

NEWSLETTER

FORTHCOMING EVENTS / REMINDERS

If your child is absent please let us know by calling on 5169 6471 or entering the absence via the uEducatUs app by 8.45am.



Tuesday 2nd December	2026 Prep Transition Session 2 (9.30am—11am) (Somers School Camp 02.12.25—10.12.25)
Friday 5th December	Kurnai College Year 7 Orientation Day 1 Christmas Activities—Optional
Monday 8th of December	Mirboo North Secondary College Orientation Day 1 Kurnai College Year 7 Orientation Day 2
Tuesday 9th December	Statewide Year 7 Orientation Day 2026 Prep Transition Session 3 (9.30am—11am)
Wednesday 10th December	Mirboo North Secondary College Orientation Day 2
Monday 15th December	Grade 6 Graduation
Thursday 18th December	Last Day of Term 4 for students—Dismissal 3.15pm
Friday 19th December	Pupil Free Day

From Mrs Duncan's Desk

Term 4 is always a busy term. This week we held our first of three transition days for our 2026 foundation students. We are excited to be welcoming eight new students to our school

Over the next couple of weeks our grade six students will be visiting their 2026 Schools. This makes teachers a little sad, as we will miss them. The grade sixes are a fabulous bunch of students and we have no doubt they have the skills necessary to transition smoothly to the Secondary College of their choice.

Today is Miss Creighton's last day with us for a while as she takes some leave to expand on her family. Miss Creighton has been an absolute asset to our school and it has been an honour to work and learn with her. I'm sure everyone in our community extends her the warmest of thanks and good wishes.



School Council

Please be advised that Friday 19th of December will be a pupil free day for students in years Prep—6. This means the last day of school will be Thursday 18th December. Student will be dismissed at 3.15. Staff will use this time to finish the 2025 year and begin planning for 2026.

School Council has approved the Voluntary Parent Payments for 2026. They are attached to this newsletter and available on our school website.

What a fabulous performance!

Well done to all of our students — you are absolute stars. You've captured the spirit of our school perfectly... especially Mrs. Boka, who has now been officially recognised for her heroic phone-answering skills.

I'm fairly certain none of the staff ever imagined they'd one day be portrayed as characters in a play — and yet, here we are! And to Sophia, Dylan, Jake, Jakayla, Richie, Azaleah, Gewalin and Angus... I'm guessing you also didn't expect to be running the entire school for an evening, but you did a brilliant job. Thank you for your wonderfully entertaining portrayals of us all.

A huge congratulations to the Lavender family — Daisy, Connor, Jackson and Emma. You held the storyline together beautifully and should be incredibly proud of your performances.

To our talented synchronised swimmers — Daisy, Angus, Leon and Gewalin — I'll be keeping an eye on the 2028 Los Angeles Olympics. Australia may just have a new dream team! Watch out, world... the gold medal might as well start packing its bags.

To the F/1/2 class: your performance of *Rock Around the Clock* was the perfect way to kick things off. Well done — and keep on rocking!

And to the 3–6 class: your rendition of *I Am Australian* was superb. I'm sure I speak for everyone when I say it made us proud to be Aussies.

A big shoutout to our “baby performers,” the exceptional support staff — Emily, Jade and Mary. Have you considered auditioning for *Australia's Got Talent*? I hear they're always looking for new stars.

Finally, thank you, Ms. Larrad. Your love, creativity and dedication to our students shine through in everything you do. *Boolarra Rocks* was a fantastic celebration of everything that makes Boolarra Primary School great.

Well done, everyone — what a night!





Thank you to Prom Recitals for our Wadaiko Rindo Japanese Drumming Workshop!

The students really enjoyed the cultural experience, beats and energy from Toshi!






Boolarra Family Christmas in the Park

We have been invited to perform at the Boolarra Family Christmas in the Park. Our students in the Christmas Choir (Gus, Sophia, Jakayla, Azaleah, Jackson, Emma and Jake) have been working with Garryelle on a collection of beautiful songs that they will perform at this event. All our students will also be learning some classic Christmas songs to share with our community.

The event will include entertainment provided by Borderline, Christmas carols, a free BBQ, a visit from Santa and lots of fun with family and friends.

We invite all families to join us at the Boolarra Family Christmas in the Park.

