



## Issue Six

### ***A word from our College Principal***

Dear Parents and Carers,

Since our last newsletter there have been many exciting and successful school events. These have included Book Week celebrations and dress up day, Grade 4 Camp, Father's Day Stall and our School Concert. All these events cannot happen without the hard work and dedication of our staff. These events take a lot of organisation and coordination, and our staff do a great job with this. Thank you to the parents who attended the events, it is great to have opportunities for our community to come together again.

**School Concert** – Thank you to all the members of our community who came to the school concert. What a fantastic event to show case our students' talents and to highlight the great work in our BPC classrooms. There is a great deal of preparation that goes into an event like this, the singing, dancing, learning of actions and making props for the stage. Thank you to all our staff for their efforts in making this successful. There was a committee of staff led by Assistant Principal Helen Spedding who worked on this event for many hours over many weeks, well done to this group of dedicated staff. I am extremely proud of our students and their performance last week and value that we could come together as a college community to see such an entertaining show.

**Facilities update** -We are always working to make our grounds and facilities better for our students. Research shows that the physical environment has an impact on self-worth and the level of connection that you feel. Students are thoroughly enjoying the new play equipment; this was a long time coming but great that it is now providing movement and play for our students to explore and enjoy. We have new shade sails going in at each campus also to support students playing outside while also remaining SunSmart. On the last school holidays there was some electrical upgrades at our Derrimut Heath campus. You also may have noticed some additional internal fencing at each campus. The reasoning for this is so that we can keep our students safe. The only way in or out of each campus during the day is now via the office, this ensures that we know who is onsite and have the necessary paperwork and induction processes in place.

**Parent opinion Survey** – All families have recently been asked to participate in the 2023 Parent / Caregiver / Guardian Opinion Survey. The Department of Education has contracted ORIMA Research (ORIMA) to conduct this survey. ORIMA is Australia's leading provider of end-to-end research and data analytics services to the public and not-for-profit sector. Each year the school conducts an opinion survey with the school community. Results are used to inform and direct our future school planning and improvement. Thank you to those who took the time to complete this survey for us, as your opinions are important to us and will contribute to the future management and organisation of our school. The department will also use the results from the survey for research purposes and to improve outcomes for students.

**CCTV** - Both campuses have Closed Circuit Technology (CCTV), this is to act as deterrent and reduce the likelihood of vandalism and theft. It can also act to deter misconduct and inappropriate behaviour and help to verify incidents on school grounds to support an evidence-based response. We have a documented policy about this system which can be found on our website for further information.

### **2023 Curriculum Days**

**Monday November 6**

### **2023 Calendar of Events**

#### **SEPTEMBER**

**Wednesday 13**

Grade 6 Camp

**Thursday 14**

Yr 7-9 parent teacher interviews

**NO school for Yr 7-9 students**

**Friday 15**

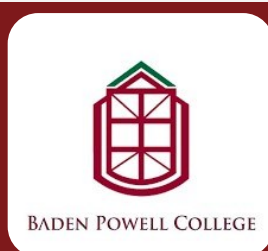
Grade 6 Campers return  
Footy Colours day gold coin donation

Last day of Term 3 - **Early dismissal at 2pm**

#### **OCTOBER**

**Monday 2**

Term 3 - students return



## Issue Six

### *A word from our College Principal*

**Staff Leaving** - Congratulations to Education Support staff member David Paterson who has been appointed to an ES position at Cambridge Primary School starting next term. We also congratulate Assistant Principal Helen Spedding who has a secondment to the new primary school named Warreen Primary School (Truganina North Primary School) for next term. This will be a great opportunity for Helen to broaden her leadership skills and experience and work to set up a new school. We look forward to her return to BPC in 2024.

We are currently planning for the 2024 school year. Our staff put great consideration into ensuring a smooth transition for all students, they know the combinations of students that work well and those that don't. If parents have a particular request and can explain the rationale behind it we will consider these in our planning and accommodate if possible. These requests need to be emailed to the Baden Powell email address by 4:00 pm Friday September 15. Please note late requests will not be accommodated.

The end of **Term 3** is **Friday September 15**. The children will be dismissed at **2:00 pm**. If you are needing the services of after school care, they will be offering care from 2:00pm.

#### **Friendly reminders –**

- Students cannot use their phone for electronic payment at our school canteen. They need an actual eftpos card or cash to buy items.
- We have had an issue recently with students borrowing sports equipment in the breaks and not returning it to our PE department. This has left our PE teachers without the equipment they need to teach their lessons. Students can bring in a ball from home to play with during the breaks, parents should ensure that it is clearly labelled with your child's name.

