

# Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School

Small School, Big Opportunities

12th October 2022

Newsletter No. 13

Dear Families,

Welcome back to school and our last term for 2022! This is a long term with plenty of things happening, so please have a look at the calendar and keep up to date on Compass.

Last year there was a survey put out to families that gauged interest in having an Out of School Hours Care provider at school. Many families expressed an interest, and therefore the school went ahead with the grant.

Unfortunately, there has not been the up-take that was expected, and now our school service is temporarily closed. We need to fight to keep this service running, as a grant for OSHC will not occur again, it was a once in a lifetime offer. The only way it will stay running is with usage from our families. We need to increase the support to keep this service operating for next year and beyond.

A questionnaire has been sent home today to each family. Please return to school ASAP, and it will be discussed at the next School Council Meeting.

Other things to note in the newsletter is;

- Camp Rumbug—money and forms are due today
- Changes to the COVID requirements
- Junior Athletics Day

Warm Regards,  
*Jennifer Cox*

## Graham Update

He is still attending two days a week. Next week, he will be here on Monday and Tuesday. Hopefully he won't be too tired out with two days in row!

He has just turned four months and is continuing to grow. He puts on at least a kilogram in weight a week!

He enjoyed his school holidays and had a sleepover with his friend Alice (who is a kelpie). He also got into mischief and dug a hole—but looked very innocent about it!

He is enjoying spending time in the classrooms. The senior students are terrific and are remembering to not leave things on the floor, as Graham will try to eat it. He did chop on a jigsaw piece the other day before school—oops!

The best bit of news is that he wasn't car sick in my car again on the way to school this week! I really did appreciate it, not my favourite way to start the school day :)





## Change of Bank Account

### The school bank account has changed.

Due to requirements from the State Government and the Department of Education, all schools and Government entities must now bank with Commonwealth, Westpac or NAB. As our school currently banks with Bendigo, we have been working towards changing banks.

From now on, our school will bank with the Commonwealth Bank. We will be phasing in the new bank account and keeping our old Bendigo account open until all transactions have stopped, so don't worry if you accidentally send money to the wrong account, we will still get it.

However, we would appreciate all parents updating their banking apps to reflect the new bank account as soon as possible. Please see the details below:

**Account Name:**  
**Tarwin Lower Primary School  
Council Operating Account**  
**BSB: 063000**  
**ACC: 14191631**

## Camp Rumbug 9 - 11 November 2022

Permission forms for Camp Rumbug for grades 3 & 4 students are available on Compass. Additional medical information forms and packing lists have been sent home with each child.

The cost for Camp Rumbug will be **\$280.00 per student**. If you have CSEF you can use it for this event. If you need to know your balance, contact Lindy in the office (Tues, Wed, Thurs).

Please return your forms as soon as possible so we can finalise numbers attending.



## Tarwin District Auto Festival



Volunteers are needed for the school stall at the festival. We will be selling seedlings and showbags. Please let us know if you are able to volunteer your time. The more volunteers we have, the less time you will need to volunteer.

Date—Sunday 30th October

Time— 9.30am-3.30pm

### Policies

The following policies have recently been updated and are available on our website:

- Asthma
- Personal Property



### Tate

Congratulations to Tate on his great achievement in the divisional athletics. He came third in the hurdles, jumping about 1.20 metres!



### School Driveway

We would like to remind all visitors to the school to park their cars on the grass area and not on the driveway.

Cars on the driveway make it difficult for the bus to get through and also cause congestion that could lead to safety issues for our students.

### School Supervision Times

Reminder to families that students are supervised at school between the hours of 8.45am and 3.30pm. If you require your child to be at school outside of these times, please arrange Out of School Hours Care with Theircare.



### Mobile Phones and Digital Devices

Mobile phones and other digital devices, including smart watches and devices that take photos or connect to the internet should not be brought to school. If a student needs to bring a device it must be handed to the office where it will be stored securely until after school. This is a directive from the Education Department.



## 2023 Prep Students

If you know of any families in the area who might be wishing to enroll their child in Prep for 2023, please advise them to contact the school.

We can conduct personal tours, provide enrolment forms and answer any questions they might have.

## Changes to COVID Requirements

You may be aware that the Victorian Government has announced changes to the COVID-19 isolation requirements.

This means that from 11.59pm on Wednesday 12 October, the mandatory orders around isolation for people with COVID-19 have ended and instead we move to health advice and recommendations for people with COVID-19 or COVID-19-like symptoms.

Our school will continue to adhere to the Department of Health's recommendations to ensure that our school remains a safe environment for our staff and students.

