

East Gippsland Specialist School Newsletter



Upcoming Events



AUGUST

Book Week

Dress up day Friday 22nd



Primary Swimming

25th August



City Senior Melbourne Camp

Wednesday

27/08/2025

CAMP

SEPTEMBER

Last day of term 3

Friday 19th September

2pm finish



Safe
Respectful
Learners



AUGUST BIRTHDAYS

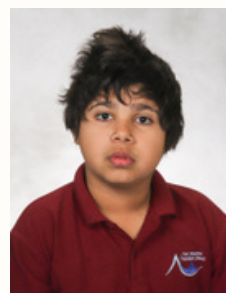
HAPPY BIRTHDAY



Aiden



Isabella



Adrian



Pete



Tray

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Safe
Respectful
Learners

August 13/08/2025



Principal Report

Dear Families,

Secondary Swimming Program

Our Secondary Department Swimming Program has been a huge success over the past few weeks. Students have shown fantastic enthusiasm, persistence, and progress in the water. The final lesson for the Secondary Program will take place on **Monday 18th August**.

We are also excited to announce that our **Primary Swimming Program** will begin the following week on **Monday 25th August**. As always, we kindly remind families to ensure students come to school on swimming days with their **bathers, towel, and a change of clothes**. We can't wait to see our primary students dive into the fun!

Principal's Day – Thank You!

A heartfelt thank you to all students and staff for the incredibly kind acknowledgements on **Principal's Day**—celebrated a little early this year on **Wednesday 30th July**. Donna, Pauline and I were treated to an unforgettable day, highlighted by a delicious **three-course meal** lovingly prepared by our very own **EGSS Culinary Crew**. We were also gifted a beautifully framed poem and were absolutely spoiled with lots of coffee, chocolate and other sweet treats. It was a truly special occasion, and we are very grateful to be part of such a thoughtful and supportive school community.

Building Projects Update

Exciting things continue to happen around the school in the way of facilities and future planning.

Our **Hydrotherapy Pool Project** remains in the design planning stage and is tracking well. Construction is expected to commence **later this year**, with completion anticipated for **September 2026**.

We acknowledge the Gunai Kurnai people, the traditional custodians of the land where we live, work and travel. We pay our respect to the Elders, past, present and emerging



In addition, design planning is underway for our **Secondary Playground Upgrade**. This upgrade will include:

A **large new playground structure** designed to support learning and inclusive play

A **sensory garden and play space** located near the oval shade structure, which will feature:

- In-ground trampolines
- A sandpit
- Native plantings

It is anticipated that this project is completed by the end of Semester 1, 2026.

We look forward to keeping you updated as these projects continue to progress.

Student Support Group (SSG) Meetings

A reminder to families that **SSG meetings are being held across next week and the week after**. These meetings are a valued opportunity for families and school staff to come together to review and discuss student goals, progress, and aspirations. If you do not yet

have a scheduled time, please contact your child's classroom teacher as soon as possible to arrange a meeting.

Dan on Long Service Leave – Term 3

I would like to let families know that I will be taking **Long Service Leave from Monday 26th August until the end of Term 3**. During this time, my family and I are fortunate to be travelling to the **United Kingdom**. I feel very privileged to have this opportunity and know the school will continue to thrive in my absence.

During this period, **Assistant Principal Donna Prince** will step into the role of **Acting Principal**, and I know she will do an excellent job leading the school.

Thank you once again for your ongoing support as we continue into another busy and exciting term.

Kindest Regards,



Principal



CALENDAR

August 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4 Secondary Swimming starts	5	6	7	8	9	10
11 Secondary Swimming starts	12	13	14	15	16	17
18 Secondary Swimming starts	19	20	21	22 Book Week Dress up Day	23	24
25 Primary Swimming Parent Support Group 2pm/3pm EG\$	26	27 Melbourne City Camp Seniors	28	29	30	31

September 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Primary Swimming	2	3	4	5	6	7
8 Primary Swimming	9	10	11	12	13	14
15 Primary Swimming	16	17	18	19 Last Day of term 3 2pm finish	20	21
22	23	24	25	26	27	28
29	30					

Staff Shoutouts



Daniel Clark -
For always putting in so much
effort to achieve great success for our
School



Pauline Canfield-
For always putting so much effort
into making our School run smoothly



Donna Prince-
For always being such a supportive
and enthusiastic team member



Dan, Pauline and Donna

Today we stand with grateful hearts,
To honour three who play big parts—
In shaping all we do and say,
And guiding us along the way.

Let's begin with Dan, our guiding hand,
With Scottish roots and visions grand.
His baby girl, not yet one year,
Brings sleepless nights and endless cheer.
But still, he's here with calm and grace,
Leading each challenge we might face.

Donna brings her strength and style,
With purple power and a knowing smile.
She cheers her sporty kids with pride,
Then keeps our schoolstaff strong and unified
No job too big, no detail missed,
She leads with heart—and an iron fist (a gentle one!).

Now Pauline, kind and always fair,
With wise advice and thoughtful care.
Jett and Belle are nearly grown,
Yet still, she claims us as her own.
She dreams of Swifts Creek's peaceful air,
But till that day, she's always there.

Each of you gives more than we see,
To make this school the best it can be.
You lead with courage, time, and heart,
And every day, you do your part.

