

# Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School  
Small School, Big Opportunities

9<sup>th</sup> May 2018

Newsletter No. 6

## Principal's Report

I am extremely grateful to be a part of such a wonderful community. Tarwin Lower and district is a place where the care, concern and support of students, families and staff is always very clear.

This was evident recently at the ANZAC Day ceremony, the Student Leadership Conference and at the Senior Athletics Day.

At the ANZAC Day parade and commemoration there were many past and present students, parents and staff present. It was wonderful seeing so many people paying their respects. Angel and Riley represented the school by laying a wreath. Celeste and Archie read the requiem. All students listened in a respectful manner.

Six students from our school went to a Student Leadership Conference in Korumburra. They worked with students from other schools in the area, sharing their ideas and presenting to a large group of people. Our students were active listeners and collaborated well with people they have never met before on a common goal.

All our grade 3-6 students represented our school at the recent Senior Athletics Day in Foster. The students had a fantastic time. It was wonderful listening to the students support each other and they all displayed great sportsmanship throughout the day.

Thank you to the numerous parents who assisted with transportation and helping at the events. Your help was greatly appreciated.

At each of these different events, all the students felt nervous about participating, as for many of them they were new experiences.

Your child might express their nerves or fears by saying they have "butterflies in their stomach", getting shaky or saying they feel sick. It is important to acknowledge these fears and let them know that this is a normal feeling – even for adults.

As children learn to manage their emotions and overcome these fears, their confidence grows when taking on new challenges. We all have a role in helping children develop skills for managing feelings and coping with fear. As we help them, we are developing strong, confident young people ready to take on challenges and opportunities for the rest of their lives.

Physical symptoms	Relaxation skills
<ul style="list-style-type: none"> <li>• Butterflies in stomach</li> <li>• Shortness of breath</li> <li>• Feeling sick</li> <li>• Heart racing</li> </ul>	<ul style="list-style-type: none"> <li>• Notice physical symptoms and recognise they are signs of nervousness</li> <li>• Deep breathing techniques for calming nervousness</li> <li>• Relaxation techniques</li> </ul>
<p><b>Fearful thinking</b></p> <ul style="list-style-type: none"> <li>• Something bad is going to happen; I can't do this; I'm going to get hurt; People will laugh at me; This is too much for me to handle</li> <li>• Pessimistic thinking, such as expecting the worst.</li> </ul>	<p><b>Helpful thinking</b></p> <ul style="list-style-type: none"> <li>• I can manage this; I can be brave; It doesn't have to be perfect; I've got through this sort of thing before, so I can do it again.</li> <li>• Optimistic thinking, such as: Things will work out okay – they usually do.</li> </ul>
<p><b>Fearful behaviours</b></p> <ul style="list-style-type: none"> <li>• Seeks reassurance</li> <li>• Cries</li> <li>• Tries to avoid scary situations</li> <li>• Acts shy</li> <li>• Gets agitated</li> </ul>	<p><b>Coping behaviours</b></p> <ul style="list-style-type: none"> <li>• Plan and rehearse how child will handle the scary situation (eg establish a bedtime ritual, keep a torch by the bed)</li> <li>• Build confidence for social situations by learning and practising assertive behaviours</li> </ul>

Yours Sincerely,  
*Jenni Cox*  
Principal.





### **New Attendance Requirements**

From the end of Term 2 2018, all Victorian government schools are required to contact parents/carers as soon as practicable on the same day of an unexplained student absence.

Please remember to call the school on **5663 5263** or log your child's absence using **Compass** (on either the website or using the app) early in the morning if your child is going to be away or late for school, so your child's absence can be recorded correctly.

You will receive a text message at **11.30am** if your child has been marked as absent unexplained on the same day. If we cannot reach you because we don't have your correct contact details (i.e. message notification fail, disconnected number), then we will make contact with any emergency contact/s nominated on your child's file held by the school, where possible, on the same day of the unexplained absence.

Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility. This system also promotes daily school attendance. Going to school every day is the single most important part of your child's education, they learn new things every day – missing school puts them behind.

The Tarwin Lower Primary Attendance Policy which outlines the school's processes and procedures for monitoring, recording and following-up of student absences is available on our website.



### **Open Day**

During Education Week our school will be having an Open Day for all parents, grandparents, carers and other close family members.

On **Thursday 24<sup>th</sup> May** from **11.30-1.30pm** everyone will be participating in three lessons – HPE, Art and ICT. Come and join in these lessons and learning with your child.

Everyone is then more than welcome to stay later to have a picnic lunch with their child. Please see the flyer in the newsletter.

### **The National Assessment Program (NAPLAN)**

NAPLAN tests are held during May each year and in 2018 the tests will be held on the 15th, 16th and 17th of May. Primary school students in Year 3 and Year 5 complete the tests.

The results of the tests provide a snapshot of each child on that day, and diagnostic information for parents and teachers about a child's performance in Literacy and Numeracy. This information can be used to support teaching and learning programs and improve student achievement.

If your child has a disability or special needs which require extra consideration, you should discuss with your child's teacher whether or not your child should undertake the tests.

Later in the year, you will receive your child's personal report. The report will describe your child's particular skills in reading, writing, language conventions and numeracy.

The report will also show how your child performed in relation to national benchmark standards. These benchmarks describe minimum acceptable standards for students across Australia.



I am confident that the information you receive as a result of your child's participation in the NAPLAN tests will be valuable in providing you with an insight of your child's progress in Literacy and Numeracy.

For more information about the tests, please visit the VCAA website at; [www.vcaa.vic.edu.au](http://www.vcaa.vic.edu.au) or the NAPLAN website at [www.naplan.edu.au](http://www.naplan.edu.au).

### Lunches

Thank you to those parents who have volunteered to make school lunches. The menu for Term 2 was sent home last week. If you wish to pay for the whole term, please add up the number of days that your child will need lunches and forward the total payment to school or transfer into the school bank account.

### Mother's Day

For the stall to work successfully with enough presents for everyone we need a donation from each child. We are asking for donations to be sent to the office to allow for preparation of the stall. Some ideas are: coffee mugs, chocolates, candles, bath salts, tea towels, soaps, lotions, etc. something that a mum might like to receive.

Before Mother's Day the children will be able to come to the stall in their classes and purchase one gift up to the value of \$5.00. Thank you if you have already sent a gift along.

Students are to bring no more than \$5.00 on Friday 11<sup>th</sup> May.

The Mother's Day Stall is a great opportunity for the children to remember Mum and show her how much they appreciate what she does for them. The stall is much loved by the students. It can be the first time for many younger students they are in charge of their present buying. They have the opportunity to pick out a special gift for mum and have that wonderful memory of being independent.

### Mother's Day Raffle

This will be drawn on Friday 11<sup>th</sup> May. Please ensure all money and tickets are returned to school by this day.

All money goes towards subsidising the grade 6 Canberra Camp. The full cost would be \$800 each, fundraising helps to reduce the cost of the camp so it is more affordable for families.

### Can We Contact You?

There are times when we will need to contact you, including on the day if your child is absent and you haven't informed the school as to why. Do we have your most up to date contact details? If not, please contact the school on 5663 5263 or email [tarwin.lower.ps@edumail.vic.gov.au](mailto:tarwin.lower.ps@edumail.vic.gov.au) so we can update our records. Please include parent/carers' name, address, phone numbers, email address and two emergency contact details. Please remember to contact the school if any of these details or your circumstances change.

### Smiles for Miles

On Wednesday the 23<sup>rd</sup> of May Bass Coast Health will be at the school to give a **free** dental check for prep students.



All you need to do is return the permission form. Please see the attached flyer and letter for more information. The permission form is also attached.

This is a great opportunity to have your child's teeth checked for free by professionals. They also explain to each child how to brush their teeth properly, which I know personally can be a struggle at home – eating toothpaste is *not* brushing your teeth!

