

Tarwin Lower Primary Newsletter

School Road, Tarwin Lower

Ph- 5663 5263

Email- tarwin.lower.ps@education.vic.gov.au



Tarwin Lower Primary School

Small School, Big Opportunities

18th May 2022

Newsletter No. 6

Dear Families,

Welcome back to Term 2! I hope everyone was able to spend some quality family time over the school holidays. I know the teachers are thrilled to have students back at school and to back into learning. We have had many staff changes at the beginning of this term, and we are trying to minimise the disruption to the students as best we can. The students and staff have been amazing with their adaptability, support of each other and keeping a positive attitude – which is so great to see.

Now that restrictions are easing, it has been wonderful to start to build up our program of incursions and excursions. The year 5/6 students had a wonderful time at Melbourne Camp and catching up with the students from Toora Primary and Welshpool Primary. The program was very full and I'm sure that all children came home footsore and extremely tired.

Some of their activities were:

- Museum
- Shrine of Remembrance
- Melbourne Zoo night tour
- Old Melbourne Gaol
- Eureka Skydeck
- King Pin Bowling and Arcade games
- Australian Centre for the Moving Image

Due to the updated covid requirements, parents are now able to attend assembly of Friday afternoons at 2.50pm. Students and teachers are no longer required to wear masks. From Monday 23 May 2022, students will no longer be recommended to undertake either twice weekly RATs. RATs however will continue to be required by students who are household contacts to attend school (5 negative

tests over a 7 day period) or who have symptoms.

Families must continue to notify the Department of Health and the school if their child returns a positive RAT result. Additionally, you should inform us if any of your children are household contacts. Please see the updated information in the newsletter

NAPLAN has begun for students in Year 3 and 5. This is not intended to be a stressful occasion, and the school will not be putting pressure on students. We only ask that students try their hardest (as with any assessment), so we have a good idea of their abilities.

The 456 students are off to Venus Bay on Monday 30th May for sustainability learning. There is no cost for this excursion, as the lovely John Harris has donated the free use of his bus. Please give permission on Compass for your child to attend.

The annual Attitudes to School Survey is being conducted soon with the Year 456 students, please see the information in the newsletter.

Warm Regards,

Jennifer Cox

Principal





From the office...

- Parents of grade 6 students are reminded to return the application for Year 7 placement forms to the office ASAP. Thank you
- Book Club order went in last week. Hopefully we will have a delivery by the end of this week or early next week
- Uniforms - We received our last big order from the supplier last week. It's wonderful to see so many students already wearing our new uniform items. If you wish to order any uniform, please ask at the office for an order form. I can do orders at any time, but I need to have 10 items with a logo at a minimum before I can order. It also takes longer to receive the items if they need to be embroidered.

Happy Birthday

We hope you had a great day on your birthday

- **Kai**
- **Olivia M**
- **Tahlia**
- **Lincoln**
- **Kason**
- **Aria**
- **John Harris (bus driver)**



School Council (URGENT)

Our school needs you !!

Our School Council is in quite a sorry state at the moment. Currently we have the following members:

- Jenni Cox (Principal)
- Freya Carbone (DET member)
- Alex Brusamarello (Parent member)
- Sarah Williamson (Parent member)
- Samantha Weis (Parent member)

Congratulations and thank you to Alex Brusamarello for agreeing to be School Council President.

Our Constitution currently allows for 2 DET members and 8 parent members. As you can see we are falling quite short. We urgently need more parents to volunteer to be on School Council.

There are only 8 meetings per year (3 of which have already occurred).

At the moment our meetings have been conducted remotely. When we return to face-to-face meetings, you could still log in remotely if it is difficult to attend in person.

Apart from attending meetings and moving motions on camps, finance documents etc. there is really not much else required.

Please, please help us to create a vibrant School Council and give your children the best possible school environment .



Look who's back at school

School Bank Details

ACC NAME: Tarwin Lower Primary School
 BSB: 633108
 ACC: 151500626



From the Chaplain

Hello. We are well and truly into term 2 and we've been very busy so far as a school community. I was very fortunate to be able to go on the excursion, with our students, the first week back and we all had a good time learning about mangroves, various insects and animals and indigenous culture, including story telling and boomerang throwing. I think the highlight for many of our students was digging for crabs in the sand and finding other sea creatures. See the School Facebook page for photos.

I have continued to run breakfast club and also a craft class at lunch times. Last Friday we made some hand puppets and I am planning some more fun activities in a future. Here's some photos of the children's finished work.

