



Dillbadin

PRIMARY SCHOOL

Growing through learning

From our Principal

Penelope Harris

As Term 3 ends, I want to take a moment to celebrate all of the wonderful things we have achieved together as a school community. It has been a busy and exciting term filled with learning, fun, and opportunities for our students to grow and shine.

Our students have had the opportunity to participate in some amazing experiences, including the RSPCA excursion, Musica Viva and ANAM incursions, as well as Student Wellbeing Week. Camps were another highlight, with the Senior students heading off to Blackwood and the Middle students enjoying their time at Garfield. These experiences build not only knowledge and skills, but also friendships and memories that last a lifetime.

We also came together to enjoy a number of special events that connect our school and families. Our Father's Day Stall and BBQ, Footy Colours Day, and four special lunch days brought so much joy and excitement to the students.

Behind the scenes, our staff have been working hard too, with a Curriculum Day with Sally and ACF, the introduction of our Mental Health and Wellbeing Leader role, and the beginning of work on our Instructional Model. Students also had fun trialling Blitzmaster (with mixed reviews!), all while continuing their classroom learning and rising to challenges with resilience and determination.

We couldn't have done any of this without the wonderful support of our families. Thank you for helping with raffle tickets, supporting special lunches, and always being there to cheer on our school. Your involvement and encouragement make a huge difference, and we are so grateful.

Looking ahead to Term 4, a reminder that **all students must wear a hat when outside**. With UV levels rising, it's essential that we work together to protect our children from the dangers of sun exposure. Being sun smart not only protects students now but also helps build lifelong healthy habits. Please make sure your child's hat is ready for the start of the term.

As we head into the school holidays, we wish all of our students and families a safe, happy, and restful break. Take the time to recharge and enjoy time together. We look forward to welcoming everyone back for another exciting term on Monday, 6th October.

Penelope



Nights of Reading Awards

25 Nights

Amity		

50 Nights

75 Nights

100 Nights

Sebastian	Alexandra	Harvey
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125 Nights



Nights of Reading Awards



Wellbeing Wrap-Up

Neisha Gange – Assistant Principal

Supporting Big Feelings: How Parents Can Help Kids Through Anxiety, Anger & Sadness

At Dillbadin Primary School, we understand that emotions like anxiety, anger, and sadness are part of growing up- but they can sometimes feel overwhelming for children and their families.

Children may not always be able to express how they feel, and big emotions can show up as meltdowns, withdrawal, or worry. As parents and carers, the goal isn't to "fix" these feelings- it's to help children feel safe, seen, and supported while they learn to manage their emotions and problem-solve situations that cause these big emotions.

1. Name It

Help your child label their feelings. Saying, "It seems like you're feeling worried," helps them build emotional awareness and resilience.

2. Stay Calm & Connected

When your child is struggling, your calm presence can help ground them. Try sitting with them quietly, offering a cuddle, or just being nearby while they work through their feelings. Often they may not be ready to problem solve or work through their feelings until after an event when they are calmer.

3. Create a Coping Toolbox

Kids do best when they have tools to handle their emotions. Some ideas:

- Deep breathing exercises
- Drawing or colouring
- Listening to music
- Going outside for a walk or play
- Practicing mindfulness

4. Know When to Reach Out

If your child's emotions are affecting their everyday life or family routines, it's okay to get extra support. You're not alone.

Wellbeing Wrap-Up

Neisha Gange – Assistant Principal

Knox Youth Services Offers free counselling and wellbeing support for children, young people and families in the Knox area. https://www.knox.vic.gov.au/youth (03) 9298 8000	Parentzone Eastern- Anglicare Victoria Runs parenting groups and provides support to families. https://www.anglicarevic.org.au/services/parenting-advice-support/parentzone/ (03) 9721 3688
Eastern Health Child & Youth Mental Health Service (CYMHS) Specialist mental health care for children and adolescents experiencing moderate to severe difficulties. https://www.easternhealth.org.au/services/child-and-youth-mental-health-service 1300 721 927 (Eastern Health Access Team)	Knox Infolink A community information and support service for families facing tough times, including counselling referrals and emergency relief. https://www.knoxinfolink.org.au (03) 9761 1325
Kids Helpline (Australia-wide) Free, confidential support for children aged 5-25. https://kidshelpline.com.au 1800 55 1800	Relationships Australia Victoria Offers tailored support for separated parents, stepfamilies, fathers, and early intervention through services like Tweddle Child and Family Health, plus parenting support. https://www.relationshipsvictoria.org.au/



Star Student Awards

JUNIOR

Ayan for helping others follow class routines with Miss Sparkes was away.
You're a star!

MIDDLE

Kenzie for always showing compassion and kindness to her peers!

SENIOR

Faiq for his amazing progress in Blitzmaster this term. Keep it up!



Star Student Awards





Specialist Star Awards

**MRS
BLAKE**

Visual Art:

Jozee for always giving your best and creating such beautiful works of art.

MISS D

Performing Arts:

Alexandra for being a superstar singer during Performing Arts! You are headed for Broadway!

**MISS
GANGE**

Auslan:

Kris for his amazing work in Auslan this week!



Specialist Star Awards



JUNIOR HIGHLIGHTS

TERM 3

RSPCA Excursion

Our visit to the RSPCA was a term highlight for the Junior Class! We discovered the important role the RSPCA plays in rescuing, caring for, and rehoming animals. During the day, we met a range of friendly farm animals including goats, sheep, rabbits, and chickens. We also toured the adoption centre, where we saw how dogs, cats, and rabbits are looked after as they wait to be adopted. To top it all off, we enjoyed a tasty Subway lunch together. It was a fantastic day filled with learning, laughter, and lots of animal cuddles!



