



**FROM THE PRINCIPAL**

Dear Parents and Carers,

Kaya, Ni hao, Hello to our amazing families,

Last week, I had the privilege of attending the Year 6 camp at Point Peron Camp School. I was reminded how lucky we are to be a part of the Bannister Creek School Community. Our students made us very proud. They were respectful and resilient, stepping out of their comfort zones to take on challenges and support each other to do the same. I would like to thank our fantastic Year 6 teachers, who go above and beyond, putting in many extra hours before and during the camp and sleeping overnight, away from their own families, to provide this experience for our students.

It is great every day, to see our students engaged in their classwork and building strong, positive relationships with their teachers and their peers. Every time I enter the classrooms I see happy students, busily working on their learning programs.

I would like to thank the School Board, the P&C and Baldja Waangkiny for their hard work at the beginning of the year. I have been lucky to attend meetings with all three groups this term and set some goals for moving forward. I am excited about plans that are growing for up coming events such as Harmony Day and NAIDOC Week, and big projects for continued improvement of our beautiful school grounds.

I encourage all parents and carers to come to meetings and participate in these fantastic opportunities to support the school. We are always at our best when these groups reflect the rich and diverse cross section of our school community.

Enjoy the long weekend, stay safe, and we will see our students back next Tuesday 7 March.

Kind Regards

Susan Archdall  
 PRINCIPAL



**COMING EVENTS**

Fri, 3 March	School Clean Up Day
Mon, 6 Mar	Labour Day Public Holiday
Thu, 9 Mar	Assembly hosted by Room 8
Wed, 15 Mar	NAPLAN commences
Thu, 16 Mar	Assembly hosted by Room 9
Mon, 20 Mar	School Board Meeting - 3:15
Wed, 22 Mar	Summer Carnival - Year 5 & 6 students
Thu, 23 Mar	School Photos - Day 1
Fri, 24 Mar	School Photos - Day 2 Harmony Day Picnic

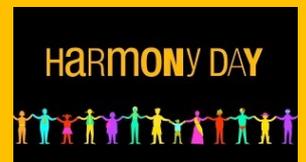
**HARMONY DAY TWILIGHT PICNIC 2023**

**SAVE THE DATE!**

**Friday 24 March  
 4:30pm to 6:30pm**

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone.

Further information about food and events coming soon. Students will also be participating in Harmony Week activities throughout Week 8.



## SCHOOL ASSEMBLY

With T4's assembly taking place in Week 4; feelings of excitement and nervousness were shared amongst the class. Our assembly was an opportunity to showcase what we have been working so hard towards for the past 4 weeks and that was to show Bannister Creek Primary School (BCPS) that in T4, we are a team!

This was evident in our rehearsals leading up to our unique assembly item; a performance to the song titled 'We Are T4' written over the classic song by Queen. The students in T4 worked extremely hard, practicing our song and choreography and I could not have been prouder. We learned a lot about ourselves as a class throughout these last 4 weeks. Nothing is more important than working together, respecting each other, dreaming big, celebrating each other's success, learning from our mistakes and to be kind to one another.

Not only are we a TEAM in T4, but our message extends to the whole of BCPS. We are one united team and firmly believe that Together Everyone Achieves More. In saying so, be kind to each other and treat each other the way in which you would like to be treated.

Congratulations to all of the Honour Certificate recipients, Leadership Captains and our Aussie of the Month recipients!

A massive thank you must go to Mrs. Marshall for all of her amazing help leading up to our assembly, as well as Mr. Byng and Mr. Boules for their assistance on the day.

We are all so forever grateful to be a part of such an amazing TEAM!

Congratulations to Mr Hands and the students in Room T4 for a successful assembly. The next assembly will be held on **Thursday 9 March 2023**, commencing at **8:45am** sharp. It will be hosted by the students in Room 8.



