## Tarwin Lower Primary Newsletter

School Road, Tarwin Lower Ph- 5663 5263 Email- tarwin.lower.ps@education.vic.gov.au



16th October 2025 Newsletter No. 14

## Please Note - supervision is from 8.45-9.00am before school and 3.20-3.30pm after school.

Dear Families,

Lots of things happening at school, it is always such a busy place!

## **Working Bee**

Tomorrow we are having an hour intensive working bee to make our school neat and tidy for the upcoming 100 year celebration.

Not only will you be helping to maintain our school, but it is also a chance for parents and families to meet, socialise, and contribute their time and effort. Seeing you taking pride in our school encourages your child to also take pride.

When? Friday 17th October from 2.20-3.20pm. Therefore there will be no assembly tomorrow. Looking forward to seeing you.

## **Glasses for Kids**

2026 Prep, 1, 2 students will be able to have a free vision check, and if needed, free glasses. Please either return your form or follow this <u>link</u>. More information is in the Compass Newsfeed. Due 12/12/25

## **Sun Smart**

Thank you to all families for organising hats for your child/ren. With the warm weather and increased UV factor, it is essential they are safe from the suns harmful rays.

## **Camps**

Thank you to all families for returning all forms. If you have any outstanding forms, Lindy will be in contact with you.

Please remember that your child must have an in date asthma plan to attend camp. If your child requires medication, please ensure the administration of medication form is completed and you have a note from the doctor. This is for prescribed and non-prescribed medication.

## Life Ed

On the 19/20 November all students will be participating in Life Ed lessons. The cost for P-4 students is \$17.50. Thank you to those who have already paid.

## **Unexplained Absences.**

Our school has the second highest number of unexplained absences in South Gippsland. Unexplained absences is when your child is not at school and no reason has been given by email or on Compass.

Notes will soon be going home if your child has unexplained absences and the dates. Please either add reasons via Compass, email the school or complete the form so we can update the absence reason.

## **eSmart**

There was a recent article in the ABC about Roblox and the predators that lurk on this gaming site and how children are being exposed to a range of disturbing experiences on the platform. The article is <a href="here">here</a>.

It is a reminder that children need to be supervised at all times when on digital devices. It is strongly recommended that devices should only be used in shared spaces.

The Alannah and Madeline Foundation have resources to support families—<a href="here">here</a>

Warm Regards,

Jennifer Cox

**Principal** 





Follow our Facebook page for photos and the most up to date information of the learning happening at school.



## **Uniforms**

A uniform order is attached to this newsletter. Please note that due to the delays we experienced last term the **due date for orders will be Friday 24th October** which will (hopefully!) ensure that we have delivery in a timely manner and before the end of the year.

## **Prep Enrolment**

Enrolment packs have been sent home to families who have a child coming into Prep in 2026. Could families please try to return these forms as soon as possible so we can add them to our system.

A reminder that Transition mornings are on 5 consecutive Tuesdays commencing Tuesday 11th November to Tuesday 9th December. See Calendar in this newsletter for times.

If you are aware of any families in the community who might have a child that will be starting school next year, please encourage them to contact the school. We are more than happy to arrange a tour to view our school.

## **Book Club**

Book Club No 7 was sent home to students this week.

This is a bumper issue with plenty of Christmas present ideas.

This would also be a great opportunity to order books for our end of year concert when Santa comes. (see below for info on this)

## **School Concert and Graduation**

Our annual school concert and graduation ceremony for the Year 6 students will be held on Thursday 11th December. Further information on this will be sent home in the near future. Students are busy rehearsing for the concert and grade 6 students will soon be writing their graduation speeches.

We get a very special visitor who arrives at the end of the concert.

Santa comes on the fire truck, bringing a gift for each student (and siblings etc if you wish).

Parents are asked to supply a wrapped and clearly labelled book for each of their children. These can be brought into the office at any time. The current book club issue has plenty of gift ideas and is a great way to get the ball rolling on this. When you

place your order (either online or via cash and order form), let Lindy know if these book are not to be give to your children.

