



**Bruthen  
Primary School**

*"Learning for Life"*

31 Great Alpine Road, Bruthen Vic 3885  
PO Box 101  
Phone: (03) 5157 5445  
Email: [bruthen.ps@education.vic.gov.au](mailto:bruthen.ps@education.vic.gov.au)  
Principal: Michelle Young

**RESPECT COURAGE HONESTY TEAMWORK FUN**

*Newsletter Term 2, Wednesday 14th May  
2025*

**School Council Members – President:** Sarah Kennedy **Vice President:** Lucy Whillance **Secretary:** Kathleen Callow  
**Treasurer:** Kelsey Schueler **Executive Officer:** Michelle Young; **Committee Members:** Alyson Nichol, Lahnne Tong, Rachel Rogers, Jade Simpson, Stephanie Cooke, and Tina Tallberg

**Upcoming Events**

**May**

**Friday 16<sup>th</sup>** District Winter Sports Carnival-Paynesville

**Friday 29<sup>th</sup>** Whole School Assembly 3:15pm-3:30 pm  
(Last Friday of every month)

Heads Up:

**Fencing work is being completed in the laneway over the next few weeks.**

**New Dates for Grade 5 & 6 Outdoor Education Experience Camp**

They read the story 'We are all Equal,' author, P. Crumble and illustrator, Jonathan Bentley. "We are all equal, let's shout it out loud. We share hopes and dreams, we're equal and proud."

This is a story about understanding that no matter who you are, where you come from, where you live, what you look like, who you love, whether you are small or tall, whether you walk or run, this book celebrates the richness in our differences and the joy that... we are all equal.



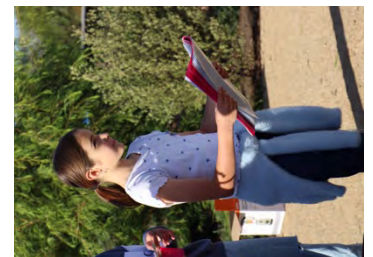
Dear Parents,

Last Friday, Pippa, Lucy, Poppy, Lileyannah, Matilda, Alice and Lily delivered a strong message encouraging everyone to take a stand against bullying in our schools, workplaces, and communities. Their initiative highlights the need for awareness and action in addressing this critical issue.

Each student received a badge to wear as a reminder to choose kindness. We encourage everyone to wear theirs to school every day and help spread positivity!"



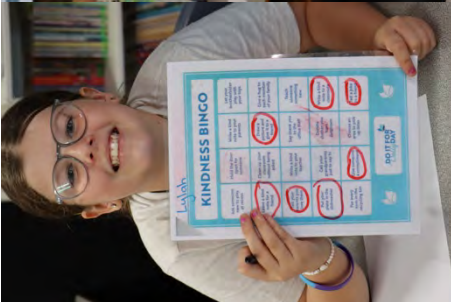
Lileyannah wrote and sang a song about how it makes people feel when they are bullied as a reminder why it is important to treat everyone with respect.



Students were also challenged to see how many acts of kindness they used throughout

the day. Students had two options.

- a) Colour a heart every time they showed an act of kindness.
- b) Complete the kindness bingo card by showing different acts of kindness, to others throughout the day.



on the wall outside our Grade 3/4 classroom as a reminder to choose kindness every day.



After lunch, students cut out a Dolly's Dream butterfly and wrote or drew a message of kindness. These have been proudly displayed





Everyone looked great dressed in blue and together we raised \$ 114.50 to support Dolly's Dream.

## What is bullying?

Someone being mean is not always bullying.

### Bullying behaviours:

- Are **aggressive, unkind, or mean** behaviours that are one-sided.
- Are **repeated behaviours** (it must happen multiple times, in an ongoing way to be defined as bullying)
- Happen on **purpose/are deliberate** (i.e. are not accidental for instance)
- Must have a **power imbalance** – which means that people bullying and the people being bullied aren't seen as being 'equal', or the person being bullied would have a hard time standing up for themselves or fighting back, e.g. older, bigger people picking on smaller, younger people, or 'popular' people targeting someone who they see as being 'unpopular', or a group targeting one person
- Causes **harm** - this can be physical (e.g. bruises), psychological (e.g. distress) or

## Bullying is not the same as

- **Being rude** – saying or doing something hurtful that was not planned or meant to hurt someone, e.g. someone pushing in front of you in the canteen line.
- **Being mean** – doing something hurtful to someone on purpose once or twice, e.g. a friend refusing to hang out with you one day
- **Conflict** – there is a disagreement, both sides are aggressive/mean and there is no power imbalance (both sides can 'stand up' for themselves or fight back), e.g. two friends getting into an argument or fight and saying mean things to each other.

