



Birregurra Primary School Newsletter

'Living & Learning Together'

Term 4, Week 2 – 12th 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 LGBTIQ+ 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 to Week 2 of Term 4! I hope everyone enjoyed a wonderful weekend. It's another busy week this week with lots happening for our senior students, the introduction of Melty Mondays today and Loud Shirt Day on Wednesday. Keep an eye on 'Dates for the Diary' for everything going on in Term 4!

Greater Western Regional Athletics

On Friday, a group of students travelled to Llanberris Athletics Reserve in Ballarat to participate in the Greater Western Regional Athletics. The team represented our school extremely well and should feel very proud for making it to this level of competition. Huge thanks to the parents/carers that transported their children to the event and encouraged their participation. Well done team!

Thanks

A big thank you to the wonderful BPS community members who supported the BBQ at the Birre Buy, Swap and Sell Market yesterday. Thank you to the parents and students who donated their time to cook and serve, as well as those who helped with preparation, pack-up and everything in between.

These community fundraisers are a great way to come together while raising valuable funds for our school. We really appreciate everyone who volunteered their time and supported the BBQ.



Colac Division Basketball

Today, our senior students, along with Mr King, will be heading to Bluewater in Colac to take part in the Colac Division Basketball Tournament. Our girls team are competing this morning and our boys team are playing at 12:00 pm. We wish all those competing the very best of luck as they represent our school and thank the parents who are assisting with transport to Colac and scoring. Go Birre!

Melty Mondays

Today is the start of Melty Mondays! Each Monday throughout Term 4, students will be able to purchase an ice-cream at lunchtime for just \$1.

A big thank you to Bulla and Brad Stephens for supporting this initiative and helping us provide a popular lunchtime treat. We hope the students enjoy a little something sweet to look forward to each Monday!

JSC Loud Shirt Day

Get ready to turn up the colour at BPS for Loud Shirt Day this **Wednesday 14th October!** Students are invited to wear their brightest, boldest and loudest shirt to school as we raise awareness and funds to support children with hearing loss. Loud Shirt Day helps support children to connect, communicate and reach their full potential.

Students can wear their loud shirt with their usual school uniform, and a gold coin donation is appreciated. We look forward to seeing lots of bright and colourful shirts around the school!

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

5/6 BioLab Excursion – this Friday

Our Grade 5/6 students are heading to BioLab at the Victorian BioScience Education Centre in Belmont this **Friday 16th October**. Students will take part in two hands-on science programs exploring the human brain, body systems, cells and DNA. It will be a great opportunity for students to apply their science learning through practical activities and investigations.

This is a completely free excursion for students, with the cost of the programs and bus transport covered. If you have not already done so, please make sure you complete the excursion permission form on XUNO as soon as possible. Students will need to arrive at school by 8.30am for an 8.40am departure. Students will be accompanied by Mr King, Miss Dillon, Mr Connor and Ms Hannah.



Exciting News for Mrs Gray

We are very excited to share the wonderful news that Mrs Gray and her husband, Michael, are expecting their first baby in 2027! We are absolutely delighted for them as they begin this very special next chapter together. Mrs Gray will continue teaching at BPS for the remainder of the 2026 school year and will begin her family leave in February 2027.

We are also pleased to confirm that Miss Lowe will be teaching our Prep students in 2027. We are looking forward to supporting Mrs Gray and Michael as they prepare to welcome their new arrival, and we know our BPS community will join us in congratulating them both.

2027 Preparations & Transitions

This is a busy time of year where we begin to plan for 2027 and engage in important transition programs including kinder to school and primary to secondary school transitions.

This **Wednesday**, Year 6 students attending Lorne P-12 will attend a Small Schools Transition Day at Lorne accompanied by Mr Burrell.

On **Thursday 26th of November** we will welcome Year 6 students from other local schools, including Beeac, Deans Marsh, Forrest, Alvie and Aireys Inlet Primary Schools, to join our Year 6 students. These students will participate in structured activities designed to strengthen connections with others who may be joining them at their secondary school for the next exciting stage of their education. This year this day is being supported by BATFORCE.

We are also looking forward to welcoming our 2027 Prep students as part of our Kinder to School Transition Program. Our current Grade 5 students will play an important role in this transition, visiting the kindergarten on **Monday 10th November** to meet their new buddies. This will be a lovely opportunity for our Grade 5 students to begin building relationships with the children they will support when they commence school next year.

Our incoming Prep students will then have three opportunities to visit BPS, become familiar with our school, meet their future classmates and teachers, and begin building confidence with the routines and experiences of primary school. The transition sessions will be held on:

- **Thursday 20 November, 9.00am to 11.00am**
- **Thursday 27 November, 9.00am to 11.30am**
- **Monday 8 December, 9.00am to 2.15pm**

These transition opportunities are an important part of helping students feel comfortable, connected and ready for their next stage of learning.

