



Birregurra Primary School Newsletter

'Living & Learning Together'

Term 4, Week 1 – 5th October 2026

Birregurra Primary School is a child safe organisation which welcomes all children, young people and their families.

We are committed to providing environments where our students are safe and feel safe, where their participation is valued, their views respected, and their voices are heard about decisions that affect their lives. Our child safe policies, strategies and practices are inclusive of the needs of all children and students.

We have no tolerance for child abuse and take proactive steps to identify and manage any risks of harm to students in our school environments. Particular attention is given to the child safety needs of Aboriginal students, those from culturally and linguistically diverse backgrounds, international students, students with disabilities, those unable to live at home, children and young people who identify as LGBTQ+ and other students experiencing risk or vulnerability. Child safety is a shared responsibility.

Our Vision

An inclusive community that supports and encourages a love of learning and the skills and mindset to thrive.

Our School Values

Community - growing positive partnerships between school, home and the broader community

Aspire - setting goals and purposefully working towards their achievement

Respect - for self, others, learning and our environment

Excellence - striving for the highest personal achievement in all aspects of schooling.

From the Principal's Desk



Welcome back to BPS for Term 4! I hope everyone enjoyed a wonderful school holidays. Term Four is always a busy and exciting time, with many highlights ahead, including senior interschool sport, end-of-year excursions, STOMP, the school concert, and of course, Grade 6 Graduation! Make sure you check out dates for the diary section of today's newsletter.

We finished Term Three on a high with our Footy Colours Day celebrations. Thank you to everyone who joined in the fun by dressing in their sporting colours. A special thank you to Mrs Leigh, Mrs Ritchie,

Sarah Scott and Ms Bree for organising, preparing and distributing the hotdog lunch, it was a fantastic way to finish the term.

Parent/Teacher Conversations

We would like to extend our thanks to all the parents who took the time to engage in parent-teacher conversations at the end of last term. Your involvement and support play a crucial role in your child's learning journey, and we greatly appreciate the opportunity to discuss their progress, achievements, and areas for growth.

Lunch Orders

Lunch orders will continue Fridays throughout Term 4, thanks to the amazing Jemma. A reminder that orders are due via Spriggy Schools by 9:00am on Wednesday morning for Friday lunch.

Melty Mondays & Toastie Tuesdays

With the warmer weather, we will be replacing Milo Mondays with Melty Mondays! Ice creams will be available for \$1 each, starting next Monday. Massive thanks to Brad Stephens and Bulla for their generous support in helping us make this happen.

Toastie Tuesdays will also continue this term, with cheese toasties available for \$2 at lunchtime every Tuesday.

All proceeds from Melty Mondays and Toastie Tuesdays will go towards our Camps and Excursions Fund, helping to subsidise future camps and excursions for our students.

Greater Western Regional Athletics in Ballarat

Congratulations to Tess, Aliya, Indi, Hudson, Roy, Alby, Stella, Kate M & Jaxson for qualifying for the Greater Western Regional Athletics in Ballarat this **Friday 9th October**. Their times/jumps and placings in the Colac Division Athletics earlier in the year, earned them a spot in the team for Ballarat. Wishing the Birre team all the very best for Friday.



Our Library is Ready for Borrowing!

We are super excited to have our new library borrowing system up and running for Term 4! Each class will have the opportunity to visit the library every fortnight and students will be able to borrow two books to take home and enjoy for two weeks. We are really looking forward to seeing our students choosing books, discovering new stories and authors, and hopefully finding some new favourites along the way.

Students will need to return their books before borrowing new ones. If students are in the middle of a chapter book and would like to keep reading it, that's absolutely fine! They just need to bring the book back into the library so it can be renewed.

School Councillors – Kelly Dodds, Emily McDonald, Cassie Stephens, Sarah Green, Katie Delahunty, Belinda Matheson, Alistair Burrell, Jaymie Lowe.

When will my child visit the library?

Our borrowing timetable will run on a fortnightly cycle:

Odd Week (This week!)	Even Week (Next week!)
Prep/1 (Tuesday)	3/4 (Tuesday)
1/2 (Tuesday)	4/5 (Tuesday)
2/3 (Wednesday)	Grade 6 (Wednesday)

Each class will have a dedicated 20-minute borrowing session with Mrs Ritchie. While we organise some new calico library bags, it would be great if students could bring a library bag from home. It doesn't need to be anything fancy. Any fabric bag will do, or students can even use their reader folder. This will just give their library books a little extra protection while they make their way to and from school.