- **Respectful feedback** on behaviours you are doing that are not ok, e.g. "It's not ok roll your eyes every time they talk about sport."
- **A friend putting in a 'boundary'** e.g. "I don't like it when you keep telling me what to do."
- **Natural consequences** in socialising, e.g. a friend not trusting you because you shared their secret.

**Bullying is behaviour which causes harm and is done deliberately and repeatedly - more than once. It is characterised by inequality and an abuse of power.**

**You Are Not Alone: A Guide to Responding to Bullying**

At Dolly's Dream, we understand that bullying can lead to anxiety, depression and, in the most devastating cases, suicide. Please know that help and support are always available.

If you suspect a child is being bullied, it's normal to feel overwhelmed - but you're not alone. The **Dolly's Dream Support Unit** can help you find the resources you need to support your child.

**What to Do if a Child is Being Bullied**

- Children may hesitate to tell their parents about bullying for fear of consequences like having their devices taken away or being taken to school.
- Stay calm and reassure them that they've done the right thing by telling you.
- Ask for the full story and explain that bullying is never okay and it's normal to feel upset.
- Stay calm and reassure them that they've done the right thing by telling you.
- Ask for the full story and explain that bullying is never okay and it's normal to feel upset.
- Stay calm and reassure them that they've done the right thing by telling you.

**Tips To Support a Child Reporting Bullying**

- Teach children to recognise when they need help - if they're feeling stressed, upset, scared, tearful, or overwhelmed.
- Help them make a list of trusted adults they can talk to.
- Teach them the steps for asking for help, like choosing who to ask, preparing what to say and finding quiet time and place to talk.
- Let everyone know they're helping someone - including parents.

**What if the Bullying is Happening at School?**

- If bullying occurs at school, it's important to:
  - Arrange a meeting with the school to discuss the situation.
  - Bring any relevant information or examples of the behaviour.
  - Know the questions you want to ask ahead of time.
  - Bring a support person if you feel overwhelmed.
  - Schedule a follow-up to check on progress.

**Every school in Australia should have an anti-bullying policy, which you can usually find on the school website. If not, ask for it.**

**What if the Bullying is Happening Online?**

- Step 1** Document the Incident: Take screenshots of abusive messages or posts and note details (dates, times, etc.) Keep them secure.
- Step 2** Report to the Platform: Use the reporting tool (e.g. 'Report') on the platform to flag the content. Report screenshots where possible.
- Step 3** Report to the eSafety Commissioner: File a report to the Australian eSafety Commissioner at [esafety.gov.au](http://esafety.gov.au) using their online form. They will review your complaint and offer guidance.
- Step 4** Seek Support: Reach out to trusted friends, family or professional counsellors at Dolly's Dream. We're here to help.
- Step 5** Monitor & Follow Up: Keep track of the situation. Follow up with authorities or platforms, and strengthen online security (e.g. change passwords, enable two-factor authentication).

**Check in with your child regularly, and to ensure they feel safe.**

We understand that bullying can lead to anxiety, depression, and, in the most devastating cases, suicide. **Please know that help and support are always available.**

If you're feeling unsure about what to do or where to turn, we're here to support you and your family every step of the way.

**WE'RE HERE FOR YOU**

**Daily's Dream Support Line**  
0488 881 033

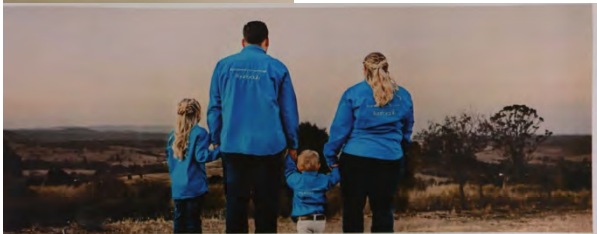
Free, confidential counselling for families and children, ensuring help is always within reach. Call 0488 881 033.

