



RESPECT



RESPONSIBILITY



SAFETY

SCHOOL NEWS



LEGO CLUB

This term, we have had the exciting opportunity to commence our LEGO-Based Therapy Club. The program, led by Renai and Chris, will occur on a weekly basis and has the aim of developing teamwork, communication and problem-solving skills amongst small groups of students. Every session follows the structure of a greeting and check-in, goal discussion, selecting a project, role assignment, building and rotating roles, free build and cleaning up.

This initiative is following training completed by Renai and Chris where Sebastopol Primary School was awarded \$1,000 to purchase LEGO sets with which to run the sessions. At this stage, LEGO-Based Therapy Club is being offered to a limited number of students on Thursdays and Fridays and will continue through the whole term.



**SEBASTOPOL
PRIMARY
SCHOOL**



ISSUE: 20260514
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Principal's Report

Kane Tolliday

Hi everyone,

Welcome to Week 4 of what already feels like a very busy term.

Last week, our cross-country runners braved some extremely challenging conditions at the Sovereign Division Cross Country event. It was wet, cold, muddy and hilly, however I was incredibly proud of the way our students represented the school and competed against large fields of students in their age groups.

A huge congratulations to Ava-Grace, Eli, Jaxon, Mishel, Charlotte and Jada on their fantastic efforts and the way they represented Sebastopol Primary School. We are very proud of you all for stepping outside your comfort zones and giving your absolute best.

I would also like to inform our school community that we have accepted the resignation of Ms Kate Landry from her role as Auslan and PE teacher. We thank Ms Kate for the time and effort she has put into supporting our students and wish her all the very best in her future endeavours in education.

Moving forward, we are currently putting plans in place to ensure both programs continue with minimal disruption. For the remainder of this term, Ellen (Mrs G) will be supporting our Auslan program and Mrs Baker will be supporting our PE program while we work through a recruitment process for the remainder of the year. At Sebastopol Primary School, we take our specialist programs incredibly seriously and believe it is important to ensure we have the right people, with the right experience, in the right roles to support high quality teaching and learning for our students.

Tomorrow, we celebrate Education Support Day and acknowledge the incredible contribution of our Education Support staff. Whether working in wellbeing, the school library, administration, maintenance and grounds, or providing classroom support, our ES team are an incredibly important part of the fabric of Sebastopol Primary School. We are very fortunate to have such a dedicated and caring team supporting our students, staff and community each and every day.

A reminder that next Tuesday, 19th of May, is a pupil-free day. Staff from Sebastopol Primary School and Mount Pleasant Primary School will come together for a full day of professional learning with Glen Pearsall, focusing on Tier 1 and Tier 2 behaviour interventions. This professional learning will continue to strengthen the way we support all students across our school.

I hope everyone has a wonderful weekend and enjoys the sunshine while it lasts.



Student Achievements

Elijah Smithwick - P/1

For writing a simple sentence that has 'who' and 'what doing' words.

Ella Dawson - P/1

For expanding her simple sentence to include a 'where' word.

Ethan Hall - 1/2

For excellent contributions during math and daily review sessions.

Koby Kline - 1/2

For having a fantastic attitude towards learning.

Hailie Cross - 3

For a great start to Sebastopol PS.

Andre Farquhar- 3

For demonstrating excellent sentence structure in writing!

Connor Gottlieb - 4

For consistently being 'Ready to Learn' in the classroom. Keep up the good work, Connor!

Dakota Pacheco - 4

For making a positive start on your return to Sebastopol Primary School.

Evie Hickson - 5/6

For excellent contributions during inquiry discussions.

Damon Lambert - 5/6

For reading with fluency and expression when trying out echo reading.



School Captains' Awards

Craig Brody: For being responsible in class and listening carefully to Mr B's instructions.

-Mikaeel

Breanna Lucido: For showing respect and patience while waiting for Mr B to start his instruction.

-Lily

GRADE 5/6 POEMS



A COLOUR POEM IS A DESCRIPTIVE POEM BUILT AROUND A SINGLE COLOUR. THE WRITER EXPLORES WHAT THAT COLOUR LOOKS LIKE, FEELS LIKE, SOUNDS LIKE, SMELLS LIKE, AND REMINDS US OF, USING VIVID IMAGERY AND SENSORY LANGUAGE TO BRING THE COLOUR TO LIFE.

