Bruthen Primary School
"Learning for Life"

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Principal: Rachel Davis

RESPECT COURAGE HONESTY TEAMWORK FUN

Newsletter Term 4 Wednesday 28th October 2026

School Council Members – President: Sarah Kennedy Vice President: Lucy Whillance Secretary: Kathleen Callow Treasurer: Kelsey Schueler Executive Officer: Emily Forbes; Lahnie Tong, Emily Earles, Rachel Rogers, Sally Whillance, Jade Simpson and Nicole Hood

Upcoming Events

October 2026

Friday 30th – World Teachers Day
Friday 30th -Assembly at 3.15pm

November 2026
Monday 2nd -Curriculum Day – No students – report writing
Tuesday 3rd -Melbourne Cup Day
Wednesday 4th -F/1/2/3 Swimming Program
Thursday 5th -4/5/6 Swimming Program
Monday 9th -Drumbeat
Wednesday 11th -F/1/2/3 Swimming Program
Thursday 12th -4/5/6 Swimming Program
Friday 13th – Kinder to Foundation Transition 9-11am

PRINCIPAL NEWS

Welcome to Week 4! It is wonderful to see how quickly our students have settled into the rhythms of the term, bringing energy, focus, and positivity to school every single day.

Firstly, a big thank you to all our students and families for your fantastic support with our sun safety policy. Students are consistently wearing their sunhats during each recess and lunch which allows everyone to enjoy our outdoor spaces fully.

Walking around the school grounds and visiting classrooms this past week, I have been really impressed by the way our staff and students support one another in both learning and play. Bruthen Primary's strong sense of community is on display every day, where older students look out for younger peers, and teachers work tirelessly to ensure every child feels valued.

In our classrooms, there is a strong emphasis on valuing creative thinking and problem-solving. When we encourage children to think outside the box and tackle challenges from new angles, we aren't just teaching them academic skills—we are helping them build resilience

and collaboration. Seeing students work together to solve a difficult task or navigate a game at lunchtime highlights the strength of our school culture.

These shared efforts create a truly harmonious and inclusive environment for all. Thank you for your ongoing partnership in making our school a safe, welcoming, and inspiring place to learn.

Warm regards,

Rachel Davis
Principal

Curriculum Day

A reminder that our third Curriculum Day for the year will be held on Monday 2nd of November. This will be a student free day.

Foundation and Year 1 Big Day Out

On Thursday 10th of November Foundation and Year 1 students will be visiting Raymond Island and then returning to school for a sleep over. Their day at school on Friday 11th of November will be a slower school day, and we are sure they will be keen to share their experiences with you at pick up on Friday afternoon.

School Parking

A friendly reminder to please take extra care when using the parking spaces out the front of school. Please remain alert for students moving between parked cars and be mindful of oncoming traffic to

help keep everyone safe. For everyone's safety, please avoid reversing out of the carpark onto the Great Alpine Road. If you need to change direction, it is safer to drive further along the road and complete a U-turn when it is safe and legal to do so. Thank you for your care, patience and cooperation in helping keep our students, families and wider school community safe.

Lockdown Drill

This week, students will participate in a lockdown drill in their classrooms. Lockdown drills are an important part of our Emergency Management Plan and help ensure that students and staff understand the procedures to follow in the event of an emergency. Practising these procedures in a calm and supportive environment helps students become familiar with the steps they may need to take, should a lockdown ever be required. It also provides an opportunity for staff to practise their responsibilities and ensure that everyone understands how to respond safely and calmly. We will approach the drill in an age-appropriate and reassuring manner, helping students feel safe, prepared and confident in knowing that staff are there to support and care for them.

School Choir

We are excited to invite interested students to join the Bruthen School Choir, with rehearsals held once a week at lunchtime. Students will learn a selection of Christmas carols to perform at the Bruthen & District Neighbourhood House Christmas Event on Sunday 13 December and at Bruthen Kindergarten later this term. Further details about these events, along with parent consent forms, will be shared in the coming weeks. We look forward to sharing the joy of Christmas through music and providing our students with an opportunity to connect with and contribute to our wonderful local community.

