



Dillbadin

PRIMARY SCHOOL

Growing through learning

From our Principal

Penelope Harris

It's been a great week at Dillbadin Primary!

It has been wonderful to have all classes back into their regular learning programs after a very busy couple of weeks with camp.

It's wonderful to see students settled, focused, and making the most of their classroom learning. The energy around the school has been fantastic, and students have settled quickly back into their routines.

Father's Day Celebrations at DPS

We are excited to celebrate Father's Day at Dillbadin Primary School!

On Thursday, 4th September, we will be holding our Father's Day Stall. Students are welcome to bring up to \$10 to spend on a special gift for their dad or significant male role model. A variety of items will be available for purchase, allowing every child to choose something meaningful.



In addition, following on from the success of our Mother's Day Afternoon Tea, we are thrilled to be hosting a Father's Day BBQ. This event is a wonderful way to recognise and celebrate all dads and significant males who play such an important role in the lives of our little people. Please RSVP to the BBQ so we know how many sausages to cook for our amazing dads!

We look forward to seeing you there and celebrating together!

Parent / Carer Opinion Survey – We Value Your Voice

A reminder to all families to please take a few minutes to complete the Parent / Carer Opinion Survey.

Your feedback is very important to us. The survey is a way for parents and carers to share their thoughts and experiences about our school. The information collected helps us celebrate our successes while also identifying areas for improvement.

By completing the survey, you are directly contributing to shaping the future direction of our school. Your input guides our planning and supports us in making decisions that best meet the needs of our students and community.

We greatly appreciate your time in completing the survey—it makes a real difference.

Keeping Children Safe Online: The Risks of Gaming

We hear lots of our students talking about Roblox (often pronounced *RoadBlocks*). While these games can encourage creativity, fun and social interaction, there are also risks that parents need to be aware of.



We want to be clear—we are not here to tell families that children shouldn't play this game. However, we have recently learnt of some concerning and unsafe practices that can happen within it, and we feel it is important to share this information with you.

Online gaming can encourage creativity, fun, and social interaction, but it also presents risks that parents need to be aware of. Children may come across inappropriate content or interact with strangers online, which can expose them to unsafe situations. The design of these games often includes in-game purchases, which can add up quickly, and the amount of time children spend gaming can affect sleep, physical activity, and overall wellbeing. In addition, there is the social pressure of wanting to play certain games or behave in ways that may not reflect your child's usual choices.

As parents, it is important to stop and ask:

- Do I know what parental control settings my child's game account is set to?
- Do I know who my child is talking to online?
- Do I know which games or sites within Roblox my child is entering?

There are a number of ways you can support your child to enjoy gaming safely.

Playing alongside them helps you understand what they are engaging with and opens up natural opportunities for conversations.

Checking and setting parental controls can limit access to unsuitable material, restrict chat functions, and prevent unwanted spending.

Establishing clear boundaries around when and how long your child plays is also valuable, ensuring a balance with offline activities.

Most importantly, encourage your child to talk to you if something online makes them feel uncomfortable, and remind them that it's safest to play with friends they know in real life.

Your involvement is the strongest safeguard. By staying informed, setting clear expectations, and keeping the lines of communication open, you can help your child enjoy the benefits of online gaming while protecting them from the risks.

Wishing everyone a wonderful weekend!

We encourage you to take some time to do something special together as a family—whether it's enjoying the outdoors, playing a game, or simply sharing a meal. These moments make lasting memories and are such an important part of your child's wellbeing.

We are excited to welcome students back on Monday for another week filled with learning, growth, and fun experiences at school. Thank you for your ongoing support in helping to make our school such a positive and vibrant place for all.

Penelope

Wellbeing Wrap-Up

Neisha Gange – Assistant Principal

Parent & Carer Wellbeing: Nurturing Ourselves to Nurture Our Children

Being a parent or carer can be both rewarding and, at times, overwhelming. Balancing school runs, family needs, work, and our own self-care can feel like a high-wire act. It's vital to remember that 'to care for our children, we must first care for ourselves'.

