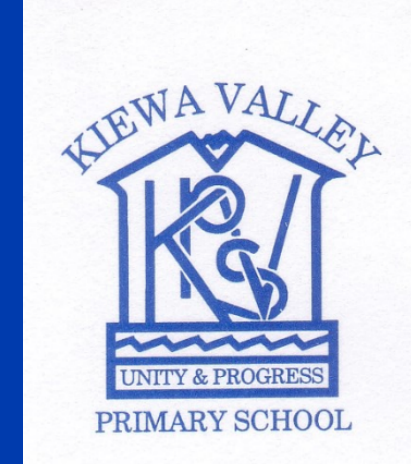


# Kiewa Valley Primary School Newsletter



Week 2 Term 4 Mon 13 <sup>th</sup> Oct to Fri 17 <sup>th</sup> Oct	Mon 13 <sup>th</sup> Year 3 and 4 Swimming Ms J at Prof. Dev in Melbourne	Tuesday 14 <sup>th</sup> Year 3 and 4 Swimming Ms J at Prof. Dev in Melbourne	Wednesday 15 <sup>th</sup> Year 3 and 4 Swimming	Thurs 16 <sup>th</sup> Year 3 and 4 Swimming Ms J at Network Prin Meeting	Fri 17 <sup>th</sup> Year 3 and 4 Swimming REGIONAL ATH's	Sat/Sun
Week 3 Term 4 Mon 20 <sup>th</sup> to 24 <sup>th</sup> Oct	Mon 20 <sup>th</sup> 56 Swimming School Council Sub-Comms	Tuesday 21 <sup>st</sup> 56 Swimming	Wed 22 <sup>nd</sup> 56 Swimming	Thurs 23 <sup>rd</sup> 56 Swimming Ms J and Ms Grogan at Behaviour Prof. Dev Wang Mr Walker at Leading Maths	Fri 24 <sup>th</sup> 56 Swimming Mr Walker at Leading Maths	Sat/Sun
Week 4 Term 4 Mon 27 <sup>th</sup> to 31 <sup>st</sup> Oct	Mon 27 <sup>th</sup> School Council Meeting	Tues 28 <sup>th</sup> Poetry Incursion RockWiz Night	Wed 29 <sup>th</sup>	Thurs 30 <sup>th</sup>	Fri 31 <sup>st</sup>	Sat/Sun

## PRINCIPAL UPDATE:

### POOL PARTY change of date:

A future FYI for you - we have had to shift our POOL PARTY day due to miscommunication with Pool and Shire. It will now be Friday the 12<sup>th</sup> of December from 9am to 12pm. Students will then return to school for lunch and their class parties.

### ATHS SPORTS:

Congratulations to our students who participated in Aths Sports on Friday the 10<sup>th</sup>. Our school is always proud of our students for both their learning and extra-curriculum activity performance. Further congratulations need to go to the students who have made through to the next round, which is Regional Athletics.

### ROCKWIZ FUNDRAISER:

A reminder to get your tickets for a night of Music Trivia fun with Brian Nankervis from Rockwiz and ABC. Tickets are available per table or individual tickets are also available. This is our final fundraiser for 2025, and funds will be put towards the payment of a new bubbler/water system. **These tickets are running out quickly - so please grab your buddies and book your spot now so you don't miss out.**

### REMINDER of STUDENT FREE DAYS:

This term we have multiple student free days, to round out the year and to set-up for 2026. These days are important to enable ALL staff to get together to undertake professional learning, revise our teaching and learning and plan for 2026.

Monday 2<sup>nd</sup> of November - school staff will be undertaking Mastering Morphology with SPELD professional learning.

Monday 1<sup>st</sup> of December - is a day for teachers for reporting and assessment

Friday 19<sup>th</sup> of December - staff will be engaged in professional learning - focus TBC either Spelling or Learning Difficulties.

