

Concongella Primary School Newsletter

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Thursday 12th February, 2026
Term 1, Edition 2



Exciting Times at School!

Our students have been absolutely loving the new ping-pong table in the passive play area this term! It's been wonderful to see so many children engaging, taking turns, and enjoying some fun, active downtime together. A big hit already! We'd also like to remind families that we now have a new lunch order provider. Menus were sent home last week, and lunch orders will now take place on a Thursday each week.

Our new lunch order menu has been a fresh change for the school and has been exciting for the students. It's been great to introduce some new options and variety, and we're pleased to see such a positive response so far.

Looking into next week - we have much to look forward to with Tuesday being our Pancake celebration day! It will be a great opportunity to enjoy something a little different during the school week and add a fun (and ever so tasty) moment to our morning tea break.

Term 1

Dates to remember

Tuesday 17th Feb

- Pancake Tuesday
- School Council Meeting - 6.00pm

Wednesday 18th Feb

- Foundation rest day
- Shelter in place drill

Thursday 19th Feb

- Specialist Day

Wednesday 25th Feb

- Foundation rest day

Wednesday 4th March

- Foundation rest day

Thursday 5th March

- Earth Ed excursion -Ballarat

Monday 9th March

- Labour Day Public Holiday

Friday 20th March

- Cluster Athletics Day North Park

Monday 23rd March

- Harmony Day Celebration

Tuesday 24th March

- Grade 5&6 Maths Olympics SSC

Wednesday 25th March

- SSG's

Thursday 26th March

- Cluster Day - Emergency Services Day

Friday 27th March

- Learning Showcase from 2:30pm

Monday March 23rd - April 1st

- F-6 swimming Program - Pickup from SSAC 3:10pm

Thursday 2nd April

- World Autism Awareness Celebration Day
- Last Day of Term 1, pick-up from SSAC (swimming pool) at 2:10pm

A Word From The Principal

It has been wonderful to see how settled our students are across the school. Classrooms are calm and purposeful, with students engaged, motivated and keen to learn. There is a strong sense of connection and positivity, and it is a pleasure to see students taking pride in their learning and supporting one another each day.



Major Raffle Fundraiser Term 4 Port Arthur Tasmania Trip

We are excited to re-launch our Major Raffle Fundraiser, supporting our Term 4 Port Arthur Tasmania trip, which is closely linked to our current Inquiry focus on History. This rich learning experience will allow students to bring their historical understanding to life through firsthand exploration.

All proceeds from the raffle will go directly towards reducing the cost of the trip for our students and their families, ensuring this opportunity is as accessible as possible.

There are some fantastic prizes on offer:

- 1st Prize: \$3,000 in vouchers
- 2nd Prize: \$1,500 in vouchers
- 3rd Prize: \$500 in vouchers
- Student Incentive: A brand-new Nintendo Switch for the student who sells the most tickets

We have 3,000 tickets to sell to achieve our fundraising goal, and any and all support is greatly appreciated. The raffle will be drawn on 31st August, unless all tickets are sold prior.

Thank you for your continued support of our students and school initiatives.

A Word From The Principal

Athletics Coaching Kelly Sports

We are pleased to once again partner with Riley from Kelly Sports, who will be working with our students to build their skills and confidence in Athletics, in preparation for the upcoming Cluster Athletics Day. Please note that due to North Park's availability, the date has changed to Monday 27th April.

Riley will be working with our students each fortnight for the term, commencing this Thursday. We look forward to seeing our students develop their skills and teamwork through this program.

Teaching Excellence Program

We are incredibly proud to announce that Amy McColl, our Grade 3-4 teacher, has been accepted into the Teaching Excellence Program for 2026 a wonderful and well deserved achievement.

The Teaching Excellence Program supports high-impact teachers to deepen their expertise through professional learning, collaboration and evidence-based practice. Amy's focus will be on Mathematics, which strongly aligns with our whole-school focus on evidence-based teaching of Mathematics in Semester 2.

Amy's learning and leadership through this program will directly benefit our students and teaching team. Congratulations, Amy, we are very proud of you.

Pancake Tuesday

Our students are very much looking forward to the deliciousness of Pancake Tuesday at recess next week. Please ensure you notify your child's teacher of any food requirements or allergies ahead of time so we can cater safely for all students.

A reminder that our door is always open please don't hesitate to reach out, ask questions, or drop in for a visit at any time.

