



Elphinstone Primary School

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

CARE – RESILIENCE – CREATIVITY

Important Dates 2026:

May

Fri 8 Tabloid Sports
Day P/2

Mon 11 School
Assembly

Mon 11 Assembly 3pm
School Council 5pm

Wed 13 Parent Coffee
catch up 9-10am

Fri 15 School based
Cross Country

Mon 18 Education
Week—Career Dress
up Day

Wed 20 Proposed
Ulumbarra Theatre
Excursion TBC

Thur 21 'Making
Friends with Worry'
Parent session 1-
1.40pm

Fri 22 Walk to School
Day/Goldfields
Division Cross Country
at Wesley Hill

June

Mon 1 School
Assembly 3pm

Fri 5 **Curriculum
Day—no classes**

Mon 8 **King's Birthday
Holiday**

Mon 15 School Council
5pm

Fri 26 Pyjama Dress Up
Day—Term 2 ends
2.30pm finish

July

Mon 13 Term 3 begins

September

Fri 4 **Curriculum Day—
school closed**

Fri 18 End of Term 3

NEWSLETTER No.6 30th April 2026


Dear parents carers and the wider school community

With a magnificent burst of mild Autumn weather, our students have settled well into the new term. We have plenty of activities and events to look forward to, with Education Week being held mid May one of the highlights. The students will attend a production titled 'Saltbush' at the Ulumbarra Theatre in Bendigo, along with a Careers Dress up Day on the Monday and a Walk To School Day on the Friday. Amongst these activities is the Dhelkaya Heath initiative—"Making Friends With Worry" where students are taught coping strategies in time of stress and worry, along with a child's understanding of what is occurring with their mind and body in such circumstances. This year we have decided to hold our parent session during lunchtime between 1.00—1.40pm on Thursday 21st May. We hope to see as many parents turn up as possible!

Our school welcomes Jane Brazzell, who is stepping in for Jacinta as she takes some Long Service leave until midway through term 3. Jane currently is the Business Manager at Taradale and she will be working Fridays at Elphinstone until Jacinta returns. We appreciate her taking on the added role, so pop in and say hello!

We are conducting our initial Cross Country 'in house' again this year, students will run/walk the same course on the other side of Wright St, along the track that crosses the water race. We intend to run a sausage sizzle after the event, and are calling on any parent volunteers to assist with marshalling on the course or helping on the BBQ. The event will be held on Friday 15th May, between 11.30 and 1pm. Students who run well will be invited to attend the Division event at Wesley Hill a week later.



 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		
<p style="text-align: center;">Care</p> <p>We show kindness and empathy when we care for ourselves, others and country.</p>	<p style="text-align: center;">Resilience</p> <p>When things are tricky, we bounce back from the challenges we face.</p>	<p style="text-align: center;">Creativity</p> <p>We are all unique, imaginative and can think outside the box.</p>

ASSEMBLIES 2026

PROTECT

Protecting children & young people from abuse is our responsibility



Term 2	Term 3	Term 4
<p>Week 4 11th May</p> <p>Keziah, Elijah, Lila, Josiah</p> <p>Hosts: Lucas, Charlie</p>	<p>Week 4 3rd August</p> <p>Ren, Gilbert, Tommy</p> <p>Hosts: Billie, Elijah</p>	<p>Week 4 26th October</p> <p>Charlie, Rosie, Daphne, Marshall</p> <p>Hosts: Lucas, Lila</p>
<p>Week 7 1st June</p> <p>Zoe, Lucy, Eli</p> <p>Hosts: Gilbert, Josiah</p>	<p>Week 8 31st August</p> <p>Sylvia, Eva, Zane</p> <p>Hosts: Greta, Ren</p>	<p>Week 8 23rd November</p> <p>Indie, Elise, Tyson</p> <p>Hosts: Brigid, Keziah/Billie</p>
		<p>Last Day 17th December</p> <p>Xavier Lucas Greta Billie</p>

THE RESILIENCE PROJECT

GEM Chats Empathy

CREATING WELLBEING HABITS & CONNECTION

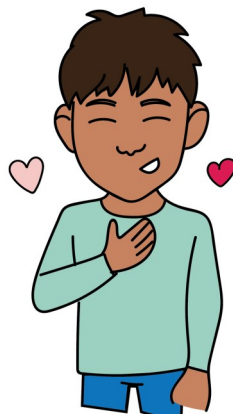
GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice empathy.

Try these prompts:

- ★ Thank each family member for something they've **done or said** today.
- ★ Give each family member a **compliment**.
- ★ Share a time when someone has done something **kind for you** this week. Describe how it made you feel.
- ★ Think about someone special in your life. **What makes them special**, and how will you let them know this week?
- ★ Who made you **feel cared** for this week? What actions did they take?