**Daily's Dream Parent Hub**

We do the research for you and provide trusted, easy-to-read articles with regularly updated information about online safety and bullying.

**Beacon Cyber-Safety App**

A free app providing practical tools and trusted resources to help families navigate technology and reduce online harms.

### Teaching Kindness and Respect

Parents lay positive foundations for their children by doing things like:

- Being a good role model, letting your children see you being calm, respectful, and assertive.
- Being specific about the behaviour you want to see - e.g., "Let your sister play that game with you."
- Praising behaviour that helps others - e.g., "That was kind of you to let Evie borrow your teddy."
- Helping children to name their feelings and think about how other people are feeling - e.g., "How would you feel if someone did that to you?"
- Creating positive opportunities for children to have power, such as picking out a present for someone.
- Setting clear, consistent rules, with reasonable consequences.

And parents can help children prepare for difficult situations by doing things like:

- Role-playing how to cope if someone is being mean, such as walking away, staying with a friend, standing tall, and saying clear things like "It's my turn" or "No pushing!"
- Teaching your children to say "yes" and "no" assertively and ask for help.
- Explaining the difference between nice and mean nicknames, and the difference between hurting someone on purpose and by accident.
- Talking about how to tell when someone is sad or scared, and what we can do to help them - e.g., asking them to join in a game.
- Enjoying books, movies, and TV together, and using them to start conversations about how to cope with life's challenges.



### Division Cross Country

We acknowledge the efforts of last week's cross-country competitors and commend them for achieving their personal goals. A special congratulations to **Matilda Kennedy**, who placed **8th** and has now qualified to compete at the **Regional Cross Country on 5th June**. We wish her all the best for the upcoming event!



### Term 2 Meeting

**Date:** Monday 16th June 2025

**Place:** Staffroom

**Time:** 6:00pm

### District Winter Sports Carnival

We are proud to announce that 15 of our Grade 5 and 6 students have been selected to represent the Mitchell Cluster at the **District Winter Sports Carnival** this Friday.

Students will compete in **soccer, tee-ball, and netball** against neighbouring Bairnsdale schools. The event will take place at the **Paynesville Football Ground**, with games kicking off at **10:00am**.

Permission forms were sent home on Monday via the UeducateUs app.

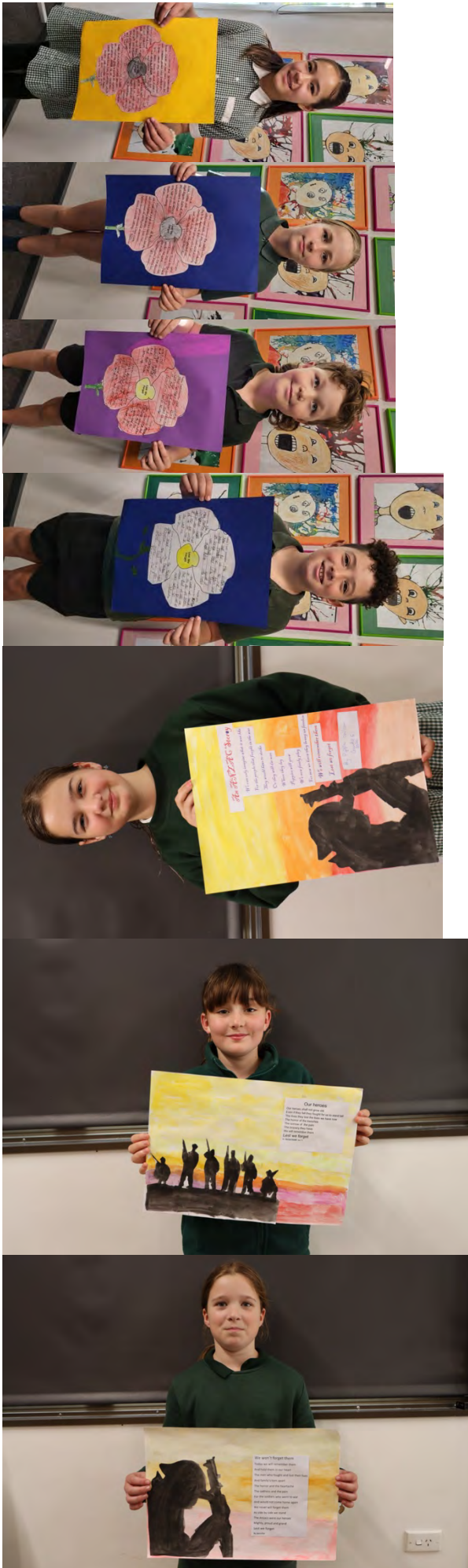
### Mother's Day Stall

We hope all our mums had a wonderful day on Sunday and felt truly spoilt with the special goodies your child lovingly selected from our Mother's Day Stall.

