



Elphinstone Primary School

www.elphinstoneps.vic.edu.au 26 Wright St, Elphinstone 03 5473 3285

CARE – RESILIENCE – CREATIVITY

Important Dates 2025:

October

Mon 20 Assembly 3pm

Thur 23 School Photos

Mon 27 School Council

November

Mon 3 Curriculum Day

Tue 4 Melb Cup

Holiday

Fri 7 P/2 Kickball

Mon 10—Wed 12 5/6

Camp Anglesea

Mon 17 Assembly

Thur 20 School

Sleepover (Modified
Timetable Friday)

Mon 24 School Council

December

Thur 4 School Concert

Mon 8 Assembly

Tue 9 State-wide

Orientation Day (new
preps and Grade 6)

Thur 18 End of school
Year for Students.

Farewell Assembly
2.45pm

Fri 19 Curriculum Day
(no students) End of
year (for staff)

January 2026

Wed 28 Start Up Day
Students start 2026

**Total Funds raised
so far: \$2613**



**VICTORIA'S CONTAINER
DEPOSIT SCHEME**



NEWSLETTER No.15 16th October 2025

Dear parents carers and the wider school community

Our Somers students arrived back at Elphinstone yesterday after their 9 day camp, and no doubt all, including Jamie and Trinity, will be very tired indeed! The chance for our students getting to know other students that they will end up sharing classes in secondary school is so important and valuable, and we can't wait to hear about all of their experiences. We thank Jamie and Trinity for volunteering, the camp was uncertain to proceed due to lack of willing staff to attend, so we certainly did our bit for the good of everyone. Believe it or not it's only a few weeks until the Grade 5/6 Anglesea camp!

Talking about camps, we are planning to hold our Whole School Sleepover on the night of Thursday 20th November. We will have students choosing either to camp on the oval or sleep in the classroom. We would like to call on parent helpers to assist with cooking tea, and we encourage parents to collect their children at lunch the following day, although we will have the school running normally to 3.30 on the Friday.

After reviewing the results from the Resilience Project Student Survey, it raised concern amongst staff that a significant amount of students may not be getting the recommended amount of sleep. The consequences range from inattention and lack of motivation, to the more serious issues around general health (mental and physical) and academic growth. We have added information in this newsletter for parents and carers to reflect on this regarding their own children. Please take a look and further information can be found on the Resilience Project website

The fundraising money from the recycling program keeps trickling in and we, once again, would like to thank Shane (Keziah's dad) and local restaurant 'Taste of the Orient' for their help. Shane collects and deposits all the glass, aluminium and plastic from our bins at the pub regularly, which is an enormous task. Thank you!

Students gather to show their support for the Blue Ribbon Foundation on the last day of term 3 (left), and (right) our first official class in the new Art Shed!



Elphinstone Primary School - Like us on Facebook!

We care for and respect our school, and acknowledge the traditional owners of the land on which we learn and play, the Dja Dja Wurrung People.





OUR SCHOOL VALUES		
Care We show kindness and empathy when we care for ourselves, others and country.	Resilience When things are tricky, we bounce back from the challenges we face.	Creativity We are all unique, imaginative and can think outside the box.



Mums night out!

School Council president, Tara, organised a mum's night out just before the end of last term at the Elpho Pub. It was fantastic to see so many there and, from all reports, everyone had a great time catching up in a different setting. It was a wonderful initiative from Tara, and I'm sure there will be plenty more nights in the future. Now over to the blokes—any plans?

Farewell Anastasia.

We said a sad farewell to Anastasia last week. Students made her many keepsakes to remember us all. We will all miss her and wish her the very best in her new school.

Thank you to the Breadsell Family for being a part of our community. We hope you all pop in to visit if you're in the neighbourhood.



PHOTO DAY IS COMING

**Thursday
23rd October 2025**

Every family has received photo forms. Please send them back to school as soon as possible, so the day can run smoothly.



Scan this QR code to learn more about our **Parent & Carer Hub**.



Think about how you were **kind** today.

What did you do and how do you feel thinking about it?



Students in Mrs Rollinson's class completed their eSmart course this week.

One activity included an analysis of a poem called 'Keys to the future' by the Children's Laureate Wales. They could identify positives and negatives of using technology. When asked for suggestions to make sure that technology doesn't divide or isolate people these were the responses:

- **Have a limit. Don't be on it all the time. Be outside sometimes too.** - Brigid
- **Don't go on your phone all of the time.** - Keziah
- **No bullying, scamming, proximity chat, bad words or spam killing.** - Lucas

Students also analysed ways that technology brings us together.

