

Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School

Small School, Big Opportunities

14th October 2020

Newsletter No. 12

Principal's Report



Dear Families,

It was great to see everyone back at school last Monday. Our school certainly has not been the same with empty classrooms and playgrounds. I want to thank all our students, parents, carers and staff for your ongoing resilience and support during this year. Remote learning has certainly not been easy, but with everyone's continued efforts our students have demonstrated continued improvement in their learning.

Term 4 is an important term for every student and our staff continue to work and plan diligently to ensure that they continue to deliver high quality targeted learning for every student. Our focus for term 4 is ensuring that every student is supported in their wellbeing, learning and transition needs.

I am very proud of how our students have bounced back from their period of remote learning. They have all shown our school values of kindness, cooperation, resilience and respect. They are all so supportive and

encouraging of each other. It is wonderful to have them back.

The students completed a questionnaire in the first few days back about remote learning. They needed to reflect on the experience and think about their learning. I have included a selection of their responses in this newsletter. Please take the time to read, it is very insightful.

Also in this newsletter please find information on;

- ⇒ Transition
- ⇒ Bus information
- ⇒ Respectful Relationships
- ⇒ Student reflection of remote learning
- ⇒ Thunderstorm asthma

Warm Regards,

Jennifer Cox

Principal





School Pick Up

Thank you to all families for their prompt car pick up at 3.10pm, for the grade 2-6 students.

This has reduced the frantic match the students to the car that happened last term. It is a lot easier with just the handful of students being picked up at this time.

It has also allowed the P/1 students to stay at school to the end of the school day. When you reflect that the Preps first year at school has been spent more at home than at school, every minute they get to learn at school is precious and much needed.

Transitions

We will make every effort to ensure successful transitions for children moving from kindergarten into Prep, and the Grade 6's moving into Year 7.

Today we had staff from Leongatha Secondary College speak to our Grade 6 students and also the rest of the senior grade.

Our Prep transition days will continue as planned. The current guidelines from DET are below.

Small group kinder-to-school transition activities are permitted in schools in regional Victoria, such as parents, educators and children meeting a Prep teacher in a school environment. Group size should not exceed 10 people and no intermixing with other students at the school should occur.

Ms Dye will be visiting the kindergartens and child care centres from the 26th October. She has 4 different preschool centres to visit!!



Our class newsletters are out today via Compass. Please take the time to read to know what is happening in your child's learning at school for the rest of the year.

Remember your hat!

Our school SunSmart policy specifies that students wear a broad brimmed hat.



Please ensure your child has the correct hat and it is labelled. We have some hats at school if you need to purchase one, they are \$9.00 each. Students who do not have a hat will be asked to play on the big deck or in the rotunda.

Compass Comment

Next week your child's first term 4 Compass comment will published. It is on Speaking and Listening. Please have a read and keep up to date with your child's progress at school

Welcome to our school

This term we welcome Jaxon (grade 4) and Rylan (grade 2) and their family into our school.

Mental Health Month

It's Mental Health Month and thanks to Mental Health Australia we have attached a calendar of tips on how you can look after your own mental wellbeing throughout October.

Please see further in the newsletter.

Bus

Parents of children who travel on the bus will receive a letter outlining driver and parent responsibilities with regard to student bus travel. Please sign and return by Tuesday 20th October.



TRANSITION DATES FOR PREPS BEGINNING IN 2021

1.	Friday 13 th November	11.30-1.30pm
2.	Friday 20 th November	11.30-1.30pm
3.	Friday 27 th November	11.30-1.30pm
4.	Friday 4 th December	11.30-1.30pm
5.	Tuesday 8 th December (Statewide Transition Day)	9.00-11.00am





JSC

We had our first meeting for Term 4 on Monday. The JSC are full of ideas. This term they have decided on;

- ⇒ Dress Up Day—dress as your favourite character from any movie or tv show
Friday 30th October
- ⇒ Tarwin's Got Talent - later in the year
- ⇒ Christmas Dress Up Day—on a day in the last week of term

Respectful Relationships

Each week our students have a Social and Emotional lesson. This week and next the lesson focus is on Personal Strengths.

