

## Principal's Report

### Parent/Caregiver/Guardian Opinion Survey

I just wanted to say a huge thank you to all of our parents, caregivers and guardians who completed this year's survey. We had an unprecedented number of respondents this year. Our results were overwhelmingly positive, some of the highlights include:

- \* General Satisfaction 98% positive
- \* School pride and confidence 95% positive
- \* Student motivation and support 93% positive
- \* Promoting positive behaviour 93% positive
- \* School connectedness 92% positive
- \* Positive transitions 90% positive

We look forward to analysing these results further in Term 4.

### Staffing announcements

We have recently made some appointments for additional Education Support staff at our school. I would like to congratulate Emmi Kildea who was successful at securing an ongoing position. We have also appointed Ellie Newton who will be joining us in Term 4. Ellie has moved from Gippsland and has previous experience in the education support role.

### Final Assembly (last day of term)

Our final assembly for Term 2 will be held on the last day of term, Friday 15<sup>th</sup> September, at 9:15am. 3/4O will be hosting the assembly and the Principal Awards will be presented. This will be held in conjunction with our Footy Colours Parade.

It would be great to see as many members of the school community attend the assembly as possible.

I hope everyone has a restful break.

**Nick Schneider**  
Principal

## IMPORTANT DATES TERM 3

### Monday 10th July to Friday 15th September

**Thursday 14th September — RUOK Day**  
Wear a touch of yellow to support the cause

### **Friday 15th September — Footy Colours Day & Hot Dog Special Lunch**

Dress in your footy team colours!  
Bring a **gold coin donation** to help the Fight Cancer Foundation.

### **Friday 15th September — End of Term Assembly**

9:15am — Hosted by 34O and including

### **Principal Awards & Footy Colours Festivities**

**Students will finish school early at 2:30pm.**

**No bus will be running on the day.**

Please contact Elysium directly for after school care.

### TERM 4

**Monday 2nd October — First Day Back!**

**Wednesday 4th October — Divisional Athletics**

## SCHOOL PARKING

Please be advised that some parents have recently received parking fines when visiting the school. This is a timely reminder to please be vigilant with where you choose to park and ensure you are following council directives. Please refrain from parking on neighbouring properties nature strips.

Fight Cancer  
Foundation™

**FOOTY  
COLOURS  
DAY!**

We acknowledge the Bunurong people, the Traditional Owners of the land on which Baxter Primary School resides, and pay our respects to their Elders past, present and emerging.





## MURDOCH DISTRICT TRACK & FIELD ATHLETICS



Congratulations to the students from the grade 3, 4, 5 & 6 area who attended **Ballam Park Athletics** track on *Tuesday 29<sup>th</sup> August* to compete in the Track and Field Events of the Murdoch District Athletics. These students have participated in weeks of practise and training to represent Baxter Primary School at this level. It was an overcast day with the showers really settling in at lunchtime. The students all performed with confidence and pride and we were extremely proud of each and every one of them. Whilst many students did receive a ribbon in their event, absolutely everyone performed to the best of their ability – well done. *A very big thank you to Mr. Shute & Mr. Hardy for ensuring that the students had a safe and enjoyable day out.*

### Special congratulations go to these students :

Kobi Martin 1<sup>st</sup> in Discus

Aden Paul 1<sup>st</sup> in long jump & 2<sup>nd</sup> in 100m sprint

Blake Milkins 2<sup>nd</sup> in Discus

Zara Guthrie 2<sup>nd</sup> in 800m

These students will all be attending the **Divisional Athletics Day at Mornington Athletics track** next term. We wish you all the very best of luck and we know that you will do an incredible job of your events on the day. We are very proud of you all and look forward to hearing all about your experience.



## R U OK?

I'm not really supposed to say this, but R U OK Day has always sat a little uncomfortably with me. I know we need to show we care – and I'm all for that. I know we need to be willing to have the tough conversations – and I'm all for that.

The trouble for me is twofold: first, asking "are you ok?" doesn't tend to feel authentic in most casual conversations. This, we can change, by having more meaningful conversations. But second – and importantly – in the unlikely event that someone says "No, I'm actually not doing so well" we tend to be a little unsure of how to respond. This is the case whether we're talking to a friend or one of our kids.

