



Calder Chronicle

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THURSDAY, 7TH AUGUST 2025

CALENDAR

Monday, 11th August

Earth Ed Excursion FSJ / JJ – departs at 8:00am

Glasses for Kids Program commences – Foundation to Year 3 students with consent
Senior Unit Gym concludes

Tuesday, 12th August

Selected Year 5/6 Students Division Football – both boys and girls (rescheduled)

Glasses for Kids Program concludes

Earth Ed Excursion FSN / JC – departs at 8:00am

Friday, 15th August

CURRICULUM DAY – student free day

Saturday, 16th August

Book Week – This year's theme is 'Book an Adventure!'

Monday, 18th August

Book Fair commences – from 3:15pm to 4pm daily in the Library

Tuesday, 19th August

Book Week Dress Up Parade – all welcome - time tbc 😊

Monday, 2nd September

Senior Unit Gym concludes

Tuesday 16th September

Junior Concert – matinee & evening tickets ON SALE NOW

Thursday, 18th September

Senior Concert - matinee & evening tickets ON SALE NOW

Friday, 19th September

LAST DAY FOR TERM 3 – early dismissal of 2:30pm

School Organisation

Dear Big Hill PS Community!

Thank you to Ainsley and the Office staff for holding fort whilst I was on LSL. Thanks also to other staff who stepped up when needed, we really are a good team here at Big Hill PS 😊

STAFFING

Caleb is still on placement and has one more week left until he returns to school. Amy M commences her placement next week for 4 weeks. Jayden commences parental leave at the end of this week until the end of term – best wishes Jayden, Zoe & Piper 😊. Giovanna Totta will be taking his class for the next few weeks, then Jasmine Cordy will finish out the term.

YEAR 5/6 NETBALL

Congratulations to our girls Netball team for WINNING their section, well done!! See inside the newsletter for the certificate the girls were presented with!

STUDENT FREE DAY

Just a reminder that next Friday, 15th August is a student free day – no students at school. TheirCare will be running a program on the day, please visit: <https://theircare.com.au/> to book.

MCKERNS FRESH FRUIT

With thanks to McKerns and sponsors, for our beautiful selection of fruit 😊.

Here is Sophie & Otis enjoying their mandarin and pear.

BIRTHDAYS

Happy Birthday to Abigail H & Levi K.



Matt Pearce, Principal

FIRST STEPS NEWS

STUDENTS OF THE WEEK

For participating in our 100 Days of School celebration, showing great enthusiasm and a positive attitude:

FSN *Huddy H*

FSJ *Harlem D*

Nicole, Nick & Jen

JUNIOR UNIT NEWS

STUDENTS OF THE WEEK

For playing cooperatively in the yard:

JJ *Addison A*

JC *Levi K*

Jayden & Catherine

MIDDLE UNIT NEWS

STUDENTS OF THE WEEK

For displaying the Big Hill PS Values at Scienceworks:

MED Jake F
MP Benji T
MWA Hunter G

Emma, Dean, Pauline, Wendy & Amanda

SENIOR UNIT NEWS

STUDENTS OF THE WEEK

For showing mindfulness by listening carefully, staying calm during challenges, and giving learning your full focus:

SA/R Grace V
SB Jobe D
SK Mason P

Ainsley, Roberta, Brett & Kate

SOCIAL MEDIA & CYBER SAFETY

Navigating the Digital World: Your GPS for the Online Adventure

The Highlight Reel Trap

Why social media isn't real life, and how it can mess with kids' self-esteem

Social media might seem like harmless scrolling, but for kids and teens, it's more than just cute dogs in ugg boots and dance challenges gone wrong. Platforms like Instagram, TikTok and Snapchat are packed with polished posts that can make anyone feel like their life's a bit beige in comparison. That's the "highlight reel" effect and it's rougher than a ute ride down a bush track.

We've touched on this in previous articles, but now it's time to tackle it head-on.

The impact of constantly seeing filtered, edited, and highly curated snippets of other people's lives can quietly chip away at our kids' self-worth. They don't always realise they're comparing their behind-the-scenes to someone else's main event and that's where the trouble starts.

Let's be honest: people post their best bits. The beach snaps with perfect lighting, the avo toast that looks like it came straight from a café in Fitzroy, or a selfie that's been filtered smoother than a custard tart. But what's *not* on the feed? The dirty laundry, the flopped homework, the sibling squabbles, and the third night in a row of leftovers. And our kids don't always spot the difference, they start comparing their real, messy lives to someone else's Insta-perfect one. It's like comparing a meat pie to a Michelin star meal, pointless and a bit unfair to the pie.

Even here in the land of thongs (on our feet), backyard barbies, and a bit of footy on the telly, our young people aren't immune. Aussie teens have said they feel the pressure, whether it's to look a certain way, act like influencers, or keep up with trends that move faster than a magpie in spring.

And the doom scroll? That late-night rabbit hole of other people's "amazing" lives? It's like eating one Tim Tam, then accidentally finishing the whole packet. You go in for a little, and suddenly two hours later you're knee-deep in highlight reels and wondering why your doona day doesn't look as fun as someone else's Bali trip.

What can we do?

- **Talk about the "highlight reel."** Let your child know most of what they see online is staged, filtered, and only tells half the story.
- **Keep it real.** Share your own flopped dinners, grumpy moods, and coffee spills. It's good for kids to see that adults have off days too.
- **Follow the feel-good stuff.** Help them find accounts that are funny, uplifting, creative, or down-to-earth, ones that don't make them feel like yesterday's Weet-Bix.
- **Take a tech timeout.** Encourage regular breaks from social media, especially before bed. Even a weekend without the scroll can be as refreshing as a dip in the Murray.
- **Celebrate the real wins.** Whether it's kicking a footy, painting a kooky koala, helping a mate, or just getting through a tough day, those are the moments that really matter.

