



2025 TERM 3 EDITION 4

NEWSLETTER

Wednesday 3rd September 2025



IMPORTANT DATES

5 th Sept	Book Week Parade and Award Assembly @ 9am
10 th Sept	<i>RUOK Day @ HPS Wear a touch of Yellow</i>
12 th Sept	Footy Friday Meal Deal money due back to front office
18 th Sept	Yr 5/6 Somers Camp Experience
19 th Sept	Footy Friday Hot Dog Meal Deal
19 th Sept	End of Term - 2:30PM dismissal
13 th - 14 th Nov	Yr 3/4 Adventure Camp

Principal's Message



As we near the end of Term 3, it's wonderful to see our school looking so vibrant. The gardens are in full colour and the warmer weather is bringing plenty of energy into the yard. With the sun shining, a reminder that it's time for hats again as part of our SunSmart practices.

This term has been filled with exciting opportunities for our students – from athletics events and open afternoons to the beginning of our transition sessions for our 2026 Prep students.

It's always a joy to see our community come together to support these activities and celebrate the achievements of our learners.

Book Week at Hastings Primary School

Book Week 2025 has arrived, and what an exciting week it is for our school community!

We kicked off the celebrations with a visit from author Adam Wallace, who inspired our budding writers and illustrators to dream big and embrace their creativity. His stories and energy have already sparked new ideas across our classrooms.

This year's theme, "Book an Adventure", has taken our students on the most incredible journeys. We've seen imaginations soar as children ride on the backs of dragons, travel through outer space, and befriend giant animals – all through the pages of a book.

Of course, one of the highlights is always our Book Character Parade, where students and staff bring their favourite characters to life. It's a joy to see the excitement, colour, and creativity that this event brings to our school.

Book Week is more than just costumes and stories – it's a celebration of imagination, storytelling, and the love of reading. Thank you to our families for supporting this special week and sharing the joy of books with our children.



**Tu Toa, Kia Kaha
Stand Strong, Have Strength**
Mrs. Simone McDonald Principal





Hastings PS: 2026 Transition to School Calendar

Building the Future

Explore the Foundation Learning Space at Hastings Primary School

Our vibrant and nurturing Foundation space is the perfect place for young learners to grow, discover and thrive. Enrolled students enjoy extra transition sessions designed to build confidence, support friendships and ensure a smooth start to school.

Other tours are welcome, please contact us for an appointment.	Guided Tours	Foundation Transition Activities	2026 Foundation Parent Workshops	State Wide Transition Day
Hastings Primary School 10 Hodgins Road Hastings, 3915 <i>Principal: Simone McDonald</i> <i>Phone: 5979 1517</i>	Wednesday 14th May 9:30 – 10:30 am	2:15 pm – 3:00 pm Wednesday 6th August Wednesday 3rd September Thursday 16th October Thursday 13th November	Thursday 16th October 2:15 pm – 3:00 pm Thursday 13th November 2:15 pm – 3:00 pm	Tuesday 9th December 9:00 – 10:30 am

Enrol your child in Foundation for 2026



Enrolment in Foundation (Prep) 2026 at Hastings Primary School has been available since 22nd April 2025.

If you have a child starting primary school in 2026, it's time to enrol!

If you are enrolling the sibling of a student at our school for Foundation in 2026, and both children will be attending our school at the same time, your child is prioritised for a place at our school as per the department's Placement Policy.

It is important to follow the statewide timeline to enrol your child in Foundation. Enrolling your child in line with the timelines allows us to plan our classrooms, staffing and transition activities and ensures your child has the best start to school.

For more information, please read about when and how to enrol your child in Foundation at vic.gov.au/enrolling-foundation-prep

Tours are welcome by appointment.

FROM THE AP'S DESK

MRS REBECCA LEGGE



Book Week at HPS

This week we have been celebrating Book Week at HPS! It is one my absolute favourite weeks of the year.

On Monday all of our teachers read books to the students. Every student got to choose 3 books to listen to.

Tuesday was our parent open afternoon.

Today our students were engaged in illustration workshops with visiting author Adam Wallace.

