



**Term 1 Week 8**  
**Thursday 18<sup>th</sup> March 2021**

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# Bundarra Primary School

<b>TERM 1 2021</b>	
Thursday 18 <sup>th</sup> March	Bundarra School Athletics
Friday 19 <sup>th</sup> March	Region Swimming National Day of Action against bullying- <a href="https://bullyingnoway.gov.au/">https://bullyingnoway.gov.au/</a>
Tuesday 23 <sup>rd</sup> March	School Council AGM
Tuesday 30 <sup>th</sup> March	District Athletics
Wednesday 31 <sup>st</sup> March	PAC Performance – Circus Trick Tease (F21, 12L, 12W, 34B, 34S) Easter raffle Drawn
Thursday 1 <sup>st</sup> April	Last Day Term One for Students 2:15 dismissal.
<b>TERM 2 2021</b>	
Monday 19 <sup>th</sup> April	First Day Term Two
20 <sup>th</sup> -28 <sup>th</sup> April	Somers Camp
TBC	Senior Swimming Program
TBC	Bundarra School Cross Country
Friday 7 <sup>th</sup> May	Division Athletics - Warnambool
Tuesday 18 <sup>th</sup> May	District Cross Country
Wednesday 19 <sup>th</sup> May	GRIP Leadership
Monday 24 <sup>th</sup> May	Division Cross Country - Warnambool
Monday 31 <sup>st</sup> May	Region Cross Country - Warnambool
Wednesday 2 <sup>nd</sup> June	Winter Series
Friday 25 <sup>th</sup> June	Last Day Term Two for Students 2:15 dismissal
<b>TERM 3 2021</b>	
Monday 12 <sup>th</sup> July	First Day Term Three
Friday 17 <sup>th</sup> September	Last Day Term Three for Students 2:15pm dismissal
<b>TERM 4 2021</b>	
Monday 4 <sup>th</sup> October	First Day Term Four
TBC	Junior & Middle Swimming Program
25 <sup>th</sup> -28 <sup>th</sup> October	5/6 Camp - Sunnystones
Friday 17 <sup>th</sup> December	Last day Term Four – 2:15pm early dismissal

**\*Please note dates are subject to change**

Be Your Best Self!

# SUPER Students

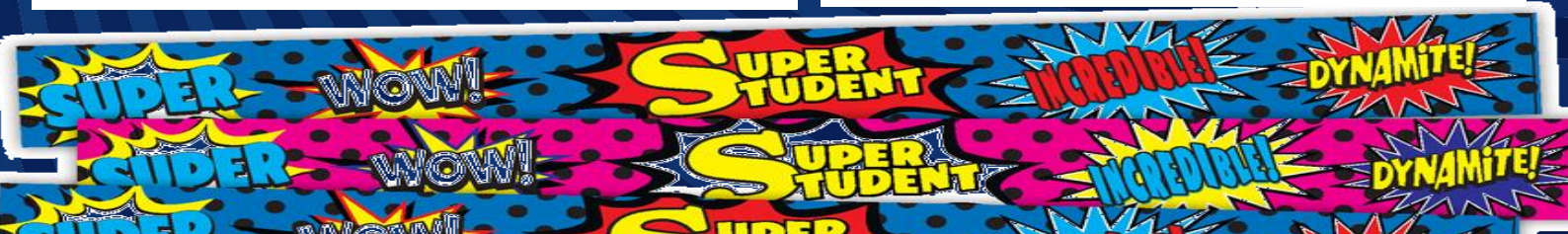


## LILIE WEST

Lilie is the new SUPER STUDENT PRINCESS of 1/2L. This term she has magically blossomed and sparkled her way through challenges with confidence and persistence. Lilie is a wonderful and caring friend to everyone and always makes us feel happy with her bubbly personality. She has excellent manners and is always organised for learning. Lilie is a Super Listener and consistently does her best. She loves to read and write and discover new things. Lilie is very helpful in the classroom and makes sure it is organised and tidy. She happily works with everyone and draws awesome pictures too. Lilie brings a fantastic smiling attitude and Super Kindness to brighten our day. With such amazing qualities she is ready to fly high!! Congratulations Lilie..... Grade 1/2 L is very lucky to have such a SUPER STAR on the team.