## SCHOOL AWARDS

**HONOUR CERTIFICATES: Excellence**, no matter what you are doing, excellence means you are giving it the best you have. Excellence is what leads to success. It takes courage to practice excellence. When you practice excellence, you can break new ground and try new things that have never been thought of before. Doing your best helps you find out who you really are. **Congratulations to the following Honour Certificate recipients from our last assembly.**

Class	Student
Room 6	Amberley
Room 7	Ammar, Charley
Room T3	George, Oliver
Room 8	Elijah, Martina
Room 9	Emily-Rose, William
Room T2	Abiha

Class	Student
Room 10	Le Ning
Room 11	Orion, Violet
Room T1	Olivia, Tenneev
Room 12	Jerry, Sanudini
Room 13	Lexi, Noah
Room 14	Claire, TJ

Class	Student
Room 15	Asher, Farley
Room T4	Emily
Room 16	Flynn, Zach
Room 17	Amelie, Jawid
Room 18	Rigden

## AUSSIE OF THE MONTH

**AUSSIE OF THE MONTH:** The Aussie of the Month award recognises personal endeavour, achievement and contribution to our School Community. Congratulations to this month's recipients:

Sophia, Year 3/Room 10

Abigail, Year 5/Room 14



## YOUR MOVE



Your Move is a free program that provides information and support to help students, families and staff find more active, healthy ways to get around. Your Move works with the community to find ways to spend less time in the car and more time doing more enjoyable activities.

Bannister Creek is a your Move school. When we upload stories about what we are doing, our school earns points that can be redeemed for great rewards. The 2023 Your Move student team is made up of Year 4 and 5 students; Kristy, Shaneika, Chloe, Ben, Amneet and Angus.

The first community event will be Ride 2 School Day to be held on Thursday 30 March. Details to follow soon.

## RAT TESTS

We have a number of RAT tests available for families who require them. Please call in at the front office.

## BEGINNING OF THE SCHOOL DAY

Prior to lessons, teachers prepare materials and organise the day's activities, they are in classrooms by 8:30am for final preparation, greeting children etc. This time is important for the efficient start of a teaching day. Classrooms are opened from **8:30am** for the start of the school day at 8:40am

**For safety reasons, we request that children do not arrive prior to 8:15am. Where early arrival is unavoidable, children must wait on the seats outside the school library.**

Camp Australia offers before and after school care for students whose parents have work commitments. Please go to [www.campaustralia.com.au](http://www.campaustralia.com.au) for further information or to book.

## SCHOOL PHOTOS

**Thursday 23 March and Friday 24 March**

Please see the information below provided by the School Photographer. A proposed schedule will be provided asap.

# ORDER YOUR SCHOOL PHOTOS

### BEFORE PHOTO DAY

- Order forms have been handed out - If you did not receive one, please check your child's bag
- Photos can be ordered online at [www.3p.net.au](http://www.3p.net.au)
- Shoot key: FN3T95K
- Photos ordered after photo day may incur a handling/shipping fee

### PHOTO DAY

- Return your order form to the photographer
- Please ensure your child is dressed in the correct uniform, hair neat and tidy
- Preferably no large side/high ponytails

### SIBLING PHOTOS

- Will be taken at the photo area before and after school - please bring your children to the undercover area
- Students cannot be collected from class during the day for sibling photos
- Order only on the eldest child's order form

### SPECIALIST GROUP PHOTOS

- When ordering, select the 'Specialist Group' option
- Where prompted, enter the details of the group (i.e. Choir)
- Please confirm with your school which groups are being photographed this year

### AFTER PHOTO DAY

- Orders will be delivered to your school
- Digital downloads available at [www.3p.net.au](http://www.3p.net.au) after delivery
- Any queries? Please call 3P on 9250 6244



[www.3p.net.au](http://www.3p.net.au)  
Shoot Key: FN3T95K

## P&C NEWS

Welcome back, to what is going to be another wonderful year at Bannister Creek PS!

I'd like to thank our 2022 P&C committee for all their wonderful, hard work last year. I'd also like to introduce, and offer congratulations to, the 2023 P&C committee and office bearers:

President: Linda Ross  
Vice President: Amy Fletcher  
Treasurer: Jessica Sloss  
Secretary: Anne Armitage

I would also like to make a special mention to our wonderful canteen staff, Julie, Sheree and Lou, and also thank the canteen volunteers, who help us fill the gaps for an hour or so here and there to ensure we can provide a great service to our community and the community at Parkwood Primary School. Our school canteen needs your support, if you have a few hours to spare or can help out in the morning for even half an hour after school drop off, it would be appreciated.

