



Issue Five

A word from our College Principal

Dear Parents and Carers,

During the first week back this term our college celebrated NAIDOC week by acknowledging and paying our respects to elders' past, present and emerging. We acknowledged the traditional owners and custodians of the land where we learn, the Bunurong people of the Kulin Nation. NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. During these celebrations at BPC students participate in a range of special activities in their classrooms and experienced a smoking ceremony. Thank you to the staff who organised these events and special activities for our students to develop a deeper understanding of Aboriginal and Torres Strait Islander culture.

Like you, we have high expectations of your children and their behaviour. We expect that at times students will make bad choices, it is from these that they reflect, learn, and grow. When there is an incident or non-preferred behaviour, our staff will investigate this. This will include getting recounts from staff who saw what happened and accounts from other children involved or who were present. We do not put consequences in place lightly and as a leadership team talk about these to ensure that there is consistency across the college. This is also where home and school need to work in partnership, reinforcing the social skills and expectations that students will need to be successful in life.

This week, students in Years 3, 5, 7 and 9 will be bringing home their Naplan results. Parents, please have a look over this report, the additional information on how to interpret the report and a letter from me. As a college we use your students Naplan results to drive our school improvement initiatives and target curriculum areas and specific cohorts of students. In the initial school data reports our results show celebrations and gains in:

Year 5 - Reading

Year 7 – Reading, Writing, Numeracy, Spelling, Grammar, and Punctuation

Year 9 - Spelling

Do you have a child starting prep in 2024? We are currently taking enrolments for 2024 prep students and are in the process of coordinating transition sessions. If you have a child starting prep next year, please speak to our friendly office staff to organise the paperwork that needs to be completed.

There is no doubt there are or have been members of your family unwell as it seems to be the case everywhere. Understanding that of course and that on occasion we can all be late, it would be helpful if parents could have their children at school by 8:45am. Thank you to those who do regularly. It would be great if everyone could make a concentrated effort.

2023 Curriculum Days

Friday August 18

Monday November 6

2023 Calendar of Events

AUGUST

Monday 14

Year 9 Career Insights

Tuesday 15

Year 9 Career Insights

District Athletics

Wednesday 16

Year 9 Career Insights

Friday 18

Curriculum Day - **No School**

Monday 21

Book Week

Thursday 24

Book character dress up day and parade

Tuesday 29

Father's Day Stall

Wednesday 30

Grade 4 Camp

SEPTEMBER

Friday 1

Grade 4 Campers return

Year 7 Ancient Greece Incursion

Monday 4

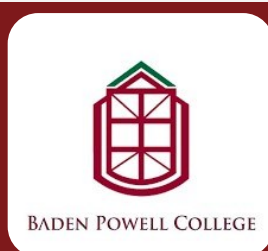
Concert Week

Thursday 7

Division Athletics

3-6 Concert





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Some Friendly Reminders:

Students riding a bike or scooter to school – It is law in Victoria that all students riding a bike or scooter are wearing a helmet, most importantly it will keep our students safe in case of an accident. ***We expect all students who ride a bike or scooter to or from school to be wearing a helmet.***

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.

Regards

Vicki Minton

College Principal

CERTIFICATE OF APPRECIATION

Baden Powell College

To the Baden Powell College students, staff and families

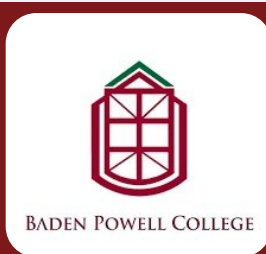
We would like to acknowledge the kind generosity you have shown to our school community by reaching out to us with your message and fundraising effort.

The outpouring of support for our school at this difficult time has been an inspiring and heart-warming encouragement for us and you all have our sincere gratitude.

The funds raised will be used to provide our students with counselling and other therapies and activities to support their wellbeing, resilience and their long term recovery.

Lisa Campo

Principal
Exford Primary School



Issue Five



Congratulations!

Congratulations to Kaliel who made the Victorian Rebels under 12 state Rugby Union team. Kaliel travelled to Brisbane during the recent school holidays to take part in the Vending First challenge cup. The team played off in the finals against Darling Downs (QLD regional team) and won after a hard-fought weekend of rugby including varying results against two strong Brisbane teams.

Well Done Kaliel!

