



A word from our College Principal

As we come to the end of Term 1, I would like to take a moment to acknowledge and thank some valued members of our Baden Powell College community.

At the end of this term, we farewell Rebecca Young, Assistant Principal, who has been an integral part of Baden Powell College for many years. Rebecca's journey with the college began as a student and has spanned roles as a teacher, Learning Specialist, Leading Teacher and Assistant Principal. Throughout this time, she has made a significant contribution to driving school improvement and strengthening our teaching and learning practices. Rebecca is a highly respected leader whose impact has been felt by colleagues, students, and families alike. We thank her for her dedication and commitment to BPC and wish her every success in her new role as Director of Kids and Families with Catalyst Baptist Church.

We also farewell Mr Kain Wilson, who has left Baden Powell College to pursue a position closer to home. We thank him for his contributions as a classroom teacher at the Derrimut Heath Campus and in his role as Leading Teacher for Wellbeing and Engagement with our Year 7–9 students. We wish him all the very best for the future.

Thank you to all the families who joined us for our recent Harmony Day picnic. It is one of my favourite events on the BPC calendar. It was wonderful to see our community come together to celebrate the rich cultural diversity that makes our school so special. A sincere thank you to Miss Marruso for her outstanding organisation of the event, and to our students who performed on the day, you did a fabulous job and made us all proud.

Looking ahead to Term 2, we are excited to offer a Parent Helpers Course for members of our community. This course is designed to support parents and carers with the skills and confidence to assist within classrooms and at school events. We greatly value parent engagement at BPC and welcome the support of our families in enriching our school community. Details will be shared via Facebook and Compass, so please keep an eye out if you are interested.

Parents please make note of this change to our curriculum day for June 5, 2026. The guest speaker we had booked to work with our staff on this day has required a date change. The new Curriculum Day date is May 29, 2026 which will be pupil free day for all students. June 5 will now be a day with normal school operations.

I am also pleased to share that our School Council has now been formed, with our first meeting held last week. School Council plays a vital role in shaping the strategic direction of the college, supporting good governance, and ensuring that we continue to meet the needs of our students and community. I look forward to working closely with our 2026 Council members who are:

2026 Curriculum Days

Change of date

Friday May 29

Monday August 17

Monday November 2

2026 Calendar of Events

April

Wednesday 1

Year 7-9 Parent Teacher Conferences

No School for Yr 7-9 students only.

Thursday 2

Last Day of Term

School Dismissed at 2pm

Monday 20

First day of Term 2

Semper Dental Van Visit

Tuesday 21

Semper Dental Van Visit

Wednesday 22

Semper Dental Van Visit

Thursday 23

Semper Dental Van Visit

Friday 24

Semper Dental Van Visit

Empowering Minds
Nurturing Hearts

Baden Powell College

Newsletter - Issue Two



BADEN POWELL COLLEGE

Vicki Minton

Adam Miller

Amy Cropley

Charis Proctor

Pareneet Bedi

Cheryl Eaton

C'Eden Priyadarshini

Vishakha Sharma

Joshua Natarajan

Navpreet Singh Sandhu

Karamjit Kaur

Dua T9C

Mykaela T9B

Baden Powell College is committed to providing a safe, inclusive and respectful environment for all members of our community. The Department of Education's Preventing and Addressing Racism in Schools Policy supports this commitment and outlines how schools respond to and address incidents of racism. Families can access this policy via our school website, and we encourage all members of our community to familiarise themselves with its important principles.

We also take this opportunity to remind families about the Department of Education's Privacy Policy, which outlines how schools collect, use and manage personal information. Protecting the privacy of our students and families is a priority, and further information can be accessed through the Department's website or in the policies section on our school website.

Attendance is a key factor in student success. Being at school every day and arriving on time ensures students are able to fully engage in their learning and build strong connections with their peers and teachers. We ask for your support in ensuring your child attends school regularly and is punctual each day. If your child is absent, please ensure you log this on compass promptly. We would also like to clarify that the 'Sorry Business' absence code is specifically used to support Aboriginal and Torres Strait Islander families for culturally significant periods of mourning and should only be used in this context.

Thank you to our students, staff and families for a wonderful Term 1. We wish everyone a safe and restful break and look forward to welcoming you back for Term 2.

