



Calder Chronicle

NUMBER 20

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THURSDAY, 16TH JULY 2026

CALENDAR

Thursday, 16th July

Monday, 20th July

Tuesday, 21st July

Wednesday, 22nd July

THURSDAY, 23RD JULY

FRIDAY, 24TH JULY

Monday, 27th July

Wednesday, 29th July

Thursday, 30th July

Friday, 31st July

Wednesday, 5th August

Friday, 7th August

Wednesday, 12th August

Thursday, 13th August

FRIDAY, 14TH AUGUST

Monday, 17th August

Wednesday, 19th August

Friday, 21st August

Thursday, 27th August

Thursday, 3rd September

Friday, 4th September

Orders open on Compass for P&F Walker's Doughnut Drive

Senior Unit Personal Development Session No 1

FREE Earth Ed Incursion for Middle & Senior Units

Selected Year 5/6 Girls & Boys Football

AEU INDUSTRIAL ACTION / STOP WORK

\$100 DEPOSIT DUE FOR SENIOR UNIT CAMP

Senior Unit Personal Development Session No 2

Selected Year 5/6 Netball

First Aid in School Session 1 – JAR & all Middle Unit classes

First Aid in School Session 2 – JJ & all Foundation & Senior Unit classes

RESCHEDULED Cluster Athletics – selected Year 4/5/6 students only

FREE Earth Ed Incursion for Foundation & Junior Unit

Payment due for JU Gym

P&F Walker's Doughnut Drive forms / payment due on Compass/Office

CURRICULUM DAY

Payment due for SU Gym

Junior Unit Gym commences

Senior Unit Gym commences

Payment due for Foundation Gym

P&F Walker's Doughnuts Drive collection day

Payment due for Year 3/4 Camp

Foundation Gym commences

Year 3/4 Camp departs

Year 3/4 Camp returns

School Organisation

Dear Parents, Carers and Greater Community,

Welcome to Term 3, it's going to be a big one with Gym for most of the school and Year 3/4 Camp, along with Book Week, P&F Donut Drive and a variety of sporting events and incursions!

VALE PHIL SEATON

Unfortunately, we received some very sad news over the holidays. One of our past colleagues Phil Seaton lost his battle with cancer and sadly passed away. Phil was a valued member of our school community for many years. As an exceptional Music teacher and colleague Phil ran a program that included many wonderful memories for our students and whole school community. From Instrumental performances which included endless musical instruments to major productions that thrilled the audience, Phil displayed great dedication in teaching students his passion of music.

Of recent times since his retirement from the classroom Phil continued to serve our school and could often be seen after hours mowing and cleaning up the school grounds. He will be sadly missed by all who had the pleasure of the Phil Seaton experience, and we pass on our sincere condolences to Phil's family and friends - from Dean White on behalf of the Big Hill PS School Community.

INDUSTRIAL ACTION/STOP WORK NEXT THURSDAY 23RD JULY – REPEAT FROM COMPASS

Next THURSDAY 23rd JULY is scheduled as a day of INDUSTRIAL ACTION/STOP WORK by the AUSTRALIAN EDUCATION UNION (AEU). Teachers and Education Support who are AEU members may decide to take action, and this will ultimately affect school operations. Members have until close of business Monday to advise me of their intention to strike and then on Tuesday I will advise the community of what this looks like for Thursday. This will be done early on Tuesday to give you time to make plans. I cannot advise before this time as I will not yet know who is taking action. Apologies! If by chance I have a clear picture earlier I will let you know.

I anticipate that we may have multiple classes not covered and due to this families will need to make other arrangements, unless of course you are a critical worker (eg. Police, Ambulance, Nurse etc.) and require care. In this instance I will invite you to email me to discuss the possibility of your child attending site and being supervised for the day. This process will be communicated Tuesday.

For now, this is all I can share, however if you are worried about Thursday it might be helpful to start organising other arrangements for the day just in case your child's class is impacted.

NAPLAN RESULTS – YEAR 3 & 5 STUDENTS

These will be sent home today or tomorrow. A guide on how to interpret the results is available from our website under the Parents tab and then Notices.

PARKING

We can sympathise with the parking situation at the moment, but please refrain from parking on nature strips of nearby residents, especially those that have had improvements made to them, so that no damage is done. Thank you for your consideration.