A COLOUR POEM HELPS THE AUDIENCE *SEE* THE COLOUR THROUGH WORDS

WHAT IS A HAIKU?

A HAIKU IS A TRADITIONAL JAPANESE POEM MADE UP OF THREE LINES WITH A SYLLABLE PATTERN OF:

5 SYLLABLES

7 SYLLABLES

5 SYLLABLES

HAIKUS USUALLY CAPTURE A **SMALL, PRECISE MOMENT** IN NATURE OR EVERYDAY LIFE USING VERY FEW WORDS BUT STRONG IMAGERY.

A HAIKU HELPS THE AUDIENCE *FEEL* A MOMENT THROUGH SIMPLICITY



Light pink

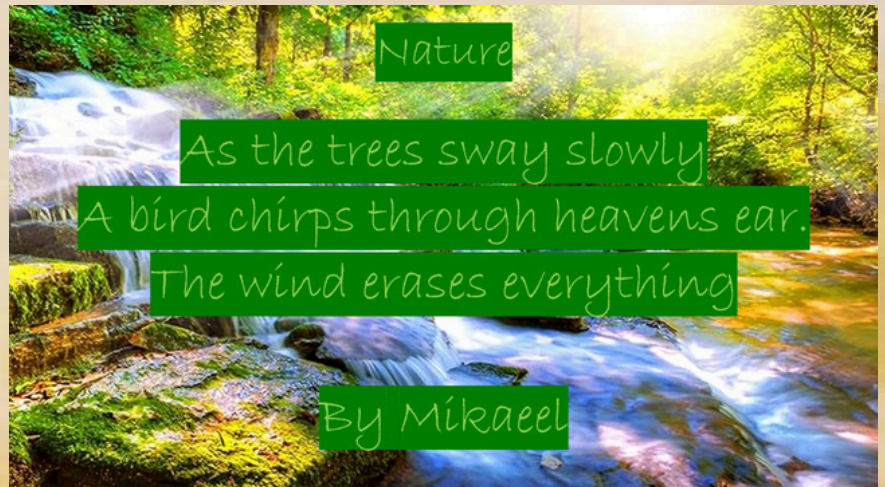
Like a cloud with cotton candy taste,

A fluffy color you can cuddle with,

The color of dreams,

A soft, delicate shade found in the pale red section of the colour wheel.

By Emily



Hear the trees swaying
in the wind,
See the sky changing
blue to gray,
Smell the grass
burning.

By Maddie

Haiku

The trees are moving,
The sun shining on the rocks,
The First Nations of this land.

By Alex

What's On?



Neurospicy Parents Group

Neurospicy Parents Group will be running on Wednesdays, 9:00AM - 11:00AM in the Multi-Purpose Room for parents of neuro divergent children. Young children are welcome.

Volunteering Opportunities

Currently at Sebastopol Primary School, we are looking for parents and friends who would like to get involved with volunteering around the school. In particular, we are looking for volunteers to support of school breakfast club program on Mondays and Fridays. There will also be opportunities to get involved at school fundraisers and other school events.



Hamburger Hot Food Day

The fundraising team will be holding a Hot Food Day on Friday, 22nd of May. Forms will be due back by Friday, 15th of May. Hamburgers will be distributed at 11:00AM.

Volunteers' Morning Tea

We will be hosting a morning tea at 9:30AM on Wednesday, 20th of May. This will be an opportunity for Sebastopol Primary School to express our gratitude to those who kindly use their time to support and facilitate various initiatives around the school.



WELLBEING HUB

NEWS FROM THE HUB

WELCOME BACK TO TERM 2, WE HOPE EVERYONE WAS ABLE TO RECHARGE AND RECOUP OVER THE BREAK. THE WELLBEING HUB HAS BEEN A HIVE OF ACTIVITY ALREADY THIS TERM AND WE ARE EXCITED TO SHARE MORE NEW RESOURCES AND STRATEGIES WITH OUR STUDENTS FOR BETTER MENTAL HEALTH AND PRODUCTIVE LEARNING. TO FINISH OFF OUR ZONES INTRODUCTION WE HAVE MINDFULNESS AND BIG BODY MOVEMENTS THE MOST POPULAR WITH OUR STUDENTS.

