Elphinstone Primary School

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

CARE – RESILIENCE - CREATIVITY

NEWSLETTER No.17 29th October 2026

Important Dates 2026:

October

Thur 29 - Fri 30 School Sleepover

November

Mon 2 & 3 Pupil Free Days (Curriculum Day & Melb Cup)

Mon 16 Life Ed Incursion

Mon 23 Assembly 3pm/ School Council 5pm

Wed 25—Fri 27 5/6 Urban Camp Melbourne

December

Tue 8 Statewide Orientation Day - 2027 Preps and Year 7 students

Thur 10 End of Year Concert (Evening)

Mon 14 Activity Week (events excursions TBC)

Thur 17 End of school year. Final Assembly 3.00pm

Fri 18 Pupil Free Day

2027

January

Wed 27 Teachers Start

Thur 28 Start Up Day (Students only required at their interview)

Fri 29 First Day of formal classes

VICTORIA'S CONTAINER DEPOSIT SCHEME

CDS VIC Funds This Year

$ 881.70

Dear parents carers and the wider school community

Term 4 is always the busiest of the year and this one is no exception! At the time of this going to print and emailed out we will be preparing for our annual sleepover/'campover' which the students look forward to each and every year. We will have prep students sleeping away from home in a school setting for the very first time, and some grade 6 students pitching tents and having school camp number 12!

On the subject of camps, our year 5 and 6 students will be heading off to Melbourne in 4 weeks to enjoy an action packed 3 days, including night visits to O'Briens Ice Skating Rink and Eureka Tower, along with the Old Melbourne Gaol, Parliament House, Melbourne Museum and Zoo and ACMI. Both Pam and I will be attending, and we join Chewton, Taradale and Langley grade 5 and 6 students at Urban Camp, Parkville.

We are incredibly pleased to announce that Hollie will be teaching full time with us next year, joining Jess in the Prep/2 class. We are in the preliminary stages of planning what that might look like, as our school transitions from traditionally having the majority of students in the older age group, to the majority in the younger age group. It is an exciting time for our school; we have 6 preps expected to enrol next year along with a handful of children already pencilled in for 2028.

The trivia night held a couple of weeks ago was a tremendous success, and everyone I have caught up with since has said that they had fantastic evening. Once again, we thank Trinity who put the night together, and Chelsey and Ethan for sourcing the goods and services to raffle and auction. Thank you to everyone that helped, either assisting on the night or chasing down prizes.

Dhelkaya Health Community Health Care Nurse, Bronwyn Grieve, has commenced our Preparation for Puberty program (known to the 5/6 students as 'P4P') and we will have 5 sessions of curriculum based, accurate and age-appropriate information about body safety, consent, anatomy, reproduction and puberty. Parents, please be aware that students are actively encouraged each session to talk about what they have learned at home.

Lastly an update on the works around our Shelter-in -Place, I can confirm a that a grant of up to $25,000 will be available to our school towards an all-metal shade structure (in their words- 'at least 10M away from the Shelter in Place, not over a playground') to create an additional shaded outdoor learning area. Additionally, the Chinese Elm trees that were removed will be replaced (although we will plant them in a different location). As much as we appreciate the offer from the VSBA, the difficulty will be to make it actually work for us, and their willingness to be flexible around other possible solutions (instead of a 'tin shed') to the problem that they have created.



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

ASSEMBLIES 2026

Only 2 more assemblies to go! This week's assembly, hosted by Lucas and Lila, celebrated Daphne, Rosie and Charlie. We added two more pieces to our SWPBS Tree, awarded 250 nights reading to Brigid and met Charlie's turtle called AFL!

Week 8 23rd November
Indie, Elise, Tyson

Hosts: Brigid, Keziah/Billie

Last Day 17th December

Xavier Lucas
Greta Billie











GEM CONVERSATION CARDS

THE RESILIENCE PROJECT™

Spend a minute sitting and taking in your surroundings using your senses.

What can you see, hear, smell, touch and taste?

Pupil Free Day

Reminder to Families

Monday

2nd November

Curriculum Day

Tuesday

3rd November

Public Holiday

School will not be open on these days.

