



A word from our College Principal

Dear Parents and Carers,

It has been a fantastic start to Term 3, with students settling back into school routines quickly and embracing the many learning opportunities that have been on offer.

I would like to thank our families for your understanding and support during the recent stop work action. We appreciate the arrangements many families needed to make for their children on these days and thank you for your patience and cooperation.

Camps:

Last week our Grade 6 students enjoyed a wonderful camp at Anglesea. They participated in bike riding, challenged themselves through a range of outdoor activities, enjoyed great food and even had the opportunity to see kangaroos in their natural environment. Camps provide invaluable opportunities for students to build independence, resilience and friendships, and it was wonderful to hear so many positive stories on their return.

As I write this newsletter, our Year 9 students are enjoying their Melbourne Experience camp. Throughout the week they are learning to navigate Melbourne by identifying key landmarks, using maps and travelling on public transport. These are important life skills that help build confidence and independence while creating memorable experiences with their peers.

One trend we have noticed this year is a significant decline in the number of students attending camps. Lower participation makes the planning and financial viability of these experiences increasingly challenging. This is something that School Council will discuss in the future as we consider how we can continue to provide these valuable opportunities for our students.

I would also like to sincerely thank the wonderful staff who attend our camps. These experiences simply would not be possible without staff giving up time away from their own families to support our students. Their commitment, care and willingness to go above and beyond is greatly appreciated, and I know our community values everything they do to make these experiences possible.

Working Together in Partnership:

At Baden Powell College, we value the strong partnerships we have with our families. The best outcomes for our students occur when both home and school work together with mutual respect and a shared commitment to supporting each child's learning, wellbeing and development.

2026 Curriculum Days

Monday August 17

Monday November 2

2026 Calendar of Events

August

Wednesday 5

Year 7 Table Tennis

2027 Prep College Tour

Thursday 6

Year 9 Table Tennis

2027 Year 7 College Tour

Monday 10

Year 9 Basketball

Thursday 13

Year 3-6 District Athletics

Monday 17

Curriculum Day - **No School**

Tuesday 18

Year 7 Basketball

Wednesday 19

Year 3 You Yangs

Thursday 20

Year 3 You Yangs

Year 8 Basketball

Year 8 Future of Work Excursion

Monday 24

Book Week

Thursday 27

Year 2 Melbourne Museum

Monday 31

Father's Day Stall DH Campus

September

Tuesday 1

Father's Day Stall Tarneit Campus

Wednesday 2

2027 Year 7 College Tour

Thursday 3

BPC Movie Night



A word from our College Principal

When families have a question or concern, our Complaints and Grievance Policy outline the importance of following the appropriate communication pathway. In most instances, the classroom teacher is the best first point of contact. They work most closely with your child each day and are best placed to provide information about what has occurred in the classroom, what has already been addressed, or what may require further follow-up.

If a matter requires further support, families are encouraged to then contact the relevant Team Leader, followed by the appropriate Assistant Principal if needed. Our Assistant Principals are:

- **Prep – Year 2:** Mark Koutroubas (Acting Assistant Principal)
- **Years 3 – 6:** Samantha Lloyd (Assistant Principal)
- **Years 7 – 9:** Adam Miller (Assistant Principal)

As educators and parents, we all understand that children and young people will make mistakes. Making mistakes is an important part of learning and growing. Our role, both at home and at school, is to work together to guide our students, helping them develop the social skills, resilience, responsibility and values they need to become successful, respectful and caring members of our community.

Thank you for your ongoing partnership and support. Together we continue to create a positive learning environment where every student has the opportunity to learn, grow and thrive.

Warm regards

Vicki Minton

College Principal

2026 Curriculum Days

Monday August 17

Monday November 2

2026 Calendar of Events

September

Wednesday 9

Year 4 Camp - Ferngully Lodge

Year 7 Science Works

Thursday 10

Year 4 Camp - Ferngully Lodge

Year 8 Science Works Excursion

Friday 11

Year 5 Smoothie Bar

Year 4 Camp - Ferngully Lodge

Wednesday 16

Year 7-9 Parent Teacher
Conferences

Friday 18

Last Day of Term 3 - **School
dismissed at 2pm**



BADEN POWELL COLLEGE

On Friday June 26, students came to school in casual dress and made a gold coin donation.

As a College we raised a total of
\$491.25 for Cancer Council.