Warm regards

Vicki Minton

College Principal



BADEN POWELL COLLEGE

Congratulations!

We would like to congratulate the students who participated in the Wyndham Division Swimming competition. It was a great day and our students did a fantastic job!

The girls relay team finished in 2nd place and Chiara D6A finished in 1st place in her breaststroke event, which means she has qualified for the Western Metropolitan Primary Region Finals this week!

Congratulations to all students and to Chiara, we wish you the best of luck!

RESPECT

INTEGRITY

ENDEAVOUR

RESILIENCE



BADEN POWELL COLLEGE

IMPORTANT!

REMINDER:

Wednesday April 1 - Year 7-9 Parent Teacher Interviews. No students in Year 7-9 are required to attend school

Last Day of term - Thursday April 2 is casual dress for our students. All money raised will go to the RCH Good Friday Appeal. School will be dismissed at 2pm.





HARMONY DAY

FRIDAY MARCH 20, 2026

Celebrating Our Cultural Diversity



Harmony Day is the celebration that recognises our diversity and brings us together from all different backgrounds. Thanks to those who joined us as we celebrated Harmony Day.

At BPC - Everyone Belongs!



GALA DAY

On Wednesday March 25 our Grade 6 students had the opportunity to participate in Summer GALA Day. They were split into Boys/mixed and Girls teams and travelled locally to compete in 3 different sports: Basketball, Tennis and T-ball.

It was a fantastic day with all teams enjoying themselves and cheering each other on! Congratulations to the Tennis teams achieved placing of 1st for Boys/Mixed and 2nd for Girls.

From T-ball it was interesting to see BPC Derrimut and Tarneit campus teams versing each other on the field at one point during the day, both sides showed great sportsman like behaviour. Congratulations to both the BPC Derrimut Boys/Mixed and Girls teams for coming in 2nd place!

Good luck to the Boys Tennis team who made it through to the next round!





Easter Raffle

TICKET PRICES:

- 1 TICKET FOR \$2
- 3 TICKETS FOR \$5
- 7 TICKETS FOR \$10
- 10 TICKETS FOR \$15



PRIZES DRAWN

THURSDAY APRIL 2 - AT ASSEMBLY



Thank you for supporting our 2026
Easter fundraising raffle





Happy Birthday to all of our students who have a Birthday in March

Aahil	Gurnoor	Luca	Ronnie
Aaric	Haniya	Lueth	Ruby
Adela	Harry	Maahira	Rushaan
Aleena	Harshmeet	Maiara	Sharry
Alex	Hasanat	Manaaki	Shryda
Alexandros	Hugo	Manvitha	Siham
Amir	Huntley	Matteo	Skye
Anaya	Isaac	Monishka	Sofia
Anayah	Isabel	Mya	Stefany
Arya	Isla	Nall	Stella
Ashawin	Jakoby	Nawal	Sylvia
Aurora	John	Nelson	Thalia
Ayden	Joshua	Nixxon	Tomas
Blessing	Junior	Nooh	Waniya
Evan	Juvraj	Phu	Xantia
Fathiya	Kalasa	Rigo	Xavier
Grace	Layla	Robin	Zaya
Gunin	Loi	Romeo Rj	

TERM 1 Newsletter

MARCH 2026



We're almost at the end of Term 1, and what an amazing term it has been! The children have been busy enjoying a variety of fun and engaging activities at the service.

If you're looking to book your child/ren into our Holiday Program, bookings are now live at Theircare.com. Alternatively, please feel free to reach out to the Coordinator at the service for assistance.



IMPORTANT DATES & EVENTS FOR THIS TERM

EASTER EGG HUNT AT ASC
31/03/2026

AUTUMN HP
06/4-26 TO 17/4/26

EVERY WEDNESDAY (BSC)
BREKKY BADEN BITES CLUB

EVERY TUESDAY (ASC)
BADEN BITES AFTERNOON
TEA

badenpowelltarneit@theircare.com.au

BEFORE SCHOOL CARE: 6:30-8:30

AFTER SCHOOL CARE: 3:00-6:30

PUPIL FREE DAY: 6:30-6:30

HOLIDAY PROGRAM: 6:30-6:30

CONTACT US AT:

COORDINATOR- 0423832072

HEAD OFFICE- 1300 072 410

EMAIL:

BADENPOWELLTARNEIT@THEIRCARE.COM.AU



HOLIDAY ACTION

6 APR – 17 APR
Teenage Holiday program

Cost is
for all days



For Young People aged 12 – 17 years old

Bookings open Friday 6 March from 9am!

