

Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School

Small School, Big Opportunities

1st June 2022

Newsletter No. 7

Dear Families,

There has been the recent devastating mass shooting in a school in Texas recently. Whilst, we all can be very grateful that this would be highly unlikely to happen in Australia, it does raise the importance of shielding our children from certain information and discussions.

One of the things that can be done is to limit the exposure of the news. Don't let your child watch the news without you—this includes letting the TV or the radio play in the background. We can't control the news itself, but we need to control the technology that exposes kids to potentially traumatic news.

While it's important to limit your kids' exposure to potentially frightening media, some stories are simply too big to avoid. And as kids get older, if they don't hear about it at home, they'll almost certainly hear something from classmates at school.

Adults should choose a quiet moment to check in with their kids, maybe at the dinner table or at bedtime. Then your child can ask questions about what they're seeing, how they're feeling and what they think. In other words: Give kids a safe space to reflect and share. Check-ins also allow you to debunk memes, myths and misconceptions.

The conversations you have in front of your child or overheard, also needs to be monitored, as they don't need to take on the worries of adults. A child who overhears an adult conversation that grows heated may experience anxiety. Bad language can be repeated and hearing conversations about parenting might be hurtful.

At school we are focused on three essential purposes

1. Student Learning
2. Student Wellbeing
3. Socialisation and belonging to the fabric of community and society.

The recent 4/5/6 excursion to the Venus Bay Community Centre, park and beach is one of the ways we are trying to get our students reconnecting to their community, and increase their sense of belonging.

We are about to start an exciting journey focused on wellbeing involving Smiling Minds. Teachers will be learning about the program during the student free day and then students will soon be taking part in a Smiling Minds Program each week. Below is some information about mindfulness and the benefits.

Mindfulness is:

- Looking after our mind
- Exercising our mind
- Directing attention to present moment
- Understanding and regulating our emotions
- Informal and formal practise
- Mindfulness leads to better attention, memory, regulation of emotions and self-awareness.

More information about Smiling Minds is in this newsletter. Also attached is Their Care information and how to enrol. There is also an article about how your child can get a good nights sleep.



Warm Regards,

Jennifer Cox

Principal





Term 2 – important dates	
Friday 3rd June	District Winter Sports @Foster for selected students
Tuesday 7th June	St John’s First Aid Training
Wednesday 8th June	District Winter Sports
Friday 10th June	Student Free Day
Monday 13th June	Queens Birthday Holiday
Tuesday 14th June	School Council Meeting
Thursday 16th June	Division Winter Sports Day
Wed 22nd June	Reports published on Compass
Friday 24th June	End of Term 2—2.20pm finish
Monday 11th July	Start of Term 3

From the office...

- Uniforms - If you wish to order any uniform, please ask at the office for an order form. I can do orders at any time, but I need to have 10 items with a logo minimum before I can order. It also takes longer to receive the items if they need to be embroidered.
- Book Club closes this Friday. Please order via LOOP or send your orders and **correct cash** to school.

Happy Birthday

We hope you had a great day on your birthday



- Taze
- Olivia

School Bank Details

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



What is Supported Playgroup?

Supported Playgroups are a safe and friendly place for you and your child to have fun while receiving parenting tips and support.

Sessions are run weekly during school term by an early year’s professional with morning tea provided.

Supported Playgroup is a great way to meet other families in your local area and one-on-one in-home support is also optional for eligible families.

These playgroups are supported by the Department of Families, Fairness and Housing and are free to attend.

Tarwin Lower Supported Playgroup

Tarwin Lower Primary School
 34 School Road, Tarwin Lower
 Every Friday during school term
 9.00am to 11.00am

Register

To register for the Supported Playgroup or make a referral please call Michelle on 0417 388 911.

If unattended please leave a message and we will get back to you.