2023 Bookweek August 21-25

READ GROW inspire

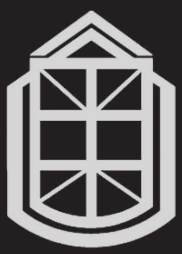


RESPECT

INTEGRITY

ENDEAVOUR

RESILIENCE



NAIDOC WEEK



BPC celebrated NAIDOC week, first week back of term 3.

We welcomed local elder Colin Hunter at both campuses. He explained and performed a very special indigenous smoking ceremony to help mark BPC's NAIDOC WEEK.



2023 WYNDHAM DIVISION CHAMPIONS!

A HUGE congratulations to the Derrimut Heath Grade Six Boys Soccer team after a great win. This gives them the title of 2023 Wyndham Division Champions! The level of on field communication happening and the way they encouraged each other on and off the field was amazing to watch!

Well done boys!





Mad About Science Incursion



On Tuesday July 18 & Thursday July 20, our P- 6 students participated in the Mad About Science Incursion, the show was a huge success as students learnt about heating things up and cooling things down. The elephant toothpaste was a massive highlight and a frozen cauliflower shattering on the floor had the students amazed!





Grade Five Billy Kart Incursion



On Wednesday July 26, our Grade Five students had a great day at their Big Ideas incursion. Students planned, investigated, built and tested different designs and tested out larger billy kart designs on the test track.



Father's Day Stall

Tuesday August 29, 2023

BPC will be having a Father's Day Stall on Tuesday August 29 at each campus. Items will range from \$2 -\$6.

Please be sure to send your child/ren with money.



BPC PRESENTS

ALL IN THIS TOGETHER!

SCHOOL CONCERT

THURSDAY SEPTEMBER 7

**Encore Events Centre
12pm & 6pm Shows**



**Tickets
\$10
VIA COMPASS**



BADEN POWELL COLLEGE



Happy Birthday

To all of our students who have a
Birthday in August



Abdul Aziz
Adwaith
Agamjot Singh
Ahmed
Aka
Alanah
Alexandria
Ali
Alina
Arbin
Armina
Aryan
Asees Kaur
Asma
Avijot
Ayesha
Bella
Blessing
Casey
Caylum
Charlotte
Cheszkah
Chris
Christian

Cruz
Dean
Destiny
Edith
Eileen Kaur
Elizabeth
El-Shaddai
Elsie
Ethan
Faizaan Ali
Flynn
Grace
Gurfateh
Harper
Heidi
Indie
Isabella
Jibreel
Jj
John
Joy
Kaden
Kaleab
Kayden

Khushi
Kiran
Kubra
Layzell
Lesieli
Lilly
Lola
Mahir
Maia
Malak
Marlian
Mary
Mata
Mayen
Milan
Miracle
Mourya
Nainika
Naytha
Nikhil
Nina
Noah
Paige
Prabhleen



Razaan
Rienna
Ruby
Ryan
Sadie
Samira
Sia
Sienna
Sitaleki
Soleh
Soriah
Talia
Thea
Thon
Tierney
Tori
Tristan
Truc
Tylee
Uikelotu
Xavier
Zavian
Zoe

Get Psych'd



FREE

Practical ways towards wellness

Join us for 4 weeks of wellness

90 minute weekly workshops designed to explore ways that help us look after ourselves and our mental wellbeing.

SESSION 1:

IDENTIFYING STRENGTHS AND VALUES AND BUILDING SELF ESTEEM

Identifying individuals strengths and values, and understanding how they impact our lives and self-esteem. Further developing skills and strategies to improve ones overall self esteem.

SESSION 2: EMOTIONS

Being able to identify the different emotions that people experience, and develop skills on how to regulate them. This will include conflict resolution and overcoming more difficult emotions.

SESSION 3:

RELATIONSHIPS AND COMMUNICATION

Identifying different relationships types and communication styles and how these two things relate to one another.