STAFFING

Matt is on Long Service Leave, and will return on Wednesday, 29th July. I am Acting Principal and will be able to support you with any concerns during this time. As I step out of the classroom from Monday to Wednesday our class is covered with our existing teaching staff, with Roberta working Week 2 and 3 full time in the classroom. Lauren Ray has commenced in Jen Nicholl's classroom for the rest of 2026 – welcome Lauren 😊. We also welcomed Lynley to Big Hill PS today in her role as our new Chaplain. If you have signed a consent form previously for Chris, unfortunately you will need to sign a new one for Lynley – apologies! This can be found on our website under the Parents tab, then Notices, or at the Office.

COST OF LIVING HAMPERS

Need some additional food items to help at home? No questions asked. We have hampers of mixed groceries on the table in the Office foyer. The only favour we ask is that these are collected by adults and not children.

MOBILE PHONE NUMBERS NO LONGER AVAILABLE

Just a reminder that the phone numbers used by Janet – 0416 071 247 and Matt – 0438 738 788 are no longer valid for school purposes. Please email them directly: janet.dean@education.vic.gov.au or matthew.pearce@education.vic.gov.au or the school email big.hill.ps@education.vic.gov.au or you can call the school on 5447 7022. If it is related to an absence, please submit it on Compass. Thank you.

MCKERN FRESH FRUIT

We would like to thank the McKern Steel Foundation and sponsors for supplying the fruit, the students love receiving this delivery each week.

Here are Abigail and Logan with their banana and mandarin.

BIRTHDAYS

Happy birthday to Sienna D, Patrick R & Logan J.



Ainsley Stanley, Acting Principal

FOUNDATION NEWS

STUDENTS OF THE WEEK

For being friendly and including others when playing in the yard:

FC **Frankie C**
FN **Xavier S**

Catherine, Nicole & Nick

JUNIOR UNIT NEWS

STUDENTS OF THE WEEK

For returning to school with a positive attitude towards their learning:

JAR **Poppy S**
JJ **Harlem D**

Ainsley, Roberta & Lauren

MIDDLE UNIT NEWS

STUDENTS OF THE WEEK

For a positive start to Term 3:

MED **Malachi B**
MP **Tyler G**
MWA **Levi K**

Emma, Dean, Pauline, Wendy & Amanda

SENIOR UNIT NEWS

STUDENTS OF THE WEEK

For noticing and appreciating the people who support you, and saying thank you in meaningful ways:

SB **Arlow D**
SJ **Cooper C**
SK **Linken A**

Brett, Jayden & Kate

THE RESILIENCE PROJECT

Staff have chosen the following students to receive this week's GEM award for:

Gratitude

Foundation	Annie T
Junior Unit	Axel P
Middle Unit	Otis J
Senior Unit	Kayden M
Specialist	Abby H-F

SENIOR UNIT NEWS

PERSONAL DEVELOPMENT SESSIONS (TERM 3)

Students will participate in two Personal Development sessions delivered by Bendigo Health on Monday, 20th and Monday, 27th July (Weeks 2 and 3).

These sessions support the Victorian Curriculum Health strand, focusing on managing changes associated with puberty, understanding and managing emotions, and exploring reliable health information.

The aim is to provide students with age-appropriate knowledge and practical strategies to support their wellbeing during this stage of development.

We value our ongoing partnership with Bendigo Health and the expertise they bring to our school.



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Bendigo Central
Victoria 3552
Reg. No. A0054004N
ACN: 156 467 725
ABN: 76 029 154 968

Dear Parents & Carers,

Our class is about to begin an important unit about growth and personal development. The purpose of this letter is to inform you of the content that will be covered, which will enable students to achieve the outcomes outlined in the Health and Physical Education Victorian Curriculum, and the Victorian Resilience, Rights & Respectful Relationships Curriculum.

Health Promotion Officers from Bendigo Community Health Services will be coming to deliver puberty education in Term 3, Week 5 & 6.

There will be two sessions for each class, each involving interactive activities and meaningful information for students who are going through these changes.

Puberty topics that will be covered include

- Learning what is puberty
- Reproductive labelling
- Defining sex, gender and sexuality
- Understanding the physical, emotional and social changes and transitions through puberty
- Examining a range of strategies to help manage changes associated with puberty
- Menstruation, introduction to conception and pregnancy
- Managing intense emotions
- Body image
- Consent
- Online safety & unwanted images
- Pornography
- Seeking help

It is hoped that your child will want to discuss the topic of adolescent development with you at home.