Caring for the school communities well-being always has, and always will be, one of my top priorities as Chaplain here at Tarwin Lower.



At the end of this newsletter, you will find an article called 'A guide to self-care and well-being during times of uncertainty.' It has some very helpful ideas about how you can care for both yours and the mental health of your family. Before any plane takes off in Australia, we are forced to listen to a safety announcement from the airline. They always encourage you to put your own oxygen mask on before helping others. There's a very good reason for this as you can't help others, if you are gasping for air yourself. Likewise it is also difficult to take care of the mental health of others if you are constantly ignoring your own self-care. You matter too! I hope that you find the article helpful.

You can contact me through the school on Thursdays and Fridays. Please don't hesitate to call if I can support you in anyway.

Sue

School Chaplain





Term 2 – important dates	
NOW	Year 7 application forms due
Tues 10-20 May	NAPLAN for Years 3 and 5
Fri 20 May	Incursion—Majeeda Beatty: Murri Island Girl
23 May—23 June	Years 4/5/6—Attitudes to School Survey
Thu 26th May	Division Cross Country
Friday 27th May	Years 5/6 Winter Sports
Monday 30th May	Years 4/5/6 - Sustainability Excursion
Friday 3rd June	District Winter Sports @Foster for selected students
Tuesday 7th June	St John’s First Aid
Friday 10th June	Student Free Day
Mon 13th June	Queens Birthday Holiday
Thursday 16th June	Division Winter Sports Day
Monday 20th June	School Council Meeting
Wed 22nd June	Reports published on Compass
Friday 24th June	End of Term 2—2.20pm finish
Monday 11th July	Start of Term 3



ANZAC Day

Our school captains Ashlyn, Blake and Raff did an outstanding job reading the Requiem and laying a wreath at the cenotaph for the ANZAC day service at Tarwin Lower.



Bug Blitz Excursion



Our students in grades 2 - 6 had a wonderful time at the Doyle's Road beach in Venus Bay learning about our local environment and the creatures who reside in it. Even though gumboots were the order of the day, there were still plenty of wet socks and clothes by the end of the excursion!



Congratulations and well done to these superstars who achieved awards at our most recent assemblies.

Congratulations..



Kindness

Cooperation

Resilience

Respect



18th May 2022



Tarwin Lower Primary School

Tarwin Lower Primary School

School Road

Tarwin Lower 3956

Ph. 56635263

tarwin.lower.ps@education.vic.gov.au

"Small School, Big Opportunities"
Cooperation, Kindness, Resilience, Respect

16/05/2022

Dear Families,

I am writing to let you know about changes to the provision of Rapid Antigen Tests (RATs) in our school for the remainder of Term 2.

RATs will continue to be distributed to you as they have been throughout this school year for the remainder of this term.

However, from Monday 23 May 2022, students will no longer be recommended to undertake either twice weekly RATs in mainstream schools or 5 days a week in specialist schools.

RATs however will continue to be required by students who are household contacts to attend school (5 negative tests over a 7 day period) or who have symptoms.

The ongoing supply of RATs to families in our school will ensure that parents and carers will have them should they need them if their child is a household contact or has symptoms.

Families must continue to notify the Department of Health and the school if their child returns a positive RAT result. Additionally, you should inform us if any of your children are household contacts.

Thank you also to all families who has got their child vaccinated. Vaccination continues to remain the best way to protect students and staff in our school.

Getting vaccinated is easy and bookings can be done via the [coronavirus website](#). If you have any questions about the vaccines, I encourage you to speak to your GP or a health practitioner.

Thank you again for your ongoing cooperation and support during this time.

Jennifer Cox

Principal

Kindness

Cooperation

Resilience

Respect



FAMILY INFORMATION AND CONSENT LETTER
2022 Student Attitudes to School Survey

Dear Families,

This letter is to inform you about the 2022 Student Attitudes to School Survey (AtoSS), that your child is invited to participate in.

About the survey

We value student voice as a means to improving student engagement, wellbeing and quality instruction and are conducting a survey to find out what your child thinks of your school.

The AtoSS is an annual student survey offered by the Department of Education and Training to assist your child's school to gain an understanding of students' perceptions and experience of school. Students will be asked about their thoughts and feelings in relation to their school, their learning, peer and family relationships, resilience, bullying, mental health and wellbeing, physical activity, and life in general.

This year, the AtoSS will be conducted at your school from 24th May until the 9th June.

What are the benefits?

In our experience, young people enjoy having their say. We have been running this survey for nearly 20 years and it has been invaluable in helping schools understand student views. Your school will use the survey results to plan programs and activities to improve your child's schooling experience.

