



Wednesday 13th September Term 3 Week 10

This newsletter is available on:

www.baxterps.vic.edu.au or via Compass

Website: www.baxterps.vic.edu.au Compass: https://baxterps-vic.compass.education Phone: (03) 5971 1391

#### **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.

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.





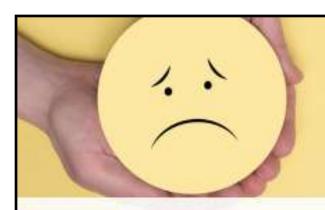
We acknowledge the Bunurong people, the Traditional Owners of the land on which Baxter Primary School resides, and pay our respects to their Elders past, present and emerging.











INSIGHTS

happy families [[[]



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## RUOK?

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

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 sav?

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.





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.



# Spring Holiday Program



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

Please arrive by 8:30AM on excursion days







Incursion



Excursion

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



\$75



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



\$75



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



\$90



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



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



\$75



\$90

Manually 25" SEP

Turoday 26° SEP

Wednesday 175 SEP

Thursday 70% CID

Bertalas 2010 VI P.



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



\$75



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



\$90



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



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



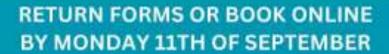
\$75



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.



**BOOK NOW!** 



www.elysiumoshc.com.au

0466 047 908

admin@elysiumoshc.com.au



Mornington Peninsula's

# Koorie Kids Day Out FRIDAY 13TH OCTOBER

10AM-2PM



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



**CODECAMP** 

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



Please contact to register School attendance





Train like an AFL player with St Kilda Football Club. Our one or two-day training program has been shaped to help young athletes refine their football skills and take their

game to the next level!









Animation • Design • Minions • Jurassic World

Book now at codecamp.com.au/flyer



# Moonlit Sanctuary

the best way to see Aussie animals

## GO WILD THESE SCHOOL HOLIDAYS!



#### ENVIRONMENTAL ACTIVITIES, ANIMAL ENCOUNTERS AND NATIVE ANIMAL CARE

Includes interactions with kangaroos, pythons, feeding animals, food prep and animal enrichment activities. Learn about our animals, their conservation and the environment. 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 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.



- 03 9585 8000

Providing Complimentary Initial Consultations

## BAXTER PHARMACY

Bruce Hamilton, B.Pharm.

78 Baxter-Tooradin Road Baxter Vic 3911

Phone 03 59 711 887 Fax 03 59 711 363

OPEN

Mon - Fri 8.30 am - 5.30 pm Sat 9.00 am to 1.00 pm www.baxterpharmacy.com.au

#### ENROL YOUR CHILD TODAY

When attending Baxter Childcare Centre, your child will experience a high quality program with caring, qualified educators.

- Open 6:30 am- 6:00pm
- Care for Children 6 weeks to School Age
- **Nutritious Meals provided by our Service Cook**
- **Nappies Provided**
- Kindergarten Program

Children are our focus, we are committed to guiding and encouraging each child through their early years to have unique and meaningful experiences.

Please contact our Service Manager to make arrangements to have a look around and meet our team of friendly educators, or alternatively just drop by

#### **Baxter Childcare Centre**

111 Baxter Tooradin Road

Baxter VIC 3911 Ph. 03 5971 1651 For more information visit our website

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

or phone 5971 1868

www.baxterkindergarten.com.au

Find us on (f)



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