It would be great if all families could get onto this as soon as possible to avoid us having to call families with reminders.

## **Camps**

We have 2 camps happening at the same time at the end of this month, less than 2 weeks away!

<u>Forest Lodge Camp - 29th - 31st October</u> <u>Melbourne Doxa Camp - 27th - 31st October</u>

We are still waiting on permissions and completed forms for some of the students. Please contact Lindy in the office on Tue, Wed, Thu if you wish to know your balance of School Saving Bonus and/or CSEF.

Please ensure that your child has a in date asthma plan to attend camp. Teachers can not give any medication to students unless there is an administration of medication form and note from the doctor—this is for all medication whether prescribed or not









2025- DATES TO REMEMBER								
Tuesday 21 October	School Council Meeting @4pm							
Friday 24th October	Writing Compass Comment							
Monday 27th—Friday 31st Oct	Melbourne Camp Year 5/6							
Wed 29th—Friday 31st Oct	Forest Lodge Camp Year 3/4							
Saturday 1st November	School's 100 Year Celebration							
Monday 3rd November	No Students—Curriculum Day							
Tuesday 4th November	Melbourne Cup Public Holiday							
Friday 7th November	Maths Compass Comment							
Tuesday11th November	Prep Transition Day 1 - 9.10am - 11.00am							
Friday 14th November	Reading Compass Comment							
Tuesday 18th November	Prep Transition Day 2 - 9.10am - 11.00am							
Wed 19th Nov - Thu 20th Nov	Life Ed Visit—All grades							
Tuesday 25th November	Prep Transition Day 3 - 9.10am - 11.00am *Parent info 9.10am -							
Tuesday 25th November	School Council Meeting @ 4.00pm							
Tuesday 2nd December	Prep Transition Day 4 - 9.10am - 11.00am							
Tuesday 9th December	Statewide Transition Day 2026 Preps - 9.00am - 11.30am Year 6 to Secondary							
Wednesday 10th December	Reports Home							
Thursday 11th December	School Concert (further info to come)							
Friday 12th December	School Excursion (further info to come)							
Wednesday 17th December	Curriculum Day—teachers complete first aid and CPR training—no students							
Thursday 18th December	Teachers Professional Practice Day—no students							
Friday 19th December	Last Day of Term 4—finish 1.20pm							

## **Happy Birthday**

We hope you had a great time on your special day.

- Austin
- William
- Zander
- Narelle





## **Account Name:**

**Tarwin Lower Primary School Council Operating Account** 

**BSB:** 063000

ACC: 14191631

## Dads Matter: How fathers shape emotional wellbeing and family connection

Dr Deborah Trengove

As we approach Fathers' Day, it is a good time to reflect on the role dads play in the lives of their children.

When fathers are actively involved in their child's upbringing, children benefit socially, emotionally and academically. This positive impact on a child's development and wellbeing has a lasting effect into adulthood.

## The changing role of dads

In past generations, fathers were often seen primarily as breadwinners and disciplinarians, distant from the day-to-day lives of their children. Much has changed in recent years, with many dads wanting a more hands-on relationship with their kids, as well as sharing household tasks and being involved with their child's friends and interests.

Many fathers have shared with me their wish to parent in a different way to their own fathers, reflecting on the gap between them and their dads, even as adults. These men value spending time with their children, building bonds through shared activities, and helping kids when they need it, demonstrating the changing role of fathers in the 21st century.

## **Emotional role models**

Societal attitudes are evolving in many ways around the face of masculinity and the role of fathers. Nonetheless, according to the 2024 Man Box survey around 40% of males aged 18 – 45 years believe that "guys should act strong even if they feel scared or nervous inside". This belief leads to a denial of personal challenges or uncomfortable feelings. Men who strongly hold to this attitude are more likely to experience symptoms associated with poor mental health and may send a message to their sons that blokes don't talk about their feelings or acknowledge their struggles.

