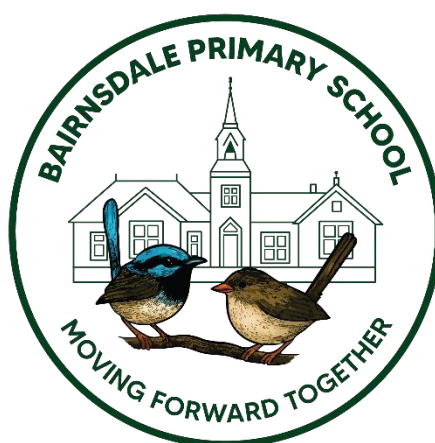




BAIRNSDALE PRIMARY SCHOOL

Information Handbook



Telephone: (03) 5152 4395 Email: bairnsdale.ps@education.vic.gov.au
Website: www.bairnsdale754ps.vic.edu.au Facebook: www.facebook.com/BairnsdalePrimarySchool

SCHOOL PROFILE:

Bairnsdale Primary School, affectionately known throughout the local community as '754' after its school number, is located on the Princes Highway in Bairnsdale, a vibrant regional city with a population of approximately 17,000 people.

Established in 1864, our school has a long and proud history of academic achievement, strong community connections and a nurturing learning environment. Generations of local families have been part of our story, with some current students proudly following in the footsteps of parents, grandparents and even great-grandparents who once attended the school.

Our school motto, *Vestigia Nulla Retrorsum* ("Never a Backward Step"), reflects our commitment to continuous growth, resilience and striving for excellence. Together with our school emblem, it represents the importance of developing the academic, physical and personal wellbeing of every student.

The original school building, recognised and classified by the National Trust, is a significant local landmark and an important part of Bairnsdale's rich history, providing a unique connection between our past and present.

Bairnsdale Primary School has an enrolment of approximately **260 students**, with families coming from the Bairnsdale township, East Bairnsdale and the surrounding rural communities. We are proud of our diverse student population, with children from a broad range of cultural and socio-economic backgrounds.

At Bairnsdale Primary School, we are committed to providing an inclusive, supportive and engaging learning environment where every student is valued, challenged and encouraged to achieve their personal best. We believe all students deserve access to high-quality educational opportunities that inspire curiosity, confidence and a lifelong love of learning.



**BAIRNSDALE
PRIMARY SCHOOL**

MOVING FORWARD TOGETHER

PRINCIPAL'S WELCOME

Welcome to Bairnsdale Primary School. Established in 1864, our school is steeped in a rich history and continues to stand as a proud and enduring part of our community. Our heritage-listed building stands as a renowned structural landmark in the town—an enduring symbol of tradition, learning, and community pride that continues to inspire all who enter its doors.

While our foundations are historic, our focus is firmly on the future. We remain committed to providing a dynamic and inclusive learning environment where every child is known, valued, and supported to thrive.

We are guided by the values of respect, kindness, courage, and connection. These values are not just words on a wall, they are lived each day in our classrooms, our playground, and in the relationships we build with students, families, and one another.

At the heart of our approach is a commitment to “teach to the child, not the year level.” We recognise that every learner is unique, with individual strengths, needs, and potential. Our teaching and learning model is built on support and challenge, ensuring that each student is both nurtured and extended in their learning journey.

We believe in accepting every student for who they are, celebrating their strengths, and fostering a strong sense of belonging. In doing so, we aim to develop confident, capable, and compassionate young people who are ready to contribute positively to their world.

We look forward to welcoming you into our school community.



Simon Blake
Principal

SCHOOL ADMINISTRATION DETAILS

SCHOOL NAME: BAIRNSDALE PRIMARY SCHOOL - No. 754

PO Box 679

324 Main Street

Bairnsdale, Victoria, 3875

Telephone: (03) 5152 4395

Email: bairnsdale.ps@education.vic.gov.au

Website: www.bairnsdale754ps.vic.edu.au

Facebook: www.facebook.com/BairnsdalePrimarySchool

OFFICE HOURS: 8.30 am to 4.00 pm Monday to Friday

SCHOOL CONTACTS:

All of our school staff can be reached via our **Compass Parent Portal**. Our reception can help you access your free account.

- **PRINCIPAL:** Mr Simon Blake
- **ASSISTANT PRINCIPALS:** Mrs Lauren Strecker & Sophie Johnston
- **STUDENT WELLBEING OFFICER:** Ms Shelly Freer
- **STUDENT WELLBEING:** Ms Kate Allen
- **SCHOOL COUNCIL PRESIDENT:** Mr Paul Woodcock
- **BUSINESS MANAGER:** Mrs Jenny Counsell
- **CULTURAL ENGAGEMENT OFFICER:** Alana Solomon
- **MAIN RECEPTION:** Mrs Tracey Schaeche
- **CLASS TEACHERS:** Our class teachers are always available to meet but prefer to have an appointment in order to prepare which is easily done via email through our **Compass Parent Portal or Reception**.

In general, our class teachers are the first person to contact if you wish to have anything clarified regarding your child's learning or wellbeing. During these meetings, we encourage students to be present.



**BAIRNSDALE
PRIMARY
SCHOOL**

MOVING FORWARD TOGETHER

Student Term Dates For 2027

- Term 1: Thursday 28th January to Friday 25th March
- Term 2: Monday 12th April to Friday 25th June
- Term 3: Monday 12th July to Friday 17th September
- Term 4: Monday 4th October to Friday 17th December

Students are dismissed at 2.10pm on the last day of terms 1, 2 & 3 and 12.00pm on the last day of term 4

PREP TIMES – TERM 1 2027:

To support family meetings, a positive transition and assessments throughout February, all Prep students will be required to attend school for only 4 days a week from 8.50am - 3.10pm.

They will stay home every Wednesday in February, unless they have a scheduled assessment appointment with their teacher on those dates.

SCHOOL HOURS

Session One:	8.50 am to 10.50 am	(2 hours)
Eating Time:	10.50 am to 11.00 am	(10 minutes)
First Break:	11.00 am to 11.30 am	(30 minutes)
Session Two:	11.30 am to 1.30 pm	(2 hours)
Eating time:	1.30 pm to 1.40 pm	(10 minutes)
Second Break:	1.40 pm to 2.10 pm	(30 minutes)
Session Three:	2.10 pm to 3.10 pm	(1 hour)



Yard supervision begins at 8.30am and students are discouraged from arriving prior to this time.

STUDENTS LEAVING SCHOOL GROUNDS

Supervision on the crossings in Main Street and Nicholson Street are provided to allow students to safely cross these busy roads. Both these crossings are supervised each day by an attendant from 8.00am to 9.00am and from 3.15pm to 3.40pm. Parents/Carers are asked to help us educate the students on all aspects of road safety and this includes the use of these school crossings. Student safety is always our highest priority.

