

School Calendar

Week 5 - Education Week

Monday 19th - 8.30am Family Brekky

- Assembly - Open Classrooms

Tuesday 20th - Big Sister session #1
for Yr 4/5/6 Girls

Wednesday 21st - National
Simultaneous Storytime

Week 6

Stephanie Alexander Cooking P-6

Monday 26th - P/1/2 Ecolinc

Excursion

Wednesday 28th - 9.30am Shake,
Rattle & Read

Week 8

Stephanie Alexander Cooking P-6

Monday 9th June - King's Birthday

Public Holiday

Wednesday 11th - 9.30am Shake,
Rattle & Read

Week 10th

Stephanie Alexander Cooking P-6

Tuesday 24th - Victorian

Parliament Excursion

Wednesday 25th - 9.30am Shake,
Rattle & Read; 7pm - School Dance

Week 11

Friday 4th July - End T2



WINTER SPORTS



Principal's Report

Black Ranges Cross Country results

9/10 Boys

8th Chad Polkinghorne
13th Alvie Dix
19th Kayne Willaims
45th Phoenix Grasby

9/10 Girls

28th Bailey Gigg
43rd Ella Wait
48th Faith Brooke
49th Dakota Jackson



11 Boys

32nd Chaise Buttery

11 Girls

8th Maria Taylor
11th Georgie Mactaggart
14th Lilyana Stewart
17th Olivia Bennett

12+ Boys

1st Tadi Shayamano
26th Logen Cross
30th Chaise Wilson

12+ Girls

12th Eloise Green
18th Zarleya Hutchinson



A special mention to Tadi Shayamano who won his age group and will proceed onto the Regional Cross Country in Warrnambool on May 26th. Well done to all runners for their sportsmanship and participation.

Safety at Pick Up and Drop Off

A reminder to all involved in drop offs and pick ups around our school:

- Please observe the speed limit outside the school
- There are designated 5 minute car parks at the front of the school specifically for quick drop offs and pick ups
- The School Crossing is to be used by all pedestrians including adults - this models safe and correct behaviour to our students
- U Turns at the front of the school are discouraged due to the traffic conditions during drop off and pick up times



Principal's Report continued....

Education Week

Next week we are celebrating Education Week at St Arnaud Primary School. To kick off the week of in class celebrations and activities we are inviting our families to join us for a yummy Family Brekky on Monday morning from 8.30am - with Assembly to follow and Open Classrooms until 10.50am.

We hope that parents, grandparents and special friends are able to join us on Monday morning for part, or all of the morning activities. We look forward to welcoming you into our learning spaces for a glimpse into teaching and learning in 2025!

Food Bank

A reminder to all families that we are receiving weekly Food Bank deliveries including fresh bread, fruit and vegetables. Anytime you are at pick up or drop off, you are welcome to visit the Food Bank for any supplies that might be useful to your family.

Staff Arrangements

Over the last four weeks Mrs Walsh has been on teaching practicum and has been replaced by our much loved and familiar face, Mrs Kerrie Martin. Thank you Mrs Martin for your input in our music program so far this term. We look forward to welcoming Rosemary back.

Some parents will be aware that Ms Thursby is currently on leave and is being replaced in the classroom by two of our most experienced staff members, Melissa Weir and Emily Gosden. Support staff, Lisa Wright and Kelly Leach, remain unchanged in the classroom. If you have any queries regarding your child's learning in this time, please do not hesitate to contact Melissa or Emily.

Jenny Gifford is enjoying a few weeks of well earned Long Service Leave with Shirlee Tillig filling the void and Chloe Cook also taking on the phones and front desk to ease the load.

Aliza Lockhart is also on a teaching practicum and is replaced by Erin Forster in 1/2P. We are extremely lucky to have a wonderful pool of emergency/back up staff to call on as needed.

Head Lice

A timely reminder that it is strongly encouraged that parents are checking their children's hair regularly for any signs of head lice. Children should not be sent to school with untreated lice but can return as soon as a treatment is applied. It is equally important that follow up treatments are applied according to the suggested timeline of the product in use.

Melissa Mitchell
Principal

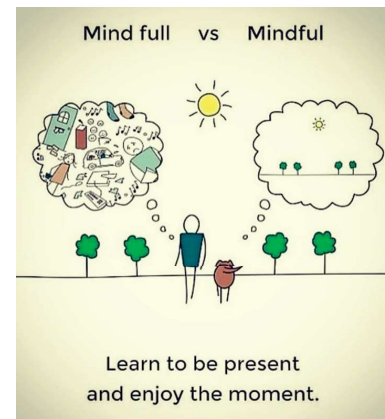
MRS WEIR'S WELLBEING WONDERINGS

LET'S BE MINDFUL IN MAY

With our brains processing over 6,000 thoughts everyday, it's easy to be overwhelmed by life.

