



# Newcomb Newsletter

Term 4, Week 2, Friday 17th October



## IMPORTANT DATES

### OCTOBER

- 17<sup>th</sup> - Assembly 2.50pm All welcome
- 21<sup>st</sup> - School Council Meeting 4.45pm
- 22<sup>nd</sup> - Geelong Cup - no school
- 23<sup>rd</sup> - Art Gallery & Tech School Excursion (5/6)
- 23<sup>rd</sup> - Prep 2026 #2 Transition Session 9-10am
- 28<sup>th</sup> - Prep 2026 #3 Transition Session 9-10am
- 31<sup>st</sup> - Halloween JSC Day!
- 31<sup>st</sup> - Assembly 2.50pm All welcome

### NOVEMBER

- 6<sup>th</sup> - Prep 2026 #4 Transition Session 9-10am
- 13<sup>th</sup> - Prep 2026 #5 Transition Session 9-10am & Prep Parent Information Session
- 14<sup>th</sup> Nov - Assembly 2.50pm All welcome
- 21<sup>st</sup> - Curriculum Day (Professional Practice)
- 28<sup>th</sup> - Publishing Party BER 12.30pm
- 28<sup>th</sup> - Assembly 2.50pm All welcome

### DECEMBER

- 2<sup>nd</sup> - School Council Meeting 4.45pm
- 9<sup>th</sup> - Whole School Transition Day 9-12.30
- 12<sup>th</sup> - Assembly 2.50pm All welcome
- 15<sup>th</sup> - P-2 Christmas Lunch
- 16<sup>th</sup> - Year 6 Graduation
- 17<sup>th</sup> - End of year class celebrations
- 17<sup>th</sup> - Reports available on Compass
- 18<sup>th</sup> - Final Assembly & Xmas Spectacular! 9am



Dear Parents and Carers,

We hope you all had a wonderful holiday break with your children. As we begin Term 4 we encourage you to reflect on the year so far and the plan for the term ahead. The final term is always a busy one as we consolidate learning and celebrate successes, whilst looking ahead to the new year transitions.

We'd like to welcome Mackenzie Gordon who has joined our expanding Education Support Staff team. Mackenzie has had previous experience at Herne Hill Primary School, please make her feel welcome and say hello! We are also excited to have Mr. Joseph Nyugen (Mr. Joey) with us in his first full time teaching position for Term 4.

This weekend we have some exceptional artwork on display in the Education Pavillion at the annual Royal Geelong Show. The pavilion closes at 4 pm on Thursday, 8 pm on Friday and Saturday, and 4 pm on Sunday. Congratulations to Mrs. Hyland who has once again excelled in creating, collating and displaying our student artwork. Please go and check it out if you are attending the show this weekend!

Throughout this term we have our 2026 Foundation (Prep) transition program, with six sessions for our future students. We thank Ms. Devlin, Lucy and Bron for leading this program and welcoming our new Preps into our school with lots of fun and engaging activities.

We also look forward to our Whole School Transition Day on Tuesday 9th December when our Year 6 students head off to secondary school for the day, and all other students progress to their next year level to meet their 2026 class and teacher.

These are just a few of the big events planned for this term, we also have our publishing party, swimming program and JSC Halloween Day! Please keep your eyes on the Important Dates list in each newsletter and on Class Dojo.

We hope you have a wonderful weekend. Please come and see us anytime!  
Blanche Denmead & Carmen Britnell - Principal Team

# IMPORTANT INFORMATION & UPDATES

## INCLUSION & WELLBEING

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month and the theme for 2025 is 'The many faces of ADHD.' Attention deficit hyperactivity disorder (ADHD) can affect a child's learning and social interactions, and can have a big impact on family functioning.

It's estimated one in 20 children in Australia have ADHD. It is more common in boys than girls. The exact causes of ADHD are unknown, but it tends to run in families, so genes play some part.

The main signs and symptoms of ADHD include:

- inattention – difficulty concentrating, forgetting instructions, moving from one task to another without completion
- impulsivity – acting without thinking, talking over the top of others, losing control of emotions easily, being accident prone
- overactivity – constant fidgeting and restlessness.

Some children have ADHD, but without the hyperactivity. These children have trouble focussing and paying attention, and can be forgetful and easily distracted.