Please Note: Speed limits around our school are reduced to 40 kph from 8.00 - 9.30am and again in the afternoon from 2.30 - 4.00pm.

Students should not leave the School grounds between **8.50am and 3.10pm**

In some instances where your child has an appointment (dental/medical) please come to the office where staff will call the classroom and have your child sent to the office. Coming directly to the office to collect your child ensures there are fewer interruptions to classroom learning time.



Late Arrival If your child is late to school, please come to the office so we can sign them in. This is very important in case of an emergency where we need to know exactly who is or is not at school.

PARKING FACILITIES

Parents should note the parking facilities around the school. Parking is allowed in most parking bays around the school during the day - **watch the time limits**. It is important that there is **no parking** adjacent to the school (bus drop-off and pick-up stop) in McCulloch Street between 8.00 am and 4.00 pm.

Expectations and support for riding to School:

Riding: Bike, Scooters and Skateboards

- It is recommended that children aged 8 or years or younger be accompanied to and from school by an adult. It is just simply safer.
- Within the school grounds, all children are actively encouraged to ride and play.
- At all times, all children must wear a helmet.



SCHOOL BUSES

Buses servicing the school under contract with the Department of Education provide **free bus travel for eligible students**.

To be eligible for free bus transport, students must:

- attend their nearest government school; and
- live more than 4.8 kilometres from their nearest government school.

Families wishing to access the school bus service must complete an Application for Permission to Travel on Department Buses and return it to the school before their child commences travel. This ensures that a seat is available and that all required arrangements are in place.

The application form also outlines the safety requirements and conditions of travel that apply to students using the bus service.

Further information regarding eligibility, applications and bus services is available from the school office.



School Vision

At Bairnsdale Primary School, we strive to create a vibrant learning community where every student feels valued, supported, and inspired to achieve their best.

School Values



Our students show **Respect** by valuing themselves, others, and their environment.

Our students demonstrate **Kindness** through their words, actions, and willingness to help others.

Our students build **Connection** by working together, celebrating diversity, and strengthening our sense of belonging.

Our students demonstrate **Courage** by embracing challenges, standing up for what is right, and always striving to grow.

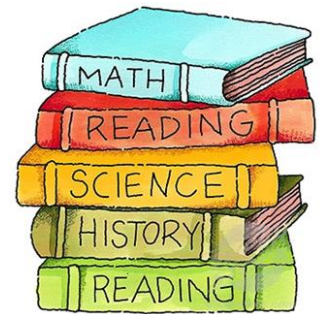
THE CURRICULUM

The **Victorian Curriculum Foundation–10 (F–10)** sets out what every student should learn during their first eleven years of schooling. The curriculum is the common set of knowledge and skills required by students for life-long learning, social development and active and informed citizenship.

The Victorian Curriculum F–10 sets out a single, coherent and comprehensive set of content descriptions and associated achievement standards to enable teachers to plan, monitor, assess and report on the learning achievement of every student.

More information can be researched here:

<http://victoriancurriculum.vcaa.vic.edu.au/>



Reporting to parents:

Staff and parents are constantly communicating with each other at various levels throughout the school.

Parent Teacher Interviews/Meetings:

Formal interviews (Parent-Teacher-Student) are conducted twice each year in Term 1 and Term 3 and provide a valuable opportunity to share information and support students with their learning. Teachers at our school are constantly checking each student's progress and when areas of concern arise, parents are contacted to arrange a meeting. All teachers are encouraged to conduct interviews with parents at other times during the year to get to know students who are new to them.

Semester reports:

Individual Semester reports are distributed by us twice a year:

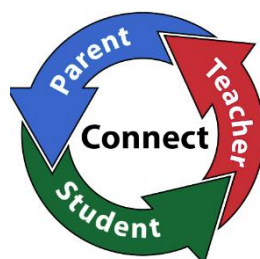
- Semester 1 report in June
- Semester 2 report in December

Student-Led Conferences

A Student-Led Conference provides students with a valuable opportunity to share their learning, progress and achievements with their parents/carers.

The conference begins with the class teacher providing a brief 5-minute introduction, outlining the learning goals and focus areas for the term. Students then take the lead in a 25–30 minute, agenda-based meeting, guiding their parents/carers through examples of their learning and explaining the tasks they have completed, the progress they have made and the goals they are working towards.

Student-Led Conferences encourage students to take ownership of their learning and celebrate their achievements with the important adults in their lives.



Student Wellbeing:

At Bairnsdale Primary School, we believe that students need to feel safe, connected and ready to learn in order to achieve their best. Our wellbeing approach is built around positive relationships, early intervention and providing students with the skills and support they need to successfully engage in learning.

Our Wellbeing Team works closely with classroom teachers, students and families to identify and respond to individual student needs. Through our School-Wide Positive Behaviour Support (SWPBS) approach, we use positive, proactive and consistent strategies to support students' social, emotional and behavioural development.

Students may be referred to the Wellbeing Team when they require additional support beyond the strategies available in the classroom. Following a referral, the team works with staff and families to identify the student's needs and determine the most appropriate support. This may include individual check-ins, targeted wellbeing support, social skills programs, emotional regulation strategies or opportunities to develop positive relationships and problem-solving skills.

Our targeted programs help students to develop skills such as:

- building and maintaining positive friendships
- communicating effectively with others
- managing emotions and regulating behaviour
- solving problems and resolving conflict
- understanding and responding to social situations
- developing confidence, resilience and independence
- building positive connections with peers and adults
- developing the skills needed to be ready to learn.

Our goal is to ensure that every student is supported to feel a sense of belonging, develop the skills to navigate challenges and be ready to engage positively in their learning. By working together with students, families and staff, our Wellbeing Team helps create a safe, inclusive and supportive environment where all students can thrive.

This approach aligns with the SWPBS framework, which uses proactive and evidence-based practices to support students' social, emotional, behavioural and academic outcomes.



OUR BEHAVIOUR MANAGEMENT PROGRAM

With your ongoing support, our school works together to provide a positive schoolwide environment for all.

Creating a Positive Learning Environment supporting our 754 Values and School Wide Positive Behaviour System (SWPBS) Our school works together to provide a positive school wide environment for all Bairnsdale Primary School. We are committed to providing a safe and supportive learning environment where our students develop strong academic and behavioural skills. Our school values are:

RESPECT:

- We listen to others
- We are safe
- We follow expectations and instructions
- We look after school equipment and property
- We keep our hands and feet to ourselves

KINDNESS:

- We use our manners and are polite
- We help others without being asked
- We show empathy for others' feelings
- We share spaces and resources fairly

COURAGE:

- We try new tasks and challenges
- We speak up if something isn't right
- We ask for help when needed
- We make safe and responsible choices

CONNECTION:

- We work as a team and support each other
- We value differences and include everyone
- We build positive relationships

School Wide Positive Behaviour Support

School Wide Positive Behaviour Support (SWPBS) is a framework that helps schools to plan and implement practices across the whole school, to improve educational and behaviour outcomes for all students. We use this framework at our school to help support a consistent school-wide approach. The SWPBS framework is founded on a positive approach to whole school wellbeing with targeted approaches for students with higher levels of need.