The month of May is dedicated to mindfulness and mental health awareness.

We took a look into what mindfulness is, and it is not all about meditation or sitting on cushions with your eyes shut – though this may be one tool which is useful to some.



Mrs Melissa Weir
Mental Health &
Wellbeing Leader



Maria Taylor
Isobel Green
Zarleya Hutchinson
Wellbeing
Leaders

Practicing mindfulness benefits our overall health and wellbeing with research confirming it helps, us physically, mentally, and emotionally.

What can you do to be mindful in May?

Being aware of your thoughts

Being kind - to yourself and to others

Being purposeful and paying attention

Listening to understand and not just to respond

Not reacting automatically or being judgemental

Paying attention to what is around you

This is different to the notions that mindfulness is all about relaxation, positive thinking and suppressing feelings. It is about acknowledging situations and circumstances but not getting carried away by them.

Mindful Advice from our Year 2 / 3 Class

- I like to play with my dog, Sooty. Mia
- I like to read by myself. Erikah
- I like to spend time on my own and play Minecraft. Brandon
- I like to play Star Wars. James
- I like to watch a Youtube video quietly in my room. Kobe
- I like to play Minecraft quietly in my room. Knox
- I like to spend time at my desk. Scarlett
- I like to spend time in the garden. Lisa
- I like to spend time riding my dirt bike. Arlen
- I like to play Blockblast. Noah
- I like to lay on my bed and have think. Chloe.

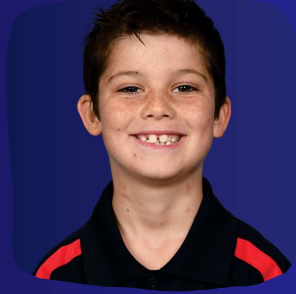
WEEK 3 VALUE AWARDS



P/IE
EMILY THOMSON



1/2P
NOAH CARR



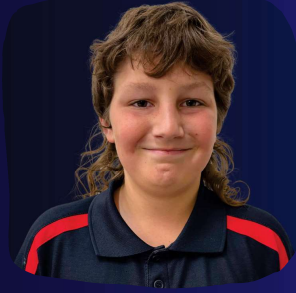
2/3T
DOM CARR



2/3T
KOBE SNELL



2/3T
JAMES MACTAGGART



3/4C
LUCAS



5/6W
CRUZ KLYN



MUSIC
JAMES MACTAGGART



H & PE
IMOGEN KEATING



H & PE
BRANDON JAMES



ART
LILYANA STEWART



ART
HARLOW NEWTON



ART
GRACE BURGESS



I.C.T.
IMOGEN KEATING

RUSTY'S HOME READING



50

Theo Vanrenen
Ivy Ezard

75

Claudia Knights
Barlow Knight
Alistair Grahame
Ivy Ezard

100

Erikah McIntyre



HAVE YOU MET JOJO?

OUR MENTAL HEALTH PRACTITIONER

JOJO HAS WORKED IN SCHOOL SETTINGS, IN THE PUBLIC MENTAL HEALTH SECTOR AND IN PRIVATE PRACTICES WITH CHILDREN, ADOLESCENTS AND FAMILIES FOR OVER 20 YEARS IN NEW ZEALAND AND AUSTRALIA.

JOJO HAS A DOWN-TO-EARTH, PRACTICAL MANNER AND SHE WORKS WITH CLIENTS TO DEVELOP AND ACHIEVE REALISTIC GOALS.

SHE IS ENTHUSIASTIC ABOUT HELPING YOUNG PEOPLE TO THRIVE AND SUCCEED. JOJO TAKES INTO ACCOUNT EACH CHILD'S AGE AND STAGE, AND USES GAMES, ART AND PLAY TO ENCOURAGE CHILDREN TO ENGAGE IN COUNSELLING AT THEIR OWN PACE.

BRONZE AWARD WINNERS



CALEB SNELL



LOUELLA COLOE



GIANNA SIERRA



BARLOW KNIGHT



BAKERY BUCKS
ALEX EVANS



KINDNESS AWARD
GRACE BURGESS

2/3T SAKGF COOKING

RESPECT

RESILIENCE



KINDNESS

ASPIRATION



DELICIOUS



FRIENDSHIP

Mindfulness is...