**2019 Kinder Enrolments now open** – please see flyer.

**Free First Aid Training in Venus Bay** – please see flyer.



Well done to Zak, Tyler, Aymish and Ozzy for keeping a sense of humour when faced with difficulties.



Well done to Perry and Ozzy who received a golden leaf from their peers.



More Well Done's to all the students who received all their leaves on Friday!

### Happy Birthday

- ☺ Celeste who turned 12
- ☺ Bailey who turned 10

### School Bank Details

BSB 633108

ACC 151500626



Keep up to date with everything that is happening at the school on Facebook.

### Recent Facebook updates;

- 4/5/6 connecting to Indonesia
- ANZAC Day ceremony
- Student Leadership Conference
- Senior Athletics Day
- Cooking Beetroot Brownies
- Wiggly worms
- Assembly photos
- 4/5/6 cooking
- Speedy Cleaners
- Wheelbarrow licence



## **For Your Calendar**

### **Term 2 2018**

Friday 11 <sup>th</sup> May	Mother's Day Stall @11.30am Raffle drawn Playgroup
Tuesday 15 <sup>th</sup> – 17 <sup>th</sup> May	NAPLAN
Friday 18 <sup>th</sup> May	Senior Winter Sports @TVPS Playgroup
Wednesday 23 <sup>rd</sup> May	Smiles for Miles - Free Dental Screening for prep students. Please return permission form.
Thursday 24 <sup>th</sup> May	Education Week – All parents, carers, grandparents are invited to our Open Day 11.30-1.30pm
Friday 25 <sup>th</sup> May	Senior Winter Sports @FCPS Playgroup
Thursday 31 <sup>st</sup> May	Reconciliation Performance – whole school incursion
Friday 1 <sup>st</sup> June	Corner Inlet Winter Sports Day – selected senior students Playgroup
Thursday 7 <sup>th</sup> June – 21 <sup>st</sup> June	Book Fair – runs for two weeks
Friday 8 <sup>th</sup> June	After School Fun – P/1 students stay at school until 7pm, Grade 2-6 students have a sleep over.
Monday 11 <sup>th</sup> June	Queen's Birthday – No School
Tuesday 12 <sup>th</sup> June	School Council Meeting @6.30pm
Thursday 14 <sup>th</sup> June	Burke and Wills Show – whole school incursion
Monday 25 <sup>th</sup> June	Indigenous Excursion
Wednesday 27 <sup>th</sup> June	4/5/6 excursion to Quantum – Lego Robotics
Thursday 28 <sup>th</sup> June	Reports Home
Friday 29 <sup>th</sup> June	Last day of Term 2 – finish at 2.30pm



# Kids Matter

## Fears and helpful self-talk

<https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/emotional-development/fears-and-helpful-self>

The following examples are for parents and carers to use at home. They are most suitable for older primary aged children. The methods described can also be adopted by teaching staff to help children cope with fears and worries at school.

When we say to ourselves effects how we feel. Thinking that a situation is too scary can make it so. Unhelpful self-talk increases children's anxious feelings and can make it more difficult for them to manage fears and worries. Self-talk includes all the things children say to themselves silently, as well as the things they sometimes say out loud. By contrast, when the things children say to themselves are helpful and encouraging, they support good coping skills and self-confidence.

The following example shows how unhelpful self-talk has increased 12 year old Adam's fears about going to high school the following year.

Situation	What Adam says to himself:	How he feels:
School orientation visit	<ul style="list-style-type: none"> <li>o I don't know anyone here</li> <li>o There are too many new faces</li> <li>o They all seem to know one another, but they're ignoring me</li> <li>o What if I don't make any friends?</li> <li>o What if the teachers are mean?</li> <li>o They expect you to do a lot of work</li> <li>o What if I can't keep up?</li> <li>o It's too hard</li> </ul>	<ul style="list-style-type: none"> <li>o Alone</li> <li>o Overwhelmed by strangers</li> <li>o Puncty</li> <li>o Lacks confidence</li> </ul>
At home	What Adam says to his mother "I don't want to go."	How he tries to cope Wants to avoid the feared situation

Adam's unhelpful self-talk has made his original problem much bigger. It has convinced him that he won't be able to cope at high school. For Adam to learn to manage his fears, he needs to learn to replace his unhelpful self-talk with helpful thinking. Parents and carers can help him to practise thinking in ways that are more helpful. Asking Adam why he doesn't want to go to high school and helping him look more realistically at his fears, might be a good place to start.