Aims and objectives:

The primary aim of SWPBS is to improve educational outcomes for students. It achieves this through:

- prevention of behaviour problems and management of existing issues positively and consistently
- developing skills and knowledge in schools for better teaching and learning
- creating and maintaining a better school environment for students, teachers and the whole school community

SWPBS provides schools with a decision-making framework that uses data to guide selection and implementation of the best evidence-based academic and behavioural practices across the whole school.

Bairnsdale Primary School: SWPBS Matrix

Matrix – SWPBS Expectations				
	ALL AREAS	LEARNING AREAS	PLAY AREAS	
	We listen to others We are safe We follow expectations and instructions We look after school equipment and property We keep our hands and feet to ourselves	We allow others to learn We follow instructions We use calm voices and safe actions We value classmates' ideas and efforts	We follow the rules of the game We care and put away sports equipment We share the space safely with others We put rubbish in the bin We wait our turn patiently	
	We use our manners and are polite We help others without being asked We show empathy for others' feelings We share spaces and resources fairly	We use encouraging and positive words We include others in group work We show patience with others	We invite others to join games We encourage and support our peers We take turns and share equipment	
	We try new tasks and challenges We speak up if something isn't right We ask for help when needed We make safe and responsible choices	We keep going even if we make mistakes We have a go even when learning is challenging We ask questions and share ideas We accept feedback to grow	We join in activities and try new games We speak up if someone is hurt or needs help We walk away from unsafe behaviour and seek help	
	We work as a team and support each other We value differences and include everyone We build positive relationships	We help classmates We work together and listen to each other We contribute to a positive classroom environment We celebrate successes together	We help others feel safe and welcome We play cooperatively We notice when someone is alone and offer company We take care of Country	
RESPECT				
KINDNESS				
COURAGE				
CONNECTION				

FAMILY DETAILS & MEDICAL

Accidents & Injury

In case of illness or injury immediate contact is made with the parents and/or other emergency contact person so students may be collected. If parents or contact person cannot be located, the student will be conveyed to either:

- (a) the local clinic.
- (b) the casualty section of the Bairnsdale Regional Health Service.

If warranted, **the Ambulance will be called, but only in the case of an emergency.**

We encourage you to become members of the Ambulance Victoria:

<http://www.ambulance.vic.gov.au/Membership.html>

In the event of a change of address or phone number, could you please notify the school so that we can contact you in cases of emergency. You can also update these details via the Compass Parent Portal.

We would also like notification if you change your place of employment as at times we find it necessary to contact your place of employment, particularly if both parents/carers are working. Please contact Reception at school to update records when necessary.

It is important to note that the Government does not insure students against accidents or injury whilst at school. **It is important that parents take out Private Health Insurance.**

All staff take any injury seriously and if there is any doubt, parents are immediately contacted.

Staff are trained in Level 2 First Aid, and their certificates are constantly updated.



Defibrillator:

Bairnsdale Primary School now has an AED (Automated External Defibrillator). This can be found in our First Aid Room, which is located in the main building opposite the general office. Quickest access to the general office is via the Main Street (Princes Hwy) entrance.



ANAPHYLAXIS/Allergies:

Anaphylaxis is an acute allergic reaction to certain food items and insect stings. The most common allergens are nuts, eggs, cow's milk and bee or other insect stings, and some medications.

The aim of the school is to provide a safe and healthy school environment that takes into consideration the needs of all students, including those who may suffer from anaphylaxis.



Any student who suffers from an anaphylactic condition will be asked to meet the following conditions.

- Meet annually with the parents/carers of each student diagnosed as at risk, to develop an ASCIA Individual Anaphylaxis Management Plan, which includes an ASCIA Action Plan for Anaphylaxis, completed and signed by a medical practitioner
- Ensure that the parents supply the student at risk with their own auto injector such as an EpiPen and that it is in date.
- Providing training at least every year for all staff on anaphylaxis management organised through an approved trainer (eg: St Johns), and briefings yearly on anaphylaxis including the administering of an adrenaline auto-injector such as an EpiPen or an Anapen
- Complete the *Anaphylaxis Risk Management Checklist* on an annual basis for each child at risk of anaphylaxis:
- Ensure EpiPen or Anapen are easily accessible in a central secure spot (eg office)
- Ensure appropriate first aid resources accompany every allergic student when outside at recess/lunch, sport or leaving the school. (bumbag)
- Informing the community about anaphylaxis via the newsletter/compass portal
- Informing students about allergies, including anaphylaxis causes and first aid, as part of the prep-6 curriculum.
- not allowing food sharing, and restricting food to that approved by parents
- keeping the lawns well mown, ensuring children always wear shoes .
- Identifying susceptible students and knowing their allergens. Having this information including a student photo on display in the office, first aid area and staffroom.

We require parents to provide an ASCIA emergency management plan developed by a health professional and an autoinjector if necessary, both of which will be maintained in the first aid room for reference as required.

First Aid officer will contact parents if the Use-By date of the injector is close to expiration.

All ASCIA Anaphylaxis Action Response Posters will be displayed in the first aid room as appropriate.

The school will encourage parents to be aware of the allergen issues around peanuts etc. and encourage parents to not include these in their child's food and that the canteen eliminates or reduces the likelihood of such allergens. We will maintain open communication with parents.

If children have allergies of any kind we must be notified of these. **There is a section on the enrolment form to provide details.** If allergies are severe, consider buying your child a **Medic Alert Bracelet**. If the allergy requires medication, please supply some to be kept in the Sick Bay for use at school. You need to fill out a Medicine Permission form, which gives staff permission to administer the medication. These forms are available at the School Office.

ASTHMA

Asthma is a condition of the airways. People with asthma have sensitive airways in their lungs which react to triggers that set off their asthma. This makes it harder for them to breathe.

Our school has been granted the status of being an **'Asthma Friendly' School by the Asthma foundation.**

Each student who suffers from an Asthmatic condition must complete an **ASCIA Asthma Management Plan**. **This is to be filled out by medical professionals in conjunction with parents/guardians.**

A copy of the plan must be placed in the student's records in the central Asthma Register that should be kept with the other medication records, and with the classroom teacher.

The Asthma Management Plan is to be updated annually.