What are the risks?

While we do not anticipate many risks of participation, some students may find some of the survey questions too personal and sensitive in nature. Should you agree for your child to participate, they are still free to skip questions or to withdraw at any stage if the survey makes them upset or uncomfortable.

The survey has been approved by a Human Research Ethics Committee. The questions are selected from validated survey instruments used in Australia and around the world, are strength-based, and tailored for each year level group.

What will my child be asked to do?

Your child will be invited to complete the survey **online during class time** using a purpose built secure online survey tool. It is important to note that we are not in any way "testing" your child. Please note:

- Student participation in the survey is voluntary and students may withdraw at any time.
- The survey will take around 20-45 minutes to complete.

How is my child's confidentiality protected?

Your child will be provided with a unique login to complete the survey from their teacher. The student login is an assigned identifier that may be used to link data for statistical and research purposes only. Personally identifiable data will not be recorded in the survey response file. This ensures that the confidentiality of your child's responses is protected at all times.

How will results be reported?

The survey results will be reported back to the school in an aggregate form throughout the survey period. All survey data that is made available in reports are for groups of students only so that no



individual student can be identified. Data suppression rules are used for schools with low student numbers per year level.

Your school may share the results of the survey with parents, in documents such as the School Annual Report.

Options for participation

Participation in this survey is **voluntary**. If you **do not** wish for your child to do the survey, please opt out via email to your school: tarwin.lower.ps@education.vic.gov.au. Please do so before 24th May, stating that you wish to opt out of your child's participation, along with their name and year level.

If your school does not receive a Refusal of Consent email from yourself before the survey commencement date mentioned within this letter, it means that you give your consent for your child to participate in the 2022 Attitudes to School Survey.

A copy of the survey that we are asking your child to complete is available from your child's school. Please contact the administration office if you would like to see the survey before making your decision about whether you would like your child to participate.

If you would like more information, please speak to your child's teacher, or contact the Department at school.surveys@education.vic.gov.au.

Yours sincerely,

The Victorian Department of Education and Training



Tarwin Valley MARC

Term 2, 2022

MARC Library News

Preview of learning

In the last week of Term 1 we attended the 2022 MARC Conference in Bendigo. We were able to exchange ideas, speak with teachers working in the same field of learning and participate in engaging professional tasks. We browsed and purchased wonderful new books, many in the nonfiction area, an area we are currently reviewing and adding to.

We were fortunate enough to hear two widely published and notable authors, Lorraine Marwood and Katrina Nannestad, speak. Lorraine shared her journey as an author and Kate spoke of 'all things books'. Hearing their authorial journeys was thought provoking in terms of how long it can take to actually have your writing published and the challenges that repeated proofs and rejections can have. This correlates to the struggles our students can experience in their daily writing. Constructive, focussed support and suggestion is so important.

This Term's MARC library lessons will cover the following:

- Week 1**—ANZAC books were read to all students, honouring and remembering those who endeavoured to ensure that we have a hopeful and safe future.
- Weeks 2–3** The genre of humour will be explored using various authors such as Mo Willems, characters like the wonderful Fly Guy and activities such as The Humorous Book Blurb Match Up.
- Weeks 4–6** The MARC library has acquired some stunning new books by First Nations authors over the past year. Themes and issues will be discussed and country will be celebrated when we share some of these books as we approach Sorry Day (26/5) and Reconciliation Week
- Week 7**—June 5th is World Environment Day and all classes will consider the different ways they can help protect the environment when they listen to stories on this theme.
- Week 8**—Classes will have the opportunity to share in the latest new literature.
- Week 9**— In honour of his birthday, all students will read and celebrate the stories and collage illustrations from the wonderful Eric Carle.

Exciting new non-fiction available to borrow now!



New Fiction in the MARC van



AND THE CBCA BOOK WEEK THEME FOR 2022 IS...





Dear School Community: News from Their Care!

Hello!!! How was your vacation? I hope you are well rested and energized for this coming Term. Did you help at home to gather firewood to spend the winter warm?

This new term I plan to do more artistic activities, I hope that those who come join us and paint together or help me make some recycled puppets that I have in mind.

I also plan to continue playing chess, I keep dreaming of inter-school championships with other schools. Can you imagine representing Tarwin? I will teach you; I promise.



Our operating hours are:

B 4 5 C - 7.00 am to 8.45 am weekdays

A 5 C - 3.00 pm to 6.00 pm weekdays

Phone number: 0499 257 488

To enroll, please visit TheirCare website www.theircare.com.au and click "Book Now" in the top right-hand corner to register your child's details.