If you have any questions on content, don't hesitate to contact your child's teacher.

CANTEEN NEWS

VOLUNTEERS ARE ALWAYS WELCOME 😊

Helpers are wanted between 9:00am – 10:00am or 12:45pm – 1:45pm on Fridays only, once or twice per term.

If you would like to help, please leave your details at the Office and I will contact you.

A current Working with Children Check is all that is required and can be applied online for free.

We appreciate all offers of help as this enables the continuation of the canteen and assists with economical pricing on our extensive menu.

Thank you,

Tammy Fear, Canteen Manager

SOCIAL MEDIA & CYBER SAFETY

Navigating the Digital World: Your GPS for the Online Adventure

What Parents Need to Know About Cyberbullying

Cyberbullying, will it ever go away, or is it just part of growing up in a world where everything's online? It's a question a lot of parents are quietly asking. Unlike the old days, when problems were mostly left at the school gate and kids could come home, dump their school bag in the corner and switch off for the afternoon, things don't just disappear when the final bell rings anymore. These days, they can follow kids home, straight into their pockets.

Research shows nearly half of our tweens and teenagers report being exposed to some form of online bullying or harassment. That can include nasty comments, rumours spreading through group chats, being deliberately left out, or messages that start off as "just a joke" but land very differently on the receiving end.

And the tricky part!

It doesn't come with an off switch. It can happen after school, late at night, or first thing in the morning before they've even had their Weet Bix or found the other sock they swear was "right there". For some kids, it can feel constant, like there is no real break from it.

For young people, especially during those early teen years, friendships and fitting in carry a huge amount of weight. So, when something goes wrong online, it can feel very public and very personal all at once. A comment, a screenshot, or a post can travel further than anyone intended. What might seem small or fleeting to an adult can feel enormous to a young person who is living through it.

There is also something about being behind a screen that can change the way people behave. The old saying "if you wouldn't say it face to face, don't type it online" still rings true. Behind a keyboard, some people find a confidence they might not have standing in the school grounds. Tone gets lost, messages get misunderstood, and situations can snowball quicker than a footy grand final rumour spreading around the local club.

And because it is happening on a device, it is not always obvious when something is wrong. You might notice changes like mood swings, pulling away from friends or family, avoiding school, losing interest in things they usually enjoy, or suddenly becoming very protective of their phone. Other times, there are no obvious signs at all, which can make it even harder to spot.

There has also been plenty of discussion about the Australian Government stepping in to support families, including moves to enforce social media bans for children under 16. The intention behind these changes is to provide young people with extra protection while they are still learning how to navigate the online world.

But the reality is, young people are resourceful. They are often the first to know about the latest app, platform or online trend, sometimes before the adults have even worked out how to pronounce it.

New platforms continue to appear, including ones created specifically for younger users, and wherever young people gather online, friendships, disagreements and unfortunately bullying behaviours can follow.

Restrictions may help create safer boundaries, but they will not make cyberbullying disappear completely. Which brings it back to something we can influence every day: what is happening at home.

Like most things in the digital world, technology is not all bad news. It helps kids stay connected, maintain friendships, learn new skills and share the things they enjoy. But when things go sideways, it can feel bigger, faster and harder to escape.

So, what can parents do?

It's not about checking every message, standing over their shoulder like a digital detective, or becoming the household cyber police.

What matters most is connection, trust and keeping the conversation open.

Simple things can make a big difference:

- Regular, low-pressure chats about what is happening online,
- Asking who they are talking to and what they enjoy doing online,
- Helping them think about how they treat others online, as well as how others treat them,
- Keeping an eye out for changes in mood or behaviour,
- Making sure they know they can come to you, no matter what has happened.

Sometimes the best conversations happen when you least expect them. It might be in the car on the way home, while waiting in the school pick up line that somehow moves slower than a Monday morning, or while you are standing at the kitchen bench trying to work out what everyone wants for dinner. Those everyday moments can open the door.

It is also helpful to talk through what kids can do if something happens online.

Blocking, muting, reporting, taking screenshots and stepping away from the device are all practical options. Just as important is reminding them they do not have to handle it alone. If something more serious is happening, reaching out to seek extra support is always the right step.