The plan will include:

- Usual medical treatment – medication required when the student is well.
- A detailed plan of the medication to be used when the student is deteriorating due to asthma. This includes how to recognise worsening conditions.
- What to do for an acute attack.
- Name and number of an emergency contact
- Name and number of student's doctor including after-hours number.

Staff at "754 have been trained in Emergency Asthma Management".

That all students who are known to have asthma are supported through Asthma friendly policies/procedures and all students, staff and visitors can access Asthma First Aide in an emergency.

This is to ensure that students with asthma feel safe and supported at school.

Asthma Medication

Students with asthma **MUST** always have their medication available.

It may be stored in the classroom.

At times students may need to have their medication nearby and this may

mean it is carried in their bag or pocket. (Especially during sports lessons/exercise)

Parents/guardians are responsible for ensuring that students have an adequate supply of the appropriate medication at the school.

Each medication piece must be clearly labelled with the student's name on it.

Each child should have their own spacer clearly labeled with their name. It should not be shared with other students as it cannot be sterilized.

The school provides an Asthma Emergency Kit.

The school provides single use LIGHTAIRE spacers for children who do not have spacers.

The school has a bronchodilator metered dose inhaler - Ventolin, for emergencies.

If a student requires a working nebuliser pump then it must be provided and administered by parents/guardians.

All parents will be notified if their child has used Asthma medication during the day.

All Asthma medication usage is documented.



MEDICATION ON EXCURSIONS/CAMPS

All medication requirements must be detailed for each excursion/camp leaving the school grounds.

All staff on excursions/camps should be familiar with the particular medical conditions of students on the excursion. This includes Asthma Plans.

A staff member on the excursion/camp will be designated as the person dispensing medicine.

All medication will be labeled and stored separately for each student.

PERSONAL HYGIENE

All families are expected to present their children at school with a clean and tidy appearance. If there is an ongoing problem in this area, families will be contacted by their class teacher or our Student Wellbeing Coordinator.

HEAD LICE CHECKS

Head lice are a common community health issue and can affect anyone, regardless of hygiene, school, home or socio-economic circumstances. Managing head lice is a shared responsibility between families and the school community.

Bairnsdale Primary School operates a Parent-Managed Head Lice Program. Department of Human Services requirements mean that parental consent must be obtained before a student's hair can be checked for head lice.

Upon enrolment, families are asked to complete a one-off Head Lice Consent Form, which remains valid for the duration of their child's enrolment at Bairnsdale Primary School.

Under Schedule 6 of the Health (Infectious Diseases) Regulations 2001, students with head lice may be excluded from school and may return once appropriate treatment has commenced.

We encourage families to:

- Check their child's hair weekly.
- Treat head lice promptly if detected.
- Notify the school if head lice are found.
- Keep long hair tied back while at school.

Working together helps us minimise the spread of head lice and protect the wellbeing of our school community.



MEDICATIONS

In supporting the health and wellbeing of children at our school the use of medication may be required by children during the school day. Any medication administered will be as prescribed by a Medical Practitioner or parental consent as per guidelines to ensure continuing health for the child.

Medication Forms are available from our Reception. If a child requires any form of medication this form must be completed before medication can be administered. All medication must be taken to the office to be stored in sickbay. Without this form the staff cannot administer medicines. It is essential that the medication is clearly labelled with the child's name and in its original container.

Items listed on the enrolment form are extremely important in ensuring that your child is quickly taken care of in case of illness or an accident.

AT NO TIME SHOULD STUDENTS CARRY MEDICATION IN SCHOOL BAGS, OR SELF ADMINISTER MEDICATION.

A member of staff who has the responsibility for giving out medication will dispense medications. In the absence of this person the Principal, Assistant Principal or member of the Reception Office Staff may also dispense medication.

ALL STUDENTS WILL HAVE THEIR OWN PERSONAL MEDICATION ADMINISTRATION LOG

Analgesics

No analgesics will be given out at school without signed consent from parents. Parents are to provide analgesics for their child which will be locked in the first aid cabinet adjacent to the main reception desk.

SUN SMART POLICY

This policy was adopted to ensure that all students are protected from skin damage caused by harmful ultra-violet rays of the sun. It is to be implemented throughout the year with particular emphasis in Term 1 and Term 2 until the end of April and in Term 3 from September 1st and in Term 4.



As part of general skin protection strategies:

1. Ensure that hats worn are appropriate and satisfy the school's guidelines.
2. Ensure that shade is provided at sporting carnivals and outdoor events.
3. Increase the number of shelters and trees that provide shade in the school grounds.
4. Provide SPF 30+ broad-spectrum, water-resistant sunscreen for staff and student use whenever possible.
5. Incorporate programs on skin cancer prevention in the curriculum.
6. Regularly reinforce the school's Sun Smart Policy in a positive way through Newsletters, parent meetings, student and teacher activities.
7. **The school will expect students to wear hats which protect the face, neck and ears whenever they are outside (e.g. recess, lunch, sport, carnivals, excursions and activities).**
8. Students who do not have their hats with them will be supervised in shaded areas.
9. Encourage students to use available areas of shade for outdoor play activities.
10. Organise outdoor activities to be held in areas of shade, whenever possible.

PRIVACY ACT

Protecting the personal and health information of students and staff is a serious responsibility. Our school already applies rules that govern the collection, use, storage, access and retention of this information. The new privacy laws support and clarify existing good information management in our school by setting out how this information should be handled according to Privacy Principles. The Privacy Principles seek to minimize the risk of misuse of personal and health information.

PERMISSION FOR EXCURSIONS, CAMPS AND SPORTING EVENTS

We generally manage these through our **Compass Parent Portal** or **written consent** for you to confirm attendance. Using this technology is important in helping us to keep accurate records and maintain high safety standards.

UNDER NO CIRCUMSTANCES will students be allowed to go on excursions without having the appropriate permission form signed by a family member.

Verbal or phone consent will not be permitted.

Only students **with consistently acceptable behaviour** will be permitted to go on excursions.

Local Excursion Form

So that you are not continually signing permission forms for every excursion, you only need to sign one form titled **Local Excursion Form**. This covers excursions that are in the local Bairnsdale Township. If a special excursion is planned, such as a trip to Melbourne, swimming or travel by bus out of the Bairnsdale Township, the necessary permission forms requiring your signature will accompany notification of the excursion.

Incursions

Incursions take place when visiting performers bring their shows to our school. These incursions take various forms such as musical and dance performances, Science, or puppet shows.

School Camps

Our school runs an excellent camping program for students in Years 3 to 6. In offering the program, we are endeavoring to give the students the opportunity and the experience to develop a variety of personal, social and physical skills in an environment differing from the home and school surrounds. Our program fosters the development of the student's confidence with an appreciation of outdoor experiences, awareness of the natural environment, proficiency in skills required to cope with this environment and the basis for the future recreational attitudes and activities.