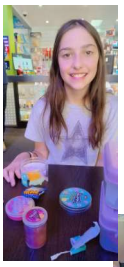
We look forward to welcoming everyone back on Wednesday 4th November.

Grade 6 - Day Out - $20 Boss

On Wednesday, the grade 6 students went to the Zone using the funds raised during their $20 Boss challenge. They were all incredibily grateful and well mannered the entire day. It was an absolute pleasure taking them out.













Trivia Night Fun!

A big shout out to Trinity, Ethan and Chelsey for organising the event - You're Amazing, Thank you for all the time and effort you put in!

A massive THANK YOU to all of the people and businesses that donated the prizes and auction items. Without you the night would not have been so successful. The Students and Staff at Elphinstone Primary are extremely grateful to you all.

















Goldfields Primary Tennis Tournament











DANCE

This semester we have started dance lessons using Amplify. So far the junior students have learnt to understand:

- what dance is and why people dance

- how space is used in dance

- the importance of beat in dance.

While the senior students have learnt to understand:

- how dancers use diferent shapes to express ideas and emotions

- how musical concepts relate to dance

- the six main dynamic qualities in dance.













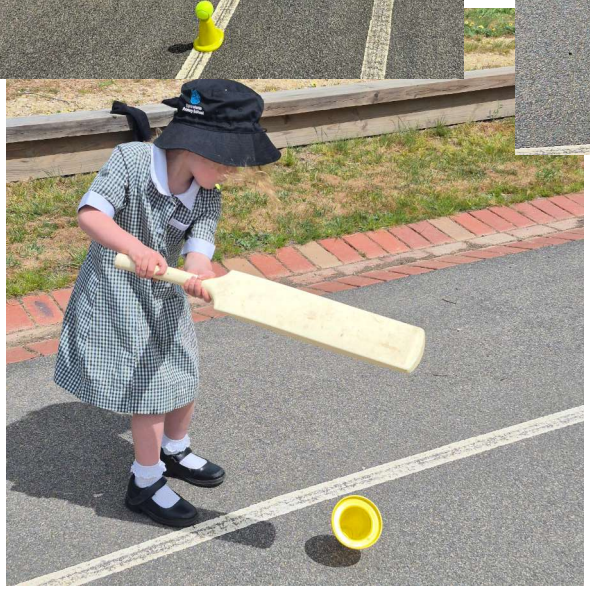




Health and PE in Term 2 - students are going through their paces with Hollie's netball unit, along with enjoying a one-off cricket clinic from players that came up from the Eastern Suburban Cricket Assosiation.