The Department of Health **strongly recommends** that students and school staff:

- who test positive to COVID-19 stay home and isolate for 5 days and do not attend school after 5 days if they are still symptomatic
- who are symptomatic but have not tested positive not attend school. This does not include students with pre-existing conditions such as hay fever.

Parents and carers are recommended to continue to report their child having COVID-19 to both the school and the Department of Health.

We will, however, no longer report occurrences of positive cases to the school community.

We ask parents and carers to continue to remain vigilant in preventing COVID-19 transmission. Any student who is unwell should continue to remain at home. This is about keeping students healthy and well in our school and reducing the spread of both COVID-19 and other respiratory diseases.

Free rapid antigen tests are available at the school for those who need them.

Parents and carers will be contacted if their child shows symptoms while at school.

Students who wish to wear a mask should continue to do so.

To keep our school as safe as possible, we will also continue to use air purifiers and other COVID-19 prevention measures.

Thanks for your continued efforts to keep our school community safe and well.

## Attendance superstars

Congratulations to the following students who attended 95% or more in Term 3:

- William
- Blake
- Olivia M
- Zander
- Kai
- Dylan
- Ash
- Joh



## Special Persons Barbeque

What a great way to finish off the term. It was wonderful to see so many 'special people'. Thanks to all those who helped, including Gonzalo from our Out of School Hours program.





### A word from our Chaplain...

Welcome to term 4, which promises to be a busy one for all of us. It is by far my favourite term though, even though it means we'll be saying goodbye to some students later this year, who will be moving onto Secondary College. Warmer days are coming too!

I have continued to run breakfast club two mornings a week and last Friday we ate Honey Joys, expertly made by Max, Taze and Tristan. It never ceases to amaze me how much mess you can make with so little ingredients, but I guess that is all part of the fun.

I have also continued to run a weekly lunch time craft club with anywhere between 4 and 20 + children attending. Our latest project was to finish a 'colouring by number' poster for one of our parents. Five little girls completed this project with much gusto and I was really impressed with the outcome. See photos.

It has been wonderful to watch the staff and children interact with our latest staff member Graham - our much-loved welfare dog. He is taking his duties very seriously and already we are reaping the benefits of having him as a part of our school community. Several of our students are enjoying taking him for walks around the school.

I hope to run an internet safety course for our older students this term so please let me know if you think your child would benefit. The course is run by eSafety and is very user friendly. The internet is not



going away but I believe we should take all precautions necessary to ensure that our children are kept safe and understand the dangers of giving out personal information to strangers. Please contact me via the school if you want to discuss this further or enrol your child.

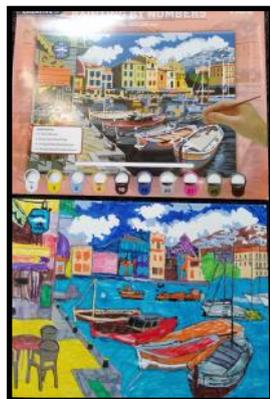
Several Calm Kids seminars are coming up on the 26th of October to 9th of November on the subjects of worry, anxiety, managing peer difficulties and dealing with frustration. I highly recommend these seminars and this resource to you. It's free for those in the Gippsland area. See the flyer at the end of the newsletter for more information.

[www.calmkidcenral.com](http://www.calmkidcenral.com)

Last term I did some research into what support services were available in our area and physically visited two of these services. The Covid years have led to a marked increase in anxiety in both adults and children, and with waiting lists being long for support services, Calm Kids is a valuable resource to use while waiting. They provide very practical steps that you can take to help your child right now, to decrease anxiety and help them to express their emotions in a healthy and safe way. Parenting has got to be one of the hardest jobs in the world and we all need a little extra support from time to time. Also, so do our children, as they grow, hit milestones such as finishing Primary School, and learn to interact with those around them. Calm Kids have some wonderful cartoons on how to make friends and deal with conflict.

As always, if you need a listening ear, please contact me through the school. I feel very privileged to be a part of this community and are here to support you if I can. If you're experiencing financial difficulty, we have food parcels available to help relieve the load. Please contact the school and we will send one home for you. I am aware that increasing costs for petrol, electricity, gas and groceries have stretched some people's budgets to breaking point. We want to help if we can and what good is community, if we fail to reach out and support each other during times of struggle, heartache, and stress.

