

Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School
Small School, Big Opportunities

24th May 2017

Newsletter No. 4

Principal's Report

Improving Teaching and Learning

The students are at the heart of we do at the school. The teachers demonstrate their shared commitment to high quality learning and teaching by always learning how to improve what they are doing – just like our students!

Last Friday, Ms Jackie Dye and Ms Freya Carbone attended a Professional Development day on Speaking and Listening.

Speaking and listening is a priority of the school this year. Up-levelling the skills of the teachers has a direct result on classroom teaching, and therefore the learning of the students.

I am also employing Danielle (some of you may remember her from last year, when she was working in the senior classroom). Danielle will be at school once a week to work with the students in the Prep room to support their learning.

I have recently attended a two-day Professional Development course. These

days were attended by many schools and principals in South Gippsland. The purpose of these days was how best to support the teachers in our schools to teach effectively; as this is the most powerful influence on student achievement.

I am really excited about what will be happening. Our school will be working closely with Welshpool Primary and Fish Creek Primary, with a focus on reading, and how best to challenge and inspire our students.

Thank you to all parents who returned their Kids Matter survey. Your responses will help our Action Team, including Karen Vlas, to put systems and actions into place for our student's Mental Health.

Have you noticed our new newsletter lay out? Please let us know what you think. We are always aiming to improve. We'd love to hear from you.



Jenni Cox

Principal

Kindness

Cooperation

Resilience

Respect



What a Success!



Our Open Day on Wednesday was a huge success. Parents, aunts, uncles, grandparents, and friends all turned out in force and had a great

morning.

After a brilliant Acknowledgement to Country by our school leaders, Kye and Angel, everyone was involved in three different activities.

Bu Beasley taught everyone how to count in Indonesian, and there were lots of games for everyone.



Mr Ian Chambers had everyone up making music on all the instruments.



Students were showing their parents their ICT skills on their laptops and tablets. We have

some great coding happening at the moment.



Thank you for your support of the Biggest Morning Tea. Our Book Fair is continuing into next week, so feel free to drop around and view the wonderful books we have on offer.

Healthy Eating

We believe in Educating the Whole Child. This includes teaching academic skills, emotional skills, health, and ensuring each student is challenged and engaged in their learning.

We provide breakfast to the students every Monday and Wednesday. This is prepared by a small and dedicated team of volunteers.

On Tuesday students learnt about the importance of eating fresh fruits and vegetables every day as part of a healthy balanced diet.



Students learnt how fresh fruits and vegetables are grown and harvested. They were then able to taste test the fresh produce (the best part!)



Kody trying fennel!!

The Value of Respect

We have been focusing on the value of respect with the students this term. This includes respecting others, respecting themselves and respecting property.

It makes me so proud as the leader of the school, when I hear positive feedback and responses about the students. I already know that every student is an amazing, unique individual- but to hear that acknowledged from someone outside



always makes me proud. This happened last week with the boys playing football in the Winter Sports. The teacher was very impressed with their behaviour, and was spreading the word back at his school.

What is Mental Health?

Kids Matter is all about improving our kids' mental health. But what is mental health? When you hear these words what do you think of? Take a moment and have a think what this could mean.

Many people start listing things about mental illness and not mental health. If I asked, "What can you do to keep physically healthy?" People can list things such as physical activity and healthy eating. But what about, "What can you do to keep mentally healthy?" What can you list now?



To keep mentally healthy students (and you) can connect with others, stay positive, get physically active, help others, have enough sleep and develop coping skills.

The benefits of positive mental health include having students realise their full potential, cope with the stresses of life, being resilient, work productively, and make meaningful contributions to their communities.

Kids Matter is important for students now and into their adult life, this is why we are beginning to implement it throughout the school.

Please see later in the newsletter for Happy Families Work Together handout.