Zooper Dooper Fridays

Next week we will recommence our 50 cent Zooper Dooper Fridays. Students can bring their 50 cents to school to buy a refreshing Zooper Dooper to enjoy at lunchtime. Thank you to the families who have generously donated the icy tubes for us to sell and raise funds towards school resources.

Changes to Term 4 Swimming Program

We have been contacted by the swimming pool to swap our swimming days. Our Foundation – Year 3 students will be going on Wednesdays from 11th November, and our Yr 3-6 will be on Thursdays from 12th November, each for the 5 weeks. Our specialist days will also need to alter slightly to accommodate swimming. Specialist classes from Week 5 will be as follows - Yr 2/3 Tuesday, Yr 4-6 Wednesday and Foundation-Yr 1 on Thursdays. Thank you for your understanding and support.

Student Arrival Times and Before-School Supervision

The safety and wellbeing of all students is our highest priority. To ensure students are appropriately supervised and supported, we kindly ask that families do not send students to school before 8.45 am. Staff supervision is provided between 8.45 am and 9.00 am, when students can safely arrive and prepare for the school day. Before 8.45 am, staff are not rostered for yard duty, and students are on school grounds without appropriate supervision. We sincerely appreciate your support and cooperation in ensuring students arrive within the designated supervision times.

Transition for 2027 Foundation We are excited to announce our Foundation Transition Program for 2026! This will be held over four sessions where children will spend time at school, becoming familiar with the routines and expectations of a school day. These sessions help students feel comfortable and confident as they prepare for the year ahead and enable them to develop a strong connection as the newest members of our school community.

If you haven't enrolled for Foundation 2026 yet or know of someone wanting to enrol for school next year, please get in touch with our school office to access all the necessary enrolment information. We look forward to welcoming new little learners to our school community next year!

The dates for our 2026 transition sessions are:

Friday 13th November 9.00-11.00am

Friday 20th November 9.00-1.30pm

Friday 27th November 9.00-1.30pm

Friday 4th December 9.00-3.30pm

Christmas raffle donations being accepted at the office

Each year we seek donations from our community for our annual Christmas Raffle. Donations of items can be dropped off at the school office and raffle tickets will be sent home in mid-November to help fundraising efforts. The raffle will be drawn at our Annual Concert, and lucky winners will be able to choose from the wonderful prizes on offer. Thank you for your support.

Annual School Concert

Preparations for our annual School Concert will be held on the 15th of December from 6:00 pm to 7:00 pm. Students in Yr 4-6 will be asked to arrive at the Bruthen Hall at 5.00pm for costume/ makeup preparation and Foundation-Yr 3 will be asked to be dropped off at 5.30pm for their costume/ makeup. At the end of the performance students will remain with staff for parents to sign them out before heading home for a well-earned rest.

Next Assembly

Our next School Assembly will be on Friday 30th October 3.15pm. Students will lead the assembly and have the opportunity to share some of their learning with us. We invite parents and carers to join us.

How to help your child sleep better – 10 tips

What is good sleep for kids and teens? A good night's sleep is about getting to sleep, staying asleep and waking up feeling refreshed in the morning.

Getting to sleep Most children fall asleep within 20 minutes of going to bed. How long it takes children to get to sleep can depend on how sleepy their bodies are. Also, daytime and bedtime routines can affect when children get to sleep. Bedtime routines help children wind down before bedtime, so they can fall asleep more easily.

Staying asleep Children wake briefly during the night, but they might not be aware of being awake. To stay asleep, children need to be able to fall back to sleep by themselves after these brief waking episodes.

Waking up feeling refreshed Most children wake up by themselves in the morning if they're getting enough good-quality sleep.

