

Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School

Small School, Big Opportunities

9th March 2022

Newsletter No. 3

Dear Families,

It has been a busy two weeks since the last newsletter! We are in the middle of our school review, which allows us to celebrate the growth of teaching and learning within our school, and set our direction for the next 5 years.

We have also had;

- Parent Teacher Conferences
- School Council Elections
- Swimming
- Breakfast delivery
- Clean Up Australia Day
- Teddies Bear Picnic
- Tarwin District Auto and Machinery Club cheque donation and car display
- Dental Health Van

There is a lot more planned from now until the end of the term. Please see the updated calendar in this newsletter.

At a recent Professional Learning I attended they spoke about how both teachers and students have lost their “match fitness” due to two years of remote learning.

I was able to easily connect to this, as many of our students are very tired in the classroom, and need to again develop their “match fitness.” You can support your child by having a regular bedtime and time during the weekend to rest and reset.

Sleep is essential for growth, immunity, learning and memory and is important for helping a child heal and recover. Healthy sleep means a good quantity and quality of sleep, with regular sleep routines.

What happens if my child doesn't get enough sleep?

A child who does not get enough healthy sleep may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. These children may be easily distracted, irritable, disruptive or generally hyperactive and restless. A lack of healthy sleep has been linked to mental health problems, poor growth, excessive weight gain, and reduced school performance.

It is recommended that primary aged students have around 10 hours sleep each night. To support your child;

- have a consistent pre-bedtime routine, which may include reading in bed. It is important to avoid exercise or stimulating play before bedtime
- Limit access to electronic devices (tablets, computers, tv), which should remain out of the bedroom.
- Ensure the sleeping environment is quiet, dark and comfortable
- Daytime exercise may improve sleep at night

I know with your support, our students can regain their “match fitness” for school and have the best starting conditions to thrive.

Warm Regards,

Jennifer Cox

Principal





School Review

All schools must participate in a school review every 4 years, which helps to inform the development of the schools 4 year Strategic Plan. The aim is to create a self-sustaining cycle of continuous improvement, where schools are supported to improve student outcomes.

A part of the review is parent focus groups. These will take place on **Thursday 10th March from 8.45am—9.15am**. This is a chance to make our school even better based on feedback.

If you are able to spare 30mins on that day, please let the office know.

School Council Elections 2022

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the broad direction of a school. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

To date we have received only two nominations for School Council. Our school has seven Parent Member vacancies. The vacancies are for a two-year term.

If you have been a member of school council, please consider re-nominating. We need you!! To all other families, please consider nominating for School Council. There are only two meetings per term to attend. The meetings begin at 6.00 and go for a maximum of two hours but usually much less.

The current School Council members are as follows:

- Alex Brusamarello
- Kel Starke
- Sarah Williamson

Parent Members: Retiring at this election

- Ms Vanessa Fisher
- Ms Jayde Headlam
- Mr Shannon Dwyer
- Ms Kylie Laing

I would like to thank our 'retiring' school council members for their significant and important contributions to the school community. Retiring school councillors are able to renominate for School Council.

- Nomination forms and Self-nomination forms are available in the office or we can email one to you.

Personal Goods Brought to School at Owner's Risk

Personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises.

The Department of Education and Training does not hold insurance for personal property brought to schools and it will not pay for any loss or damage to such property. Therefore, bringing any unnecessary or particularly valuable items to school is discouraged. If it is special, please keep it at home.

In addition, digital devices are not allowed to be used while at school. This includes phones, smart watches, recording devices, cameras, iPads, etc. If these items are brought to school, they must be handed in to the office at the start of the day. They will be kept securely until school dismissal.

Harmony Day

“Everyone Belongs”

Don't forget!

Wear your favourite colour to school for Harmony Day on **Monday 21st March**.

300 Nights Reading

We love to celebrate students' reading achievements. The last 2 years, with repeated interruption made it too difficult to monitor reading.

This year we are bringing back our reading awards. Every child who records 300 nights or more will receive a trophy at the end of the year. To reach 300 nights a child must read every night including the weekend. The trophy recognises the significant commitment on behalf of the student and the family.

So get reading and make sure you record it in your diaries! Reading diaries are collected each day and a running total is kept.



At Tarwin Lower Primary School we value the connection between home and school. As such, our teachers have written their term letters to school families about the learning for the students. This is so you are informed about what is happening.

These are now available on [Compass](#).