Adam's unhelpful thinking:	How to support helpful thinking:	Adam wants to look at it:
<ul style="list-style-type: none"> <li>o I don't know anyone here</li> <li>o There are too many new faces</li> <li>o They all seem to know one another, but they're ignoring me</li> <li>o What if I don't make any friends?</li> <li>o What if the teachers are mean?</li> <li>o They expect you to do a lot of work</li> <li>o What if I can't keep up?</li> <li>o It's too hard</li> </ul>	<ul style="list-style-type: none"> <li>o Encourage "I can see you are worried about going to high school. There are lots of new things for you and for everybody else."</li> <li>o Challenge "What makes you so sure they're not looking for a new friend?"</li> <li>o Suggest "You can use your friendship skills to get to know them."</li> <li>o Reassure "What happens you show leaders when you've had a problem to solve with them? They can be a 'new challenge' for them and a problem. Show one of the new teachers for high school."</li> </ul>	<ul style="list-style-type: none"> <li>o I don't know anyone because I am new. I'm not the only one there will be lots of other new kids.</li> <li>o I am good at making friends. I will soon get to know people.</li> <li>o The teacher I saw didn't seem too bad. There's no point worrying about something that may not be a problem.</li> <li>o Lots of other kids will be in the same class. I just know to remember to call for help if I need it.</li> <li>o I should see they have some good programs.</li> </ul>



# DENTAL SCREENING PROGRAM

## FREE

## FOR ALL CHILDREN



Bass Coast Staff will come to your school to provide an Oral Health talk to the children and carry out a general dental screening examination. If you are interested, please fill out the consent form and return it to your child's school.



9<sup>th</sup> May 2018

# You are invited!



Come and join in the fun at

## Tarwin Lower Primary School



# Open Day

Thursday 24<sup>th</sup> May 2018

11.30am - 1.30pm

All parents, carers, grandparents and loved ones invited to attend and join in the fun and learning.

Looking forward to seeing you there!