We know we're not the quiet kind,
But thank you for your patient minds.
For guiding us, and helping us grow,
For cheering us on when we're feeling low.

So here's our thanks, both proud and true,
This school shines bright because of you.
With deepest thanks, we hope you see—
You're all the heart of EGSS to we.

Happy Principal Appreciation Day!

Happy Principal Appreciation Day

Principal Appreciation Day done in style



Happy Principal Appreciation Day



ROOM THREE

Room 3

Play-based

Learning



ROOM FOUR

Room 4



What a year it's been for Room 4 so far! We've grown so much, learning new things, making new friends, and



discovering more about our emotions.



Our maths and writing skills are sharper than ever, and we're counting down the days until swimming begins!



Book An Adventure



EAST GIPPSLAND SPECIALIST SCHOOL BOOK WEEK 2025

What: Book Character Dress up Day

Students: Come to school dressed as your favourite book character.

When: Friday 22nd August

Time: 10am

Where: East Gippsland Specialist School
Parents and Carers are welcome.



SMILE SQUAD



FREE SCHOOL DENTAL PROGRAM

Coming to EGSS in September

PLEASE RETURN YOUR FORMS



JOKE OF THE WEEK

**How do you get
a squirrel to like you?**

Act like a nut.





Monday August 26th
2:00-3:00pm

East Gippsland
Specialist School





**Black Dog
Institute**

During the holiday break, I (Donna: Assistant Principal @ EGSS) attended a webinar 'Teen Mental Health Matters' ran by The Black Dog Institute.



Black Dog Institute is a globally renowned mental health research institute connected to UNSW Sydney. They are a medical research institute in Australia that investigates mental health across the lifespan—from childhood to adulthood.

This **free** webinar had many tips and resources for parents; here are just a few that I thought would be useful for our school community.

Connections

- Recognise the value and opportunities in all forms of connections.
- Support interests and encourage extracurricular activities, promote participation in clubs and activities.
- Provide opportunities for socialising, host gatherings at home to create a comfortable space for socialising.
- Model positive social interactions, demonstrate healthy relationships within the family and with friends.
- Provide emotional support, be a supportive listener, offering comfort during friendship challenges, talk with them about their friendships.



Screens

- Don't demonise screens, recognise the positive aspects of social media and gaming.
- Open digital dialogue, foster open conversations, showing genuine interest in your young person's digital world.
- Model balanced tech use, lead by example. Share your own digital struggles.
- Upskill, learn about the platforms and discuss design features that keep users engaged.
- Healthy lifestyle, promote overall well-being by encouraging healthy relationships, physical activity, balanced nutrition, and good sleep.



Sleep

- **Set and model family values** about sleep, making it a family priority.
- **Upskill** with your teen, learn about sleep and use an evidence-based resource to help improve routines.
- **Negotiate consistent sleep routines**, including regular bedtimes and wake-up times.
- **Promote a healthy lifestyle**, encourage balanced diet, regular eating for all day energy, regular exercise.

Sleep Ninja



Provided also, was this list of online services available to both parents and our children.

Digital services

Young people

Information

- ReachOut
- Beyond Blue



Support

- Kidshelpline
- Headspace
- 13Yarn



Online Programs

- Sleep Ninja
- This Way Up
- Breack
- The Brave Program



Parents and carers

Information

- Head to Health
- Healthy Families
- Raising Children
- Kidshelpline – Parents
- ReachOut Parents
- eSafety Parents

HEAD TO HEALTH



raisingchildren.net.au



eSafety



Support

- Parentline
- Family Relationship Advice Line
- Mensline
- 13Yarn



Online Programs

- Triple P - Positive Parenting Program
- My Compass
- BDI Online clinic



For more information, or access webinars, go to ...

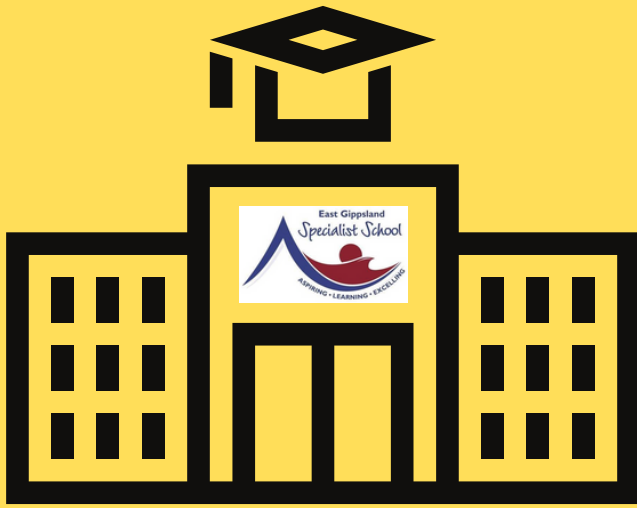
<https://www.blackdoginstitute.org.au>



- **Needing help to access the NDIS**
- **Supports and services**
- **Plan reassessments**
- **Therapists and Physio**
- **General enquiries**

**If you would like more information please call the
school on 51525922
our NDIS Navigators
Linda Pendergast
Jennayer Hopkins**





Every School Day counts

If your child is absent from school please remember to let us know why.

Please call the office on 51525922 explaining why your child will be absent and how long you expect them to be away.



PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources

www.education.vic.gov.au/protect