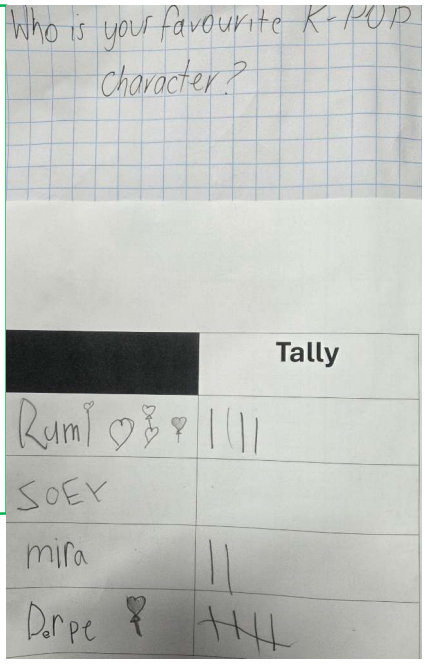


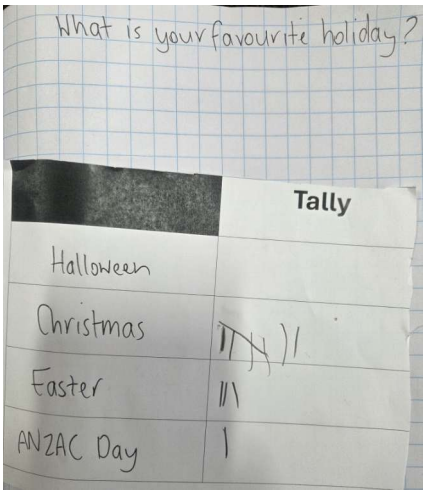


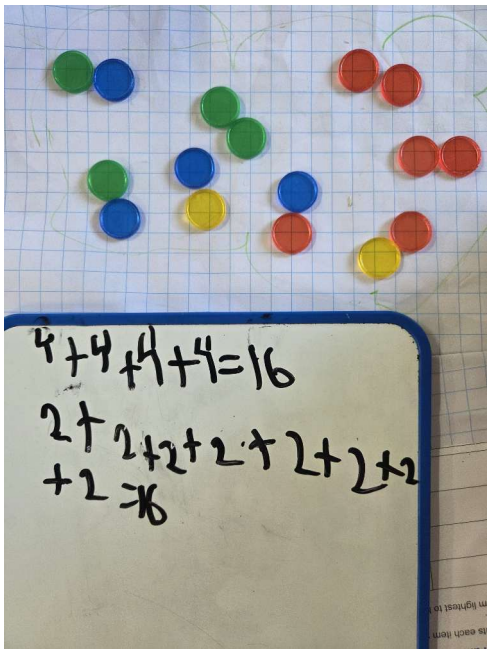
Prep/1 Class Class

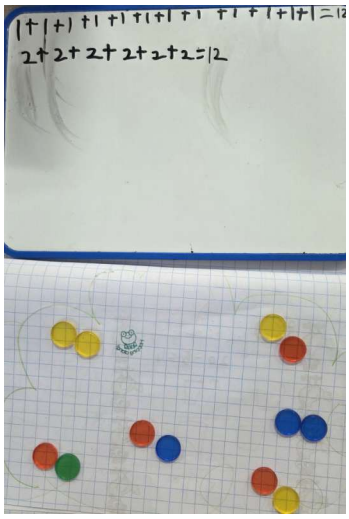
MATHS

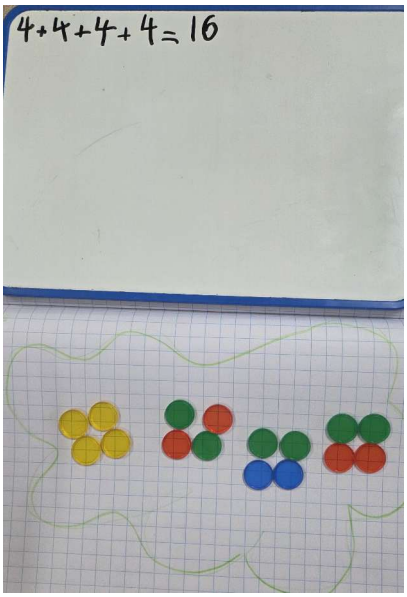
We have had fun in maths looking at grouping fruits to show repeated additon and collecting, comparing and analysing data using tally marks.











Pip's Aventures

Pip spent the weekend with Rosie and her cousins. She even got to meet Rosie's new baby cousin!