Fortnightly Reports

Each fortnight the teachers upload a comment onto Compass to give families a timely report on their child's progress. Reports that have been uploaded are;

- Returning to school
- Reading

The next comment will be on your child's maths learning. These comments are combined to make the end of semester report.

We strongly believe in keeping our families in the loop with their child's learning. Please log into Compass to read these comments.

Ambulance Cover

It is Departmental policy that the cost of any medical attention or ambulance for a student will be borne by the parent/ guardian. Parents are liable for all medical expenses incurred as a result of student injury, including transport costs such as ambulance or air ambulance costs. I would encourage all families to ensure that they have personal ambulance cover.

Life Ed Visit—Talk About It!

Students in grade 5/6 will be having a visit from the Life Ed team on **Tuesday 5th April**. This has already been added to Compass for payment. The total cost is \$36, however the school will subsidise to reduce the cost to \$20. Please either pay online or to the office.

Talk About It is an age-appropriate personal development program for students in Years 5-6 covering identity, puberty, and healthy relationships.

Most children are already curious about puberty and the changes that will or have already started happening to their bodies.

During our puberty sessions, students will learn to:

- Identify reproductive systems in the male and female body.
- Describe the physical, social and emotional changes that occur as an individual gets older.
- Understand that individuals experience puberty changes at different ages and stages.
- Examine products that assist in the management of puberty
- Discuss strategies that can be used in situations that make them feel uncomfortable or unsafe.

We are so fortunate with our supportive community!

The Tarwin District Auto and Machinery Club held a special event on Australia Day this year and donated all their profits to our school! A whopping \$4,100.00 cheque was given to the school to put towards new playground equipment.

We are very appreciative of the support.





Attendance

Students Absent from School

A reminder to parents of arrangements for children absent from school:

- Please submit absence via the Compass Parental Portal.
- Parents of children absent without notification will be contacted by SMS at 10am each day.
- If your child is absent for two days in a row and no reason is given on Compass, the classroom teacher will call home.

Late Arrivals and Punctuality

If your child arrives late, after the 9:00am bell, they must come to the office. They will be then signed in on the Compass Kiosk and a print out will be given to them for their child's classroom teacher. If your child goes straight to the classroom after 9am, they will be asked to go back to the office.

By signing your child in, the records will automatically be adjusted, so your child is then marked as late rather than absent. Punctuality is very important. Please assist your child by having them to school on time.

Leaving Early

If for some reason your child needs to be collected during school hours, it is our responsibility to ensure that procedures are in place for the collection of your child. Please come to the office to sign out your child. The office will contact your child's classroom teacher via phone and ask them to send the child to the office. Please do not go to the classroom.

The procedures determined by the Department of Education & Training are as follows:

- Students must only be collected by their parents/carers (subject to any specific court orders) or by a person who has been authorised by you to pick up your child.
- If the person is not known to the school, verification of identity using suitable photo identification (eg. driver's licence) will be requested.

- The adult will record all information on Compass Kiosk screen including;
 - ◊ The child being checked out early
 - ◊ Reason
 - ◊ Adults name

These requirements are necessary to comply with Department regulations, minimise legal liabilities, and assist with emergency management and to provide adequate duty of care.

As you would agree, students have missed a lot of face to face time at school in the past two years. Being at school now helps them to re-establish friendships and a sense of belonging. It also helps them to achieve their best academically when they are at school everyday.

Lost Opportunities

- ▶ An 80% attendance rate is the equivalent of missing one day per week or 40 days per year or over 2 ½ years P-12
- ▶ 85% = 30 days per year or 2 years P-12
- ▶ 90% = 1 day per fortnight or 20 days per year or over 1 year P-12
- ▶ 95% = 10 days per year and over half a year P-12



Uniforms

School Council agreed that our new school uniform items will be 'phased in' gradually with full compliance by the start of Term 3 2023.

The school uniform order form is on the [website](#) and available at the office. If your family are experiencing financial hardship or require further assistance with purchasing the uniform, please contact the office. We will be more than happy to assist in accessing State School's Relief, which is an organisation committed to assisting families in providing school uniforms for children.

If you wish to order uniform items, please contact the office. There are samples available for viewing.



From the office...

Urban Camp 9-11 May 2022

Reminder to please pay the **\$50.00 deposit** to secure your child's place for our camp to Melbourne. Payments can be made on Compass, cash or directly into the school bank account (see below). Please clearly label your payment.

Deposits are due by Wednesday 16th March.

