Tarwin Lower Primary Newsletter

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



10th September 2025

Newsletter No. 13

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

Dear Families,

On Thursday we will be celebrating **RUOK? Day**. This day is important for both children and adults. Think of the day, as up-skilling yourself to be able to support friends and family – and then using these skills everyday for the rest of the year.

Why have this day?

3 in 4 Australians agree it is important to ask people regularly if they are OK, any day of the year

1 in 3 Australians have been asking others if they were ok more often over the last year

1 in 3 Australians might hesitate to ask someone if they're OK, even when they feel someone is struggling.

Main hesitations to asking

- ♦ Fear of invading someone's privacy
- Don't want to say the wrong things and make it worse
- ♦ Don't want to embarrass them or make them feel judged
- ♦ Worried about their reaction they might get upset or defensive
- ♦ Want to help them but don't know how to solve the problem
- ◆ Lack of confidence that their actions would improve the situation

This day is to give everyone the confidence to ask, "R U OK?" every day of the year.

How to have an R U OK? Conversation.

Remember **ALEC**

Ask

- How are you going?
- Is there something on your mind?
- You don't seem yourself lately want to talk about it?
- I know things have been hard lately. How are you feeling?

Listen

- I'm here to listen
- Take your time
- Tell me more about ...
- How does that make you feel?

Encourage Action

- What do you think is a first step that might help you?
- What has helped you with this in the past?
- Have you spoken to your doctor about this?
- How can I support you?

Check in

- Just wanted to check in and see how you're doing
- Have things improved for you since our last chat?
- Is there anything you wanted to chat further about?
- Have you taken those first steps?

Who will YOU ask?

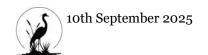




Warm Regards, Jennifer Cox Principal



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



2025- DATES TO REMEMBER	
TERM 3	
Thursday 11th September	District Athletics
Thursday 11th September	R U OK? Day. Students wear something yellow.
Friday 12th September	Maths Compass Comment
Thursday 18th September	Yr 2-6 Sleepover
Friday 19th September	Last day of school— Yr P-1 students finish 2.20pm
TERM 4	
Monday 6th October	First day of Term 4
Friday 10th October	Topic Compass Comment
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	Melb Cup Public Holiday
Friday 7th November	Maths Compass Comment
Friday 14th November	Reading Compass Comment
Wed 19th Nov - Thu 18th Nov	Life Ed Visit—All grades
Wednesday 10th December	Reports Home
Thursday 11th December	School Concert
Friday 12th December	School Excursion
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





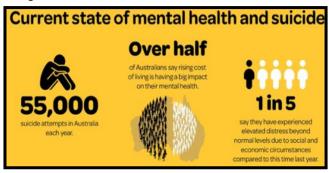


Our Amazing
Junior Grade



Thursday 11th Sept is R U OK? Day.

For students, learning how to support their peers and talk about how they feel is an important life lesson, so where better to start than in the classroom? On this day students can come to school in yellow, it might be a yellow tshirt or a yellow hair tie. They will then complete learning to help our students start a conversation.





School Sleepover

There will be a sleepover at school on Thursday 18th September for students in Grades 2 to 6.

Cost for the sleepover is \$20.00. Payment and permission can be done through Compass. SSB and CSEF credits can be used for this event.

Students will go home for an early dinner and return to school at 6.30pm. Students can wear casual clothing and need to bring the following;

- Sleeping bag
- ♦ Pillow
- ♦ Mattress
- ♦ Pyjamas
- ♦ Toiletries toothbrush, toothpaste, hairbrush

Pick up time on Friday is 8.00am. These students can then stay at home for the rest of the day.

Only students in Grade Prep and 1 will be at school on Friday.

Camps

We have 2 camps happening at the same time at the end of October.

Forest Lodge Camp - 29th - 31st October

This camp is for students in Grades 3 & 4. The cost for this camp is \$350.00 per student. A packing list, camp info and medical form will be sent home before the camp. Payment and permission can be done through Compass. Please note that most families have School Saving Bonus money sitting in their accounts and this can be used to pay for this camp. Additionally, some families have CSEF money available for the camp as well.

Please contact the office on Tuesdays, Wednesdays or Thursdays to find out your balance of SSB.

Melbourne Doxa Camp - 27th - 31st October

This camp is for students in Grades 5 & 6. Please note that this camp is for 5 days/4 nights. This camp is heavily subsidized by the Doxa Youth Foundation, so the cost for this camp is \$150.00 per student. A packing list, camp info and medical form will be sent home before the camp. Please refer to the above note for using your SSB or CSEF credits in your account.

**Please ensure all medical and medication forms are up to date before the camp. If you have any queries, please contact the office.

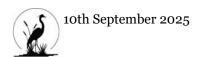


Account Name:

Tarwin Lower Primary School Council
Operating Account

BSB: 063000

ACC: 14191631



Uniforms

Affected families have been notified that there has been a hold up with delivery of our uniform orders. There is now a small possibility that they will be delivered this term. Families will be notified as soon as we receive them. Keep your fingers crossed!

Middle Grade Reward

Students in the middle grade earned a whole class reward and chose to come to school in their pyjamas and watch a movie. They look very relaxed!





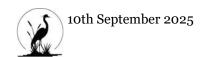






Starting in Term 4 - 6 Nuggets & Drink for \$7.00

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 Ham and Salad Roll **Boston Scroll** 4 Chicken Nuggets 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



Respectful Relationships

Help Seeking

At primary school, children begin to learn the foundations of respectful relationships—understanding empathy, kindness, fairness, and how to communicate their feelings in a healthy way.