The program usually consists of the following:

- Grade 5 & 6: 2-3 nights away
- Grade 3 & 4: 2 nights away



PHOTOGRAPHING, FILMING AND RECORDING STUDENTS CONSENT

Throughout the school year, there are many opportunities for staff to photograph, film or record students as they participate in school activities, events and learning experiences.

These images and recordings are used for a variety of educational and celebratory purposes, including recognising student participation and achievement, showcasing learning programs, documenting students' learning journeys, and capturing memorable experiences such as camps, excursions, sporting events and special school activities.

They may also be used to keep our families and wider school community informed and connected through school newsletters, classroom communication platforms such as ClassDojo, and the school's official Facebook page.

This consent form applies to images of students that are collected and used by our school. We ask that any parents/carers or other members of our school community photographing, filming or recording students at school events (e.g. concerts, sports events etc.) do so in a respectful and safe manner and that images of students are not publicly posted (e.g. to a social media account) without the permission of the relevant parent/carer. If you do not understand any aspect of this consent form, or you would like to talk about any concerns you have, please contact our school on Ph: 5152 4395 or email: bairnsdale.ps@education.vic.gov.au

A. Use of images within the physical school environment

If you consent, photographs, video or recordings of your child may be used by our school within the school environment in any of the following ways:

- for display in school classrooms (e.g. in displays of student work, on noticeboards to celebrate achievements)
- Featured in common areas such as hallways or the library to showcase student involvement in learning and school events
- Included in class projects, portfolios, or presentations viewed within the school

B. Use of images within the school community

If you consent, photographs, video or recordings of your child may be used by our school within the school community in any of the following ways:

- in the school's online communication, learning and teaching tools (e.g. classroom blogs or apps that can only be accessed by students, parents/carers and school staff with passwords.)
- in the school's newsletter
- Compass, Class Dojo

C. Use of images beyond the school community

If you consent, photographs, video or recordings of your child may be used in publications that are accessible to the public, including:

- on the school's website - including in the school newsletter which is publicly available on the website
- on the school's social media accounts
- Local newspapers
- School magazine

Privacy

Privacy Photographs, video and recordings of a person that may be capable of identifying the person may constitute a collection of 'personal information' under Victorian privacy law. This means that any images of your child taken by the school may constitute a collection of your child's personal information. The school is part of the Department of Education and Training (the Department). The Department values the privacy of every person and must comply with the Privacy and Data Protection Act 2014 (Vic) when collecting and managing all personal information. For further information see Schools' [Privacy Policy](#)

Ownership and Reproduction

Copyright in the images will be wholly owned by the school. This means that the school may use the images in the ways described in this form without notifying, acknowledging or compensating you or your child.

Opt Out

Bairnsdale Primary School understands that parents and carers have the right to withhold permission for our school to use photographs, video or recordings of your child - apart from circumstances where the school is not required to seek consent. Please see our '[Photographing, Filming and Recording Students Policy](#)'.

If you have read this notice and are comfortable with the school using photos, video or recordings of your child as described above, you do not need to take any further action.

However, if you have decided that you do not want images of your child to be collected or used by our school, please complete the collection notice form below and return it to the General Office.



FOOD AT SCHOOL

LUNCH ARRANGEMENTS:

Students eat their food under the supervision of their class teacher from 10.50am to 11.00am and again at 1.30pm to 1.40pm

For reasons of safety, students are not allowed to leave our site during lunchtimes without permission.

OUR CANTEEN:

Our school operates a Canteen to provide lunches from Monday to Friday. These are ordered each day prior to the start of the day's activities. Up to date menus and price lists are distributed with the School's Newsletter or website on a regular basis. Lunch orders should be written on a clean paper bag supplied by the parent and should contain the correct money if possible. Orders not on a paper bag should contain 20 cents extra to cover the cost of the bag. Students requesting extra plastic spoons will be charged 10 cents.



Orders can also be placed via the Compass portal. Orders close at 8.45am each day for online orders. All physical orders need to be handed to the teacher before 9.00am

It is the intention of the School Council that we provide nutritious, healthy lunches. The Canteen operates with a Manager with parental assistance on a volunteer basis. New parents are invited to join the parent roster.

CREDIT is not available at the Canteen except in an emergency when either a parent/carer contacts the school. In the event of a student forgetting their lunch we do provide them with a lunch pack (sandwich, fresh fruit and a snack) if the parent/carer cannot be contacted.

SCHOOL CLOSURES

Parents will **ALWAYS** be notified of any school closure.

This notification will firstly be communicated through our online communications such as the Compass Parent Portal and via the school Facebook page. These notifications will then be followed up in written form on the official school letterhead paper and our school Newsletter. If in doubt, please contact our Reception at school.



PARENT PARTICIPATION

Open School:

We operate an open school and we greatly value your visits and friendships - you are warmly encouraged to visit the school and to become involved in our programs.

School Council:

Our School Council meets, at the school, 8 times per year at 6.00pm (unless otherwise notified through the Newsletter).

School Council consists of the following membership:

- Principal - Executive Officer
- Staff Representatives - 3
- Parent Representatives - 5
- Co-opted Members – 3



Elections for Parent and Staff positions on School Council are held in Term One each year. The term of office for members is two years.

If you are interested in becoming a member of School Council, please feel free to contact Simon Blake - Principal

SCHOOL FUNDING

Fees / Levies:

Information regarding the payment of fees is usually distributed to parents early each year. Our fees include payment for some excursions, swimming, ICT needs, classroom resources, schoolbooks, stationery and visiting performances during the school year. A number of alternatives are offered for payment of fees:

- Totally at the start of the year
- Centrepay
or
- By another method **after** consultation with the Principal

All books and supplies required by the students will be supplied at the beginning of the year and as required throughout the year. The replacement of lost or deliberately damaged supplies is the responsibility of the parents.

School Fundraising

Is an arm of School Council whose primary purpose is to raise funds for the benefit of the school and its students. In doing so, the Committee promotes the participation of parents and friends in the life of the school generally, and in the education of children in particular. All fundraising activities are undertaken with School Council approval.

Typical events organised by the Fundraising Committee include:

- Special Lunches
- Raffles
- School Disco

If you are able to assist with the organisation of events, donation of items, or you have a great idea, please contact the school.

VOLUNTEERS AT SCHOOL

We welcome, and are most appreciative of, the contributions made by parents and other volunteers to our school programs. Such contributions assist us in the achievement of many of our objectives. In the past volunteers have helped teachers by participation in excursions, sporting and cultural activities and assisting in classroom programs.