We are proud of our students who have an ADHD diagnosis and who use it as their superpower. Our staff do an incredible job of making adjustments so that every student can be supported and feel successful.

Useful resources to find out more.

- ADHD Support Australia  
<https://www.adhdsupportaustralia.com.au/>
- Raising Children  
<https://raisingchildren.net.au/adhd/about/adhd-children-teenagers/adhd>

## SUNSMART REMINDER FOR TERM 4



This term students are required to wear hats when playing outside. Hats are now available to purchase direct from the office for \$20. Based on feedback from our recent student uniform survey, we have recently changed provider for our hats and our wide-brim hats are available in the more comfortable style. Please pop into the office if your child needs a new hat for Term 4. Students who do not have a hat will need to play under cover. Please also remember to put sunscreen on your child/ren each morning. If they have some in their school bag please remind them to re apply as required.

## 2026 ENROLMENTS

As we continue our planning for the 2026 school year, we would greatly appreciate if families could notify the school if your child/ren will not be returning to NPS in 2026 as soon as possible.

If you have any children who are yet to enrol for Prep in 2026 please ensure you do so as soon as possible to ensure we can place your child.

ADHD

AWARENESS

OCTOBER 2025

THE MANY  
FACES OF  
ADHD



ADHD  
AUSTRALIA



## SCHOOL COUNCIL 2025

Our School Council plays a vital role in our school. If you have any ideas, suggestions or feedback about our school please feel free to contact any member of school council or email our School Council President at pinkpawprincess@hotmail.com. Our school council representatives for 2025 are: Natalie Edwards (President), Calista Davis (Vice President), Amanda Wright (Secretary), Allison Fogarty (Treasurer), Morgan Foster (Community Representative), Meagan Morris (Parent Representative), Lyn Wilcock (Parent Representative), Penny Winbolt (Parent Representative), Rachel Smith (Parent Representative), Donna Parsons (DET Representative), Michelle Stewart (DET Representative)

The school council meetings for term 4 are on Tuesday the 21<sup>st</sup> of October and 2<sup>nd</sup> of December.



**Newcomb  
Primary School**

# SWIMMING



## LESSONS 2025



**MONDAY 3<sup>RD</sup> NOVEMBER TO FRIDAY 7TH NOVEMBER**

GROUP 1 PREPS- 11.15AM-12PM

GROUP 2- GRADE 1/2- 12-12.45PM

GROUP 3- GRADE 3/4- 12.45-1.30PM

GROUP 4- GRADE 5/6- 1.30-2.15PM



**SPLASHDOWN LEISURE CENTRE- COPPARDS RD,  
NEWCOMB.**

**SOME HELPFUL TIPS FOR SWIMMING:**

- Wear bathers underschool uniform
- Children may wear thongs to the pool
- Bring a towel and clean underwear
- Pack extra food
- Plastic bag for wet bathers/towel/s
- Goggles, if your child owns them



## SOCIAL MEDIA USE

In recent years, more and more research is becoming available regarding the negative impact of social media on young people. As a result, changes are being made to limit access of children under 16 to certain social media apps. At NPS we support the changes to social media access and encourage parents/carers to reduce the amount of exposure our students have to social media platforms.

At NPS, we are also committed to the 11 Child Safe Standards and ensuring our students remain safe at school.

**One of these is Standard 9: Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.**

At NPS we use devices for online learning programs, ensuring students are closely supervised, purposeful and time-limited. For example, Times Table Rock Stars, Numbots.

We have included information below to support parents and carers in maintaining a safe online environment at home. Further information can also be found via the [eSafety Commissioner website](#).

**If your child is under 12 years old, please do not allow them to sign up for social media.**  
**The minimum age for social media use is between 13 to 16 years old.**

Many social media channels promote harmful messages, conveying unrealistic expectations of what someone should look like, or achieve. Let's support our children to control what they consume, for example, using a device for a positive purpose linked to learning, or an inspirational video which has already been watched and checked over by an adult before the child has accessed it.

Studies show adolescents that spend more than 2 hours a day on social media are twice as likely to feel socially isolated compared to those who spend less than 30 minutes a day on social media. Another study found that adolescents who spend 3 or more hours per day on social media are more likely to report high levels of depressive symptoms compared to those who use social media for less than 1 hour per day. 45% of respondents reported feeling anxious due to the perception of others' lives on social media.