Camps, Sports & Excursions Fund (CSEF)

Applications are still open for this year's CSEF. If you are the holder of a current Centrelink card you are invited to apply. \$125.00 is paid into your school account to be used for Camps, sports & excursions. Application forms are available from the office. Please see the attached flyer for details.

Please note: Previous applicants at this school do not have to re-apply. Their applications will be rolled over into this year.

Dental Health Visit

The Dental van visited the school yesterday. They were not able to see all children due to the large number of students participating this year. They are coming back to our school (probably next week) to do follow up treatments and see those students who were missed yesterday.

Curriculum Contributions

Payments for Curriculum Contributions can still be made through the office if you haven't already done so.

Book Club

Orders for book club are due in this Friday.



Congratulations to our certificate recipients

Week 4 - Courage

Week 5 - Honesty



School Bank Details

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

Well done to Aedan!

In the district swimming sports he came second in breaststroke and also fourth in a freestyle relay. Great effort!!





First Aid in Schools



All students of the schools will be learning during the First Aid in Schools program on **Thursday 17 March**. Linking learning to real life is an important

part of the Tarwin Lower Primary School curriculum. The knowledge and skills gained in our First Aid in Schools Program will develop First Aid awareness in school children and contribute to building a more resilient community. This learning is age-appropriate and free for our students.

P/1/2 students—Through a storybook, the children will see how Johnny Bear identifies an emergency, puts the Danger, Response and Send for help strategy into action and helps call 000 in an informative session. Students will learn the first aid chant that will help them remember what to do in an emergency. Includes a fun quiz on first aid to get students up and involved.

3/4 students—Will revise 'DRS' which involves assessing for dangers, obtaining a response and calling Triple Zero. The main focus of this module will be demonstrating how to check airway and breathing and how to place a patient into the recovery position. Students will then apply the knowledge they have learnt through an interactive game based on the DRSAB action plan.

5/6 students—Incorporates a practical CPR component, guiding students through how to perform CPR and when it is required in a First Aid situation. Students will also participate in group problem-solving scenarios based on a variety of first aid situations allowing them to apply their knowledge.

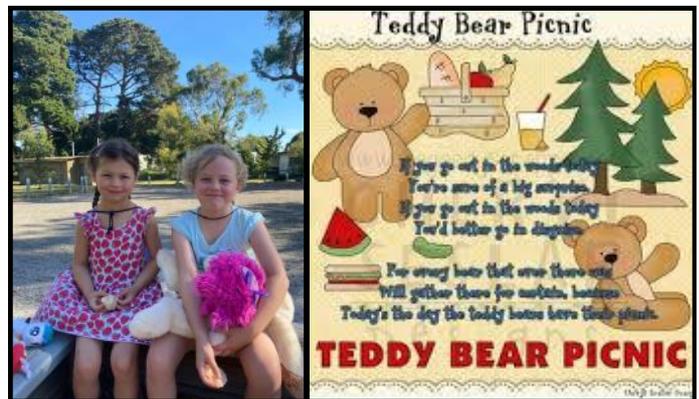
Masks

As students are still being asked to wear masks in the classroom we encourage families to send cloth masks with their children. This is much kinder to the environment and creates much less waste.

Happy Birthday

We hope you had a great day on your birthday

- ◆ Myla
- ◆ Joh
- ◆ Max





Term 1 – important dates

Wed 9 March	Prep rest day
Wed 9 March	Swimming Lessons for years 1-6 @SPLASH
Thurs 10 March	School Review Parents needed 8.45am - 9.15am
Mon 14 March	Labour Day Holiday
Wed 16 March	Preps first Wednesday
Wed 16 March	Swimming Lessons for years 1-6 @SPLASH
Thurs 17 March	First Aid in Schools
Mon 21 March	Harmony Day. Come dressed in your favourite colour
Tues 22 March	Venus Bay Bug Blitz and Mangrove excursion (Years 2-6)
Tues 22 March	School Council Meeting @6pm
Wed 23 March	Swimming Lessons for years 1-6 @SPLASH
Tues 29 April	AFL Primary Play Sessions P-6
Fri 1 April	Waratah Athletics for years 3-6 @Foster
Tues 5 April	Life Education—Talk About It (Years 5&6)
Thu 7 April	District Athletics @Foster for selected students
Fri 8 April	Last day of school – finish 2.20pm
School Holidays 9-26 th April	
Mon 25 April	ANZAC Day – no school
Tues 26 April	Curriculum Day – no school
Wed 27 April	First day of Term 2





Before and After School Care

Dear School Community, it's been great to see some families using our afterschool care. The last week we've been playing with kinetic sand, and we also drew some portraits between us, where we learned some proportion and balance in drawing technique.