SESSION 4:

WELLNESS PLANNING

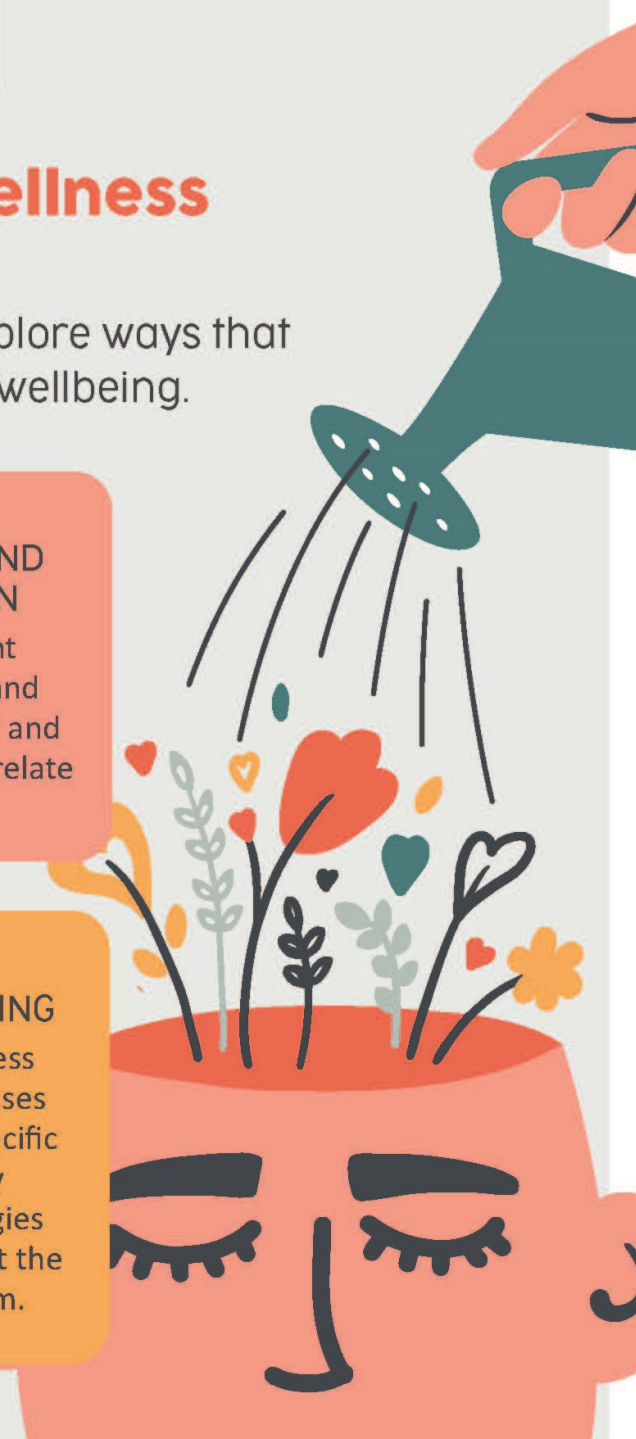
Developing a Wellness Action Plan that focuses on achieving your specific wellness needs by incorporating strategies developed throughout the Get Psych'd program.

Email: getpsychd@wyndham.vic.gov.au

Please scan qr code or visit our website for dates and locations
www.wyndham.vic.gov.au/get-psychd



wyndhamcity
Youth
ServiceS

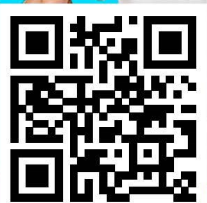


National Science Week

Week in After School Care!

Your
OSHC.

14-18 August
2023



Child Care
Subsidy (CCS)
available for
eligible families

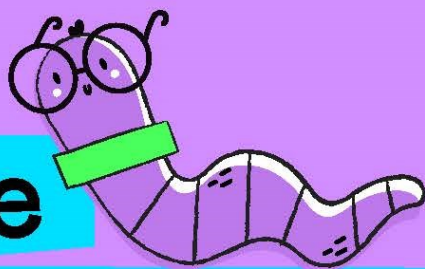
To find out more and to book, visit
www.campaustralia.com.au/science-week

by  Camp
Australia

**Your
OSHC.**

**21-25 August in
After School Care**

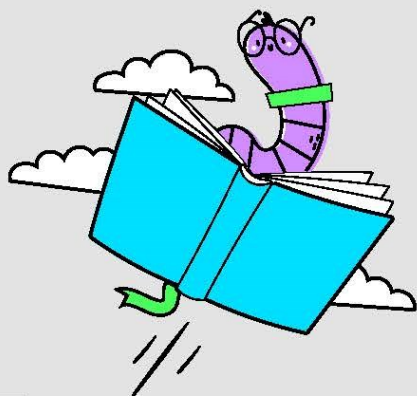
Little Book Worms



Celebrating Children's Book Week

The theme for this year's Book Week is READ, GROW, INSPIRE. Featuring fun, tailored activities themed around your child's favourite books, including dress ups, creating imaginary characters and more.

