Braeside Primary School

Issue 16 Tuesday 3rd November 2026

Embrace diversity, realise potential, aim for excellence.

From the Principal

Hi everyone,
Welcome to Week 4. It is almost mid term, and we have got a lot going on here at Braeside between now and the end of the year.

Interschool Athletics Carnival
I was incredibly proud of the students who represented Braeside Primary School at the Interschool Athletics Carnival. They demonstrated fantastic sportsmanship, determination and resilience, encouraged one another and gave their best throughout the day. They were wonderful ambassadors for our school, and I couldn't have been prouder of the way they conducted themselves. Even though we did not win, we had a great day.

Breakfast Club
Our wonderful Breakfast Club, proudly run by our amazing P&C, operates every morning and provides a fantastic opportunity for students to start their day with breakfast. We ask parents and carers to please ensure that children arrive at school by the first bell at 8:35am so they have enough time to enjoy breakfast before heading to class.
To help keep our classrooms clean and ready for learning, we ask that all breakfast food is eaten seated in the undercover rather than being taken into classrooms. This helps avoid spills, crumbs and butter or condiments getting onto desks, books and learning materials. Once students have finished eating, they can make their way to class, ready to start the day. Thank you for supporting our P&C and helping us establish positive morning routines for all students.

2027 Enrolment Reminder
As we begin planning for the 2027 school year, we ask parents and carers to please notify the school as soon as possible if your family is planning to leave Braeside Primary School. Knowing our expected student numbers allows us to plan appropriate class structures, staffing and Education Assistant (EA) allocations to ensure we can best support our students. We appreciate your assistance in keeping us informed so we can plan effectively for the year ahead.

2027 School Newsletter
We are making a few changes to our school newsletter schedule for 2027. Moving forward, newsletters will be sent home in Weeks 3, 6 and 9 of each term, keeping families up to date with the latest news, events and celebrations from around our school. For 2027, newsletters will continue to be sent home as a paper copy with every family. Looking ahead to 2028, we are hoping to transition to distributing our newsletter electronically through Compass, with paper copies still available for families who request one. We hope you have been enjoying the refreshed look and updated format of our newsletter. We are keen to continue sharing the wonderful things happening across Braeside Primary School and celebrating the achievements of our students and community!

Kind Regards,

Donna Shepherdson
Principal

Save the Date

November	
Kindy Transition sessions	Tuesdays: 3rd 10th 17th
Whole School Assembly	9am Friday 6th
Remembrance Day	11th
Whole School Assembly	9am Friday 20th
December	
Swimming Lessons P-6	Mon 23rd - Fri 4th Dec
Parent Teacher Interviews No students at school	Tuesday 8th
End of Year Concert	Thursday 10th
Year 6 Graduation	Tuesday 15th
Last day for students	Thursday 17th

SCHOOL BANKING DETAILS

Braeside Primary School
Commonwealth Bank
BSB: 066 040
Account: 19907881

ACKNOWLEDGEMENT OF COUNTRY

We respectfully acknowledge the Goreng Noongar people, the Traditional Owners of the land on which our school stands. We pay our respects to their Elders past, present, and emerging, and extend that respect to all Aboriginal and Torres Strait Islander peoples in our community.

Honour, Pride and Achievement

Braeside Primary
Independent Public School

Kindergarten Orientation

Tuesday 17th November 2026

Please see the schedule for the morning below.

8.50am	Families are asked to drop their children off at the kindergarten classroom.
9.00am	Parents/guardians are invited to meet in the school library for morning tea.
9.15 – 10.00am	**Information Session** **Donna Shepherdson** | Principal welcome to Braeside Primary School. **Grace Templeman** | Introduction to speech pathology services. **Anabelle Harvey** | Health promotion team. **Braeside P & C** | Information about the P&C and school uniform shop. **Libby Rose** | Introduction to the Kindergarten classroom and program.
10.00 – 10.30am	Return to Kindergarten Classroom Kindergarten activities.



To assist us with plaming for the morning, please confirm your attendance by contacting the school office on

9821 3500 by Friday, 7th November.

Honour, Pride and Achievement

Braeside Primary
Independent Public School

PARENT-TEACHER INTERVIEWS

TUESDAY 8TH DECEMBER

11.30AM-5.30PM

Students **do not attend school** on this day.

TO BOOK

Please use the booking link provided or scan the QR code. Interview bookings will be available on a first-come, first-served basis.

https://sobs.com.au/pt3/parent.php?schoolid=2598

SCAN ME

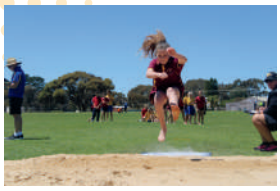
SCAN HERE

CONTACT THE OFFICE FOR ASSISTANCE

9821 3500 www.braesideps.wa.edu.au

SPORT UPDATE:
2026 KISA ATHLETICS CARNIVAL









On Wednesday 28th and Friday 30th of October, Braeside Primary School students attended the Interschool Athletics Carnival alongside Katanning Primary School and St Patrick's Primary School.

Wednesday's events included long jump, triple jump, tee-ball throws and the 400-metre race. Our students achieved some fantastic results, with everyone trying their very best and displaying excellent sportsmanship throughout the day.