The Cancer Council is Australia's leading non-government cancer charity, uniting the community to fund research, prevent disease, and provide patient support.

Great job Baden Powell College!



Cancer Council

SPORTING

Achievements

CELEBRATING OUR STUDENTS ON AND OFF THE FIELD



BADEN POWELL COLLEGE



Rugby

Congratulations to Braxtin who has been selected to represent Victoria in the Under 12 Rugby team.

Next week, Braxtin will travel to Queensland to compete in the School Sport Australia Games. What an incredible opportunity and a fantastic achievement.

Congratulations Braxtin! We are proud of your success and we wish you all the best for the competition. Go Victoria!



BRAXTIN

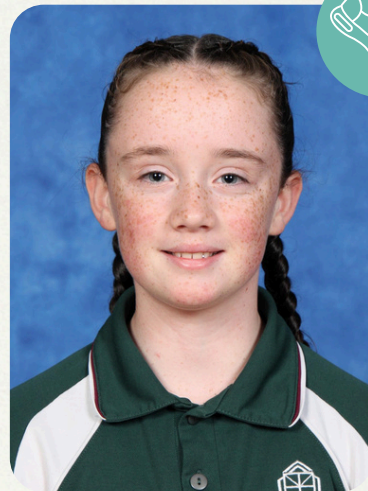
Regional Cross Country

Congratulations to Jordan & Hugo on their outstanding performance at the District Cross Country event.

Their excellent results earned them a place at the Regional Cross Country event, where they proudly represented our College.

We are incredibly proud of their dedication and achievement.

Well done Jordan & Hugo!



JORDAN



HUGO





BADEN POWELL COLLEGE

IMPORTANT!

REMINDER:

Monday August 17 is a
Curriculum Day.

NO students are required
to attend school on this
day.





BADEN POWELL COLLEGE

Grade 6 Camp

On Wednesday July 22, the grade 6 students from both campuses made their way to camp Wilkin in Anglesea.

They were thrown into a wide range of activities such as the amazing race, the low ropes course and disc golf. Although, they all agreed that their favourites were the leap of faith, the bike rides and the flying fox. They even convinced Mrs Vella to do the flying fox and it's a wonder you didn't hear the squealing from here!

The bike ride was another favourite. It took them out of the campgrounds and around a park in Anglesea. The views were amazing. That is if you weren't pulling yourself out of bushes and wiping mud from their eyes every two seconds.

After dinner everyone gathered around the campfire. Mrs DeSilva told a very scary story in the light of the fire and after her story students had the opportunity to toast marshmallows and make s'mores.

Overall, they had a spectacular time, learnt a lot about themselves and made loads of memories that will last a lifetime.





Moonlight **MOVIE NIGHT**



**TARNEIT
CAMPUS
OVAL**

**THURS
SEPT
3**

**EVENT STARTS
5PM
MOVIE STARTS
6:30PM**

100 Days of Prep

Congratulations to our PREPS on reaching the
very special milestone of
100 DAYS AT SCHOOL!





BADEN POWELL COLLEGE

PREP 2027

Now accepting enrolments

If you have not yet enroled your child at
Baden Powell College, please contact us at
either campus.

Tarneit Campus- 8734 0900

Derrimut Heath - 9748 8688

FUN! FRIENDS! MEMORIES!

Theircare
Where kids love to be!

PUPIL FREE DAY

17TH OF AUGUST

WE ARE OPEN FROM 6:30AM - 6:30PM

GET CREATIVE!

MAKE & BUILD!

ACTIVE & FUN!

DISCOVER & EXPLORE!

Arts & Crafts

Sports & Games

Science Fun

Construction & Lego

Music & Dance

Team Games & More!

FOR MORE INFORMATION

CALL OUR HEAD OFFICE 1300 072 410

VISIT OUR WEBSITE Theircare.com.au

OR REACH OUT TO SERVICE COORDINATOR MIA 0402477368

We can't wait to have a fantastic day with your child!

Theircare
Where kids love to be!

SCIENCE CLUB

CREATIVE CREATORS

EVERY FRIDAY AFTER SCHOOL CARE

Get curious, have fun and make amazing things happen!

Join us every Friday in After School Care for exciting experiments, hands-on activities and creative discoveries!

COOL EXPERIMENTS

AMAZING DISCOVERIES

CREATIVE THINKING

HANDS-ON FUN

BE CURIOUS, BE YOU!

