

# Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School  
Small School, Big Opportunities

16<sup>th</sup> August 2017

Newsletter No. 11

## Principal's Report

I was so very proud of our students on Melbourne Camp. They were amazing and represented our school so well. They showed all the values of our school- kindness, cooperation, resilience and respect.

They all supported each other and had a lovely time with the students from Welshpool Primary.

Camp is such an important time. It is a chance for the students and teachers to see each other outside the school boundaries and strengthen their relationship. To participate in fun, enjoyable and interesting activities, and share jokes and laughs together- we created memories that will last a lifetime!

I hope everyone has had a chance to see the photos of camp on Facebook. We were busy every moment we were there, and enjoyed a range of activities, from the Museum, indigenous history, Parliament, Eureka, learning about homelessness at the Big Issue to bowling, Imax, and shopping at the

Queen Vic Market. And through it all, the students were positive, polite and enthusiastic.

We should all be proud of the students at Tarwin Lower Primary- they are a credit to whole school community.



*Jenni Cox*

Principal

\*NAPLAN results were sent home today.

Kindness

Cooperation

Resilience

Respect



## **We Want Our Parents To Tell Us What They Think**

Our school is conducting a survey to find out how parents feel about our magnificent school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training and is conducted to all parents at the school. Each family has received an information sheet, as well as an email.

The Parent Opinion Survey is designed to assist our school in gaining an understanding of parents' perception of school climate, student engagement and relationships with our parent community. Our school will use the survey results to help inform and direct future school planning and improvement strategies. The survey will be conducted **online** and only takes **15 minutes** to complete. The survey can be accessed via desktop computer, laptop, tablet or mobile at any convenient time. The survey closes **Sunday 27th August**.

All responses to the survey are anonymous. The survey results will be reported back to our school at the end of September and will be communicated to parents through our annual reporting process.

Unfortunately, the School Review and the Parent Opinion Surveys are very close to each other. I apologise if you are feeling overwhelmed with surveys. The School Review Survey is for school purposes, and all information stays within the school. The Parent Opinion Survey is information the Education Department reviews and the information is published and freely available. Please take the time to complete the survey, your opinions and feedback are welcomed and respected.

## **What is a School Review?**

Every Victorian school undergoes a Review once every four years.

The review panel consists of an accredited independent reviewer, two principals, classroom teacher, school council president, SEIL (head of the Inner Gippsland schools network), EIL (South Gippsland school support), and the principal.

It runs for two days, with a fortnight break between meetings. The review will focus on curriculum, student assessment, reporting, teaching practices and leadership to help our school identify its strengths and areas for improvement.

This will set the school focus for the next four years and how best to meet the needs of our students. There will be a report at the end of the process that will be available to parents on the school website; I will let you know when this is available.



## **Book Week Dress Up Day Its Nearly Here!!**

Dear Parents and Guardians,

Book Week will be on the 22<sup>nd</sup> of August. Dress up as a book character, and if you have the book you can bring it. This dress up day has no cost. Do not bring things that can hurt people.

Thank You,

*J.S.C.*



At Tarwin Lower Primary, we listen and respond to the needs of our parents and students. A large number of families said that they wanted to know more about how to support their child's well-being and mental health. We hope the following information is useful.

## Supporting children's mental health: Suggestions for families

### Suggestions for families

- ▶ Spend time with children by having fun playing games, going to the park or going somewhere together as a family.
- ▶ Try to maintain routines as much as possible. Routines and consistency help children feel secure.
- ▶ Build and maintain supportive relationships with family, friends and early childhood staff. Talk with them about how they can best support you and your child during hard times. Tell staff about any concerning behaviour you are noticing at home.
- ▶ Try to help children to understand and manage their feelings; this can help them develop coping skills.
- ▶ Help children learn to cope with loss and change by providing support and reassurance, honesty and clarity; help them also to understand that loss and stress are a normal part of life.
- ▶ Acknowledge children's feelings and try to understand and respect them, especially when they are going through a difficult time. Offer support and reassurance by asking questions and letting them talk about their feelings.
- ▶ Try to support children in building their internal protective factors (e.g., good communication and problem-solving and social skills) by acknowledging and encouraging their skills when guiding their behaviour.