Regards

**Vicki Minton**

College Principal

## School Canteen

**The Tarneit Campus canteen** is open weekdays and provides both lunch orders and over the counter sales for students. Our canteen manageress is Lillian Nobile.

**The Derrimut Heath Campus** does not have a canteen; however, our Tarneit canteen delivers lunches to the Derrimut Heath students on **Wednesdays** and **Fridays**. There are no over the counter sales available.

Lunch orders are also available online, **all online orders must be placed by 9am**. Online orders can be made through: <https://www.quickcliq.com.au>

Please follow the links below for easy ordering and our latest menu.

#### **GUIDELINES TO ORDERING ONLINE:**

**Guideline to ordering online.pdf**

#### **PARENTS GUIDE TO REGISTER FOR ONLINE ORDERING:**

**Parent Guide to Register**

#### **MENU:**

**BPC Canteen Menu 2023**



BADEN POWELL COLLEGE



# Baden Powell College

## 2024 Prep Transition

Both campuses will run our prep transition sessions on the following days.

### Prep Transition Dates:

November 13 - 9am-10.30am

*Parent information session 9:15am-10:15am*

November 20 - 9am -10.30am

November 27 - 9am- 10.30am

December 4 - 9am-10.30am

December 12 - 9am-10:30am

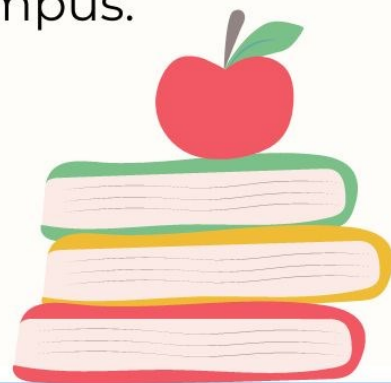
*College Transition Day*

Parents please ensure your child has a hat, drink bottle & a piece of fruit.

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

Tarneit- 8734 0900

Derrimut Heath- 9748 8688



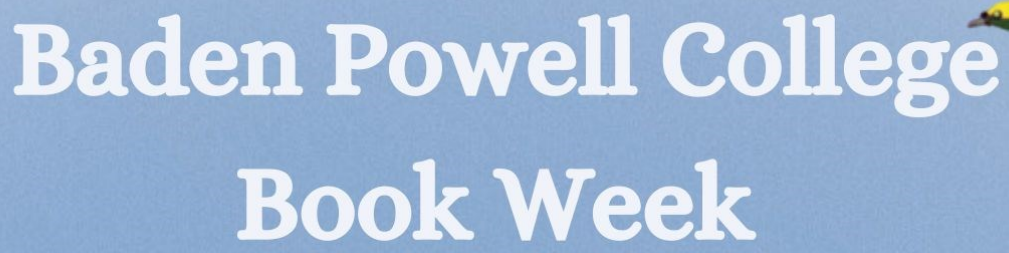
RESPECT

INTEGRITY

ENDEAVOUR

RESILIENCE









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## Grade 4 Camp

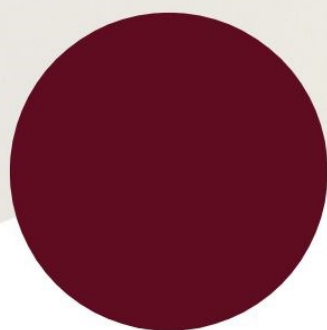
The Grade 4 students have had a great time away at Ferngully Lodge in Healsville. Activities included trampolines, flying fox, giant swing, bush hut building, low ropes, archery and the leap of faith. All activities have enabled students to engage in a range of new experiences that have supported our students to further develop our school values of Respect, Integrity, Endeavour and Resilience. The staff have mentioned the lovely manners from our students. Tess and the camp staff, including Cooper the camp dog is friendly and helpful. Students have been involved in a cabin competition and some of the staff tried the Giant swing.