From the Chaplain

Recently I was talking to one of our students concerning the challenges they were experiencing with their learning. They exclaimed in frustration ' I just need a break.' Seeing that we were only halfway through the term, that was not an option so I encouraged them to keep on trying and to ask for help when needed. No doubt we can all identify with what this student said though. The last 2 years have been filled with challenges for us all. Some of those challenges we have met head on and have been able to overcome immediately but other challenges had to be chipped away at little by little, like remote learning and helping the children get back into a routine once onsite schooling resumed. In the midst of the challenges, we developed in resilience and so did they. I've been doing a course on resilience recently myself and have been learning lots in the process. The most important thing that I've learnt is that resilience needs to not only be spoken about but also modelled, if the students are going to become truly resilient themselves. If we don't learn ourselves to flow with the ebbs and flows of life, neither will our children. Resilience is one of our four School values and a very important one at that. I wonder what other ways we can help our children to develop into resilient people. Modelling resilience is only one way. Encouraging them to try difficult, yet age appropriate tasks is another.

I went on an excursion with the grade four, five and six students to the Venus Bay Community Centre last Monday. We learnt all about sustainability and



Carol and Alison lead the children in various activities that helped to cement their learning. One of those activities was sorting through several bags of donated goods for the Op Shop (recycling enterprise) and deciding what items could be used, what could be recycled and what items would end up in landfill. We also got to meet Tess from the 'Prom Coast Mums' initiative. They are collecting second hand baby clothes for families in the Foster area, helping to ensure they don't end up in landfill. If you have any baby clothes that you no longer require, please drop them off at the Venus Bay Community Centre and they will be passed on to Tess.

After visiting the community centre, we put on gloves and picked up rubbish on one of the local beaches. We also had a sandcastle building competition, which the children really enjoyed and were able to express their creativity. See photos below. A big thank you to John for driving us and donating his time and petrol for free. The children made him a thank you card and we left him a bag of chocolates to express our appreciation.

I've continued to run a craft class during lunch break and we have breakfast club at least twice a week still. A big thank you to Alex for her help on Friday mornings. It is not long till school holidays now and the Venus Bay Community Centre has a holiday program organised for the first week. For more information contact Alyson or Carol on 56637499 or via info@vbcc.org.au. They also have a monthly newsletter called 'Matter of Fact.

As always, please let me know if I can support you in anyway. You can contact me at the school or email me at Susan.Cronk@education.vic.gov.au.

Sue



Kindness

Cooperation

Resilience

Respect



1st June 2022

Melbourne Camp



Kindness

Cooperation

Resilience

Respect

Smiling Minds at Tarwin Lower Primary School

Creating mindful generations

Imagine if every young person was taught the skills they need to be resilient, emotionally aware and mentally healthy as a standard part of their education? We think that is possible and important for the mental health of future generations.

We want to see generations of young people thrive — and that means doing things a bit differently.

Tarwin Lower Primary school is about to start an exciting journey involving

Smiling Minds. Students will be taking part in a Smiling Minds Program each

week. Below is some information about mindfulness and the benefits.

Mindfulness is:

- Looking after our mind
 - Exercising our mind
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Mindfulness is like gym for the mind

A good way to explain mindfulness to those unfamiliar with the practice is to compare mindfulness with physical exercise.

Practising mindfulness is attention training, designed to strengthen the mind. The process of repeatedly paying attention is similar to activities you might undertake to build a muscle - a deep curl for the mind. In this way practising mindfulness strengthens the mental ability to focus, pay attention and reduce worry — the more we practise, the stronger the mind becomes. Therefore, mindfulness is like gym for the mind.

Why are we implementing the Smiling Mind program?

Mental health and wellbeing is important as it underpins the way children feel about themselves, how they think, learn, and relate to others. With good mental health, research shows children are happier, more confident, more resilient learners and able to build positive relationships.

Smiling Mind's program uses mindfulness to help children develop good mental health.

What are we doing at school?

Two of our staff have completed training to be our "Mindful Champions" - they will be leading our efforts as we introduce mindfulness across the school.

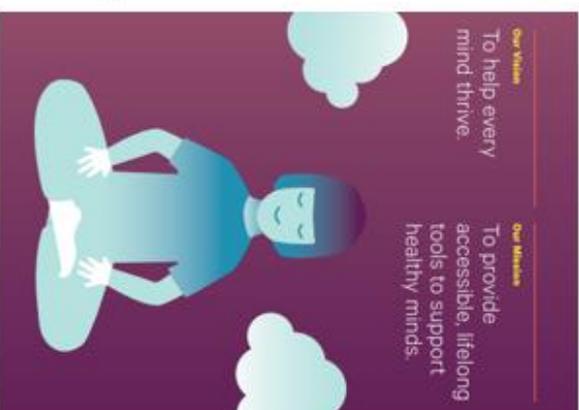
- Over the coming weeks and months we'll be working on a range of activities as part of the program.
- Trying out quick meditations at different times of the day to help with focus and attention.
- Introducing regular mindfulness lessons during class time.

