



BPS WEEKLY NEWS

COMING UP:

Coming up this term:

- Wednesday 21st & Thursday 22nd May: Choral Festival
- Friday 23rd May: S2 Environmentors
- Tuesday 27th May – Tuesday 3rd June: Reconciliation Week
- Friday 6th June: Athletics Carnival
- Monday 16th June: FoCM Performance
Choir Goulburn Cluster Rehearsal
- Wednesday 25th June: Aaron Chatfield
Aboriginal Education
- Thursday 26th June: District Athletics
- Tuesday 1st July: Middle School Day S3

Term 2 ends Friday 4th July

ROAD SAFETY

Parents and carers are **discouraged** from using the School/QPRC driveway on Gibraltar St, and instead access road parking or the Kiss and Drop zones on either side of the Children's Crossing. This is a busy driveway with lots of pedestrian traffic.

Students are also encouraged to wear a correctly fitted helmet if riding a bike or scooter to school. Please take the time to check your child's helmet and have a chat with them about wearing it appropriately!



CHORAL FESTIVAL:

Huge congratulations to our Infants and Primary choir who performed last night and are set to perform again in a few hours at The Q in Queanbeyan. Collection for all students following the Choral Festival is from the back of the Q Theatre / Bicentennial Hall near Blacksmiths Lane.

K, 1, 2 can be collected from 6:45pm at the door:



Students in Yrs 3,4,5,6 at 8pm in the lane:



FURNITURE

We have a range of excess furniture items and sports equipment that we no longer need. If you would like any of the below (perhas for a home office or storage in the shed), please get in touch.



ATHLETICS CARNIVAL (8+ Y.O)

Bungendore Public School

Athletics Carnival

📍 Mick Sherd Oval
🕒 9.30 AM to 2.40 PM
📅 Friday 6 June 2025

We are seeking parent helpers to assist with timing at the Primary Athletics Carnival.

Volunteers are invited to please contact the front office at bungendore-p.school@det.nsw.edu.au or call 02 6238 1317.



UNIFORM SHOP:

BPS UNIFORM SHOP

CURRENTLY CLOSED!

✓ Orders can be placed through
Flexischools or email -
bungendorepsuniforms@gmail.com



THE RESILIENCE PROJECT



TRP@HOME



What could you do today/
tomorrow to experience a
positive emotion?

THE RESILIENCE PROJECT



Jack Watts: Anxiety, pressure in football and mistakes

A lot of kids dream of growing up to be the first pick in the AFL Draft straight out of school. But as Jack

[Read more](#)



COMMUNITY NOTICES

**WE NEED YOU
SIGN UP NOW**

**UNDER 9'S AND UNDER
10'S TACKLE RUGBY
LEAGUE**

info@bungendoretigers.com.au



Zoom out (Ctrl+Minus)

healthy headspace skills workshops

what is healthy headspace?

Healthy headspace are skill-based workshops designed to provide young people and their parents/carers with brief psycho-education and coping skills on a range of topics

Each workshop will be run by one headspace clinician and one Masters psychology student from the University of Canberra.

Please register at least 1 week prior to the workshop that you want to attend.

dates

20 May	Understanding my Emotions
27 May	Healthy Thinking
3 June	Managing Anger
10 June	Accepting Myself
17 June	Sleep and Physical Activity

You can attend one, some or all sessions - it's up to you! You need to register for the session(s) you want to attend.

Please note: A young person may attend without a parent, but a parent can only attend if with a young person.

headspace Queanbeyan is managed by Marathon Health and supported by funding from COORDINARE, provider of the South Eastern NSW Primary Health Network

details

who

Anyone aged 12-25

when

Term 2 2025

Tuesdays 4:30PM-5:30PM

where

headspace Queanbeyan
2/98 Monaro Street

cost

Free

register

Call (02) 5131 1500 or email
hs.queanbeyan@marathonhealth.com.au



COMMUNITY NOTICES



Join our Family Reference Group!

If you support young people between the ages of 12-25, we'd love to hear from you!

We are looking for parents, carers, teachers, coaches, and anyone that supports young people and would like to volunteer to do more!

We are looking to establish the headspace Family Reference Group to help guide and enhance how we support young people and their supporters. This advisory working group collaborates with headspace staff and other community sector partners. We'd love to hear from you if you have an interest in participating as a volunteer in the following activities:

- Helping enhance headspace services through consultation, collaboration, and co-design
- Advocating for parents, friends, and young people within the mental health sector
- Engaging in various training opportunities
- Facilitating events and fundraising

Selection criteria:

- Have lived experience of supporting a young person between the ages of 12-25 who has experienced mental health difficulties and service navigation
- Have an interest and passion for youth mental health and the role of family and friends in a young person's support and recovery
- Be aged 25 years and above at the time of application

contact

headspace Queanbeyan

Phone: (02) 5131 1500

Email: hs.queanbeyan@marathonhealth.com.au

register interest
here



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Free Stepping Stones Parenting Webinars Triple P

For parents of primary school aged children with disabilities

Attend one or attend all three! Please register for each session separately using the link or QR code.

WEBINARS

1 Positive Parenting for children with a disability

- Having positive learning opportunities.
- Taking a planned approach to discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.

Date: Wednesday 28th May 2025
Time: 12:00pm-1:30pm



1. REGISTER NOW!

2 Helping your child reach their potential

- Choosing a skill to teach.
- Choosing rewards.
- Using effective teaching strategies.

Date: Wednesday 4th June 2025
Time: 12:00pm-1:30pm



2. REGISTER NOW!

3 Changing Problem Behaviour into Positive Behaviour

- How to deal with challenging behaviour that interferes with your child's learning, such as meltdowns, aggression, being disruptive.
- How to teach more adaptive ways to behave and cope with emotions.

Date: Wednesday 11th June
Time: 12:00pm-1:30pm



3. REGISTER NOW!

Contact
Jodie Caruana
School-Link
schl-chw-
schoolink@health.
nsw.gov.au



Count me in.

Achieve a savings
goal each month for
10 months and ANZ will
match it, up to \$500.

saverplus.org.au

Terms, conditions and eligibility criteria apply.