The Learning Intention for each grades is;

- * **Prep**—I can identify and name examples of personal strengths. I can celebrate personal strengths.
- * **1/2**— I can identify positive character strengths in myself and others and name my personal strengths
- * **3/4**—I can identify and recognise personal strengths
- * **5/6**—I can describe mine and others personal qualities and strengths

Enrol Your 2021 Prep Now!

It is that time of year again when families enrol their child for Prep for 2021.

Whilst we are no longer able to undertake school tours in person, we are happy to chat and highlight all of the key programs that our school provides our students.

Parents are unable to come onto the school site to fill in enrolment forms - therefore we have our enrolment form on our website, which can be completed by families and emailed to us. Then our office staff will contact you to discuss this further.
<https://www.tarwinlowerps.vic.edu.au/forms>

Alternatively, you can contact the school on 5663 5263 and speak with one of our staff and they will talk you through the process.

Camps 2021

Write down these dates in your calendar for next year;

- 3/4 camp to Forest Lodge— 1-3 December
- 5/6 camp to Melbourne—21-23 July

These camps will be with Toora Primary and Welshpool Primary.

Update Details

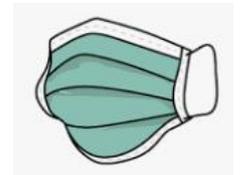
Please remember to notify us if you change phone numbers, email addresses, home addresses etc. It's very important that we have your latest details if we need to contact you.

Library Books

Please check around your house for library books belonging to the school or the MARC van. Soon we will be asking for all books to be returned prior to the end of the year.

Face Masks

Please see below for the updated information from DHHS on the wearing of face masks.



- From 11 October all Victorians must wear a fitted face mask when they leave home, no matter where they live.
- As restrictions ease and movement increases, the effectiveness of a face mask is even more important.
- You must wear a fitted face mask that covers the nose and mouth. This means that face shields, bandanas, or scarves or loose snoods, loose buffs or loose neck gaiters on their own will no longer be considered a sufficient face covering.
- There are [a number of lawful excuses](#) for not wearing a face mask.
- A face mask with three layers is the option recommended by the Chief Health Officer, as it provides the best protection for you and others.

What runs around our water tanks, but never gets tired?

Our new wooden fence!



Thank You Day Public Holiday

A reminder that Friday 23rd October is a public holiday for all Victorians.



Student Reflection of Remote Learning

When the students returned to school we asked them to fill in a questionnaire. We value our students opinions and want to give them a voice about their experiences of remote learning, so we can continue to improve how remote learning is delivered.

Below is a selection of their responses from Prep to Grade 6 students.

What was the hardest part of remote learning?

- I haven't been able to see friends in person
- My mum trying to help everyone
- Not seeing friends
- Bad internet
- Not having a teacher to help you with all your work
- Not being able to see my friends and family
- Not getting help from the teacher
- It has been really hard without any of my friends working along side me
- Sometimes not having a challenge

What is one thing you learnt most about yourself during remote learning?

- Your brain can be like a muscle
- That I love work at school
- I work quicker if I am not distracted
- How to take care of myself
- That I don't need other people to help me all the time
- When there is something that I love I can manage my time really well and when there is something I don't like then I don't manage my time well at all.
- I can block everything and everyone out when they are making noise
- If I try harder and focus more I can get things done quicker and better.

What did you get better at over time and what did it take in order to improve?

- Better at learning because I had to try my best
- Maths because I kept practicing
- I got better at maths because I learnt my times tables
- Writing because I kept practicing
- Getting organised, it took a lot of concentration and hard work
- I got better at working independently and it took hard work and determination and the anticipation to want to get smarter and learn.
- I got better at the maths work when I was being patient
- Typing on the keyboard and it just took practice.

What things should we keep from remote learning?