Write down one **kind and helpful thing** that you will do for a family member tonight.



What have you done to **help out at home or school** this week?

How did it make you feel?



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:



River Detectives is an exciting education initiative of Catchment Management Authorities inspiring students to understand, appreciate and care for their local waterway through engaging, cross-curricular, citizen-science activities.

We have identified and sought permission to access the small creek behind the houses at the bottom of Wright St where, during science lessons, we will monitor the water quality throughout the term. The small waterway eventually joins Sandy Creek which then flows into the Coliban River. The junior class will study the water across the road from school.

It's a fun way to connect students to nature through regular water quality testing. Students learn how water, land, plants, animals, people and communities are all integrally linked and schools are provided with equipment, training and teaching resources.





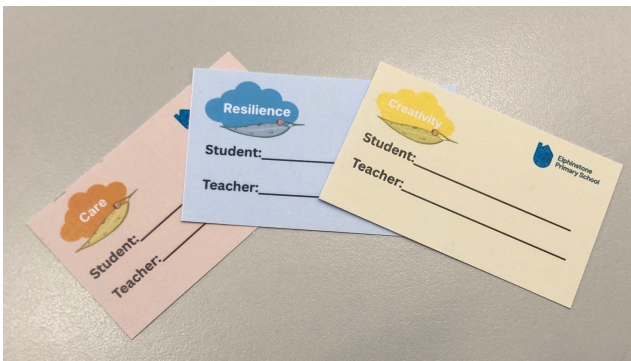
What is SWPBS?

SWPBS stands for School Wide Positive Behaviour Support. We have been working on this since the beginning 2025, where we asked for your feedback around values. Now that we have our values and an understanding of these, we are ready to start an acknowledgement system.

Students will collect individual points when a teacher notices their behaviour aligning with our school values:



A teacher will acknowledge this with a card. When the student reaches 20 cards (points) they will receive a chosen acknowledgement. These points also go toward a classroom goal which students choose together (could be a change to the song before the bell, could be 15 minutes of free play during the day or other options). When Mrs Rollinson's class get to 80 points, they receive their classroom goal. When Miss Davidson's class get to 40 points, they receive their classroom goal



Once a classroom has received a goal, we place a puzzle piece on a painted tree to represent working toward a whole school goal which will be chosen by the students. When the tree reaches 10 leaf puzzle pieces, the whole school will achieve their acknowledgement (could be an excursion or an incursion, a whole day activity, a barbecue or party).



Mrs Rollinson's class is working toward free time during a middle class session for their classroom reward!

Miss Davidson's Class

Writing

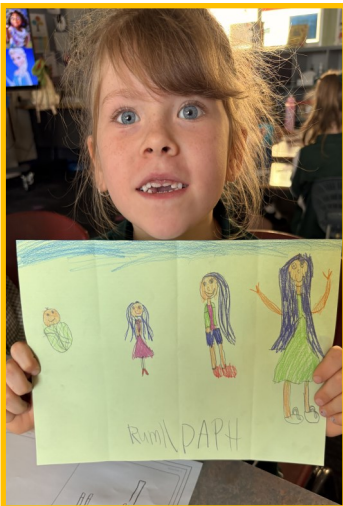
For writing this week we have been focussing on writing recounts about our holidays. We have all loved sharing the exciting things we have done over the break. Zoe wrote – On the holidays I went to the biggest mountain in Australia. I went with my family. We slept in our

Maths

This week in maths we have been learning about duration. We have been focusing on understanding seconds and minutes. For our maths warm-up game for the week, we participated in the 10 second challenge. This meant we had to count in our heads and sit down when we thought it had been 10 seconds.



In 1st place was Daphne with 10.05 sec, 2nd place was Rosie and Zoe with 10.24 sec and 3rd place went to Eli with 9.73



Integrated Studies

This term we are focusing on the topic 'The Changing World'. We watched time-lapse videos of how things change. We then drew our own picture of how things change over time. Rosie drew a tomato seed growing into a big tomato plant. Daphne drew a baby growing into an adult.

ANZAC DAY

This week we learnt about the importance of ANZAC day and why it is a special day. We also made our own poppy's to hang up in the classroom.



Mrs Rollinson's Class



Reading



Our learning objective is to use our inferencing skills to identify character traits. When we read *After the Fall* we identified that Humpty was sad, lonely and very scared. By the end of the book Humpty changed and became creative and brave.

Maths

We have been working hard to learn our addition strategies. Split strategy and Vertical strategy are our favourites. Next week, we will begin learning how to use strategies to subtract.

Writing

Students completed the whole writing process to develop their recount letters to various people and things. Below are just a few that were written.

Dear Nick Daicos,

I want to tell you about the amazing school holidays that I just had. I played a lot of football!