FOR MORE INFORMATION CALL OR MESSAGE MIA ON 0402477368



Enrol for before and after school care now
...so you're ready when life happens!

Enrol today - it takes just a few minutes. Scan the QR code to get started.



www.Theircare.com.au 1300 072 410





BADEN POWELL COLLEGE

2027 College Tours

Come and see what Baden Powell College has to offer.
Both Campuses will run College tours on the following
days.

2027 Prep School Tours:

Wednesday August 5, 4:00pm - Tarneit Campus

2027 Year 7 School Tours:

Thursday August 6, 10:00am - Tarneit Campus

Wednesday September 2, 4:00pm - Tarneit Campus

Thursday October 8, 10:00am - Tarneit Campus

Wednesday November 4, 4:00pm - Tarneit Campus

Thursday December 3, 10:00am - Tarneit Campus

Children are more than welcome
to attend.



RESPECT

INTEGRITY

ENDEAVOUR

RESILIENCE

Happy Birthday to all of our students who have a Birthday in **August**

Aadhya	Dawood	Jye	Razaan
Abdul Aziz	Dean	Kayden	Reema
Adwaith	Deng	Khadeja	Saabir
Agamjot Singh	Destiny	Kruiz	Seerat
Ali	Edith	Lesieli	Sia
Amelia	Eileen Kaur	Lilly	Sienna
Annie	El-Shaddai	Lola	Sonya
Arbin	Emjay	Maia	Soriah
Asees Kaur	Faizaan Ali	Malak	Talia
Asma	Flynn	Mata	Thea
Azan	Grace	Mayen	Thon
Casey	Gurfateh	Miracle	Tylee
Caylum	Harith	Mourya	Uikelotu
Charlotte	Harper	Nina	Vamika
Chetna	Haylo Scoullar	Noah	Xavier
Chris	Indie	Osman	Yuvansh
Christian	John	Paige	Yzza
Cruz	Joy	Prabhleen	Zavian
Darcey			Zayd Pasha Qadri



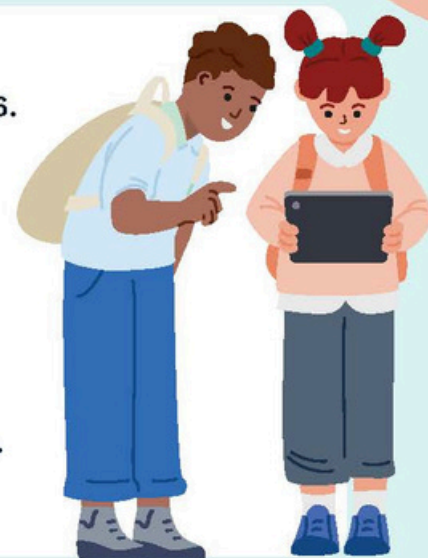
Term 3, 2026

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 3 topics:

- **The changing face of cyberbullying: protecting your child in 2026.** Suitable for parents and carers of children in primary and secondary school.
- **Navigating screen time: tools for today's families.** Suitable for parents and carers of young people in primary and lower secondary school.
- **How the need for connection and belonging shapes your child's vulnerability online.** Suitable for parents and carers of young people in upper primary and secondary school.
- **AI-generated images and videos: navigating the deepfake threat.** Suitable for parents and carers of young people in primary and secondary school.



For more information and to register now: eSafety.gov.au/parents/webinars



eSafetyCommissioner

eSafety.gov.au



Term 3, 2026

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 3 topics:

- **The trust trap: navigating friendships, pressure and manipulation online.** Suitable for parents and carers of young people in secondary school. This webinar is designed to support shared viewing and conversations between parents/carers and their teens.
- **Influencers, ideology and impact: how algorithms influence and reinforce harmful beliefs.** Suitable for parents and carers of young people in upper primary and secondary school.
- **Exploring the online experiences of boys and young men.** Suitable for parents and carers of young people in upper primary and secondary school.



For more information and to register now: eSafety.gov.au/parents/webinars



eSafetyCommissioner

eSafety.gov.au

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-57000> | <https://www.chitnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parents/how-talk-your-children-about-conflict-and-war>

What Doping Athletes Can Teach Your Kids About Success

By Dr Justin Coulson

On May 24, 2026, the first [Enhanced Games](#) took place in Las Vegas. The media [controversy](#) surrounding the games was enormous – as was the [hype](#).