How can you be involved?

The best way for parents and caregivers to support children learning to be mindful at school is to model it by learning about and practising mindfulness themselves. You might find it benefits your wellbeing, too!

If you'd like to explore how to use mindfulness at home, here are some suggestions:

- Their app is free for everyone-download it from the Apple App Store or Google Play and explore the programs for Children.
- Try out some of the activities the students come home with.



So, let's get started

TheirCare

Where Kids love to be!



Dear School Community: News from Their Care!

Gonzalo Here!

We want to tell you that we continue with our creative activities, we are drawing a lot on the digital screen, learning colors, types of lines and managing balance and directions in the composition.



Sammuel, a regular member of TheirCare service, is also learning to play Chess, he has been eating my horses very cunningly.

We continue cooking delicious things, the most requested dish: **Pancakes** is the winner. We can't get over this delicious snack that has surpassed the first place of our Thursday Pizzas.



This week we plan to make Strawberry Pie. Let's see how it goes.



Our operating hours are:

B 4 S C - 7.00 am to 8.45 am weekdays

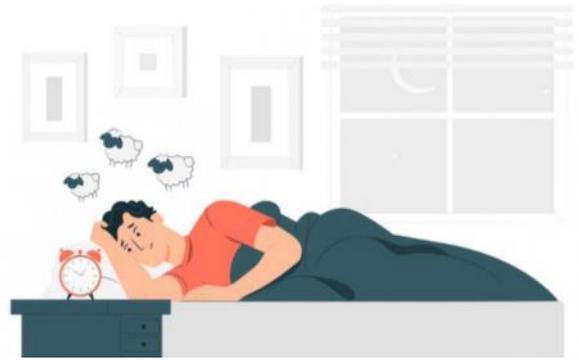
A S C - 3.00 pm to 6.00 pm weekdays

Phone number: 0499 257 488

To enroll, please visit TheirCare website www.theircare.com.au and click "Book Now" in the top right-hand corner to register your child's details.



A Good Night's Sleep



Sleep is our primary source of recovery and should be held in very high regard when it comes to ensuring our health and our families' health. We all know how we feel if we don't get enough sleep. Tired, lethargic, and unmotivated. If we have repeated nights of insufficient rest, fatigue will build and build until you become sick and unable to engage in regular day-to-day activities.

Nights where we have a bad sleep are inevitable. It is normal for our sleep to suffer when we are stressed at work, at home, have a newborn, or for many other reasons. If it can be avoided, try not to engage in any high intensity exercise on days when you are not adequately rested. Try to listen to your body in these situations. Develop good physical awareness and body honesty to help you notice how you're waking up every day. Pay attention to your body and be honest with yourself – if you need to rest, do so.

Sleeping well means **getting enough sleep**. How much sleep is enough varies among people. The number of hours you sleep is not as important as how you feel when you wake up. If you do not feel refreshed, you probably need more sleep.

Poor sleep can affect emotional and social interaction and increase risk of developing disease and depression. Make sure to get a good night's rest where possible.

Top tips for a good night sleep

- **Sleep is our best source of recovery.** Sufficient sleep boosts our immunity, muscular recovery, and cognitive function. Make sure to rest adequately after restless sleep.
- **Be aware of your own body** – listen to your body. Notice how much rest and recovery you are getting. Pay attention to your body and its signs. Neglect can lead to injury. Ensure you are getting at least 6 hours of a sleep a night.
- **Be consistent and maintain a routine and rhythm.** Try to go to bed and wake up at the same time every day. Set a good example and get the kids in the routine too.
- **Ensure you spend time in natural light.** This helps to promote melatonin production in the body which tells you when to sleep and when to wake up.
- **Reduce blue light exposure in the evening.** Blue light from electronic devices tricks your brain into thinking it's still daytime which impacts your sleep.

Find time to relax and clear your mind before sleep. For example, read a book, listen to relaxing music, deep breathing, or meditation.

Source: "The Fathering Project" November 2021