## HAYDEN PRYOR-HOLLIS

Super Students are always aiming to be their Best Self and we congratulate the excellent efforts of the 'Super Spectacular Student Hayden Pryor-Hollis'. Hayden has made a supersonic start to Grade 2. He is always working SUPER hard to improve in all areas. He is showing lots of confidence to try new things and is always enthusiastic to learn. Hayden is SUPER friendly and SUPER nice to everyone. He is SUPER organised every day and always does his home reading. Hayden knows that SUPER students need to practise and practise to be SUPER stars. He is SUPER helpful and is always the first to follow instructions. Hayden is quiet, helpful and very kind to others. Well done MR SUPER NICE GUY HAYDEN. We love having you on the 1/2 L 2021 Team.





## Ngata from Mrs Hulonce...

### 2021 School Council

We thank the following people for their successful nomination, can't wait to work with you in 2021 to make our school even greater!

#### **Parent Representatives**

Catherine Edwards 2020-2022 (2 years)  
Louise Francis 2020-2022 (2 years)  
Tania Dalton 2021-2022 (1 year)  
Trevor Newton 2021-2021 (1 year)  
Naomi Borg 2021-2023 (2 years)  
Lana Surrey 2021-2023 (2 years)  
Melissa Flory 2021-2023 (2 years)  
Lauren Roberts 2021-2023 (2 years)

#### **DE&T representatives**

Emily Munday (DET) 2020- 2022  
Rai Cullen (DET) 2020- 2022  
John Grinstead (DET) 2020- 2022

### Working Bee

**This Saturday 20<sup>th</sup> March at 8am.** We have jobs to suit everyone: gardening, painting, fencing demo, fencing install, pressure washing, and more. BBQ will be provided. Please let the office know if you are attending. (For Covid safe and catering purposes)

Working bees are vital to schools as they enable us to spend less money on maintenance and more on programs for our kids. We'd prefer to spend money on books and learning resources than gardening! We encourage you to come support our school!

### Emotional Wellbeing

With the advent of the Covid vaccine, and talk about the illness, I thought a little reminder to consider our wellbeing is timely. Wellbeing is not just about physical health & reducing our risk of contracting COVID-19, but also our mental or emotional wellbeing.

In times of stress or high anxiety, we often discuss things we might not normally discuss in front of our children. With the pandemic being spoken about, it is essential we only give children the facts and/ or information they really need. Reducing anxiety & stress is essential. Some things you can do to assist with your own or your child's anxiety are:

- Reduce the time spent on social media &/or TV.
- Reduce the amount of news you watch or listen to – perhaps to just once per day.
- Listen to music rather than the radio while in the car or at home.
- Go for a family walk & get fresh air.
- Practice gratitude.
- Mindfulness activities before bed.
- Reading or quiet activities in the evening, rather than watching TV.

**Have a wonderful week!**

# Be a Soapy Hero

How to...  
wash your hands

WASH YOUR HANDS  
TO GET RID OF GERRY THE GERM



It  
only takes  
**20**  
seconds!



WET your hands with  
running water



RUB soap all over your  
hands for 20 seconds  
Sing 'happy birthday' twice!



RINSE the soap off your  
hands



DRY your hands with a  
clean towel or paper towel  
or under a hand dryer



Wash your hands:

- whenever your hands look dirty
- after going to the toilet
- after coughing, sneezing or blowing your nose
- before and after eating
- after touching pets or other animals
- after you play

Find out more about hand hygiene at: [www.betterhealth.vic.gov.au/soapy-hero](http://www.betterhealth.vic.gov.au/soapy-hero)

## Mobile Phones

A reminder that if students bring a mobile phone to school they must bring it to the office to be securely stored for the day.

## ASSEMBLY

2:15pm Fridays

in the undercover area

Adults welcome. Must wear a  
mask

Must sign in via QR code

# Star Students

**F21:** Bentley Johnstone    **12L:** Jye Flory

**12W:** Ajay Dingemans    **34B:** Lukas Peart

**34S:** Troy Carlyon    **45M:** Curtis Rowbottom

**56C:** Indie King    **56G:** Ryan Dark

**STEM:** Jack Bradley



## Somers Camp

Somers Camp payments are due by Friday 26<sup>th</sup> of March.

### Circus Trick Tease

#### Brass Monkeys

Students will be attending this performance on the 31<sup>st</sup> of March at the PAC. Classes attending: F21, 12L, 12W, 34B, 34S. \$10 cultural payment to attend is due by tomorrow (CSEF can be used) CSEF allocation forms are available at the office.

### How do I know if I'm eligible for CSEF?

If you have a **Health Care Card** or **Pension Card** you may be eligible. The CSEF payment amount is \$125 per student. This \$125 is allocated to your parent contributions. Please see the office staff if you think you may be eligible.

