

# Heywood Consolidated



## School Newsletter

Edition #3, 2026



### Wood, Wine & Roses Parade

Last weekend our school participated in the Heywood's annual Wood, Wine and Roses Festival street parade. This year the theme was 'Wheels' and plenty of wheels we had! From painted car tyres to Lilly-Rose's racing midget, the float was decorated in all kinds of things with wheels by the students.

The enthusiasm and creativity of the students this year was amazing. The costumes made by Elijah's, Rory's and Emelia's family, hoola hoop ferris wheels, looked awesome as did all the students on the float, earning us the prize of the **Best School Float!**

The float always takes of lot of time and effort, and I could not have done it without the help of the wonderful staff at HeyCon, students and parents. A BIG thankyou to all of you and in particular Marcus Gibbins from Gibbs Transport who offered his truck and time.

Ms Cope



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# From our Principal, Ann Hawker...

## Ngata Everyone!

Congratulations to Ms Cope and her huge team of helpers on another successful Wood, Wine and Roses Festival Float. Thanks to the creativity, drive and passion of our students, staff and community who supported this annual event, and we hope you enjoyed the success of BEST SCHOOL FLOAT too!



It has been fabulous to get back into classroom routines again, and so quickly.

This year, I am fortunate to teach a group of students in Spelling Mastery C, and it is wonderful to see their knowledge increasing, as well as their desire to automatically recall correct spelling of words.

I have also been able to observe some lessons of Phonics Plus in both Grade F1 and Grade 23. This is a new program developed by the Department of Education for Junior Primary grades, which has been developed from Sounds Write (which we have been using for 6 years) and combining it with the new instructional model for Core Literacy. All grades are now doing daily spelling, reading fluency and writing fluency for 1 hour. This model is based on having more time for explicit direct instructions from the teacher and the whole class responding together. It requires the students to pay attention and remain focussed on tasks.

Heycon is going to be busy over the next few weeks, with School Council elections open, the River Science incursion organised by Ms Cope on Friday 6<sup>th</sup> March, Public Holiday – NO SCHOOL on Monday 9<sup>th</sup> March, NAPLAN starting on Wednesday 11<sup>th</sup> March for Grades 3 and 5, open afternoon for Shed opening with a FREE BBQ lunch at 1pm and Water Fun Day on Friday 13<sup>th</sup> March and Heycon Athletics on Tuesday 17<sup>th</sup> March. And don't forget that Foundation students are at school every week day from the beginning of March.

# Berry Street Education Model

At our school, we use strategies from the Berry Street Education Model to support students' wellbeing, learning, and emotional development. **Domain 1: Body** focuses on helping children regulate their physical and emotional states so they are calm, focused, and ready to learn. When children feel physically settled and emotionally safe, their brains are better able to concentrate, solve problems, and manage challenges.

## Why Body Regulation Matters

Children experience stress and strong emotions just like adults. When their bodies feel tense, overwhelmed, or tired, it can be difficult for them to listen, think clearly, or manage behaviour. Teaching regulation skills helps children:

- feel calm and safe
- manage big emotions
- improve focus and learning

build resilience

Below are some simple strategies you can use at home to support this important skill.

### 1. Practice Calm Breathing

Slow breathing helps calm the nervous system.

Try this:

Ask your child to breathe in slowly through their nose for 4 seconds, then out through their mouth for 4 seconds. Repeat 3–5 times.

### 2. Movement Breaks

Physical movement helps release stress and restore focus.

Try this:

- star jumps or stretching
- a quick backyard run
- dancing to a favourite song

wall push-ups

Even 2 minutes can make a difference.

### 3. Create Calm-Down Spaces

A quiet, safe space allows children to reset when overwhelmed.

Try including:

- cushions or a soft blanket
- a favourite book or soft toy
- colouring materials

headphones for quiet time

### 4. Maintain Predictable Routines

Consistent routines help children feel safe and secure.