We can't wait to see our library being used and, most importantly, our students bringing home lots of books to read and enjoy!

Exploring a New Break Time Routine

School Council are currently reviewing our school break routines and would like to gather feedback from families before making any changes. At present, students eat for the first 10 minutes of each break and then have time to play. We are exploring whether changing this routine so that students play first and then eat may support students to eat more of the food they bring to school, while still providing plenty of opportunity for play. There is evidence from schools that have introduced a play-first, eat-later approach suggesting that it can reduce food waste, encourage students to eat more of their food, reduce behavioural incidents during breaks and support a calmer, more settled transition back to learning. There are a number of schools within the Barwon area as well as interstate that have adopted this approach with positive outcomes noted.

We know that every child is different, and we are particularly interested in what you notice at home. For example, does your child regularly bring food home, tell you they were too busy playing to eat, or come home hungry? We'd love your feedback and would appreciate if each family could please complete the below short survey. The survey will help us establish a baseline before we trial any change. We will then gather feedback again following the trial to see whether the change has made a positive difference for our students. Thanks in advance for your support and feedback. We would appreciate your responses by Wednesday 14th October.

Survey link - <https://forms.gle/bchRjZ5ZuoqB9WGh8>

Birregurra Buy, Swap and Sell Market BBQ this Sunday

A huge thanks to the families that have volunteered to support the BBQ this Sunday at the Birregurra Buy, Swap and Sell Market. This is a great opportunity for us to raise some funds for our school. Please see the roster below.

9.00am – 11.00am	Delahunty/Filippi (2A/1C)	Hegarty (1A/2C)	Callahan (1A/1C)	Gallagher (1A/2C)
11.00am – 1.00pm	Holdsworthy/ Casey (1A/1C)	Borton (1A/1C)	Rowe/Campbell (1A/1C)	Grucza/Stagg (1A)
1.00pm – 2.30pm	Murnane (1A/2C)	N.Ball (1A)	Brain (1A/1C)	

Hats

A reminder that students are required to wear wide brimmed hats throughout Term 4, as outlined in our SunSmart policy. Please ensure your child brings their school hat every day, and make sure it is clearly labelled. Sunscreen is available for students to apply at school, but we encourage them to apply it before arriving. It would be helpful if you could show your child how to apply sunscreen so they can do it independently at school. Thank you for your support!

Reminders

- Breakfast Club is on Thursday morning at 8:15am, all welcome

Have a great first week back 😊

Jess Kattwinkel & team

Dates for the Diary...

TERM 4	
Monday 5 th October	- Term 4 Commences
Tuesday 6 th October	- Toastie Tuesday - Cheese toasties \$2
Wednesday 7 th October	- Geelong Venom Basketball Clinics with Gr 3-6
Thursday 8 th October	- Breakfast Club 8.15am
Friday 9 th October	- Greater Western Athletics - selected students
Sunday 11 th October	- Birregurra Buy, Swap & Sell Market BBQ
Monday 12 th October	- Colac Division Basketball - selected students - Melty Mondays - Ice Creams \$1
Tuesday 13 th October	- Toastie Tuesday - Cheese toasties \$2
Wednesday 14 th October	- JSC Loud Shirt Day - gold coin donation
Thursday 15 th October	- Breakfast Club 8.15am
Friday 16 th October	- Gr 5/6 BioLab - Assembly 2.45pm, Grade 2/3 Class Presentation
Monday 19 th October	- Melty Mondays - Ice Creams \$1
Tuesday 20 th October	- Toastie Tuesday - Cheese toasties \$2
Thursday 22 nd October	- Breakfast Club 8.15am
Monday 26 th October	- Melty Mondays - Ice Creams \$1 - School Council 6.30pm
Tuesday 27 th October	- Toastie Tuesday - Cheese toasties \$2
Thursday 29 th October	- Breakfast Club 8.15am
Friday 30 th October	- World Teachers' Day - Assembly 2.45pm, Grade 1/2 Class Presentation
Saturday 31 st October	- Otway Women's Day 12pm-5pm
Monday 2 nd November	- Melty Mondays - Ice Creams \$1
Tuesday 3 rd November	- Melbourne Cup Public Holiday
Thursday 5 th November	- Breakfast Club 8.15am
Friday 6 th November	- Talent Quest & Market Day
Monday 9 th November	- Melty Mondays - Ice Creams \$1
Tuesday 10 th November	- Toastie Tuesday - Cheese toasties \$2
Thursday 12 th November	- Breakfast Club 8.15am
Friday 13 th November	- STOMP - Assembly 2.45pm, Prep Class Presentation