As part of our Literacy program in all classes in the school we appreciate any parents/carers/grandparents/volunteers who are prepared to listen to students read and change their take home books.

For safety reasons, all volunteers in the school should come to Reception to sign in before going to classrooms. This is important for our Emergency Management procedures in the event of an emergency.

Department of Education and Training and School Council policy requires volunteer workers in schools to undergo a Working With Children Check or a Police check. Copies are to be supplied to school.

COMMUNICATION

Fortnightly Newsletter:

The newsletter is available on the Compass Parent Portal every second Friday afternoon and a hard copy can be collected from the office the next day should it be required.

COMPASS PARENT PORTAL:

What is the Compass parent portal?

The Compass parent portal will become the primary means of communication between the school and home. There are a number of parent modules available in Compass such as:



News Feed – the school will post news to parents to remind you about events and activities at the school. Your news feed will be customised, showing only the information relevant to you and your children.

Attendance - view your child's attendance online, approve absences, and indicate future absence.

Newsletter – the newsletter will be published on Compass and parents will be able to login to view it each fortnight.

Teacher email – parents can email their child's teachers directly.

Excursions – approve your child's participation in excursions and other special events. You will also be able to pay for these online.

If you need some guidance with Compass please call the office.

Our Website:

The school has an Internet site and we aim to keep current newsletters and calendars on this site. The site also obtains other school information and links to other relevant sites.

Our Internet Address: www.bairnsdale754ps.vic.edu.au

Our Facebook Page: www.facebook.com/BairnsdalePrimarySchool

INFORMATION SESSIONS

From time-to-time parents may be invited to the school for information sessions on a range of topics. These sessions are aimed at informing the parents about the school and what is happening in various curriculum areas as well as seeking input to policy development.

DISPLAYS

The school regularly displays students' work at various locations throughout the school. This is an important way of communicating with the school community at large the sorts of programs and activities which the school provides. You are welcome to come and look at displays at any time.



Attendance

Regular attendance at school is important for every child's learning, wellbeing and sense of connection. Students should attend school every day unless they are unwell or there is another personal or family reason preventing them from attending. We encourage all students to understand the importance of being at school each day and the impact absences can have on their learning.

Remember: "It's Not OK to Be Away."

Notifying the School of an Absence

It is essential that the school is notified whenever your child is absent. This can be done in writing, by telephone or through the Compass Portal. Notifying the school of an absence is a legal requirement and helps ensure the safety and wellbeing of all students.

If your child is absent for any part of the school day — including for activities such as music lessons or appointments outside of school — the school must be notified. This helps us account for every student and avoid unnecessary concern.

The Education Department requires schools to follow up unexplained absences on the day they occur. To assist with this, an automated SMS is sent to the primary parent/carer when a student is marked absent.

Please follow the link in the SMS to provide an absence explanation for your child.

Leaving School During the Day

If your child needs to leave school during the school day, a parent, guardian or nominated emergency contact must notify the School Office. Students must be signed out through the office before leaving the school grounds.

TRANSFERS

Please notify the Principal when a transfer from the school is being considered. This matter will be treated confidentially.

SCHOOL UNIFORM AND STUDENT DRESS CODE:

Our School Council has established a dress code for all our students. It is compulsory for students to wear school uniform during school hours, whilst travelling to and from school and when participating in out-of-school activities, except where parents are advised by staff.

The following is the suggested school uniform:

Green and white check school dress

Bottle green polar fleece Jumper

Bottle Green Hoodie

Plain skivvy - bottle green or white

Tights – black

Tracksuit pants - black

Polo shirts with logo or plain bottle green or plain white polos without school logo

Black shorts

Bottle green Sunsmart hats (broad brim/legionnaires/bucket)



- For safety reasons the only jewelry to be worn is ear studs and a simple watch.
- Also for safety reasons students should wear footwear that is appropriate for physical education on a daily basis.



Uniforms, hats and school bags for '754' students may be purchased through Nicks Clothing for a very reasonable price. Nicks Clothing is the sole supplier of uniforms and bags with the official '754' logo. Plain green and white items can be purchased elsewhere if required.

OUTSIDE SCHOOL HOURS CARE

Bairnsdale Primary School offers a Before - School and After - School care program that is independently operated by TheirCare. TheirCare provides a stimulating and safe environment for all children. During sessions children develop life skills, friendships, confidence and creativity through play.



The program operates from 7:30am - 8:30am and from 3:15pm - 5:30pm, Monday to Friday during Victorian school terms, including pupil-free days. Fees apply. Families may be eligible for the Child Care Rebate (CCR), Child Care Benefit (CCB) or Child Care Subsidy (CCS). It is recommended you complete the relevant Assessments via MyGov, to determine if you are eligible. For more information and to register for OSHC please refer to the [TheirCare website](#).

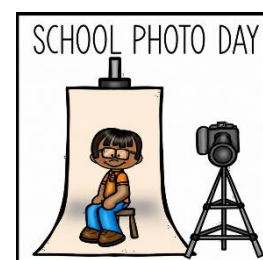
FACILITIES AND SCHOOL PROGRAMS

'754' has a dedicated staff of teachers providing an educational program which aims to meet the needs of all students. You may feel well assured that while your child is attending the school, he/she will be given every opportunity and encouragement to progress to the best of his/her ability.

SCHOOL PHOTOGRAPHS

A photographer is invited each year to provide a competitive service to the school. We aim to schedule school photos each year during February.

2027 School Photo Day is Tuesday 23rd February.



SCHOOL LIBRARY

The library is a well-valued resource center with many books available. Borrowing books for home reading is encouraged. When borrowing library books the students are required to provide a library bag. This may be a plastic bag or a cloth bag. Each bag should have the student's name and class marked on it.



SCHOLASTIC BOOK CLUB

Through Book Club, students are given the opportunity to purchase books of high interest at vocabulary levels suited to a variety of reading abilities. Notices are sent home approximately once every six weeks. The purchase of these books is strictly optional. It is an easy way to build up a stock of books that parents may read to children or that children may read themselves.

PROGRAM FOR STUDENTS WITH DISABILITIES

The Principal and Disability Inclusion Officer coordinate the school's support programs for students with disabilities and additional learning needs, working collaboratively with families, staff and relevant professionals to support students' participation and achievement.

PHYSICAL EDUCATION PROGRAMS



The Physical Education programs are planned in the area of body co-ordination, endurance, ball skills, athletics, major and minor ball games. These are to build up body strength, mobility, flexibility and hand/eye skills and endurance. It is, therefore, essential that students are suitably dressed enabling them to gain maximum benefit.