Amy Henderson
Principal

BANKSIA HUB

HAPPENINGS

WRITING:

during week two, students have been working on adding more detail into their opening paragraphs using who, what, where, when and why

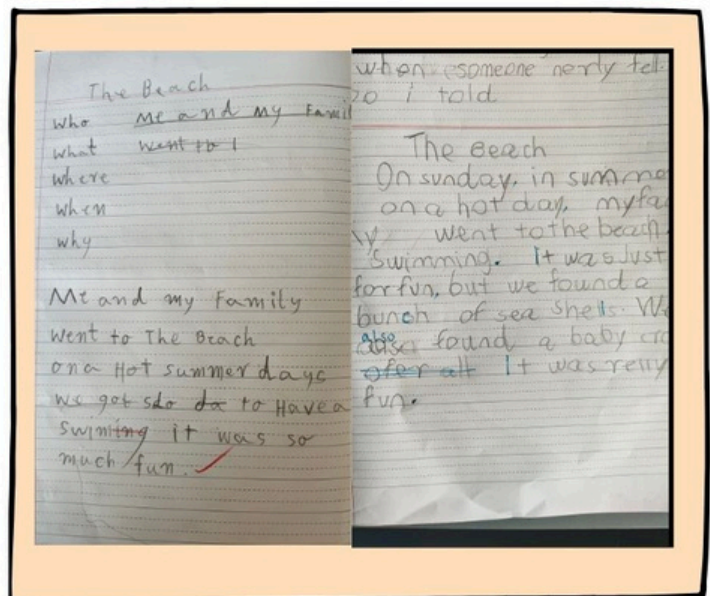
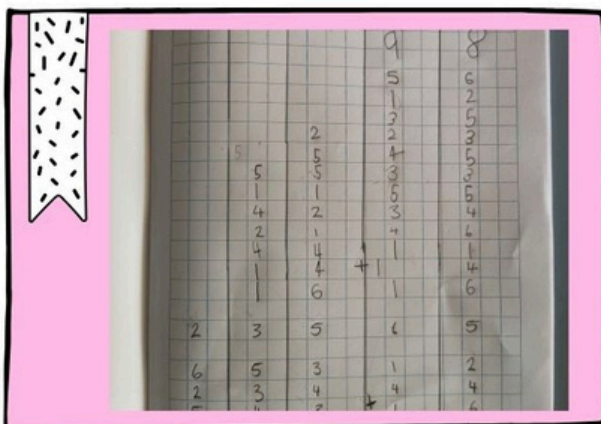
NUMERACY:

we have completed pre assessments and are having heaps of fun learning placevalue

READING:

We are pretty excited to start our mentor text, Matilda this week.

We have spoken about prior knowledge and are learning how to think more deeply about the big ideas that are happening as we read the story. I may have promised the class a cake when we get to that iconic moment in the story!



"EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD." – NELSON MANDELA



WELLBEING NEWSLETTER

Grounding Techniques For Anxiety

Grounding techniques are simple yet powerful ways to help us to manage strong feelings in the immediate term.

When your mind is racing, grounding can bring you back to the present moment. It is a great way to calm down quickly.

Grounding basically means to bring your focus to what is happening to you physically, either in your body or in your surroundings, instead of being caught up in a cycle of thoughts that might be causing you to feel anxious.

When we start to think about something stressful, our amygdala, often referred to as the “feeling center” of the brain, goes on alert. It is really great for getting us ready for an emergency but sometimes it kicks in to action even when there isn’t a threat present.

Here’s how it works –

First: We have a negative thought about a situation (remember a thought doesn’t necessarily mean it is real),

Then: Our amygdala says “emergency! emergency!” and triggers changes in our body such as tightening muscles and revving up the heart and lungs,

And Then: Our amygdala starts to think that these body changes as further evidence that something is actually wrong and it’s off to overwhelmed and worry-land!

Grounding techniques help us break out of this vicious cycle. Re-focusing on our bodies and what we’re physically feeling, we can get out of our heads and into the moment.

Below is a great graphic to remind yourself of some great grounding techniques!

WELLBEING NEWSLETTER



Grounding Techniques For Anxiety

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste

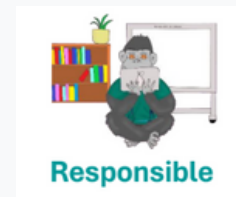




Students Of The Week



Congratulations to the following students for displaying the values of



WATTLE HUB F,1,2

Sloan - Making new friends at Concongella Primary School. Well done!

BANKSIA HUB 3-4

Livia - By being a supportive and kind peer to your classmates and bringing a positive attitude to the classroom.

Avaley - By being a kind and considerate member in the classroom and having a go at all your work.

WARATAH HUB 5-6

Oliver - By showing great dedication whilst completing assessments and being a helpful classmate to peers.

Toby - By settling into the year with an enthusiastic and mature outlook on learning - fantastic effort!

PRINCIPAL AWARD

Ava Ringin - For outstanding leadership, proactively supporting others, and being a fantastic role model to her peers. Congratulations on having a fantastic start to the school year. Keep up the brilliant work Ava, we are proud of you!