Tomorrow we have a 'Gallery Walk' for students to read all of the amazing poetry pieces that have been written.

Friday is of course our dress up day and awards assembly!

Make sure you check out our Facebook page for all of the pictures!



Hastings Primary School
538 followers • 190 following

Anxiety: part 3

Responding to Anxiety in Children:

What you can do as a parent

By Michael Hawton,

Child Psychologist (MAPS) and [Parentshop](#) founder.

While many children can manage anxiety with family support, certain warning signs indicate the need for professional intervention:

- Anxiety that persists despite consistent family support and doesn't improve over several weeks
- Severe avoidance behaviours that significantly disrupt school attendance or family functioning
- Physical symptoms such as chest pain, difficulty breathing, or panic attacks
- Any mention of self-harm or suicidal thoughts
- Anxiety that's accompanied by depression, eating disorder behaviours, or substance use.

The goal isn't to eliminate anxiety entirely—that's neither possible nor desirable. Instead, we want to help children develop what I call "robustification" skills. This involves teaching them to recognise anxious thoughts, question their validity, and develop practical coping strategies.

Start by helping your child understand that anxiety is a normal human emotion that everyone experiences. Normalise the feeling while teaching them that they don't have to be controlled by it. Encourage problem-solving rather than avoidance and model calm responses to stress in your own life.



In last week's newsletter I set the challenge for our families to complete activities from The School of Play book '365 Days of Play' and see how it makes you feel!

The 'Nature's Canvas' challenge

Take time to explore a local park or nature reserve, or any outdoor space nearby! Bring along a journal or sketchbook and spend time observing the natural beauty around you. Whether it's the colours of the leaves, the patterns in the clouds or the sound of birds, let nature inspire your creativity. If you can, share your experience with friends or family to encourage them to appreciate the beauty of nature too!

Footy Friday/Meal Deal

On the last day of Term 3 - Friday 19th September, we are having **Footy Friday**. All students are invited to come in their footy colours for the day. AFL/NRL/Soccer etc...

Our FOHPS team will also be cooking up hot dogs as the Term 3 Meal Deal for our students.

Notes were sent home on Monday.

Orders are due to the office with the **correct money - cash only** by Friday 12th September.

No late orders will be accepted.

If you would like to be part of the FOHPS team (Friends of Hastings Primary School) please reach out to me. You don't have to commit to every event, but the more, the merrier!

How can families support their children's learning?

Schools are investing in proven strategies that support all learners. As a parent or carer, you can play a key role by asking some questions at home.

10 Questions to ask your child about their learning:

- 1 What was a learning goal in class today?
- 2 Can you explain it to me in your own words?
- 3 What helped you understand it better?
- 4 What examples were shared with the class?
- 5 What's one mistake you fixed today?
- 6 How did you practice what you learned?
- 7 How would you explain your learning to others?
- 8 What did you review or remember from earlier lessons?
- 9 How do you know if you're getting better at something?
- 10 What's a question you still have about today's learning?



ASSISTANT PRINCIPAL REPORT

Michelle Aldridge

Wednesday 10th September is
RUOK?™ at HPS
Day

STUDENT LEADER'S LUNCHTIME CLUBS

Students can wear a touch of yellow and will work through lessons and activities to explore how to ask RUOK?

Another important not-for-profit organisation that HPS proudly supports, if you would like to donate we will be accepting contributions at the office.



Our student leadership team will be running lunchtime activities for all students to join in with around the yard including:

- Photo Booth
- Drawing
- Word Finds & Puzzles
- Target Throw
- Simon Says
- Bingo
- Blackboard Mural



Across the week the student leaders are also looking for students displaying the value of caring, and will create a special display to celebrate and share.

The Student Leadership Team are running Lunchtime Clubs on Wednesdays this Term.

Week	Leaders	Club	Year Level
8	ALL	RUOK? Day	ALL
9	William & Axle	Mindfulness	Yr 3-6

House points will be awarded to students at these events. Most events will be for a maximum of 20 students.

DISTRICT ATHLETICS

Wishing our Year 3-6 Athletics students an exhilarating experience as they proudly represent HPS in the District-level competition this Thursday! Go team!

