



Birregurra Primary School Newsletter

'Living & Learning Together'

Term 4, Week 8 – 24th November 2025

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

WEEK

8

Welcome to Week 8! We hope all our students and families enjoyed a wonderful weekend. Today, our students have an extra day to rest while our teachers focus on analysing data collected through observations, conferencing, and formal assessments. This work supports the preparation of Semester Two reports, which will be available to families on **Wednesday 10th December**, via the XUNO portal. If you prefer a paper copy, please contact the office.

Last week was another big week with our first kinder to school transition, vision screening and our energetic Stomp sessions.

Thanks

Our Book Fair was a great success with \$1628.20 in sales which allowed the school to select approximately \$590 worth of books to add to our library. This is a fantastic result which would not have been possible without the support of our broader school community. THANKYOU 😊

Prep Transition

Last Friday morning, we welcomed our 2026 Prep students for their first transition day. This proved a valuable chance to familiarise the new students with our school routine and for them to enjoy some time getting to know their teachers and buddies. I also had the pleasure of working with this year's preps reading and responding to the fabulous book "Greg the Galah, Superstar!".

Grade 6 Excursion

This **Thursday 27th of November** our Year 6 students will head to Melbourne for their end of year excursion, celebrating the end of their primary school journey. Mr King and Miss Dillon will accompany the group as they enjoy a day in the city, engaging in fun activities and creating lasting memories with their classmates before moving on to secondary school. A friendly reminder that students are required to be at the Birregurra train station by 7:40am. Looking forward to hearing all about their day upon their return!



End of Year Excursions

A friendly reminder to please log on and approve with payment our end of year excursions in XUNO. These excursions are taking place next **Thursday 4th of December** and provide a wonderful opportunity to celebrate a successful year of learning and engagement, while also giving students the chance to bond with their peers through fun activities.

Lunch Orders

Big thanks to Jemma and her team of helpers on Friday, preparing, cooking and delivering delicious lunches to our classrooms and staffroom. Please see the below roster for the remainder of the term. Our final lunch order day will be **Friday 5th of December**.

School Councillors – Rob Lidgerwood, Luke Fitzpatrick, Kelly Dodds, Emily McDonald, Cassie Stephens, Sarah Green, Alistair Burrell, Jaymie Lowe.

DATE	VOLUNTEERS (12:00-2:30ish)
Friday 28 th November	Kristy Stagg
Friday 5 th December	Cara Lidgerwood

School Concert & Grade 6 Graduation



We are thrilled to invite you to our School Concert and Grade 6 Graduation on **Friday 12th of December**. The evening will begin at 5:15pm with a picnic in the 'Yardz' next to the Birregurra Hall. Students and their families are invited to bring along a picnic rug and/or chairs and enjoy a picnic together.

Our school concert will kick off at 6:00pm sharp in the Hall, running for approximately 45 minutes. Following a short interval, we will commence the Grade 6 Graduation at 7:00 pm. Families are welcome to leave after the concert if they wish.

We are very much looking forward to sharing this special evening with our students, families, and the wider school community as we celebrate the achievements of our students and finish the year on a positive note!

Community Colour Run

Following the success of our previous colour runs, we are excited to confirm that it is returning in 2025. We are looking forward to bringing our community together on the final day of the school year for our students, **Thursday 18th of December**. This event is open to the whole community, with kinder children, secondary school students and other community members welcome to attend.

The cost is \$2 per participant, which covers the cost of the colour. This applies to all BPS students, kinder children, secondary students and community members. Community members are required to RSVP to the office by phone on 5236 2222 or email birregurra.ps@education.vic.gov.au by **Friday 12 December**. We would like cash brought to the office prior to the event. The event will begin at 2.30 pm.

It's highly recommended that participants wear clothing that they don't mind getting dirty. This could be old clothes that you have in your closet or something that you plan on using solely for the Colour Run. Wearing white clothing can make the colour really pop! If you would like to volunteer to assist with distributing the colour, please let us know.



Holiday Food Boxes

With the generous support of Foodbank Victoria, we are able to offer holiday food boxes for families in need. These boxes contain essential items such as cereals, long-life milk, fruit cups, honey, and vegemite.

If you would like to request a box, please contact us by phone or email at birregurra.ps@education.vic.gov.au by **Thursday 27th November**.