Students of the Week

Community	Mia B	For always going out of your way to look after our classroom community. You are kind to others and ensure our classroom runs smoothly. Go Mia.
	MuYa C	For being a kind and caring friend and including others at playtime. Thank you for making others feel welcome!
	Willow E	For always being a super helper within our classroom community. You are always willing to lend a hand with jobs such as cleaning the whiteboards or changing our reader tubs. Thank you for being such a helpful and thoughtful member of our class!
	Thomas M	For being a responsible and helpful member of our classroom community. You are always willing to lend a hand, show initiative and look out for those around you. You can always be counted on to step in and help when needed. Keep being a legend, Thomas!
	Bodhi G	For being willing to lend a hand, whether it is helping to put things out or pack things away. You also show care for others by using wonderful manners and taking the time to ask staff how their day has been.
	Freddie L	For offering his assistance in Sounds Write by handing out the resources and assisting teachers. Keep up the great work Freddie!
Aspire	Louis B	For continually challenging yourself across all learning areas. You take on feedback and are willing to give things a go. Way to go Louis!
	Joe M	For your fantastic effort in creating an informative poster based on our mentor text, <i>'The Gentle Genius of Trees'</i> . Your poster included lots of interesting information and was bright and eye-catching. Awesome effort, Joe!
	Liam P	For always completing your set tasks and willingly taking on extra jobs when needed. You are always willing to give things a go, even when they are tricky. Great job, Liam!
	Polly F	For always approaching your learning with a positive attitude and giving everything your best. You listen carefully to feedback and use it to improve, and you are always willing to have a go without complaining. Your wonderful attitude and consistent effort make you a great role model! Keep it up, Polly!
	Eliza C	For taking great pride in your work. You put care and effort into presenting your learning neatly and always aim to produce work you can be proud of.
	Imogen M	For creating a terrific persuasive letter to persuade Mrs K to get a Therapy Dog for BPS. Great use of persuasive language Imogen, well done Imogen!
Art	Isabelle S	For her beautifully colourful family of Yayoi Kusama inspired mushrooms. They topped off a wonderful term in Art, well done Isabelle!
Indonesian	Oak W	For your persistence when putting together your <i>wayang</i> puppet, and your willingness to have a go independently, even when it was tricky. Bagus, Oak!
Phys Ed	Alby H	Alby displayed exceptional determination and enthusiasm in Phys Ed this term, participating in every lesson despite wearing a moon boot. Super resilience Alby!
STEAM	Ivy W	For being curious and enthusiastic in our STEAM lessons. I loved your recycled paper artwork! Keep it up Ivy!

PRINCIPAL'S AWARD

Ted L

For his eagerness to have a go at all learning
tasks and give his best effort.

Well done Ted!



Why is Social and Emotional Learning [SEL] important?

Research shows that children and young people's learning is influenced by a range of social and emotional factors.

Developing strong social and emotional skills helps enable children and young people to thrive in their learning environments, leading to better academic outcomes. They can experience improved physical, and mental health and wellbeing, enjoy a better quality of life, and contribute positively to their communities.

How well individuals do in their learning community is affected by factors such as how:

- confident they feel about their abilities
- effectively they manage their behaviour
- they concentrate and organise themselves
- they can effectively solve problems
- positive their relationships are with educators and their peers
- effectively they consider others' needs
- they understand and accept responsibilities.

Therefore, SEL and flourishing within the learning community are closely interconnected.

For more information on this topic visit <https://beyou.edu.au/resources/fact-sheets/social-and-emotional-learning/social-and-emotional-learning>

Brendan King

The background is a solid orange color. On the left side, there is a vertical strip of blue paper, possibly a ribbon or part of a gift, with colorful confetti (pink, yellow, blue, green, black, and white) scattered around it. The text is centered on the right side of the image.