- **Making friends or making up with someone by apologising to them.** - Xavier
- **Keeping in touch with people that live far away.** - Billie
- **Keep in touch to communicate. Planning hangouts. Sharing stories that can help each other.** - Seren

The eSmart program has been beneficial to all students, but it doesn't end with this program completing. eSafety is continuously taught through a range of learning opportunities, but it will only be truly successful with parents teaching their children at home too.



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

The Smile Squad team from Bendigo Health are coming to our school soon.

Smile Squad is the Victorian Government free school dental program.

This means ALL students can get a free dental check-up, preventive services, and treatment at school.

How to access free dental care

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

OR use the below QR code:



Paper consent forms are also available from the school office.

The online consent form can be translated into over 100 languages, and the paper form is available in 13 languages.

Smile Squad oral health packs

Each child will soon receive a free oral health pack containing a toothbrush, full-sized toothpaste, and an oral health brochure. Please take the time to read the brochure—it has helpful hints for your whole family to eat well, drink well, and clean well.

Standard strength toothpaste

The toothpaste provided is standard strength fluoride, recommended for children aged six and over unless otherwise advised by a dental or health professional.

If your child is under six, please seek advice from a dental or health professional before use. Alternatively, you may choose to store the toothpaste until they turn six or share it with another family member.

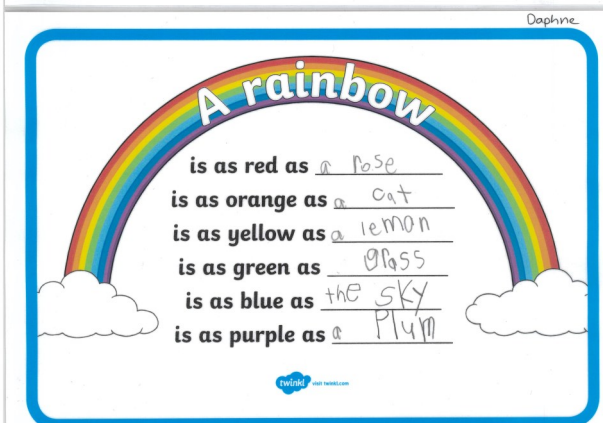
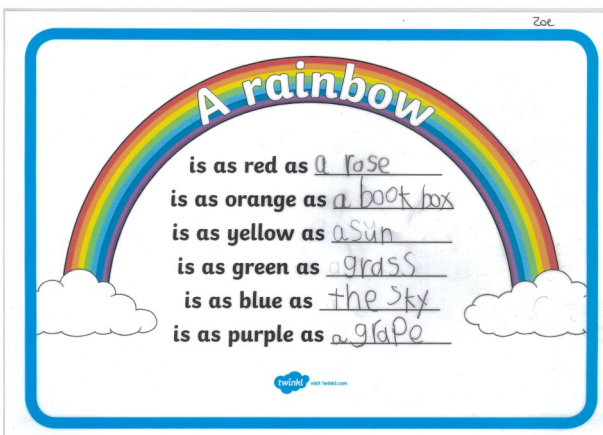
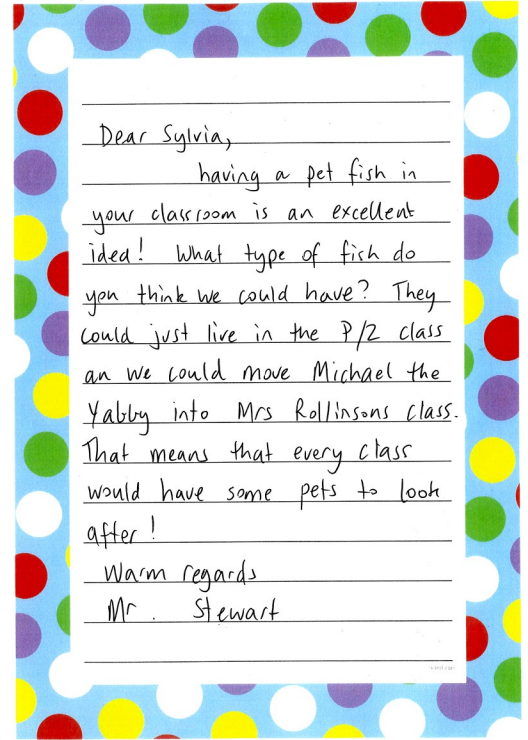
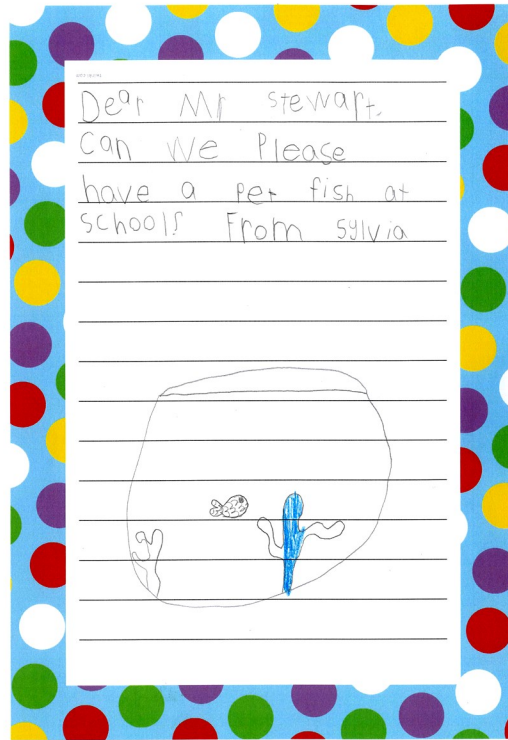
Do I need to attend my child's appointment?