- I think we should do more work from the tablets
- Class meetings and bringing blankets
- Google Classroom
- Going on the computers more
- All the computer things we learnt and that might help in later life
- We should keep our determination and trying to make remote learning successful and still learning and working together even if we couldn't see each other and still communication.
- We should keep our knowledge of ourselves that we've learnt during remote learning so that we can understand ourselves better
- The websites we used





Thunderstorm Asthma Season



Grass pollen season occurs between October and December. Schools are reminded of an increased risk of seasonal asthma, hay fever and epidemic thunderstorm

asthma during this time.

Epidemic thunderstorm asthma events are triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, resulting in large numbers of people developing asthma symptoms over a short period of time.

People with a history of asthma, undiagnosed asthma or hay fever are at an increased risk of epidemic thunderstorm asthma during this time. Having both hay fever and asthma that are poorly managed increases the risk further.

More than ever before, this year it's important for staff and students to manage any hay fever or asthma symptoms, as these conditions can produce symptoms that are similar to coronavirus (COVID-19) such as runny nose, cough or shortness of breath.

The best way to reduce and prevent symptoms of asthma or hay fever and reduce unnecessary absences from school is to follow an **up-to-date asthma action plan or hay fever treatment plan**.

Any staff or students with a history of seasonal pollen-related symptoms, such as runny nose, sneezing or cough, should see their GP if they don't have an up-to-date plan.

A student or staff member while at school has symptoms, but they also get hay fever or asthma. What do I do?

- Anyone with symptoms of COVID-19 that are different in any way to their usual hay fever or asthma symptoms should be tested for coronavirus (COVID-19) and should stay home until they receive their results.

- People with known hay fever or asthma also need to talk to their GP about ongoing management.

A student or staff member's test is negative but still has symptoms. What should I do?

- If a staff member or student has symptoms and their coronavirus (COVID-19) test is negative, they should stay at home until they feel well. If their symptoms continue, they should talk to their GP.

How can a GP help?

- A GP can help decide if treatment is needed or if the symptoms will go away by themselves. If the GP thinks the symptoms are because of hay fever or asthma, the GP should work with the staff member or student on a plan to best manage the symptoms and prevent them from recurring. People with hay fever or asthma symptoms who need to attend school in person should see their GP who can provide:
 - ◇ advice on how to best treat symptoms and prevent them from recurring.
 - ◇ an updated asthma action plan or hay fever treatment plan, including what symptoms might suggest COVID-19 infection and require them to immediately get tested for COVID-19 and stay home until a negative result is received.

Actions;

- Families who have indicated their child has asthma but don't have a plan will be contacted shortly. If your child already has a plan, thank you, we will not contact you :)
- If your child suffers from hay fever, please contact the office and we will send out the form.



DATES TO REMEMBER

Friday 16th October	Book club orders due in
Tuesday 20th October	Bus Traveller forms due in
Friday 23rd October	Thank You Day Public Holiday
Monday 26th October	Uniform orders due in
Friday 30th October	Character Dress Up Day
Tuesday 17th November	School Council Meeting 6.00pm

Achievement Awards

We tried to record our assembly on Friday so we could send parents the link to watch. Unfortunately, we recorded only the first and last part! We will try again this week, and if successful will send a link out. We will persevere.

Well done to the following students for their awards.

Last day of Term 3 was for **Encouraging Others**.

- P/1—Aria
- 2/3—Marshall
- 4/5/6-Georgie



Soooo many green leaves this week! Well done!

Week 1 Term 4 was for **Being Friendly**.

- P/1—Blake
- 2/3—Aedan
- 4/5/6-Matehya
- Mrs Cox-Marshall
- School Captains—MJ



This week the award chosen by the grade 6's is for **Being Positive**.

School Bank Details

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

Bread Tags



Remember to continue to collect your bread tags this term.

Happy Birthday

We hope you had a great day on your birthday.