A big thank you to Lahnne and her amazing team of helpers—Kathleen, Sarah, Paul, Kim, and Paul—for their time and effort in making the stall such a success!



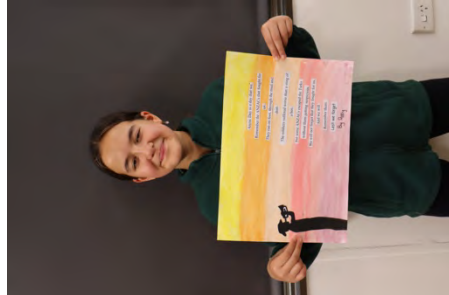
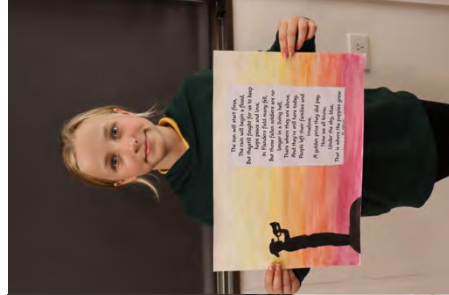
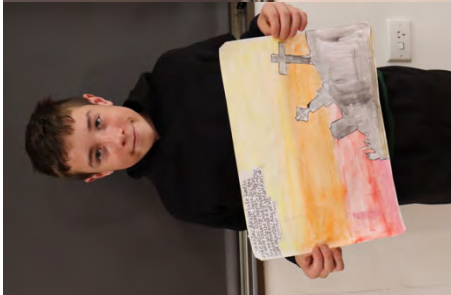
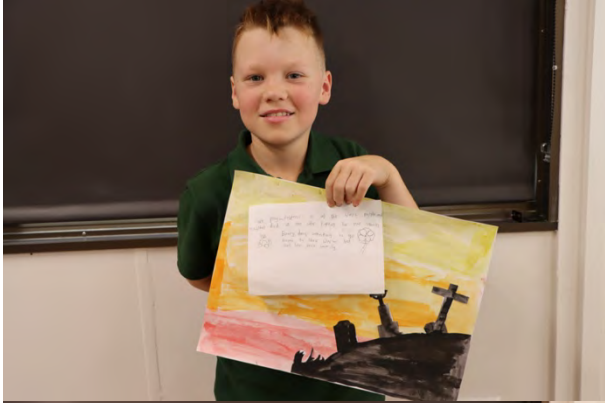
### ANZAC Reflections & Creative Tributes



### **ANZAC Reflections and Creative Tributes**

Our Grade 5 and 6 students engaged in heartfelt ANZAC Day reflections using thoughtful sentence starters such as "Soldiers are...", "Today I will remember...", "Thank you veterans for...", and "I have courage because...". These prompts helped students connect personally with the ANZAC spirit and the sacrifices made by service members. In addition to their written reflections, students expressed their gratitude and respect through the creation of ANZAC posters featuring original poetry and powerful imagery. These creative pieces served as a tribute to the bravery and resilience of our veterans, ensuring

their legacy is remembered with pride and honour.



These fabulous pieces of writing can be seen on display in the Grade 5 & 6 room. Make sure you come in and check out their magnificent work.



## Sizzling Science

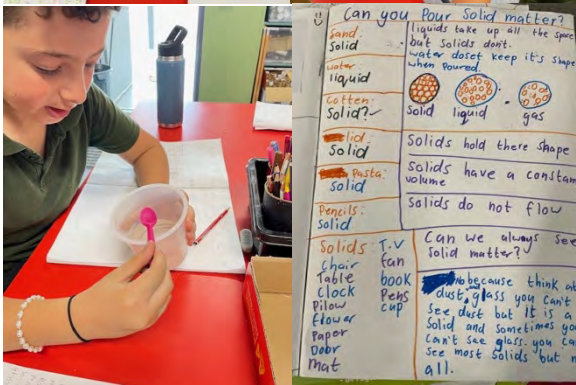
Grade 5 & 6 have begun exploring the states of matter—solid, liquid, and gas—to help them understand the physical world around them.



