



BADEN POWELL COLLEGE

Baden Powell College Newsletter

Issue Two

A word from our College Principal

Dear Parents and Carers,

Term 1 is certainly going very quickly, and our students have had a positive start to the year. We love seeing students getting their Emerald badge as part of our whole college incentive program, it is great to see students striving to do and be their best.

At the end of this term our secondary staff will have Parent Teacher Interviews for students in Years 7-9. ***March 27, is a pupil free day for all secondary students.***

School Council:

We have recently called for nominations for our 2024 School Council, as we have not received enough nominations this timeline has been extended to 4:00 pm this Friday. We would love some dedicated and passionate parents to join the council and help us continue to improve BPC. The commitment for this is one meeting per month that is held in the evening.

Staff Carparks:

Our staff car parks are for our staff. Being a multi campus college our staff travel between campuses frequently and these need to be kept clear. There are parents pulling into these driveways during drop off and pickup times, blocking staff in or out and causing traffic congestion. Parents need to ensure that they allow adequate travel time at school drop off and pick up that they are not making reckless choices that put students' safety at risk.

Parents who access before and after school care should not be using the staff carpark during the peak drop off and pick up times.

Derrimut Heath Campus Drop Zone:

This is valued by the DH Campus community but only works when parents are following the signage. Unfortunately this is not happening consistently. All parents must comply with the following:

- A maximum of 5km in 'Drop Zone'
- Be hyper vigilant of student safety
- Give way to pedestrians on entry and exit
- Only turn left when exiting on Sycamore Street

Information for Parents/Carers:

Parents/guardians of students, who do not have student accident insurance, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs. Parents/guardians can purchase insurance policies from commercial insurers. The Department of Education does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.

2024 Curriculum Days

Friday April 26

Friday June 7

Monday July 15

Monday November 4

2024 Calendar of Events

MARCH

Thursday 14

NAPLAN

Friday 15

NAPLAN

Year 7 - History Up Close

P-6 Athletics Day - **NO ASSEMBLY**

Book Club Orders Due

Monday 18

NAPLAN

Tuesday 19

NAPLAN

Wednesday 20

NAPLAN - Catch Up

Thursday 21

NAPLAN - Catch Up

Harmony Day

Friday 22

NAPLAN - Catch Up

Year 9 Bigger Than This

Wednesday 27

Gala Day - Grade 6

Year 7-9 Parent Teacher

Conferences - **NO School for**

Year 7-9 Students

Thursday 28

P-2 Easter Hat Parade

Last Day of Term

School dismissed at 2pm



BADEN POWELL COLLEGE

Baden Powell College Newsletter

Issue Two

A few reminders:

Parents, our yard is supervised from 8:35 am, there are some students who are in our yard very early in the morning. Parents please make note that your children should not be at school before the yard is supervised. This is for their safety.

Annual privacy reminder for our school community:

Our College collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy and the Schools' Privacy Collection Notice. Our Photographing, Filming and Recording Students Policy found on our website, describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn. 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 the school. For more information about privacy, refer to: [Schools' privacy policy | vic.gov.au \(www.vic.gov.au\)](https://www.vic.gov.au/schools-privacy-policy) — information for parents.

Regards

Vicki Minton

College Principal



BADEN POWELL COLLEGE

Easter Raffle



1st Prize: Hamper valued at \$100

2nd Prize: Hamper valued at \$60

3rd Prize: Hamper valued at \$40

Tickets are \$1 each

Please return by Friday March 22

Raffle will be drawn on Thursday March 28



RESPECT

INTEGRITY

ENDEAVOUR

RESILIENCE

Baden Powell College Newsletter

Issue Two



BADEN POWELL COLLEGE

School Wide Positive Behaviour

The School Wide Positive Behaviour Support (SWPBS) is a framework focused on teaching, modelling, practicing and reinforcing positive and expected behaviours across all year levels. These behaviours are clearly defined in our College's Matrix which is visible in all learning spaces and are aligned to our core values of RESPECT, INTEGRITY, ENDEAVOUR and RESILIENCE. Students are supported to demonstrate these values and expected behaviours through recognition and our incentives system.

This year we have launched several new features across the school to support positive behaviours across the college. Here is an outline of each:-

Behaviour Regulators

The Behaviour Regulator is a visual prompt and reminder for students around expected behaviours and positive choices that they are to make at school. Every learning space will have a Behaviour Regulator and they are reset every session. When a student reaches the Role Model section of the Behaviour Regulator, they will receive a compass post that alert you to this.



Badges and Certificates

When students reach a particular number of positive chronicle entries, they are awarded with a merit badge and a certificate of acknowledgement. Students will be able to wear their badges with pride on their school uniforms. When students reach one of the levels you will be notified via compass.



We will also be continuing our postcard and gotcha card incentives

Parents please be sure to celebrate with your child as they reach these milestones throughout the year.