ROTARY JUNIOR COMMUNITY AWARD

Our Grade 6 students have the opportunity to participate in the Rotary Junior Community Award, a program designed to encourage young people to develop their skills, contribute to their community and build confidence. Students are supported to set goals and participate in activities across areas such as community service, physical activity and personal interests. The award provides a wonderful opportunity for students to challenge themselves, develop new skills and make a positive contribution to their community.

SENIOR SCHOOL SAILING & OPEN WATER SAFETY

Our Grade 5/6 students participate in the Open Water Learning Experience program bi-annually. On the other year the students participate in the Paynesville Yacht Club's Sailing Program.

The Open Water Learning Experience (OWLE) program creates 'Everyday Lifesavers' out of Victorian students, by teaching them practical and engaging water safety, lifesaving and emergency response skills. The OWLE program is designed to empower students to make safe aquatic related decisions while enjoying their local waterway. The OWLE program takes place in Lakes Entrance. Life Saving Victoria

SWIMMING

As part of our school program students will attend swimming at the Bairnsdale Aquatic and Recreation Centre. Developing confidence in and around water through a fun way can only assist in the progress of swimming. We are indeed fortunate that the qualified staff at the Bairnsdale Aquatic and Recreation Centre provide a well-balanced program for a reasonable cost.



ARTS PROGRAM



Our Art Program provides students with opportunities to explore their creativity, develop artistic skills and express themselves through a variety of art forms and techniques. Students are encouraged to experiment with different materials, build confidence in their abilities and appreciate their own work and the work of others. Through engaging and hands-on experiences, our Art Program supports imagination, creativity and self-expression across all year levels.

MUSIC



The Music program offers students the opportunity to develop their knowledge, understanding and skills through listening, performing, composing, and responding to music. Students engage in hands-on learning, exploring a range of musical styles, cultures and traditions while playing a variety of classroom instruments. Through active music-making, students foster creativity, confidence, and self-expression, while developing communication, collaboration, and critical and creative thinking skills. The program also encourages an appreciation of music as an important form of personal and cultural expression.

S.T.E.M

STEM education and training cover the specific knowledge and skills found in science, technology, engineering and mathematics disciplines. It also covers the interrelationship between these areas, allowing learning to be delivered in an integrated way, helping a deeper engagement in the four disciplines.



DIGITAL TECHNOLOGIES

We believe that technology is an important tool to support, differentiate and extend student learning. Prep - 6 students have access to 1:1 iPads and Laptops.

We have recently implemented a Digi Tech program at 754. Students have access to Lego Robotics, WeDo, Spike, BlueBots and Merge Cubes. The Merge Cube Lets you hold digital 3D objects, enabling an entirely new way to learn and interact with the digital world. Students can explore a galaxy in the palm of their hand, hold fossils and ancient artifacts, explore a DNA molecule, investigate the Earth's core, dissect a virtual frog, and hold and share their own 3D creations.

PEOPLE PLACE & CULTURE

"The People, Places and Culture program encourages students to become curious, informed and respectful members of their community. Students explore the Humanities and Personal and Social Capabilities curriculum through engaging, hands-on learning experiences.

A strong focus is placed on the history, cultures and geography of our local area, including the rich history and continuing culture of the Gunaikurnai People. Students also develop an appreciation of Australia's multicultural society and Australia's connections with the wider world.

Additionally, the program explicitly teaches Personal and Social Capabilities alongside our School Wide Positive Behaviour Support (SWPBS) values of Kindness, Courage, Connection and Respect. Through team challenges, cooperative learning and problem-solving activities, students build communication, inquiry, resilience, critical thinking, leadership and teamwork skills, preparing them to become thoughtful, active and compassionate members of their school and community."



LITERACY / NUMERACY WEEK

During the year the school celebrates Literacy Week and Numeracy Week. During these weeks many activities take place to highlight these areas of our curriculum. Watch the Newsletter for more information about these activities.

SCHOOL BREAKFAST PROGRAM

Our **School Breakfast Program** operates every morning from **8.15am – 8.45am**, providing students with a healthy and nutritious breakfast before the school day begins. Students are welcome to attend and enjoy breakfast in a friendly and welcoming environment. It is a great way to start the day feeling happy, energised and ready to learn! Thank you to Food Bank who support our Breakfast Club which is coordinated by Kate Allen.



AWARD PRESENTATIONS AND GRADUATION

Each year in the last week of school we will recognize and present Awards and Achievement Certificates to the students in Years 3, 4 and 5. A separate presentation evening takes place to acknowledge the Year 6 students' Graduation from primary school.

STUDENT LEADERSHIP OPPORTUNITIES

School Captains

Since 2010, we have been interviewing Grade 5 students who wish to take on the School-wide responsibility of School Captain. Our Captains represent us at all major events and are considered role models of our School Values: Respect, Courage, Kindness and Connection.

House Captains and Vice Captains

When students enrol at Bairnsdale Primary School (754), they are proudly welcomed into one of our four Houses — **Bailey, Ketels, Matters or Radford**. Students remain in the same House throughout their time at 754, helping to build a strong sense of belonging, teamwork and school spirit.

Each year, our Houses compete in our **Swimming and Athletics Sports**, with students working together to earn points and represent their House. These events provide wonderful opportunities for students to demonstrate their skills, encourage one another and celebrate participation and achievement.

Students who demonstrate outstanding ability may also have the opportunity to represent our school at **District, Zone, Region and State** level.



THE FIRST YEAR OF SCHOOL as a Prep Student

When a child first goes to school, there is great change for that child and for his or her family. We believe that you, the child's parents, are a most important link in the educational chain. Here are suggestions that can help make a child's experience of school an excellent and enjoyable one.



Parents and Teachers as Partners

The message of recent research is that “the better the bridge between home and school, the better the education”. We look forward to our partnership with you and hope that you'll really become involved in the life of our school. We will do our best to communicate with you about what we are doing in our school and why - watch our weekly school Newsletter. We will try to answer your questions as honestly and completely as we can.

Don't Underestimate Your Contribution

You were your child's first teacher and, even now that he or she is entering formal education, you retain that important position.

The Transition from Home to School

Starting school is a big change for children. Often the hardest part is being away from the family and joining a group of approximately 20 other children. Anything you can do now to help will make school a happier place for your child.

You will often find your child is particularly tired at first, so plan a quiet time when they get home from school, especially during February.

Here are some ways in which you can support and build on the classroom experience.

1. *As The First Day Approaches*

- Have a picnic "School Lunch" together. Check understanding of play lunch and lunch and the ability to cope with lunch boxes, wrappers and drink bottle.
- Increase emphasis on caring for own belongings and identifying them (**all things clearly named, please**).
- If possible try to maintain "kinder friendships" over the holidays, particularly with children who will be attending Bairnsdale Primary School No. 754.
- Be sure your child can toilet himself/herself and won't be afraid to ask.
- Practice dressing particularly shoes (lace tying) and jumpers.
- Talk positively and encouragingly about school.