Remember this is your committee, your school and your opportunity to work with a fun team to raise money for more resources at the school. All parents are welcome, your contribution might be a donation, a couple of hours helping at one of our fundraising events or coming along to support us with your opinion and advice at P&C meetings. All contributions and new friendships are welcomed. We know you'll have a few laughs and make some new friends along the way. Please come along, join the fun, support the P&C and let's have a great year!

Our next meeting will be held on Tuesday 21 March in the staff room commencing at 6:30pm. Meetings are usually only 30 - 45 minutes long, please come along, we'd love to meet you!

Linda Ross, P&C President  
[BannisterCreek.pnc@gmail.com](mailto:BannisterCreek.pnc@gmail.com)

## YEAR 6 CAMP ADVENTURES

We hope you enjoy the wonderful photos and extracts about camp from some of our students.

### YEAR 6 CAMP

Yesterday, we came back from camp. At camp we did lots of fun activities such as abseiling, orienteering, archery, crate climbing, kayaking, playing on the beach, prusiking, and rock climbing. All of the activities were amazing. We slept in dorms too. In my dorm were Logan, Flynn, Elwyn, and more. Rock climbing was a bit boring though because I had one go and waited the rest of the time. Prusiking was pretty fun but I could only go to a certain height. I was fast at kayaking because I go kayaking with my dad sometimes.

The food was really good because we had things like curry and burgers with chips. Archery was super fun too. I didn't get a bullseye but it was still fun. Actually, in my opinion, it was one of the best activities. On the first night I could only get to sleep at 10:00pm because everyone was talking in really loud voices. I actually thought that it would keep me up all night but somehow I managed to get some sleep.

We also played spotlight! In one of the rounds we had to get across the oval without the teachers recognising us and I won. I just sprinted across the oval and no-one guessed it was me. Camp was waaayyyy more fun than I thought. On the second night, we did a QUIZ NIGHT. My group was called Bing Chiling. In my team was Zachary, Logan, Riley, Yong, Jayden, Elijah, and me. My team won 2 out of 5 of the rounds which were the student quiz and the teacher quiz. Only one other team matched our score! We came second (by ONE POINT) so we got a special lolly bag. For some reason the bus ride back to school felt much shorter than the ride there. So as the first time at a school camp, I would say that it was really good.

By Alex



### YEAR 6 CAMP

On camp we did lots of fun activities, including kayaking, prusiking, and crate climbing. In prusiking, you had a few bits of rope and some metal devices that you used to climb up the main rope. For me, it was fun, because part of the climbing was actually sitting in your harness. I was really fast, so I got another go on it. Kayaking was on the beach and afterwards we played beach games. Some of the games were:

- Tic-Tac-Toe
- Covering your self with sand so that no body parts were showing except your neck and head.
- Filling up a bucket (with holes in it) with water, NOT sand!
- Tug-of-war

The activity I loved the most was archery. I think that this was mainly because it was the only one that I had done before! Even Mrs Zall and Ms Archdall joined in! At first it was just shooting and trying to get the target, but then it was making 'pizzas'! How we made pizzas with archery: the ground was the herbs and spices, the white was flour, the black was olives, the blue was water, you could 'mix' them together to make dough. There was a lot of herbs and spices, so I said that we could even mix some into the dough! Once, Dylan forgot to even load his bow before shooting, so I joked it could be an air bubble! There was a really cool moment where Mrs Zall got a bullseye by the arrow skidding across the ground, bouncing up the board and going into the bullseye!

By Ellie

**YEAR 6 CAMP**



**YEAR 6s AT POINT PERON CAMP**

**Expectations & Outcomes**

**My expectation was that it would be very, very close to the beach**

There was a whole oval/field between the dorms and the beach

**Food would be great and tasty**

Food WAS great and tasty

**That the activities would be on the beach**

The activities were on the oval, except for the beach games and kayaking

Overall, I think that if I had to go on camp again, I would really enjoy it. I would also bring mosquito spray and itching cream. Camp was really fun! The activities that we did were archery and crate climbing, beach games and kayaking, abseiling and orienteering, rock climbing and prusiking. The most interesting activity was probably abseiling as it was really scary but became really fun really quickly. The point is that I really wanted to do it, and I did, while at the same time, facing my fears.