Connor Brown - Congratulations Connor! You have had a brilliant start to the year by trying your best in class, supporting others, and making safe choices. We are proud of you, keep up the brilliant work!

A.B - For an incredible start to the year, demonstrating focus, perseverance, kindness to others, and making great choices every day at school. Congratulations we are very proud of you, keep up the brilliant work!



LUNCH ORDER

MENU

HOT FOOD

SPICY CHICKEN WRAP	\$6.50
CROISSANT WITH HAM & CHEESE	\$5.50
HAMBURGER	\$6.50
CHICKEN SCHNITZ BURGER	\$6.50
HOT DOG	\$5.50
STEAMED DIM SIMS	\$1.80
PIE	\$5.60
PASTIE	\$5.60
PIZZA PIE	\$5.80
SAUSAGE ROLL	\$5.50
SPAGHETTI BOLOGNAISE	LRG \$6.50
	SML \$5.50
HAM & CHEESE TOASTY	\$5.50
FANTASTIC NOODLES	\$4.00
FOCCACIA	\$6.50

DRINKS

POP TOP	\$2.50
WATER	\$2.50
FRESH ORANGE JUICE	\$4.00
NIPPYS 375ML	\$4.00
NIPPYS 500ML	\$4.50

**LUNCH ORDERS AVAILABLE
EVERY THURSDAY**

Lunch orders must be placed in
the notes box at the office by
9:00am - Cash only - No late
orders accepted.

SANDWICHES

WHITE OR WHOLEMEAL BREAD

CHICKEN AND SALAD	\$4.80
CHICKEN, AVO & MAYO	\$4.80
CHICKEN, LETTUCE & MAYO	\$4.80
SALAD	\$4.60
CHEESE & SALAD	\$4.80
HAM & SALAD	\$4.80
HAM, CHEESE & SALAD	\$4.40
HAM & PICKLES	\$4.40
CHEESE	\$4.00
CHEESE & TOMATO	\$4.20
EGG & LETTUCE	\$4.60
EGG & SALAD	\$4.80

ROLLS - EXTRA 20C

ANY COMBINATION AVAILABLE

CAKES & SLICES

SLICES -

HEDGEHOG, LEMON, MARS BAR, \$4.00
PEPPERMINT, HAZELNUT, CARAMEL,
CLINKER OR BISCOFF

JELLY	\$3.00
CHOC MOUSSE	\$4.40
FROZEN YOGHURT	\$3.40
FLAVOURS: STRAW, RASP OR MANGO	
HOME MADE MUFFINS	\$1.60
FRUIT PLATTER	\$6.50

SECOND HAND UNIFORM STALL



ON DISPLAY IN THE WELLBEING HUB DURING
OUR FORTNIGHTLY ASSEMBLY.

All items are a **gold coin** donation per item

Donations welcome!

We always need more good quality second
hand uniform items. Please feel free to
bring along any of your clean donations to
the Wellbeing Hub at anytime!

Birthday Wishes

THE FOLLOWING PEOPLE HAVE CELEBRATED A BIRTHDAY
SINCE OUR LAST NEWSLETTER

JORDAN, ODIAH & AVALEY

WE HOPE YOU ENJOYED YOUR SPECIAL DAY!

School Assembly

Just a friendly reminder that our school assemblies are held every two weeks.

Our next assembly is scheduled for
Friday, 20TH FEBRUARY at 2.50 PM.

These assemblies are student-led and provide a valuable opportunity for students to develop their public speaking skills in front of an authentic audience. Your presence helps create a supportive environment and makes the experience even more meaningful for our students.

If your child is receiving an award during this time, their teacher will contact you directly.

Thank you for your ongoing partnership and support.
We look forward to seeing you there!



Book Club

MS. AMY'S RECOMMENDATIONS

BOOK CLUB

We all know reading is good for us! But did you know that one of the most powerful ways to support your child's literacy is simply by letting them see you read? Welcome to our Book Club—a space where we'll share great reads for grown-ups, spark conversation, and encourage reading as a shared family value. Whether it's a page-turning novel, a thought-provoking memoir, or a quiet moment with a good book, your reading habits make a lasting impression. Let's inspire the next generation—one book at a time.



A wild storm crashes over the seaside town of Lagoon Bay, and when the king tide finally retreats, it leaves behind more than seaweed and driftwood—it reveals a body, long buried in the sand. In *The King Tide*, Luke Johnson delivers a gripping mystery that begins with a shocking discovery and ripples through an entire community. The victim is a young woman who disappeared years ago, barely searched for and quietly forgotten. Now, as Detective Harper Lewis digs into the past, old secrets resurface. Suspicion falls on everyone—from the town's golden boy to the newly returned Anglican priest and his daughter. In this tight-knit coastal town, no one is quite what they seem, and every shadow hides a story.