Don't forget, you can book your child in all day for the Student Free Day on Friday 10th June



LEONGATHA
Secondary College

Year 7 Information Evening & School Tours

Tuesday, 24th May 2022 at 6.00pm

An invitation is extended to Grade 4, 5 & 6 students, and their parents/carers, to attend college presentations about the programs and opportunities LSC has to offer for 2023 and beyond.

Virtual Tour



SCAN ME!

Information

Mr Paul Borg
Junior School Leader

Tours

18/5 & 24/5: 10.15am- 11.00am
26/5: 5.15pm - 6.00pm
27/5: 10.15am - 11.00am

Scan here to register your attendance



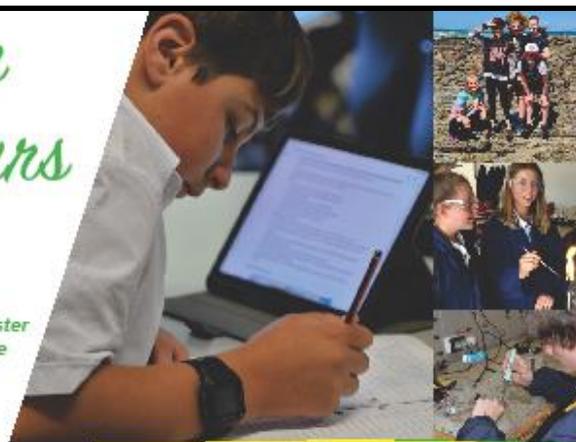
*Dates subject to change - please see College website for any updates.

www.leonsec.vic.edu.au

info@leonsec.vic.edu.au

Ph: 5667 2200

Nerrena Rd Leongatha



SOUTH GIPPSLAND
Kindergarten
Central Registration



CENTRAL REGISTRATION OPENS 1 MAY

To register your child for three-year-old or four-year-old kindergarten for next year visit the South Gippsland Shire Council website from 1 May and simply complete a registration form nominating your kindergarten preferences. To be included in the first round offers you must register by 30 June.

You can register at www.southgippsland.vic.gov.au/centralenrolment
For more information, please phone 5662 9200 or text your contact details to 0447 965 850 and we will call you back.



1-2-3 Magic & Emotion Coaching Program

Free live ONLINE program for parents of children aged 2 to 12.

Tired of yelling and nagging?

Resolve difficult behaviour in children aged 2 to 12.

In 3 sessions parents will learn:

- How to discipline without arguing, yelling or smacking;
- How to handle challenging behaviours;
- How to use emotion coaching to encourage good behaviour;
- Strategies for encouraging good behaviour;
- How to sort behaviours and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies so you can:

- Strengthen your relationship with your child;
- Strengthen your child's emotional resilience.

Parents will receive:

- A FREE workbook (valued at \$12) to apply the concepts learnt
- A Certificate of Completion

Do this highly sought after parenting program FROM THE COMFORT OF YOUR OWN HOME -Hurry! Places are limited-

When?

11:30am – 2:30pm
Over 3 Tuesdays:
June 7th
June 14th
June 21st, 2022

Cost?
FREE

Get in touch
Bookings are essential!

Please contact:

Mark Brookes
Uniting Gippsland
5662 5150
gippsland.leonqatha.reception@vt.uniting.org



A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

"The only thing in life that is permanent is change. Change is the one constant in life"

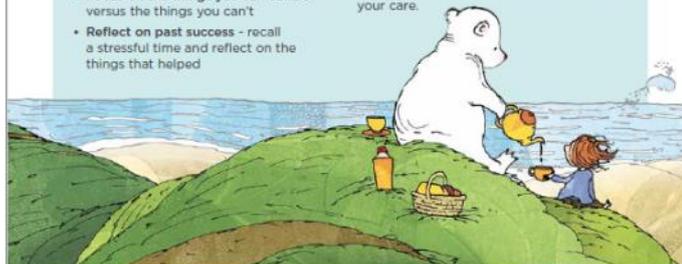
(1988, 2013)

Steps for Self-care

There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.

You can't pour from an empty cup.
Look after yourself so you are better able to help the children and young people in your care.



Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches



Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches

Helpful Hint - children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** - create ways to connect with special people and loved ones
- **Get active** - go for a walk, listen to music, sing, play with a pet
- **Be curious** - learn a new skill or research an interesting topic together
- **Help others** - encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at goodgrief.org.au

"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"
Companion, Seasons for Growth Program, 2019