**Helpful routines include:**

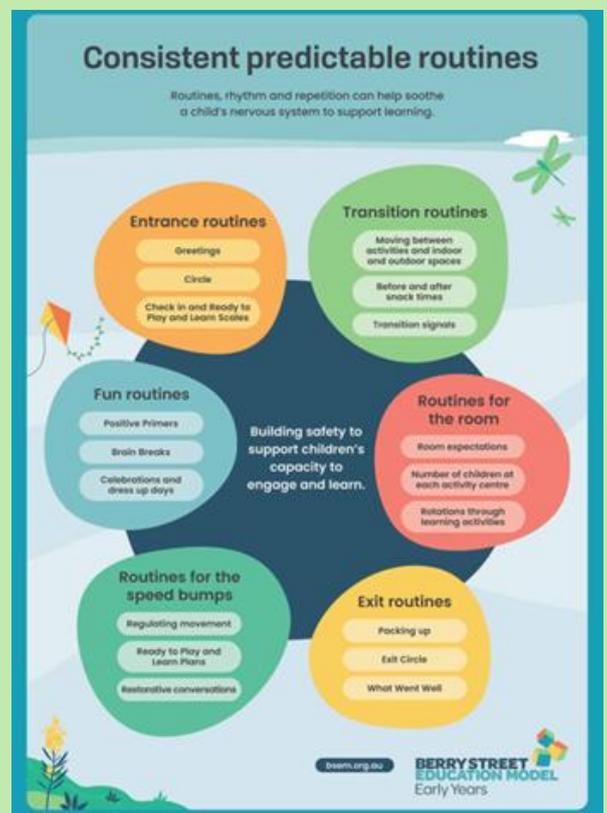
- regular bedtime and wake-up times
- consistent homework routines

predictable morning and evening schedules

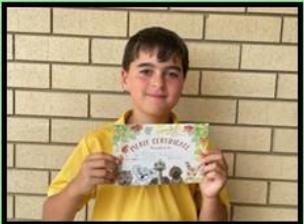
### 5. Encouraging Emotional Awareness

Help your child notice how their body feels:

- “I can see your fists are tight. Are you feeling frustrated?”
- “Your shoulders look relaxed — you seem calm.”



# Term 1 Week 5 Awards



# Big Life Footsteps

We understand our

## ZONES of Regulation

Leah Kuypers' *The Zones of Regulation* help students identify and understand their emotions by grouping them into 4 different levels of energy or alertness. Students are currently practicing to recognise zones in themselves and in others. Students learn that all zones are ok.



<b>BLUE ZONE</b>	<p><b>REST AREA</b></p> <p><i>The Blue Zone is used to describe low levels of energy. Your brain and/or your body are slow. You may have feelings of being sad, tired, sick, bored, lonely, disappointed, or even hungry.</i></p>	<b>GREEN ZONE</b>	<p><b>GO</b></p> <p><i>The Green Zone is used to describe when we feel calm and in control. Someone in the green zone might be described as safe, happy, focused and ready to learn.</i></p>
<b>YELLOW ZONE</b>	<p><b>SLOW</b></p> <p><i>The Yellow Zone is used to describe when our energy is higher and sometimes get a little bigger, making it harder for us to control them or "regulate". It is warning us that we might lose control of our emotions and need to do something to calm our energy. In the Yellow Zone you may be feeling nervous, like nervous, worried, frustrated, surprised, scared &amp; embarrassed, shy or angry.</i></p>	<b>RED ZONE</b>	<p><b>STOP</b></p> <p><i>The Red Zone is used to describe extremely high energy and increasingly big feelings. We might lose control of our brain and body and be less likely to think clearly and make helpful choices. You might be feeling rageful, panic, terror or elation.</i></p>

As we progress, students will identify the zone that they are in and learn to recognise if that zone is helpful for them in reaching their current goals. If it is, then knowing strategies to help them maintain that level of alertness or energy, and if not, knowing what positive coping strategies they can use to lift or lower their energy - so they can reach their goals.