I played defence for Harcourt Football Club and we won the game by 32 points. After the game I ate delicious chips with cheese and gravy.

I went to the movies with my cousins to see the new Mario movie. Nick Daicos you should see it because its really good. Get some popcorn but be healthy.

I went to Lucas' birthday party. We played on the trampolines at Jumpz. I also played footy with Gilbert. It was fun.

I went to a garage sale with Ren, Gilbert And Josiah. I got a blue fidget spinner.

Dear Mum,

I have a lot to tell you and I have a surprise.

I have my motorbike working. I rode it around the house and it was lots of fun.

I also went on a zero gravity plane in Melbourne. I felt like I was in outer space.

I saw the Smurfcats move at home. It's about a blue cat exploring the world.

Dear Charlie,

On the holiday i went to lots of places i cant wait to tell you. First i went to play against Talbot and won against the team that won the grand final.

I also went to the red woods some of the biggest trees in the world it was the best place. And it was so muddy.

i also went to the Beach and it was cold and sandy . i liked how it was so refreshing. i loved it

.then i went camping it was raining most of the time but i still loved it . And we went in lots of places in the camp site. I hope you liked it and i hope you still look like a monkey.

Puzzle Page - By Xavier

Snacks

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

- | | | | |
|--------------|--------------|-------------|-------------|
| French Fries | Potato Chips | Gummy Bears | Pizza Rolls |
| Watermelon | Ice Cream | Crackers | Licorice |
| Pretzels | Pringles | Soda Pop | Almonds |
| Cheetos | Cookies | Doritos | Peanuts |
| Pickles | Popcorn | Apples | Grapes |
| Nachos | Orange | Candy | Fruit |



Overall Ladder
ElphinstonePS2026

Round 8

#	TIPSTER	PTS
1	Rustyjos65	47
2	Jacinta Deane	46
3	Mr Rolly	45
4	Chazza 35	42
4	ElphoTurtle	42
4	HShuff	42
7	Lucascrazy1420	41
7	Mrs Rolly	41
9	Coach Kye	40
9	Runnalls Family	40
9	Wild Westys	40
12	Sarcee	39
13	NeonFlash_27	38
13	Riley71	38
13	TacoMuncher	38
16	Miss Leehane	37

FOOD FACTS FOR KIDS

- Peanut butter was first invented by the ancient Aztecs and Incas, who ground peanuts into a paste.
- Ice cream dates back to ancient China and Persia.
- Cocoa beans used to make chocolate are native to South America and were once used as currency by the Mayans and Aztecs.

Education Week



Career Theme

Dress Up Day



Monday 18th May



What Job do you
Want when you
Grow up?

PARENT SUPPORT AND EDUCATION SESSIONS

TERM 2, 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)

WHEN	TIME	TOPIC
Apr 22	9.30am	ADHD What is it and How Can I
Apr 29	9.30am	What Is Autism and How Can I
May 6th	9.30am	Parent Wellbeing
May 13	9.30am	All about anger
May 20	9.30am	Managing Big Feelings
May 27	9.30am	Tech Troubles
Jun 3	9.30am	Anxiety in kids
Jun 10	9.30am	Family rules and consequences
Jun 17	9.30am	Sleep



If you have any Questions, please contact Annette Clemments on 1800 433 977

Book in via email icfhlocals@bchs.com.au.

Please state your name, your child's name and the session you wish to attend.

LODDON CHILD HEALTH AND WELLBEING LOCAL

INFORMATION SESSIONS BLURB

ADHD What is it and how do I help?

The ADHD brain is different to other brains. Using video material this session will show you what ADHD is like for your child and provide lots of strategies to help you support their development. We can also answer questions you have about your child and their behaviour.

Managing Big Feelings

Big feelings include anger, sadness, worry, and distress of any kind are hard to navigate. This session introduces you to the feelings thermometer and will help you understand your own feelings better so that you can help your child with their big feelings.

ASD, What is it and how do I help?

Autism Spectrum Disorder is a condition that affects the social skills, communication and behaviour of a person. Each person on the spectrum has a different range of issues. This session will help you to understand the complexity of Autism and how you can pivot your parenting to support your child.

All about anger

Anger is common in children. This session provides information on what happens in the body and brain when your child is angry. We also cover triggers for anger and ideas on how to firstly ride out angry feelings, but also how to reduce angry outbursts by using settling strategies through-out the day.

Sleep issues

Sleep is so important for you and your child. This session gives lots of information about the biology of sleep and ways to support your body as you go into sleep at nighttime. This includes a sleep routine, exposure to light and technology and setting up a supportive space for sleep. Ways to help your child settle and get to sleep including strategies for a child who is resisting bedtime is discussed. It is aimed at children who are in the 2-10 age group rather than babies.