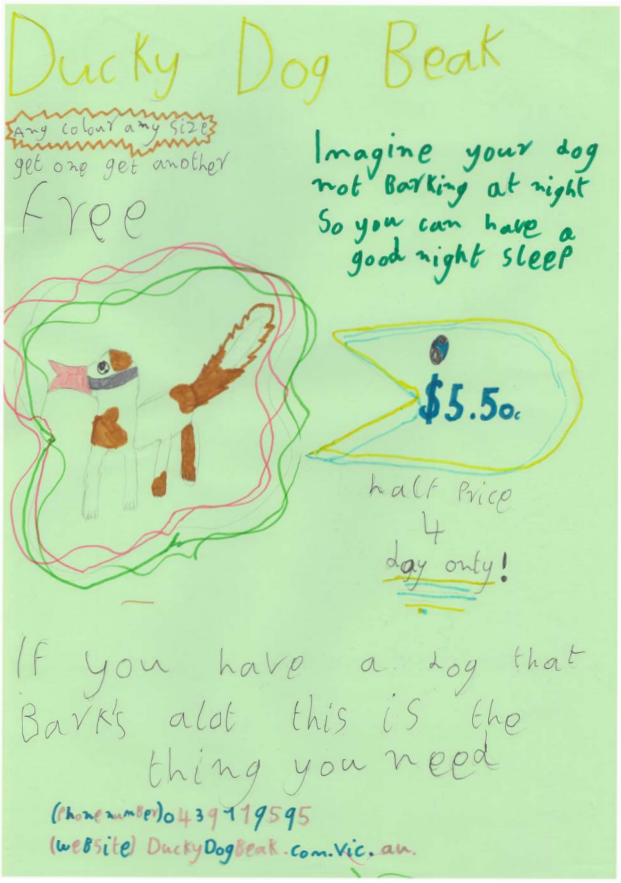
Writing

In writing, we are currently working on persuasive letters to Mr Stewart. We can't wait for him to read them all and look forward to his responses.