Each week one of our dragons as pictured here → will be hiding in the newsletter. See if you can find it!!







# SRC CANOEING DAY





# **Bundarra Primary School** *Lunch Order Menu*

## **Hot Food**

Roast Chicken, Lamb or Beef  
Gravy Roll- \$5.50

Vegie Burger (Lettuce,  
Tomato, Cheese and Mayo)-  
\$5.50

Lasagne- \$3.20

Spag Bol- \$3.20

Hawaiian Pizza- \$3.00

Steamed Dim Sim- \$1.20

Baked Bean Jaffle- \$3.00

Homemade Soup (Pumpkin,  
Veg or Chicken and Corn) -  
\$2.50

## **Salad Rolls**

Roast beef, chicken, ham,  
corn beef. (Lettuce, tomato,  
beetroot, cheese, carrot)-  
\$6.50

## **Sandwiches**

Vegemite Sandwich- \$2.00

## **Lunch Pack**

Vegemite or cheese roll,  
Cheese stick, Sultanas,  
apple or banana- \$5.50

## **Meat & Salad Bowl**

(Your choice of meat, boiled  
egg, carrot sticks, mini  
tomatoes and cheese- \$5.50

## **Snacks**

Apple or Blueberry muffin-  
\$2.50

Biscuits and cheese- \$2.50

Popcorn- \$1.00

Yoghurt- \$2.50

Fresh fruit- \$1.50

## **Drinks**

Nippy's Milk (choc,  
strawberry or honeycomb) -  
\$2.80

Golden circle fruit drink  
Orange, Orange mango,  
sunshine punch, apple) -  
\$2.00

Please make sure you write  
your order clearly on a paper  
bag with your child's name  
and class along with the  
correct money. Orders are to  
go in the lunch order tub in  
your child's class room.



**Lunch orders are available every Thursday and Friday.**

Short Street Takeaway and Cakes. 80 Short Street Portland. 5521 1021

# Teaching Children to Be Active Bystanders

Bullying negatively affects all children socially, emotionally, and academically, whether they're victims, offenders, or bystanders. These small moments in one's childhood may sound trivial, but the lasting effects for those who have been bullied can be as severe as developing an anxiety or depressive disorder.

Addressing bullying has less to do with the person who's bullying and more to do with those who observe it, whether in the classroom, a social setting, or online. In one study, 85% of children interviewed reported that they've witnessed bullying in their school environment.<sup>1</sup> Bystanders have the power to significantly reduce unwanted, ongoing, and aggressive actions directed toward another person or group of people. By intervening non aggressively in the first few seconds, bystanders can reduce bullying by at least 78%. Knowing this, we should prepare our children not only for what to do when being bullied but also how to be active bystanders to reduce bullying.

**Teach Children to Recognize, Refuse, and Report:** Discuss with your child how to **recognize** bullying and help them understand the importance of their role as a bystander. By building their awareness of the problem, identifying when others are being bullied, and knowing what to do when that happens, children can stop the process in just seconds. Many times, children can't distinguish between conflict and bullying. You can give examples of conflict: when it's clear that both parties have equal power, the conflict happens only occasionally, and both people are upset and willing to problem-solve. On the other hand, with bullying, show how there's an imbalance of power; it's purposeful and happens repeatedly, and there is a serious threat of physical or emotional harm.

Once a child can identify a bullying situation, stepping in to intervene can put an end to the behaviour and ideally will discourage future bullying. **Refusing** to allow the bullying requires some assertiveness skills, so you may have to practice and role-play with your child. Demonstrate interrupting the conduct, naming the offense, publicly supporting the victim, or calling for help, and then have your child practice these strategies with you. Equip your child with some basic ways to communicate refusal, and they will be likelier to respond appropriately if the situation arises. Some examples you might share with your child are:

**To the person who's bullying:** "Hey, it's not okay to talk to people like that at our school."

**To the person who's bullying:** "Why are you always so mean to Madeline? Do you mean to bully her?"

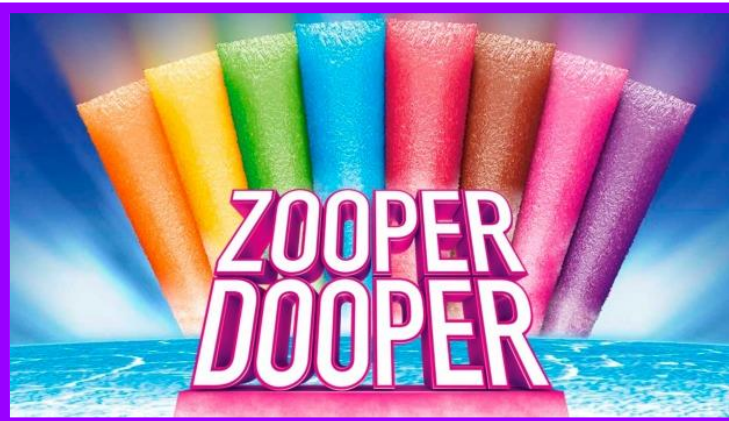
**To the victim:** "You know what, Brendan? Why don't you change seats with me if she's bothering you?"

