



Dillbadin

PRIMARY SCHOOL

Growing through learning



INSIDE, WE ALSO TALK ABOUT:

Services coming
to school

Wellbeing

Award winners

Free Course for
Parents

Knox Fest

Important Dates

From Our Principal

Penelope Harris

What a great week it has been at Dillbadin Primary School. Our classrooms have been busy, focused and full of positive energy as students continue to settle into the routines and expectations of the school year. It has been wonderful to see students demonstrating resilience, curiosity and a commitment to their learning across all year levels.

A highlight of the week was our Parent-Teacher meetings. These conversations are a vital part of building strong partnerships between home and school. It was fantastic to see so many families take the time to meet with teachers to discuss student progress, celebrate successes and identify clear goals for the months ahead.

When families and teachers work together with shared understanding and purpose, students are best positioned to thrive. The discussions focused not only on academic growth, but also on student wellbeing, engagement and confidence.

Setting meaningful goals early in the year provides clarity and direction, ensuring that each child continues to grow both academically and personally throughout 2026.

Thank you for your ongoing support and partnership – it truly makes a difference.

NAPLAN

Each year, our Year 3 and 5 students participate in the NAPLAN assessments. NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents and carers to see how their child is progressing against national proficiency standards.

NAPLAN assesses essential skills that support students' learning and growth, including:

- Reading
- Writing
- Language Conventions (spelling, grammar, and punctuation)
- Numeracy

At Dillbadin Primary School, we approach NAPLAN as just one of many tools used to monitor student progress. While it is a system-wide requirement of the Department of Education, our priority is to ensure students feel supported and confident throughout the testing process.

To reduce any potential pressure or anxiety, we:

Provides time for students to prepare and relax before and after testing

Allows opportunities to familiarise themselves with the question formats, layout, and time expectations for each domain

We are confident that these careful preparations will enable our students to complete NAPLAN with minimal concern and continue their learning successfully.

All government schools will administer NAPLAN starting Wednesday, 11 March, with completion by Friday, 20 March 2026.

Please click [here](#) for a link to the parent information flyer. If you have any concerns about your Year 3 or Year 5 child participating in NAPLAN, please contact your class teacher.

COMMUNICATION

At Dillbadin Primary School, we value strong, respectful partnerships between home and school. As we move into the 2026 school year, we look forward to working closely with our families to support every child's learning and wellbeing.

Compass is our primary communication platform and provides direct access to your child's classroom teacher. We encourage families to use Compass to engage with staff respectfully and constructively. If you are experiencing any difficulties accessing or using Compass, please come into the office, and we will help you.

Please be mindful that between 8:45am and 4:00pm teachers are engaged in teaching and supporting students and therefore have limited capacity to respond to messages during this time. Staff do not respond to messages over the weekend.

We understand that families may send messages at times that are convenient to them. In turn, our staff will respond at a time that is practical and appropriate within their working hours.

For any urgent matters, please contact the school office directly. The office will ensure that important messages are promptly passed on to your child.

Have a great weekend, and we will see you on Monday.

Penelope

Knox Fest

Knox Fest is a free community event that will be held on Saturday 28 February 2026 at Wally Tew Reserve, Ferntree Gully.



Knox Fest is a free community event welcoming locals to come together and celebrate community life.

Featuring a range of activities for the whole family, including live music, amusement rides, cooking demonstrations, food trucks, arts and outdoor play, youth hub, kids activities, active hub, community and market stalls, 'come and try' activities and heaps more!

FREE entry.

Please note that there will be a fireworks display at approximately 9:45pm.
Knox Fest is an all ages, family friendly, alcohol/ drug/ smoke/ vape free event.
Please leave your pets at home; guide dogs and companion dogs are welcome.

Details

Celebrate Knox's vibrant community with live music and performances, local art, amusements, food trucks, community stalls and activities for the whole family.

Date: **Saturday 28 February 2026**

Time: **10 am to 10 pm**

Location: **Wally Tew Reserve. Brenock Park Drive in Ferntree Gully.**

There will be a fireworks display at 9:45pm. Please secure all pets indoors during this time.

Day program (10 am - 5 pm)

Live music and performances

Local stallholders and market

Cooking demonstrations

Food trucks

Amusements and rides

Circus workshops

Roller rink

Live art and glow show

Active Hub and outdoor play

Free activities for the whole family

Visit the [Knox Fest page](#) for more information.