Wishing the following
students a very

Happy Birthday

October

3 rd	Sam G
5 th	Hunter S
6 th	Soraya M
9 th	Kaide S



STEAM

In STEAM, our senior students in grades 4 - 6 have been diving into the fascinating world of Australian manufacturing. This project has given our students a chance to see how science and engineering work in the real world by exploring industries that make products right here in Australia. To start their research, students chose iconic Australian brands and looked closely at the technology behind them.

To take their learning even further, the students wrote professional letters to industry experts. They asked detailed questions about how their favourite products are designed and built. The whole class has been waiting eagerly for replies, and the excitement is growing as emails and letters have started arriving back at school! These responses are filled with technical facts and manufacturing information sent directly from the experts themselves.

One of the most exciting moments happened for Year 6 student, Flynn. He was thrilled to receive a special parcel from Gray-Nicolls Sports! The package included information about their manufacturing process, along with an incredible autographed cricket bat and a certificate of authenticity. It is wonderful to see our students connecting with local industries and seeing their hard work in STEAM lead to such rewarding results.

– Mrs Williams

SYMPHONY OF STORIES



Colac Herald Book Week Bookmarks

To celebrate Book Week, our students were invited to take part in the Colac Herald's community bookmark display. Students created their own Book Week-inspired bookmarks, which were displayed in the Colac Herald office window alongside bookmarks from schools across the local community. The creativity and imagination on display were fantastic, and we were thrilled to see so many of our students get involved. The Colac Herald team selected a favourite bookmark from each participating school, with **Imogen's Dragon Design** chosen as our school's winner! Congratulations, Imogen! She received a craft pack and printed copies of her original bookmark. A big thank you to all of our students who took part and helped make the display such a success.



The Art room is full of **MUSHROOMS!**

Students from all grades have explored the style of Yayoi Kusama, a Japanese artist known as 'The Princess of Polka Dots.'

She is famous for her use of repetition and infinity and often drew inspiration from the mushrooms of her childhood.



To explore her style, students created richly patterned 2D mushrooms using a range of materials in bright colours. They used a technique called pointillism to apply repetitive dot patterns.

From our inspiration samples a whole display of stunningly patterned designs has emerged!

JSC PRESENTS...

LOUD SHIRT DAY

Wear your brightest, boldest
and loudest shirt to school!

WEDNESDAY
14th OCTOBER

Loud Shirt Day
raises awareness and
funds to support children
with hearing loss, helping
them to connect,
communicate and
reach their full potential.

Gold coin
donation
appreciated

Supporting children
with hearing loss

Supporting Your Child's Regulation at Home

Practical ways to support your child's nervous system, build emotional resilience and create a calmer, more connected home life.

Start with the basics

When these needs are met, children are better able to manage emotions, concentrate and cope with daily demands. They may seem simple, but they are the foundation for a calm, regulated nervous system and shouldn't be overlooked.



Water

Stay hydrated



Food

Nourishing meals/snacks



Movement

Regular opportunities to move



Rest

Quality sleep

When the basics are consistent, your child has more energy, a steadier mood and is better equipped to handle life's challenges.

Create a soft landing routine

After school, your child benefits from a predictable, low demand time to reset and recharge.

1

Home – arrive and decompress

Allow time to transition. Keep it calm.

2

Drink and snack

Refuel their body and brain.

3

Choose a reset activity

Movement, quiet time or a preferred activity (child's choice).

4

Reconnect

A chance to be together – chat, play or do a shared activity.

5

Then move into the afternoon

Introduce any next steps gradually.

Keep this time goal-free and low on expectations. It's about giving them time and space to reset.

Offer heavy work / movement

Many children find pushing, pulling, carrying and movement activities calming and organising.



Jump on the trampoline



Climb stairs



Climb a tree



Garden jobs



Bike or scooter riding



Animal walks

Offer it and notice how their body responds. Not every strategy works for every child.

Notice and name body signals

Help your child become aware of what their body feels like when they are getting stressed. This builds their ability to notice and manage big feelings.



Common body signals:

- Fast heart or breathing
- Tight muscles
- Tummy feels upset
- Hot face
- Shaky hands
- Clenched jaw
- Feeling restless or fidgety

"I notice your breathing is faster. I wonder what your body is telling you?"

Energy management

Understanding what activities energise or deplete your child can help you plan a balanced week. Some activities (e.g. busy environments, social events, transitions or extra-curriculars) can be exciting but also tiring.



