

Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School
Small School, Big Opportunities

3rd August 2022

Newsletter No. 10

Dear Families,

100 DAYS OF PREP!!!!

On Monday we had the pleasure of celebrating 100 Days of School for our Prep/1 students! What a wonderful achievement by them all.

They have engaged in exciting activities throughout the day celebrating the momentous occasion. We have some wonderful photos of our Prep/1 students and teacher dressed up around the theme of 100 and celebrating this wonderful occasion.



Happy
100
Days!

PREP ENROLMENT FOR 2023

We are currently enrolling Prep students for 2023. If you are a parent at our school, or know of families in the area to enrol for next year, please download an enrolment form from the website and return it to the school, or see Lindy in our school office for an enrolment form as soon as you can.

SCHOOL BUS PROGRAM

Please note that a student is only permitted to travel between the approved bus stop nearest to their home and school. Requests to access alternative bus stops on the same route can be considered by the principal.



To do this, please put in a written request 48 hours (paper or email) before the change of stop will occur. If approved, this will ensure all staff and drivers are aware of the change, and the student will be dropped off at the correct stop. Please do not ring on the day, as we can not ensure the

communication will be passed along. We want all our students to arrive at their destination safely.

Parents/carers are responsible for transporting their children to and from designated bus stops and for their safety at the bus stop while waiting for the bus. For more information, please see refer to the [DET School Bus Program](#).

Please remember that Out of School Hours Care is available at our school for students before and after school. Please contact TheirCare and make a booking <https://theircare.com.au/> or call them on 1300 072 410.

BIKE ED

All the students were out on their bikes yesterday in the sunshine enjoying learning bike skills and safe riding behaviours.



Brenton from Ride Nation taught all the classes, and the students are looking forward to the next three sessions. Photos were on Facebook, but they are also included in this newsletter. If you are thinking of buying your child a bike for their birthday or Christmas, this [link "Buying a Kids Bike"](#), has some tips for you.



Warm Regards,

Jennifer Cox

Principal





Exemptions for testing and isolation

The period of time when someone is considered a recently confirmed case and therefore exempt from testing and isolation requirements has been reduced from the previous 12 weeks to 4 weeks.

This means that staff and children who are household contacts of people with COVID-19 are now required to undertake the testing and isolation requirements from 4 weeks after completing isolation with COVID-19. Previously, this exemption period was 12 weeks.

After the 4-week exemption period, students and staff members who are a household contact of a new COVID-19 case, must follow the rules for household contacts, including reporting this to their school.

As part of this they must take 5 rapid antigen tests (RATs) over 7 days and receive negative test results and wear a face mask (if over 8 years old) in indoor spaces.

Families and staff will also have to report being a household contact to their school after this 4-week period.



100 days of School celebration Junior Grade



Bike Education





From the Chaplain...

Help – I am stressed!

Recently I have been researching the topic of stress. We all experience stress as we live everyday life and different things stress out different people. There are things that we can do to reduce its negative effect on our lives and that is what I will be focussing on today. Other words that can be substituted for the word 'stress' are 'pressure, strain, worry, anxiety and feeling overwhelmed'. A little stress is good for us because it motivates us and can actually move us away from dangerous circumstances, but too much stress wears us down mentally and makes us more susceptible to illness. Not all stress can be eliminated but we can learn to manage it and actually we should learn to manage it, for the sake of our emotional and physical well-being.



There are many ways that we can manage or reduce our stress. Below are a few ideas.

I have used the following websites to collate this information and have also included a few ideas of my own. (webmd.com / medlineplus.gov/ nychealthandhospitals.org)

Ways to manage or reduce stress:

- **Take care of yourself** by eating a balanced diet, getting enough sleep, and exercising regularly. It is easier to deal with stress when you're at your best.
- **Practise deep breathing and relaxing your muscles.** Your children can teach you how as they have been studying this in their 'Smiling Minds' sessions.
- **Slowdown.** We are 'human beings' and not 'human doings.' Remember the story of the tortoise and the rabbit. Slow and steady wins the race.
- **Recreation is important.** Undertake activities that help you to relax. IE. Hot bath, listening to soothing music or hobbies. It is not selfish to do something for yourself as it actually gives you the energy to face the next challenge.
- **Take advantage of your social supports** such as family, friends, and counsellors. Talking to these people can help lighten your mental load. Talking about your problems with someone

trustworthy can help, but make sure that you are also looking for solutions. Regurgitating your problems over and over again, without taking steps to change what can be changed, will not benefit you in the long run.

