

Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School

Small School, Big Opportunities

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?

**IT'S GREAT IF
YOU'RE NOT LATE**

**IT'S NOT OK
TO BE AWAY**

Warm Regards,
Jennifer Cox
Principal



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

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



Kindness



Cooperation



Resilience

Our Amazing
Junior Grade

Respect



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.



Useful contacts			
If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).			
Lifeline (24/7) 13 11 14 lifeline.org.au	Mensline 1300 78 99 78 mensline.org.au	QLife 1800 184 527 qlife.org.au	National Debt Helpline 1800 007 007 ndh.org.au
13 YARN (24/7) 13 92 76 13yarn.org.au	headspace 1800 650 890 headspace.org.au	Beyond Blue (24/7) 1300 224 636 beyondblue.org.au	1800RESPECT (24/7) 1800 737 732 1800respect.org.au
Kids Helpline (24/7) 1800 55 1800 kidshelpline.com.au	Medicare Mental Health 1800 595 212 medicarementalhealth.gov.au	Open Arms (24/7) 1800 011 046 openarms.gov.au	Suicide Call Back Service (24/7) 1300 659 467 suicidecallbackservice.org.au

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
Boston Scroll	Ham and Salad Roll
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 <u>OR</u> 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.



Kindness

Cooperation

Resilience

Respect

How to stay connected and ask RUOK? Any Day

Start by asking, 'are you OK?'



Listen with an open mind

Encourage action and offer support

"How can I help?"
 "Have you thought about seeing your doctor?"
 "What would help take the pressure off?"

Make time to check in

"Let's chat again next week."

Ask RUOK? ANY DAY

ruok.org.au

Ask RUOK? ANY DAY

Have a conversation using these 4 steps

1

How are you travelling?
 You don't seem yourself lately - want to talk about it?

Ask RUOK?

2

I'm here to listen if you want to talk more.
 Have you been feeling this way for a while?

Listen

3

What do you think is a first step that might help you?
 Have you spoken to your doctor about this?

Encourage action

4

Just wanted to check in and see how you're doing?
 Have things improved for you since our last chat?

Check in



Learn more at ruok.org.au



10th September 2025

**WINTER IS THE TIME
FOR HOT CHOCOLATE**



An initiative of the
Tarwin Lower PS Junior
School Council.

When: Friday
Mornings at 8:45am

Where: On the Deck

Cost: 50c



TARWIN LOWER PRIMARY SCHOOL PRESENTS

CENTENARY 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 7th 2025

Paver size 230 x 115 x 50mm
Max 16 characters per line
3 lines per paver.

Contact Tarwin Primary 56 635 263 or
Vanessa 0434 552 776 for cash sales.



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10th September 2025

LET'S MAKE SPONGE CAKE!

AND TASTE SOME TOO



Meeniyah CWA presents

COME ALONG & LEARN ALL
THE TIPS & TRICKS TO MAKING
A FLUFFY SPONGE CAKE.

9AM FOR A 9.30AM START
MEENIYAH HALL SUPPER ROOM
0434 552 776 FOR ANY QUERIES

SPONGE CAKE,
& IT'S VARIANTS,
DEMONSTRATION

15th September 2025

You're Invited!

Circle of Security™ Parenting Program



At times, all parents feel lost... Imagine what it might feel like to truly understand what your child is asking from you.

The Circle of Security™ Parenting Program helps you make sense of your child's emotional needs and deepen your connection. Based on decades of research, this program supports stronger, more secure parent-child relationships. The focus of this Program is for parents with children from 0 to 5 years.

THE PROGRAM WILL HELP YOU:

- Strengthen the bond with your child.
- Understand and respond to their emotional needs.
- Build your child's self-esteem and security.
- Support emotional development.
- Boost your confidence and joy in parenting.

Location: Leongatha Early Learning Centre 13 Symmons Street, Leongatha

Time: 10.00am to 11.30am

Start Date: Wednesday 8 October – runs for 8 weeks

RSVP: Monday 24 September

This course is completely FREE of charge – materials all provided

Please note this Program is for parents only. However, babies under 4 months are welcome.



To RSVP please scan the QR code or contact
Maternal Child Health on 5662 9294 or email
mch@southgippsland.vic.gov.au

For more information please visit: circleofsecurityinternational.com



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