Fathers have a particular importance as an emotional role model for their sons, influencing the emotional climate of the family when they share their own emotions, sending the message that having a range of emotions is a normal part of life. When dads have conversations with their sons

about both comfortable and uncomfortable feelings, boys learn that they can share their doubts and worries, not hide them away. Acknowledging and accepting emotions, along with helping children develop an emotional vocabulary to express what they feel, are the foundations of building the skills of regulating emotions.

Of course, girls benefit from this emotional connection with their dads too. Whether the household is a two-parent, single parent, blended or kinship unit, dads can send a powerful message that they care how their children are feeling and can help them learn to manage emotions. Evidence suggests "fathers who are supportive, involved and engaged, provide significant protective and positive impacts on their children's mental health throughout the course of their development".

## **Supports for fathers**

Involved and warm fathers have the potential to positively influence their children's development, health, social skills and academic achievements. There are now a good number of programs which offer support for fathers, or father-figures, to develop their skills and knowledge, and to be the best dad they can be. ParentZone offers programs where fathers can come together, learn from each other and share their challenges and joys, frustrations and successes. We have heard from fathers who have participated in ParentZone programs that the sessions present a thoughtful and well-structured approach to positive parenting, and are a valuable resource for fathers seeking to improve family dynamics and develop deeper emotional connections with their children.

This Fathers Day, let's celebrate the dads in our lives, encourage them to accept their vulnerabilities as human beings, and empower them to engage at every level with their kids. For not only will children benefit, dads will also relish the deeper bonds they create, both now and into the future.







## Centenary News

## **Centenary Celebrations:**

The school will be open to the public from 10am-12pm. During this time we will open the time capsule from the 80th anniversary celebration and the Beady Eye Bush Band will perform their Tarwin Lower Song.



At 12pm visitors will be directed to the Hall where we have a history and photo display. A sausage sizzle will be available for people to purchase lunch if they wish. We would love some expert sausage cooks to man the bbq and sell sausages please.

Throughout the afternoon, we will have basic tea and coffee, scones and slices for people to enjoy as they sit in the supper room and catch up with new and old faces. If you are able to assist with this please let us know.

Throughout the day we will have memorabilia coffee mugs for purchase, these were developed from a design our school captains put together, and engraved pavers for a centenary pathway. These are done by the same people who did the pavers for the 80th celebration and you can see samples along the concrete path to the rotunda. If you are able to man the stall for this, even for half an hour, it would be greatly appreciated.

There will be set up of the history display on the Thursday/Friday (TBC with the Hall), if you are able to assist with this, all help greatly accepted.

## Raffle:

Soon the children will bring home tickets for our centenary celebration raffle, this is to be drawn on the afternoon of the 1st of December at the conclusion of the School Centenary. If able, please sell both sides of each ticket and return to the school on or before the **31st of December**.

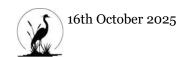
Our wonderful prizes include;

- 1. One whole lamb for your freezer, donated by S. Williamson and K. O'Loughlin
- 2. Luna Park Unlimited Rides Family pass, value \$170.00 Donated by Luna Park
- 3. 3 x Parks Family pass for Phillip Island Nature Parks, value \$145.00 Donated by Phillip Island Nature Parks
- 4. Wildwomen wholefoods voucher, value \$50.00 Donated by H. Rowe.
- 5. 2 x 2D free tickets to Leongatha Cinema, value \$39.00 Donated by Leongatha Stadium Cinema.
- 6. 2 x Adult passes to Melbourne Museum, value \$36.00 Donated by Melbourne Museum

Please contact Vanessa or the school office if you can help in any way with this event. We need a lot of people to make this work.

This is a list of the past students who contributed items to the time capsule in 2005





## The Get Active Kids Voucher Program is now open!

The Get Active Kids Voucher Program is now open! Get in quick as applications

will close 13 November or earlier if the budget allocation is fully exhausted.

If your family or child has a Health Care Card or Pensioner Concession Card, you may be eligible for up to \$200 to put towards the cost of your child's participation in sport and active recreation activities.

The *Get Active Kids Voucher Program* helps eligible families get their kids involved in organised sport and active recreation activities by providing financial support for the cost of membership and registration fees. Eligible children may be able to receive up to \$200 each.

