can help them learn that it is OK to talk about their feelings, to ask for help and to notice when someone else might need a little extra kindness or support.

This R U OK? Day, perhaps make time for a conversation — put the phone down, sit together, go for a walk, have a cuppa or simply ask the question. It doesn't need to be a big conversation. A small moment of connection can remind someone that they don't have to face things alone. Every day is a good day to ask R U OK?

Bike Education

Over the last few weeks the PE curriculum has been focused on Bike Education and it is terrific to see the bike rack so full. The squeals of delight from the junior year levels when a new skill has been mastered, have been wonderful to hear. With school holidays coming up it might be a great time to get outside and be active - testing out newly acquired bike skills and tricks!

Somers Camp

This week 6 of our students have boarded the Somers Camp Bus and headed to Balnarring for 8 days with several hundred other 11 and 12 year olds from across the Wimmera. Students were collected on Tuesday 8th and will return on Wednesday 16th. Maria, Lil, Georgie, Torah, Ella and Lucas will make lifelong memories during this extended school camp opportunity.

Melissa Mitchell
Principal

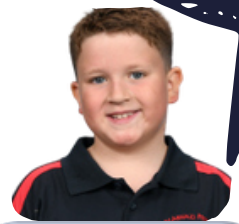
VALUE AWARD WINNERS



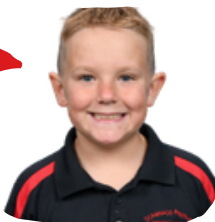
P/IE
Lewis Coates



2C
Dominic David



34A
Knox Newton



45W
Brandon James



56T
Zarleya Dunstan



Music
George Coloe



Health & PE
Esme Talbot



Health & PE
Mr Akin



Art
Jimmi Donaldson

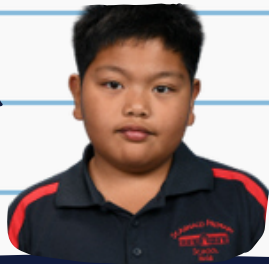


Kindness
Rhyder Dalton



Bakery Bucks
Lewis Coates

SILVER AWARDS



Dwane Guantero



Louella Coloe

BRONZE AWARDS



Grace Burgess

WOOD Raffle

TICKETS **\$1** EACH

IN SUPPORT OF
**ST ARNAUD PRIMARY SCHOOL'S
ENERGY BREAKTHROUGH
TEAM**

SUPPORT OUR KIDS. BUILD OUR FUTURE.

150 YEARS
1875-2025
ST ARNAUD PRIMARY SCHOOL

150-YEARS
OF
EDUCATION
1875-2025
STARS GO MARSHING

RUSTY'S HOME READING



Regular reading significantly enhances children's academic development by improving cognitive skills, boosting vocabulary, and fostering a love of learning. It supports academic success by strengthening comprehension, critical thinking, and problem-solving abilities.

50

Lewis Coates

100

150

175

175

200



SCHOOL ATTENDANCE

95%

ON TRACK

0.5-9.5 DAYS
AWAY FROM
SCHOOL
EACH YEAR

90%

AT RISK

10-19 DAYS
AWAY FROM
SCHOOL
EACH YEAR

85%

OFF TRACK

20-29.5 DAYS
AWAY FROM
SCHOOL
EACH YEAR

80%

DANGER ZONE

30 OR MORE DAYS
AWAY FROM
SCHOOL
EACH YEAR

MRS WEIR'S WELLBEING WONDERINGS



Words of Wisdom

R U OK DAY

THURSDAY 10TH SEPTEMBER

We asked the children at St Arnaud Primary School ways they can check in with someone and ask if they are ok?

- You seem a little quiet today. Are you okay?
- You don't seem like yourself. Is something wrong?
- Are you feeling sad or worried?
- Is there something you would like to talk about?
- Would you like me to sit with you?
- Do you want to play with me?
- Is there anything I can do to help?
- Would you like me to find a teacher or trusted adult?
- I'm here if you want to talk.
- You don't have to talk right now, but I'm here when you're ready.
- Do you want some company?
- Should we get some help together?

We can also show we care by listening calmly, including the person in a game, sitting beside them, or telling a trusted adult if they are worried about their safety.



Weekly Quote



Wellbeing Leaders



**Zarleya
Dunstan**



**Ella
Wait**



**Maria
Taylor**



**Mrs
Weir**

ROCKET MATHS



Calyx Canaria
Bertie Jesse



Rafe Kinnane
Tahnaya Murray



Kobe Snell
Loki Teggatz



Louella Coloe
Sophia Ride



Harlow Newton
A M



Skye Alvarez

Rockets Maths is a daily program for all year levels, providing the opportunity to practise number facts in an engaging way. As students achieve success they move onto the next level where they continue to improve their number skills.

ST ARNAUD PRIMARY SCHOOL

“IMAGINATIONS IN BLOOM”

Sunday 25th October

2 CHARLTON RD
ST ARNAUD

ART
SHOW



St Arnaud Primary School



2027 Enrolments Now Open

St Arnaud Primary School provides an inclusive and supportive environment where every child can grow, thrive and reach their full potential.

Enrolment packs are now available from the General Office and are open to all potential families from Prep to Year 6.

To ensure that we are able to plan for our 2027 classes, enrolments are encouraged to be completed by Friday 18th September.

For more information or to book a school tour, contact the General Office, 54951028.



54951028