No, parents/guardians do not need to attend. You are welcome to join if you would like to, or you can take your child to a community dental clinic instead.

Miss Leehane's Class

Student Voice In Action

Last Term, the students each wrote a letter to Mr Stewart with a suggestion to improve our school. There were suggestions like—an ice-cream day, a tree house and lines on the oval. Sylvia asked if we could have a pet fish and this week we have introduced Goldie and Anastasia into our P-2 classroom! Thanks Sylvia for your great suggestion.



Makes school fun
Always energetic
Can help if you're feeling sad

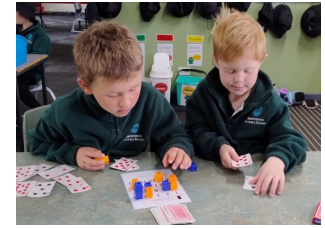
Last week, we learnt about some different kinds of poems. We talked about similes and wrote a rainbow poem and we also revisited acrostic poems and wrote a class poem about Mac.

Mrs Rollinson's Class (& some of Miss Saunders!)

Maths

We started the term with a fun buddy 'tabloid maths'. It's wonderful having opportunities for our older students to be leaders and teach their younger peers.

We've also improved with our angles!!! Students have been successfully lining up and measuring angles with protractors and have begun calculating missing angles on straight lines.



Writing

Students have been completing their Exposition Recounts of the holidays. While it has been a little challenging writing in the third person we have created some very entertaining writing pieces.

Here is a paragraph from Lucy's:

At Sandy Hills she dug a big hole. When Casey and Denny were leaving they nearly forgot that she was in the big hole. And before that when Riley wasn't looking he fell into her big hole, Lucy started laughing.

FUN FRIDAY

We wrote alliterations in writing and participated in number sense activities to start our maths session. We had a special partner 'Sparkle' join us this week :)

Sylvia saw a snake slithering in the snow.

Zoe and Zane zipped zanily to the zoo on a zebra.

Eli eats entire eggs and elephants.



Reading

We read 'Chicka Chicka Boom Boom' on Friday and created our own palm trees with coconuts representing our age and letters for our name.

I love the creativity!!!

The 3-6 students have read a range of persuasive texts and had many discussions. One was about how our parents try to persuade us to eat things we don't like. The second were persuasive strategies a Pigeon could use to convince a truck driver to let them drive a truck!



3-6 Puzzle Page



Math Riddles for Kids

When does $1 + 1$ NOT equal four? In a riddle! These fun math riddles challenge the way you think about numbers.

Q: How many times can you subtract 5 from 25?

A: Just once, since it then becomes 20.

Q: What number keeps going up and never reduces?

A: Your age.

Q: What appears once in a minute, twice in a moment, but not once in a thousand years?