## Mental health promotion for children: Resources for families

### Where can I go for further information?

*beyondblue* is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance-use disorders in Australia. Information about these topics is available at [www.beyondblue.org.au](http://www.beyondblue.org.au). Steps to seeking help and information related to this process is available at [www.beyondblue.org.au/index.aspx?link\\_id=107](http://www.beyondblue.org.au/index.aspx?link_id=107) and information on accessing health professionals is available at [www.beyondblue.org.au/index.aspx?link\\_id=107.1007](http://www.beyondblue.org.au/index.aspx?link_id=107.1007).

The **Australian Psychological Society** is the largest professional association for psychologists in Australia. It spreads the message that psychologists make a difference to peoples' lives, through improving their health and wellbeing and increasing scientific knowledge. Tip sheets on a range of topics related to children's mental health are available at [www.psychology.org.au](http://www.psychology.org.au) - See 'Tip Sheets' in the 'Publications and Products' tab for details.



# Friday Lunches

## Term 3 2017

DATE	MENU	CHEF HELPERS
<b>18th Aug</b>	Ham, cheese & pineapple mini pizzas	Jayde Headlam Yara, Tess, Celeste
<b>25th Aug</b>	Fried Rice with chicken	Kylie Bright Ashlyn, Charlie, Riley
<b>1st Sep</b>	Grade 4/5/6 Surprise	Grade 4/5/6 students
<b>8th Sep</b>	Lasagne	Peta Dobson Eddie, Tyler, Cody-J
<b>15th Sep</b>	Grade 1/2/3 Surprise	Grade 1/2/3 students
<b>22nd Sep</b>	Meat pies/sausage rolls	Peta Dobson Ozzy, Harry, Angel

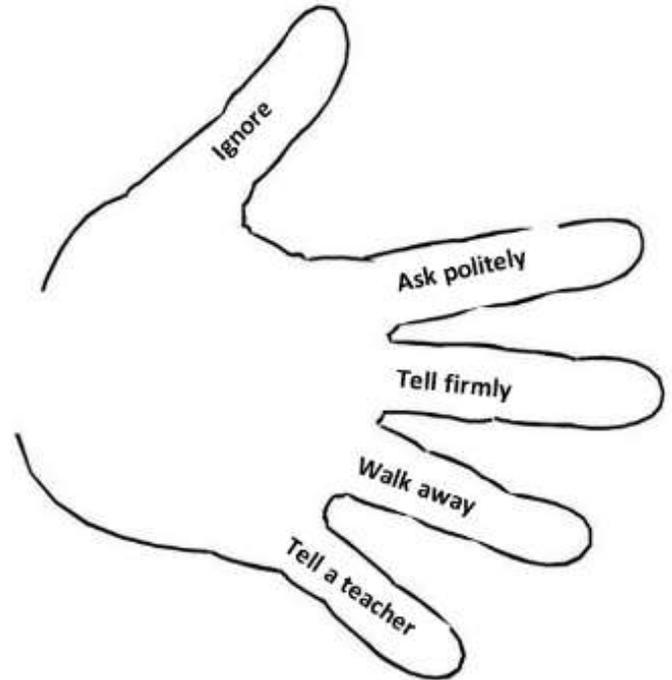
All meals cost \$3.00 per student.

Orders must be handed in to the office on Thursday morning. Please place correct money in an envelope with students name.

The students named above will assist with the preparation and serving of lunches on the assigned days. Parents are welcome to come along and assist when their child is cooking. It is a DET requirement that you have a current Working With Children Check.