How?

By supporting healthy brain development and nervous system balance, active movement using different muscle groups boosts confidence, improves focus, and builds resilience.

Why?

Big body movements help our students to release built-up energy, reduce stress, and regulate emotions. Giving children a positive way to express their feelings and strengthen mind-body connections.

Why?

To give students a quiet space to practice calming strategies, build self-awareness, and manage emotions. These areas support emotional regulation, reduce stress, and help students develop focus and resilience, which supports overall wellbeing and learning.

How?

By including mindfulness tools such as breathing cards, visual timers, calming images, guided meditation cards, or sensory items. Keeping the area uncluttered for students to pause, breathe, and refocus.

BBM ACTIVITIES

- THROWING SET
- WOBBLE BOARDS
- OBSTACLE COURSE
- BALANCE BEAM
- EXERCISE BALL
- WEIGHTED BALLS

MINDFULNESS ACTIVITIES

- VERTICAL DRAWING
- BUILDING BLOCKS
- JUNIOR AND SENIOR BOOKS
- MP3 PLAYERS



Ms Maddie and Miss C

Health and Wellbeing Updates



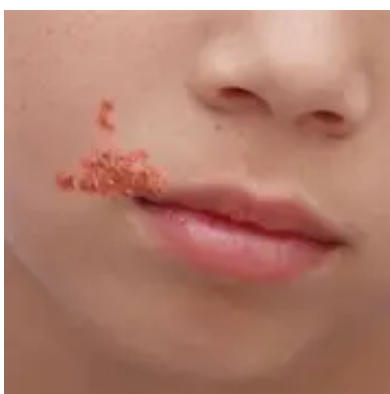
Head Lice

Head lice are a very common insect that like to live in human hair which can cause the scalp to become itchy. They are most commonly found on school aged children. They can be spread through contact with others. For this reason, students identified as having head lice need to remain home from school until the day after treatment has commenced.

Responsibility for the control of head lice lies with the family. Here are some handy tips on how to do this effectively:

- Hair up and tight
- Not sharing hats
- Regular wet combing
- Conditioner works well, no specific treatment products needed
- Regular linen changes

Further tips on how best to prevent the spread of head lice can be found at www.betterhealth.vic.gov.au



Impetigo

There has been an identified case of Impetigo, also known as School Sores. Impetigo is characterised by skin lesions or sores that form rashes, blisters and crusts or scabs. This highly contagious bacterial infection is transmitted by contact with lesions, fluid from lesions or surfaces that have been contaminated.

Students are encouraged to maintain adequate hand hygiene, keeping existing skin wounds covered and remaining at home if they have the condition.

Students with impetigo must remain home until appropriate treatment has commenced. Further information can be found at <https://www.health.vic.gov.au/infectious-diseases/impetigo-school-sores>

Fostering Opportunity



Can you help?

FOSTER CARERS NEEDED IN VICTORIA.

keyassets
SERVING CHILDREN, FAMILIES & COMMUNITIES

Take our 2-min quiz at Canifoster.com.au
or call us on 1800 932 273

Smile Squad



Smile Squad is coming to our school

Sebastopol P.S families,

The Smile Squad team from Grampians 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

Grampians Health will be sending to your school the next generation of oral health professionals and your child will be seen by a dental/oral health student working under the supervision of a qualified smile squad clinician. We need your consent before we can provide services. Consent is usually provided by a parent or guardian. To be seen on site at school you must tick YES in the box to be seen by a student.

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

OR use the below QR code:



Please complete and submit the consent form by the 27th July 2026

Paper copies of the consent form are available. Please contact the school office if you would like to request one.

The electronic consent form can be translated into more than 100 languages, and the paper form is available in 13 languages.

Smile Squad dental packs

All children deserve a healthy smile, and the Smile Squad free school dental program is working hard to help make sure this happens.