4 steps of an R U OK? conversation



RUOK?
From education to change lives

Useful contacts

Kids Helpline (24/7)
Confidential phone and online counselling service for young people aged 5-25.
1800 55 1800
kidshelpline.com.au

13 YARN (24/7)
Support phone line for Aboriginal and Torres Strait Islander people.
13 92 76
13yarn.org.au

headspace
Community centres, online and phone counselling services for young people aged 5-25.
1800 650 890
headspace.org.au

Lifeline Australia
24/7 Crisis Support and Suicide Prevention Services.
113 11 14
lifeline.org.au

Qlife
Confidential home and online LGBTI support and referral.
1800 184 527
qlife.org.au

Beyond Blue (24/7)
Advice, referral and support from trained mental health professionals.
1300 224 636
beyondblue.org.au



Miss
Michelle
Aldridge

Michelle.Aldridge@education.vic.gov.au



STUDENTS of the WEEK

PA

Ethan Mendez

Ethan shows our school value of Learning. He listens carefully in class and uses what he learns in his work. Ethan is working hard, growing his skills, and doing very well. Well done, Ethan!

PA

Hudson Healy

Hudson has shown our school value of Learning by always giving his best effort. He approaches each task with determination and a positive attitude. Well done, Hudson!

1/2A

Sonny Doll

For demonstrating an outstanding understanding of 2D and 3D shapes. Your ability to recognise, describe, and explain the properties of shapes shows fantastic mathematical thinking. You have worked with enthusiasm, persistence, and curiosity, and we are very proud of your progress. Keep shining brightly, Sonny - your hard work in Mathematics is truly award-worthy!

1/2B

Kai Black

You have worked hard to understand different features of 3D shapes, and apply your knowledge in creative and thoughtful ways. Even when faced with challenges, you asked questions and never gave up. Your curiosity and commitment to learning is impressive, and you should be very proud of your efforts!

3/4A

Lukas Walmsley

Lukas, congratulations on a great performance at the Lions Public Speaking Competition. You spoke with confidence in front of a large audience. Well done and keep challenging yourself!

3/4A

Maisie Fergadiotis

Maisie, well done on challenging yourself to participate in the Lions Public Speaking Competition! Congratulations on a winning performance! Keep up the great work!

3/4B

Zaiden Wright

Zaiden, your effort in the Lions Club Speech was wonderful to experience. You were a brave as Rowan from our class novel. Keep up the great work!

3/4B

Landen Munro-Batson

Congratulations Landen, on your amazing speech in the Lions Club Competition. You bravely approached your task and delivered well. Keep up the great work!

5/6A

Kai Bradshaw

Kai this week you kicked goals with your analytical think skills by solving an extension maths task by taking your time to consider the question and finding a better solution. Nothing negative about that!

5/6A

Persi Barker

Persi, your speech for the Lions Club competition this week demonstrated your organisational skills, your research skills and your dedication to practice for perfection. Your delivery also showed your sense of humour, great job!

5/6B

Eric Barnett

Congratulations Eric for making such a positive start at Hastings PS. You have settled in with confidence, shown enthusiasm for learning, and embraced new friendships. Well done!

5/6B

Lucie Hermanek

Lucie, well done on showing such a positive attitude towards your learning. It is wonderful to see your confidence growing!

ASSEMBLY AWARDS

SPECIALIST SUPERSTARS



Hudson Pearce, Sierra Sweetnam,
Jack Churcher, Deborah Juma,
Oliver Lazaro

PRINCIPAL'S AWARD



Miguel Magnayon

Congratulations to this weeks award recipients!

Caring, Respecting and Learning

HOUSE POINTS



WARADA
545



MURUMBIDAL
490



BUNYA
478



WALLUM
411



If you haven't ordered your school photos yet, it's not too late! Simply scan the QR code or visit www.theschoolphotographer.com.au, enter the code and place your order

Head to our website to view the available packages and to place your order

VISIT OUR WEBSITE & ENTER THIS CODE:

X3154PER56H



Hastings Primary School

www.theschoolphotographer.com.au



FIND A VENUE
TEAMKIDS.COM.AU/VENUES

CHOOSE YOUR ADVENTURE
 BOOK TODAY!