### Ways you can extend this conversation at home

- Do regular "zone check-ins" ("What zone are you in right now?")
- Refer to the zones out loud so children hear the language used naturally
- Use zones when talking about your day (before school, after sport, bedtime)
- Spot zones in characters from books, tv shows or movies
- Use a simple zones chart or visual on the fridge or wall
- Keep language neutral and kind - all zones are normal

# Photo Gallery



# Meet Our Staff: Cass Harris - ES/Admin

**What kind of pet do you have?**

Charlie –Beagle, Ekans - Diamond Python,  
Spot - Barking Gecko, Frosty- Ferret and  
Twister - Turtle

**What was your favourite subject at school?**

Math

**What is your favourite food?**

Spicy food and Cheesecake

**What is your favourite board game?**

I love card games and word games like  
Bananagrams

**What is your favourite TV show?**

No particular favourite

**What is your favourite movie?**

Any Adam Sandler movie

**What is your favourite book?**

Too many to decide on just one!

**What is your favourite vacation?**

Anywhere warm with the beach and clear  
blue water. South Aus has some beauties  
close by

**What is your favourite activity for you to do?**

Walking and getting out exploring

**What are you thankful for?**

My Family

**If you could wish for one thing, what would it be?**

Cure for Type 1 Diabetes

**If you were an animal, what would it be?**

An Elephant

**If you had a superpower, what would it be?**

Invisibility

**If you were famous, what would it be for?**

Playing a game too competitively

**What skill do you wish you had?**

To be able to sing

**What do you like about Heycon?**

The care we have for everyone in our  
community.

**How would you describe yourself?**

Empathetic



# Reminders

## **HEYWOOD CONSOLIDATED SCHOOL** **COUNCIL ELECTIONS PROCESS 2026**

It is that time of year again when all schools hold their School Council Elections. There are seven parent positions on the Heywood Consolidated School Council. Each position is for a 2 year term and this year **four parent positions** become available for nomination.

School Councils play a key role in Victorian government schools. Participating as a School Council Member is a rewarding experience. The School Council supports the Principal to provide the best possible educational outcomes for students.

The School Council nomination process for Heywood Consolidated School is:

Nominations open Thursday 26th February, 2026

Nominations close Wednesday 11<sup>th</sup> March, 2026

If nominations exceed the number of vacancies, a ballot will be held:

Ballot will be open from Thursday 12<sup>th</sup> to Wednesday 18<sup>th</sup> March, 2026

Votes will be counted on Thursday 19<sup>th</sup> March, 2026

AGM with new councillors will be held on Wednesday 25<sup>th</sup> March, 2026

**Please note all School Council Members are required to have a current Working With Children Check.**

**For further information on obtaining a Working With Children Check or to obtain Nomination forms for School Council please contact the front office at School.**

If you have any queries about School Council please contact the School Council President Courtney Millard on 0417 470 445 or the Vice President Charlene Benbow 0407 841 868



### **Hats make their return in Term 1!**

Please remember to send your child with a hat in term 1. Without a hat your child will be limited to play in the shaded areas. School hats are available for purchase at the office for \$15 each.

## BREAKING NEWS ALERT

Billy G's Gourmet Cookie Dough fundraiser is coming! 🍪 Over the next few weeks, we will be selling dough-licious cookie dough to fundraise for Camps in 2026.

👁️ Please keep an eye out for an order form that will be sent home in the coming days.



## SCHOOL PHOTOS

School photos will be happening on the 31st of March now.

Please return form and payment before this date.

Even if you are not paying for any photo please return your form blank.

## 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.

**For Students, please call:  
1800 551 800 (Kids Helpline)  
In an emergency, always contact 000  
for emergency services**



**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](http://www.education.vic.gov.au/protect)

**For Parents**  
1800 991 099 (Child Wise Helpline)  
131 278 (Child Protection Crisis Line)  
1300 138 180 (Child First)

PLEASE JOIN US FOR  
SOME FUN!

# Water Fun Day & HOL's and Bike Shed Opening

SHED OPENING AND BBQ FROM 1PM, WATER  
FIGHT TO FOLLOW

SLIME, WET SPONGES, COLOUR WATER,  
COLOUR POWER, WATER GUNS AND BIG WATER  
FIGHT, PARENTS MOST WELCOME TO JOIN IN.