Last week, students conducted experiments to determine definitions for a solid, liquid and gas.

- **Solids** have a definite shape and volume.

- **Liquids** have a definite volume but take the shape of their container.
- **Gases** have no definite shape or volume and expand to fill their container.



Can you pour solid matter?

sand  
Solid  
water  
Liquid  
Cotton  
Solid?

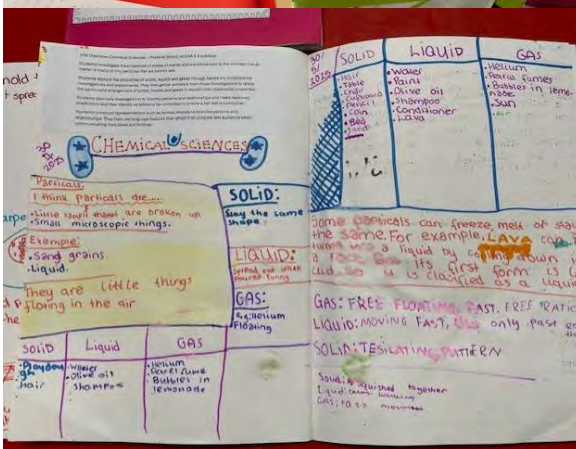
Solids hold their shape  
Solids have a constant volume  
Solids do not flow

Pencils  
Solid  
Chair  
Table  
Clock  
Pillow  
Flower  
Paper  
Dabr  
Mat

Liquids take up all the space  
but solids don't  
water does keep its shape when poured

Solid liquid gas

Can we always see solid matter?  
No because think about dust, glass you can't see dust but it is a solid and sometimes you can't see glass, you can see most solids but not all.



Scientists classify diverse types of matter by considering the properties of the matter with which they are working. A property is anything we can observe about the matter, either by using our senses or by testing it. The way we decide what state of matter a substance is in depends on its properties or how it behaves. A property of liquids is that they take the shape of

their container, so they change shape when they are poured. Substances that consist of tiny pieces, such as sand or flour, can be poured. However, the pieces themselves hold their shape.

Foundation students have also been studying matter and last week started the Three Little Pigs challenge, to build a house out of straw and sticks (below) This week they will be constructing houses out of bricks as they explore the effectiveness of different solid building materials.



Grade 1 and 2 practised following a recipe to make play dough. Tomorrow they will explore the effectiveness of different construction materials and use the playdough as part of the joining process.



## Allergies

If your child has a food allergy, Kellie is more than happy to adjust the Tucker Tuesday ingredients, if she can. **But please let us know in advance**, we would hate to serve up Tucker Tuesday and cause your child to have an allergic reaction.



We currently have a student who is allergic to nuts and sesame seed oil attending our school. To minimise the risk of this student having an allergic reaction we have implemented the following actions.

- We ask that families and students be aware of nut products they are packing in their child's lunch box-limit these where possible.
- Students will not be permitted to share any food.
- Students will be instructed to wash their hands after they finish eating.
- Birthday cupcakes/cakes are not to contain any nut products.

## 2025 School Voluntary Curriculum Contributions

School Council has ratified that there be NO increase to school fees for 2025.

School Council wants all children to have access to the same materials and resources which is why we are still asking for a curriculum contribution and not requesting that parents purchase materials through a book list.

This means you **DO NOT** have to **buy any books, pencils, paper etc for your child before the start of the year.**

This is all provided as part of the curriculum contribution fee.

**Curriculum contributions \$146**

**Extra-Curricular Activities \$194**

This includes costs for swimming, MARC Van, Cross Country, and Insurance.

**Total \$340**

**Please note that the school's curriculum fee IS NOT on your statement as we are not legally allowed to do this.**

However, we would strongly encourage everyone to pay the curriculum contribution, so we do not have to resort to sending book lists homes for families.

As always payment can be made at the office and **payment plans** can be arranged with Rocky.

## Tucker Tuesday Next Week's Menu

In honour of World Bee Day our chefs will be using the very precious ingredient- Honey in their main and dessert next week.