How to help your child get a good night's sleep

1. Encourage your child to get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

2. Keep your child's naps early and short

If your child is finding it hard to get to sleep at night, encourage them to keep naps to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for kids and teens to get to sleep at night.

3. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for your child to get to sleep.

In the morning, a healthy breakfast helps to kick-start your child's body clock at the right time.

4. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them at these times.

5. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's internal body clock in a regular pattern. It's good to do this on weekends and during holidays, as well as on school days.

6. Relax before bedtime

Encourage your child to relax before bedtime. Older children might like to wind down by:

· reading a book

· listening to gentle music

· practising relaxation such as deep breathing or meditation techniques/ stories

If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning out the light to go to sleep.

7. Create a bedtime routine – and stick to it

A regular bedtime routine starting around the same time each night can help children of all ages feel ready for sleep:

· For younger children, a bedtime routine might include bath, story and bed.

· For older children and teenagers, the routine might include quietly chatting with you, turning off digital technology, having a shower, listening to music or reading, and turning out the light.

If your child is trying out a new bedtime routine, plenty of praise can help them stick to it.

8. Check noise, light and distractions in your child's bedroom

Check whether your child's bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets suppresses melatonin levels and delays sleepiness. Bright light in the hour before bedtime can have the same effect.

Try these tips:

· Turn off devices at least one hour before bedtime.

· Use warm, dim lights in the hour before bed.

· If your child uses a night-light, choose a dim, warm-coloured globe.

· If your child is distracted by checking their clock or watch, encourage them to move it to a spot where they can't see it from bed.

· Keep digital technology out of your child's room at night.

9. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

10. Deal with your child's worries

If worries/ anxieties are stopping your child from relaxing at bedtime, there are a couple of things you can do:

· If there's a quick and easy answer to your child's problem, deal with it straight away. For example, 'Yes, you can have Emma over to play on the weekend even though Grandma is staying with us'.

· If the problem needs more time, acknowledge your child's feelings and gently plan to sort things out in the morning. For example, 'I understand that you're worried about whether you can swim 50 metres at the swimming carnival next week. Let's talk about it in the morning and work out what to do'.

Breathing exercises or muscle relaxation techniques can help older children focus on their physical body and calm their thoughts.



Monday 30th November 2026 at 6pm

GRADE 2 Camp Coolamatong

Our Grade 2 students enjoyed an exciting camp filled with new experiences, teamwork and fun! At Camp Coolamatong, students played cricket and basketball before heading out on a torchlight beach walk—a highlight of the trip. The yoghurt bar was another favourite, with everyone creating their own dessert using a selection of special toppings. After a warm and busy day, we settled down for a movie and popcorn before heading to bed for a good night's sleep.
The next day, we travelled to Paynesville and caught the ferry to Raymond Island for a koala walk, spotting many koalas along the way followed by lunch as we watched the bird wildlife on the island. We then enjoyed a refreshing icy pole in the park before visiting Crystal Infusions in Sarsfield, where each student bought a little crystal to take home.

Camp was a wonderful opportunity to strengthen friendships, build independence and create special memories together!









The challenging part of camp was picking crystals from the shop. There was amethyst, I bought 3 and then I got 2 more. It cost $5. We watched Ice age the movie and we had popcorn. We had a shower brushed our hair and teeth and then we read a book before we went to sleep – **Penny**.

On Thursday we went to Camp Coolamatong it was the best camp ever. I felt good and was tired from camp. After our walk we stopped for lunch beside the water and watched the boats go by. We then walked to the park where we had an icy pole, as it was so hot. After that we got in the bus and made our way to the crystal shop, we got to buy crystals of our own choice, it was so much fun- **Aurora**

We drove to Paynesville to catch the ferry to Raymond Island. We had to carry our backpacks around with us and it was really hot and tiring. As we were walking around Raymond Island, we were spotting birds, kangaroos and koalas. We saw 16 koalas and even a tawny frogmouth on a nest. It was the male as the neighbour told us the story about the male bird staying on the nest because there was a baby in the nest – **Vicky**.