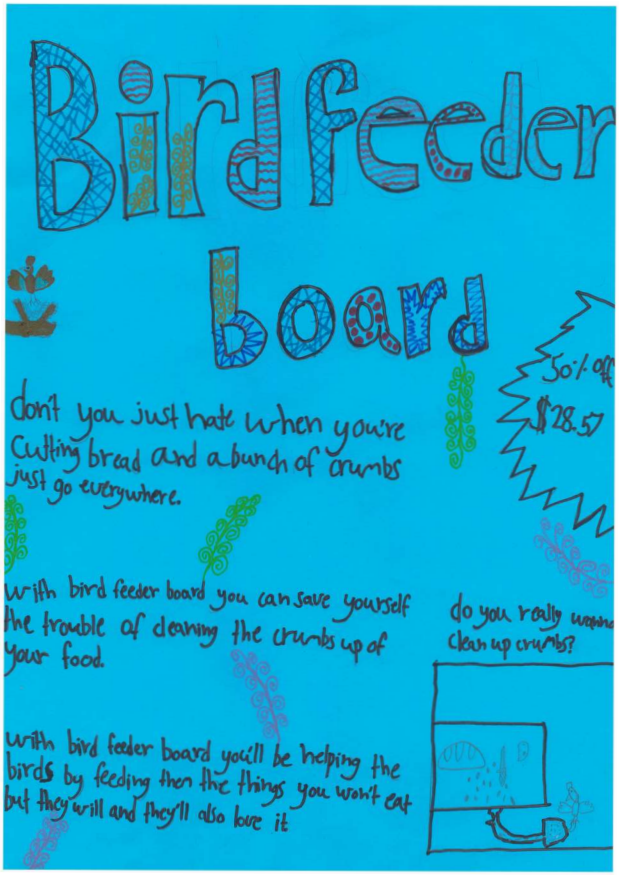
Mrs Rollinson's Class

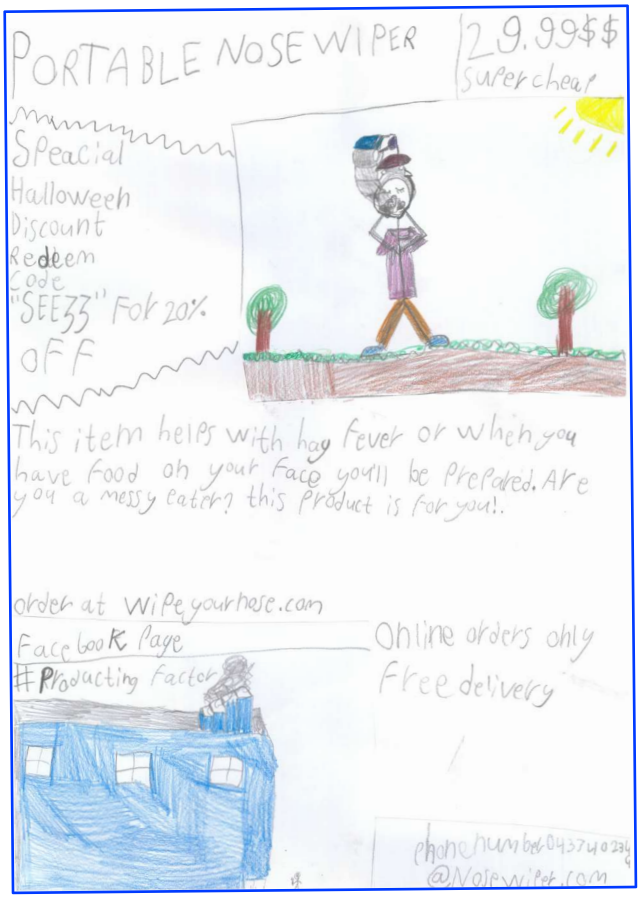
Writing

Students have completed their persuasive writing unit by creating advertisements for weird and wacky inventions. Are you persuaded to purchase these items?









See through umbrella

Normally $50 $20 Off for this week only.

Need to see in the rain? Well here's the solution!

Don't miss out! Limited Stock!!

Do you not like getting wet?



Review
5 stars-really good for the rain!

Fish walker



Only $100

50%off
Limited time

Is your fish tired of staying in its tank?

Dose your fish want to come on holidays with you?

Were dose your fish want to go?

ALARM ASSISTANT



Cost
$28.99

Are you tired of waking up late for work, school or the place where you're going?

50% OFF

"It's GREAT for people who need to wake up early"
"The ALARM ASSISTANT is good for getting you to SCHOOL or WORK on TIME!!!"
You can even choose the alarm sound to your favourite music.
It also comes in DIFFRENT colours of your choice.

Colours:

OR you can customise your own colour for an extra $2.50

Reviews!

- It REALLY helped me get to work on time.
- I really loved the colour I chose.
- I don't know but I just like

COLDLERY®

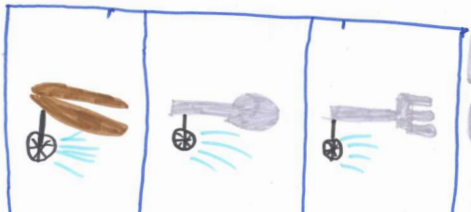
Cutlery to cool your food!

Have you ever burnt your tongue on dinner!?
Then this is for you!



QUICK LIMITED SUPPLY!

If you buy our COLDLERY® for only $8.99 Per Pc
you will never burn your tongue again!!



Havent burnt my tongue since I bought it!

very durable! would buy again!

Highly recommend! I have bought every piece of cutlery.

WWW.coldlery.is//life @sawmiel.com



Puddles Play Dates

On the weekend I went fishing with Puddles. We didn't catch any fish it was still fun. By Charlie





Puzzle Page



FIND THE HIDDEN WORDS



D	A	R	K	B	W	O	S	P	U	W	W	E	H	R
I	N	N	C	V	P	Y	R	A	H	I	T	U	T	A
P	N	X	A	N	E	M	W	A	P	G	A	W	I	E
A	M	L	L	J	T	A	K	L	N	K	G	Z	L	F
F	C	Y	B	W	U	Y	X	X	M	G	N	V	H	I
R	D	A	E	D	N	U	Y	X	J	X	E	R	N	D
A	V	A	A	Y	O	P	R	E	V	T	D	V	M	X
I	D	V	I	V	J	O	D	V	S	A	G	O	W	Z
D	E	X	W	J	R	I	K	N	A	K	N	S	R	S
T	P	Y	R	C	R	R	J	J	S	S	S	M	E	I
T	D	F	E	Y	T	O	N	K	T	U	L	L	U	R
V	C	G	A	B	C	I	O	E	X	Q	U	H	J	E
M	K	H	G	V	A	D	R	B	T	O	F	C	P	L
N	M	O	X	X	S	L	A	I	H	T	N	U	A	H
I	S	S	X	C	S	Z	L	G	P	B	K	U	N	W
V	C	T	F	N	V	B	A	S	M	S	M	Q	I	A
U	S	L	A	N	U	K	D	U	N	G	R	P	F	M
P	H	Y	N	V	W	S	M	Q	C	N	X	I	F	V
A	R	S	G	Y	M	A	H	X	V	E	Z	B	O	I
U	K	R	S	C	U	M	U	V	Q	K	X	P	C	S



