

Issue Two April, 2023

A word from our College Principal

Dear Parents and Carers,

Here we are at the end of term one, gee it has gone quickly. This term we have continued to focus on embedding consistent practice across the College and building the capacity of our staff in the effective teaching of writing. We are seeing some great work in classrooms with staff implementing this work and I am sure this will only strengthen as the year progresses.

Since our last newsletter, some of our year 9 students have attended camp in Melbourne. This was a fantastic experience for students seeing the sites but also learning to use maps and navigate their way around Melbourne. Our students received some great feedback for working together and showing school values and respectful behaviour. Thank you to the staff who spent time away from their own families to provide our students with this opportunity. Also to the staff who spend many hours planning and organising the details for this experience.

We have recently called for nominations for our 2023 School Council, thank you to the members of our community who nominated. We had the same number of nominees as positions available under the parent category and did not need for our community to vote. The parent representatives on School Council are:

Cheryl Eaton	Suzie Letzing	Warren Yates	
Joanne Harrison	Simone Lockwood	Parneet Bedi	Emmanuel John

I look forward to the difference that we can make together this year in the best interest of our college. Warren Yates has been elected at the Baden Powell College School Council President. Simone Lockwood has been the President from 2018 to 2022 and has made a significant contribution during this time. Thank you Simone for your time, work and dedication to the students of Baden Powell College.

Thank you for your support with our Easter Raffle, this will be drawn today at the Easter Hat Parade and the winners contacted before the holidays. I hope that you have purchased the winning ticket!

Today we say goodbye to some members of staff at Baden Powell College. Mrs Sharon Mitchell who has been a valued member of staff at BPC for many years has been appointed to a leadership position at Point Cook P-9 College. Mr Robby Jankovski who recently returned to BPC has moved across town and next term as a position at Dandenong High School. Mrs Laura Monks leaves us to commence family leave in preparation for the birth of her second child. Education Support staff member Amanda Kiddier who has done a great job in our Tarneit Sick Bay has a fulltime administration role at Tarneit P-9 College. We wish these staff members all the very best and thank them for their dedication in their time at BPC.

2023 Curriculum Days

Monday April 24

Tuesday June 13

Friday August 18

Monday November 6

2023 Calendar of Events

Thursday 6

Last Day of term

School finishes at 2pm

Monday 24

Curriculum Day - **NO School**

Tuesday 25

ANZAC Day - **NO School**

Wednesday 26

First Day of term 2

Thursday 27

Wyn Speak Competition

Iron Armour presentation

MAY

Tuesday 2

Semper Dental - DH

Wyn Speak Competition

Wednesday 3

Semper Dental - DH

Iron Armour presentation

Thursday 4

Semper Dental - DH

Wyn Speak Competition

Friday 5

Semper Dental - DH

Tuesday 9

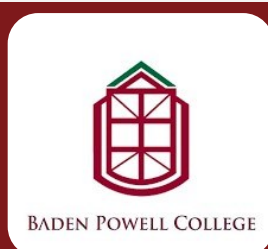
Wyn Speak Competition

Wednesday 10

Iron Armour presentation

Thursday 11

Wyn Speak Competition



Issue Two April, 2023

Prime Drinks Banned -

Recently we have communicated to our students about the popular drinks names Prime. Information about these drinks from ABC news is:

Prime Hydration: A still, coconut water-based electrolyte drink that claims to be fortified with "BCAAs and vitamins". **It is available for purchase in Australia through retailers and bottles have a disclaimer saying it's not suitable for children aged under 15**

Prime Energy: A carbonated drink that contains 200mg of caffeine per 355mL can – **double the Australian legal limit of caffeine per 100mL**. This product is **not available to purchase through retailers in Australia** but can be bought through online marketplaces and resellers. The Prime website says it's **not suitable for under 18s**

Prime Hydration+ Sticks: A powdered version of Prime Hydration that consumers reconstitute with water. This product is also **not available** for retail purchase in Australia

Due to the health advice and age restrictions for these products students have been informed that these are banned from Baden Powell College. This is in the best interest of our students health.

Sadly members of our community are grieving and we send our condolences to the Davis family. Melissa Davis mother of Riley in Year 8, sadly passed away recently very suddenly. If you are able to support the family in anyway this would certainly be appreciated at this challenging time. Please see link for the Go Fund me page: <https://gofund.me/fcb905d8>

Annual privacy reminder for our school community -

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy. Please take time to read our school's collection notice, found on our website under the policy section. We ask parents to also review the guidance we provide on how we use [Microsoft 365/Google Workspace for Education] safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using [Microsoft 365/Google Workspace for Education], please contact us. For more information about privacy, refer to: Schools' Privacy Policy — information for parents. This information is also available in ten community languages:

Amharic	Arabic	Dari	Gujarati
Mandarin	Somali	Sudanese	Turkish
Urdu	Vietnamese		

Have a great Easter break and we look forward to seeing you after the holidays.

Warm Regards

Vicki Minton

College Principal



BADEN POWELL COLLEGE

Don't forget to bring a gold coin donation



**Thursday April 6 is casual
dress for our students. All
money raised will go to the
Royal Children's Hospital
Good Friday Appeal.**



THE ROYAL CHILDREN'S HOSPITAL



BADEN POWELL COLLEGE

Year 9 Camp

The Year 9 campers had an opportunity to participate in an experience, in the CBD of Melbourne. The aim of our camp experience is to provide students with the opportunity to work co-operatively, to orienteer themselves around the city and to become more aware of how to use public transport.