Happy Birthday

We hope you had a great day on your birthday;

Danielle

School Details

Bank Account details:

BSB 633108

ACC 151500626



Happy families work together



"Dad, will you sell Tina not to come into my room?" Twelve-year-old Luke was complaining about his six-year-old sister, Luke's Dad, Robert, had only just got home and was still hanging up his coat. "Dad! She's bugging me!" called Luke as he led Tina by the hand into the lounge room. "Tina, would be nice," said Robert. "Yeah, hi, I'm trying to do my science project. I need my space," Luke replied. "Tina, how about you stay out here with me?" Robert suggested. Tina was not very keen on the idea. "But I want to play and you're too busy!" she whined. "Here we go again," thought Robert. "If only we all got on better!"

Managing family relationships so that everyone's most important needs get met can be hard work. All families have times when tempers get frayed, feelings get hurt and misunderstandings occur. Maintaining positive connections when these things happen requires good communication and creative management.

Effective communication means that everyone has a say and is listened to. This can be a challenge in busy families. Everyone to get things done can mean there seems to be little 'quality time' for talking and listening to each other. Whether or not there is a problem, negative styles of communication often undermine relationships. This occurs, for example, when family members speak to each other disrespectfully or use put-downs.

Building positive family relationships does not mean having no conflict. Dealing with conflicts positively, as well as making time to relax and do fun things together, help to strengthen family relationships.

Set the tone for positive communication

Research on communication in families shows the importance of parents and carers communicating warmth and caring, and also setting clear expectations for children's behaviour. Making time for family members, communicating effectively and supporting each other are important ways of strengthening families and building positive relationships.

Parents and carers can set a positive tone for communication through their own actions. The way you talk, and the attention and responses you give to each other, and how you set the tone for your own day to day life, are all important to what you do. Equally, when you are faced with any challenges to deal with, communicating or conflict, however serious and acknowledging others' feelings and needs helps to reduce conflict and improve communication.



Working together as a family

Discussing things as a family is often very helpful for dealing with concerns and negotiating solutions to conflicts before they get bigger.

Talking together provides an opportunity to clarify roles and expectations.

Be sure to talk about what is working well in family relationships and not just the difficulties.

Build trust in family discussions by respecting and listening to everyone's views without judging or putting them down.

Encourage children to use words and words.

Discussing things as a family can encourage children as well as adults to solve problems creatively. For example, once he understands that Tina just wants him to play with her, 12-year-old Luke might negotiate to spend a half-hour playing with her after dinner in exchange for her giving him uninterrupted time to get on with his homework. Having a chance to express needs in positive ways encourages healthy communication, support and cooperation.

Things to discuss

- Set up a chosen timer
- Tina wants to play more
- Luke wants space when he has to do schoolwork
- Dad (Robert) wants more bedtime and hugs



Listening and talking

The issue for children to learn and adapt your level of care about the way you say things is often the biggest and most important. For example, Robert could say to Luke, "I know you had to get your science project done but I still want to talk to you," when Tina comes home.

This gives the children control and makes positive and positive. Luke can say, "I know you had to get your science project done but I still want to talk to you," when Tina comes home. This gives the children control and makes positive and positive. Luke can say, "I know you had to get your science project done but I still want to talk to you," when Tina comes home.

Ways to build caring family relationships

- Show affection (hugs and kisses)
- Offer help and support
- Do fun things and laugh together
- Wherever you are
- Really listen to each other

This resource is part of a range of Australian Primary Information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

Australian Government
Department of Health and Ageing

www.kidsmatter.edu.au

APS Australian Primary Schools
Mental Health Initiative

Principals Australia Institute
for Learning and Leadership

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For Your Calendar

May 22-26	Bookfair
25	Regional Arts Fort @ Welshpool
30	Magic Words @ Foster
31	Winter Sports @ TLPS 5/6
June 01	Cross Country @ Stony Creek
01	Pie Drive Orders and Payment Due In
02	After School Fun for P - 6 & Sleepover 2 - 6
07	Magic Flute @ Foster
08	Winter Sports @ Meeniyon 5/6
09	Curriculum Day – NO STUDENTS
12	Queen's Birthday Holiday
13	School Council Meeting
16	Pies Delivered – Pick up from School @ 3.30pm
19	Lightning Premiership
29	Divisional Winter Sports
30	Tarwin's Got Talent
30	End of Term – finish @ 2.30pm