

# Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School

Small School, Big Opportunities

15th June 2022

Newsletter No. 8

Dear Families,

I hope you had a lovely Queens Birthday long weekend and kept warm. The Winter Solstice is nearly upon us. On Tuesday 21<sup>st</sup> June our Earth will be at its furthest point from the sun, so it will be the shortest day of the year and the longest night.

Believe it or not, the Winter Solstice can have an impact on all aspects of well-being, from our mood to our sleep patterns. You've probably heard of the 'winter blues', as a way of describing feeling a bit 'off' during winter. But did you know there's actual science behind it?

According to research, our brains' serotonin levels are affected by exposure to daylight. So, when there's little daylight in the run-up to the Winter Solstice, our serotonin levels can drop and leave us feeling down.

If you are feeling this way, you need to find a form of self-care that is right for you. Some strategies are exercise, deep breathing, mindfulness and yoga. It is also taking the time to appreciate and enjoy a moment. It is about the quality, rather than the quantity.

It is important for your children to see you modelling pro-active behaviours to look after yourself. Children watch what we say and what we do, even when it's not directed at them.

Thankfully, it's not all bad news and there is light at the end of the tunnel! According to studies, the lack of sunlight during winter can actually make people feel more creative, productive and closer to others. Perhaps venturing outside is less desirable during the winter, so we're less distracted. Who knows?

Warm Regards,

Jennifer Cox

Principal



## Mid-Year Reports

Mid-Year reports will be published on Compass at the end of the day on Wednesday 22nd June.

Students have been undertaking assessments and reflecting on their Individual Learning Goals.

As an educator it is so rewarding to hear students talk about the progress that they have made and their future actions for their new learning and wellbeing goals. An aspiring child with a clear plan of what they need to do next is a valuable social competency for lifelong learning.

Please make the time to read the report comments and discuss the report with your young people at home. Our students have been amazing at school despite the complexities and additional challenges we are all living with.

Parent, Teacher, Student Learning Conferences will be held mid Term 3. As always, if you have any questions about the reports please contact your child's teacher.

## Rapid Antigen Tests

RATs have again been distributed to families today. If you or your family need more, please just ask, especially for the upcoming school holidays. Although



students no longer need to under-take twice weekly RATs, they are required by students who are household contacts to attend school (5 negative tests over a 7 day period) or who have symptoms.

Families must continue to notify the Department of Health and the school if their child returns a positive RAT result. Additionally, you should inform us if any of your children are household contacts.

Thank you also to all families who has got their child vaccinated. Vaccination continues to remain

Kindness

Cooperation

Resilience

Respect



the best way to protect students and staff in our school. There are two flyers in this newsletter about where to get vaccinated for either COVID or the flu.

Thank you again for your ongoing cooperation and support during this time.

## Student and Staff Leave – COVID SAFE

If your child has any symptoms, please take the time to give a RAT test. Many children are presenting at school with coughs, earaches, and blocked noses. When children are unwell, they need to be at home resting to contain the spread of winter viruses and COVID. The health system is currently overwhelmed, so as a community we need to be proactive about our physical health to minimise the chance of illnesses becoming more serious.

Please ensure the young people in your home are getting plenty of sleep (with devices out of bedrooms), plenty of water, fruit and vegetables. Sleep is becoming a major problem in our young people so we need to model and create plenty of time for restful sleep to allow their organs to refresh and their growing bodies can recover each day.

Our current staff leave school context is the same as many schools in this area, region and state. There is a shortage of 'casual relief teachers' in South Gippsland, however we are working as a team to ensure that classes are rarely split so that students have continuity of their learning program and quality supervision in the playground. My thanks to our Casual Relief Teachers for stepping into classes in recent weeks.

And a big thank you to our school staff for their adaptability each day and ensuring students feel safe and happy at school.

## Child Safe Standards Update

The Victorian Government has announced new [Child Safe Standards](#) to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

The new Child Safe Standards were reviewed by School Council at the meeting last night. These are available to view on school website. Our child safety

and wellbeing policies outline the measures and strategies we have in place to support, promote and maintain the safety and wellbeing of our students:

- ◆ [Child Safety and Wellbeing Policy](#)
- ◆ [Child Safety Code of Conduct](#)
- ◆ [Child safety Responding and Reporting Obligations Policy and Procedure](#)

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices. If you have any suggestions, comments or questions, please contact the principal.

## Year 5/6 Camps

We know that the lockdowns has meant that students have missed out on many things over the past two years, including camps.

That is why I am excited to let you know about two camps for the senior students later this year.


- Somers Camp. The cost is \$260 for 9 days. Please let the school know if your child is interested in attending. See attached in the newsletter.
- Wilson Promontory Outdoor Education Camp. 5 day camp with Toora PS and Welshpool PS in early December. There will be little to no cost for this camp.

Details about both camps will be available closer to the date.