AFRAID	BLACK	BOO
COFFIN	CRYPT	DARK
EYEBALLS	FANGS	FEAR
GHOSTLY	GHOUL	HAUNT
HAYRIDE	MASK	MONSTER
ORANGE	SPIRIT	UNDEAD



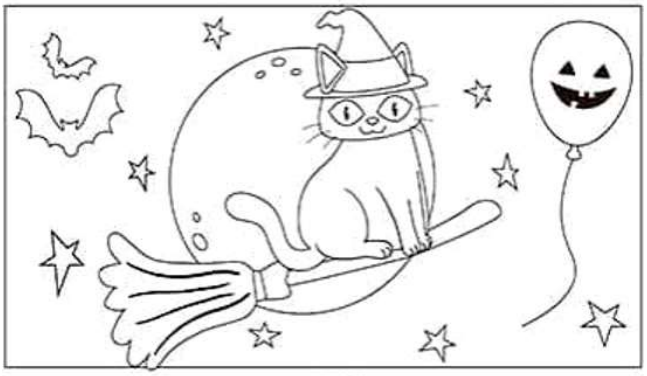






SPOT THE DIFFERENCE

Can you find the 8 differences?





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.

Last day of School 2026 - Casual Dress day.
Gold Coin donation for Elphinstone Fire Brigade.



We put 2 new puzzle pieces on the Whole school tree at Assembly on Monday which is fantastic.

The 3-6 class are now working towards an Icecream Party. The P-2 class wil decide their goal this week.

Currently

P-2 are on 32

and 3-6 are on 48



children's health & wellbeing local
Free support for children and their families

PARENT SUPPORT AND EDUCATION SESSIONS TERM 4, 2026

The Loddon Children's Health & Wellbeing Local offers free weekly education sessions that address mental health and wellbeing. The sessions are run by a mental health or allied health clinician at the Local.

Sessions are open to any parents or carers of children aged 0-11.

Why join in?

- Talk to Local staff about your child.
- Ask any practical questions you have about parenting now.
- Gain support for yourself as a parent.

Where: The Loddon Child and Health Wellbeing Local, 19 Helm St KANGAROO FLAT 3555. Enter via the green porch at the back of the site.

Dates and topics: Wednesdays (Face to face) please call us if you want to attend online to see if we can accommodate that.

WHEN	TIME	TOPIC
Oct 7th	9.30am	ADHD What is it and How Can I Help?
Oct 14	9.30am	What Is Autism and How Can I Help?
Oct 21	9.30am	Parent Wellbeing
Oct 28		**Bendigo Cup Closed**
Nov 4th	9.30am	Managing Big Feelings
Nov 11	9.30am	Navigating transitions
Nov 18	9.30am	Anxiety in Kids
Nov 25	9.30am	Social skills and self esteem
Dec 2	9.30am	Sibling Rivalry
Dec 9th	9.30am	Family rules and consequences



Book in via email icfhwlocals@bchs.com.au. **Please state your name, your child's name and the session(s) you wish to attend.**

IN PARTNERSHIP WITH HEAD TO HEALTH kids

The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.

In partnership with Bendigo Health, Bendigo and District Aboriginal Cooperative, Njernda Aboriginal Corporation, Echuca Regional Health, North Central LLEN, Maryborough District Health, Dhelkaya Health and Sunbury and Cobaw Community Health

Bendigo Community Health Services

SOMEONE I KNOW HAS ADHD

www.SocialWorkersToolbox.com



WHAT IS ADHD?

ADHD is something some people are born with.
It means their brain works in a different way.
Their brain can feel very busy.
This can make some everyday things harder.

