

# Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School

Small School, Big Opportunities

6th March 2025

Newsletter No. 3

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

This term is over halfway through! We have had a fantastic week of uninterrupted learning at TLPS. Students and teachers are going well and the swimming program is almost complete. We all get a well-timed long weekend to charge the batteries before a strong last few weeks before term one holidays.

### 100 Years of TLPS

Our School Council President, Vanessa Fisher, has been busy organising fundraisers and potential events to celebrate 100 years of Tarwin Lower Primary School in term 4 this year. If you're willing to help in any way, please contact the school with details of your strengths and availability. If there is enough interest, we'd love to form a subcommittee to ensure this is a successful event. Many hands make light work, and the centenary is a wonderful occasion worth celebrating.

This is also a great opportunity to engage with the local community, reconnect with former students, and hear their cherished memories. As more details emerge, please pass them on to any past students and staff you're in contact with and encourage them to attend.

### Public Holiday

A reminder that Monday is the Labour Day public holiday. Enjoy a safe and relaxing long weekend—perhaps dust off a board game and enjoy some family time with your fantastic children. Speaking from my own experience as a parent of four, I know how quickly they grow up, and taking time to appreciate them now is so important.

### NAPLAN Testing

As we approach NAPLAN testing for our Year 3 and 5 students, we want to reassure you that this is just one of many ways we assess student progress. NAPLAN provides valuable insights into literacy and numeracy skills, helping us identify strengths and areas for growth—not just for your child but for the school as well. While we encourage students to do their best, we remind them that these tests do not define their abilities or potential.

A good night's sleep, a healthy breakfast, and a positive mindset will help set them up for success. If you have any questions or concerns, don't hesitate to reach out.

### NAPLAN Testing Schedule:

- **Writing** – Wednesday, 12th March @ 9:30 am
- **Reading** – Thursday, 13th March @ 9:30 am
- **Conventions of Language** – Monday, 17th March @ 9:30 am
- **Numeracy** – Tuesday, 18th March @ 9:30 am

If students are unable to attend on these specified days, we have the opportunity to arrange **catch-up sessions**.

### Swimming Feedback

As we had to change venues for swimming lessons this year, we'd love to hear your feedback. Parents, students, and teachers are invited to share their thoughts via the short feedback form linked below. If you have a hard copy, you can scan the QR code with your phone. If you need any assistance, please contact the office.

Toora Pool Swimming Feedback form

<https://docs.google.com/forms/d/e/1FAIpQLSfjRlYpFf3JyIHsFZ5tS45ZHlMQUNXotf8DxSry8KKLQO7RHg/viewform?usp=dialog>



Warm Regards,

Greg Eddy

Acting Principal

Enjoy the long weekend, and see you all on Tuesday!



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

Kindness

Cooperation

Resilience

Respect

**2025- DATES TO REMEMBER**

Friday 7th March	Book Club orders due
Monday 10th March	Labour Day Public Holiday
Wednesday 12 March	Preps commence full week of school - begin attending on Wednesdays.
Wednesday 12 March	Swimming Program day 5
Monday 17th March	Parent Teacher Interviews
Friday 21st March	Waratah Athletics
Tuesday 25th March	School Council & Elections
Wednesday 2nd April	District Athletics
Friday 4th April	Last Day of Term 1
Monday 21st April	Easter Monday Public Holiday
Tuesday 22nd April	First Day of Term 2
Friday 25th April	ANZAC Day public holiday

**School Council Elections**

At our first School Council for the year, we opened up nominations for School Councillors.

Please consider joining School Council. There are only 8 meetings per year (2 each term). We now have School Council meetings at 4.00 pm. This has been well received by our existing School Councillors as the earlier time doesn't interfere with meal times and other commitments.

Self nomination forms are available in the office.

**Book Club**

Book club order forms were sent home last week. Orders are due this Friday. You can send cash and your order form in to the office or you can order online with your credit card using Scholastic's LOOP system.

