

Achievement

Promoting excellence in education

Resilience

Creating problem solvers ready to accept challenges



Community

Building responsible citizens

Respect

Developing tolerant, considerate individuals

Calendar

Term 3 September

20 th	Bakery Lunch Order Day Footy Colours Day Last Day Term 3 Early dismissal at 2.30pm
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Term 4 October

7 th	First day Term 4
9 th	Prep Swimming
11 th	Prep Swimming
16 th	Prep Swimming
17 th	P – 2 Cluster Tabloid Sports
18 th	Prep Swimming
21 st	Finance Meeting 3.30pm School Council Meeting 7pm
23 rd	Prep Swimming
25 th	World Teachers Day Prep Swimming Bakery Lunch Order Day
28 th	Grandparents Day
30 th	Prep Swimming

November

1 st	Step into Prep – first full day Prep Swimming
4 th	Curriculum Day
5 th	Melbourne Cup Day
6 th	Prep Swimming
8 th	Step into Prep Prep Swimming

Please note that an up to date calendar is available on COMPASS

This week's value in focus is:

Community

Belonging – Making others feel safe and a part of the community.

Contact us:

Principal – Katie Lovel 5468 1111

dunolly.ps@education.vic.gov.au

Around school this week

PARENT/CARER OPINION SURVEY

Any families who haven't completed the survey we would really love your feedback. The survey has been extended until tomorrow. We currently have 32% of families who have responded. It is anonymous and coordinated by the department. You will find it under Orima Research in your emails.

ATHLETICS

Our 4 superstars did an amazing job at the athletics on Monday. A huge thank you to families for organising for students to get there. We are very proud of them.

Taylah – 4th shot put

Dean – 2nd discus, 3rd shot put

Elliott – 1st shot put, 3rd discus

Jordan – 4th discus

Elliott and Dean will now progress to the next regional level.

FOOTY COLOURS DAY

Tomorrow is footy colours day. Gold coin donation. It is the end of term. We will hold assembly at 2.10pm with a 2.30pm end of school.

HAVE A WONDERFUL TERM BREAK.

We are a child safe school; committed to the safety and wellbeing of all children and young people. We have zero tolerance of child abuse.

<https://www.education.vic.gov.au/about/programs/health/protect/Pages/default.aspx>

There are clear boundaries about how adults in our community may interact with the children at Dunolly PS

SCHOOL COUNCIL NEWS

Finance Meeting – Monday October 21st
at 3.30pm

School Council Meeting – Monday
October 21st at 7pm

STUDENTS OF THE WEEK

Value - Community

Prep – Kobi Frahn

Grade 1/2 – Willow Redfern

Grade 5/6 – Aurora Pilbeam

Principals – Madison Jeanes

Value - Achievement

Grade 3/4 – William Young

Last Week's Stars of the Week





The Smile Squad free school dental program is coming to our school

The Smile Squad team from Maryborough District Health Service are coming to our school next term to see all the students who completed the application form.

Smile Squad is the Victorian Government free school dental program.

Students who applied will get a free dental check-up, preventive services, and treatment at school between the following dates:

**Smile Squad will be at our school from
Monday November 18th to Friday
November 29th**

ECO's

**Our ECO group have the
following for sale:**

Eggs - \$4.00 carton of 12

Parsley - \$2.00 a bunch

Silverbeet - \$2.00 a bunch

The proceeds will be used to
purchase chook food and more
supplies for the garden



2024 Parent / Caregiver / Guardian Opinion Survey

We sent out an invitation to complete the survey via Compass on Monday July 29th. Please contact us if you have any trouble accessing the survey.

**LAST CHANCE TO HAVE
YOUR SAY**

**The Parent / Caregiver /
Guardian Opinion Survey
will remain open until the
end of this term.**

The survey is being conducted **online** and only takes **20 minutes** to complete. It can be completed on any internet enabled device (desktop computer, laptop, tablet or smartphone) and is compatible with most browsers.

1875 - 2025

Dunolly Primary School 150 years



About Us

The first school in the area was conducted in a tent as early as 1856 as the gold rush boomed. After much debate about where the majestic Dunolly PS No. 1582 should be located it was built at 8 Elgin Street, Dunolly in 1875.

Join us as we celebrate the 150th anniversary in 2025.

Saturday 1st March 9am - 12noon

**Planning meeting
Monday 7th October
4pm Dunolly PS**

If you can't attend the meeting but wish to be a part of the planning please contact us.



Visit Our Website

<https://www.dunollyps.vic.edu.au/>

For parents and carers

Wellbeing support for students during the school holidays



This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}



¹ headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

² headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mandf.pdf>

³ headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>

Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **ehespace:** 1800 650 890 www.headspace.org.au/ehespace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Parentline:** counselling and support for parents and carers, 13 22 89 services.dffh.vic.gov.au/parentline
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800 595 212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Family violence support](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - o [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - o [Understanding mental health – fact sheet](#) (Orygen)
 - o [Learn how to handle tough times](#) (headspace)
 - o [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)

Grade 3/4 s with some help from Charlie-Belle making Pizzas 🍷 using spinach from the garden. In preparation for a pizza day next term, which will be a gold coin donation to raise funds for the eco group to buy more vegetables to plant and chook food.



DIVISION ATHLETICS

Elliott, Dean, Jordan and Taylah did us proud on Monday at the division athletics. Elliott 1st in Shot Put and 3rd in Discus, Dean 2nd in Discus and 3rd in Shot Put, Jordan 4th in Discus and Taylah 4th in Shot Put.