We've also cooked up treats such a Pizzas, Pancakes and waffles with Lemonade.

Our operating hours are:

B 4 S C – 7:00 am to 9:00 am weekdays

A S C – 3:20 pm to 6:00 pm weekdays



We also practice chess!!! So far, I am undefeated, but I have an opponent who, if he tries hard, could beat me.



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. Make sure you have Centrelink details up to date in order to have discounted rates applied.

Gonzalo, Coordinator, Tarwin Lower Primary School Theircare.-



Thank you, Raff for my Portrait.

Where Kids love to be!



EVERY DAY COUNTS

EVERY DAY COUNTS

ATTENDANCE FACT SHEET FOR PRIMARY SCHOOL STUDENTS

School is better when you're here

DO I HAVE TO GO TO SCHOOL?

Yes, in Victoria everyone aged from 6 – 17 has to go to school.

Missing one day a fortnight is the same as missing 4 whole weeks of school a year.

From Foundation to Year 12 that adds up to 1.5 years of school!

School is better when you attend. Your friends and your teachers notice that you are away and wonder if you are OK.

WHY IS IMPORTANT THAT I GO TO SCHOOL EVERY DAY?

Right now, being at school is the most important thing you need to do for your future. School helps you build good habits for later on in life. You might think school is just about Maths and English but you're also learning about how to work with other people and how to solve problems.

Being at school every day also means you are becoming more independent as a learner and interacting with your friends and teachers. If you are at school you can get help from your teachers and friends and won't have to try to learn things in your own time.

Being an adult probably seems far away but we know that young people who attend school more frequently have better outcomes after school too. This means they earn more money, have better job opportunities and are generally healthier. So being at school really does make a difference!

DO MY PARENTS NEED TO LET THE SCHOOL KNOW IF I'M GOING TO BE AWAY?

Yes. Your parents need to notify the school of your absence as soon as they can within three days of your absence. If they know you are going to be away, they should try to tell the school before the day or days you are away.

If you're away from school too much and don't have a reasonable excuse like a serious illness, your parents might get a letter from the principal asking about why you're away.

ARE THERE ANY GOOD REASONS TO BE AWAY FROM SCHOOL?

No. Unless you are so sick you can't get out of bed or there is an event like a funeral, you should be at school. Every day you are away is a day of classes and social connection you miss out on. Taking a day off for your birthday or go shopping isn't a good reason to miss school.

Even medical and health appointments should be made either before or after school or during the school holidays. This includes family holidays. Your parents are encouraged not to plan holidays during the term but to organise these during the school holidays.



If you do have to be away for some reason, your parents need to contact the school and let them know what's going on. Depending on the situation, the school might provide schoolwork for you to complete.

IF I'M NOT AT SCHOOL WHAT DO I MISS OUT ON?

You miss out on all the big stuff – class discussions and all the interaction that happens in a classroom, the chance to get help from teachers and the opportunity to practice skills and gain knowledge.

Being away means you might miss out on a lot of learning or that you need to catch up in your time.

If all of that isn't enough to convince you to be at school every day, being away also means you also miss out on playing with your friends. Being away from school a lot can be lonely. It has a big impact on relationships and social connections.

Believe it or not, everyone wants you at school and it really is better when you attend.

WHAT IF I'M HAVING PROBLEMS GETTING TO SCHOOL?

Getting to school on time everyday can be about having a good routine.

If you find yourself running late or missing school because you're disorganised, try:

- Asking your parents for help getting ready
- Having a set time to go to bed
- Leaving all technology out of your bedroom
- Packing your school bag the night before with everything you need
- Having a set time for breakfast
- Planning to meet up with a friend so you can travel to school together.

Sometimes, though it can just be hard to go to school.

You might feel overwhelmed by the work or things might be tough with your friends. Maybe you don't feel safe at school, or you really dislike a teacher or things at home aren't great. Perhaps you're feeling down or anxious and don't even really know why.