Final word of advice

Being a tween or teen today is no walk in the park; it's more like a hike to the Pinnacle in the Grampians with one thonged foot and no snacks or water. They're trying to figure themselves out while being bombarded with curated lives that make their own feel a bit ordinary.

But real life isn't a photoshopped highlight reel, it's full of detours, mess-ups, laughs, and growth.

So chuck on the kettle, munch on some Iced VoVo's, and have the convo. Help your kids see through the filters and remind them that their worth doesn't come from likes or comments.

Give them the tools to spot the difference between a fair dinkum fact and a fishy fake and that their real, unfiltered life is more than enough.

Safe travels on the internet highway, where your data's the passenger, and you're the navigator!

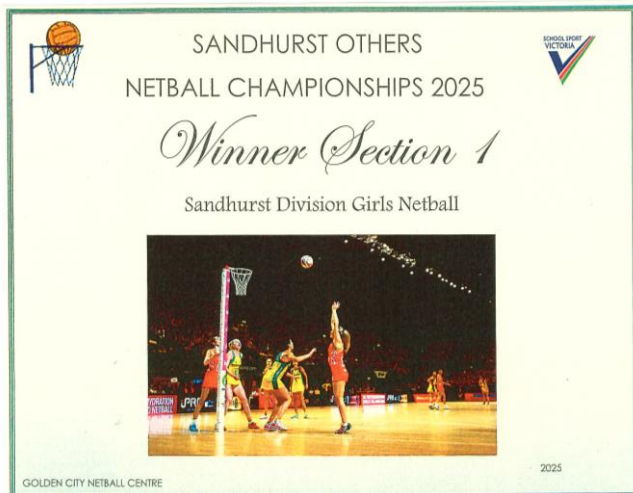
Kate Dole

JUNIOR & SENIOR CONCERT TICKETS ON SALE

You can now purchase tickets for both Concerts on Compass and at the Office. The cost is \$15 for adults (Secondary Aged & over) and free for Primary Aged & under.

When ordering on Compass, you will need to add the item to cart, proceed to review order, customise and then you can add the free Primary Aged & under tickets. These will then be sent home with the eldest child in the family within 48 hours of purchase.

NETBALL NEWS



COMMUNITY NEWS



Monty's Colour Fun Run – Big Hill PS Friday, 19th September!

Remember to create a profile page by visiting www.myprofilepage.com.au and share your profile to family & friends to receive online donations.

Mix and Match prizes or send the donations to one of the causes available – The Great Barrier Reef Foundation, Carbon Neutral, OzHarvest, The Smith Family and Dolly's Dream.

Become a Fundraising Monstar and receive a Monty Handball by completing all your online virtual badges! Can you receive them all?

SAVER PLUS

Introducing **Saver Plus**, a free program that can help ease the financial pressure many families face at this time of year.

They understand how quickly budgets can be stretched, with the cost of sports uniforms, equipment, club fees, music lessons, camps, or after-school programs.

These are important activities that help children feel connected and socially included, and no child should have to miss out.



What is Saver Plus ?

It's a **free** financial education program funded by the **Federal Government** and **Department of Social Services**, that helps parents and carers on **lower incomes** to **build financial skills** while **saving for school-related costs.**

Families who join not only receive up to **\$500 in matched savings**, but they also gain **practical money skills** through free financial education workshops, helping them feel more in control of their finances.

With the rising cost of living, many families are feeling the pressure—especially when it comes to covering education related expenses like books, uniforms, laptops, iPads or excursions. This is where Saver Plus can be a real blessing.

Eligibility includes:

- Having a Health Care or Pensioner Concession Card
- Having a child in school (or starting next year), or studying themselves
- Having a regular income (from work, partner, or Centrelink payments)

Visit: <https://www.bsl.org.au/services/saving-and-managing-money/saver-plus/>



Victorian Premiers' Reading Challenge

There is plenty of time to complete this year's Premiers' Reading Challenge with 44 days left.

The challenge ends on the 5th of September.

So far Big Hill PS students have read 778 books, with 17 students already completing the challenge.

Use the following website to add your books and finish the challenge.

<https://vprc.eduweb.vic.gov.au/home>

If you have any questions, please contact our Premiers' Reading Challenge Coordinators, Emma Tuckwell or Jen Nicholls

Happy reading!



This week...

The children have had a fantastic time exploring a range of fun and hands-on activities. Highlights included playing with the bubble machine, flying kites in the fresh air, and creating their very own ant farm—sparking lots of curiosity and excitement. Our afternoon snacks have been a big hit too, with favourites like nachos, noodles, and custard keeping everyone happy and satisfied.

Weekly highlight...

This week at OSHC, the children embraced creativity, curiosity, and fun in our service!

Reminder:
please don't forget school jackets :)

Coming week...

Next week, Big Hill PS TheirCare will be raising awareness about an important issue that affects many children—bullying. To show our commitment to creating a safe and respectful environment for all, we're holding Bullying No Way! Week. Throughout the week, we'll be engaging in meaningful activities that promote kindness, inclusion, and teamwork. This includes recreating OSHC exceptions, participating in grateful circle and playing group games that encourage cooperation and positive interactions.

Photos...



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OUR WEEKLY FREE FRESH FRUIT IS MADE POSSIBLE BY:



Celebrating
10 years

Delivering
1,000kg of free
fruit to Bendigo
school children
every week

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Made possible thanks to our Foundation Partners



THANK YOU TO MCKERN STEEL FOUNDATION & SPONSORS

WE ARE SO GRATEFUL TO BE A PART OF THIS WONDERFUL PROGRAM 