Sensory Processing

Our senses are part of how we engage with the world. Some people are very sensitive and easily triggered by the world around them. We can also use our senses to help ourselves calm and settle. This session introduces you to understanding sensory triggers and using the senses to settle your feelings.

Anxiety and worry in Kids

Anxiety is very common in children. Understanding what anxiety is and what happens in the body when your child is anxious will help you to support your child to soothe and calm when they are anxious. This session provides strategies and involved practicing some of these strategies so you can try them at home.

Stop the tech

What happens when your child is on technology a lot of the time? What affect is this having on their brain? Technology use is changing our brains as devices are addictive. This is causing problems for lots of families and children. There are no simple answers but lots of ideas about what you can try in your household to reduce tech use and offer other ways to engage in life.

Family Rules and consequences

Setting up rules and having consequences can be very hard. There are lots of reasons why we don't do this. Children need to know the rules and have consequences to help them learn to cope with life. This session will help you to get started or add to your kit bag of rules and consequences. Having these helps households to enjoy life more.

Parent Mental Health

Parenting is a challenging job. It is often hard to take care of yourself and your family. This session explores the challenges of parenting and day to day ways to support yourself in this role. Having good mental health is really important meeting the demands of parenting.

Supporting Self Esteem

Liking yourself isn't easy in the world today. Children and parents are flooded with messages about what they need to be. This session will help you to understand how you can support your own and your child's positive feeling about themselves.

Building Social Skills

The social world and the rules about how it works are hard for some children to understand. This session will support you to have conversations with your child about healthy relationships, social contact and how to engage with other children. You will get a chance to try some of the ideas for building up social skills with your child.

Being There

This is a simple session focussing on connecting and relationship with your child as well as helping with their mental health.



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.

Fri 26th June - Pyjama day last day of term 2.- Gold Coin donation for the Pyjama Foundation.



Tues 29th July - Crazy Hair Day - Gold Coin donation for the Cystic Fibrosis Foundation.



22nd - 28th August - Book Week Dress Up. Theme **Symphony of Stories** - Specific day to be announced closer to the date.

18th September - Casual Dress day last day of Term 3. Gold Coin donation for Elphinstone Fire Brigade.



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





Harcourt Preschool

OPEN DAY

Mon May 18, 2:30pm–4:30pm | Cnr of Mills & Bingham Rd, Harcourt

Visit us where we learn, grow and play

For more information about Harcourt Preschool, including kinder registration details visit ykinders.org.au





Kinders

THE RESILIENCE PROJECT.

We're working with The Resilience Project

We're proud to be implementing TRP's evidence-based whole school wellbeing program. Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**.

Gratitude



Gratitude involves recognising and expressing appreciation for the people, places and things in our lives. Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.

Empathy



Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity. Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.

Mindfulness





The practice of mindfulness is about an awareness of life as we are living it. It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.

Emotional Literacy



Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills. When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable emotions and enhances the effect of positive ones.

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

 @theresilienceproject...
  The Resilience Project
  The Resilience Project
  theresilienceproject.com.au



Elphinstone Playgroup

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

Cost: \$4:00
Bring a piece of Fruit
Morning Tea for Adults

Elphinstone Recreation Hall
2 Olivers Lane Elphinstone

Starting 3rd February
School Terms
9:15-11:15am

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



K
KYNETON
HIGH SCHOOL

*"Kyneton High School is a community built on the values of Respect, Diversity, Sustainability and Excellence, and a strong commitment to learning."
- Executive Principal Ana Rees*

See our school in action! Phone 5421 1100 or email kyneton.hs@education.vic.gov.au to book a place on one of our upcoming **Prospective Family Information Sessions and Tours** in Terms 1 & 2.



COME & TRY DAYS!

CENTRAL VIC
Rangers

CENTRAL VIC
RANGERS
BASEBALL CLUB

ALL AGES WELCOME!




Open Mornings

<https://www.trybooking.com/DKESGding>



**COLOURING
OUTSIDE
THE LINES**

PARENTING AND CARING FOR AUTISTIC KIDS

Presented by Ash Lance, Treehouse Paediatrics.

This workshop offers neuro-affirming strategies for parents and caregivers of autistic children, or those who suspect their child may be autistic. Together, we'll explore practical ways to support connection, regulation, understand sensory differences and foster positive self identity in a world that isn't always designed for neurodiversity.

This workshop is designed and facilitated by:

- Ashlee Lance, AuDHDer, parent of autistic children, Director of Treehouse Paediatrics.
- Elise Lidgett, Art Therapist, parent of neurodivergent children and deep advocate for parent and carer wellbeing.

Castlemaine Library

Thursday 12 March, 5.30-7pm

[goldfieldslibraries.com](https://www.goldfieldslibraries.com)

 *Book here*