Ask your Coordinator what they have planned for the week and book now!



Book now

pp.campaustalia.com.au



by  **Camp
Australia**



DR JUSTIN COULSON

ISSUE 2 | TERM 3 | 2023

Raising Kids Without Bribes

The Secret to Winning Their Cooperation

There's one type of statement that I try to avoid when I'm talking with my kids.

"If... then" statements.

You know the ones I mean.

If you eat all your vegetables, *then* you can have dessert.

If you are good at the shops, *then* I'll buy you a treat at the checkout.

If you behave when Grandma comes over, *then* we can watch TV when she leaves.

The problem with these statements is that they're essentially bribery. And bribery is just a threat in disguise. You might as well say "If you don't eat your vegetables, then you won't get any dessert".

Bribery, rewards, and punishment are an effective parenting tool... if your only goal is to secure immediate compliance. That is, if you want your child to do what you say when you say it. Which probably sounds like exactly what you want.

However, when you think about it, immediate compliance probably isn't the real goal... at least, not most of the time (but sometimes it is. We all know it!)

What you really want for your child is **moral internalisation**.

That is, you want your child to understand the rules and the reasoning behind them so that they will do what is right *even when adults aren't around to tell them what to do*. Sounds better, right?

Moral internalisation requires a completely different set of tools. We can't rely on bribery, rewards, and punishments if we're aiming for moral internalisation.

However, moving away from the tool of "If... then..." statements isn't easy. This form of fear-based discipline is automatic for so many parents because it's such a simple formula to follow. It doesn't require much effort.

But if you're ready to expand your parenting toolbox, here's a few tools you can try:

Do it with them.

It's time to pack up the toys, but instead of yelling out "If these toys don't get picked up, then I'm throwing them away", try getting down on the ground with them and working as a team. Our kids want to be involved in our world. So, if we're doing something, and we invite them to join in, chances are that they'll say yes, even for something as routine as tidying up the toys.

Make it fun.

Kids love to play! In fact, it's been demonstrated that kids learn things much easier and quicker if play is involved. So next time you're at the shops, see if you can make a scavenger hunt. Challenge them to find the biggest capsicum, or maybe you can set the timer and see how quickly you can make it down each aisle. There are so many ways to make even simple tasks fun.

Collaborate to find win/win solutions.

When we talk with our kids and value their input, we can often find compromises that work for everyone. That might go like this: "I really would like you to eat some vegetables at dinner time. What vegetables would you like us to cook today?"

Explain the reason for a rule.

When you let your child know why you would like them to behave a certain way, and set up expectations in advance, they're much more empowered to behave the way you would like them to. By explaining to them, for example, that Grandma doesn't like loud noises, so we need to be a bit quieter when she's visiting, you're setting them up for success. It can also be a good idea to plan contingencies in advance for if expectations aren't being met. For example, "if you're having a hard time being quiet when Grandma is here, you can go outside for a bit to get some of your energy out before you come back in."

Be proactive.

Asking your child to be well behaved at the shops when they're hungry is just not going to happen. Likewise, your child just isn't going to be as helpful when it comes to packing up the toys if they're tired after a long day. Try shifting the timing for these activities, reducing your expectations, or making it easier to meet your expectations by setting up the environment for success.

Stick firmly to loving limits.

They're getting rowdy in the store. Carry them out calmly, explaining that we can go back when they're ready to use walking feet and quiet voices.

Getting out of the habit of using bribery to control our kids isn't easy. It requires trusting that internalising morals is better, which is hard when we've been conditioned to believe that good children are compliant children. It requires expanding your toolbox. It requires admitting that not every tool will work in every situation. It requires patiently acknowledging that sometimes you won't be able to secure compliance.

However, turning to connection and away from coercion is so much better, both for our children and also for our relationship with them. If you're ready to give it a go, pick a tool, try it out, and see what happens.



AUTHOR

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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 7 books about families and parenting. For further details visit happyfamilies.com.au.