The camp also aimed to provide students with opportunities to visit locations they may not otherwise be able to experience and take part in learning activities such as discovering different careers pathways, arts, history and the culture of Melbourne. Some places and activities that the students got to see and do include; Melbourne Zoo, O'Brien Icehouse, Ice skating, Melbourne Central, Strike bowling, RMIT University, Melbourne Museum, Queen Victoria Market and the Amazing Race around the CBD. It was an amazing experience for the Year 9 students who were involved. They were able to show leadership and independence during group activities and were able to develop some independence away from home. Students represented the College well, showing all of the school values with pride.





HARMONY DAY

TUESDAY MARCH 21, 2023

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!



Prep Breakfast



Preps, Pyjamas &
Pancakes!
It has been a big Term 1
for our littlest BPC
students.



GALA DAY

This term the Grade 6 students at the Tarneit Campus and the Grade 5 and 6 students at the Derrimut Heath participated in the district's sports Gala Day. The students competed against other schools in Basketball, Volley Stars, Red Ball Tennis and Cricket. All students demonstrated a great level of skill, effort and sportsmanship as noted by teachers from other schools. We look forward to seeing the students compete again at the Winter sports Gala Day in Term 2 in Netball, Soccer and AFL.





BADEN POWELL COLLEGE



Happy Birthday

To all of our students who have a
Birthday in April



Addison	Diego	Lohitaksh	Riyansh
Adhira	Divjot	Lorenzo	Roya
Agampreet	Enokati	Lucas	Ruby
Alex	Frazier	Mahdi	Safwan
Alexander	Gopal	Maifea	Sahana
Alexis	Gurjot Kaur	Mason	Sam
Aman	Harshil	Mathusika	Samia
Anna	Isaac	Matin	Shania
Armaan	Isabelle	Mehal	Taj
Ashlee	Ivy	Miaoqian	Trishla
Asiya	Jasper	Nik	Vanna
Avahmarie	Jax	Nubaid	Veibe
Bella	Jayda	Oliver	Vivan
Charlee	Jaylee	Peter	Youssef
Clarence	Jovannah	Phoebe	Yusra
Courtney	Kaliel	Pranavi	Yusuf
Dana	Khaled	Promise	Zaid
Denzell	Khoder	Rida	Zain
Dhairav			Zipporah



“Will I ruin my kids’ lives by working too much?”

— A note of comfort to the working mother

Apparently, a stay-at-home mum should earn \$184 000 a year. That’s how hard the typical stay-at-home mum works for her family, doing everything from being the head chef, to first aid provider, to dental hygienist (you can check out how much you’re “worth” [here](#)). While motherhood may be the most rewarding job on earth, the sad reality is that it’s also the lowest paying job on earth. And with increasing interest rates, increasing inflation, and an increasing cost of living, many women are faced with increasing mother’s guilt – either guilt for not contributing financially, or guilt for working and not being there for the kids.

Interestingly, mothers have always worked, right from our hunter-gatherer days. It’s only recently that mothers have felt guilt for working outside the home (thanks in part to societal pressure such as the ‘perfect 1950s housewife’). And with that guilt has come the question – “Will I ruin my kids’ lives by working too much?”

The reality is that there is some evidence for negative impacts on our kids when mothers jump into full-time work very early. However, most mums choose to delay getting back to work until after the first year or two of their child’s life – and the research supports this. While not everyone has the choice to stay home, when full-time work is commenced in the first year of the child’s life there are small negative effects on [child development](#) and the [quality of the attachment relationship](#).

But long term, maternal employment seems to have a lot of benefits for children. A longitudinal study showed that there were [better socio-emotional outcomes](#) (such as increased prosocial behaviour and reduced conduct problems) for children whose mothers work. And an [international survey of over 100 000 people](#) showed that as adults, daughters of mothers who work are more likely to be employed and earn higher incomes, and the sons of mothers who work are more likely to spend more time caring for family members. The data definitely shows that you are benefiting your children by returning to the workforce, and that the benefits extend into adulthood!

However, while your kids may be thriving with a working mother, you may not be. In fact, while you may have increased feelings of self-worth and competence from being in employment, working mothers [are twice as likely to experience high stress](#) compared to their non-working counterparts. Balancing paid employment with all the demands of motherhood is not simple, and parental burnout often results. [According to research](#), part-time employment seems to provide the best balance for mothers, resulting in fewer depressive symptoms and better health, more involvement in learning opportunities, and more sensitive parenting than full time employment.

If you're a working mum, either by choice or due to financial necessity, full-time or part-time, here are 5 quick tips to improve your work/life balance and ditch the guilt:

Find your why behind working and embrace it.

It's great to have a job you're passionate about, but it's also great to admit that you're working to afford the mortgage repayments on your house. Own your reason.

Create more time by saying no to unnecessary commitments.

That might mean saying no to taking on another project at work, but it also might mean saying no to your child joining the soccer team. When time is limited, you don't want to squander it. Spending time together doing nothing much at all is one of the most valuable gifts you can give your kids.

Implement rituals of connection.

Make time for daily family dinner. Or cuddle your kids and read them a story before bed. Just make sure that there are predictable moments throughout your day where you will put away distractions and focus on connections.

Start family traditions that you can all look forward to.

It can be as simple as a weekly movie night, or as elaborate as a yearly holiday to an exotic location. The enjoyment comes from looking forward to the tradition.

Take time to meet your own mental and emotional health needs.

You can't be there for your kids if you're burnt out. Taking time to look after you is the first and most important step in being able to look after anyone else.

You're definitely not going to ruin your kids by working. In fact, they'll probably benefit from it.

But I don't think anyone, at the end of their lives, has ever said, "Gee, I wish I'd given more time to my work. I sure regret spending so much time with my family."

Make the most of the time you have.

It doesn't matter if you only have 10 minutes a day with your kids, make it the best 10 minutes of your whole day.

You will never regret it.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is 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. He has written 6 books about families and parenting. For further details visit