The event will run from 12pm to 5pm on **Saturday the 14th December** in Railway Park. **Our school will be performing at 12:30pm.** Our performance will last approximately 30 minutes. BPS staff will supervise students during the performance 12:30pm to 1:00pm. After this time students will need to be with their families.



AROUND THE ROOMS

F-2 Class

Production week has been huge for all, but the students have done an amazing job as I am sure you will agree! Thank you so much to Mrs Larrad for once again producing a great performance. Apart from having a huge amount of fun, they learn so many things through the process of rehearsing, listening to others, projecting their voice and being part of a team. We always enjoy seeing students grow in confidence as they do something they may never have done before.

Over the next couple of weeks, we will be continuing to strengthen our understanding of counting, place value and equations. There will also be a strong focus on reading fluency, and we encourage our families to keep listening to your children read their take home books as this extra practice really helps.

On Tuesday our new Foundation students for next year came for their first of 3 transition days and we had a great time getting to know them. Thank you to our buddies from the 3-6 class who helped out.

As we move into December, there is a little bit of excitement in the air (from the 'big kids' in the room) about some surprises and special activities

coming up!

Have a great weekend.

Mrs C, Mary, Jade and

Sharon.



AROUND THE ROOMS

3-6 Class

We have had a very busy fortnight in the 3-6 classroom!

As we come close to the end of the year, we spend time finishing off many different things. Students have been learning about data analysis in Maths and have really enjoyed conducting surveys and creating graphs to display data. In Literacy, students have moved on to writing an information report on a topic of choice as they apply learnt skills more independently.

The Year 6 students have been very busy creating their presentations for Graduation, which is coming up quickly on Monday 15th December.

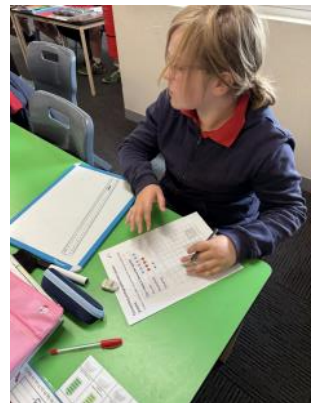
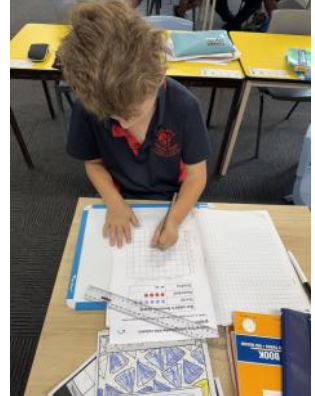
Students thoroughly enjoyed the Wadaiko Rindo Japanese Drumming Workshop last week, where they explored the traditions and cultural significance of taiko drumming. They learnt different rhythms, techniques and teamwork as they practised on the large drums. Students had such a great time.

This week has been all things Boolarra Rocks! Students have spent a lot of time rehearsing lines and songs to perform at our production. We are very proud of all students for the excellent job they did during both the matinee and evening shows on Thursday!

Miss Creighton, Miss Bek, Kylie and Emily

A note from Miss Creighton:

As today is my last day before going on maternity leave, I'd like to thank everyone for welcoming me into your wonderful school. The students have been brilliant and I have really enjoyed working with them since Term 2. I wish everyone all the best for the last few weeks of the year, and into next year as well. Grade 6 students - I know you're all going to do amazing things in secondary school and I can't wait to hear all about it.



On Wednesday the Year 6 students, Mary and Mrs C went to Traralgon Tennis Club for the Future Fit Program. This included a rotation of activities and a chance to watch some of the Gallipoli Cup matches. (Youth Tennis Competition involving school students).

We had been keeping a wary eye on the weather warnings and a looming black cloud, and unfortunately, as our students were starting their 3rd rotation, we had to make a run for the bus before the wild wind and rain hit. It was very disappointing, but the students took it well and are able to enjoy their new tennis rackets!!

AROUND THE ROOMS

Specialist Classes

Science

F/1/2s are learning about materials and how their appearance can change when they are combined. We recently made playdough. After making a 'normal' batch of playdough, small groups selected a different ingredient to leave out. Group one left out food colouring, group two left out cream of tartar and group three left out salt. The results were very interesting. We discovered that food colouring changes the colour of the playdough, cream of tartar helps the playdough to stick together and not stick to our hands and the table, this was very messy! At first, we didn't think leaving out the salt made any difference to the playdough, but when we went to play with the playdough a week later, we discovered the one without salt was covered in mould! So, we concluded that salt was very important if you want your playdough to last for more than a few days.



