



A word from our College Principal

Today we celebrate World Teachers' Day, a time to recognise the incredible work, care, and dedication of our teaching staff.

In a time when the public narrative around education can often be challenging, it is important to pause and remember the extraordinary privilege and purpose of our profession. Each day, our teachers make a difference — shaping minds, building confidence, nurturing curiosity, and inspiring hope in every student who walks through our gates.

We are so fortunate to have such a skilled and passionate team at Baden Powell College, who give their best each day with commitment, compassion, and integrity.

It's been a great start to Term 4 at Baden Powell College. This term is always a busy and exciting one, with a strong focus on academic growth as teachers begin preparing end of year reports and secondary students gear up for their exams.

Our Grade 6 and Year 9 students are also hard at work preparing for their graduation ceremonies, while our Prep, Year 1 and Year 2 students are practising enthusiastically for the end of year concert in the courtyard.

Have you visited our college website recently? It is a fantastic resource for families, full of up-to-date information about what's happening across the college. The site also features a Google Translate function, allowing you to access this information in a range of languages, a great way to stay connected and informed.

We are busy planning for the 2026 school year. If you have a child starting with us next year, please make sure to contact our friendly office team to finalise your enrolment. Last week, we also held our Year 7 Information Evening, with a terrific turnout from our community. It was wonderful to share details about our secondary program, including subjects, routines, and expectations. This is to support a smooth and confident transition from primary to secondary school.

Attendance continues to be a key focus for us this year. Classroom teachers are following up on student absences, and our leaders are working closely with families where attendance rates are of concern. Every day at school matters, when students attend regularly, they continue to grow socially, emotionally, and academically. Let's keep up the momentum as we finish the year strong!

Warm Regards

Vicki Minton

College Principal

2025 Calendar of Events

November

Monday 3

Curriculum Day - No School

Tuesday 4

Public Holiday - No School

Thursday 27

Grade 1 Science Works
Excursion

Friday 28

Prep Animal Land Excursion

December

Friday 5

P-2 Concert in the Courtyard

Monday 8

Professional Practice day -
No school

Tuesday 9

State Wide Transition Day

Friday 19

Last day of Term 4 - school
dismissed 1pm



BADEN POWELL COLLEGE
PRESENTS



THE P-2 END OF YEAR CONCERT IN THE COURTYARD

*"What we can be
at BPC!"*



FRIDAY | DEC 5 | 2:00-3:00 PM

COME AND CELEBRATE THE END OF THE 2025
SCHOOL YEAR WITH AN AFTERNOON OF PREP-2
PERFORMANCES THAT CELEBRATE GROWTH,
OUR COMMUNITY AND THE HOLIDAYS!





Baden Powell College

Helping Hand

The Salvation Army Christmas Appeal



Please bring non-perishable food items to be donated to the Salvation Army Wyndham to support families in need over Christmas.

Last day for donations Thursday December 11.





BADEN POWELL COLLEGE

GRADUATION CEREMONY
CLASS OF

2025

Year Nine

Save the date

Thursday December 11, 2025



BADEN POWELL COLLEGE

Graduation Ceremony

CLASS OF

2025

SAVE THE DATE

Derrimut Heath
Grade 6 Students
Tuesday December 9, 2025

Tarneit
Grade 6 Students
Wednesday December 10, 2025



BADEN POWELL COLLEGE

PREP 2026

Now accepting enrolments

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

Student Birthdays

Empowering Minds
Nurturing Hearts



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

Abhaybir Singh	Daniel	Karim	Psalm
Abraham	Declan	Kay	Ramzo
Adwita	Dier	Lana	Ranveer
Affan	Dindo	Laylah-Grace	Roselynn
Alara	Earnest	Leiseane	Rylan
Alice	Elijah	Lily	Sangeetha
Amber	Farida	Manansh	Savreen
Amina	Gavin	Maryam	Shaayerah
Archie	Hamza	Mera	Sulaiman
Arveen	Harun	Muhammad	Tarni
Athena	Ibrahim	Nasay	Telar
Aura	Jaisleen	Nayel	Tui
Beemnet	Jama	Nimrat	Vincent
Beniam	Jamieson	Omar	Yosef
Bostyn	Jiyana	Prabhreet	Zac
Cadence	Johnson	Prince	

Busting the Biggest Myths About Kids and Sleep

By Dr Justin Coulson

If there's one thing that affects every part of family life—our kids' behaviour, *our* behaviour, and everyone's ability to cope—it's sleep.