PEOPLE WITH ADHD MIGHT:



Find it hard to sit still



Get distracted easily



Forget what they were doing



Talk a lot or interrupt



Do things quickly without thinking

They are not doing it on purpose. This is part of how ADHD affects them.

WHAT IS IT LIKE FOR THEM?

Imagine trying to watch five TV shows at once. That is what it can feel like in their mind. They might:



Feel restless or fidgety



Say or do things quickly



Get upset more easily



Find it hard to finish things



Feel tired from trying to keep up

They are fun, creative, and curious. They care, even if they do not always show it.

CAN I CATCH IT?



No. ADHD is not something you can catch. It is not like a cold or the flu.

HOW CAN I HELP?



- Be kind and understanding
- Be patient
- Do not tease or laugh
- Let them join in
- Talk to a trusted adult if you are unsure or worried



EVERYONE IS DIFFERENT

People with ADHD see and feel the world in their own way. We all have things that make us unique. Understanding each other helps us care for each other.

PEOPLE WITH ADHD HAVE MANY STRENGTHS

www.SocialWorkersToolbox.com



People with ADHD are often:



Full of ideas



Curious



Energetic



Imaginative



Caring



Kind



Funny

They can:



Think in different ways



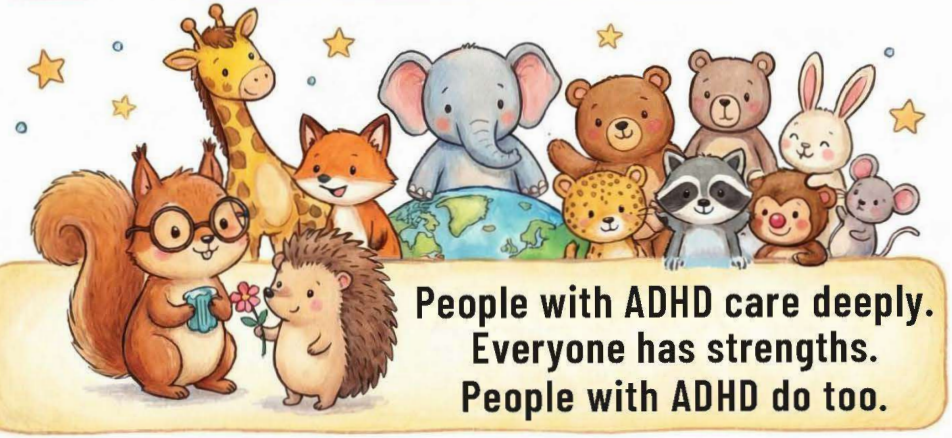
Notice things others miss



Be very focused on things they enjoy



Bring excitement and enthusiasm



People with ADHD care deeply.
Everyone has strengths.
People with ADHD do too.

Castlemaine Secondary College – Year 7 Transition Information

In the coming weeks, 2027 families will be sent book list information. We are in the process of confirming our classes and the staffing profile of our Junior School for 2027. We are looking forward to getting to know our new Year 7s.