- ◆ Marshall
- ◆ Luca
- ◆ Matehya
- ◆ Georgie
- ◆ Zander
- ◆ Myai
- ◆ Bu Beasley





CHARACTER DAY



Favourite
Character
Dress Up Day

Dress up as your favourite tv
or movie character

Friday 30th October



Mental Health Month October 2020

10 OCT
WORLD MENTAL HEALTH DAY

Mental Health
Australia



Try these suggested activities to connect with others, have a bit of fun, and look after your mental health during October! **#Lookafteryourmentalhealthaustralia**

THUR

FRI

SAT

SUN

MON

TUE

WED

			01 Pick a fun book and read it throughout the month	02 Send a kind message to a friend or family member (challenge yourself to send one message a day!)	03 Bake something you've never tried to before	04 Go for a walk around your neighbourhood
05 Aim to be in bed at an early hour – challenge yourself to do this for the rest of the week	06 Hand write some cards and send them to people you care about	07 Call a friend or family member	08 Cook your favourite meal for dinner	09 Wear some odd socks and post a photo of them on social media #OSD2020	10 WORLD MENTAL HEALTH DAY Make a promise to look after your mental health	11 Take a break from social media and the news – challenge yourself to go the whole day
12 Drop a note into your neighbour's letterbox, letting them know you're around if they need anything	13 Try a new exercise like yoga, running or HIIT – challenge yourself to do it three times this month	14 Put on your favourite song and sing along loudly – dance around!	15 Donate some clothes and/or items from around your house that could benefit others	16 Take a photo of something beautiful and send it to a friend with a kind message	17 Video chat a friend or family member, or have a cup of tea in person if you can	18 Go for a long walk and listen to a podcast you like, or try a new one
19 Watch your favourite movie	20 Clean up your bedroom, light some candles and read some of your book	21 Invite a friend over for a meal/video chat with them over a meal	22 Make an effort to compliment/thank the people you interact with	23 Leave a positive review for a local restaurant/shop or somewhere you frequent in your area	24 Do something creative, like drawing, colouring or writing a story – just for you!	25 Call a trusted friend and tell them how you've been going, and invite them to do the same
26 Get dressed in your favourite outfit	27 Sit outside for a little bit and soak up the sun	28 Watch an episode of your favourite TV show – recommend the show to a friend	29 Think of three people you are thankful for – then tell them!	30 Write down 5 things you are grateful for... then 5 more... then 5 more!	31 Make a list of the things you enjoyed doing this month – and do them again next month!	

Find out more at www.lookafteryourmentalhealthaustralia.org.au

Kindness

Cooperation

Resilience

Respect



14th October 2020



TARWIN LOWER PRIMARY SCHOOL

UNIFORM ORDER SHEET

DUE DATE FOR ORDERS

Monday 26th October 2020

Samples of uniforms are available in the office.

Payment in full must be received before uniforms can be taken

FAMILY NAME:

CONTACT PHONE NUMBER:

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ITEM DESCRIPTION	PRICE	SIZE	TOTAL	TOTAL						
		4	6	8	10	12	14	16	QUANTITY	COST
Polo Shirt - Short Sleeve	\$ 13.50									
Polo Shirt - Long Sleeve	\$ 15.00									
T-Shirt	\$ 7.50									
Dress - Blue Checked	\$ 19.00									
Shorts - Microfibre	\$ 13.50									
Shorts - Mesh	\$ 11.50									
Shorts - Cargo	\$ 18.00									
Skort	\$ 18.50									
Pants - Cargo	\$ 21.50									
Track Pants - Straight Leg	\$ 17.50									
Track Pants - Cuffed Leg	\$ 17.50									
Track Pants - Straight Leg Double Knee	\$ 19.50									
Track Pants - Cuffed Leg Double Knee	\$ 19.50									
Top - Windcheater	\$ 15.50									
Top - Windcheater Hooded	\$ 22.50									
Top - Jacket Full Zip	\$ 20.50									
Top - Polar Fleece Half Zip	\$ 21.00									
Vest - Polar Fleece	\$ 17.00									
Hat - Cargo (Slouch) S / M / L	\$ 9.00									
TOTAL										\$

Price list updated 13/08/2020

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