Special consideration also applies for children residing in care services, as well as temporary or provisional visa holders, undocumented migrants, or international students.

To find out if you are eligible, how to apply, what costs are covered and more, visit

www.getactive.vic.gov.au/vouchers

## **Important Dates:**

Round 9 open to apply for a voucher or reimbursement: 10:00 am Wednesday, 15 October 2025

and will close 13 November or earlier if the budget allocation is fully exhausted.

Reimbursement expenditure dates: from 1 July 2025 to submission of application

Vouchers expiry date: Wednesday, 31 December 2025.



## A Word from our Chaplain...

Welcome to Term 4. No doubt it will be a busy one, like all terms are but also an exciting one with school camps, the 100 year School Anniversary and the December School Concert. Planning has already begun and our students are

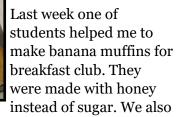


getting excited about performing for you all. Hope to catch up with you all on the anniversary and at the concert!

I am here every Tuesday and Thursday this term, so let me know if you want to catch up for a cuppa and chat. Also we have some limited groceries available for families experiencing financial challenges. Ring the office if you would like me to organise this for you.

Please see attached details of a free, zoom workshop on internet safety. The Web is here to stay but our children don't have to be at the mercy of it. This seminar will help you with practical suggestions on

how to keep yourself and your children safe.



hope to trial banana and honey smoothies in the near future.

Juniors were learning about the functions of the body last week and had a lot of fun drawing the organs.





Arthur made his first sponge cake to celebrate Narelle's birthday today. Well done Arthur!





ARWIN LOWER PRIMARY SCHOOL PRESENTS

# GENTRENARY

# PATHWAY

## LEAVE YOUR MARK AT TLPS

Families, friends and alumni are invited to be part of our paver project to mark 100 years of Tarwin Lower Primary School

Purchase a personalised paver at \$40 each via QR Code to

be included.

Orders close: November 7<sup>th</sup> 2025

Paver size 230 x 115 x 50mm Max 16 characters per line Contact Tarwin Primary 56 635 263 or Vanessa 0434 552 776 for cash sales.

3 lines per paver.



YEARS OF EDUCATION

## **TARWIN LOWER PRIMARY SCHOOL CENTENARY CELEBRATION**

1925-2025

# 1st November 2025

BACK TO SCHOOL **OPEN MORNING** 

MEMORABILIA DISPLAY **HISTORY &** 

Ppm onwards

Tarwin Lower Mechanics Hall 27 River Drive

Tarwin Lower Primary School

10am -12pm

from TLPS's rich history Refreshments to enjoy while catching up with faces from the past. Reminisce over photos and stories

Beady Eye Bush Band performance

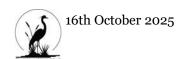
Tarwin Lower School Road

Tarwin Lower

Opening of 80th time capsul

Contact the office on 56 635 263 for further information or Centenary pathway pavers for sale throughout the day. tlpscentenary@gmail.com

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DigiTalk | Children

## Exposure to harmful content

and what parents can do

One of the most common concerns parents and carers have about their children's use of digital technology is how to deal with inappropriate or harmful content online.

Before tablets, smartphones and other connected devices became part of daily life, it was much harder for children to stumble across content that wasn't intended for them.

Adult content — whether in films, books or magazines — was usually kept out of reach and generally required ID to rent or buy. Parents and carers were the first line of defence, supported by other gatekeepers in the community like video store staff and cinema employees.

Today, things aren't so simple. The internet is overflowing with content that is highly sexual, violent or otherwise unsuitable for children. Much of this content carries no age classification at all, and few platforms offer reliable age-verification systems.

When we surveyed parents of children between 0 and 16 years of age, we found that exposure to inappropriate online content was their number-one concern.

In this article, we'll explore what kinds of content children might encounter online, help you understand the risks young people face, and what steps you can take to help keep them safe from potential harm.