According to organisers, the games are ushering in “a new era in athletic competition that embraces scientific advancements to push the boundaries of human performance.” That’s PR-speak for “our athletes are doping to the extreme – and we’re encouraging it.” It’s the Olympics for cheats.

The promise: world records, astonishing performances, and a whole new world of limitless potential.

The reality: a whole lot of drugs. A woeful competitive spectacle. And essentially zero enhancement of anything. Athletes filled their systems with steroids, sold their souls for scraps, and walked away with their reputations in ruins and no records to celebrate.

What does this have to do with parenting?

More than you might think. But first, back to the games for another moment.

I was surprised at the woeful results. The East Germans of the 80s and the Chinese athletes of the 90s doped far more successfully with their illicit doping campaigns.

But then I thought about it a little deeper.

Let’s start with the swimming. One world record was [beaten](#), and it’s likely that this was less to do with banned substances (steroids) and more to do with the super suits that were banned in 2010 that give a boost of +5% to performance.

On the athletics track, results were [shabbier](#) than the failures in the pool. The men’s times were closer to the female world records than any men’s records. And for both male and female athletes, their times were off so much that the athletes were not even in the top 1000 best times this year. There are high-schoolers running faster.

The problem is this: the organisers believed that if they could rope in some of the best athletes in the world and fill them with steroids, they’d become Superman (or Captain America). But that’s not how it works.

It’s true that steroids enhance performance. And so do a range of other things like sauna and cold plunges, magnesium, peptides, and every other fad that’s out there (except for those power-bands people wore around their wrists).

But it’s the cult of optimisation that we – and especially our boys – keep falling for. The quick-fix. The short-cut.

Do you really think the athletes trained as hard for these contests as they did when they were competing – clean – at the Olympics and world championships? Of course not. They only had a handful of months to prepare. And most of them are no longer full-time athletes.

The quick-fix is not real

James Clear is the author of the 20-million-copy bestseller, *Atomic Habits*. In the book, Clear describes an interaction he had with an elite weightlifting coach who visited the gym in which Clear was training - a coach who had worked with thousands of athletes during his long career, including a few Olympians.

Clear asked him: "What's the difference between the best athletes and everyone else? What do the really successful people do that most don't?" The coach mentioned genetics, luck, and talent. He then added the unexpected:

"At some point it comes down to who can handle the boredom of training every day, doing the same lifts over and over and over." According to Clear, "The only way to become excellent is to be endlessly fascinated by doing the same thing over and over. You have to fall in love with boredom."

Every study of astonishing, world-class success, points to the same thing, best outlined by Mary Meagher, a three-time Olympic gold medallist at the 1984 LA Olympics:

"People don't know how ordinary success is."

Everyone wants the secret – the shortcut. We want it. Our kids want it. The hacks fill our feeds. And there are countless grifters who'll sell you the promise of an easy answer to help you feel less insecure, more optimised, and shift you towards your dream. Whether it's us falling for the latest fad or our kids clamouring for clout, human nature drags us into thinking there is a pill, a course, or a solution that gets us "there" faster.

Today Androgenic and Clavicular will tell your son to pump himself full of testosterone, peptides, and toxins to lookmaxx. Andrew Tate, Myron Gaines, and other self-help sewage peddlers will offer shortcuts to wealth and status via their crypto scams, "leadership" programmes, and hustler universities.

The Enhanced Games promised superhuman results through chemical shortcuts. They delivered embarrassment. The real lesson for us and our children is this: the shortcut may or may not get you there faster. But the shortcut will hollow out - or even erase - the only thing that matters: the person you become on the way.

The value is not in the medals, the glory, the likes and shares, or the status. The value is in what ordinary, unglamorous, relentless effort actually produces. That's enhancement worth pursuing.

In *How to Live*, Derek Sivers tells us that

"Mastery is the best goal because the rich can't buy it, the impatient can't rush it, the privileged can't inherit it, and nobody can steal it. You can only earn it through hard work. Mastery is the ultimate status."

When our kids understand that principle, their lives will be harder, but vastly richer.



Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. Justin travels all around the country, speaking at schools to students, educators and parents about wellbeing and relationships. He is also the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. Justin has written 11 books about families and parenting - with the latest about [raising boys](#) out now! For further details visit happyfamilies.com.au.