We were ballistic when we did kayaking, everybody was racing around, but before all the fun we had to do safety precautions. We got to chase a professional kayaker. At first he was just gliding around and whenever one of us got near him he would just speed off!

Rock climbing looked really scary when you are at the bottom looking up. Some of the grips were really easy to hold onto however, the blue ones were just curved all the way around. There were two types of rock walls that we got to try out, it was excellent fun!

By Le Xuan



**YEAR 6 CAMP**

Well, as you guessed from the title, camp just happened, and it was not what any of us expected. Many, many things happened and it was quite fun. In some ways, it was like The Hobbit. We were very comfortable in our school and houses, which is like the Shire, never going anywhere too crazy, we were leading a regular life with regular things.

Then we went on an unexpected journey, with many of our comfort things like devices left behind.

Camp is about being with your friends, doing the unexpected, occasionally having a laugh when someone fell over, and generally having fun. The thing about many of the activities, like abseiling, is they are terrifying until you relax and want to do it again. I would love to go every day of the week! Mostly because the food is extremely good though. We even saw a rabbit. I did not get any sleep on the first night because of the hot weather and ended up chilling with a friend on a pillow on the floor, but even that was fun, staying up all night talking about camp and other things was something I did not expect would happen.

In my opinion, camp is just challenging your mind and mental skills. Camp is safe and fun, but it is also challenging for your mind to think that. The fun level of the activities was far beyond my expectations, I was surprised at how quickly I overcame these challenges and built resilience over the three days. That's what I think the real challenge is and what makes camp so fun.

By Zachary





### Virtue of the fortnight

Respect is like a magic power that makes everyone feel good. It means you talk and act in a way that shows you care about yourself and others. It's about being kind and polite to everyone, no matter who they are or what they look like.

**Crunch&Sip**® Bannister Creek is a Crunch&Sip school! For the next 31 days, we will be celebrating March Munch!

This is a great opportunity to get crunching on yummy vegetables every day during the month of March. You can help your child enjoy March Munch by packing some yummy vegetables for them to eat during Crunch&Sip. Happy munching!

## Crunch on vegetables!

This term our school is encouraging families to get excited about eating vegies by packing them as often as possible for Crunch&Sip®.

### Why vegetables?

Vegetables and fruit are both important food groups packed with a range of nutrients that promote good health. However, while most primary school children are doing a great job of eating enough fruit, **only 1 in 16 are eating enough vegetables**. That's why it's important for children to get an extra serve of vegetables during Crunch&Sip® breaks.

### Benefits of eating vegies for Crunch&Sip®

- Vegetables contain lots of vitamins, minerals and dietary fibre which help promote healthy growth and development.
- Vegetables can be a very cost-effective option - a serve of carrots or celery costs less than 30c!
- Do you have a fussy eater? When kids see their peers eating different foods, they are more likely to join in and try something new.



We encourage you to support us in this initiative by providing a healthy snack of whole or cut up vegies as the preferred option for Crunch&Sip®.



Learn more at [crunchandsip.com.au](http://crunchandsip.com.au)

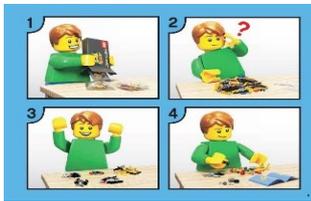
Crunch&Sip®

### Behaviour Education at BCPS

In 2023, Bannister Creek is implementing a new approach to teaching students about the importance of social-emotional learning. Every Monday, students will attend a 'Behaviour Education Assembly' where they will develop their understanding of self-awareness, self-management, social-awareness, and social-management.

Students will also work in small groups to practice their new skills and knowledge with our *Behaviour Education Coach* Miss Tegan Morrow and our *Behaviour Education Assistant*.