3/4/5/6 students have continued to explore matter classification with a recent focus on solids. Last week we conducted an investigation to discover if you can pour or compress a solid. Our conclusion was that solid matter cannot be poured or compressed.



The Arts- Boolarra Rocks

We enjoyed sharing our production of *Boolarra Rocks* with you all. Here is a photo from our whole school rehearsal.



Anxiety, Worries and Fears in Children

Anxiety is Normal

Anxiety, worries and fear are a natural part of childhood. Anxiety is the feeling of worry or fear that something bad is going to happen. It's also the physical reactions that go with the feeling, eg 'butterflies in the stomach'. It's also behaviour like avoiding what's causing the anxiety or wanting a lot of reassurance.

How to Support Children With Anxiety

If you think your child is showing signs of typical childhood anxiety, worries or fears, you can support them in several ways:

- Acknowledge your child's fear or worry, and let them know that most children feel like this sometimes.
- Talk with your child about their worries.
- Gently encourage and support your child to face the situations they're anxious about.
- Wait until your child gets anxious before you step in to help.
- Praise your child for doing something they're anxious about.
- Avoid criticising your child for being afraid or worried.
- Avoid labelling your child as 'shy' or 'anxious'.
- Make sure your child eats healthy foods, does enough physical activity and gets the sleep they need, Good physical health is important for mental health.

Did you know? The stepladder approach is a step-by-step way of helping children and teenagers handle anxiety.

- The approach involves tackling little things before facing really scary things.
- The approach encourages children and teenagers to face their fears, rather than avoiding them.
- You can use the approach for different ages and anxieties.

Please see 'The Raising Children Network' @ raisingchildren.net.au for more information.

The Step Ladder Approach For A 7 Year Old

Example of the stepladder approach for a 7 year old with separation anxiety.

This child has separation anxiety. They're afraid of leaving their mother, even for a short time. The child lives with their mother and father. At the start of the stepladder, this child can't sleep alone and sleeps in their parent's bed.

Here is a stepladder for this child:

- They stay inside and play while Mum puts the washing on the line.
- They stay in their bedroom and play for 30 minutes while Mum is in a different room.
- They stay at home with Dad while Mum visits the neighbour for 10 minutes.
- They sleep on a mattress on the floor, next to parents' bed.
- They stay at home with Dad while Mum goes out for 30 minutes.
- They sleep on the mattress on the floor but move it closer to the door, away from the parents' bed.
- They stay at home with Dad while Mum goes out for the evening.
- They stay at home with another trusted adult while Mum and Dad go out for the evening.
- They sleep in their own bedroom.

Tina Larrad

Christina.Larrad@education.vic.gov.au




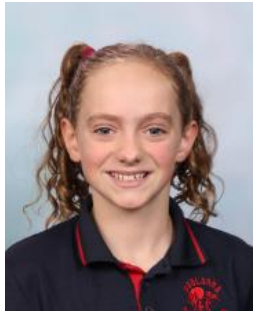
Mental Health and Wellbeing Leader

My workdays are all day Tuesday and Wednesday and Thursday from 9am to 1pm

Students of the Week



Students of the Week

<p>Week 7 Term 4</p> <p>F/1/2</p> <p>Poli</p> <p>Showing amazing engagement in all learning activities this week, especially home reading.</p>		<p>Week 7 Term 4</p> <p>Grade 3/4/5/6</p> <p>Zed</p> <p>Showing our school value of responsibility by taking care of your new lasses.</p>	
<p>Week 8 Term 4</p> <p>F/1/2</p> <p>Dante</p> <p>For your engagement and enthusiasm in the school production. You did an amazing job with singing and dancing.</p>		<p>Week 8 Term 4</p> <p>Grade 3/4/5/6</p> <p>Sophia</p> <p>For your excellent efforts in production. You played Mrs Duncan perfectly and gave a great performance!</p>	

Positive Yard Behaviour

Congratulations to the following students.

You have demonstrated our school values out in the Yard:

Students can choose an item

from our prize box

Harry x 2 Daisy Zed Blake B Richie



December

We hope these students have a brilliant time celebrating becoming one year older. Happy Birthday from all of us at Boolarra PS!