[Download the Knox Fest map.](#)



GLASSES FOR KIDS IS COMING TO THIS SCHOOL

The Glasses for Kids program will be visiting this school to provide Foundation (Prep) to Year 3 students with **FREE** vision screening, then testing and glasses (as required)



Scan this QR code to find out
more on the GFK website



A Victorian State Government and State Schools' Relief initiative
Questions? Please contact the GFK team via info@glassesforkids.com.au

Reading Buddies



Wednesdays
4-5pm

(During School Terms)

Helping parents, help their
kids to read

ALL

Welcome

Parents...

Would you like to help your children with their home reading?

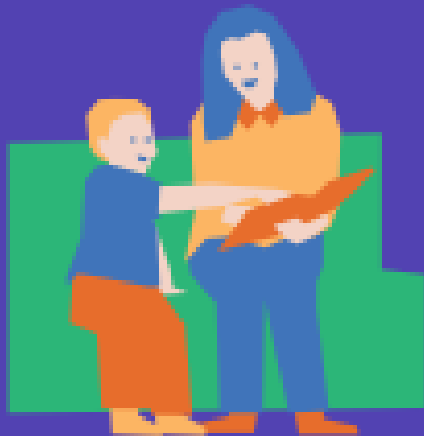


Are you wondering what books your child should read?

Reading Buddies

are here to help!

The perfect opportunity to get some support to help your primary school aged kids to read.



Parents/caregivers will:

- Listen to stories
- play games
- read together supported by a Reading Buddy

...with their children



4 - 5pm Wednesdays
(during school terms)

Wellbeing Wrap Up

Nick Jones – Assistant Principal

Parent/Teacher Conferences

It has been wonderful to connect with so many parents, guardians and carers this week during our Parent/Teacher Conferences. These conversations are incredibly valuable, giving us a greater understanding of our students' lives beyond the classroom while also offering families a snapshot of learning and life at school. We are so grateful for the strong support our students receive at home, as this partnership plays an important role in helping every child reach their full potential.

How to Sleep Better: Tips for Children & Teenagers

We all know that sleep plays an important role in the development of students, helps regulate their emotions and impacts mental health outcomes. The Raising Children Network suggests the following advice to help students sleep better!

Create a bedtime routine

A regular routine at the same time each night helps children wind down. For younger children this might be bath, story and bed. Older children and teenagers may benefit from quiet time, a shower, reading or listening to music, with screens turned off.

Wind down before sleep

Encourage calm activities before bed, such as reading, gentle music or relaxation breathing. If your child takes a long time to fall asleep, they may need extra wind-down time.

Keep sleep times consistent

Try to keep bedtimes and wake-up times within 1-2 hours each day, including weekends and holidays, to support a healthy body clock.

Create a calm sleep space

Make sure your child feels safe and comfortable at night. Avoid scary TV shows and games before bed, and consider a dim, warm night-light if needed.

Limit light and screens

Bright light and screens can delay sleep.
Turn off devices at least one hour before bed
Keep devices out of bedrooms overnight
Dim lights in the evening where possible

Support sleep with food

A balanced evening meal helps prevent hunger or discomfort at bedtime. A healthy breakfast in the morning also supports good sleep patterns.



Empowering families raising young people with ADHD

Many families are navigating questions around attention, emotional regulation, learning differences and wellbeing.

Understanding how the ADHD brain works – and how to respond with practical, supportive strategies – can make a significant difference at home and at school.

Even if your child does not have a formal diagnosis, the insights and tools shared in this series are relevant for supporting a wide range of learners.

Parents, carers, educators and young people across Knox are invited to take part in a **free five week online webinar series** designed to build confidence, strengthen relationships and deepen understanding of young people living with ADHD.

Running weekly from **4 March to 1 April 2026**, the series brings together practical strategies and compassionate insights from award winning educator, therapist and proud ADHD-er Tony Vallance of [Building Better Brains](#).

Participants can choose to attend a single session or join the full program.

Each week explores a different theme, offering families and supporters a chance to learn, reflect and connect:

- Calming the Storm – tools for navigating overwhelm and emotional intensity
- Big Feelings, Big Hearts – understanding emotional regulation in young people
- Two Neurotypes and One Child – bridging communication and expectations
- Learning to Learn and Masked – supporting learning styles and reducing masking
- Misunderstood and Magnificent – understanding ADHD in girls and young women

The series aims to create a supportive space where community members can gain clarity, feel understood and walk away with strategies they can use immediately.

Event details

Dates: Wednesdays, 4 March – 1 April 2026

Time: 7:00pm – 8:30pm

Location: Online via Zoom

Cost: Free

Visit knox.vic.gov.au/adhdevents and register today.

For further information, contact Michelle Pascoe, Knox Youth Services, on 9298 8000 or email michelle.pascoe@knox.vic.gov.au. and register today.



Free online
course...