Why Wellbeing Matters

When parents and carers are emotionally supported, children benefit too- through more patient communication, empathetic interactions, and a calm, resilient family environment. In a busy world, sometimes listening to a Podcast about different aspects of parenting may be useful for some families. There are many podcasts available, but the ones listed below have been recommended as they are Australian-based and explore parenting from a real-world context.

Parents Victoria 'Generation Next Wellbeing Podcasts' Hosted by clinical psychologist Andrew Fuller, covering parenting issues such as bullying, resilience, eating disorders, loneliness, autism, and ADHD.	Positive Parenting 'Positive Parents- Resilient Kids" Podcast' Hosted by Dr Terence Sheppard and Milly Albers, offering strategies to build emotional resilience in children.	Maggie Dent 'Parental As Anything' A down-to-earth Australian podcast offering supportive parenting advice with warmth and honesty.
ABC Everyday Mindfully Short guided mindfulness sessions for adults and children.	'Real Talk: Parenting & Mental Health' Podcaster and TV personality Matty J, co-hosting Two Doting Dads, emphasizes the importance of emotional honesty.	'Touched Out!' A deeply honest mental health podcast for parents, exploring the emotional toll of raising children with empathy and raw openness.
	Radio National 'ABC All in the Mind' Explores mental health, brain behaviour, and emotional wellbeing. Excellent for parents curious about the science of stress and resilience.	

Taking a moment for yourself isn't indulgent; it's essential. Whether through listening to a podcast on the way to school or work, or joining a local program, small moments of support can make a big difference. Remember- your wellbeing matters, for you and for your child.



Star Student Awards

JUNIOR

Joze for always playing safely at playtimes.

SENIOR

Oscar, fantastic work on your inquiry project this week. Keep it up!!!

SENIOR

Faiq for his great work all week on his Inquiry project! Keep it up!



Star Student Awards





Specialist Star Awards

**MRS
BLAKE**

Visual Art:
Kenzie, for always taking such pride and care with her artwork.

MISS D

Performing Arts:
Ruby for being a responsible leader and wonderful singer – especially during the music incursion!

**MISS
GANGE**

Learn to Play:
To the whole SENIOR class for successfully completing the Learn to Play challenge this week!



Specialist Star Awards





Middle Camp

Alexandra - "On the first day at camp, we got ready. At night, we had dessert and watched a movie. For dessert I had a popsicle ice cream and the movie we watched was Lilo and Stitch. My favourite activity was the obstacle course and I tried my best. I will always remember playing with Bambi."

Daniel - "On the first day I played a game. The most exciting thing we did was the obstacle course. At night we had a campfire. One thing that made me laugh was playing with Kris."

Ivy - "On the first day of camp I was unpacking. I was very hard because there was lots of stuff. The most exciting thing we did was we watched Lilo and Stitch. At night I talked to Rubee and Hannah."

Rubee - "On the first day of camp I was excited. The most exciting thing we did was the obstacle course. One thing that made me laugh was Ayva. A challenge I faced was the obstacle course."

Rylee - "My favourite part about Garfield North camp was Bambi. She's so cute, such an innocent little fluffy cloud, snowball little marshmallow and we went around the campfire. I was with my mum, and it was so fun. We got to eat marshmallows. I fell asleep next to Bambi. She was the cutest with my unicorn squish mellow."





Middle Camp





Important Dates

Date	Event
Every Friday	3:00pm School Assembly
Thursday 4 th September	Father's Day stall and BBQ
Wednesday 10 th September	Whole School Scavenger Hunt
Friday 19 th September	Footy Colour Day
Friday 19 th September	Final day of Term 3 – 2:30pm finish



School Wide Positive Behaviour



Our students have again earned 5
leaf in the past week, which is
500 acknowledgements of
positive behaviour.
Amazing work, everyone!