TO JOIN THE FUN STUDENTS & PARENTS  
PLEASE BRING A NON-PERISHABLE FOOD ITEM  
FOOD BEING DONATED TO LOCAL FAMILIES  
THROUGH HEYWOOD LIONS CLUB.

BBQ LUNCH PROVIDED

**MARCH 13TH | 1 PM**

*Menu:*

**ZOOPER DOOPER**



**ZOOPER DOOPER**

*Monday*  
*Tuesday*  
*Wednesday*  
*Friday*

**Lunchtimes starting 17/2**

**1x Zooper Dooper \$1.00**

**Money raised goes to  
2026 Camps**

# What's Coming Up?

<b>W6</b>	<b>2<sup>nd</sup> Mar</b> * Building the Dream lunch	<b>3<sup>rd</sup> Mar</b>	<b>4<sup>th</sup> Mar</b> * Brekky Club	<b>5<sup>th</sup> Mar</b>	<b>6<sup>th</sup> Mar</b> * Brekky Club * River Science incursion
<b>W7</b>	<b>9<sup>th</sup> Mar</b> * PUBLIC HOLIDAY	<b>10<sup>th</sup> Mar</b>	<b>11<sup>th</sup> Mar</b> * Brekky Club * NAPLAN starts	<b>12<sup>th</sup> Mar</b>	<b>13<sup>th</sup> Mar</b> * Brekky Club * Assembly 23 * Water Fight & Shed opening afternoon
<b>W8</b>	<b>16<sup>th</sup> Mar</b>	<b>17<sup>th</sup> Mar</b> * HEYCON ATHS DAY	<b>18<sup>th</sup> Mar</b> * Brekky Club	<b>19<sup>th</sup> Mar</b>	<b>20<sup>th</sup> Mar</b> * Brekky Club
<b>W9</b>	<b>23<sup>rd</sup> Mar</b>	<b>24<sup>th</sup> Mar</b> * NAPLAN ends	<b>25<sup>th</sup> Mar</b> * PUPIL FREE	<b>26<sup>th</sup> Mar</b>	<b>27<sup>th</sup> Mar</b> * Assembly F1 * Brekky Club
<b>W10</b>	<b>30<sup>th</sup> Mar</b>	<b>31<sup>st</sup> Mar</b> * School Photos	<b>1<sup>st</sup> Apr</b> * Brekky Club	<b>2<sup>nd</sup> Apr</b> * LAST DAY TERM 1 2.30pm Finish	<b>3<sup>rd</sup> Apr</b> * GOOD FRIDAY

## Contact Us

Our School Values are Kindness, Respect, Resilience and Gratitude.

When these values drive student actions, we have a positive student community working together to achieve higher educational outcomes.

At Heywood Consolidated School every child is encouraged to be the best person they can be. While we have a strong focus on academic curriculum, we also recognise that our students need to engage strong social emotional skills.

**51 Kentbruck Road, Heywood VIC, Australia**  
**0355271200**

**heywood.cs@education.vic.gov.au**

**www.heywoodconsolidatedschool.com.au**

**https://www.facebook.com/heywoodconsolidated**



# JUNIOR TRAINING UPDATE

 **DATE- TUESDAY 3<sup>RD</sup> MARCH**

 **TIME- 4:30PM**

 **LOCATION- HEYWOOD FOOTY CLUB**



## YOUTH PROGRAMS

TERM 1

### Youth Group

- Heywood | TBC
- Hamilton | Tuesday 10 February | 3:30pm - 5pm

### Building The Dream

- Heywood | Wednesday 11 February | 3:30pm - 4:45pm
- Hamilton | Tuesday 10 February | 3:30pm - 4:30pm

### Breaky Club

- Heywood | Tuesday 10 February | 7:45am - 8:30am

### Willarn Playgroup

- Heywood | Friday 13 February | 10am - 12pm
- Hamilton | Monday 9 February | 11am - 1pm