Friday saw students compete in even more events, including the sprints and 200-metre races, with many of our students receiving ribbons for their efforts. We then moved on to the crowd-favourite flag race, followed by the team games, where even more ribbons were awarded.

It was a fantastic two days filled with high spirits, determination and wonderful sportsmanship. We are incredibly proud of all our students for the way they participated, encouraged one another and represented Braeside Primary School.

Congratulations to our trophy winners:

- 5-Year-Old Runner-Up Boy:Kaiden Bolton
- 7-Year-Old Runner-Up Girl:Naomi Cripps
- 10-Year-Old Runner-Up Boy:Quade Potter
- 11-Year-Old Runner-Up Girl:Tori-Faye Porter
- 11-Year-Old Champion Boy: Cash McCarthy

Congratulations to all students who competed and represented our school so proudly!

100 Nights of Reading

Congratulations to the students who have reached the 100 Nights of Reading milestone.



Merit Award Recipients

Congratulations to the Week 4 assembly Merit Certificate recipients.

Silas
Ailsa
Rory
Tori-Faye
Isobel
Indi
Oakley
Kodi
Ziarna
Lilly
Xander
Rayaan
Santiago
Florence
Joy
Connor
Luca
Lillee-Roze
Precious
Lyrical









SPORT UPDATE: TENNIS COACHING

During Weeks 2 and 3, Braeside Primary School was lucky enough to receive tennis coaching from Coach Justin Maguire.

Students focused on developing their tennis skills, with particular attention given to holding the racquet correctly and using precision when hitting the ball.



Our junior students thoroughly enjoyed a range of fun games, including aiming their tennis balls into buckets. Meanwhile, the senior students enjoyed a lively and competitive game of Tennis Four Square.

All students participated enthusiastically, displayed excellent manners and represented Braeside Primary School extremely well throughout the coaching sessions.

A big thank you to Coach Justin for sharing his time and expertise with our students!

Nurse's Notes



Healthy DRINKS

Drinks - what should children drink?

Water is the best drink for your child. It keeps them healthy, hydrated, and helps with focus throughout the day. Encourage your child to drink plain water every day.

How much fluid do kids need daily?

- 4 to 8 years: 1200 ml (about 4 cups)
- 9 to 13 years: boys-1600 ml (about 6 cups) girls- 1400 ml (about 5 to 6 cups)
- 14 to 18 years: boys- 1900 ml (about 7 to 8 cups) girls- 1600 ml (about 6 cups)

What about milk?

Plain milk is a great source of calcium to support your child's growing bones and teeth. Choose plain over flavoured milk to avoid added sugar.

Drinks to limit and avoid

Try to avoid sugary drinks such as soft drinks, sports drinks, energy drinks, vitamin waters, cordials, and fruit juices. These can lead to weight gain and tooth decay. Energy drinks may also contain caffeine, which is not suitable for children.

Find out more

Learn more about healthy drinks and why it's important to limit sugary drinks at https://www.betterhealth.vic.gov.au/health/healthyliving/soft-drinks-juice-and-sweet-drinks-limit-intake

Energy drinks

Energy drinks are becoming more popular with children and teens, but they are not safe for young people. These drinks often contain:

- Caffeine and guarana (a caffeine extract from plants)
- Sugar (main source of calories)
- Taurine (an amino acid)
- B vitamins (help convert food to energy).

Why aren't they safe for your child?

- Energy drinks often contain high levels of caffeine.
- Children should not consume more than 3 mg of caffeine per kg of body weight per day.
- The safe limit is easily exceeded with some brands and large cans.

Effects on the body:

- Sleep problems, behavioural issues, and mental health concerns due to caffeine
- Dehydration from caffeine and sugar
- Weight gain and tooth problems from added sugar.

Water and plain milk are always the best choices for your child.

Chaplain's Chat

YouthCARE Chaplaincy

BREKKY CLUB:
Brekky Club continues to be well attended on the mornings I am at Braeside. Thank you to the P&C for running this and to all the parents who help with setting up, serving and cleaning up.



GARDEN CLUB:
After many weeks of looking after the garden beds, we were able to enter some produce into the Katanning Show's Junior Fruit & Veg section. The wind was so strong on the day we picked the produce that it blew all the poppies' petals off, but our calendulas came second. Our herb basket came second, our Vegetable basket came second, our lettuce came second, our potatoes came first, and we won the "Most Points, Runner-up" Trophy. A great result overall.

1:1 SUPPORT:
I am continuing to support students, staff and families as needed. Small hampers will be made available for families who would like one, free of charge. They include Weetbix, UHT milk, baked beans, spaghetti, Two Fruits in a can, small jars of vegemite and rolled oats.

Please feel free to contact me through the front office or my email, Christine.Mills@youthcare.org.au if you would like a hamper, to chat or refer your child for a catch up.

Kind regards,
Chris Mills

Reminders

Mon 23 Nov - Fri 4 Dec

All students from Pre Primary to Year 6

Please return the yellow form ASAP.

ICYPOLE FRIDAYS
$1 EACH OR .50C FOR HALF
SUPPORTING THE P&C ASSOCIATION TO SUPPORT YEAR 5/6 CAMP

Braeside Primary P&C

ZOOPER DOOPER