## What kinds of inappropriate content exist online?

Inappropriate or harmful content is any material that a child may not be developmentally ready to deal with, and which may cause distress or harm.

When we think of this kind of content, our minds often go straight to pornography and violence – and with good reason. These are some of the most easily accessible forms of harmful content online.

However, there are many other kinds of content that are harmful or distressing. Children and young people may also be exposed to:

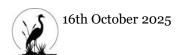
- websites and social media accounts sharing "news" and "facts" that are misleading or false
- content that contains demeaning or abusive views of women, ethnic minorities, or LGBTQI+ people
- online advertising promoting unrealistic and unhealthy body types

All these things can lead to confusion, fear, anger, and even to distorted views of themselves, others and the world around them.

## Where children are most likely to see harmful content online

While adult websites and social media platforms are obvious spaces where children can encounter harmful content, many other platforms designed for general audiences also pose risks.

Gaming platforms and video streaming channels like Youtube feature content aimed at a mix of age groups – and it's easy for children to come into contact with media intended for an adult audience.



## DigiTalk | Children

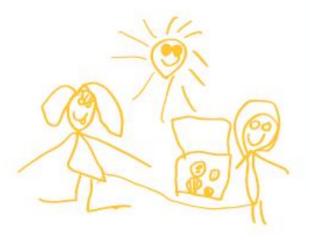
A co-design session we conducted with younger primary-school students found that:

- 78% of those in Foundation had watched a YouTube video before
- 88% of Foundation students had played online games, and that grew to include ALL students by Year 3. from one device to another – and you cannot always control where things end

## What parents and carers can do to help children view content safely

It's true that digital technology presents new and complex challenges for parents and carers. And while it's likely your child will encounter inappropriate content at some point, it's also important to remember that individual instances aren't usually damaging in the long term.

There's a lot you can do to reduce the risks and minimise the impact.



## Key takeaways:



As with all aspects of online safety, the best thing you can do is to talk to your children about it. Explain to them what they might encounter online. Ask them what they see and do and how it makes them feel.

Start having these conversations early and continue as your children grow and become more independent. You can find an in-depth guide on how to have these conversations at our resource <u>Guiding your child's tech journey</u> with DigiTalks.

## 2. Use parental controls

Parental controls and internet filters limit what your children can access. Some are built into your device and can be activated and adjusted through settings. Other controls need to be downloaded – both free and paid versions exist.

These can give you a lot more control over harmful content, but they aren't perfect. Some content may still get through, and children can also learn to disable or bypass them.

## 3. Supervision is key

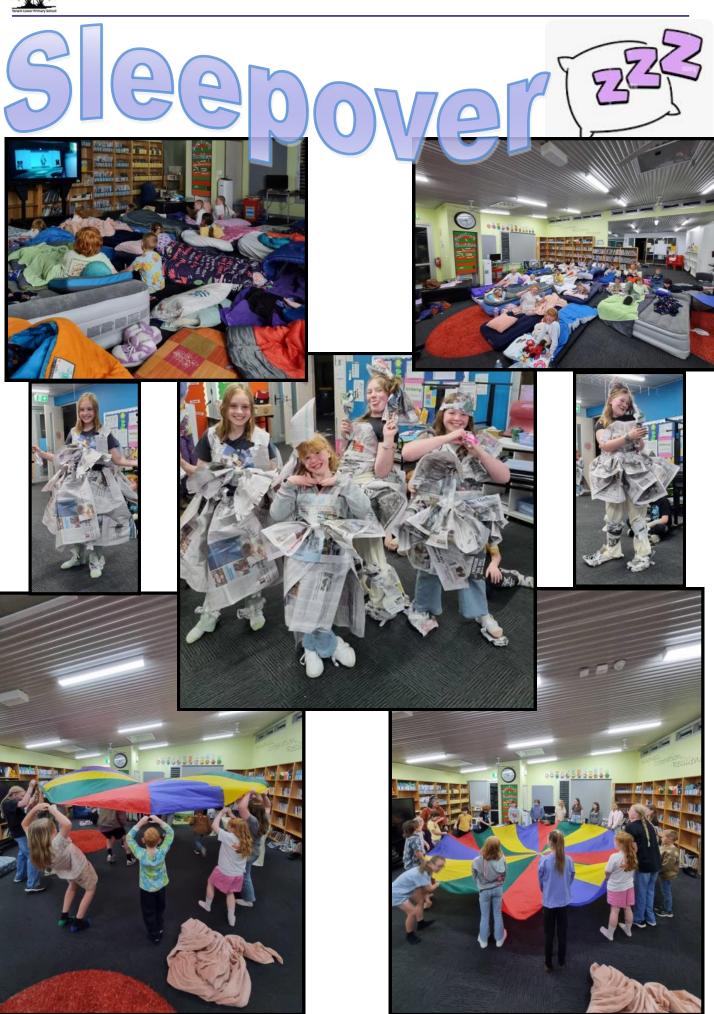
You wouldn't leave a young child to navigate a city by themselves — the same principle applies to the internet. Any time your child is using a connected device, a trusted adult should be present.