This fortnight, we are learning about:

<p style="font-weight: bold; color: #000080;">Social-Emotional Capability</p> 	<p style="color: #000080; text-decoration: underline;">Social Awareness</p> <p>This focuses on students understanding and supporting others by recognising their feelings and perspectives, participating in positive and respectful relationships, and gaining an understanding of advocacy. It teaches students to show respect for others and to be aware of the role of advocacy in society.</p>
<p style="font-weight: bold; color: #000080;">BCPS Expected Behaviours</p> 	<p style="color: #000080; text-decoration: underline;">Show Respect</p> <p><i>We can show respect at BCPS by:</i></p> <ul style="list-style-type: none"> <li>• Following instructions.</li> <li>• Showing whole body listening.</li> <li>• Being kind and including others.</li> <li>• Taking care of our school by cleaning up rubbish.</li> <li>• Using our manners and being polite.</li> </ul>
<p style="font-weight: bold; color: #000080;">Educational Focus</p> 	<p style="color: #000080; text-decoration: underline;">Following instructions</p> <p>When we are at school, we need to follow instructions to help us learn and to keep us safe. Here's what to do:</p> <ol style="list-style-type: none"> <li>1. <b>Pause</b> – Stop what you are doing.</li> <li>2. <b>Look</b> – Look at the person speaking.</li> <li>3. <b>Nod</b> – To show you understand.</li> <li>4. <b>Do</b> – Do the task right away.</li> <li>5. <b>Ask</b> – Ask questions if you are unsure.</li> </ol>

## FREE PARENT SEMINAR



# Triple P Power of Positive Parenting Seminar 1



Suitable for parents of children from 2 to 12 years

Bookings  
are  
essential



Five key principles of Positive Parenting that form the basis of Triple P will be introduced to parents:

- Ensuring a safe engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having reasonable expectations
- Looking after yourself as a parent

In partnership with



**Date: Wednesday 15<sup>th</sup> March 2023**

**Time: 9:30am – 11:30am**

**Venue: Bannister Creek Primary School**

**For more information please:**

**Call 9235 7032 or email: [CPCBrookman@parkerville.org.au](mailto:CPCBrookman@parkerville.org.au)**

## LYNWOOD FERNDALE FOOTBALL CLUB

Would you like to play football this year? The LFFC will be holding a Come and Try Day on Sunday 12 March 2023 at the Ferndale Reserve from 3:00 to 5:00pm. This is a great opportunity to try out footy and register for the 2023 season. See you soon!



Players of  
all ages  
**WANTED**

**Join NOW!**

### LYNWOOD FERNDALE FOOTBALL CLUB

Auskick PP-Y2 Juniors Y3-12  
Colts & Seniors



[www.lffc.com.au](http://www.lffc.com.au)

[lffc@gmail.com](mailto:lffc@gmail.com)

Find us on Facebook: Lynwood Ferndale Football Club Or Instagram: lffcpanters



**NAB AFL Auskick is the best way to introduce kids to the great game of Aussie Rules Football! It's all about fun, getting hands on the ball and constantly being involved in exciting activities.**

No AFL experience? No worries! Auskick offers an inclusive environment for everyone aged 5 – 8 at any skill level to play.

- Super fun game-based activities that kids absolutely love
- Non-contact activities in a welcoming and inclusive environment so all kids can play safely
- Games are tailored to different ages and skill levels, which means less lining up and more playing footy
- Come along and play footy, have fun and make friends, sign up today



Lynwood Ferndale  
Panthers JFC

**THIS IS US THIS IS FOOTY**





**March 27-31**

For your chance to compete, book into Your OSHC at no additional cost to your session fee.

## Your OSHC Championship on March 27 to 31

Book into your OSHC no at additional cost to your session fee. The more days you participate, the better your chance of winning!

## Rocketeers Championship Autumn Holidays

Book into operation: Handball Championships these Autumn Holidays. Plus, every Rocketeers handballer get their own handball and custom sweatband!

All Service Championships will win their place at Regional Championships

## It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campaustralia.com.au](http://pp.campaustralia.com.au) or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



## Activities coming up

- Making Cheerleaders Pom Pom
- DIY Handball Keychain
- Pipe Cleaners Coiled Roses
- Cooking Scones
- Handball Challenge



## What's on the menu

- Crackers with Cheese
- Banana Oats Cake
- Spaghetti
- Sandwiches
- Fresh Fruits & Veggie Platter



## Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)