We skipped rocks on the lake, when we were on a nature walk. We saw swans and their babies; we also saw lots of cubbies made out of wood – **Thomas**.

On Thursday we packed the bus and then we drove to Camp Coolamatong, then we unpacked our bags and put them into our cabins. The cabins had bunk beds, we had to unpack our sleep bags and make up our bed. The boys were in cabin 10, and the girls were in cabin 9. After that we went to go play cricket, basketball and volleyball. It was very hot. We saw kangaroos and rabbits. It was hard to go to sleep because someone was signing in their dreams- **Waylon**.

When we went on our night walk, we saw lots and lots of cubbies. After going to camp I realised I can't sleep well as I like to sleep in my own bed. The next day, we woke up, we packed up our sleeping bags and clothes and then we had breakfast. We got to choose between cereal or toast. We could choose, Nutella, peanut butter, vegemite, or jam to spread on our toast, we even got to have raisin bread. It was yum - **Toby**.

On Thursday we went to Camp Coolamatong, first we went to the cabins and got ready, then we went to the main part and played cricket and volleyball. We had Pizza for dinner, my favourite was Hawaiian and for dessert we had yoghurt with a bunch of toppings. There were m&m's, mandarins, chocolate syrup, bananas, strawberries, frozen raspberries, strawberry yoghurt, sprinkles, must sticks, it was delicious – **Kingsley**.

Tucker Tuesday

Students enjoyed creating a delicious "special sauce" which was full of different vegetables cooked up together. The **hotdog "mummies"** were a hit and the **"eyes scream" cones** were probably the best Halloween treat ever! Thank you to Asher, Evie, Lily, Harper and Ollie for cooking Tucker Tuesday this week.







Bruthen Bowls Club

Bruthen Bowls Club are looking at running Twilight Bowls during the week for all kids and adults, on a Thursday at this stage. Please ring Alison Harrower on 0429436545 to register your interest.

M.A.R.C. Van Term 4 Timetable and Borrowing Dates

Please see the table below listing the dates that the M.A.R.C. Van service will be attending your child/rens school. The last two weeks will be return only to ensure that all families have plenty of time to return any and all M.A.R.C. Van books.

Dates	**Borrowing**
2nd November 2026	Student-Free day – No M.A.R.C. Van
16th November 2026	Returns only
30th November 2026	Returns only
14th December 2026	Administration Week – No M.A.R.C. Van

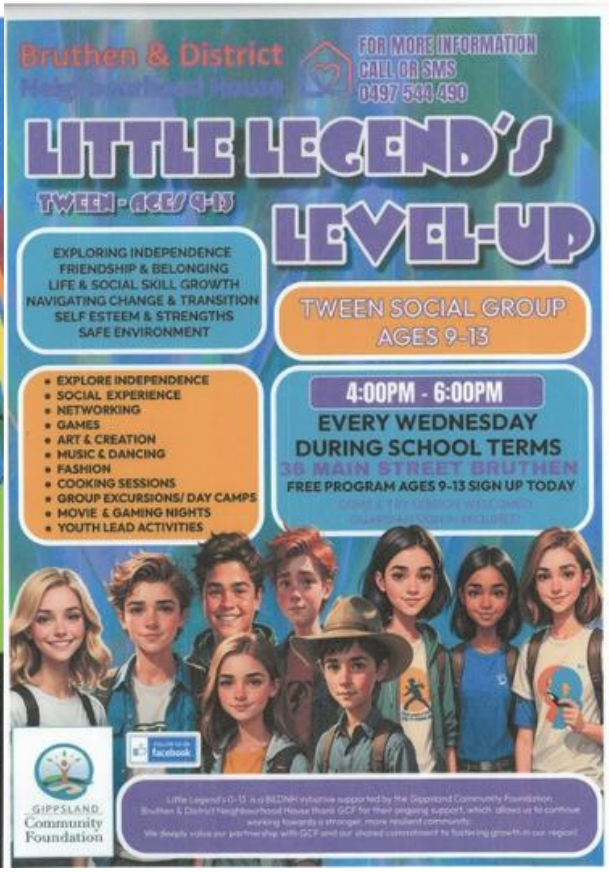
Individual notices will be sent home during the week of 2nd November 2026 listing all books that are currently on loan, to advise families of all the books that need to be returned by 30th November 2026 at the latest. These notices will also list a replacement cost price in case any books cannot be located.