Please keep this menu on the Fridge for handy reference.

\*\*\*Please note: If your child's name does not appear as a 'chef helper' this term, they will be first picks for next term.



## The Five Finger Rule

At Tarwin Lower Primary School, our mission is to provide students with a strong sense of personal identity, responsibility and positive self-esteem within a caring environment.

We want to empower the students to make good decisions and have the skills to have happy healthy lives. One of these ways we are achieving this is by the Five Finger Plan.

### **STRATEGIES FOR SELF CONTROL**

#### **Dealing with unwanted behaviour**

The five finger strategy for dealing with inappropriate or unwanted behaviour will be taught and reinforced in the classroom and by yard duty teachers.

#### **Recognising when you feel angry and acting appropriately**

Children will also be encouraged to recognise their own warning signs e.g. feeling hot, having sweaty palms and to:

- Stop
- Think
- Do

These are the strategies and language we are using at school.



## How Much Do You Know About Our Music Teacher, Mr Ian Chambers?

### How long have you been at Tarwin Lower Primary School?

Who knows? I have had two stints at Tarwin Lower. One way back when Albert Thomas was principal ending in 2004. And the second has been since 2011.

### What inspired you to be a teacher?

Other teachers I have had.

### What is the best part of your job?

Music: I am passionate about the benefits of being immersed in music.

### How long have you been teaching?

Since 1984 with some time off for travel and working as a plumber.

### Where have you taught and what grades?

I have taught at Moe, Summers, Morwell, Inverloch, Kongwak, Bass Valley, San Remo, Newhaven,

Powlett River, Dudley, Tarwin Valley, Tarwin Lower, Groote Eylandt, Bickerton Island and Ceduna.

I have taught all grades including secondary on Groote Eylandt. The highlight was travelling by light plane from Groote Eylandt (Dutch for Island) to Bickerton Island every week to teach music to indigenous kids music.

### What do you like doing in your free time?

Surfing, playing music, family.

### Do you have a family?

Yes, I have a wife Jane and five children: Huon, Erin, Zac, Jake and Bonnie plus two grandchildren: Elsie and Terrance and another on the way.

### What is your favourite colour?

Purple

### What is your favourite animal?

Spotted Pardolote

### What is your favourite number?

All prime numbers





16<sup>th</sup> August 2017

## For Your Calendar

Monday 7 <sup>th</sup> August – Friday 25 <sup>th</sup> August	Parent Opinion Survey – open and online
Friday 18 <sup>th</sup> August	School Review – Panel Day 1
Tuesday 22 <sup>nd</sup> August	Book Week Dress Up Day No Cost
Wednesday 23 <sup>rd</sup> August	Prep 100 Days – Dress as a 100 Year Old!
Wednesday 23 <sup>rd</sup> August	District Basketball @Foster Basketball Stadium For selected grade 5/6 students.
Tuesday 29 <sup>th</sup> August	Kids Matter Action Team Meeting @3.45pm
Thursday 31 <sup>st</sup> August	School Review – Panel Day 2
Tuesday 5 <sup>th</sup> September	School Council Meeting @6.30pm
Monday 11 <sup>th</sup> September	Division Athletics @Wonthaggi Secondary College
Friday 22 <sup>nd</sup> September	Sports Colour Dress Up Day Gold Coin donation to the Save the Children Fund Last day of Term 3 – finish @2.30pm

### School Bank Details

ACC 151500626  
BSB 633108



All photos of what is happening at school is on our Facebook site.

### Happy Birthday

We hope you had a great day on your birthday.

Ozzy turned 10! 😊



Keep up to date with your child's learning on Compass.

Kindness

Cooperation

Resilience

Respect



## We're fundraising with Tea Towels!

### Creating Lasting Memories!

This term we are hoping to have a tea towel fundraiser. Each student will draw a self-portrait, which will then be transferred together with all the students portraits onto a tea towel. [I'm sure you've seen these at kinder/school].