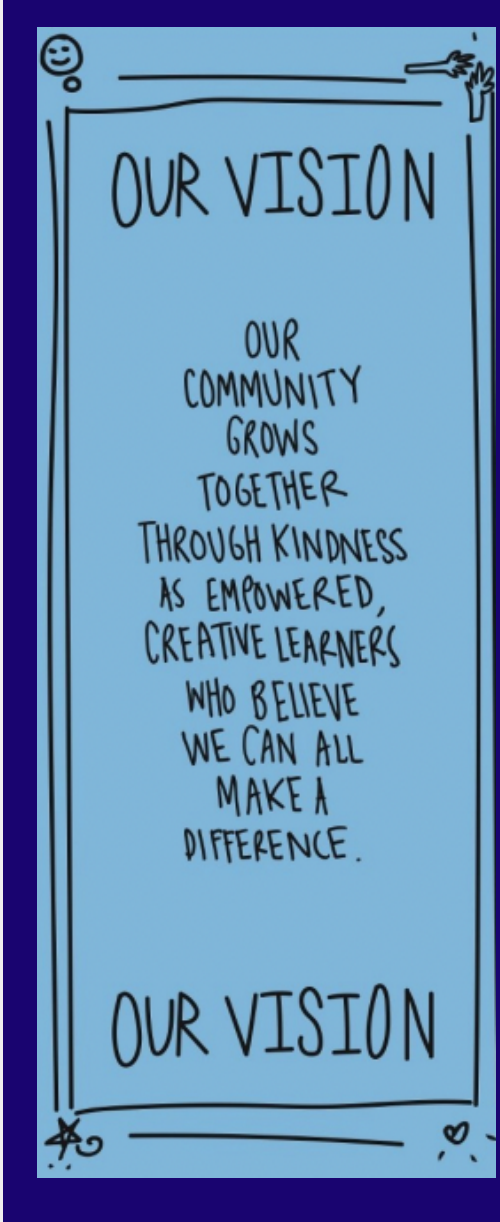
The final day of the year for Outside Hours School Care will be Thursday 18<sup>th</sup> of December. I hope this give families plenty of time to plan ahead.

### PLANNING for 2026:

This term we spend many hours putting together the most beneficial class structure and classes for students. I would like to ask that if any parent has any class related requests for 2026, could you please put these in writing and email them to me at [kelli.jacobsen@education.vic.gov.au](mailto:kelli.jacobsen@education.vic.gov.au) by Friday 17th October. Please indicate the reason for the request in the email. Whilst we do our best to accommodate reasonable requests we do not make any guarantees and will be communicating any requests received after this date may not be able to be considered. I should be able to confirm class structures and teachers by the end of week 4 and you will be informed of which class your child is in on Monday the 15th December.

### NIGHTLY READING:

I received some great news last week. One of our students is up to 200 nights of reading for this year. Therefore not only will all students who read for 160 nights get a certificate and a book, I will now have an award at the last assembly for the student who has read the MOST nights throughout the year. Great job, Winnie Dodds, who is currently leading the race.



I would like to begin by acknowledging the traditional custodians of the lands on which we live, learn and play. We acknowledge and show our respects to elders both past and present and we come together on the lands, the hills, the valleys and rivers to join in community, to share knowledge and culture and contributions of all first nation peoples on this land

# Student Wellbeing and Engagement Policy REVIEW



KIEWA VALLEY PRIMARY SCHOOL

## STUDENT WELLBEING AND ENGAGEMENT POLICY



### Help for non-English speakers

If you need help to understand the information in this policy, please contact the Office on 0260273275.

### PURPOSE

The purpose of this policy is to ensure that all students and members of our school community understand:

- our commitment to providing a safe and supportive learning environment for students
- expectations for positive student behaviour
- support available to students and families
- our school's policies and procedures for responding to inappropriate student behaviour.

Kiewa Valley Primary School is committed to providing a safe, secure and stimulating learning environment for all students. We understand that students reach their full potential only when they are happy, healthy and safe, and that a positive school culture, where student participation is encouraged and valued, helps to engage students and support them in their learning. Our school acknowledges that student wellbeing and student learning outcomes are closely linked.

The objective of this policy is to support our school to create and maintain a safe, supportive and inclusive school environment consistent with our school's values of RESPECT, INCLUSION, KINDNESS and INTEGRITY.

### SCOPE

This policy applies to all school activities, including camps and excursions.

### CONTENTS

- School profile
- School values, philosophy and vision
- Wellbeing and engagement strategies
- Identifying students in need of support
- Student rights and responsibilities
- Student behavioural expectations and management
- Engaging with families
- Evaluation

### POLICY

#### 1. School profile

Kiewa Valley Primary School was established in 1953 and is located in the small township of Tangambalanga, approximately 20 kilometres from Albury/Wodonga. We have 190 students

**Feedback** will be collected with students through our whole school student forums and survey's.

Parent's can email feedback to

[kelli.jacobsen@education.vic.gov.au](mailto:kelli.jacobsen@education.vic.gov.au)

You can VIEW the whole policy on our website on this [link](#). We are accepting feedback until end of week 1 Term 4. And then the Learning Environment Sub-Comm will be finalising the updated policy - being lead by Ms Grogan.