TEAMKIDS.COM.AU

1300 035 000

CREATIVE WRITERS CAMP

SEPTEMBER 22-25

Let your child's imagination run wild!

Unleash your imagination in this 4-day coastal writing adventure!

- Build your skills in writing, illustration, self-expression, and storytelling
- Let nature inspire you - write by the waves and under the stars
- Learn techniques, styles and story structure
- Collaborate share ideas, and grow with new friends
- Enjoy fun writing games and creative challenges

A coastal adventure full of creativity, confidence - building, and unforgettable memories.

LED BY AWARD WINNING AUTHORS & ILLUSTRATORS!

AGES: 10-16

Starting from
\$150
 1 or 4 day options

mad@theportseacamp.com.au
 (03) 5984 2680

The Portsea Camp
 2704 Point Nepean Rd,
 Portsea



CREATIVE WRITERS CAMP

SEPTEMBER 22-25

LED BY AWARD WINNING AUTHORS & ILLUSTRATORS!



Andrea Rowe



Rebecca Fraser



Cassy Polimeni



Adam Wallace



Naomi Woodward



Judy Watson



Coral Vass

AGES: 10-16

Starting from
\$150
 1 or 4 day options

WORDS OF THE WILD

CREATIVE WRITING COMPETITION

We're inviting school students across Victoria to take part in a creative writing competition that explores the theme: "Nature & Wellbeing"

Do you love writing stories, poems, or creative pieces?

Do you ever feel calm when you're outside in nature—or full of big feelings you want to write about?

We want to read your story, poem, letter, comic, or journal-style writing that connects nature (like the beach, bush, animals, or weather) with how people feel, grow, or find calm inside.

Let your imagination run wild—your story can be funny, serious, magical, mysterious, thoughtful or silly!

HOW TO ENTER

Who can enter?

Anyone aged 10-16

What can I write?

A short story, poem, journal entry, or anything creative. It should be no longer than 800 words.

What should I write about?

We want you to explore what nature and wellbeing means to you. That could mean how you feel at the beach, what it's like to be in a forest, how animals bring you peace, or even a magical world where nature helps someone feel better.

Deadline to enter: 5pm Friday, 15 August 2025

How to send your entry:

Email it to: mad@theportseacamp.com.au and include:

- Your name and age
- Your school (if you go to one)
- A parent or carer's name and phone/email
- 1 or 2 sentences telling us what inspired your writing

ANY QUESTIONS? CONTACT DIMASH
 MAD@THEPORTSEACAMP.COM.AU | 03 5984 2680

WIN!
 UP TO \$400 CASH
 & A PLACE AT
 OUR CREATIVE
 WRITING CAMP!

MOONLIT SANCTUARY

SPRING HOLIDAY CLUB

JNR KEEPER CLUB

Ages: 7-14

9:00am-2:00pm

Registration Fee

\$104

Become a Junior Keeper for a Day and experience life behind the scenes at Moonlit Sanctuary.

- Meet and feed our amazing Australian animals
- Help with real-life wildlife care
- Learn about conservation and animal behaviour
- Get hands-on with enrichment activities, animal diets and more

Unplug the devices and send your junior explorer off for an unforgettable day with real keepers, real animals, and real adventures.



the best way to see Aussie animals

Learn more: moonlitsanctuary.com.au

Info : (03) 5978 7935

\$100 POWER SAVING BONUS

FOR ELIGIBLE CONCESSION CARD HOLDERS

The new \$100 Power Saving Bonus for Victorian concession card holders is now open. Households with an eligible concession card can apply for a \$100 payment by visiting the Victorian Energy Compare website (compare.energy.vic.gov.au).

To apply for the \$100 payment, applicants will need to hold an eligible concession card, have a recent electricity bill and be the account holder. Only one payment is available per household.

VISIT US FOR ASSISTANCE:

Wallaroo Community House
 6 Wallaroo place,
 Hastings
 Ph: (03) 5970 7000