BADEN POWELL COLLEGE



# PREP 2024

## *Enrolment Reminder*

**Now accepting students for 2024!**

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

Tarneit Campus- 8734 0900

Derrimut Heath - 9748 8688





# BPC FANG RUN

**TUESDAY OCTOBER 31**

**COLLEGE WIDE EVENT - TARNEIT CAMPUS**





BADEN POWELL COLLEGE



## Happy Birthday

### To all of our students who have a Birthday in September



Aasiyah	Devansh	Judy	Riley
Abdul	Eli	Khadeejah	Rudhraa
Adam	Emily	Levaine	Rudy
Adem	Ephrata	Lincoln	Rynell
Afnan	Fatima	Maia	Scarlett
Ajwa Fatima	Gracie	Manuel	Serah
Aki	Hadley	Mariam	Sid
Akshitha	Hargun	Marwa	Sonam
Alan	Harjap	Mathew	Stephanie
Andrew	Holden	Mehar	Swaraditya
Angel	Indiana	Mehreen	Tate
Ava	Ioannes	Micayla	Tauris
Averie	Isaac-William	Mohamed	Tenayah
Bentley	Isabelle	Mohammad	Thomas
Brooklyn	Jacob	Mouna	Tiffany
Cassius	James	Mykiah	Tyson
Chantal	Janet	Nayanika	Zaid
Chloe	Jaxon	Niyya	Zain
Connor	Jayden	Omar	Ziyang
Corianton	Jessica	Rafael	Zohaib
Deng			Zohan





## We Need to Talk About Parent Wellbeing

Mental Health is on everyone's lips. With 44% of Australian adults having experienced a mental disorder over the course of their lives, and 1 in 5 having experienced symptoms of a mental disorder over the last 12 months, it's no surprise that Google searches for mental health queries reached an all-time high in 2021.

Additionally, across Australia there are 102 days dedicated every year to raising awareness of important mental health and wellbeing related topics, including Neurodiversity Week in March, World Infant, Child and Adolescent Mental Health Day in May, and R U OK? Day in September. A growing number of Australian states and territories are also promoting Mental Health Month in October.

With all the talk about mental health and wellbeing, it's valuable to understand that mental illness and mental health are actually different things. On the one hand, we have mental illness. Low mental illness means you aren't experiencing symptoms of mental illness (such as depression and anxiety), high mental illness means you are. And on the other hand, we have mental health. If you have high mental health, you have a generally positive mood and outlook on life and are functionally optimally. You are said to be 'flourishing'. If you have low mental health, you may feel hollow or empty, and have a generally low mood. You are said to be 'languishing'.

For most people experiencing mental illness, interventions such as therapy and medications are both valuable and necessary. However, to improve mental health and lead a flourishing life, there are simple changes that anyone can make even if they are struggling with mental illness.

Let me ask you a simple question.

### What makes life most worth living for you?

The simplest way to experience improved mental health and wellbeing is to identify the answer to that question and then find a way to do a little more of those things each day. Let me outline a few things science points us to that can help:

#### 1. Sleep

This might be the most boring thing I can put on the list of ideas to bolster wellbeing (for you and your kids). But it might also be the most valuable item on the list.

Have you noticed what a difference it makes when you feel well rested? Have you noticed how much better you behave (not to mention the kids) when you've had a full night's sleep? It's no surprise that sleep loss is



associated with negative moods and impacts emotional regulation. Sleep makes you a better parent. It makes you a better partner, employee... it makes you a better person. Prioritising a solid 8 hours of sleep per night is just about the best thing you can do to be happier.

## 2. Build Connection

Relationships are at the core of our wellbeing. Find ways that you and your children can connect with one another and with others regularly and in healthy, positive ways. Simple ways to build connection are smiling at each other (even fake smiles can amplify and initiate feelings of happiness), spending quality time together, and telling the people around you that you love them.

## 3. Get Active

A recent study from the University of South Australia found that exercise is 1.5 times more effective than counselling or the leading medications at improving symptoms of depression, anxiety, and distress. Physical activity also keeps our brains healthy, increases positive mood and increases self-esteem, as well as reducing the risk of heart disease, cancer, and increasing bone health. The World Health Organisation recommends that children and adults aim for about 60 minutes of moderate to vigorous aerobic activity daily, but if you're just starting out, replacing sedentary time with physical activity of any intensity will offer health benefits.

## 4. Slow Down and Smell the Roses

Nature is fuel for the soul. Spending time interacting with nature has a long list of benefits (including improved academic and task performance, stress reduction, reduced violence, increased inspiration, and improved mood), which can be achieved in as little as 120 minutes a week. You can boost your nature time by shifting the route of your walk to go through your nearest green space, taking your lunch break outside, or planning a weekly family trip to the forest, beach, or botanic gardens.

## 5. Have Fun

It might seem like a simple thing, but having a once-a-week family adventure can build connection, encourage physical activity, and get us out into nature, plus it is fun! Having fun can be free, take the soccer ball to the park, do a scavenger hunt, or take a bucket and spade to the beach.

## On the road to flourishing

Work, school, homework, cleaning the house, finances... these are all important things, but they're not the things that make life worth living. If we want to get on the road to flourishing, we may need to re-prioritise our time, making sure that we build in opportunities for sleep, connection, movement, nature, and fun. Simple swaps are all it takes to bring greater positivity into your life.



**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 9 books about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).