## Acceptable Use Policy - UPDATED

We have an updated the Acceptable Use Policy that ALL students who use a school computer or have a BYOD MUST read and sign the updated form.

**These are DUE Tuesday 14<sup>th</sup> October - any student who has not returned the form on Tuesday may have restricted access to computers at school!**

INTEGRITY



INTEGRITY

INCLUSION



INCLUSION

KINDNESS



KINDNESS

RESPECT



RESPECT

# Year 3-4 Frog Saunas



As part of our STEM program, Year 3/4 students have constructed frog saunas at the community garden to help frogs fight a skin disease call 'Chytrid Fungus', by warming them up. They have also been planting seedlings they grew in the classroom, from seed.

## Upper Murray Speech Pathology: Term 4 Groups

Upper Murray Speech Pathology is excited to be offering two group programs in Term 4 2025. Kindergarten and school age sensory feeding groups. These groups will support children to learn about the different steps of eating and how to increase their variety of foods in a safe and playful manner.

Alissa Gigliotti has over 13 years supporting children and adolescents in sensory feeding and has undergone multiple postgraduate trainings to increase her knowledge and expertise including the Sensory Oral Sensory (SOS) Feeding Program.

Interested in joining? Email Alissa at [alissa.gigliotti1@bigpond.com](mailto:alissa.gigliotti1@bigpond.com) – hurry, spots are limited! NDIS plans welcome.

**UPPER MURRAY**  
Speech Pathology

### SCHOOL-AGE SENSORY FOOD GROUP

Is your child a Sensory eater?

They may benefit from accessing a Sensory Feeding Group with a certified SOS feeding therapist.

**Ages:** Primary school  
**When:** Term 4  
Thursdays 3:30 - 4:30

**Location:** Upper Murray Speech Pathology  
69 Towong Street, Tallangatta, Victoria, 3700

**Contact:** [alissa.gigliotti1@bigpond.com](mailto:alissa.gigliotti1@bigpond.com)  
0490 544 512

**UPPER MURRAY**  
Speech Pathology

### Kindergarten sensory feeding group

Is your child a Sensory eater?

They may benefit from accessing a Sensory Feeding Group with a certified SOS feeding therapist.

**Ages:** 3 years to 6 years  
**When:** 8 weeks  
Wednesday October 29 - Dec 17 2025  
12pm - 1pm

**Location:** Upper Murray Speech Pathology  
69 Towong Street, Tallangatta, Victoria, 3700

**Contact:** [alissa.gigliotti1@bigpond.com](mailto:alissa.gigliotti1@bigpond.com)  
0490 544 512

**KIEWA VALLEY DANCE**  
PRESENTS

## OUT OF THIS WORLD

Sunday 19<sup>th</sup> October, The Cube, Wodonga  
3pm & 6pm

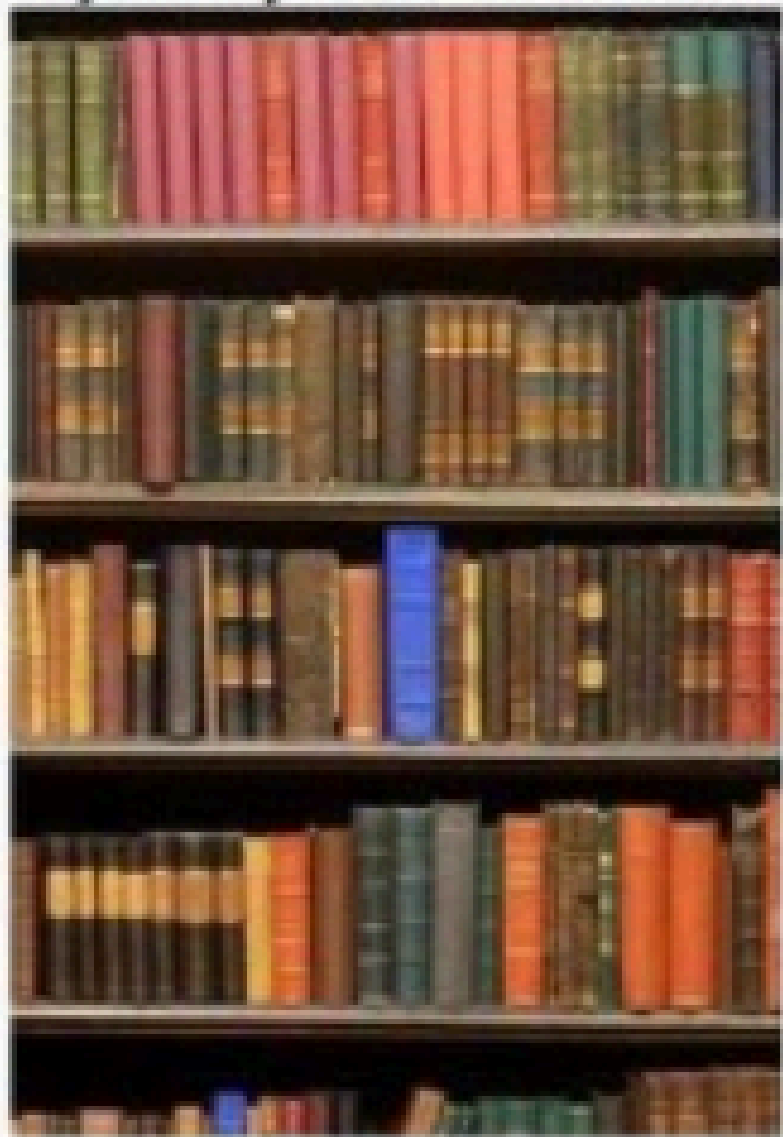
# The facts on why **READING** every day is important!

## Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"  
reads **20 minutes**  
each day

3600 minutes in  
a school year

1,800,000 words

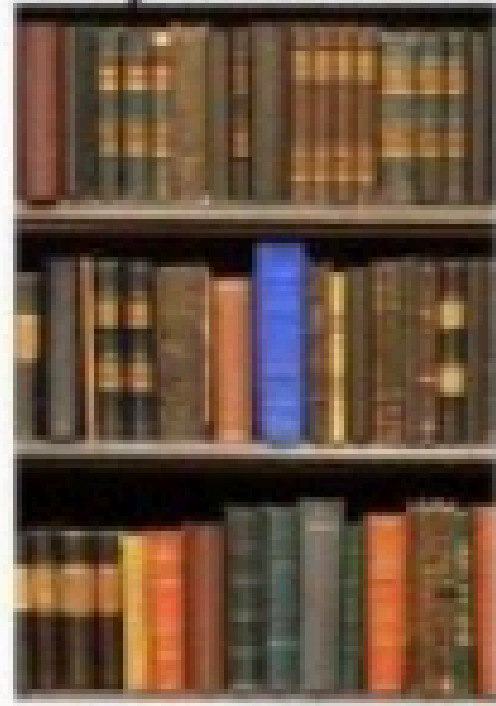


90<sup>th</sup> percentile

Student "B"  
reads **5 minutes**  
each day

900 minutes in  
a school year

282,000 words

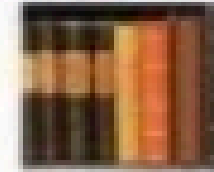


50<sup>th</sup> percentile

Student "C"  
reads **1 minute**  
each day

180 minutes in  
a school year

8,000 words



10<sup>th</sup> percentile

**While this might be old research - the numbers haven't changed....**

By the end of 6<sup>th</sup> grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

## **BREAKFAST CLUB IS MORE than just BREAKFAST**



Breakfast Club is offering hampers for families who may need them. We will also be ordering fresh fruit so if you would like us to order a food hamper or would like us to order you some fruit please contact the Office. We can order weekly and we can also top up from our LOCAL FOODSHARE through the Lion's Club.

Kiewa Valley  
Primary School

Come and  
Join Us

# MUSIC TRIVIA

*Night*



TUESDAY  
28 OCT

FROM  
7PM TIL  
9PM

Enjoy a night with **ROCKWIZ** legend **Brian Nankervis** and put your music trivia to the test at the KVPS Music Trivia night. Bring your gold coins for games. Ticket price includes an after dinner platter. BYO drinks. **Over 18's ONLY**. Tickets available from KVPS Office or by calling 0260273275.

**FUN GAMES - COULSTON PARK COMMUNITY HALL**



Tables of up to 10 available for \$250 a table - or single tickets available for \$30 a head and join other like minded people

# CONNECT WITH YOUR COMMUNITY

# OCTOBER

WORLD MENTAL HEALTH DAY 10.10.2025

## 1 SET A GOAL

Write down a positive mental health goal for this month.



## 2 CLEAR YOUR MIND

Meditate for 10 minutes.