We are also beginning to look at possible class structures and staffing for 2027. It can be a real “numbers game” and the more accurate in terms of student enrolments we are the better. If you have a child (or know of a child) that is of school age next year and have not yet completed an enrolment form for them to attend Birregurra Primary School, please contact the school office as soon as possible. If you have changing circumstances in 2027 and this will be reflected in your child’s enrolment at our school, we kindly ask that you contact our school office to inform us of your intentions for 2027. This will help us to plan our class structures and staffing arrangements.

Birregurra P.S. Talent Quest & Market Day 2027

Our annual Talent Quest and Market Day is coming up on **Friday 6th November**, and we are looking forward to seeing the many talents and creative ideas our students have to share!

Students in Years 1–6 are invited to participate in the Talent Quest, which will be held in the Multi-Purpose Room from 9:30am. Performances should be approximately two minutes in length, and students can perform individually or as part of a group. Our Prep students will watch the Talent Quest this year rather than perform. This gives them an



opportunity to become familiar with how the Talent Quest works, watch their peers perform in front of a large audience and begin developing the confidence they will need when it is their turn to participate in future years.

This year, we are providing some additional support to students as they develop their performances. Students will work with their classroom teacher to share their ideas, decide whether they would like to perform individually or with others, and identify who they would like to perform with. Teachers will also assist students who need help finding a group or developing their performance idea.

Students will have opportunities to develop and practise their performances at school before classroom auditions are held during Week 4. Once performances have been confirmed, families will receive information about their child's performance and any costumes, props or music they may need to provide.

Following the Talent Quest, our Market Stalls will operate from 11:30am to 1:00pm. Teachers are currently supporting students to plan and prepare their stalls, helping to ensure a balance of fun activities, items to purchase, and a small selection of food and drink options.

Don't forget to pop this one on your calendar as it is always a wonderful day of creativity, collaboration and community spirit.

Reminders

- Ice-creams available at lunchtime today - \$1
- Toastie Tuesday – cheese toasties available at lunchtime for \$2.
- Lunch orders due by Wednesday morning 9:00am via Spriggy Schools for Friday lunch.
- Thanks to the families that have completed the survey about break time routines. We'd love your feedback and thoughts if you haven't yet completed. Survey link – <https://forms.gle/bchRjZ5ZuoqB9WGh8>
- Assembly is on Friday @ 2:45pm. Grade 2/3 are presenting.
- A reminder yard supervision commences at 8.40am daily. Students **should not** arrive earlier than this time unless they are either attending Before School Care with TheirCare or Breakfast Club on a Thursday morning.
- Please ensure all clothing and belongings are labelled so that they can be returned to the owner if found.

Wishing everyone a wonderful week. As always please don't hesitate to contact your child's teacher or I if you have any concerns or questions.

Jess Kattwinkel & team

Dates for the Diary...

TERM 4	
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/1 Class Presentation
Monday 16 th November	- Melty Mondays - Ice Creams \$1
Tuesday 17 th November	- Toastie Tuesday - Cheese toasties \$2
Thursday 18 th November	- Breakfast Club 8.15am
Friday 20 th November	- 2027 Prep Transition Session 1 - 9am - 11am - STOMP



Wishing the following
students a very

Happy
Birthday

October
15th Ava R



Free webinar: Parent Mental Health with Dr Billy Garvey

We're excited to welcome Dr Billy Garvey back for another free online session for parents and caregivers on Monday 26 October.

Billy will explore the connection between parental mental health and children's wellbeing, sharing practical, no-shame strategies to help parents navigate the challenges of parenting while looking after their own wellbeing.

Please share it with your networks and help us spread the word. It's free and open to anyone!

Event details

Date	Monday 26 October
Time	7:30pm AEDT
Topic	Parent Mental Health
Cost	FREE

About the event

Children's wellbeing starts with the people holding it all together. Dr Billy Garvey unpacks what the research says about the link between parental mental health and how kids grow and cope, and shares practical, no-shame strategies for staying steady and knowing where to turn for support.

About Billy

Billy Garvey is a developmental paediatrician with over 20 years of experience working with children and families in various settings. Billy is also the founder of Guiding Growing Minds (GGM), a social enterprise dedicated to giving all children the opportunity to reach their full potential and live rich, meaningful lives.

As part of this vision, Billy hosts the *Pop Culture Parenting* podcast, which blends expert insights with pop culture references to provide practical strategies for parents and caregivers. He is also the author of *Ten Things I Wish You Knew About Your Child's Mental Health*, a book aimed at empowering families and communities to better support children's growth and wellbeing.

Save your spot and pass it on to anyone who might find it useful.

[Register here](#)

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

Thursday CLUB

Lunchtime

1:45–2:15

in the
Art Room with
Ms Bath



**For our first project
you will need to bring
a used CLEAN glass jar.**



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



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**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!