2. *On The First Day*

- Bring your child to the classroom to meet the teacher and put the schoolbag away.
- Assure your child that you will meet him/her back at the classroom at 3.15 pm.
- If your child is a bus traveler, we suggest you deliver and pick your child up for the first week.
- Separate as quickly as possible, particularly if you are feeling upset yourself. Go to the Staffroom in the Main Building for a “cuppa and a chat” with other parents.

3. *Provide Opportunities for Shared Language Experience*

- So many places to go ... Howitt Park, the beach, the supermarket.
- So many things to do ... paint, make, cook, share and discuss.
- Getting ready to go or do will mean making plans, and of course there will be many recollections to be discussed afterwards.

4. Provide Opportunities for Your Child to Spend Some Time Away From The Family

This will help your child to become more independent and to build self-confidence. Why not arrange an overnight stay with Grandma, a friend or a relative? Teddy or a favourite toy should always act as chaperone! Take the time also to encourage your child to play with friends from a nearby street.

5. Encourage Questions

Five and six-year olds are full of questions about why and how. They may annoy from time to time, but such questions are at the heart of investigating and therefore learning. Listening to and answering these questions seriously will help your child remain an active and curious learner. Don't be afraid to ask questions of your child, (Questioning isn't easy, and parents, like teachers, need practice!). Parents need to be continually asking questions which require more than just a yes/no/don't know answer. Don't be put off when your child's answer to "What did you do at school today?" is "Nothing." Be more specific - ask about friends, art, reading time, singing, games played, stories heard.



We all have to learn to take responsibility for our own learning. Young children are natural investigators. Don't always tell them all the answers but do provide the means for them to find their own answers. Much problem solving is learnt through play. Child psychologist Jean Piaget said that "Play is the child's work." Encourage active imaginative play, through dressing up, playing shop or mothers and fathers or school. A special messy place, such as a verandah or rumpus room, will help here.

6. Share Reading Experiences

At the ages of five and six **the bedtime story is as important as ever**. After the bedtime story, allow some quiet moments for reading in bed. Share new stories and poems, perhaps borrowed from the local library, and rediscover the fun of old favourites. If in doubt about which books to choose, ask your librarian or your child's teacher to recommend some.



7. Encourage Drawing and Writing at Home

When is a child ready to begin to draw and write? As soon as he or she is able to hold a crayon. Pictures and words will eventually emerge from the scribble. Keep on hand a store of pencils, paper paint, crayons, cardboard, safety scissors, etc.

8. Sometimes Scribe for Your Child

Write down a story (statement) as your child tells it, then read it back several times. Display the "story" for the whole family to share on the wall, notice board or 'fridge'.

9. Put TV Viewing in its Proper Perspective

Most children enjoy watching TV, but they also need far more time for playing, reading, being out of doors - time for doing lots of things. Choose carefully what and how much your child watches on television. Sometimes ask questions about the program. The **ABC's Play School** gives lots of ideas for activities for children to do and make at home.

10.Ensure That Your Child Has a Good Knowledge of the Way To and From School



Could your child find his or her own way home, if necessary?

Can he or she say his or her name and address clearly?

Does he or she know the home telephone number? Learning these things can be made into a game - there is no need for pressure or drills. Every child should have a basic understanding of road signs and road crossing procedures. Try to watch the Crossing Supervisor then have a practice. Make sure your child understands how to use the traffic lights.

11. Get to Know Your Child's Teacher as a Friend Whom You Both Share

The benefits of a good relationship between teacher and parent are obvious. Do not hesitate to communicate with the teacher as you see the need - before confusion arises or problems develop.

12. Support Children in What They Do at School

After school try to find a special time to talk over the day with your child and look at the work he/she brings home. Display at home art and craft, special worksheets completed at school, as well as stories written. Help children find things to take for school activities or themes.

DEVELOPING MOTOR SKILLS

The Prep year is exactly what its name implies. The child is preparing for his/her next 12 years of formal education and he/she needs to be given the opportunity to develop physical skills to an appropriate level. Children entering school are at a diverse level of development. Some children may be having their first experiences of specific motor development, while others will be refining specific skills learned at pre-school level.

Parent Involvement

How may a parent help with developmental motor skills? Many parents would like to help their children develop skills which will assist in learning. Some parents have not been aware of the link between physical skill and educational performance, and do things for their children, when the children would have benefited from doing the task for themselves.

The child who has difficulty in fine motor skills may not have experienced eye-hand activities such as:

- Feeding himself/herself.
- Dressing himself/herself.
- Pouring his/her own drinks.
- Buttering his/her own sandwich.

Life is a constant series of motor tasks, and it is regular practice, which develops the skill. The thinking parent helps the child by encouraging and training the child in the motor task, e.g.

- Open the butter container.
- Put a little bit of butter on the knife.
- Spread it to the corners of the sandwich.
- Make sure all the butter is used up.

Tasks, which are regular parts of the child's daily routine, are the best ones for motor skill development. Examples are:

- Dressing
- Eating
- Helping parents and siblings
- Caring for toys and books
- Going shopping
- Walking
- Ball games
- Riding tricycles, etc.
- Running, jumping, skipping, climbing games
- Playing with Lego, jigsaws, etc.



HEALTHY EATING when starting SCHOOL

Recess Ideas

Fruit has been the accepted mid-morning snack for the kindergarten year. Continue this healthy habit at school. Finger foods are easiest to manage, e.g., dried or fresh fruit or raw vegetable sticks.

Lunch

At lunchtime, the children sit for 10 minutes to eat their lunch (longer at the beginning of the year).

Keep lunches simple and appropriate for your children and try to include a drink.

The lunch might be made up of 2 slices of bread made into 4 small squares.

1/2 an orange or 1/2 an apple wrapped in plastic wrap.

Perhaps peel the orange so it is easier for children to eat.

Cheese cubes

A hard-boiled egg with 2 - 3 dry biscuits



Remember...A bread roll may be difficult for your child to eat.

Can your child unwrap his / her lunch? Small fingers may not manage plastic wrapped items.

Drink Bottles: Cold water is best for a thirsty child. Try freezing water or diluted juice in the bottle overnight. Please no cordial and other sweetened drinks as they promote tooth decay.

Handy Hints

- Breakfast ensures a good start to the day and needs not be complicated, e.g., milk drink, fruit, cereal and / or toast.
- A healthy play lunch is important, especially for those children who have eaten only a small breakfast.
- February and March can often be very hot. Initially your child may be tired and uncomfortable on arriving home. Encourage a drink and small food items then allow them to rest and settle down.
- Water, cheese, fruit or raw vegetables, bread or dry biscuits are appropriate after school snacks.