Kind regards,  
Sue Cronk





## Corner Inlet P-2 Athletics Sports Day 2022

### Program

**Please arrive by 9:25am**

- 9:30 – 9:45 am Welcome/Briefing
- 9:45 – 12:15 pm Event Rotations
- 12:15 – 12:30 pm Assembly/ Clean Up
- 12:30 pm Students dismissed/ return to school

### School Staff

- Please note that Group Leaders are responsible for all students in their group for the entirety of the *Event Rotations* (including the break).
- Please ensure students are supervised when heading to and from toilets

### Parents/Spectators

- Please remember to sign your children out with their class teacher before taking them home.
- Please be aware of the privacy of others when taking and publishing photos.

### HELPERS NEEDED!

Please let event organisers know if you can help at activity – it would be wonderful if we had an adult stationed at each activity as students rotate through.



Please note the following information:

Venue: Toora Recreation Reserve  
 Address: Toora Jetty Road, Toora  
 Time: Please arrive by 9.25am  
 Transport: Families are responsible for bringing their child to the sports.  
 Staff: Ms Bernaldo & Mrs Cox  
 Dismissal: It is anticipated that the sports will finish approx. 12.30pm. Families who wish to take their child home after the sports are requested to speak to Ms Bernaldo or Mrs Cox to sign out before leaving.  
 Requirements: Students need to bring a drink bottle and a snack. Also wear appropriate clothing for sports.  
 Additional Info: The weather isn't looking too good for the next few days so there may be a possibility that the sports will be cancelled. A decision will be made prior to the end of the school day on Thursday to let everyone know.

**Term 3 & 4 – important dates**

|                             |  |
|-----------------------------|--|
| Thursday 13th October       | Life Education Grade 5 & 6 students                      |
| Friday 14th October         | Junior Athletics @Toora                                  |
| Monday 17th October         | South Gippsland Shire - Year 5/6 Chat about Immunisation |
| Tuesday 18th October        | School Council   |
| Sunday 30th October         | Tarwin District Auto Festival                            |
| Monday 31st October         | Curriculum Day - students do not attend                  |
| Tuesday 1st November        | Melbourne Cup Day Holiday                                |
| Wed 9th - 11th November     | Camp Rumbug - Grades 3 & 4 students                      |
| Wed 9th November            | Robotic Workshop Incursion—Years 2, 5, 6                 |
| Friday 18th November        | Kinder-Prep Transition 9-11am                            |
| Monday 21st November        | Whole School Life Saving Skills @Inverloch Beach         |
| Tuesday 22nd November       | School Council   |
| Friday 25th November        | Kinder-Prep Transition 9-11am                            |
| Thurs 1st– Fri 2nd December | Discovery Science and Technology Incursion               |
| Friday 2nd December         | Kinder-Prep Transition 9-11am                            |
| Mon 5th– Fri 9th December   | Year 5/6 Prom Camp (no charge)                           |
| Friday 9th December         | Kinder-Prep Transition 9-11am                            |
| Tuesday 13th December       | Statewide Transition Day                                 |
| Thursday 15th December      | Concert/Graduation                                       |
| Friday 16th December        | Toora Pool Fun Day                                       |
| Monday 19th December        | Curriculum Day—no students attending                     |
| Tuesday 20th December       | Cleaning Day—finish 1.20pm                               |

**Happy Birthday**

We hope you had a great time on your special day

- **Bu Beasley**
- **Marshall**
- **Dylan**
- **Zander**
- **Myai**

**Gardener Job**

Our beloved Auntie Kylie has decided to resign her position as our school gardener.

If any parent is interested in taking on the job please see Jenni or Lindy in the office.

Job Info:

- Roughly about 4 hours per week which can be worked at your discretion
- Planting and harvesting of vegetable gardens, general weeding and tidying of other school garden beds
- Looking after school chickens - including purchase of feed (costs will be reimbursed)





## The Importance of Family Meals

Sharing family meals does more than satisfy physical needs; it also fuels emotional needs and draws the family closer together. Having family meals as often as possible will help ensure that your kids grow up healthy and have strong bonds with you and each other.

### 1. Time to Catch Up

Family meals provide time for conversations and the opportunity to listen to each other. Turning off phones and the television will allow the family members to focus on each other and the conversation.

### 2. Involve the Family in Meal Preparation

Some of the best conversations will happen as you prepare the meal together and allow you to develop team skills as a family. You can also give each family member a chance to suggest or even prepare their favourite dish.



### 3. Develop a Routine

Preparing and serving meals around the same time each day helps develop a sense of routine and structure in the home.

### 4. Allow Each Member time to Talk

Ask about each members day and encourage them to speak up. They will value knowing that you are genuinely interested in them and what they have to say.

### 5. Discuss Events

Mealtimes provide a valuable opportunity for the family to discuss what is happening in your community and in the world. Give everyone a chance to share their thoughts.