## 3 SET A BOUNDARY

Set boundaries to protect your wellbeing and avoid overwhelm.

## 4 TAKE SOME TIME

Take some time to learn about your ancestors.



## 5 REACH OUT

Reach out and talk to your mob – you're not alone.



## 6 CONNECT

Connect with your culture through art, language, storytelling, or time on Country.

## 7 GET SOME SLEEP

Ensure you're getting enough restful sleep – ideally 7–9 hours per night.

## 8 SUPPORT

Reach out to your mob if you need support.

## 9 CHALLENGE

Learn something new – take up a hobby, skill, or small challenge.

## WORLD MENTAL HEALTH DAY

## 10 MEDITATE

Watch a guided meditation at <https://bit.ly/3VS0bPQ>

## 11 HAVE A YARN

Connect with others and have a yarn.

## 12 WALK

Head outside for a walk.



## 13 STRETCH

Start your day with a 5-minute stretch.



## 14 RELAX

Watch your favourite movie or TV show.

## 15 NOSOCIALS

Take a break from social media and switch off.

## 16 KIND TEXT

Send a kind text to one of your mob.

## 17 HAVE A BREAK

Take a short break when you need.

## 18 SERVICES

Don't be ashamed, engage with culturally safe support services if you need them, visit <https://bit.ly/4lcOHB9> or scan the QR code below.

## 19 GET OUTSIDE

Get outside and connect to Country.



## 20 CALL A FRIEND

Reach out to a friend you haven't talked to in a while.

## 21 SOCIAL MEDIA

Unfollow people and accounts on social media that make you feel no good.

## 22 SELF LOVE

Be kind to yourself – you're doing great.

## 23 GRATITUDE

Write down 3 things you are grateful for today.



## 24 EXERCISE

Move your body – it boosts mood, self-esteem, and emotional resilience.

## 25 LISTEN

Listen to a yarn from one of your Elders.



## 27 RESOURCE

Check out the resources on the Gayaa Dhuwi website <https://bit.ly/3xHK3bc>



## 26 ENJOY

Enjoy a cuppa outside.

## 28 SCREENS

Turn off screens at least 30–60 minutes before bed.



## 30 NATURE

Spend some time in nature.

## 31 PRACTICING

What tips can you keep practicing for your mental health?

This is a collaborative project with contributions from Gayaa Dhuwi (Proud Spirit) Australia and artwork by Kristie Peters. [mentalhealthaustralia.org.au/get-involved/2025-world-mental-health-day](https://mentalhealthaustralia.org.au/get-involved/2025-world-mental-health-day)

Need Help?



[gayaadhuwi.org.au/if-you-need-help/](https://gayaadhuwi.org.au/if-you-need-help/)



Gayaa Dhuwi (Proud Spirit) Australia  
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

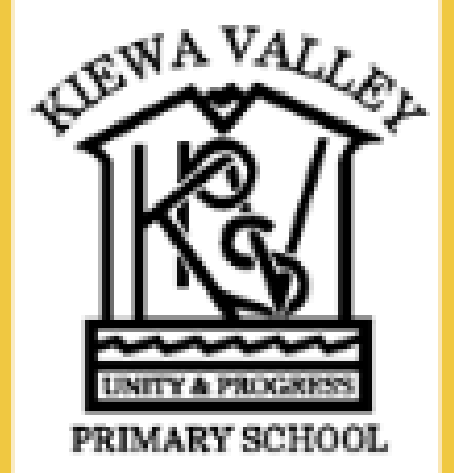


Mental Health Australia

# Kiewa Valley Primary School

## Prep

'PREPARE YOUR CHILD FOR SCHOOL'  
PARENT INFORMATION SESSION  
25TH OF NOVEMBER 9.10AM



## Transition 2026



### 01

**KINDER STUDENTS  
TRANSITION DAY  
ONE  
25TH NOV  
9AM TIL 11AM**

### 02

**KINDER STUDENTS  
TRANSITION  
DAY TWO  
2ND DEC  
9AM TO 1PM**

### 03

**KINDER STUDENTS  
TRANSITION  
DAY THREE  
09TH DEC  
9AM TIL 3PM**

## INFORMATION

At Kiewa Valley Primary School we recognise the importance of making sure that your child is happy and secure in our school environment before they commence their first year of school.

We invite your child to participate in three visits to school, beginning Tuesday 25th of November.

If you have any worries about your child and their transition please contact Kelli Jacobsen (Principal) at the Office 0260273275.