Multiple studies have strongly linked social media use with an increased risk for depression, anxiety, loneliness, self harm and even suicidal thoughts. Devices literally rewire our brains, and put us in a reward-seeking behaviour mode. Device use is not always bad, but it should be deliberate, planned, positive, supervised, highly regulated and limited.

### **NPS recommends:**

- Don't allow social media accounts for your children - legally, they are too young, and that age limit is there for a reason. There are strong links between negative behaviour, low mood and self-esteem, and a feeling of loneliness, and social media use.
- The internet connection is paid by you, so you choose how the internet works within your household, including disallowing social media.
- Lock away your child's device at night. Don't allow your child to have a device in their bedroom. If a child is heavily dependent on device use, it is likely that you will need to lock it away to stop your child getting up in the night and looking for it. Many of our parents physically lock phones and iPads away at night as a physical boundary and to protect their child from harm. We think it's a great strategy.
- This will likely require you to dig deep initially - your child will probably scream and cry for the device. This is normal - they will be angry with the change and will try their best to get it back. Stand strong and set the boundary. Your child will quickly learn your new routines and boundaries, and they will be better off as a result.



# 5/6 FINANCIAL MATHS



THIS TERM, WE'VE OFFICIALLY OPENED THE "SMIGHT" (SMITH/WRIGHT) 5/6 BANK!

STUDENTS LEARN ABOUT FINANCIAL LITERACY AND HAVE THEIR OWN WALLET FOR "CASH", AN "ONLINE BANK ACCOUNT" AND "DEBIT CARDS".

NOT ONLY DOES THIS ALIGN WITH THE MATHEMATICS AND ECONOMICS & BUSINESS CURRICULA, STUDENTS ALSO GAIN KEY LIFE SKILLS!





# MULTI SPORTS

Newcomb P.S  
Term 4 2025



## PROGRAM INFORMATION

This weekly programme gives children sport-specific skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

## AGE GROUPS

Prep to Grade 4

## SESSION DETAILS

### MULTI SPORTS

**COST: \$160+GST 10 WEEKS**

**DAY: FRIDAY'S**

**TIME: 3:30PM – 4:30PM**

**START DATE: 10TH OCTOBER**

**END DATE: 12TH**

**DECEMBER SPORTS:**

**CRICKET, AFL,  
BASKETBALL & SOCCER**

- **LEARN NEW SPORTS SKILLS**
- **UNDERSTAND SPORT-SPECIFIC RULES**
- **GAME BASED ACTIVITIES**
- **BUILD CONFIDENCE TO JOIN COMMUNITY SPORTING CLUBS**

**\*Families are welcome to enrol at any stage of the program & pay for the weeks remaining.**

**FURTHER INFORMATION IS AVAILABLE AT:**  
[WWW.KELLYSPORTS.COM.AU](http://WWW.KELLYSPORTS.COM.AU)



Nick Clydesdale - Zone Manager

 [Geelong@kellysports.com.au](mailto:Geelong@kellysports.com.au)

 0497 770 909

 [www.kellysports.com.au/Geelong](http://www.kellysports.com.au/Geelong)



**GET 40% OFF SELECTED NEW BALANCE PRODUCTS, JUST FOR BOOKING WITH KELLY SPORTS IN TERM 4**



# **Publishing Party NEWCOMB PRIMARY SCHOOL**



**Friday, November 28th  
12.30pm - Sharing stories**

**1.00pm - Lunch  
in the BER building**

**Come and see the incredible work of  
our young authors! The students will be  
sharing the stories they have created  
as part of their literacy program.**

**Families are asked to bring along a  
plate of food to share for lunch.**





MELI



# NPS

We would like to invite all younger siblings of NPS students



# Sunshine Circles



## What is Sunshine Circles?

Sunshine Circles® group gives you the opportunity to support your child to practice self-regulation skills and to feel encouraged to have a go at achievable challenges. Facilitators will lead playful, cooperative, and nurturing activities to create a fun, caring, accepting and encouraging experience. The goal is to enhance children's social, emotional and cognitive development while creating an opportunity for joyful moments together.

AFTERNOON  
TEA  
PROVIDED

**Term 3**

**Wednesday- 2:15pm-3pm**

0352484176

Newcomb Primary School

Richard Street, Newcomb