As part of this, we also teach the importance of *help-seeking through our Respectful Relationships curriculum*—encouraging students to speak up when they feel unsafe, confused, or need support. Whether it's asking a teacher for help, talking to a trusted adult, or supporting a friend to do the same, learning when and how to seek help is a key skill in building safe, respectful relationships that will support them throughout life.

To build confidence in these skills, children practise through role play, acting out scenarios where they might need to ask for help or support a friend. This helps them develop the language and confidence to respond appropriately in everyday situations.

What you can do:

- ♦ Families can support their child/ren in help-seeking by creating a safe and open environment where the child feels comfortable expressing their feelings and concerns.
- ♦ Listen actively without judgment, encourage honesty, and validate your child's emotions.
- ♦ Offer guidance on how to identify trustworthy people to talk to, such as teachers, counsellors, can empower your child to reach out.
- Additionally, family members can model help-seeking behaviour themselves and reinforce that asking for help is a sign of strength, not weakness.





How to stay connected and Have a conversation using these 4 steps

Start by asking, 'are you OK?'

ask R U OK? Any Day

Yes,

l'm fine.

"It's just that you don't seem to be your usual self lately."

"What's been happening?"

Dig a bit deeper:

You don't seem yourself lately – want to talk about it?

Howare you travelling? **Ask R U OK?**

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says they're not: **But your gut**

"I'm always here if you want to chat."

> way for a while?" 'Have you been feel

> > Have you been feeling this way for a while?

l'mheretolisten if you want to talk more.

Listen

,

"Is there someone else you'd rather talk to?"

"I'm ready to listen i you want to talk."

Encourage action and offer support

'Have you thought about seeing your doctor?" "How can I help?"

Make time to check in

Havethings improved for you since our last chat?

Just want ed to check in and see howyou're doing?

"Let's chat again next week."



ruok.org.au

Listen with an open mind

Have you spoken to your doctor about this?

What do you think is a first step that might help you?

Encourage action

"What would help take the pressure off?"

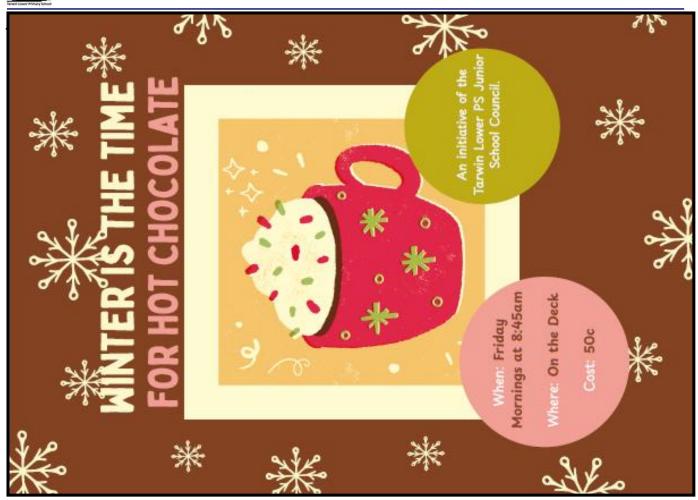


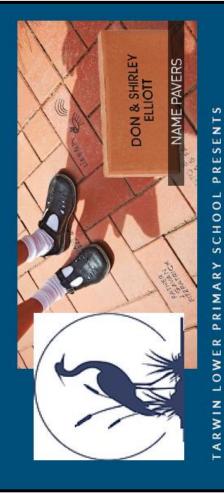
Check in

Learn more at ruok.org.au

Kindness Resilience Cooperation Respect







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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 7th 2025

Paver size 230 x 115 x 50mm Max 16 characters per line Contact Tarwin Primary 56 635 263 or



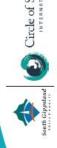
Vanessa 0434 552 776 for cash sales. 3 lines per paver.

Kindness Resilience Cooperation Respect



You're Invited!

Circle of SecurityTM Parenting Program



Circle of Security

SPONGE CAKEL S WARKE

AND TASTE SOME TOO



ocation: Leongatha Early Learning Centre 13 Symmons Street,



Meeniyan CWA presents

SPONGE CAKE,

15th September 2025

DEMONSTRATION & IT'S VARIANTS

MEENIAYN HALL SUPPER ROOM **2434 552 776 FOR ANY QUERIES** 9AM FOR A 9.30AM START

THE TIPS &TRICKS TO MAKING

A FLUFFY SPONGE CAKE.

COME ALONG & LEARN ALL

Please note this Program is for parents only. However, babies under

4 months are welcome.

This course is completely FREE of charge – materials all

provided

Start Date. Wednesday 8 October - runs for 8 weeks

ime: 10.00am to 11.30am

eongatha

RSVP Monday 24 September

To RSVP please scan the QR code or contact Maternal Child Health on 5662 9294 or email nch@southgippsland.vic.gov.au For more information please visit: circleofsecurityinternational.com

Kindness Resilience Cooperation Respect

program supports stronger, more secure parent-child relationships. The focus of this emotional needs and deepen your connection. Based on decades of research, this

Program is for parents with children from 0 to 5 years.

Understand and respond to their emotional needs.

Strengthen the bond with your child.

THE PROGRAM WILL HELP YOU:

Build your child's self-esteem and security

Boost your confidence and joy in parenting.

Support emotional development.

The Circle of Security" Parenting Program helps you make sense of your child's

At times, all parents feel lost... Imagine what it might feel like to truly

understand what your child is asking from you.