Energising activities (may fill their cup)

- Time outdoors
- Play and movement
- Time with friends
- Preferred interests
- Creative activities
- Quiet time
- Being with animals



Depleting activities (may empty their cup)

- Transitions (e.g. leaving home, ending an activity)
- Busy or noisy environments
- Social situations
- Extra-curricular activities
- Long periods of sitting or schoolwork
- Screen time
- Changes to routine

Try to balance energising and depleting activities and build in rest breaks where needed.

Let them see you regulate too

Children learn how to manage big emotions by watching the adults in their life. It's okay to feel and show your emotions — and to model how you work through them.

"I'm feeling frustrated. I can feel my shoulders getting tight. I'm going to take a few slow breaths."

"I've had a busy day and my brain feels full. I'm going to get some water and take a short break."

"I'm feeling angry, and that's okay. I'm going to take some space so I can choose how to respond."

This helps children learn: feelings are safe, bodies give us clues, and we can choose what to do next.

When a big feeling arrives

Connection comes before correction. Your calm presence helps their brain and body feel safe.

1

Come close



Get down to their level, use a calm voice and stay nearby (if they welcome it).

"I'm here. You don't have to work this out by yourself."

2

Validate



Acknowledge the feeling without judgement. It makes sense they feel this way.

"That's really disappointing." "It makes sense you're upset."

3

Don't rush



Give them time to feel and express it. Avoid 'calm down', 'stop crying' or trying to solve it too quickly.

"You can be upset. I'm staying with you."

4

Support the body



Offer a familiar calming strategy (not a demand).

"Would you like a cuddle, some space or some movement?"

"Let's get some water and find somewhere comfortable."

5

Talk later



Once they are calmer, you can gently reflect, problem-solve and plan together.

"What do you think your body was telling you?" "What helped you start to feel better?"



**JOIN US FOR
OUR 10TH BIRTHDAY!**



**SUNDAY 25TH OCTOBER
9AM - 11AM
THE COTTAGE & FROGWOOD ARBORETUM**

CHOOSE FROM...

**5KM OPEN RUN
2KM PRIMARY OR 2KM SECONDARY RUN
3KM WALK**

\$15 ADULTS | \$5 KIDS

REGISTER TODAY



deansmarshcottage.org.au/runthemarsh



**RUN
THE MARSH
2026**



Great Prizes to Be Won

1st, 2nd & 3rd Prizes for
5km Open, 2km Secondary & 2km Primary Runs
Chocolate Medals for All!

Entertaining Warmup

A fun and easy way to get started
for a family friendly fun run!

Coffee & Refueling

Enjoy a coffee when you arrive
plus fresh fruit platter & head to
The Store for lunch after the run!

Sustainable Event

Enjoy a fun active morning in the
beautiful Arboretum. BYO drink
bottle. Sorry NO dogs allowed!



DEMONS MINI HOOPS PROGRAM

Small hoops. Big skills.
Big smiles!

**6 WEEK
PROGRAM**



TUESDAYS
4.30 – 5.15PM
(45 minutes)



Prep, Grade 1
and Grade 2



BUILD
motor skills,
confidence and
early game
fundamentals.



FOCUS:

- ✓ dribbling
- ✓ passing
- ✓ shooting
- ✓ teamwork
- ✓ and fun games.



Where: Birregurra Primary School



\$20 for the 6 week
commitment.
Ball included.



Skill level:
beginner/
introductory.



Starts:

Tuesday October 13th –
final session November 17th
(no session Melbourne Cup Day).



Minimum of 8 required to commence.



RSVP to Jess B
jbuchanangrace@gmail.com

with your child's name,
age, parents/guardian
name and details.

Go Demons!

BOOTS, BREWS & BBQ!

SADDLE UP & SUPPORT OUR COMMUNITY

KINDER FETE

AT BIRREGURRA PRE-SCHOOL

**SATURDAY,
OCTOBER 10**

**05:00PM
TILL
08:00PM**



EVENT HIGHLIGHTS

**PETTING ZOO - BOOT SCOOTING TUNES -
S'MORES - FOOD VANS - BAR -
SILENT AUCTION & MANY MORE...**

**DRESS UP AND BRING THE
WHOLE FAMILY**



TICKETS ON SALE NOW

**[HTTPS://EVENTS.HUMANITIX.COM
/BOOTS-BREWS-AND-BBQ](https://events.humanitix.com/boots-brewn-and-bbq)**