**Main:** Honey Soy Chicken Wings & Noodles

**Dessert:** Honey Apple Cakes

**All lunches are \$6.**

Orders can be placed via the UeducateUs App-Tucker Tuesday or by bringing \$6 to the office before each Friday.

Please have your order in by **Fridays** for catering purposes.

Alice, Matilda and Lileymah had the mammoth task of making over 180 sausage rolls for yesterday's Tucker Tuesday.



This week, Kellie challenged the girls to layer their dessert ingredients so that they had to measure in quarters and convert to mls-1 egg = 1/4 cup, then add on top 3/4 of a cup of milk, plus 1/2 a cup of SR flour. (59mls + 177mls + 118mls=354mls)



They made a delicious homemade tomato sauce, jam packed with vegetables to dip their freshly made sausage rolls into. It was great to see that the chooks went hungry again today.

Last week, the boys took over the kitchen to cook up the biggest batch of spaghetti Bolognese Kellie has ever made in the kitchen.





## Whole School Assemblies

### Whole School Assemblies Are Back! 🎉

We are excited to announce that whole school assemblies will return **this term**, bringing our school community together to celebrate learning and achievements.

📅 **When:** The **last Friday of each month**

🕒 **Time:** 3:15 PM – 3:30 PM

📍 **Where:** Grade 5 & 6 Classroom

Each assembly will feature a few students from every class sharing what they have been learning. It is a wonderful opportunity for our students to practice public speaking and for us all to celebrate their fabulous efforts and accomplishments.

**Families and friends are warmly invited to join us!** We look forward to seeing you there and sharing in these proud moments together.

## Healthy Food and Drinks Options

As we continue to promote healthy habits at school, we would like to kindly remind everyone to please pack nutritious food and drink options in your child's lunch box and drink bottle. Last term, we noticed a few students bringing soft drinks and lollies, and we encourage you to consider alternatives such as water, fruit, whole grains, and healthy snacks.

Your support in helping our students make healthy choices is appreciated!



## Student Attitude to School Survey

During the months of May and June, students in Grades 4, 5, and 6 are invited to participate in the 2025 Student Attitudes to School Survey.

The AtoSS is a voluntary student survey offered by the Department of Education every year to

help schools and the department understand students' experiences of school. They will ask your child about their thoughts and feelings about their school, their learning, relationships with other students, resilience, bullying, health and wellbeing, physical activity, and life in general.

Young people enjoy having a say! This survey has been running for nearly 20 years and helps schools plan programs and activities to improve your child's engagement with school, their wellbeing and their learning. The survey data also helps the Department of Education understand how to improve student learning.

We don't expect many risks of participation, but some students may find some questions personal or sensitive. If you agree for your child to take part, they can still skip questions or withdraw at any time whilst completing the survey if it makes them upset or uncomfortable. A teacher will be present during the survey to support students.

The questions come from validated survey instruments used in Australia and around the world. They focus on your child's strengths and are designed for each year level group.

Your child will be invited to complete the survey **online during class time** using a purpose built secure online survey tool. We are not "testing" your child. Please note:

A teacher will give your child a unique login to complete the survey. This unique student login is an assigned identifier that will be used by the department to link data for analysis and research only.

Students can choose if they want to take part, skip questions if they don't want to answer, and can stop doing the survey at any time.

The survey will take around 20-40 minutes to complete.

This survey is **voluntary**. If you **do not want** your child to do the survey, please **opt out by sending Michelle a communication message on the UeducateUs before Monday 12<sup>th</sup> May**.

For more information about this survey, including the questions your child will be asked to answer, please visit the department's [survey information page](#).

## Fencing works in the laneway

Starting this weekend, Eloise Healey (6 Besley Street) will be carrying out improvement works to the back fence area to allow better access to the property from the laneway. These works will involve some machinery and are expected to be completed by the following weekend, although delays are possible. A new fence will then be installed next month.

We are aware that many students and families use this laneway when travelling to and from school. Please take a moment to consider whether this will continue to be a safe route for your child over the coming weeks.

If you choose to allow your child(ren) to continue using the laneway during this period, please be aware that it is your responsibility to ensure their safety.



## School Attendance

Going to school every day is an important part of your child's education. Children and young people learn new things at school every day, connect with friends, have fun, and develop good habits that help them to succeed. Attending and participating in school will help your child:

- develop important skills and knowledge to help them learn.
- develop social and emotional skills such as effective communication, resilience, and teamwork.
- establish friendships with peers which help develop self-esteem and a sense of belonging.