Maths Achievement Awards

Week 7 Term 4

F/1/2

Bailey



Week 7 Term 4

Grade 3/4/5/6

Jackson



Week 8 Term 4

F/1/2

Oscar



Week 8 Term 4

Grade 3/4/5/6

Dylan



Congratulations to Dylan for catching a whopping 7kg carp at the Churchill Family Fishing competition!



Congratulations to Daisy and her team for winning the District Netball Championship!



We're getting ready for our **Boolarra P.S. Arcade Games Day** inspired by *Caine's Arcade*. Please help by sending in large cardboard boxes, plastic bottles, cardboard tubes, and any other clean recyclables we can build with.

Thank you!

We are currently taking **enrolments for 2026**. If you know of potential eligible students encourage them to come for a school tour by making an appointment.

JUST A REMINDER.....

If your child is absent

Please let us know by calling on 5169 6471 or entering the absence via the uEducateUs app by 8.45am.

Thank you



Thank you!

- Mr and Mrs Black for our Wednesday breakfasts, we are looking forward to our Christmas Activities next week
- Garyelle for helping the students with their art-work for Christmas and practicing for their Christmas in the Park Performance
- Granny Barb for your help this week, we really missed you while you were on holidays
- Ms Larad for her hard work with the production it was amazing!
- Miss Creighton for your dedication to our Grade 3-6 class over the last two terms!

Boolarra Family Christmas in the Park

14th Dec | 12pm - 5pm
Railway Park, Boolarra

Entertainment by Borderline

Join us for a festive
afternoon filled with

-  - Christmas carols
-  - A free BBQ
-  - A visit from Santa
-  - Fun with friends and family

BYO drinks and grazing boxes
Donation box will be available

SCHOOL NURSING NEWSLETTER



FREE HEALTH, WELLBEING & DEVELOPMENT CHECKS FOR PREP STUDENTS

The Primary School Nursing Program is a free health and wellbeing service offered to all Victorian students in their first year of school. The program aims to assist with the early identification of children with potential health, wellbeing or development concerns which may impact on their education and offers screening which may include:



Hearing



Vision



Speech



Dental



Motor Skills



Behaviour & social skills

The Primary School Nurse also provided advice, information & other health & support services



1

FINDING THEIR VOICE: SPEECH DEVELOPMENT

Communication skills are the building blocks for success. Engage in conversations with your child and encourage them to express themselves verbally. Reading aloud together and singing songs are fun ways to boost speech development!

SCHOOL HEALTH PLANS

DO YOU HAVE YOUR CHILD'S HEALTH PLANS READY FOR SCHOOL?

Allergies & eczema plans available at: www.allergy.org.au

Asthma plans are available at: www.asthma.org.au
Please discuss your plans with your Family Doctor and once completed give a copy to your school.



2

CLEAR VISION FOR BRIGHT FUTURES

Healthy eyesight is essential for your child's academic success and exploration of the world around them. As parents, we can support their vision by encouraging breaks from screen time and facilitating outdoor play, giving their eyes the rest they need to thrive. It is recommended for all children commencing school to have an eye check at the optometrist. These assessments are typically free with a Medicare card at any optometrist. To find your nearest optometrist and book an appointment, visit www.optometry.org.au.

VISITING SCHOOL NURSE DETAILS:



Sally Sanders

0417502038

Sally.Sanders@education.vic.gov.au

3

SWEET DREAMS: THE POWER OF SLEEP:

Did you know that adequate sleep is essential for your child's growth and development? Here are some tips to help your child drift into restful slumber: maintain a consistent bedtime routine, create a calm and cozy sleep environment, limit screen time before bed, and ensure they get plenty of physical activity during the day. By following these simple steps, you'll help your child develop a healthy sleep pattern that will benefit them for years to come. Sweet dreams!



4

EMBRACING EMOTIONS: EMOTIONAL REGULATION:

Help your child understand and manage their feelings in a positive way. Encourage your child to express feelings through words or creative activities like drawing. Teach deep breathing exercises and model healthy emotional responses. Create a safe space for open conversations about their day. With patience and understanding, we can help our children grow into resilient, confident individuals.



5

SAY CHEESE! ORAL HEALTH MATTERS:

Healthy teeth and gums are essential for overall well-being. Make brushing and flossing a fun and interactive experience. Limit sugary snacks and beverages, and don't forget to schedule regular dental check-ups to keep those smiles sparkling bright!