To do this fundraiser we have to buy a minimum of 50 tea towels. We will be charging \$15 per tea towel. Therefore, before we go ahead we would like you to **express your interest in how many tea towels** you will buy. If we do not get sufficient orders we will be unable to do this activity.

They are great Christmas presents for grandparents, aunts, uncles etc.

Please fill in the order below and return to school by 21st August.



### TEA TOWEL ORDER FORM

Student Name: \_\_\_\_\_ Class: \_\_\_\_\_

Contact Name \_\_\_\_\_ Phone Number: \_\_\_\_\_

Number of Tea Towels Ordered: 1  2  3  4  5  6  or more → \_\_\_\_\_





16<sup>th</sup> August 2017

# SKATE PARK

## **\$125K INFRASTRUCTURE PROJECT FOR VENUS BAY ABOUT TO BEGIN!**



The Skate park/youth precinct project will see a new skate-park/community area be developed in Venus Bay. The location of the park has yet to be finalized, but it is time to **GET ON BOARD** to get ideas together on what YOU would like it to be. The Community Centre will be helping the Shire to form a small working group to formulate ideas...ideally our young folk and skaters (both young and old!) will have great ideas, but we would also like to hear from interested community members to get the best bang for the project.

This project will be coordinated and mostly implemented by Council and has strict budget and infrastructure guidelines; in the first instance, an engineer/designer will come along to flesh out the wish list and work out what might be feasible and achievable with the funds available.

**IF YOU WOULD LIKE TO BE INVOLVED, COME  
ALONG TO THE CAVITY  
MONDAY 21 AUGUST AT 6PM FREE SNACK &  
DRINKS FOR KIDS; ADULTS ARE WELCOME TO A  
DRINK AT THE BAR**

What do you want? Grinding bars? Concrete bowl? Free wifi? Shade and trees? Flat areas?  
Get your thinking caps on!

For more information/ get involved/ RSVP: Alyson Skinner 0416 242 331 or Sophie Dixon 5662 9202

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Cooperation

Resilience

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16<sup>th</sup> August 2017

**gatewayhealth**  
PEOPLE LIVING WELL

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F: (02) 6024 5792

### POSITIVE PARENTING TELEPHONE SERVICE

#### What is the Positive Parenting Telephone Service?

This is a practical approach to raising children that focuses on building strong family relationships, encouraging good behaviour and teaching new skills.

It also involves helping children learn to be aware of the needs of others and to develop responsibility and self-control.

Children who grow up with positive parenting are more likely to gain the skills and confidence they need to be independent and to get along with others.

They are also less likely to develop behaviour problems.

#### Who is the Service for?

The service offers a self-directed program to families with children ages from 2 to 10 who live in the state of Victoria.



#### Positive parenting will show you how to:

- Build positive relationships with your children
- Encourage behaviour you want to see from your children
- Teach your children new skills
- Set rules and give instructions that your children will follow
- Respond to misbehaviour immediately, consistently and decisively
- Use behaviour strategies that work
- Develop realistic expectations of yourself and your children



*Make a positive start last a lifetime*

V7 CAL20018

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### POSITIVE PARENTING TELEPHONE SERVICE

#### Positive parenting will help show your children how to:

- Ask for help when they need it
- Control their tempers and think before they act
- Keep busy without constant adult attention
- Co-operate with other children and adults
- Solve problems for themselves.



#### How does positive parenting work over the phone?

Parents are supported by weekly phone consultations over a 10 week period.

Parents play an active role in this structured parenting skills program by completing a series of practical and written tasks based on readings from a workbook or via online modules.

Extra resources are available to borrow if needed.

#### How much does it cost?

There is no cost to participate in this program.

#### How do I enrol or find out more about the program?

Call 1800 880 660

Gateway Health acknowledges  
the support of the Victorian  
Government



Respect

Resilience

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Kindness