- **Turn off the news** and/ or **take a break from social media.** It won't kill you.
- **Get help** through professional services such as Financial Advisors, if you are experiencing financial stress, or Support organisations if you or a family member are struggling with depression, addictions, or parenting issues. Some of these services are low-cost or even free.
- **Refocus your thoughts** on positive things, rather on the negative things that are causing the stress. **Practising gratitude** is a great circuit breaker for negativity.
- **Plan ahead.** Being spontaneous is nice, but on some days, it is a luxury we cannot afford.
- **Prioritise your demands.** What can wait, should wait.
- Finally, **look out for the triggers** that cause stress and think about how they can be eliminated or reduced. For example, if peak hour traffic stresses you out endeavour to leave for work earlier. Even if you arrive at your destination earlier the need be, you could grab yourself a coffee or sit in the car and read a book. If people ring or visit at inconvenient times such as when you're trying to prepare tea or bath the children, ask them politely to visit or ring at a more mutually convenient time for both, or make a decision not to pick up the phone. Most of us have number recognition on our phone now days so we have the technology to filter our calls.

We are all aware of how the price of living is increasing and that is another stressor in our lives. Here are a few options to consider if you are finding yourself in financial difficulty.

(A) Apply for the **\$250 energy compare bonus from the Government.** It is available to anyone who has their name on a power bill. The Leongatha Salvo's can help you to apply for this online. Ring them on 5662 6400 for more information or apply yourself.

<https://compare.energy.vic.gov.au/psb-faq>

(B) Apply for the '**Utility Relief Grant**', which may save you up to \$1300 per year on water and



electricity. This is available to all people with a healthcare card. The Salvo's can also help you with this. Please do not suffer in silence as help is available.

Hope that these pointers help reduce your stress. Remember that I am here on Thursday and Fridays if you'd like a chat.

Thank you to Alex for her help with Breakfast Club on Friday mornings. Last week we had hot toast and spread, and I hope to bring hot cocoa back soon (A healthy version). We would like to run breakfast club other mornings as well so please let the office know if you can help.

Sue

Our little breakfast chefs helping Sue make healthy breakfast bars.



Lunch time crafts with Sue



SCHOLASTIC Book Fairs

You're invited to our Scholastic **BOOK FAIR**

Come. Stay. Read a Great Tale!

Find these books and hundreds more at the Fair!

PAWS FOR BOOKS BOOK FAIR

EVERY PURCHASE YOU MAKE EARNS **LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL**

Date 4th - 17th August 2022 Time Tue - Thu - All Day
Mon & Fri - Before & after school

Place Tarwin Lower Primary School

SCHOLASTIC

Happy Birthday

We hope you had a great time on your special day

- Bohdy
- Kayden



School Bank Details

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

**Term 2 – important dates**

Thursday 4th August	Discovery Science Incursion
Thursday 4th - 17th August	BOOKFAIR IS COMING !!!
Tuesday 9th August	Bike Ed
Tuesday 16th August	Bike Ed
Tuesday 23rd August	Bike Ed
Wednesday 24th August	Regional Arts performance - Pinocchio
Tuesday 30th August	School Council
Friday 2nd September	Staff Professional Practice Day - students do not attend.
Friday 9th September	Responsible Pet Ownership
Wednesday 14th September	Are you okay? day.
Friday 16th September	Last Day of Term 3 - 2.20pm finish

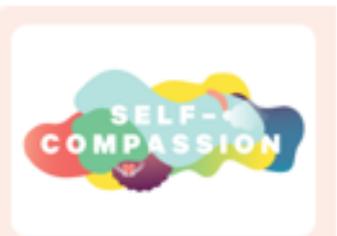
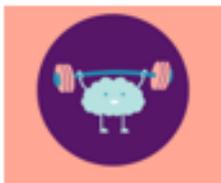
Smiling Minds Update



Students have been working really well during our Smiling Minds program. They have been eagerly participating in meditations and tasks related to different topics. Our recent mindfulness topics have focused on **Self-compassion** and **Recognising emotions**.

Self-compassion: Self-compassion is an important skill for building a healthy relationship with self and others. Teaching self-compassion in primary school gives students a solid foundation for the future, for being kind and gentle with themselves and processing their thoughts and feelings without judgement.

Recognising emotions: These lessons teaches students how to recognise their emotions. Emotional regulation starts with knowledge. Once we are able to name our emotions, we can take steps to manage them. The meditations help students understand that we feel a range and that emotions change. We know that people are far more resilient when they are able to identify their feelings.





John & Anita Harris Pty Ltd - Notice to Parents/Guardians of School Bus Travellers, July 2022

Dear Parent/Guardian,

We operate a school bus that services your child's school, and we have always made your child's safety and wellbeing our highest priority when providing our school bus services.

We have operated under the 2016 Victorian Child Safe Standards since they came into force. We wish to advise that this year Victoria revised the Standards with effect from 1 July 2022, and we have updated our policies and procedures to reflect the revised Standards.