digitalk.org.au





## **Respectful Relationships**

## Respectful Relationships Curriculum Topic 7: Gender Norms and Stereotypes

As part of our school's ongoing work to support student wellbeing and respectful relationships, we will be exploring Topic 7: Gender Norms and Stereotypes from the Resilience, Rights & Respectful Relationships (RRRR) curriculum. This unit is a component of the Victorian Curriculum, and we are mandated to teach the content.

In Topic 7, students consider the influence of gender norms on attitudes, opportunities, and behaviour. They learn about gender equality, inclusion, human rights, and the importance of relationships that respect people of all genders.

The lessons are age-appropriate, inclusive, and supportive of all students. These lessons are part of a whole-school approach to promoting respect and preventing bullying and gender-based violence.

## Supporting Our Students

These lessons are designed to help children feel confident in themselves and treat others with respect. They also support our school's goal to create a safe, inclusive, and respectful environment for every student. As children may come home with questions, below is a guide to support you when answering your children's questions.

If you have any questions about the curriculum or what your child will be learning, please don't hesitate to contact your child's teacher or the school leadership.



## https://www.healthdirect.gov.au/sleep-tips-for-children Sleep tips for Children

## Why is sleep important for my child?

All children need sleep for growth, learning and development. Getting enough sleep is vital for your child's physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Having a good night's sleep can help your child be happier, helps them to concentrate and remember things and improves their behaviour.

Not having enough sleep or not sleeping well can affect how children learn and can lead to mood swings, poor growth and behaviour problems.

## How much sleep do children need?

The <u>amount of sleep</u> your child needs changes as they grow. Everyone is different, but as a guide, children need the following amounts of sleep every night:

• ages 3 to 5: 10 to 13 hours (including naps)

• ages 6 to 12: 9 to 11 hours

ages 13 to 18: 8 to 10 hours

## Tips to help children sleep well

Here are some tips to help your child <u>fall asleep</u>, stay asleep and get enough good quality sleep:

- Establish a sleep schedule: Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it even on the weekend.
- Establish a bedtime routine: Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.
- **Help your child wind down:** Children need some time to relax. Consider playing soft music or reading to them.
- Make sure the bedroom is suitable for sleep: Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.
- Avoid stimulants: Make sure your child avoids tea, coffee, chocolate and sports drinks, especially in the afternoon.
- Turn off technology: Try turning off computers, tablets and television one hour before bedtime to help your child sleep better.

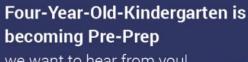
Check out the amazing artwork that our students are doing, under the very talented guidance of Cath Nunn. Parents are welcome to come and have a look at all the masterpieces.





<u>Kindness</u> <u>Cooperation</u> Resilience Respect







From 2027, families will be able to access up to 20 hours of Pre-Prep each week, as part of the Victorian Government's transition from Four-Year-Old Kindergarten to Pre-Prep

We're inviting parents, carers of young children and people planning for a family to take part in this community engagement to:

- · Share your needs to help shape how the program is delivered locally
- · Support service providers in preparing

Your input will help us better understand local needs and support the effective implementation of Pre-Prep in South Gippsland.