I hope your child/ren have enjoyed their M.A.R.C. Van sessions as much as I have and I look forward to sharing more stories and teaching the many different crafts and creations that are planned for the rest of the year.

Little Legends

Come and join the fun.
Every Thursday 9:30am-11:00am at the sports shed during the School Term.








TAC L2P
MENTORS NEEDED
Help Learner Drivers Get Behind the Wheel
We are looking for Volunteers with driving experience to help young Learner Driver's gain on the road experience through our TAC L2P program.
All it takes is one hour a week!
L2P is a program which provides access to Mentor drivers for young Learner Drivers who are facing significant barriers to gaining on road experience.
Such barriers might include no access to a vehicle or a supervising driver.
Insured vehicles are provided by the program as well supervisor driver training.
Our next TAC L2P Volunteer Mentor Training will be held on
Thursday 5th November 2026
9.30am – 4.30pm (Lunch provided) at
Mission Australia Office
Shop 14 Riviera Plaza 80-88 Main Street Bairnsdale
For more information or to register your interest for this role
Please contact Cheryl Siely on 0419605533 or email
sielyc@missionaustralia.com.au
or Kerri Sanders on 0498764636 or email
sandersk@missionaustralia.com.au
MISSION AUSTRALIA
WELLINGTON
VICTORIA
EAST GIPPSLAND


ROTARY CLUB OF BAIRNSDALE
SUNRISE INVITES YOU TO OUR
GALA GALLOP
Dress to impress in your Race day finery
Raffles & auction
EVENT CANCELLED
Music by: Xtra Cover
November 7th 6pm - Midnight
Mitchell River Tavern
2 course meal
Tickets: $130 pp (tables of 8)
Early bird pricing (before Oct 17) : $125pp
Contact: 0490127469 Email: sunriserotarybikeed@gmail.com
Scan here to purchase tickets


BRUTHEN
Community
Christmas
Event
December 13th 2026 4-8pm
BRUTHEN REC RESERVE
Artists, Performers & Vendors Wanted
Market Sites:
$20
Paid Performer Applications Open Now!
Call 0497 544 940
info@bdnh.org.au
Bruthen & District Neighbourhood House
This event is supported by a Look Over the Farm Gate grant provided by Agriculture Victoria under the Victorian Government's 2025 Drought Support Package. #LookOverTheFarmGate
VICTORIA State Government
NATIONAL CENTRE FOR FARMER HEALTH


Community
Christmas Carols
Live music
Market
Low-cost entry
All welcome
Family fun
December 13th 2026 4-8pm
BRUTHEN REC RESERVE
MUSIC
MARKET
FOOD
COMMUNITY
Community Christmas Event
Call for Talent & Market Vendors!
Paid Performers: Rock the stage, sleigh the crowd, earn $$ per set.
Market Stalls: Secure a prime spot for just $20
contact the house
0497 544 490
info@bdnh.org.au
Bruthen & District Neighbourhood House
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VICTORIA State Government
This event is supported by a Look Over the Farm Gate grant provided by Agriculture Victoria under the Victorian Government's 2025 Drought Support Package. #LookOverTheFarmGate
NATIONAL CENTRE FOR FARMER HEALTH