### Friday Feedz

- Heywood | Friday 13 February | 5pm - 7pm

### Drop-In Centre

- Heywood  
Mon - Fri  
3:30pm - 5pm

### Young Men's and Women's Group

- Hamilton | Tuesday 17 February (monthly)  
Now combined Hey/Ham sessions, transport available

#### CONTACTS

**Building The Dream & Breakfast Club**  
Tayla | [taylawakely@windamara.com](mailto:taylawakely@windamara.com)  
Jamie | [jamiereiri@windamara.com](mailto:jamiereiri@windamara.com)

**Youth Groups** Tyleah | [tyleahbarr@windamara.com](mailto:tyleahbarr@windamara.com)  
**Willarn Playgroup**  
Maddi | [maddisonkanoa@windamara.com](mailto:maddisonkanoa@windamara.com)  
Becky | [beckykanoa@windamara.com](mailto:beckykanoa@windamara.com)

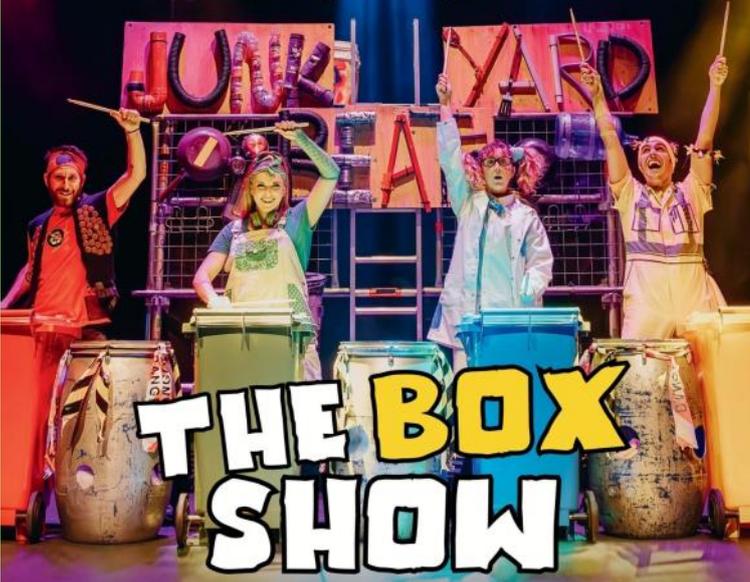
★★★★★ GLAM ADELAIDE  
 ★★★★★ ONE 4 REVIEW UK  
 ★★★★★ THE LIST UK

★★★★★ ADELAIDE PRINCE WINNER 2025

★★★★★ KIDDO MAGAZINE  
 ★★★★★ ARTS NOW CHINA  
 ★★★★★ ENTERTAINMENT NOW UK

★★★★★ THE LIST FESTIVAL AWARDS SHORTLIST 2025

★★★★★ SEE DO EAT REVIEW  
 ★★★★★ STAGE DOOR JOE UK  
 ★★★★★ KIDS IN ADELAIDE



# THE BOX SHOW

byJunkyard beats

**PORTLAND ARTS CENTRE**  
 CORNER GLENELG & BENTINCK STREETS

☆ Pyjama Session!  
**WED 25 MARCH**  
**6:30PM**

Tickets\* \$20 each | Family 4 or more \$15 each  
 + additional discounts for PAC members

\*All tickets to our family shows are charged at concession prices.

**BOOK NOW!**  
 03 5522 2263 or  
[portlandartscentre.com.au](http://portlandartscentre.com.au)



**DOXA**  
 YOUTH FOUNDATION

# CITY HOLIDAY CAMP





**City Camp**  
 7 - 10 April, 2026  
 Urban Camp


**Activities**  
 St. Kilda Penguins & Melbourne Zoo  
 Comedy & Arcade  
 Eureka Skydeck & Movies


**Transport**  
**Doxa Support Train Transport**  
 Bendigo, Ballarat, Geelong & Pakenham



\*Scan QR Code for Application Form

**Doxa Holiday Camps are FREE**  
 Holiday Camps are funded by our amazing sponsors and donors

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