Your child(ren) will have received a free dental pack to bring home. The dental pack contains a toothbrush, full sized toothpaste, and an oral health brochure. Please take the time to read the brochure. It's full of helpful hints and tips to help your whole family eat well, drink well and clean well – for life.

Standard strength toothpaste

Smile Squad provides standard strength fluoride toothpaste that is generally used by ages six and over, unless recommended by a dental or trained health professional.

If your child is under six, please talk to a dental or trained health professional to find out if your child might benefit from using this toothpaste. You can also choose to put the toothpaste away until they turn six or give it to someone else in your family to use.

Do I need to attend my child's appointment?

No, you do not need to attend your child's appointment. If you prefer to attend your child's appointment, you can take your child to the community dental clinic.

The Grampians Health Smile Squad look forward to seeing you soon.

Kind regards,

Grampians Health

Smile Squad



BASKETBALL PROGRAMS

TERM TWO FUN!

Aussie Hoops

Introductory program for children aged 4 to 11

All Abilities Hoops

Development program for children living with disability

Next Level

Aimed at 10 to 15 year old domestic players



Community Events

14th May - **Explore Watercolours** - Buninyong Community House

19th May - **A Pressing Engagement** - Ballarat Library

21st-24th May - **Ballarat Heritage Festival** - Ballarat

21st-31st May - **BLOC Music Theatre presents Disney's Frozen** - Her Majesty's Theatre

22nd-23rd May - **Fashion Collection Tour at Sovereign Hill** - Australian Centre for Gold Rush Collections

23rd May - **Ballarat Beard and Stache Competition** - Hop Temple

23rd May - **Ballarat Fire Brigade Heritage Festival Open Day** - Ballarat Fire Brigade CFA, Barkly Street

23rd-24th May - **Ballarat Steam Train Rides** - Ballarat Railway Station

27th May - **Hero Kids** - Ballarat Library

30th May - **The Glitter Bug Club-Kid's Cabaret Extravaganza** - Black Box Theatre

FREE COME AND TRY

SOVEREIGN KNIGHTS BASKETBALL CLUB



Held at Phoenix Community College.

• Thursday 7th & 14th of May

Basketball come & try day for all ages!! Bring your friends along.

SCAN QR CODE TO SIGN UP OR EMAIL US!

- 8 yo - 11 yo 4:30-5:30
- 12 yo - 16 yo 5:30-6:30



EMAIL: admin@skbc.org.au

Sovereign Knights Basketball Intention to play form



TERM 2 REGISTRATIONS OPEN

Open Pro Tennis Academy
Venue: Buninyong & District TA
Programs: Hot Shots | Junior | Adult



ENQUIRE NOW!

Kickstart 3-5 y.o. | Hot Shots 5-10 y.o. | Junior 10+ y.o. | Adults

Supported Playgroups



Supported Playgroups

Family
& Children's
Services



Supported Playgroups
are now located at
Sebastopol
Primary School
(Warreen St)



Every Monday
from May 18th 2026

(exc holidays)

entry via School reception

Arrive from 9am
for a cuppa, chat and play

FACILITATED PLAYGROUP
9:30am-11AM



- Come along and meet other families
- Fun engaging activities and circle time
- Learn about play and children's development
- Parenting support through Small Talk program
- Parenting resources and referral pathways

Scan the QR Code
to register



*subject to eligibility

Places are limited, for more information please contact:



City of Ballarat Supported Playgroups

Ph: 5320 5720

Email: ballaratplaygroups@ballarat.vic.gov.au

Parenting Support Group

Support for Parents of Neurodivergent Children is a six-week, semi-facilitated peer support group for parents and primary carers of neurodivergent children. It will be held every Friday from 10:30am to 12:00pm across Term Two, beginning Friday 1st May and concluding Friday 5th June, in the Group Room at The Centre for Perinatal Health & Parenting.

Each week, your facilitator will open the session with a topic and some gentle discussion prompts to guide the conversation. From there, the space belongs to the group. You are warmly invited – and genuinely encouraged – to show up, share your experiences, ask your questions, and connect with other parents who really get it.