There is no respectable number of days for missing school. Being away from school for 1 day a fortnight adds up to missing four whole weeks of school a year. Where possible, you should avoid your child missing school, for example, make appointments for your child outside of school hours and keep family holidays to outside term time.

As a parent/carer, you are legally required to ensure your child attends school every day, and if your child is absent, you must provide an explanation.

Schools acknowledge and understand that parents and carers may be juggling various challenges to get their children to school every day. If your child must miss school for any reason, notify the school as soon as possible so you can work together to ensure your child is supported.

### **Notify the school of your child's absence.**

Protecting the safety and well-being of children through the reporting and monitoring of absenteeism is the responsibility of both parents/carers and schools.

Please remember to call the school on 51 575 445 or log your child's absence using our school's IT platform UeducateUs early in the morning or earlier if your child is going to be away or late for school so your child's absence can be recorded correctly.

### **If your child misses a lot of school**

If your child has frequented unexplained absences, then their school will collaborate with you to implement appropriate supports to assist your child and ensure they attend school every day and remain at school during school hours.

If the supports do not improve your child's attendance, your school might make a referral to a school attendance officer at the Department of Education. The school attendance officer will monitor and investigate your child's attendance, and may issue an attendance notice, an official warning or a fine.

Tips for helping your child attend school can be found at <https://www.vic.gov.au/attendance-and-missing-school>



### **Traffic Safety**

As the number of students increases, so does the need for more staff, resulting in a terribly busy car park at the end of the day. After school, we have experienced several near misses, with students running off the basketball court and out of the sandpit without looking. Staff are very vigilant, but it is essential to prioritize our students' safety.

**Please ensure that you exit the school grounds by 3:40pm so that there is no potential risk to students when teachers start exiting the car park area.**

Please feel free to return at 4:00 PM, when traffic is lighter and remain vigilant as some staff will still be leaving after 4:00 PM.

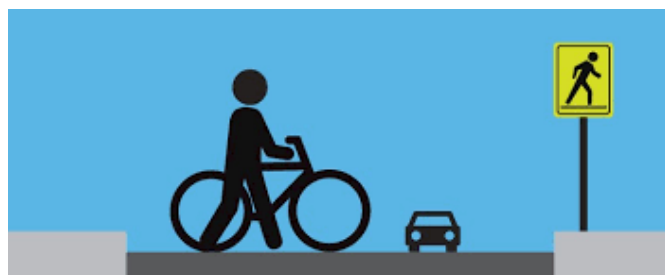
### **Laneway Safety**

We have recently received reports of students running and riding directly across the road without looking when exiting the school via the 'laneway.'

We have spoken with all students about this issue and asked them to physically **GET OFF their bike, scooter, or hoverboard and WALK across the road instead.**

If your child leaves the school grounds through the 'laneway,' please reinforce the importance of getting off their bike and walking across the road.

To help your child travel home safely, it might also be beneficial to discuss the safest routine with them and consider walking this route together. This will reinforce road safety and expectations, helping to keep them safe.



## Breakfast Club



Breakfast Club is back, starting Week 3. Toast, cereal, porridge, spaghetti/baked beans, and fresh fruit will be available on the breakfast menu.

Students can fuel their brains at Breakfast Club

- Wednesday, Thursday & Friday
- 8:15am-8:45am.
- Staffroom

This program will be run by a volunteer student leadership team.



## Friday 9<sup>th</sup> May

Students will have an opportunity to purchase a special gift for mum or that special female in their lives on Friday 9<sup>th</sup> May.

Gift Pricing \$1-\$10

Please ensure your child brings their money in a wallet, purse, or sealed envelope to ensure safe keeping.



Bruthen Primary School is looking for volunteers to hear students read.

**Foundation:** Monday, Tuesday, Wednesday, and Thursday 2:25-3:00pm

**Grade 1/2:** Monday, Tuesday, Wednesday, and Friday 2:25-3:00pm

**Grade 3/4:** Tuesday and Wednesday 9:00am-9:30am

If you can help, please contact the school on 51 575 445 or see Michelle.



## Active Little Kids

**Come and join the fun.**

**Every Thursday 9:30am-11:00am at the sports shed.**