PMP



This term, we've been building our gross motor skills through our Perceptual Motor Program (PMP). Students have enjoyed a range of fun and engaging activities designed to support coordination, balance, and movement. Some of the highlights included bouncing on the trampoline, crawling through tunnels, balancing on tilting boards, and zooming around on scooter boards. Each session helps develop strength, spatial awareness, and confidence through play-based learning. It's been wonderful to see everyone participating with enthusiasm and growing their physical skills each week. PMP has been a fantastic way to stay active while learning through movement and fun!



TERM 3 IN MIDDLE

CAMP

The Middle class camp to Garfield North was a blast! We played team games, did an obstacle course, watched a movie and toasted marshmallows around a campfire. We were so lucky to have beautiful weather for both days so we were able to make the most of the great facilities at Garfield!



BE SAFE



Excursions have been a great way for the Middles to demonstrate how safe they can be whilst having new experiences! This year we've been lucky enough to visit the NGV and the RSPCA as well as some other great local excursions.

READING

The Middle class have been superstar readers with many students getting "Nights of Reading" certificates! Reading at home each night is the perfect way to relax before bed.



Learning about celebrations around the world has been an interesting way to improve our Geography skills. We've made mandala designs for Holi, learned some samba dancing steps for Rio Carnival and discovered why Mexico celebrates Día De Los Muertos!

INQUIRY

MATHS

We have become maths LEGENDS in the Middle classroom! The students have tackled the challenges of Blitzmaster, learning to tell the time and many maths strategy games all with persistence and determination! We're unstoppable!

TERM 3 IN SENIOR

TERM OVERVIEW

In Term 3, the Senior Class achieved incredible things. As a class, we demonstrated teamwork and effort by earning three 3-tube SWPBS rewards in just nine weeks - a fantastic achievement! A highlight of the term was our camp at Blackwoods, where every student contributed, supported each other, and pushed themselves to overcome personal challenges. Term 3 truly showed our class spirit and success.

MATH

During our Order of Operations unit, students showed amazing growth, tackling complex problems with confidence and determination.



LITERACY

The senior class has been busy writing stories and instructions, while also learning new ideas from the books they read.

INQUIRY

We created our own websites about islands and nations, combining creativity with research to showcase unique ideas.

HIGHLIGHTS FROM TERM 3

ART

In Art, students dived into the world of self-portraits, inspired by famous artists such as Pablo Picasso and Frida Kahlo. They learned how to express their unique identities through colour, shape, and emotion.

As part of our celebrations for Father's and Special Persons' Day, students also created thoughtful portraits and beautifully decorated frames to gift to someone special – a wonderful way to combine creativity with gratitude.

Art Club started up this term and has already brought together a great group of creative students. It's been a fantastic opportunity to finish off projects and explore different techniques and materials in a relaxed and artistic space.

STEM

In STEM, we took an exciting journey through space! Students explored the planets, moon phases, constellations, and the concepts of day and night. They constructed moon phase diagrams to demonstrate their understanding and crafted their own constellation telescopes.

It's been a dynamic and engaging term where students combined imagination with inquiry – well done to all!



Performing ARTS



JUNIOR

This term, the junior class have explored music through singing, movement, instruments, and new musical skills

MIDDLE

The highlight for the Middle class this term was the ANAM Incursion and concert! They created an entire soundtrack for a story and put on an impressive performance!

SENIOR

This term the Senior class have revealed their flair for energetic performances and strong dramatic skills in mime. They are the improv champs!

PA Club

Our favourite activity in PA Club has been the drama game "Space Jump". This game helps to build creativity, confidence, quick thinking, cooperation, teamwork, and the ability to adapt to others' ideas

Stay tuned for our
Christmas Carols next term!



Celebrating

TERM 3

P.E.

This term, PE has been filled with energy, teamwork, and lots of fun! We were lucky to welcome the Gecko Sport coaches, who ran engaging sessions in both gymnastics and soccer. Students loved learning new skills, from balancing and tumbling on the mats to dribbling, passing, and working together on the soccer field.

A real highlight has been our Whole School PE sessions. These special times bring all students together, giving them the chance to connect with peers from other classes, strengthen friendships, and build a positive school community. It's always wonderful to see older students supporting younger ones, and everyone joining in to celebrate movement, fitness, and teamwork. We are so proud of the effort and enthusiasm shown by all students this term.



Auslan

This term in Auslan, students have been busy building their signing skills and confidence. All classes have been focusing on learning and practising numbers, colours, and common words we use around the school each day.

A big part of our learning has also been recognising signs in action. Students enjoyed watching videos and identifying the signs they already know, which was a fun way to celebrate progress and see how Auslan is used in real-life communication. It has been fantastic to see students using Auslan more in the classroom and around the playground. We look forward to continuing to grow our vocabulary and signing fluency next term!



Uniforms

Orders can be placed by families at any time before midnight on the above day. The free delivery option will be available for them to select at check-out.

Each order will be pre-packed and labelled - this will include name and order reference to assist with distribution. Families will receive a notification when their order is completed and a reminder of the date for collection and school.

edu**U**THREADS

order by

8 OCT

**FOR PICK-UP AT YOUR
SCHOOL DURING WEEK
STARTING 13TH OCTOBER**



Scan me shop!



Immediate dispatch also available for auspost orders



Important Dates

Date	Event
Every Friday	3:00pm School Assembly
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 3
leaf in the past week, which is
300 acknowledgements of
positive behaviour.
Amazing work, everyone!