

Tarwin Lower Primary

Mini Newsletter

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Tarwin Lower Primary School
Small School, Big Opportunities

27th October 2021

Great news for our school with the opening up of the state and the easing of restrictions.

- 😊 We can now go ahead with Forest Lodge Camp for our 3/4 students. Yeah!
- 😊 Permission forms and payment will be on Compass soon. The date of the camp is 1, 2, 3 of December and will also be attended by 3/4 students from Welshpool PS and Toora PS.
- 😊 Our swimming day at Toora pool is ready to go on Wednesday 8th December for all students.
- 😊 Due to the generous donations from Rotary Club of Inverloch and CWA Meeniyan, there will be no cost to students on this day.
- 😊 All transition days can go ahead – both kinder to primary and primary to secondary
- 😊 Breakfast club run by vaccinated parent volunteers is running again
- 😊 Assembly can begin again for staff and students (no parents at this stage)
- 😊 We are looking into what we can do for our 5/6 students in lieu of the cancelled Urban Camp and are investigating different avenues. We will keep you posted.





#BrightFuture

Australia celebrates – Friday 29 October

World Teachers Day this Friday

Australia will celebrate and thank the teaching profession on **World Teachers' Day - Friday 29 October.**

Teachers (with support from parents and carers) have ensured education continues across the country this year, despite major challenges. It's reinforced the significant role teachers play in the lives of children and students, their families and communities.

On Friday 29 October, say a big thank you to teachers and celebrate the bright future of teaching. We are encouraging students and families to send messages of appreciation to their teachers by:

- Sending a thank you card, poster or note. Make one or print one of the templates below.

[World Teachers' Day Cards](#)

[World Teachers' Day Posters](#)

[World Teachers' Day Notes](#)

[World Teachers' Day Resources](#)

Has your primary aged child had any difficulties with making, keeping or resolving difficulties with friends? **You are not alone!**

Learn more about how to support your child with friendships and peer issues
at a FREE ONLINE SEMINAR

When: Wednesday October 27th 2021

Time: 7pm till 8pm (AEST)

Learn about:

- Why friendships matter for children
- What friendship challenges are “normal” for boys/girls of different ages
- How to help children increase their confidence in making friends
- How to help children develop kind “being a good friend” skills
- How to help children kindly and assertively resolve conflict
- When and how to step in when difficulties with friendships occur.
- How to work together with other adults/organisations (including schools) to support children to manage peer difficulties.



Presented by clinical child psychologist Kirrilie Smout. Kirrilie has had 25 years experience working with children and families, is the author of two books about children’s mental health and regularly consults with national bodies about child mental health. She is the director of Calm Kid Central, an online program to help children manage emotional health challenges. www.calmkidcentral.com (Free for Gippsland families and professionals using FIRSTYEAR coupon code).

How to Join the Meeting:

Option 1: Open zoom (www.zoom.us) and click JOIN meeting.

Use Meeting ID: 850 6461 1927 and Passcode: 495500

Option 2: Click on this link:

<https://us02web.zoom.us/j/85064611927?pwd=OXd0NUY0Q1FqbmxlemRTakNEaWtRQT09>

Are you a PROFESSIONAL WORKING WITH CHILDREN?

You are warmly invited to attend the 7-8pm parent session and then to stay online for a specific “professionals only” one hour Q and A with Kirrilie. Bring your questions about mental health and friendship challenges in primary aged children and how we can support them in a professional setting.

Presented by Calm Kid Central.

Supported by Gippsland Primary Health Network (GPHN)

Any questions please contact Sandra on: sandra@developingminds.net.au



Sleep infographic

Not getting enough sleep can:

Limit your ability to learn, listen, concentrate and solve problems

Affect your memory

Affect your skin



Make you irritable

Increase chances of having an accident esp if driving or operating machinery

Decrease your energy levels



As a teen, you need about **9 1/4 hours** of sleep each night to be at your best

Irregular sleep patterns across the week can affect your biological clock and affect your sleep quality

To get a good night's sleep:



Make your bedroom a haven for sleeping ... not too hot, quiet and dark

Avoid TV or other screens before bed



Avoid eating or drinking before going to bed



Start a bedtime routine perhaps have a shower or read a book every night before bed to help your body know when it is time to go to sleep



It's time to **READ**

Go to bed and get up at the same time every day if you can



Sometimes naps can help but keep them short and don't nap too close to bedtime

Having a great night's sleep can:

Improve your mood

Improve your memory

Improve concentration and problem solving

Decrease chances of having an accident

Increase energy levels

Help keep your skin looking good

Improve your ability to learn and listen