Latrobe Community Health Service Dental Clinics are located in Morwell, Moe, Churchill & Warragul & provide dental services for all children ages 0-17 years.

Eligible children can access free dental treatment up to the value of \$1,013 over two years at Latrobe Community Health Service community dental clinics. Families receiving Family Tax Benefit Part A, Disability Support Pension or other relevant Australian Government payments are eligible. The Federal Government will cover the cost. For children aged 12 years and below, dental treatment is free.

National Continence Helpline 1800 33 00 66
LCBS continence nurse: 1800 242 696
SafeSteps Family Violence support:
 1800 015 188 or www.safesteps.org.au
Food Security: www.askkizzv.org.au/food
Royal Children's Hospital- 9345 5522
The Orange Door: 1800 319 354

Anglicare/Parentzone parenting courses-
 (03) 51 359 555 or Parentzone@anglicarevic.org.au
Poisons information- 13 11 26
Parentline- 1300 30 1300
Homelessness assistance: 1800 825 955
<http://services.dhhs.vic.gov.au/getting-help>
LCBS Dental Service: 1800 242 696



Water Safety in Schools – staff and parents/carers are eligible for free swim teacher training

Invitation for all teachers and parents/carers to complete swim teacher training.

This is part of the Water Safety in Schools initiative.

Water Safety in Schools

The initiative aims to support students to develop core water safety competencies.

There is currently a shortage of available swimming teachers. This makes it difficult for schools to deliver the swimming and water safety curriculum required in the Victorian Curriculum F–10.

This course will make it easier for schools to deliver swimming lessons for students in need.

Training is available for your staff and interested parents and carers.

Please promote this training through your relevant communications to parents and carers. You will find a template at the end of this email.

Teacher of Swimming and Water Safety

Teacher of Swimming and Water Safety (TSW - SISSS00132) is a nationally recognised qualification.

Graduates will qualify to deliver swimming lessons as part of your swimming program, or work with local pools and swim schools.

The course is being delivered on behalf of the department by Life Saving Victoria, Swim Coaches and Teachers Australia and AUSTSWIM.

Our school is eligible

To access the [free swimming](#) instructor training course, staff and parents/carers must be connected to a government school that meets one or more of the following criteria:

have a Student Family Occupation and Education (SFOE) index of ≥ 0.3397

be in an area of high drowning risk

be an English language or specialist school

be in a rural or regional area..

Book your free swim instructor training course today

To avoid missing out, book a free swim instructor training course as soon as possible.

Booking is easy and courses are available at a range of locations and dates across the State during 2025 and 2026.

You can book through the [Swim Teacher Training website](#) www.vic.gov.au/swim-teacher-training-initiative

Free swim teacher training for parents and carers

The Department of Education is providing free swim teacher training for interested parents and carers from our school.

The course is fully funded and qualifies you to teach swimming with your local school, or Australia wide.

There are a range of locations and dates available. [Book your place today](#) – limited spots available.

www.vic.gov.au/swim-teacher-training-initiative

Find out more

For more information, visit the [Swim Teacher Training website](#) www.vic.gov.au/swim-teacher-training-initiative



Engaging Adolescents Parenting Program

-RESOLVE DIFFICULT BEHAVIOUR IN TEENAGERS-

FREE program for parents of teens (and pre-teens) aged 10 to 18

Tired of yelling and nagging?

In 3 sessions parents will learn:

- Some common ground shared by parents & reasonable expectations to hold about adolescents;
- New understandings of adolescents;
- A three-option model & flow chart for decision making;
- Self-check-in first, for parents;
- Building a relationship with your teenager and making the best of your non-crisis conversations with them.

On fully completing all 3 sessions of the program parents will receive:

- A FREE workbook (valued at \$12) to apply the concepts learnt
- A Certificate of Completion

Do this highly sought-after program live online from the comfort of your own home!

HURRY!

Applications close
**Monday
1st December**

When?

6:30pm – 8:30pm

Over 3 Thursdays:

December 4th

December 11th

December 18th, 2025

Cost?

FREE - but booking your spot is essential!

To apply or find out more please contact:

Mark Brookes

0484 072 775 (Mo/Th/Fr)

or

Jo Choyce

5671 3273 (Mon-Thu)

Bass Coast Health

Integrated Family Services



Parentshop
making parenting easier