**Art Room Requests**

We are very lucky to have Cath Nunn teaching art to our students. She has some wonderful projects planned and requires some donations from families. Could you please send in the following if you have them:

- Clean 2 litre white milk containers
- Clean ice-cream containers
- Egg cartons

Thank you.

**Parent Teacher Interviews**

Parent Teacher Interviews are scheduled for Monday 17th March from 2.00pm to 5.00pm.

Bookings for the interviews can be made on Compass.

If you have difficulty booking or you need to arrange a meeting at an alternate day and time, please contact the office and we can assist you.

**Account Name:**

**Tarwin Lower Primary School Council  
Operating Account**

**BSB: 063000**

**ACC: 14191631**

**Happy Birthday**

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

- **Maddie**
- **The wonderful Sue**
- **Ivy**





## School Car Park

As you will all be aware, our car park was revamped late last year in an effort to streamline traffic flow and minimise the risk to our students.

It has been brought to our attention that some families are parking in the 'drop and go' area. This creates a bit of a log jam for through traffic. If you are planning to get out of your car, could you please park over to the right side in the long term parking area.

And thank you to families for keeping the bus lane free of parked cars.

## Information Update

Prior to the start of this school year a 'Student Enrolment Information Form' was sent to your email. This form contains all the information we have regarding your child/ren and family. Please take the time to read through this and if there are changes, please inform us as soon as possible, via email, by printing the form and returning it, or coming in person. It is important that we have up to date, correct information for emergencies and for our data and funding.

## Look who popped in...

This morning we had a surprise visit from Ms Bernaldo. Jaria taught at Tarwin Lower in 2023 and was very excitedly received by our students. Jaria and her partner Joel are leaving on the weekend to go teaching in Vietnam for 1 - 2 years. We wish them both every success in their travels.



## CSEF Reminder

If you are the holder of a current Centrelink Card, you may be eligible for the Camps, Sports and Excursion Fund. This is a payment of \$154.00 per student for camps, sports and excursions. Families who have claimed in the previous year will have their applications rolled over. New eligible families need to fill in an application form available from the office. Applications must be received before 4th July.

## Easter Raffle

Our fundraising parents have organised to have an Easter Raffle this year. Vanessa has managed to secure some wonderful prize donations, but as it's an Easter Raffle we, of course, need chocolate!

We are asking all families to donate something to the Easter Raffle and we will make up hampers. This can be in the form of Easter Eggs or anything else that is associated with Easter.

Please send your donations in to the office as soon as possible so we can get the raffle up and running.

Raffle tickets will be sent home soon to each family. Please try to sell as many as possible to family and friends.

We are also looking for volunteers to sell raffle tickets outside the supermarket and the hardware store. If you can donate some time, please see Vanessa or Lindy in the office.





## The Zones of Regulation

<https://zonesofregulation.com/how-it-works/>

This week in Wellbeing sessions, students are learning and revising The Zones of Regulation.

The Zones of Regulation is a conceptual framework used to teach students self-regulation. It helps students to recognise and communicate how they are feeling in a safe, non-judgemental way. It allows students to tap into strategies or tools to help them move between Zones. The Zones are represented by four colours:

**The Blue Zone** is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, hurt, lonely, or bored. This is when one's body and/or brain is moving slowly or sluggishly.

**The Green Zone** is used to describe a calm, alert state. A person may be described as calm, happy, focused, or content when in the Green Zone. The nervous system feels safe, organised and connected in the Green Zone, helping us be primed to learn. However, we can learn in other Zones too.

**The Yellow Zone** is also used to describe a heightened state of alertness; however, a person has some control when in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, overwhelm, and many more slightly elevated emotions and states when in the Yellow Zone. The Yellow Zone is starting to feel less in control.

**The Red Zone** is used to describe a state of extremely high energy and intense, overwhelming feelings that are harder to control. A person may feel anger, rage, devastated, panicked, or terrified when in the Red Zone.