Policies

We have a new Child Safety and Wellbeing Policy that states that all children have a right to be and feel safe. The welfare of the children we convey will always be our priority and we do not tolerate child abuse and harm. We aim to create an environment where children are safe and feel safe being transported in our fleet.

We also have a new Code of Conduct that sets out the behaviour expected of all our staff and relevant contractors who engage with children in regard to keeping children safe. These two documents have been provided to your school, and are available on behalf of John & Anita Harris Pty Ltd on the School's website www.tarwinlowerps.vic.edu.au.

Does your child feel safe?

We encourage children to tell someone – you, a teacher, or their bus driver – if they have any concerns that make them feel unsafe. We also encourage you to be alert to any concerns that your child may express about feeling safe, and to let the school know of these concerns.

Complaints Process

Our written Complaints Handling Policy is available on behalf of John & Anita Harris Pty Ltd on the School's website www.tarwinlowerps.vic.edu.au.

Your child's safety will be the priority in our handling of any complaints or concerns. If you have any questions about this notice, please call us on 0427 675 769.

Regards,

John & Anita Harris Pty Ltd

Remembering Paul Butterfield

Paul Butterfield passed away last Saturday at the age of 75.

Paul will be remembered by the Tarwin Lower Primary School community as a beloved, quirky school bus driver for over 17

years. Paul drove the bus with great care and precision and was known for his off-beat sense of humour and also for his compassion. Paul was known to generously donate items to students whose families were struggling. He will always be remembered for dressing up in a dressing gown and curlers to pick up students from the 10 mile bus stop, because their mums sometimes came to the stop to drop off their kids wearing their pyjamas.

Paul was a parent at the school while his daughter Veronica was a student here. He was always a great supporter of any events or fundraisers.

He had a passion for horses and rode often until his retirement. He had unusual interests, such as collecting photos of fungi.

Paul is survived by his wife Connie, his daughter Veronica and his grandson Billy.





Tarwin Valley MARC

Term 3, 2022

MARC Library News

PREVIEW OF LEARNING

Term 3 is usually a term with few interruptions. A time of deeper learning. Students have internalized routines, realized that they are capable learners, have had their curiosity piqued and provoked and are using their knowledge and skills to question, develop and make growth in all areas of the curriculum.

In MARC Library we support the above in our planned learning sessions.

In Weeks 1 and 2 all students discussed the common elements of the genre of fantasy. The older students 'tasted' a variety of new and classic fantasy, fantasy books in a series and time slip novels. The younger students were immersed in the world of *Tashi* and also met monsters and dragons. In Weeks 3 to 7 books shortlisted by 'The Children's Book Council of Australia' for the 2022 Book of the Year award will be shared. These books will encourage thoughtfulness about the author's purpose, the use of schema to broaden connections, the main idea and an understanding of the purpose of reading in our daily lives. Some of the titles used will include 'Walk of the Whales' by Nick Bland, 'Great White Shark' by Claire Saxby and 'Blue Flower' by Sonya Hartnett. In Weeks 8 and 9 students will explore series such as *Aussie kids*, *Freak Street* and *Stuff Happens*. Each new book, follows on and builds on the first thus supporting comprehension and students' love of reading. Week 10 is all about brilliant new literature and all that it can offer to our students.

Yours in reading and learning,
Jeanette Johnson and Sophie Callcott

Terrific titles available to take home today!



CBCA Nominated Books



Did you know?

The Children's Book Council of Australia (CBCA) has been promoting and supporting the best of Australian literature for young people, for over 75 years!

Book Week
2022

August 20-26



Free webinar

Popular apps



Online sexual harassment and image-based abuse

Help your teens stay safe by learning how to deal with online sexual harassment and image-based abuse.

Join eSafety's expert education and training team for a **FREE** live webinar designed for parents and carers of young people aged 13 to 18.

Dates: (Australian Eastern Standard time)

Monday 5 September: 12:30 to 1:30 pm

Wednesday 7 September: 7:30 to 8:30 pm

Register now: esafety.gov.au/parents/webinars



esafety.gov.au

Free webinar

Popular apps



Learn about TikTok, Instagram, Snapchat and YouTube to help your children stay safe online.

Join eSafety's expert education and training team for a **FREE** live webinar designed for parents and carers of young people aged 8 to 13.

It will include case studies, research and targeted advice so you can support the young people in your life to have safe, enjoyable online experiences.

Dates: (Australian Eastern Standard time)

Monday 1 August: 12:30 to 1:30 pm

Tuesday 16 August: 7:30 to 8:30 pm

Thursday 25 August: 12:30 to 1:30 pm

Register now: esafety.gov.au/parents/webinars



esafety.gov.au