And despite what we sometimes think - or at least our kids might think - sleep is NOT a luxury item. It's a biological necessity that cuts to the core of our ability to function well.

In fact, my #1 Parenting Hack has nothing to do with parenting and nothing to do with the kids. It's this: get more sleep! Have you noticed how much better you are as a parent when you sleep well? It's miraculous!

But far too often, parents unknowingly fall for common myths about children's sleep needs. Let's tackle some of the biggest sleep myths holding families back—and look at what actually works.

Sleep Myth #1: Screen Time Helps Kids Wind Down

False. *Despite nearly half of parents believing screens help kids relax*, the science says otherwise. Interactive content, social media, and video games also stimulate the brain when it should be calming down, and delays sleep onset. It also reduces sleep quality. That's two strikes. Lower quantity of sleep and lower quality of sleep is a major downer.

What to do: Aim for a **screen-free hour before bed**. Replace screens with calming activities: reading a physical book, listening to calming music, or chatting about the day.

Sleep Myth #2: Kids Will Sleep When They're Tired

False. Children, especially younger ones, often don't realise they're tired—and won't voluntarily put themselves to bed. In fact, overtired children often become hyperactive, grumpy, or difficult to settle.

What to do: Stick to a predictable bedtime routine. Don't wait for your child to "crash." Pre-empt tiredness with a calming, consistent rhythm to the evening. Try to have sleep start at about the same time each night.

Sleep Myth #3 Catching Up on Sleep on the Weekend Works

Partly true—but not ideal. A weekend sleep-in might help after a late night or two. But chronic sleep debt builds up, and irregular sleep schedules can mess with the body's internal clock—just like jet lag. Sleeping in for hours on the weekend can actually make it harder to fall asleep on Sunday night and harder to wake up Monday morning, which starts the week off unbalanced.

What to do: Aim for bed and wake times within about 30 minutes of the usual, even on weekends. Consistency helps regulate your child's natural sleep rhythms.

Sleep Myth #4: A Later Bedtime Means They'll Sleep In

False. This one sounds logical—but it usually backfires. Young kids in particular have internal clocks that wake them early no matter what time they go to bed. And when kids don't get enough sleep, their bodies release more stress hormones—making it even harder to fall asleep the next night.

What to do: Keep bedtimes early and consistent. It may feel counterintuitive, but earlier bedtimes often mean better—and longer—sleep.

Bonus Myth (For Parents of Older Kids): Teens Who Sleep In Are Just Lazy

False. Teenagers are biologically wired to fall asleep later and wake up later. It's a normal shift in their circadian rhythm—not a character flaw.

What to do: Help teens build good sleep hygiene: wind-down routines, screen limits at night, and weekend sleep-ins—within reason. Support consistency, not perfection.

So How Much Sleep Do Kids Really Need?

Here's a rough guide:

- **Toddlers (1–3 years):** 12–14 hours (including naps)
- **Preschoolers (3–5 years):** 10–12 hours
- **Primary School (5–12 years):** 9–11 hours
- **Teens (13–18 years):** 8–10 hours (some need more)

But remember—every child is different. If they seem tired, grumpy, or struggle with focus, more sleep might be needed—even if they're hitting the “recommended” number.

3 Actionable Tips for Better Sleep

(which can be started tonight!)

1. Build a Consistent Wind-Down Routine

Quiet, predictable activities help signal to the brain that it's time for sleep. Start 30–60 minutes before bedtime. Keep it screen-free, low-stimulation, and calming.

2. Prioritise Daily Physical Activity

Regular exercise (earlier in the day) helps kids fall asleep more easily. Just avoid intense physical play right before bed.

3. Watch Out for Caffeine (If You're Raising Older Kids)

Teens are increasingly reaching for coffee, energy drinks, and even “healthy” options like matcha or green tea. But caffeine can stay in the system for up to 6 hours—making it harder to fall (and stay) asleep. Encourage caffeine-free drinks, especially after midday. Talk to older kids about how caffeine affects their sleep, energy, and focus.

When to Get Help

If your child consistently struggles to fall or stay asleep, snores loudly or stops breathing during sleep, or seems exhausted despite a full night's sleep, it may be time to speak with your GP or a sleep specialist. Sleep disorders are real and treatable. (Although you'll overcome many problems simply following the ideas outlined above.) The more rested your child is, the more likely they are to be calm, focused, resilient, and happy. And the more sleep *you* get, the more present, patient, and positive you can be too.



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.