The six weekly topics are:

- Week 1 – Building Safety & Shared Experience
- Week 2 – Understanding Neurodivergence Differently
- Week 3 – The Parent Nervous System: Self-Care Without Guilt
- Week 4 – Co-Regulation in Real Life
- Week 5 – Shame, Comparison & The Stories We Carry
- Week 6 – Advocacy & Moving Forward

What This Space Is

This is a warm, non-judgmental space for connection, reflection, and mutual support. It is a place where you don't have to explain yourself, justify your child, or pretend everything is fine. It is a place where your lived experience is valued, and where the wisdom in the room – including yours – is part of what makes it work.

What This Space Is Not

This group is not a therapy or counselling group. While it is professionally facilitated, it is a peer support space. If anything comes up for you during the group that feels like it needs deeper support, we would gently encourage you to bring that to your own counsellor or psychologist. If you aren't currently seeing someone and would like to explore that, please don't hesitate to reach out to us directly.

A Few Things to Know Before You Come

Confidentiality is a shared responsibility – what is shared in the group stays in the group, and we'll agree on this together in our first session. There is no pressure to share anything you're not ready for. You are welcome to listen, reflect, and simply be present. We ask that we hold a spirit of non-judgement for one another – no fixing, no advice-giving unless it's invited, and a genuine curiosity for each other's experiences.

Contact Stacey:
5324 2900
reception@perinatalhealth.com.au



Term Calendar

Personal calendar is available on Compass for more information on upcoming events.

	Mon Apr 20	Tue Apr 21	Wed Apr 22	Thu Apr 23	Fri Apr 24
W1	First Day of Term 2				Whole School ANZAC Service
	Mon Apr 27	Tue Apr 28	Wed Apr 29	Thu Apr 30	Fri May 01
W2					02:40: Assembly Year 4 Item
	Mon May 04	Tue May 05	Wed May 06	Thu May 07	Fri May 08
W3	10:00: Scheduled School Tours - 2027....			09:00: RDA Horse Riding 01:00: Scheduled School Tours - 2027....	09:00: Cross Country
	Mon May 11	Tue May 12	Wed May 13	Thu May 14	Fri May 15
W4		05:00: Information Evening for New....		09:00: RDA Horse Riding	Education Support Personnel Day Hamburger order forms due 02:40: Assembly 5/6 Item 07:00: Ballarat Bluelight Disco
	Mon May 18	Tue May 19	Wed May 20	Thu May 21	Fri May 22
W5	06:30: School Council Meeting	Student Free Day - Staff PD	09:30: Volunteers' Morning Tea	09:00: RDA Horse Riding	11:00: Hot Lunch Day - Hamburgers
	Mon May 25	Tue May 26	Wed May 27	Thu May 28	Fri May 29
W6	09:00: (Draft) 1/2 Earth Ed Excursion	Sorry Day	Reconciliation Week 11:00: National Simultaneous Story time 11:30: P/1 Sebastopol Library	Reconciliation Week 09:00: RDA Horse Riding	Reconciliation Week 02:40: Assembly P/1 Item
	Mon Jun 01	Tue Jun 02	Wed Jun 03	Thu Jun 04	Fri Jun 05
W7	Reconciliation Week	Reconciliation Week	Mabo Day	09:00: RDA Horse Riding	
	Mon Jun 08	Tue Jun 09	Wed Jun 10	Thu Jun 11	Fri Jun 12
W8	King's Birthday Public Holiday	Student Free Day - Report Writing		09:00: RDA Horse Riding	02:40: Assembly 1/2 Item
	Mon Jun 15	Tue Jun 16	Wed Jun 17	Thu Jun 18	Fri Jun 19
W9	06:30: School Council Meeting			Sovereign Hill 5/6 Costume School 09:00: RDA Horse Riding	Sovereign Hill 5/6 Costume School
	Mon Jun 22	Tue Jun 23	Wed Jun 24	Thu Jun 25	Fri Jun 26
W10				09:00: RDA Horse Riding	Last Day of Term 2 01:40: Assembly Year 3 Item



Important Date or Events

15th May: Education Support Personnel Day

15th May: Hamburger Orders Due

18th May: School Council Meeting

19th May: Pupil Free Day

25th May: Grade 1/2 Earth Ed Excursion

27th May: National Simultaneous Storytime