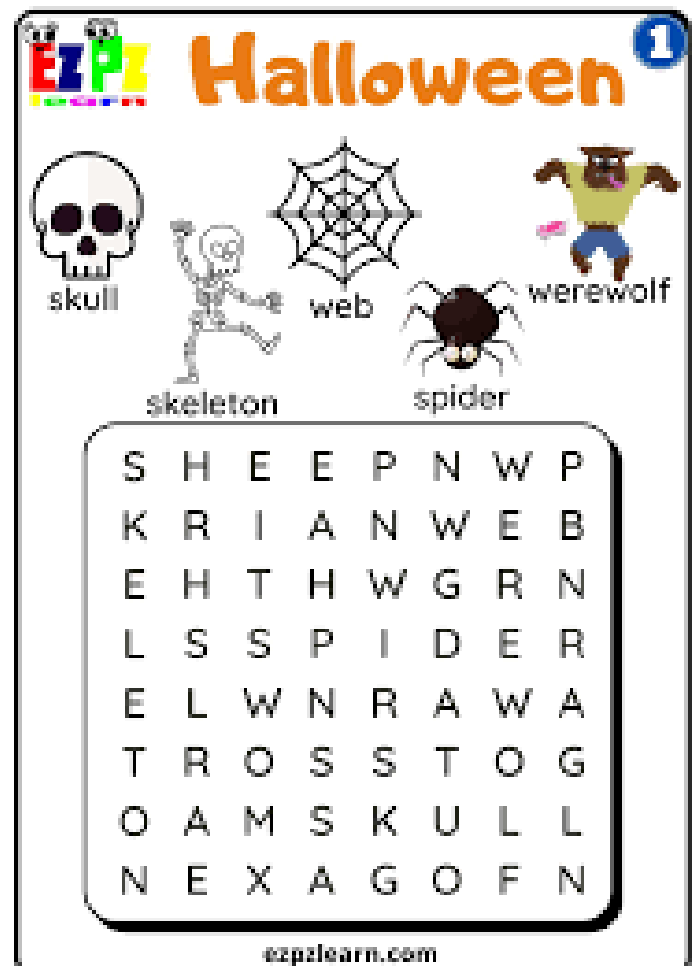
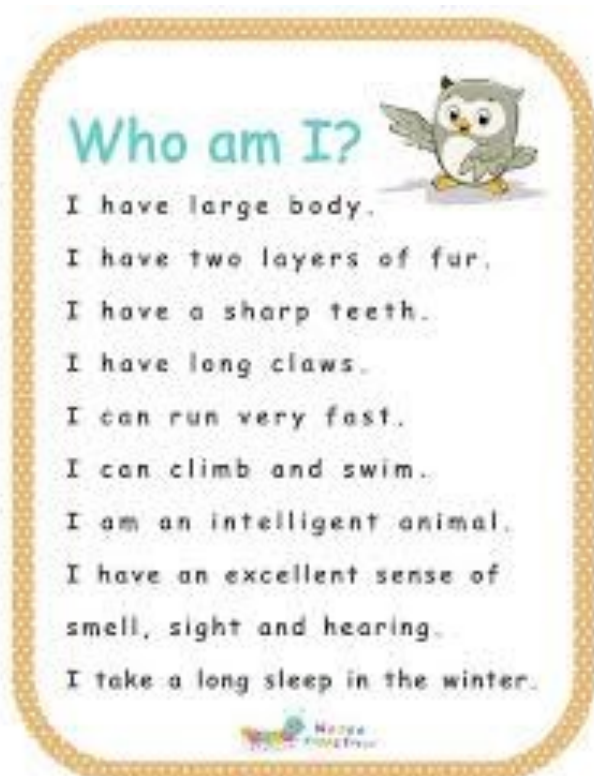
A: The letter "M."

Q: What did the zero say to the eight?

A: "Nice belt!"

Q: How can you take two from five and leave four?

A: Remove the letters "F" and "E" from the word



Dinner's Adventures



on the holidays the
first of October on
Wednesday it was my
birthday we to melbora
and we play a nongus
in real life it was sooo!!!
fun. and we had
no donuts for BR-
yummm and play
it with my nana
and we had ice cream

I had a with Lanya
and another day
and I went to Bill
and Brigid's farm
I had my nails done
in melbora. we went
to the movies and saw
Bad guys 2 and Kangaroo
in melbora it was ~~basxx~~

By Lira

Pip's Adventures

Recently Pip has had adventures with Eli and Zane as well as spending the holiday period with Anastasia. Pip has eaten biscuits, been on a ride on mower, explored paddocks, went to Sovereign Hill and even spent a day at the police station—including having to be locked in the cell—naughty Pip!