## KORUMBURRA

Karmai Children's Centre Wednesday 8 Octobe 4.30pm to 5.30pm

TOORA

Got questions about the Pre-Prep rollout? Our Early Years officers are here to help! Email kinder@southgippsland.vic.gov.au or call us on 5662 9200.





CHILDREN'S WEEK EVENT

## with The Flying Bookworm

## FREE

**EVENT** 



## Wednesday 22 October Meeniyan Town Hall

97 Whitelaw Street

Join in the fun and wonder of story time with outrageous fairytale stories performed by 'The Flying Bookworm'.

Choose from to

- · 10.00am to 10.45am
- 11.30am to 12.15pm

Numbers are limited, so please register your attendance via the QR code or visit

This year's Children's Week theme is 'Everyone should know about children's rights'. To learn more about Children's Week 2025 please visit: www.vic.gov.au/childrens-week





Corner Inlet Dolphins Swimming Club

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## **ENERGY ASSISTANCE PROGRAM**

Free help with your energy bills

Are you having difficulties paying your energy bill? We can help you with:



















Translating and This program is support by the Victorian State Government





anglicarevic.org.au



## What I wish every parent knew about Online Safety

Communities For Children Frankston Community Workshop Series is designed for local parents/carers, volunteers and staff working or living with children, who are seeking information and practical strategies.

Facilitated by Kristi McVee from CAPE

This practical presentation is all about Online Safety. Kristi brings raw frontline insight to her presentations, leaving audiences informed, empowered, and ready to take action.

This free, online workshop will cover:

- . The 4 most common types of online exploitation
- · Red flags and warning signs of online grooming
- Who is most at risk and what do predators
- How to have open and honest conversations with kids about online safety
- · Resources you need in your tool kit

DATE: Thursday 27th November 2025

7.00pm - 8.30pm

WHERE: Online event via Zoom webinar

SCAN TO REGISTER:



For questions contact Sally McIntyre at cfc\_southern@anglicarevic.org.au



Resilience **Kindness** Cooperation Respect





## TARWIN LOWER PRIMARY SCHOOL UNIFORM ORDER SHEET

Samples of uniforms are available in the office.

Payment in full must be received before uniforms can be taken

Friday

**DUE DATE FOR ORDERS**Friday 24th October 2025

Payment in full must be received before	uniforms can be taken					Friday 24th October 2025						
FAMILY NAME:												
CONTACT PHONE NUMBER:												
ITEM DESCRIPTION	PRICE	SIZE	SIZE	SIZE	SIZE	SIZE	SIZE	SIZE	SIZE	TOTAL	TOTAL	
		4	6	8	10	12	14	16		QTY	COST	
Polo Shirt - Short Sleeve with logo	\$ 25.00											
Top - Windcheater with logo	\$ 21.00											
Top - Microfibre Sports Jacket with logo	\$ 38.00											
Top - Polar Fleece Jacket with logo	\$ 30.00											
Dress - Blue Checked	\$ 21.00											
Shorts - Microfibre	\$ 14.00											
Shorts - Mesh	\$ 12.00											
Shorts - Cargo	\$ 19.00											
Skort	\$ 21.00											
Pants - Cargo	\$ 23.00											
Track Pants - Straight Leg	\$ 19.00											
Track Pants - Cuffed Leg	\$ 19.00											
Track Pants - Straight Leg Double Knee	\$ 21.00											
Track Pants - Cuffed Leg Double Knee	\$ 21.00											
School Beanies	\$ 16.00											
Hat - Cargo (Slouch) S / M / L	\$ 10.00											
	SIZE 12	SIZE 14	SIZE 16	SIZE Sml	SIZE Med		SIZE	SIZE				
Grade 6 Polo Shirts	\$45.00											
TOTAL \$								\$				
OFFICE USE:	TAKEN	PAID	CASH	D/D	c/c	C21	ent	C21	rcpt			
								Updated 13/08/2024				