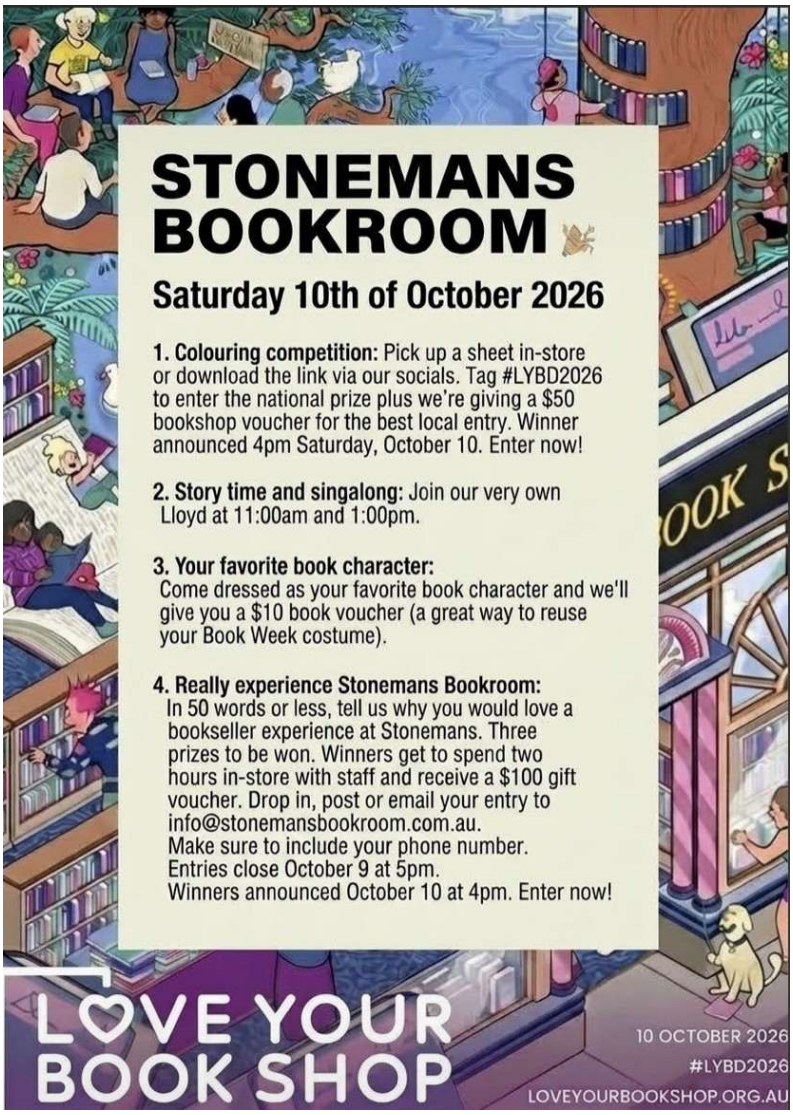
A reminder of our upcoming Transition Dates:

Family Information Evening – Wednesday, December 2: 5:30 pm-6:30 pm in the Gym (Junior School Building)

Orientation Day – Tuesday 8 December, 9:00 am to 3:15 pm

Sue-Ellen Pape
Transition Coordinator

Castlemaine
SECONDARY COLLEGE





Dhelkaya Health

children's health & wellbeing local

Scan to register

Parenting Programs

Bringing Up Great Kids

- For parents and carers of 0-12 year old children
- 6-week in-person program

Bringing Up Great Kids is designed to give you an opportunity to think about your parenting, your child and how to provide the experiences you want for them as they grow up. The program will help you understand more about your child's development and their behaviour. You'll also discover ways to take care of yourself and how to find support if you need it.



Australian Childhood Foundation

Circle of Security Parenting

- For parents and carers of 0-6 year old children
- 8-week in-person program

Circle of Security Parenting is based on decades of research about how secure parent-child relationships can be supported and strengthened. It's designed to help you support your child's ability to successfully manage emotions and enhance the development of their self-esteem. It's an opportunity to honour your innate wisdom and desire for your child to be secure.



COSP

For more information email Paula Russell at prussell@castlemainehealth.org.au
Or register online at dhelkayahealth.org.au

Elphinstone Playgroup

Music, Dance, Craft, Painting, Playdough, lots of toys & books & fun

All Welcome

Starting 3rd February

School Terms

9:15-11:15am

Elphinstone Recreation Hall

2 Olivers Lane Elphinstone

Cost: $4:00

Bring a piece of Fruit

Morning Tea for Adults



children's health & wellbeing local

PARTNER

'Drop-In' Family Support

Our monthly drop-in sessions offer a welcoming, relaxed space for carers and families with a child aged 0-11 years

Come along and have a chat about anything that's on your mind

Concerned about your child's development?
Challenges impacting on your child's wellbeing?
Family stress or uncertainty?
Navigating supports and services?
Unsure what your child and family needs and where to begin?

Where: Dhelkaya Health, Castlemaine

When: 12 Aug | 9 Sep | 7 Oct | 4 Nov | 2 Dec

Time: 9:30am – 11:30am

Whether you have questions, concerns, or simply need someone to talk to, we're here to support you and your family