RESPECT

INTEGRITY

ENDEAVOUR

RESILIENCE



Baden Powell College

3-6 Athletics Day

On Friday March 15, all students in grade 3-6
will be participating in a College
Athletics Day at the **Tarneit Campus.**

(Derrimut Heath Families - Please access Compass to give travel
consent)

Students will compete in multiple events and compete in their
houses. They are encouraged to wear their house colour T-shirt
(available at Noone Imageware) or compete in school uniform.
House coloured accessories are encouraged!

Please contact admin before March 8 to register your
interest in being a Parent Helper on the day.

**Spectators welcome 9:30AM - 10:30AM and 11:45AM - 12:45PM
- after signing in at the admin building.**



DERRIMUT



MORRIS



SYCAMORE



BADEN



BADEN POWELL COLLEGE

Student Birthdays

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

Aahil	Haniya	Luca	Rennai
Adyson	Harper	Lueth	Rodrigo
Alexander	Hugo	Maahira	Romeo Rj
Alexandros	Isla	Maeve	Ruby
Ashawin	Jakoby	Manaaki	Salman
Ayden	Jaxon	Manvitha	Sarah
Benita	Jaya Varshitha	Marcus	Siham
Benjamin	Jeremiah	Melvane	Sio
Blessing	Joshua	Nawal	Skye
Devadharshini	Junior	Nelson	Slater
Diya	Jye	Nooh	Sonny
Evan	Katrina	Nur	Stefany
Fathiya	Khoi Nguyen	Parv	Sylvia
Fautapuili	Kostantinos	Phu	Waniya
Grace	Layla	Pranav	Xantia
Gurnoor	Loi	Rami	



Defusing Explosive Children

In 1998, Dr. Ross Greene wrote a bestselling book titled *The Explosive Child*. I interviewed him on The Happy Families podcast, and our discussions became some of our most listened-to conversations.

His philosophy: “Kids do well if they can.”

In my words: Competence. A challenging situation presents itself. Capable kids navigate it, often with confidence. If they’re not quite there but believe they can do it, they’ll go for it. But if they’re incompetent, they pull back. Feeling incompetent can lead to withdrawal or explosions. And they don’t do well... *because they can’t!*

Greene describes incompetence in a gentler way: *lagging skills*.

Lagging skills are the missing pieces in a child’s skill set, hindering their ability to meet the demands of the moment. These lagging skills are flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

Let’s break them down:

Flexibility and Adaptability

A disrupted routine or inadequate time to prepare for a transition to a new activity (leaving the park, taking a bath, or switching off a screen) requires this skill. So does a change in plans. But it’s a skill that takes time, practice, and support to develop. Its opposite: rigidity and tunnel vision.

Frustration Tolerance

When the bottom drops out, expectations are unmet, or delayed gratification is required, frustration tolerance is what stops an emotional outburst. It’s recognising things didn’t work out according to my agenda, and then managing the frustration, expressing it appropriately, and thinking clearly.

High emotions = low intelligence. Frustration tolerance keeps emotions level and stable, and allows us (or our child) to sit in that emotion without acting rashly.

Problem Solving

Unpredictability, randomness, and volatility are inescapable realities of most of our lives. Being flexible and adaptable and having frustration tolerance keep emotions stable and facilitate

creative, broad thinking so we (and our kids) can solve problems effectively.

A parent's fundamental job, besides keeping their child safe, is to help them learn to solve problems. How do they resolve a problem with a sibling? How do they navigate a friendship challenge at school? What is the best way forward with an academic question?

Emotion Regulation

Frustration tolerance is a crucial component of a much larger challenge: emotion regulation, which means expressing and suppressing emotions appropriately.

Our words matter. They shape our perceptions and build the world we live in.

Remember:

Your child isn't 'naughty.' They have some lagging skills that we can develop.

Your child isn't trying to ruin your life. Kids do well if they can.

Your child isn't an idiot or a pain. Your child doesn't have the competence to get it right... yet.

Even if they've done it right before. Even if they're laughing about it and you sense they're being malicious. Even if they're being disrespectful. Even if they're insisting that they 'can't'.

When they're stuck:

1. Soften your eyes. Look upon them with compassion and kindness. Remember that kids do well if they can, so if they can't right now, there's something going on. Hungry? Angry? Lonely/Disconnected? Tired? Stressed? Sick? Overstimulated?
2. Say what you see. If you can name it, you can tame it.
3. Ask if they want you with them or if they want space.
4. As emotions subside, explore their world and their challenges. Explain what you are looking for. And empower them through problem-solving. Support those skills of flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.
5. Make a plan so they can try to do better next time.

Dr. Greene's 'Collaborative and Proactive Solutions' framework teaches parents to help children develop these skills (which often lag) in order to solve problems.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. 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 9 books about families and parenting. For further details visit happyfamilies.com.au.



**ENROL
NOW**

MUSIC LESSONS

GUITAR
KEYBOARD
SINGING

ONLINE ENROLMENTS
CALL 0401951592
DON'T MISS OUT

www.genesismusicschool.com.au