WEEK 1

Public Holiday

Mon 6 Apr | NOPROGRAM

Drop In – Movie Day

Tue 7 Apr | 11am–3pm

FREE

Archery Attack

Wed 8 Apr | 11:30am – 5pm

Drop In - Pizza Making

Thu 9 Apr | 11am – 3pm

FREE

Funfields

Fri 10 Apr | 10am – 5pm

WEEK 2

Sun Theatre – Super Mario Galaxy

Mon 13 Apr | 12:30pm–6pm

Drop In - Chill

Tue 14 Apr | 11am – 3pm

FREE

Prison Island

Wed 15 Apr | 10am – 4:30pm

Luna Park

Thu 16 Apr | 10:30am – 5pm

Cultural Celebration

Fri 17 Apr | 10am–4pm

FREE



For booking details and more things to do to this holidays please scan the QR code or follow the link to the website

- www.wyndham.vic.gov.au/holiday-action-program
- holidayactionenquiries@wyndham.vic.gov.au
- [@YouthinWyndham](https://www.instagram.com/YouthinWyndham)

wyndhamcity
Youth
ServiceS

What Parents & Carers Need to Know about YOUTUBE KIDS

YouTube Kids is a child-friendly version of YouTube which offers a colourful and easy-to-navigate environment that's suitable for young children. This app is easily accessible and available for mobile devices, which can be downloaded without needing the YouTube app on the device. Despite YouTube Kids seeming like a very child-friendly platform, it has raised concerns over its advertising and inappropriate content seeping through the curation process.

SETTING UP

1 Download the YouTube Kids app and connect your own YouTube channel.

2 Input your child's name, age and birth month.

3 Select the types of videos you want to include for your child based on their age and your own personal choice.

4 If you decide to approve the content yourself, the app will present you with sample videos for you to accept and reject.

5 Once you've made your choice, you're ready to use the app!

Advice for Parents & Carers

REMOVE ADVERTISEMENTS

Like YouTube, adverts on YouTube Kids are also quite pervasive. If you decide you don't want your child being exposed to adverts, you can subscribe to YouTube Premium which will remove adverts on YouTube Kids. However, it's worth remembering that this doesn't block adverts that content creators decide to make as part of their content, and children are still able to access channels from branded fast food or toy companies.

RESTRICT VIEWING TIME

The YouTube Kids app provides you with the option of setting up a timer to monitor and limit your child's daily usage, which automatically stops the video when it reaches the set time. It may be best to make use of this feature to prevent screen addiction - which can potentially lead to children staying up too late, affecting their mood and concentration the following day.

BE WARY OF UNSUITABLE CONTENT

YouTube Kids has a far lower chance of showing unsuitable material than YouTube, but there are still reports of malicious users deliberately uploading inappropriate content. It's important that your child feels able to talk to you if they were ever exposed to upsetting content in the future. It's also safest to report inappropriate videos: tap the three dots in the corner of the video and select 'Report'.

MONITOR WATCH HISTORY

YouTube Kids has also made it possible for parents and carers to see what their children are watching on the app by clicking on the 'Recommended' icon on the top right of the home screen. It may also be worth having a look at what your child has recently watched by clicking on their history tab. The red bar on the video shows how much of the video has been watched.

DISABLE SEARCH OPTION

YouTube Kids allows you to disable the search feature, which you may find useful in preventing your child from unintentionally finding age-inappropriate content. Doing this will also give you more control over what your child is watching. It's also worth noting that setting an age limit will ensure that your child is only exposed to recommended videos that are deemed suitable for their age group.

WATCH TOGETHER

It's important to make YouTube Kids a fun and positive experience for your child. This may require spending time finding channels and content that you and your child will enjoy and benefit from. Try introducing family sessions where you can share the most enjoyable videos that you and your child have recently watched. This can be a great way of giving you and your child many new things to talk about with each other.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



The Ultimate Parenting Hack: Get Enough Sleep

By Dr Justin Coulson

I talk a LOT about how to help parents do better. Explore, explain, empower. Soft eyes. Connection before correction. The list goes on for days.