In class, students have a Zones Indicator for them to identify what zone they might be in and will have a list of strategies to use to move between the Zones and out of the unwanted Zones.



## THE ZONES OF REGULATION®

Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Taking/Being Out of Control Need Time and Space

Kindness

Cooperation

Resilience

Respect



6th February 2025

# UNDER 10s FOOTY

Come and join the Tarwin Sharks!

An inclusive and family oriented club, we encourage you to bring a friend and come and play!

Contact Tom Williamson  
0438 083 588



## Lunch orders Menu

Lunch orders must be handed in on Wednesday mornings

### \$5.00 lunch deal

### \$7.00 lunch deal

Chicken and lettuce sandwich

Pizza

Cheese sandwich

Pie

Ham and cheese sandwich

Sausage Roll

Boston Scroll

Ham and Salad Roll

3 x Steamed Dim Sims

All \$5.00 orders come with a juice box

All \$7.00 orders come with a juice box

OR Big M Chocolate or Strawberry

Kindness

Cooperation

Resilience

Respect



## From the Chaplain...



How time flies when you are having fun, goes the old saying! I can't believe that we are now more than halfway through the term.

It has been wonderful to see how well our new students have settled into our school community. We continue to provide breakfast club a couple of days a week and have changed the menu a little for this year. Spaghetti and jam jaffles were a hit and our students love their milk drink before school. Banana bread is always well received and kept for special occasions. We have a limited supply of non-perishable groceries for families who are experiencing financial hardship. Please let the school know if you would benefit from a grocery hamper and I will organize it for you as soon as I can.

Recently we received some donated goods for our students - some wooden 'bunnies' for them to decorate and also some scrapbooking materials. (See photos attached) The junior students are also in for a real treat in a couple of weeks, but I won't ruin the surprise!

Ladies I would like to recommend the 'South Gippsland Go Girls' program to you. The aim of the program is 'women helping women find focus, direction and independence.'

The programme is provided free of charge and I highly recommend it to you. I completed this program last year and found it very helpful in making new goals for myself and growing in confidence.

There will be an information session held on Friday August the 29th in Wonthaggi so please put the date in your diaries. You can contact them before this though if you want further information. See the brochure attached. There is also a free counselling service available in our area and I've provided contact details for this as well. This service can meet with children over five years old.

Here to chat and support where I can. Sue



Kindness

Cooperation

Resilience

Respect



### Other available supports

If you require immediate assistance please call Police on 000

The Orange Door - 1800 319 354

Life Line —13 11 16

Kids Help Line—1800 551 800

1800 Respect—1800 737 732



"GPHN Counseling program acknowledges funding through Gippsland Primary Health Network from the Australian Government Department of Health and Aging"

### About Uniting

Uniting has stood with local communities in Victoria and Tasmania for more than 100 years, delivering services to people of all ages.

We work in solidarity with Aboriginal and Torres Strait Islander people as Australia's First Peoples and as the traditional owners of this land.

We celebrate diversity and value the lived experience of people of every ethnicity, faith, age, disability, culture, language, gender identity, sex and sexual orientation. We welcome lesbian, gay, bisexual, transgender, gender diverse and non-binary, intersex and queer (LGBTIQ+) people at our services. We pledge to provide inclusive and non-discriminatory services

### Locations

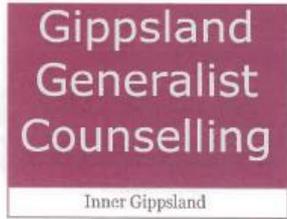
- 3 Church St, Leongatha 3953
- 25-27 Rintoull, Morwell 3840

### Get in Touch

T (03) 5662 5150

E [gippsland.counselling@vt.uniting.org](mailto:gippsland.counselling@vt.uniting.org)

[unitingvictas.org.au](http://unitingvictas.org.au)