Craft Sand Contamination Update:

You may be aware of a recent alert about coloured craft sand products that may contain asbestos. There is a list of the products of concern here:

- [Educational Colours - Rainbow Sand \(1.3kg\), Creatistics - Coloured Sand \(1kg\) and Kadink - Coloured Decorative Sand \(1.3kg\) | ACCC Product Safety](#)
- [Kadink Decorative sand 10g 6 pack | ACCC Product Safety](#)

At our school, we are taking the steps set out by the Department of Education to collect and dispose of the product. Current advice from national and [Victorian health authorities](#) is that there is a low risk to human health from these products.

If you have the product at home, however, the advice from the health authorities is that you should stop using it and follow the safety advice published here: [Safe disposal and health information for consumers with recalled sand products | ACCC Product](#)

Reminders

- As mentioned last week, please remember to wear your helmet whenever you are riding or scooting. This is not only the law but also an important way to keep ourselves safe and to role model for younger riders. Thanks for your support with this!
- A reminder we are finalising parent payments for 2025 to support budgeting for 2026. Please contact the office if you require more detail on your payment status.
- Please complete permission and payments for end of year excursions on XUNO by this **Wednesday 3rd of December**.
- Breakfast Club is on Thursday morning @ 8.15am in the Art room.

Thanks for your ongoing support. Please contact either your child's teacher or me if you have any questions, queries or wonderings. Have a wonderful week.

Jess Kattwinkel & team

Dates for the Diary

TERM 4	
Monday 24 th November	- Common Professional Planning Day – Student Free Day
Thursday 27 th November	- Breakfast Club 8.15am - Grade 6 Excursion – TBC
Friday 28 th November	- 2026 Prep Transition Session 2 – 9am – 11.30am - STOMP Session - Assembly 2.45pm – Gr 5/6 Class Presentation
Tuesday 2 nd December	- Small Schools Transition Day CSC & Trinity College
Thursday 4 th December	- End of Year Excursions
Friday 5 th December	- STOMP session
Tuesday 9 th December	- Statewide Transition Day for Grade 6's attending CSC & Trinity - 2026 Prep Transition Session 3 – 9am – 2.15pm
Wednesday 10 th December	- Semester Two reports distributed to parents
Friday 12 th December	- STOMP session - School Concert & Grade 6 Graduation
Monday 15 th December	- Final assembly @ 2:45pm
Tuesday 16 th December	- Instrumental Music concert @ 2.15pm
Thursday 18 th December	- Last Day of the school year for students - Colour Run
Friday 19 th December	- Curriculum Day – no school for students

Wishing the following students a very
Happy Birthday



November

- 19th Lottie K
- 20th Levi R
- 21st Wyatt M & Eliza C
- 23rd Xav K
- 27th Logan S

The types of exercises that are beneficial for your mental health

While just about any type of exercise is beneficial for your mental health, there are certain activities that have been hailed as some of the best for giving your mind a boost.

Walking or running

Arguably one of the easiest and most convenient forms of exercise, walking and running are renowned for the “runner’s high” they produce, reducing stress and tension. It’s also a great time to process life events and other things on your mind with a little more space and freedom.

Yoga

Yoga is a frequent topic of discussion when it comes to the connection between exercise and mental health and for good reason.

Not only does yoga stretch the body and release tension, but it also helps you be more present in your surroundings instead of ruminating and engaging in negative thinking. It’s also deeply connected to meditation, which is one technique recommended for people grappling with mental health challenges like anxiety.

Pilates

Beyond improving your core strength and overall health, Pilates also brings together exercise and mental health because it focuses strongly on the connection between the body and the mind.

The breathing and relaxation techniques used, in combination with mobilising your body, can improve your sleep and aid with stress-relief.

For further information head to:

<https://onpsych.com.au/2020/01/17/the-relationship-between-exercise-and-mental-health/>

- Brendan King



BIRREGURRA PRIMARY
SCHOOL

END OF YEAR CONCERT & *Graduation*



Friday
12 December



5.15pm Picnic
6pm Concert
6.45pm Intermission
7pm Gr 6 Graduation



Birregurra
Hall



TheirCare

The place to be these holidays!



GALACTIC CIRCUS

SUMMER 2026 HOLIDAY PROGRAM



Pass the popcorn!



Big Top training



Galaxy LAB



Circus Pop Slime Fest

Book now at [TheirCare.com.au](https://www.TheirCare.com.au)

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nearest holiday
program location