Whatever the situation is, staying away from school isn't the answer. Many people want to help you. Try talking to:

- Your parents or another adult family member
- A trusted teacher
- Wellbeing Coordinator or the school counsellor
- Another trusted adult like your coach

USEFUL WEBSITES/CONTACTS

Kids Matter - www.kidsmatter.edu.au

Youth Beyond Blue - www.youthbeyondblue.com.au

Headspace - www.headspace.org.au or e-headspace www.eheadspace.org.au/ for online counselling & support

Reach Out – www.reachout.com

Kids helpline - 1800 55 1800 24 hours a day, 7 days a week or [web counselling](http://www.counselling.org.au)



FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about CSEF, visit: <https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>



HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments:** your child has started or changed schools this year.
- **changed family circumstances:** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.



4 FREE Parent webinars by child psychologist: Learn to support your primary school aged child with worry, frustration, managing impulses and tricky behaviour. Zoom into 1 or all 4 – 1 hr duration

1) Tuesday 15th of March 2022 at 7pm (AEST) - *"Helping Children through the Emotional Challenges of Primary School"* - learn about the challenges children experience with emotions, learning and friendships during primary school - and what they need from parents/caregivers to succeed.

Click here: <https://us02web.zoom.us/j/83297305374?pwd=Ujg0REpIN2ZzTG1xRWVE3eThRThlJz09>

Zoom Meeting ID: 832 9730 5374 Passcode: 732897

2) Monday 28th of March 2022 at 7pm (AEST) - *"Calm and Confident Kids"* - learn to help children with a tendency towards worry or anxiety - or who are dealing with difficult life situations.

Click here: <https://us02web.zoom.us/j/88895370225?pwd=cVhac2JlNVUuVUZqUjVnR1owell1UT09>

Zoom Meeting ID: 886 9537 0225 Passcode: 719597

3) Wednesday 11th of May 2022 at 7pm (AEST) - *"Calm and Connected Kids"* - learn to help children to develop positive friendships and manage peer difficulties which often arise in primary school.

Click here: <https://us02web.zoom.us/j/81238889177?pwd=NlRmYVpJbXhR3R3a1FVYUdizFBFZ09>

Zoom Meeting ID: 812 3888 9177 Passcode: 159022

4) Wednesday 8th of June 2022 at 7pm (AEST) - *"Calm and Co-operative Kids"* - learn to help children who have a tendency towards frustration, have difficulties managing impulses or feeling unco-operative.

Click here: <https://us02web.zoom.us/j/87172614896?pwd=K0YxWU5YY9a1mZaclisakw1RXNRRz09>

Zoom Meeting ID: 871 7261 4896 Passcode: 276561

No RSVP necessary but "zoom in" quickly as only 100 zoom spots available each session.



Presented by clinical child psychologist Kirrilie Smout. Kirrilie has had 25 years experience in working with children and families, is the author of two books about children and mental health and regularly consults with national bodies about child mental health concerns. She is the Director of Calm Kid Central, an online program of courses to help children manage emotional health challenges. www.calmkidcentral.com (Free using FIRSTYEAR access code).

Any questions please contact Sandra on: sandra@developingminds.net.au

Funded by Gippsland Primary Health Network (GPHN)





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 Thursdays:

March 17th

March 24th

March 31st, 2022

Cost?

FREE

Get in touch Bookings are essential!

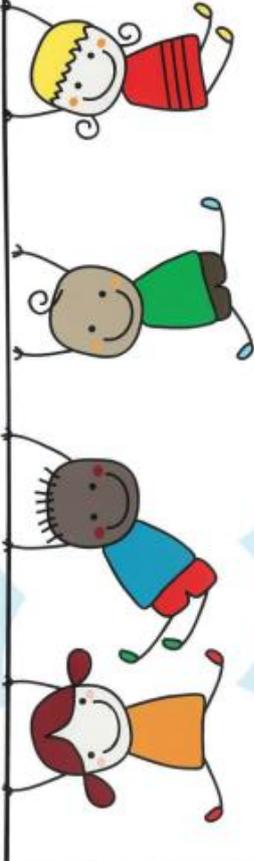
Please contact:

Mark Brookes
Uniting Gippsland
5662 5150

gippsland.leonatha.reception@vt-uniting.org

Parentshop
making parenting easier

Uniting



Tarwin Lower Playgroup

Playgroup is a fun and nurturing environment, which provides a place for children to have new experiences and opportunities to play, socialise and discover their world.

Every Friday of the School Term

9am - 11am

at Tarwin Lower Primary School

WHERE YOUR CHILD CAN PLAY AND LEARN

This is a South Gippsland Shire Supported Playgroup. Call Michelle for more information in 0417 388 911 or 56629300