Kindness

Cooperation

Resilience

Respect



9<sup>th</sup> May 2018



SOUTH GIPPSLAND

Central enrolment for four-year old Kindergarten

CLOSES 30 JUNE

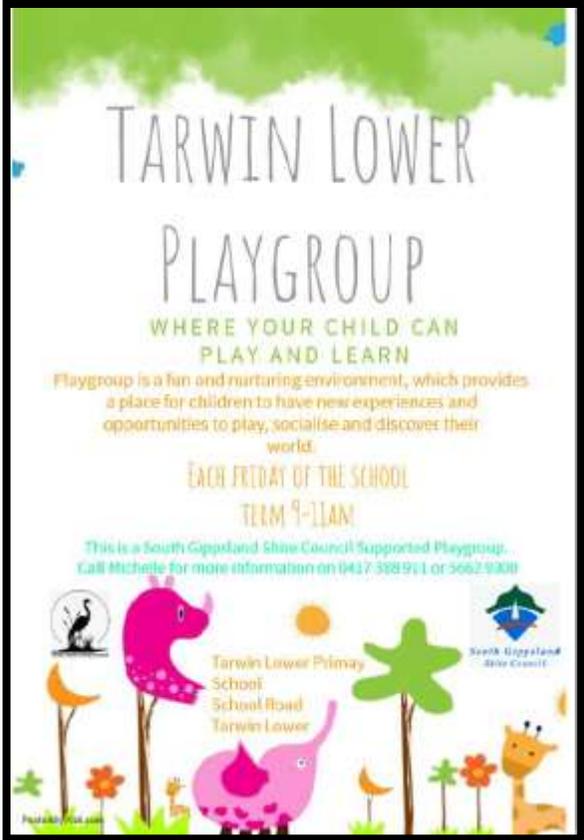


**Is your child ready for kindergarten in 2019?**

To enrol your child in funded four-year-old Kindergarten for next year, you will need to **register now**. Kindergarten enrolment is centralised through South Gippsland Shire Council. Simply complete a single enrolment form and nominate your Kindergarten preferences. Enrolments must be lodged by 30 June.

You can enrol at [www.southgippsland.vic.gov.au/centralenrolment](http://www.southgippsland.vic.gov.au/centralenrolment)

For more information, please contact Shelley on 5662 9200 or visit [www.southgippsland.vic.gov.au/centralenrolment](http://www.southgippsland.vic.gov.au/centralenrolment)



# TARWIN LOWER PLAYGROUP

WHERE YOUR CHILD CAN PLAY AND LEARN

Playgroup is a fun and nurturing environment, which provides a place for children to have new experiences and opportunities to play, socialise and discover their world.

EACH FRIDAY OF THE SCHOOL TERM 9-11AM

This is a South Gippsland Shire Council Supported Playgroup. Call Michelle for more information on 0417 388 911 or 5662 9300



Tarwin Lower Primary School  
School Road  
Tarwin Lower

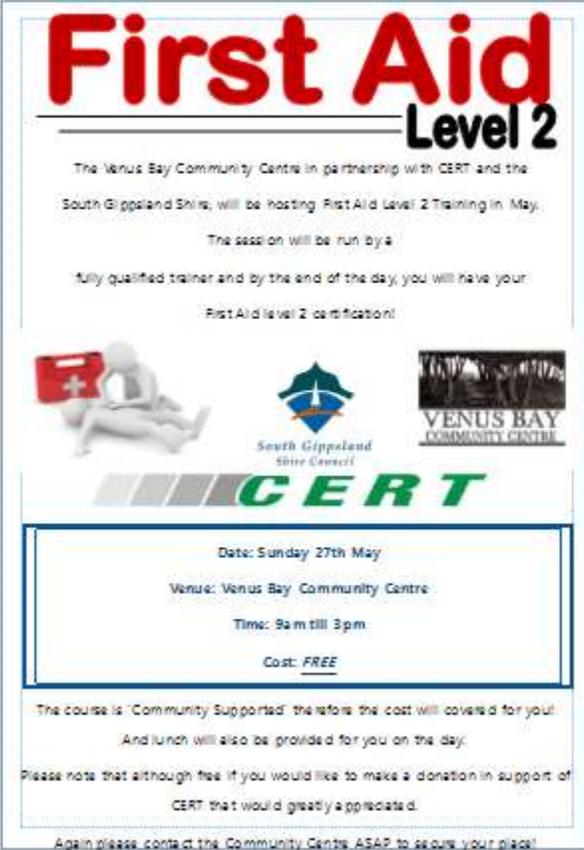


# Mother's Day Stall

Gifts Up to \$5.00

Friday 11<sup>th</sup> May

Donations needed please by Thursday 10<sup>th</sup> May  
Magazines, chocolates, lilies, plants, jewellery, puzzle books etc.



# First Aid Level 2

The Venus Bay Community Centre in partnership with CERT and the South Gippsland Shire, will be hosting First Aid Level 2 Training in May.

The session will be run by a

fully qualified trainer and by the end of the day, you will have your

First Aid level 2 certification!



Date: Sunday 27<sup>th</sup> May  
Venue: Venus Bay Community Centre  
Time: 9am till 3pm  
Cost: FREE

The course is 'Community Supported' therefore the cost will be covered for you! And lunch will also be provided for you on the day.

Please note that although free if you would like to make a donation in support of CERT that would greatly appreciate it.

Again please contact the Community Centre ASAP to secure your place!