**Free and confidential counselling**

**Uniting**

**Our FREE generalist counselling services offer support to talk through your worries and work towards your goals.**

**We work with you to draw on your own resources, resolve problems and explore options to make life choices clearer for you.**

### Why come to counselling?

Our services aims to provide counselling to young people and adults with concerns or issues relating to;

- Depression and/or anxiety
- Grief and loss
- Family relationships
- Separation
- Stress
- Family violence
- School or work related issues
- Parenting
- Bullying
- Gambling issues
- Drug and/or alcohol use

### Generalist counselling can help with;

- Anxiety and depression management
- Communicate more effectively
- Enhance self esteem and goal development
- Behavioural changes
- Find alternative coping strategies for stress
- Take control of your life
- Provide a safe, non-judgmental space to talk about what is troubling you

### Who can access the service?

We are a FREE, not-for-profit organisation with experienced, male and female counsellors, who can see adults and children above the age of 5 years old, for a broad range of issues in their lives.

### How to access the service?

- Individuals/couples/families can self-refer to our counselling service by contacting 03 5662 5150
- Referrals can also be made by GPs, mental health practitioner or any other supporting organisations by phoning **03 5662 5150** or by email [gippsland.counselling@vt.uniting.org](mailto:gippsland.counselling@vt.uniting.org)
- Appointments can be made at our **Leongatha** or **Morwell** office
- Appointments can be face to face, via phone or telehealth

### Privacy and Confidentiality

Everything that you discuss with a counsellor is confidential, unless concerns for your or someone else's safety is evident.



# Maternal and Child Health in Tarwin Lower



South Gippsland Shire Council's Maternal and Child Health team are coming to Tarwin Lower.

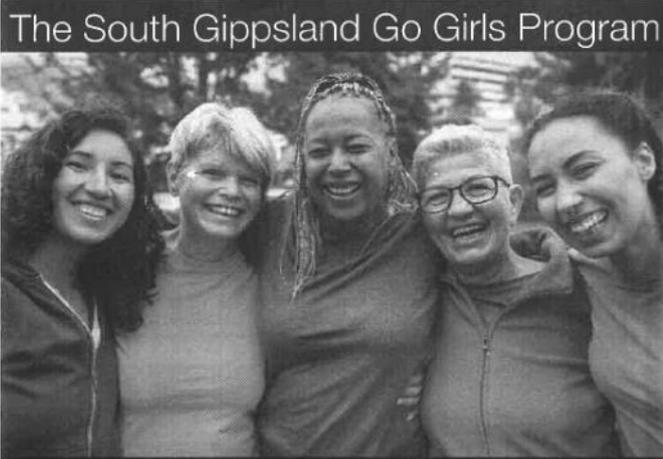
### Here are the details:

- Thursday 13 March from 9.00am to 12.30pm.
- Thursday 17 April from 8.30am to 12.30pm.
- Thursday 15 May from 9.00am to 12.30pm.

To book an appointment, please call us on 5662 9294.



**The South Gippsland Go Girls Program**



**Women Helping Women**  
Find focus, direction and independence

*"Go Girls has given me direction, purpose and so much knowledge to help me improve myself and my life. I have just felt so loved, held & listened to."*  
Heidi, Warragul

Do you want to feel empowered?  
Do you want to take control of your future?  
Together, with your new friends, let's discover your dreams

You can be part of a fully funded, women's only program based in Bass Coast/South Gippsland area

All meals and transport are provided  
In a safe environment, explore your future and plan ahead  
Women of all ages are welcome

**Information Session: Friday, August 29<sup>th</sup> 2025**  
Venue to be advised

To find out more or to register for the program call:  
Michelle Maughan Go Girls on 0401 993 541 | michelle@gogirls.org.au  
OR Rita Bottomley Go Girls on 0413 810 700 | rita@gogirls.org.au  
[www.gogirls.org.au](http://www.gogirls.org.au)



Lots of fun at Toora Pool for our swimming program!