Community News

THE COTTAGE



Do you know someone who is doing it tough?

The Stawell Inter Church Council welfare Cottage thanks the whole school community for their support of Homelessness Week by their wonderful collection of essential household food for those in need in our region.

We really appreciate your kindness and practical support of our Cottage.

If you know anyone who is doing it tough, please tell them to come to the Cottage, 20 Sloane St. Stawell, Mondays, Wednesdays or Fridays, between 10:30am and 1:30pm and we will help them.

For out of hours emergencies ring -0408 038 949."

CKS SWIFTS FNC SWAP MEET SHOW N SHINE SUNDAY February 22, 2026

North Park, Stawell, Victoria

Gates open to the public at 7AM - 2PM

\$5 per person (U16 free) - cash only



SHOW AND SHINE

- Enter at 8am from Lamont Street entrance
- \$10 per car
- Judging at Noon
- Great Prizes

SWAP MEET SITES

- \$20 per 6x6m site
- 1 site = 2 tickets and a car/trailer
- Market Stalls welcome
- No pre-bookings

SETUP/FACILITIES

- Stallholders only**
- Saturday access; 12pm-8pm
- Setup from 6am Sunday
- Lights off 10pm Saturday night
- Toilets and showers available.
- Basic \$20 meal on Saturday night

Enquiries to cksswiftsfnc@gmail.com
Rob: 0400 581 937
Cass: 0409 190 696

Our Services



GCH delivers health care and community services for individuals, families and the community.

- Counselling
- Mental health
- Alcohol and drugs support
- Health and wellness
- Family violence
- Carer support
- Assistance for older people
- Disability services
- In home help
- NDIS
- Youth events

To access our services call **5358 7400** and ask to speak to an **Intake Worker**.

We will connect you to the support you need!

gch.org.au | 5358 7400



Term 1 Reminders



Water Bottles:

Please ensure water bottles are sent with your child each day.

Supervision:

The school yard is supervised between 8.30am and 3.30pm each day. Our staff are often in meetings or planning prior to and after these times. Please be mindful of dropping your children outside these times as they will be unsupervised.

Bakery Lunch:

Bakery lunches are available every 2nd Friday. All orders must be placed into the notes box in the office prior to 3pm on Thursdays. These days are marked on our uEducateUs calendar, in the newsletter and on facebook. Lunch order forms are available from the office.

Hats:

Please ensure your child brings their wide brimmed school hat to school.

This is compulsory in term 1 & 4

School hats are available to purchase for \$15 from the front office.

Voluntary Contributions:

Our Voluntary Contributions were sent home with families at the end of last year.

Thank you to those families that have made contributions already, your support is greatly appreciated. These contributions go towards essential classroom consumables, subscriptions, swimming program, whole school events, first aid equipment etc.

This can be paid at the office. If you wish to discuss a payment plan, please contact Amy in the office on 5358 1811 or call in to see us.

Communication - uEducateUs

uEducateUs is our main form of communication. Our newsletters, weekly updates, messages from your teachers, camps and excursions are all on this platform.

Parents and carers are able to record absences, message teachers and see the calendar on uEducateUs. If you are not logged on to uEducateUs please call the office on 5358 1811 for assistance.

Second Hand Uniforms

Our wellbeing team have organised a second hand uniform stall. Uniforms will be available every second Friday at our school assembly for a gold coin donation per item. We are welcoming any good quality second hand donations as well.



Dates to remember

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	FEB 9 Breakfast Club 8:30-8:50am	FEB 10 CHINESE Psychologist - Caity	FEB 11 Foundation rest day Breakfast Club 8:30-8:50am	FEB 12 Newsletter Riley - Kelly Sports	FEB 13 Breakfast Club 8:30-8:50am
Week 4	FEB 16 Breakfast Club 8:30-8:50am	FEB 17 <u>Pancake</u> <u>Tuesday</u> School Council meeting 6pm	FEB 18 Foundation rest day Breakfast Club 8:30-8:50am	FEB 19 Specialist Day	FEB 20 Breakfast Club 8:30-8:50am ASSEMBLY 2.50PM
Week 5	FEB 23 Breakfast Club 8:30-8:50am	FEB 24 CHINESE Provisional Psychologist - Caity	FEB 25 Foundation rest day Breakfast Club 8:30-8:50am	FEB 26 Newsletter Riley - Kelly Sports	FEB 27 Breakfast Club 8:30-8:50am
Week 6	MAR 2 Emergency Services Cluster Day - Great Western	MAR 3 CHINESE Provisional Psychologist - Caity	MAR 4 Foundation Rest Day Breakfast Club 8:30-8:50am	MAR 5 Earth Education Excursion	MAR 6 Breakfast Club 8:30-8:50am ASSEMBLY 2.50PM