ONLINE WORKSHOP



Parenting For Children With Anxiety

Parenting can make a powerful difference in how children respond to worry and stress.

BOOK NOW

Learn How To

- ✓ Support an anxious child with confidence
- ✓ Reduce escalation of worries over time
- ✓ Respond in ways that build safety and independence
- ✓ Spot common "helpful" habits that can accidentally keep anxiety going

Your Ticket Includes

- ✓ Private access to the live online workshop
- ✓ 1x Parenting Questionnaire + results
- ✓ 1x downloadable workbook (reflection + practical strategies)



Sample Schedule

- 7PM Meet facilitators
Parenting styles
Reflection + discussion
- 7.30PM Stress Types
Brain Systems of Anxiety
Influences on anxiety
What maintains anxiety
- 8PM Reflection + discussion
Top tips for Parents
- 8.30PM Wrap up

ONLINE WORKSHOP
30 March 2026
7pm - 8.30pm

BOOK NOW VIA EVENTBRITE

SCAN ME!



- 0480 801 658
- info@centredwellbeing.com.au
- www.centredwellbeing.com.au

Big Emotions, Resistance & Anxiety

Helping Your Child Counteract Stress

In partnership with **Club Central Hurstville** and **The Sebastian Foundation**, join leading adolescent Clinical Psychologist Dr. Hayley Watson for a special presentation to help parents, guardians, and caregivers learn the **most effective tools** for building child/adolescent **resilience to counter stress and anxiety**.

Dr. Watson will focus on skills and strategies to equip your child with the tools they need to **overcome stress** and **change unhelpful behaviour patterns**.



Key Takeaways from this 60-minute presentation:

- ✔ Understand why stress causes emotional outbursts, resistance, and low self-esteem
- 🧠 Learn the three important truths to teach your child/teen to counteract stress
- 👣 Walk away with a targeted action plan for addressing anxious responses
- 🤝 Learn to address underlying issues that might be causing stress/anxiety

Presentation: 6pm AEDT + 30-minute Q&A

Date: Wednesday, 4th March 2026

Location: Club Central Hurstville, 2 Crofts Ave, Hurstville NSW 2220

Transport: Underground paid parking is accessible via Cross Street. Hurstville train station is located approximately 2 minutes away.

Scan the QR Code
to Register



Register
Now



Star Student Awards

JUNIOR

Rhain for your amazing effort during Blitzmaster!

MIDDLE

Kris for being a brilliant summariser during reading sessions!

SENIOR

Samip, for fantastic work in reading and writing this week. Mr Simpson can't wait to read your narrative.



Star Student Awards





Specialist Star Awards

**MRS
BLAKE**

Visual Arts:
Mason for the amazing work
contributing to the Art Project.

MISS D

Performing Arts:
Avah for her fantastic and enthusiastic
participation in Performing Arts.

**MR
JONES**

Auslan:
Ayva for demonstrating her Personal
Best in AUSLAN and adding extra detail
to her work!



Specialist Star Awards





This week's birthdays



Happy Birthday – Rhain and James



School Wide Positive Behaviour



Our students earned 6 cockatoos over the past week, representing **600** acknowledgements of positive behaviour. Amazing work, everyone!



Important Dates

Date	Event
Every Friday	3:00pm School Assembly
Thursday 5 th March Thursday 19 th March Thursday 2 nd April	Special Lunch Days
Tuesday 24 th and Wednesday 25 th February	Parent/Teacher Meetings (SSGs)
Thursday 5 th March	Formula 1 Excursion (Senior Class)
Monday 9 th March	Labour Day – PUBLIC HOLIDAY
Wednesday 11 th March	NAPLAN testing (Grade 3 and 5)
Friday 20 th March	Harmony Day
Friday 20 th March	AFL Vic Incursion (all students)
Friday 27 th March	CURRICULUM DAY – No students at school
Thursday 2 nd April	Last Day of Term 1 – 2.30pm finish

2026 OPEN NIGHT!



Secondary Families Welcome!

BORONIA
K-12 COLLEGE

DAY

9.30am	School Tour
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EVENING

5.00pm	Welcome Sausage Sizzle
5.30pm	Information Session
5.45pm to 7.15pm	School Tours Music performances Learning area exhibits Meet the teachers

TUES
24
MARCH



WHY CHOOSE US

- ✓ Choose your own electives inc. Dance Robotics, Food, Music and Art
- ✓ New Fitness Centre & Dance Studio
- ✓ Student led Cafe and Clubs
- ✓ Odyssey Program for High Achievers
- ✓ Elite Basketball Program
- ✓ Year 7 Scholarships
- ✓ Strong Academic Emphasis

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TOUR HERE**



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