The bottom line

Cyberbullying can feel like it is everywhere, but strong relationships at home remain one of the best protections we can provide. When kids feel supported, heard and understood, they are much more likely to speak up early and cope better when things go wrong.

Final Thought

We cannot control everything that appears on our children's screens. Rules, restrictions and bans can help set boundaries, but they will not solve every challenge our kids face online.

Our children are growing up in a fast-moving digital world. They might be quicker at setting up an account, learning a new app or fixing the Wi Fi than we are, but they still need us in their corner.

Sometimes it is not a big sit-down conversation that makes the difference.

Sometimes it is just a chat between red lights on the school run, a conversation while cooking dinner, or a quick "How's everything going online?" that lets them know they are not facing it alone.

**Because even in a world full of screens,
connection still matters most!**

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



Kate Dole



AusAlert Test

We've been advised that a national test of [AusAlert](#) will happen across Australia on **Monday, 27th July at 2:00pm**.

AusAlert is a new, national emergency warning system. It sends warning messages to compatible mobile devices during emergencies, to keep people informed so they can act quickly. The Australian Government plans to launch AusAlert in October 2026.

On Monday, 27th July at 2:00pm, all [compatible mobile devices](#) will receive a [Critical Alert](#). Compatible mobile devices include phones, tablets, smart watches, safety watches and some vehicle devices. These will vibrate and make a loud, siren-like warning sound for about 10 seconds. This will happen even if they are on silent or do not disturb. The message will clearly state that it is a test. No action is required from the test.

To minimise disruption, student phones and smart devices should always be switched off and stored securely in lockers or bags during the school day. Students who use their mobile phone as part of a documented exception can continue to do so. If appropriate, they can turn their phone off during the test.

You may also wish to let your child know that if they see or hear the alert, school staff will support them. You can learn more at [AusAlert: children and teens](#). Information is also available in other [languages](#).

Safe phones

AusAlert may increase risk for people experiencing violence, especially if they live with someone who uses violence. Alerts may expose safety devices.

If you or someone you know has a hidden device, the best way to stay safe during the test is to:

- turn off your mobile device or put it in aeroplane mode,
- keep your device off or in aeroplane mode for 24 hours.

Silent mode and do not disturb will not stop the alert. For more information, please refer to the [Staying safe with AusAlert page](#).

RIAC's Tips for carers / parents of neurodivergent and / or autistic children

Does your child struggle with change?

Change is a normal part of life; however, neurodivergent and / or autistic children often find it hard to cope with change or transitions in their life.

Try the following tips to help your child –

- Talk about upcoming change so they can be prepared. Give them time and space to process the change.
- Mark the change on a calendar. If possible, make it a fun countdown.
- Have support people around. Share the upcoming change with your child's family / friends and school, so people they are comfortable with can help with the transition.
- Be sure to listen to, and respect, your child's feelings about the change.

Come along to our Carer Support groups to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

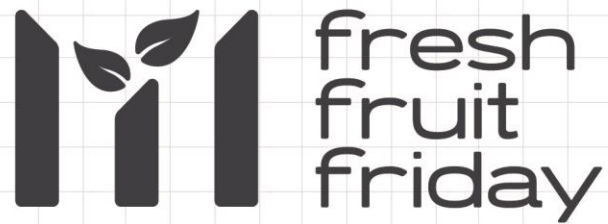
Bendigo Walking Group	Long Gully Parent and Carer Support Group
When: 9:30am – 11:00am Every Thursday during school term	When: 9:30am – 11:00am 3rd Tuesday each month
Where: Meet at Peppergreen Farm carpark 40 Thunder Street North Bendigo	Where: Long Gully Neighbourhood Centre 52 Derwent Drive Long Gully

For more information:

EMAIL: carers@riac.org.au

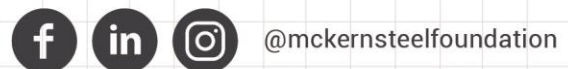
PHONE: Carolyn – 0488 605 363

THANK YOU TO MCKERN STEEL FOUNDATION AND SPONSORS



Running for over a decade, the program now delivers 1,300kg of free fruit to Bendigo school children every week.

 mckern steelTM foundation



Made possible thanks to McKern Foundation and our supporting partners:



Want to support the program? Contact us to sponsor and provide more fruit to your school.

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