Being aware – of your thoughts and your surroundings
Being kind – to yourself and others
Being purposeful – paying attention
Listening to understand, not just to respond

The benefits

Practicing mindfulness benefits our overall health and wellbeing with research confirming it helps us physically, mentally and emotionally.

Improved wellbeing

Mindfulness improves your ability to manage responses and attitudes to stressful, anger inducing and sad situations.

Better sleep

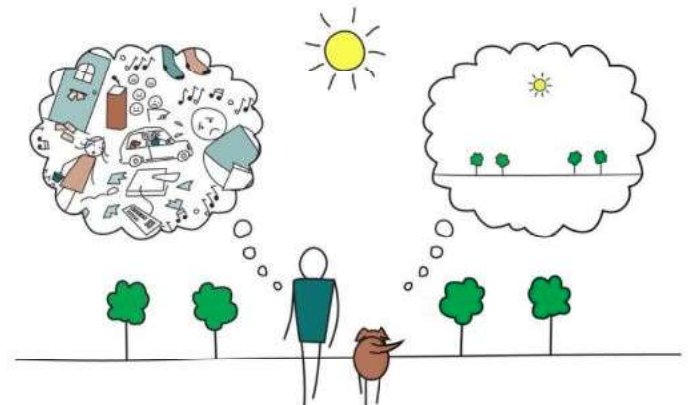
A clearer mind can help you fall asleep faster and get a better quality sleep each night.

Increase productivity

Mindfulness improves focus and motivation to achieve goals.

How to be mindful?

- Put your phone down
- Stop rushing and take a breath
- Talk a walk in nature
- Slow down and enjoy your food



Mind Full, or Mindful?

Uniting

Early Help
Family
Services

**We are here
to help.**

Create a safe and happy home for children in need.

Dear Community,
Every child deserves a safe, loving home to grow, heal, and thrive. Right now, many children in our community are waiting for that chance.



Family-based Care offers children stability when their families are struggling.

Carers come from all walks of life. You can be:

- Single, partnered, or married
- A parent or someone without children
- Working, studying, home-based, or retired
- From any culture, religion, or sexual orientation

There's a type of care to suit every lifestyle. We urgently need carers for:

- **Weekend Respite** – provide care over occasional or regular weekends
- **Emergency Care** – step in quickly when a child's safety is at risk
- **Short-Term Care** – support a child for days, weeks or a few months
- **Long-Term Care** – offer a stable home for as long as they need

Together, we can build brighter futures—one home, one heart at a time.

Learn more: unitingvictas.org.au/foster-care

Call: 03 9051 6600

Visit: 185 Baillie Street, Horsham VIC 3400



Early Help provides short term support to parents and other important adults in children's lives that can strengthen their capacity to provide safe and nurturing environments.

Are you experiencing overwhelming changes, stress or isolation?

If so, we are here to help.

Early Help practitioners can provide support in many areas:

- Improve quality of parent child interactions.
- Increase parental/carer confidence to respond positively to parenting challenges.
- Increased awareness by parents/carer self-care and wellbeing.

- Improved participation of children in MCHN, kindergarten, and school
- Increased social connection of parents/carers and children.
- Assisting referrals into paediatric, speech therapy, OT & counselling services.

Early Help practitioners are a great support to have someone to work with your family and assist with any early concerns you and your family may have, so you don't have to do it on your own.

Get in touch

T 03 5362 4000

E earlyhelp@vt.uniting.org

Esther Joyce
Early Help Wellbeing Practitioner
0423 023 233

Junior School Council are holding a breast cancer fundraiser after Noah S came and shared his idea with JSC!

CUP CAKE



\$2 per cupcake, sold at recess!

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources

www.education.vic.gov.au/protect



ST ARNAUD PRIMARY SCHOOL

WALK FOR AUTISM
TUESDAY 4TH JUNE



FOOD BANK DELIVERS TO OUR
SCHOOL WEEKLY.

PLEASE CHECK OUT THE RANGE
OF PANTRY STAPLES, FRESH
BREAD, LONG LIFE MILK AND
VEGETABLES AVAILABLE TO ALL
FAMILIES.



**FRIDAY
MAY 23
5:00 - 6:30PM**
GEORGE CARTWRIGHT
OVAL
BIRCHIP



GIRLS' FOOTY CLINIC

Featuring

Sally Riley | Whitney Kennedy

**GWV Rebels
U18s Girls Coach**

**Bendigo Pioneers
U18s Girls Coach**

**A free event for girls born 2010 - 2017
and any interested junior coaches.
Tea provided for participants after the clinic.**

Registrations for catering purposes to Sandie Richmond

Sally Riley

Sally was an accomplished AFLW player, captaining the Adelaide Crows to the first ever AFLW premiership in 2017. She was a true utility on the field, capable of playing in every third of the ground if required.

