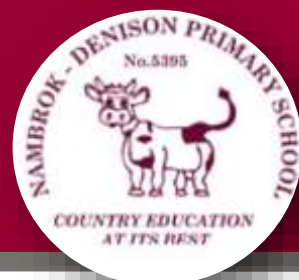


Nambrok Denison Primary

Newsletter



27th November 2025

School Captains



Anna
Harrington



Keonte
Taiapa-Tama

UPCOMING DATES

Thursday 4th December—Grade 2 Sleepover

Tuesday 9th December – State wide transition day. Prep students 9:00-1:00

Wednesday 10th December— Whole School Excursion— Traralgon Pool

Friday 12th December- School Concert 3:00pm & Raffle drawn

Tuesday 16th December— Sale Bike Ride grade 6

Wednesday 17th December— Grade 6 Graduation

Thursday 18th December—Last day of term

Friday 19th December—Student Free Day

Wednesday 21st and Thursday 22nd January—Book Collection

Wednesday 28th January—Term 1 2026

2026 School Captains

We are delighted to announce that **Derren** and **Duncan** have been elected as our 2026 School Captains.

Both students have demonstrated outstanding leadership, responsibility, and a genuine commitment to our school values. We look forward to the positive impact they will make as they represent our student body throughout the year.

Congratulations, Derren and Duncan—we know you will do an excellent job!



2026 Sports Captains

We are also excited to announce that **Isla** and **Lexandro** have been elected as our 2026 Sports Captains.

Both students have shown exceptional teamwork, dedication, and a strong commitment to promoting sport and wellbeing across our school. We are confident they will lead with enthusiasm and inspire others throughout the year.

Congratulations, Isla and Lexandro — we know you will be outstanding Sports Captains!



Garden Update from Ms Barton

Excitingly, we've been invited by the Boisdale School Farm to participate in a wonderfully named challenge in 2026 - 'Veggies and Wedgies' - where we submit the heaviest veggie we have grown for the set time period and also try to decompose a pair of cotton undies in the soil. Sounds like a bit of fun! We will have an interclass comp at school to see which grade best decomposes a pair of cotton undies and then submit our best (worst?) to the actual comp.

If you're able to come help with mulching please reach out - the students LOVE when members of our community come in to help them - community engagement and connection is an important part of student wellbeing.



Anxiety in Pre-Teens

NDPS have collated this info from from 'raisingchildren.net.au'.
The website goes into much greater detail if you wish to read more.

- Encourage your child to talk about anxieties
- Help your child to understand their feelings
- Acknowledge your child's anxiety
- Encourage brave behaviour

You can also encourage your child to use:

- positive self-talk – for example, 'I can handle this. I've been in situations like this before'
- self-compassion – for example, 'It's OK if I do this differently from other people. This way works for me'
- assertiveness – for example, 'I need some help with this project'.

If your child has expressed anxiety or worry about school, please reach out to our wellbeing team and we can discuss school based supports.

Social Media Minimum Age Coming 10 December



How to support your child under 16 with the new social media age restrictions

From 10 December 2025, the *Online Safety Amendment (Social Media Minimum Age) Act 2024* will require social media platforms to:

- prevent children and young people under 16 from having a social media account
- deactivate or freeze existing accounts held by people under 16.

Delaying access to social media protects the health and wellbeing of young people and gives them extra time to build real world connections and digital literacy skills.

The responsibility will be on the social media platforms, not parents, carers, children or schools, to implement these new restrictions.

Most popular social media platforms will be age restricted. These include Facebook, Instagram, Snapchat, TikTok, X (formerly Twitter), Reddit and YouTube.

Messaging services and online games, as well as apps and platforms that support health and education, can still be used.

How to help under 16s prepare for the change

Parents and carers play an important role in supporting their children to be safe online.

To help get under 16s ready for the social media minimum age requirements, you can go to the [eSafety website](#) to learn more about the social media age restrictions and find [tips on how to talk about social media age restrictions with young people](#).

What the change means for our school

At our school, most age-restricted social media platforms are blocked for student use on the school network. Our school allows student access to YouTube in a logged-out state. However, this access is restricted so mature content cannot be viewed.

To keep up to date about the new social media age restrictions, visit the [eSafety website](#) and [subscribe](#) to their newsletter.

2 WAYS WE CAN HELP OUR YOUNG PEOPLE

NDPS Teachers are often asked for ways to support students through the tricky times... We will be sharing some of these strategies through the news letter so others can also see what help is available.



1 KIDS HELPLINE FOR KIDS

KIDS HELPLINE is a free way young people from 5yo-25yo can connect with trained professionals to support them through tricky times.

There's a webchat option or a free hotline to call (1800 55 1800). The webchat option is easy to use and students could use an alias if they don't feel comfortable using their real name.

It doesn't have to be a dire situation - kids helpline are also there to help with everyday struggles.

Kids Helpline has been around since the 90's and has helped over 9 million kids. We can support students to contact kids helpline during school hours if you or they wish.

2 KIDS HELPLINE FOR PARENTS

Kids Helpline also has a bunch of free and great resources for parents on topics that cause concern for parents and young people. If there's a topic you feel out of your depth or underprepared for, there's great articles for you on kids help line.

<https://kidshelpline.com.au>
1800 55 1800



Sport Award



Mav, Lucy, Georgia & Emi

Citizen & Learner Awards

Weeks 7 & 8

Foundation/1— **Autumn** for reminding her peers to follow the class goal.

2/3— **Makena** for always offering to help.

4/5— **Aleeia & Ryker** for their persistence during our Bike Ed excursion.

5/6— **Duncan** for thinking of others during the 4/5 Bike Ride.



Yard Award



James, Ivy, Patsy & Tyler

Families would have received raffle tickets to sell for our Christmas Raffle. A list of prizes will be up on our community Facebook page this week.

As always we are very grateful for these donations and encourage our families to support the business that support us.

If you know of any business that would like to donate please see the office.

A major prize will be accommodation for the Moorings at Metung.