But there's a parenting hack that works better than anything I can share from a psychological perspective: **get more sleep.**

I know. It's hard. You're busy. The kids wake up at night and interrupt your sleep. And plenty more. I've heard every version of this pushback, and yes, there are a million legitimate reasons parents are sleep-deprived—shift work, babies who think 3am is party time, medical issues, anxiety, insomnia.

There are also some less legitimate reasons: an intense interest in a show and the belief that “one more episode” won't hurt, revenge bedtime procrastination (where you try to stay up late to eek out the downtime you missed during the day), the “productive night-owl” illusion, and simple doom-scrolling.

But here's what's irrefutable: **sleep makes you a better parent.** Not a bit better. Measurably, significantly better. (And sleep also helps your kids do better.)

What the Science Says

A [2019](#) study of 314 mothers found that parents with shorter, later, and more irregular sleep showed observably less positive parenting - even after controlling for their stress levels.

A [2024](#) meta-analysis of 154 studies found all forms of sleep loss reduce positive emotions, increase anxiety, and impair emotional regulation - exactly the skills we need most as parents.

Another [2024](#) study of 44,000 participants found poor sleep correlates with more couple conflict and less partner responsiveness.

You already know this. It's hard to be a good parent or partner when you're running on empty.

The Sleep-Deprived Parent's Playbook

Improving sleep hygiene - for *everyone* in the family - is my ultimate parenting hack. I know this because, recently I was sleep deprived... and I was **not** the parenting expert I'm supposed to be. I was a mess. I was quick to lose my temper. And the whole family suffered for it - as did I.

When you're better rested, you're better equipped to help your kids navigate life. And you're better equipped to navigate life for yourself too.

This is your playbook for getting enough sleep: and note, these tips work for the whole family.

1. Lock in your wake time. Wake up at the same time every day, even weekends. Your circadian rhythm responds better to a consistent wake time than bedtime. This is non-negotiable. It sets your brain's "sleep clock", and ensures that you start releasing those sleepy brain chemicals at the right time each night. Waking up late is like giving yourself jet-lag.

2. Screen curfew: one hour minimum. No phones, tablets, or TV for at least an hour before bed. They stimulate your brain. They get you thinking. They pull you in and keep you awake. Games, social media, and even movies are impacting your sleep timing and your sleep quality.

And if you wake in the middle of the night (because you need the bathroom or because the baby is crying), resist the urge to look at the clock (your phone) because you'll end up doing the late night scroll.

3. Optimise bedrooms. Sleep happens best in a cool, dark, quiet place. Bedrooms should feel like caves, not living spaces.

4. Build sleep pressure during the day. The brain has a counter in it that starts when you wake up. About 14 hours later, it starts releasing hormones and chemicals to slow you down and put you to sleep. Stay out of the way of those chemicals and allow them to build by getting plenty of nature (or at least some green space), physical activity, and minimising screens. The body knows what to do. We just have to avoid interfering.

5. Strategic napping only. No naps after 2:30pm - they kill nighttime sleep drive. If you or the kids must nap, keep it under 60 minutes and early in the day. (Obviously this time limit doesn't apply to infants, toddlers, and preschoolers. But the late afternoon cutoff is for everyone!)

6. Caffeine cutoff: 2pm. Caffeine has a half-life of 5-6 hours. That 3pm coffee is still in your system at 9pm. Switch to decaf after lunch - or better yet, water.

7. Wind-down routine. 15-30 minutes of calm activity signals to your brain that it's time to sleep. Reading, gentle stretching, or a warm shower all work. Make it consistent - for you *and* the kids.

The Bottom Line

Getting enough rest isn't just a dream - it's the foundation of not losing your sheet with the kids.

Start with one change tonight. Pick the easiest win. Your family will notice the difference before you do.



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 10 books about families and parenting - with the latest about raising boys out this year! For further details visit happyfamilies.com.au.

FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$154 for primary school students
- \$256 for secondary school students

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments:** your child has started or changed schools this year.
- **changed family circumstances:** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure

MORE INFORMATION

For more information about CSEF visit:
[Camps, Sports and Excursions Fund](#)