After three years at the Crows, Sally moved to the Gold Coast Suns ahead of their inaugural season in the AFLW in 2020. Sally retired in 2021 and turned her focus to coaching. She was appointed head coach of the GWV Rebels girls program in 2022.



*GWV Rebels
U18 Girls Coach*

Whitney Kennedy

Whitney was previously a Physical Education Teacher and Head of Department at Swan Hill College. She has always been passionate about the development of girls football.

Whitney has been the head coach of the Bendigo Pioneers girls program since late 2022. She was the successor of former Nyah-Nyah West United and Wycheproof-Narraport player - and 2003 Feeny Medallist - Danny O'Bree.



*Bendigo Pioneers
U18 Girls Coach*



SCHOOL BEANIES

\$20

Available to purchase from the General Office, eftpos available!

www.st.arnaud.ps@education.vic.gov.au

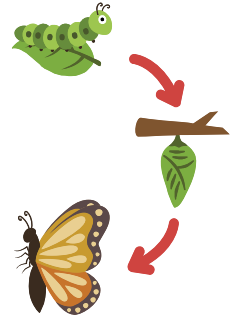
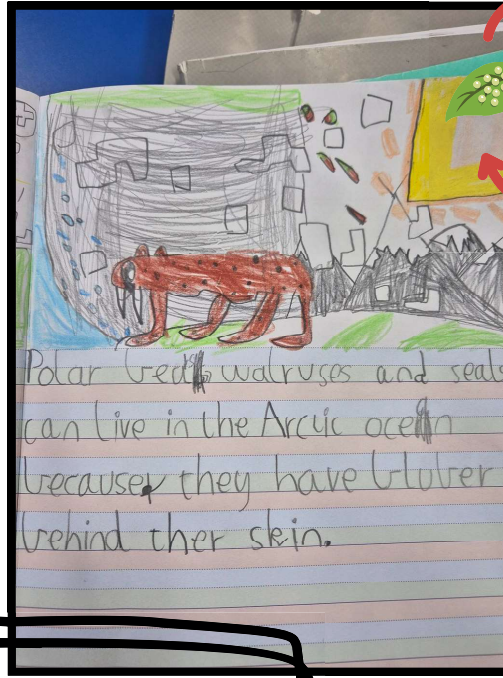
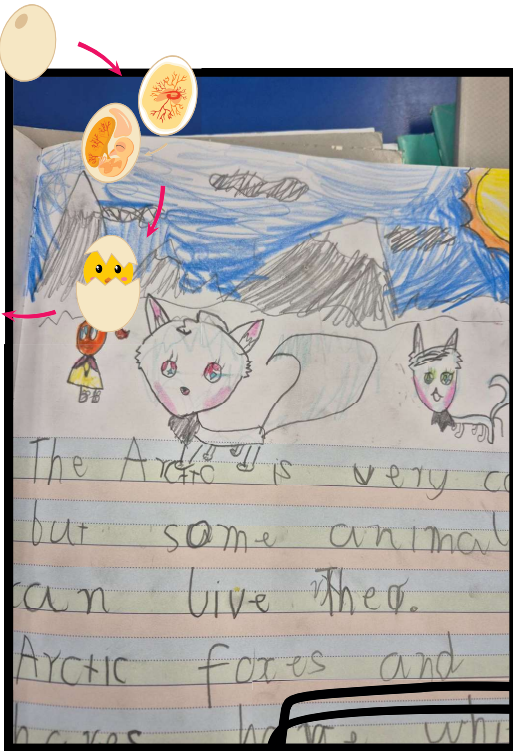
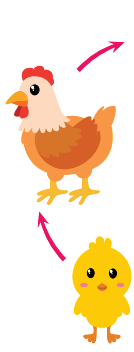


SATURDAY 24TH MAY, 2025 - 3PM ONWARDS

LORD NELSON PARK FUNCTION ROOM

\$30PP INC. CHAMPAIGN & NIBBLES





1/2 P HAVE BEEN
LEARNING ABOUT
LIVING THINGS.
WE ARE
ADVENTURING ALL
OVER THE WORLD
TO INVESTIGATE
DIFFERENT
HABITATS AND
LIFE CYCLES