**To a trusted adult:** "Mrs. Taylor, Jessica isn't being very nice to Timmy right now. Can you come over to our table?"

Whether or not your child is able to stop the bullying, it is important for them to **report** it. A supervising adult should be alerted to what is going on. Then parents, teachers, and caregivers can step in to problem-solve. Many children hesitate to report because they don't want to seem like a tattletale. They're nervous that nothing is going to happen; they fear that they won't be believed or that they might make the problem worse. It can be helpful to clarify for your child that telling an adult is *getting help* for someone who is being bullied, and tattling is different in that its purpose is to get someone in trouble.

Teach kids the true meaning of bullying. Develop strategies for how to deal with kids who bully, and assure your children that reporting bullying empowers them to be active bystanders who take positive actions. These conversations are taking place in schools across the country, but they need to happen at home as well because you have the greatest influence in developing your children's social and emotional awareness and skills.





Available every Wednesday and Friday at  
Lunchtime in the Kitchen thanks to the SRC  
50 cents each

## 5c Challenge

Our SRC have started up a 5c challenge between all the classes. Each classroom has a money tin for you to put your 5c coins in. The class that collects the most coins will win a hot chip lunch! Get looking under the car seats, under the cushions on the couch – keep your eyes peeled for those 5c coins! In 2019 Mrs Cullens class won the challenge collecting 1597 5c coins! Who will win this year?!

**Challenge ends Monday 29<sup>th</sup> March – get collecting!**



If you are able to donate some yummy or fun goodies for our raffle we would be very grateful.

All donations will be happily accepted at the office.



## Portland Holiday Program

April 6-16 2021

### HOW TO BOOK

Already enrolled or attending one of The Y's After School Care or Before School Care programs? Simply contact the service to advise which vacation care program you are wanting to book into and your enrolment will be transferred over. Please **DO NOT RE-ENROL**.

All new families are required to enrol first. Enrolments are made through Xplor Home, payment via direct debit. See [www.ballarat.ymca.org.au](http://www.ballarat.ymca.org.au) for details.



SCAN QR CODE FOR  
PROGRAM DETAILS  
or visit [grampians.ymca.org.au](http://grampians.ymca.org.au)



## PORTLAND AUSKICK CENTRE

**WHERE:** HANLON PARK, PORTLAND, VIC

**WHEN:** WEDNESDAY April 21st and 28th, May 5th, 12th, 19th, and 26th,  
June 2nd, 9th, 16th and 23rd

**TIME:** 4:30 PM–5:30 PM

**COST:** \$85.00 INCLUDES AUSKICK PACK, All SESSIONS Term 2, 2021.

[REGISTER ONLINE](https://play.afl/auskick)

<https://play.afl/auskick>

[Portland Auskick Centre](#) | [PlayHQ](#)

### Contacts:

**Email:** [portlandauskickcentre@gmail.com](mailto:portlandauskickcentre@gmail.com)

**Coach:** Rhys Egan 0420 907 687

**Coordinator:** Michael Carr 0411 841 562



# Community News

## Beats Cycle for Hope



### Portland to Bridgewater Bay Sunday 21 March 2021

- 🚲 **FREE** Registration at Hanlon Park from 9:00AM
- 🚲 Donations kindly accepted
- 🚲 Registration on the day or online at <https://www.trybooking.com/BPGUO>
- 🚲 Just one course for this year: 22 km road (start 10:00AM)
- 🚲 **FREE** bus returning from Bridgewater at 1.00PM
- 🚲 Food & drinks available at Bridgewater

*Enjoy a family friendly morning of exercise, then relax and listen to music.*

***All funds raised will go to supporting families  
affected by cancer within the Glenelg Shire***

For more information visit our Facebook page - [www.facebook.com/beatscycle.forhope](https://www.facebook.com/beatscycle.forhope)

**Rotary**  
Club of Portland Inc.