### Term 2 – important dates

Thursday 16th June	Division Winter Sports Day
Tuesday 21st June	Winter Solstice - officially the shortest day and longest night!
Wed 22nd June	Reports published on Compass
Friday 24th June	End of Term 2—2.20pm finish
Monday 11th July	Start of Term 3
Tuesday 2nd August	School Council
Thursday 4th - 17th August	BOOKFAIR IS COMING !!! 
Wednesday 24th August	Regional Arts performance - Pinocchio

## From the office...

- If you have ordered uniforms, the order went in yesterday. I am hopeful that we will receive them early in Term 3.
- Early notice: Bookfair will be coming in August. We will have the same format as previous years. Bookfair will be here for 2 weeks and you can purchase books and other items with cash or credit card.

Bookfair visits will be as follows:

Before & After School on Monday & Friday

All day Tuesday, Wednesday & Thursday

### Happy Birthday

We hope you had a great time on your special day

- Wyatt
- Banjo
- Scarlett



## Congratulations..



to these superstars who received awards over the past couple of weeks.

Well Done!!



### School Bank Details

ACC NAME: Tarwin Lower Primary School  
 BSB: 633108  
 ACC: 151500626





Majeeda Beatty



Murri Island Girl



## District Winter Sports



Last Wednesday Raff, Marshall and Ashlyn competed in the District Winter Sports in Netball and Football.

Well done on a great effort from all of you.

Thanks to Tracey Robertson for the photos.







15th June 2022

## ENCHANTED FOREST OF PROTECTION

### COVID-19 vaccinations for children are available

Your local community has upcoming COVID-19 vaccination clinics at:

#### Cowes Primary School

Where: 117 Settlement Rd, Cowes

When: 9am – 12pm on Saturday 18 June 2022

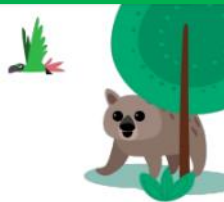
#### Wonthaggi Primary School

Where: 18 Billson St, Wonthaggi

When: 1.30pm – 3.30pm on Saturday 18 June 2022

Vaccinations are also available for adults at all clinics. Just walk in, no booking required.

Free flu shots now available at all clinics!



## Come and Try Girl Guides Holiday Program Wonthaggi

Come and join us for a magical morning with Alice and her friends.

Experience the fun, friendship, and adventure of being a **Girl Guide for a morning!**



With Alice in Wonderland as our theme we will have challenges, games, craft and of course a tea party with the Mad Hatter and all her friends.

**Where:** Wonthaggi RSL hall, Graham St, Wonthaggi

**When:** Saturday 2<sup>nd</sup> July 2022, 10am to 1pm

**Cost:** free

**Ages:** 6 to 12 years

Please bring mum (or dad or carer) with you, this is very important! Wear casual clothes and bring a drink bottle.

Please register with Chris Oliver by emailing adult name and girls name to [chris.oliver@guidesvic.org.au](mailto:chris.oliver@guidesvic.org.au) including any dietary requirements. Spaces strictly limited!



## DEPARTMENT OF EDUCATION Somers School Camp

A nine day residential outdoor and environmental experience for Year 5 & 6 students

Focusing on developing the Victorian Curriculum Capabilities

- Personal & Social • Ethical • Intercultural • Critical & Creative Thinking

Experience FOR a Lifetime



Inspiring optimism and developing the consciousness and care of **SELF, OTHERS and the ENVIRONMENT**

Years 5 & 6 Students from Schools in your area will be participating in the Somers Camp.

From: 04 OCT 2022 To: 12 OCT 2022

FURTHER INFORMATION WILL BE SENT SOON

[www.somerscamp.vic.edu.au](http://www.somerscamp.vic.edu.au)

### WINTER HOLIDAY PROGRAM @ VENUS BAY COMMUNITY CENTRE



#### SCHOOL HOLIDAY PROGRAM – FEATURING SUSTAINABLE AND CREATIVE WASTE PROJECTS

This Winter school holidays, we will once again be hosting a series of fun, engaging and creative HOLIDAY ACTIVITIES.

Our fabulous coordinator Jorja Dinsmore will be curating a series of activities that aim to make waste into art. Inspired by the [Junk Fest](#) in Katherine (see photos) – where community members came together to create a festival that turns trash into treasure as they do not have any recycling facilities in the township.

Some of the items from our Recycling Enterprise will be used to create novel decorations and garden features.

Come along and join in the fun:



- SATURDAY 25 JUNE – 10am to 12 noon
  - MONDAY 27 JUNE – 10am to 12 noon
  - WEDNESDAY 29 JUNE – 10am to 12 noon
  - THURSDAY 30 JUNE – 10am to 12 noon
  - SATURDAY 2 JULY – 10am to 12 noon
- Cost for program - \$8 per child per session.

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