Our insights articles are typically about parenting. This article can still apply to parenting, but really, this one's for everyone who has ever wondered how to ask if someone is ok, or who has felt unsure about *how to respond when things aren't ok*.

### R U Ok?

Think about how we typically ask someone how things are for them. Common questions might be:

- **How are you?** (Common responses are "not bad", "fine thanks", or a sigh followed by "I'm ok".)
- **How was your day?** (Common responses are "meh", "mmmm hmm", or "fine".)
- **What's wrong?** (Common responses are "nothing" or a big gush of emotions.)

Let's consider a couple of important factors:

#### 1. **What have they already told you?**

Perhaps their body language is slumped. Maybe they seem to have been crying or are jittery, upset, or even antagonistic.

#### 2. **How's your timing?**

Asking a question about emotions when someone is emotional or tired can trigger responses that aren't helpful. Sometimes we might even become irritated when we get a one-word answer like "fine". Timing matters.

#### 3. **Is there an audience?**

If others are around, a person will want to "maintain face". Face needs describe the way we try to look like we have it together so no one judges us. An audience reduces the likelihood that someone will be honest with us.

#### 4. **How have you asked?**

We often ask if people are ok because we've seen that they're looking like they're struggling, but we ask at the wrong time or in front of a crowd... or perhaps we ask the wrong way. A quick "what's wrong?", or "how are you" can sometimes give the impression that we're not interested in the answer.

#### 5. **How is your relationship?**

A lesson I've learned the hard way is that if I don't share a strong enough relationship with someone, my questions about how they're doing won't go very far. (Face needs play a role here again.) A person has to know – deep in their bones – that you've got their back if they're going to open up.

## How to ask the question

There are many ways to find out how someone is. Here are three suggestions:

First, when you see that someone isn't doing so well, you are away from others, the timing is right, and the relationship is strong, ask "Are you ok?" The question should be asked with eye contact (and a gentle touch – perhaps on the shoulder – if appropriate), compassion, and a clear desire to know more.

Second, you might follow the suggestion above but instead ask "How are you *feeling*?". This question opens a dialogue that can also be productive.

Third, say what you see. (This is my preferred option, although it may not always be right.) In this instance, you might say, "It looks like you're having a really rough time at the moment." Or you could say, "I might be reading this wrong, but lately I feel like it's been a struggle for you." This leads to a more natural "are you ok?"

## When they say they're fine

People often hide how they're really feeling. They don't want to look weak or incompetent. Or perhaps they don't want to be honest – with you or themselves.

A friend recently shared the following with me:

*I was on a walk with a few mates. We walk regularly together – at least twice a week. After a walk, Shane came up to me and said, "No one cares about what I'm going through. But I'm falling apart. I just don't think I can keep doing this. And no one is checking in."*

My friend had checked in with Shane that day (and every other day they met) with a standard "how are things, mate?" and Shane had met that question with a smile, a nod, a handshake, and a "yeah, great mate. You?"

Now and then, it's good to pause and say something like, "Ok, that's the standard answer. But how are things... really? Are you ok?"

Often it's the second question that makes the difference.

## Where to from here?

When someone gives you an indication that they're struggling – that they're not really "ok" – you might sometimes get stuck. What do you say?

Clumsy statements like "you'll be ok" often spill from our lips. We mean well. But this rarely helps.

Well-intentioned advice might be our natural response. It's rare that someone who is not ok actually wants our advice though. This is better saved for later.

Instead, try the following:

1. Say thanks. "I really appreciate you letting me know."
2. Validate. "Things can be really rough sometimes."
3. Listen. "I'm here and I'm listening."
4. Offer support. "If there were anything at all that I could do, what would it be?" or better yet, "I think I can help. Are you open to...? (and make an offer of support like a meal or a regular catch up)".

And if someone is in real danger, **call Lifeline on 13 11 14**.



**AUTHOR**

### Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 7 books about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).



# Spring Holiday Program



Service Opens **7:00AM**  
Service Closes **6:00PM**

*Please arrive by 8:30AM  
on excursion days*



**Service Based**



**Incursion**



**Excursion**

Monday 18<sup>th</sup> SEP



### Safari Day

Today children will use their imagination to travel to a safari. I wonder how many different animals we will see?



\$75

Tuesday 19<sup>th</sup> SEP



### Japanese Day

Today we will immerse ourselves in a culture of deep tradition. Children will experience Japanese art, customs and food.