### 6. Develop Good Eating Habits

Set a positive example by providing balanced meals with plenty of vegetables, fruits, whole grains, and protein. Talk about why certain foods are served and how to make healthy choices.

### 7. Improves Learning

Studies confirm that children are more likely to excel at school when they grow up in homes where family dinners are routine. It improves language skills for younger children as they talk with adults.

### 8. Improves Emotional Well-Being.

Research has also shown that children who eat with their families have significantly lower risks of depression, substance abuse, suicide, and early sexual activity.

When you keep daily communication flowing, your children are more likely to feel loved and come to you with sensitive issues.

*Acknowledgement: Pam Myers. "8 Reasons Why Sharing Family Meals is Important" in Child Development, August 2022*

## We're for girls – Girl Guides



For girls aged **6 years & over** :  
**Come and try**

Girl Guide units in Leongatha,  
Phillip Island and Wonthaggi

Girl Guides are a volunteer, world-wide  
organization for girls & women

Enabling skills in leadership, teamwork, community service, the outdoors,  
guiding traditions, craft & games

Email Girl Guides Victoria [guides@guidesvic.org.au](mailto:guides@guidesvic.org.au) or call (03) 8606 3500.



# No Scaredy Cats

**Free live ONLINE** program for parents of children aged 2 to 12

## REDUCING ANXIETY AND BUILDING RESILIENCE IN CHILDREN

### Parents will learn

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.

- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.

### Parents will receive

- A **FREE** workbook (valued at \$12) to apply the concepts learnt
- A Certificate of Completion

***Do this program LIVE FROM THE COMFORT OF YOUR OWN HOME!***  
***Or come in and do it in person***

### When?

**11:30am – 2:30pm**

Over 3 Tuesdays:

**November 29<sup>th</sup>**

**December 6<sup>th</sup>**

**December 13<sup>th</sup>, 2022**

### Cost?

**FREE**

### Get in touch

**Bookings are essential as places are limited!**

### Facilitated by:

**Mark Brookes**

Please contact:

**Uniting Gippsland**

**5662 5150**

[gippsland.leongatha.reception](mailto:gippsland.leongatha.reception@vt.uniting.org)

[@vt.uniting.org](mailto:vt.uniting.org)



SATURDAY 29<sup>th</sup> October, 2022 – 12noon – 4.00pm.  
Tractor Demonstration Only - \$5.00 entry.

### MAIN DAY

SUNDAY 30<sup>th</sup> October, 2022 - 9.30am – 3.30pm.  
Patrons: \$10.00 per adult, under 16yrs free.  
Car/bike Exhibitors: \$10.00 includes one passenger.

TARWIN LOWER RECREATIONAL RESERVE  
WALKERVILLE RD, TARWIN LOWER.

Cars, Motorcycles, Tractor Demonstrations, Trucks, Army Tank, Stationary Engines, FREE Children's Activities, Food, Market, CFA, CERT, SES Displays. Presentations 1pm to 1-30pm approx..

A Family Fun Day.

General Inquiry: Mike Gardner 0416 125 607  
Stall Inquiry: Susanne Ould 0400 579 443  
Tractor Demonstration Inquiry: John Harris 0438 635 286





Calm Kids Central Webinar Series - 3 **FREE** Parent webinars by  
Clinical Child Psychologist Kirrilie Smout

Learn to support your primary school aged child with worry, frustration, managing impulses and tricky behaviour. Zoom into 1 or all 3– 1 hr duration for FREE

1) Wednesday 26<sup>th</sup> of October 2022 at 7:30pm (AEDST) - "Calm and Confident Kids" - learn to help children with a tendency towards worry or anxiety - or who are dealing with difficult life situations.

2) Wednesday 2<sup>nd</sup> of November 2022 at 7:30pm (AEDST) - "Calm and Connected Kids" – learn to help children to develop positive friendships and manage peer difficulties which often arise in primary school.

3) Wednesday the 9<sup>th</sup> of November 2022 at 7:30pm (AEDST)- "Calm and Co-operative Kids" – learn to help children who have a tendency towards frustration, have difficulties managing impulses or feeling unco-operative.

**To register for 1 or all 3 please go to:** <https://developingminds.net.au/webinars>

\*\*\*Please register with your email, first name and postcode early as only 100 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 Developing Minds Psychology and Education Services and Calm Kid Central programs. CKC is an online program of courses to help children manage emotional health challenges. [www.calmkidcentral.com](http://www.calmkidcentral.com) (Free using FIRSTYEAR access code for families in Gippsland region Victoria and families with a Health Care Card in Adelaide Metro).

Any questions please contact Sandra on: [sandra@developingminds.net.au](mailto:sandra@developingminds.net.au)

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