RECOMMENDED SLEEP GUIDELINES

-  Sleep is important for kids of all ages.
-  Just like healthy food, exercise, and learning, sleep helps children to:
 - ▶ Grow strong
 - ▶ Stay active
 - ▶ Do well in school
 - ▶ Eat well
 - ▶ Feel better
-  Good sleep can help kids to:
 - ▶ Feel happier
 - ▶ Stay healthy and fight off sickness
 - ▶ Focus, remember things, and learn more easily
 - ▶ Build confidence and good mental health
-  Naps are okay for young children.
-  Most kids stop napping between ages 3 and 5.
-  If older kids nap a lot, they may not be sleeping enough at night.
-  Teens naturally stay up later but still need 8-10 hours of sleep.

TIPS FOR BETTER SLEEP

-  Keep sleep and wake times the same every day, even on weekends.
-  Start getting ready for bed 30 minutes before sleep.
-  Turn off screens and do quiet activities like reading or taking a bath.
-  Use the bed only for sleeping, not for watching TV or playing.
-  Get outside and be active during the day.
-  Aim for 60 minutes of movement and sunlight every day.



**children's health
& wellbeing local**

Free support for children and their families

RECOMMENDED SLEEP GUIDELINES

AGE	RECOMMENDED	MAY BE APPROPRIATE*
Newborns (0-3 months)	14-17 hours	11 to 13 hours 18 to 19 hours
Infants (4-11 months)	12 to 15 hours	10 to 11 hours 16 to 18 hours
Toddlers (1-2 years)	11 to 14 hours	9 to 10 hours 15 to 16 hours
Preschoolers (2-5 years)	10 to 13 hours	8-9 hours 14 hours
School-aged children (6-13 years)	9 to 11 hours	7-8 hours 12 hours
Teenagers (14-17 years)	8 to 10 hours	7 hours 11 hours
Young adults (18-25 years)	7-9 hours	6 hours 10 to 11 hours
Adults (26-64 years)	7-9 hours	6 hours 10 hours
Older adults (≥65 years)	7-8 hours	5 to 6 hours 9 hours

The above sleep duration recommendations are based on a report of an expert panel convened by the US based National Sleep Foundation and published in 2015 in their journal Sleep Health.

***Sleeping more or less than the 'may be appropriate' hours must be monitored, as it may affect the growth and wellbeing of your child.**

PROTECT

Protecting children & young people
from abuse is our responsibility



Come and
Grab a
Bargain!

ELPHINSTONE

GARAGE

SALE

FUN DAY
OUT!

SUNDAY, 26th OCTOBER 2025

8:30am - 2:00pm

Stalls at Sawpit Gully Reserve, Bateman Rd,
Elphinstone

Maps for home garage sales can be collected from the
Elphinstone Post Office

Registration for property or stall
still open!

Contact elphrechall@gmail.com
or 0410 523 270

**BBQ and Coffee Van at
Sawpit Gully!!**

Organised by
Elphinstone Facilities Committee
and
Elphinstone Progress Committee



Notice for the Fridge!

Here is a list of optional Out of Uniform days we are participating in this year.
There may be others that pop up but these are the usual ones.

Thursday 18th December - Last day of School 2025 - Casual Dress day. Gold Coin donation for Police Blue Ribbon Foundation.

*Remember you need to be sun smart so no singlet tops



ELPHINSTONE PLAYGROUP



TUESDAYS
9:15-11:15am
During School Terms

ELPHINSTONE RECREATIONAL HALL
Olivers Lane

Everyone welcome!
Just bring \$3 and a piece of fruit to share

For more information contact
Tara on 0478 809 621
Or join the 'Elphinstone Playgroup' Facebook page

English Tutor

Local English Tutoring –

Helping Students Thrive

Hello, my name is Tallaya, and I am an experienced English tutor with a background in secondary teaching and a genuine passion for helping students succeed. I specialise in building confidence and improving reading, writing, and communication skills for students of all levels.

Each hour-long session is tailored to suit the student's individual learning needs. Whether it's developing stronger essay-writing skills, preparing for VCE exams, or filling knowledge gaps, my aim is to make English engaging, accessible, and rewarding for all students wherever they are on their learning journey.