\$75

Wednesday 20<sup>th</sup> SEP



### Movies

Today we will travel to Hoyts Cinema in Frankston to see the movie Ruby Gillman, Teenage Kraken (PG).



\$90

Thursday 21<sup>st</sup> SEP



### Splat! Day

Today we will be exploring different applications for paint to create beautiful artwork.



\$75

Friday 22<sup>nd</sup> SEP



### Ninja Kids

Today the children will visit the Bonora Sport facility in Dromana to participate in an active session of parkour and ninja skills.



\$90

Monday 25<sup>th</sup> SEP



### Global Citizens Day

Today the children will be investigating some of the issues affecting the globe, such as climate change, cyberbullying and poverty.



\$75

Tuesday 26<sup>th</sup> SEP



### Bowling

Today we will head to Strike Bowling in Frankston for a friendly game of bowling.



\$90

Wednesday 27<sup>th</sup> SEP



### Storybook Day

Today we will be looking at all of the many stories we have grown to love. Some strong morals will be gained from today's activities.



\$75

Thursday 28<sup>th</sup> SEP



### Footy Day

Children will represent their football teams and compete in drills and challenges as we celebrate the upcoming grand finale.



\$75

Friday 29<sup>th</sup> SEP



### CLOSED

Today we will be closed to observe the AFL Grand Final Public Holiday.

**SKIP THE BOOKING FORM... DIGITAL BOOKINGS THROUGH KIDSOFT PARENT PORTAL NOW AVAILABLE**

Child Care Subsidies may apply. \$15 late fee applies to bookings made after the 11<sup>th</sup> of September. Programs may be subject to change. See Terms and conditions for Cancellation Policy.



**RETURN FORMS OR BOOK ONLINE  
BY MONDAY 11TH OF SEPTEMBER**

**BOOK NOW!**

**SUPER STARS**

# SCHOOL HOLIDAY PROGRAMS

PRICES STARTING FROM \$99



SCAN THE QR CODE FOR MORE INFORMATION AND REGISTRATION



## Mornington Peninsula's Koorie Kids Day Out

FRIDAY 13TH OCTOBER  
10AM-2PM



DEADLY PERFORMANCES BY BANDOK TATI AND NARTARSHA BAMBLETT

Willum Warrain invites all Aboriginal and Torres Strait Islander primary school students from across Mornington Peninsula to attend our Koorie Kids Day Out.

Join us to participate in  
WELCOME TO COUNTRY  
CULTURAL PERFORMANCES  
CULTURAL ACTIVITIES



Please contact to register School attendance  
Nadia Douglas - [community@willumwarrain.org.au](mailto:community@willumwarrain.org.au)  
0403 528 034



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For ages 7-14 years.

### Spring Holiday Program

**Week 1:** Monday 18th, Tuesday 19th, Wednesday 20th, Thursday 21st, Friday 22nd September

**Week 2:** Monday 25th, Tuesday 26th, Wednesday 27th, Thursday 28th, Friday 29th September

Cost: \$99.00 per day | Small groups of 16 | 9:00am start - 2:00pm finish



**Moonlit Sanctuary Wildlife Park**

550 Tyabb-Tooradin Rd, Pearcedale | Phone 5978 7935

[www.moonlitsanctuary.com.au](http://www.moonlitsanctuary.com.au)

Open daily between 10am and 4pm. Keeper Club runs from 9:00am-2:00pm.



# Community Notices

**HALL FOR HIRE** The Baxter Primary School Hall is available for hire on weekends by community groups and associations. The hall comes complete with a kitchen, PA system and toilets. Rental contracts may be discussed by calling the office on 5971 1391. Public liability insurance is required by hirers.



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**Baxter Childcare Centre**

111 Baxter Tooradin Road

Baxter VIC 3911 Ph. 03 5971 1651

For more information visit our website

[www.sparrowearlylearning.com.au](http://www.sparrowearlylearning.com.au)

## Baxter Kindergarten and Children's Centre







Community run and minded, our kinder welcomes your enrolment enquiries for our 2021 three and four year old programs

Contact us at:

[info@baxterkindergarten.com.au](mailto:info@baxterkindergarten.com.au)  
or phone 5971 1868

play, explore, learn

[www.baxterkindergarten.com.au](http://www.baxterkindergarten.com.au)

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