Step into Prep – from last Friday



More photos on our Facebook page

Step Into Prep Transition Program



STARTS THIS FRIDAY 30th AUGUST



**ENROLMENT FORMS MUST BE RECEIVED 24 HOURS
PRIOR TO YOUR CHILD STARTING STEP INTO PREP**



Term 3 Transition dates Step Into Prep 8.50am – 12.00pm
Friday 30th August
Friday 6th September
Friday 13th September

Term 4 Transition dates Step Into Prep 8.50am – 3.15pm
Friday 1st November
Friday 8th November
Friday 15th November
Friday 22nd November
Friday 29th November

Tuesday 10th December (State-wide transition day)



Children will need a backpack with healthy snacks/sandwich, drink bottle of water and a change of clothes just in case of any accidents. Please ensure everything is named. Uniform is NOT required for Step Into Prep. Closed toe shoes such as runners are required.

If you need any assistance
please phone 54681111

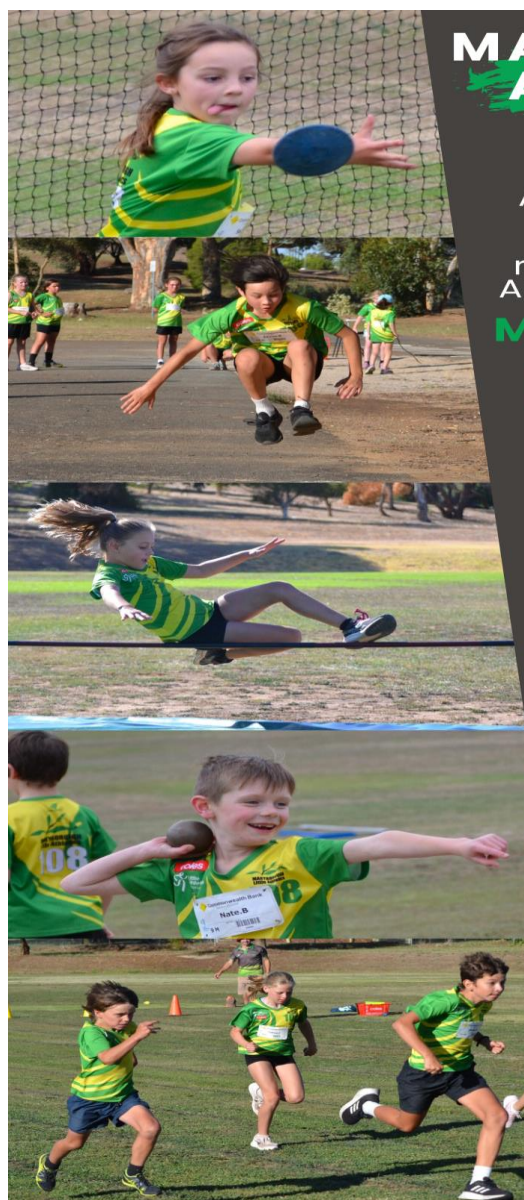




Come & Try Little Athletics!

All Welcome!
New or returning athletes,
5-16yrs wanting to give
Little Athletics a try.

Friday 13th September 2024
From 4pm @ Jack Pascoe Oval



MARYBOROUGH LITTLE ATHLETICS CENTRE

Our Summer Track & Field season runs October-March. Athletes compete in a range of events each Friday night with opportunities to take part in regional events and open days. Athletes of all abilities welcome.

Maryborough Little Athletics
Centre 2024/25 Track &
Field season will begin on

**Friday 11th
October 2024**

5.15pm arrival for 5.30pm
start each Friday evening
@ Jack Pascoe Reserve

*New members
are always
welcome!*



Fun, fitness and
friendship for children
and teens aged
5-16 years.

0436 028 314 - Jake

maryborough@lavic.com.au

maryboroughlac.org.au

MaryboroughVicLAC



Dunolly Primary School

Social, enjoyable
& fun experiences
for children

Develop creativity, life
skills & confidence
through play

Qualified, caring &
engaged staff

Exciting &
thoughtfully
developed programs

Healthy & Yummy
food provided
each day

Bookings now open!

	Monday - Friday Hours of Operation	Fees before Child Care Subsidy*	Out-of-pocket fees after Child Care Subsidy**
Before School Care (BSC)	7:00 AM to 8:45 AM	\$18.62	\$1.86
After School Care (ASC)	3:15 PM to 6:00 PM	\$24.09	\$2.41
Pupil Free Day	7:00 AM to 6:00 PM	\$60.23	\$6.02
Holiday Program***	N/A	N/A	N/A

*Standard fee costs **before** Child Care Subsidy | ** Standard fee costs **after** maximum Child Care Subsidy | *** Standard fee costs **excluding** incursions/excursions

Cancellation Fees

(No Child Care Subsidy applied to Cancellation Fees)

BSC/ASC within 24 hours of session start time: **\$4.00**

Holiday Program within 5 days of session start time: **\$10.00**

Same day cancellation fee is out-of-pocket session fee.

Late Booking Fees

(Child Care Subsidy is applied to Late Booking Fees)

BSC/ASC within 24 hours of session start time: **\$4.00**

Holiday Program: book less than **5 days** from
the session start time fee is **\$10.00**

Late Pick-up Fees

(Child Care subsidy does not apply to Late Pick-up Fees)

\$1 per minute after service close time.

To register visit theircare.com.au



Service Phone number:
0499 855 565

Your service Coordinator will be
available during session times.

**Save up
to 90% with
the Child Care
Subsidy!**