One on one and small group tutoring available here in Elphinstone.

For information regarding session times, fees or to book a trial session please contact

Tallaya Maher on one of the following,

taymaher@hotmail.com

0424790788

PHOTO DAY IS COMING

Thursday
23rd October 2025

MSP Photography will be visiting our school on the above day.

- Read all the relevant instructions carefully before making your package choice.
- Order online www.msp.com.au or by placing cash inside the envelope. Please enclose correct amount as no change will be given.
- Discounted orders close 7 DAYS after photo day, please order early to avoid a late fee.
- Sibling photos can be ordered online. Spare envelopes are available at the school office on request.

LIFE IS EASIER WITH MSP

Please call MSP on 5333 5577
if you have any questions.



FREE TALK PRESENTED BY BRON GRIEVE —
COMMUNITY HEALTH NURSE. HOSTED BY CASTLEMAINE LIBRARY



Teens'emotions & how to work with them

Thursday 16 October 2025 | 5.30 — 6.45 pm
(5.15 pm arrival for a 5.30 pm start)

In this session, we'll explore the emotional landscape of teens and how to effectively support their unique emotional needs. Learn practical communication strategies to build trust, foster understanding, and navigate the challenges of adolescence.



scan for more info

PRESENTED IN PARTNERSHIP WITH
THE MOUNT ALEXANDER SHIRE COUNCIL & CASTLEMAINE LIBRARY

Bookings at goldfieldslibraries.com

For more information contact Bron on 0439 187 051
or email bgrieve@castlemainehealth.org.au



Teen emotions and how to work with them

Delivered by Nurse Bron, this session will explore the emotional landscape of teens and how to effectively support their unique emotional needs. Learn practical communication strategies to build trust, foster understanding, and navigate the challenges of adolescence.

Day: Thursday, 16th October

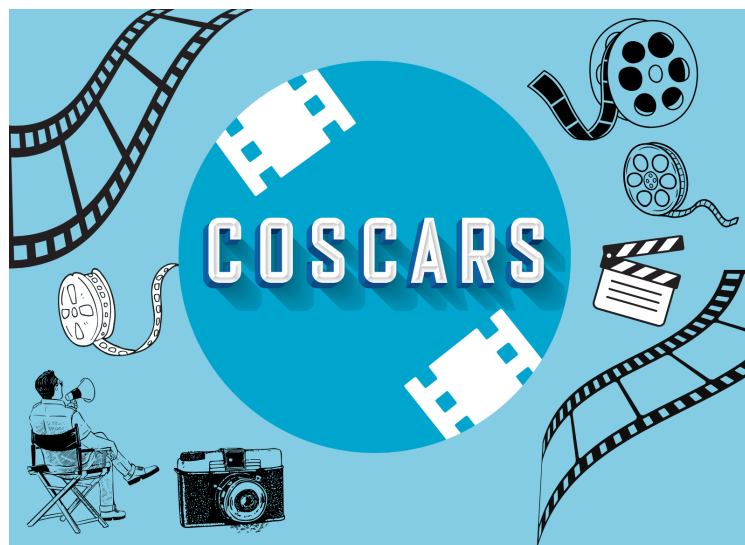
Time: 5.30pm to 6.45pm (5.15 arrival for a 5.30 start)

FREE EVENT

Light snacks provided

Bookings: <https://goldfieldslibraries.com/>

For more info contact: Bron Grieve on 0439 187 051 or
bgrieve@castlemainehealth.org.au



COscars Youth Film Competition 2025



Cash prizes of \$50 - \$150



Films screened at the 2025 COscars Film Festival in November at the Theatre Royal, Castlemaine.

Ages 10-20 years.

Categories: Snapshot (1 min); Short (1-5 mins); Short film (5-10 mins).

Entries close: Midnight, Sunday 2 November.

Competition entry forms and guidelines can be downloaded on Council's youth website

www.mountalexandershiroyouth.com.au

For more information contact Shannon on 0429 369 894 or
youth@mountalexander.vic.gov.au



Youth



EST 1934
THEATRE ROYAL
CASTLEMAINE



Lael Stone is coming to Bendigo

Creating cooperation and connection

parenting workshop

Tuesday 28th October 2025

@ 7.00pm-8.30pm, \$10/ticket

The Capital Theatre, Bendigo

Brought to you by



Book your seat
boxoffice.gotix.com.au

