

# Tarwin Lower Primary Newsletter

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Tarwin Lower Primary School  
Small School, Big Opportunities

4th March 2020

Newsletter No. 3

## Principal's Report

Dear Parents/Carers,

We are saddened to hear of the death of one of our parents, Jade Collins, in a fatal car accident yesterday. We have spoken with the family and offered them the heartfelt sympathy of our whole school community, as well as any support or help we are able to give.

We have talked to the students in the school and will support them. We have told them that it is okay to feel sad and to look after each other. We suggest you discuss this matter honestly with your children. You and your children may be affected by this tragic event in many ways. Individual reactions vary. Please see the attached information sheets for advice on grief that was sent as a Newsfeed on Compass yesterday.

The school will help support the family by collecting meals to put into the freezer. We will also have a collection at school if you want to donate to the family for the funeral and ongoing care of the two young boys. If you would like to add your name as respite care for Anne and Ian later in the year, please contact the office.

I know our local community will support the family at this time, and our thoughts and prayers are with them.

### Emotional Honesty

Emotional honesty is the practice of telling people how you feel, and it's especially important in moments where there is social pressure to hide it.

Sharing our feelings is tricky. Many times we don't share our feelings because we feel ashamed or embarrassed, or we fear hurting the other person's feelings by sharing ours. How and when to be emotionally honest can get really muddled and a lot of the time it is socially easier to stay silent and maintain a

surface level pleasantness. One of the unintended consequences when we do this with children is that we can obscure how we are feeling and they can think they need to hide their emotions too.

When you are feeling sad, share this feeling with your kids so they know that it is okay to feel sad. When is the last time they saw their dad cry? Feelings need to be released and no one should be ashamed, it is worse to pretend to feel nothing. I recommend watching the ABC show Man Up which challenges our ideas about what it means to be an Aussie man.

When you are feeling nervous about starting a new job or going somewhere new, let your kids know. It is okay to feel this way, but also share your strategies for overcoming this nervousness. Role model to them so they learn from you.

These strategies help to build students resilience and to Bounce Back (our Social and Emotional Learning in Term 2). We build students understanding that bad times don't last and other people can help.

If this tragic event has bought up events you need to talk to someone about, please call Lifeline on 13 11 14, Mensline 1300 789 978, Beyondblue 1300 224 636.

Warm Regards,

*Jenni Cox*

Principal



<https://iview.abc.net.au/show/man-up>  
<https://www.gracepointwellness.org/474-emotional-intelligence/article/16150-big-boys-do-cry>  
<https://www.benhowort.com/blog/2018/10/3/practicing-emotional-honesty-with-children>  
<https://kidshealth.org/en/parents/worrying.html>

Kindness

Cooperation

Resilience

Respect



### Compass

All students have a Learning Task of Maths in Compass.

### Meet other families at our school BBQ



Come and meet other families at our annual school BBQ on **TONIGHT** from 5.30pm. This is a great opportunity to bring our school community together and allow new families to the school to meet other families.

Bread and sausages are supplied. Please bring a dessert or salad to share. BYO plates, cups, drinks, cutlery, picnic rug. See the flyer

attached to the newsletter.

Please note; all school events are alcohol and smoking free. We look forward to seeing you there.

### Senior Athletics Day

When: **Friday 13th March 9am – 3pm**

Who: Students in grades 3-6

Where: Foster Secondary College

How: Parents to arrange own transport

Students will be participating with students from Tarwin Valley and Fish Creek Primary Schools. Successful students will go through to the District Athletics on Wednesday 25th March.

Tarwin Lower Primary is in charge of the 200m event, and we need volunteers to run this. We can rotate the volunteers so you are not there all day.

Remember to bring lunch, drink bottle and a hat, as well as a picnic rug and/or chairs. See program in the newsletter.

### School Council

Thank you to Vanessa Fisher for again volunteering to be on the School Council.

We still have **three** places vacant. Please see Jen or Lindy if interested—we would love to have you on board.

### Bread Tags



Last year TLPS and the community collected 1.8kg of bread tags for the Bread Tags Wheelchairs charity organisation. The ladies at the Phillip Island Community and Learning Centre collection point were most impressed with our efforts.

We are again collecting bread tags. So tell all your friends and family to start saving the bread tags instead of putting them into landfill.

### A Mozzie Swarm!

Our Mozzie catcher has been found, and is getting repaired. We hope to have it back in the school grounds catching those thousands of mosquitoes soon.

### Helping to Make a Difference

Thank you to Kay and to Kirsty for volunteering for breakfast club on Mondays, Tuesdays and Thursdays.

Please consider volunteering. It is simply serving cereal and making toast. The smiling faces of appreciation and thanks from the kids makes the one hour well worth it.



### Free Sanitary Items for Students

On Monday a sanitary dispensary was installed in the girls toilets. This is a government initiative. We have always had free pads and tampons at the school, but now they can also be accessed in the toilets. The grade 3-6 girls have had an explanation about the dispenser and the need for it when you get your period.

Your daughter may come home with questions about getting her period. It is important to be honest and to not make menstruation a terrible thing so they worry about it and not want to have it. After all, it affects half the worlds population!

Below is a link with more information. This also have information for girls with additional needs such as ASD.

<https://raisingchildren.net.au/pre-teens/development/periods-hygiene/periods>



### Keeping our Students Safe

Last year we had barriers up in the carpark to remind drivers to **not drive past the bus** in the afternoon. We are not using these at the moment, but ask parents to park on the other side of the carpark, or wait until the bus has left before departing the school grounds. We want all our kids to get home safely, and for our young people to become old people.

### Clean Up Australia Day



On Friday 28th February the whole school participated in Clean Up Australia Day. See Facebook for more photos.

### 25 Nights Reading!

Well done to the students (and parents) who have made it to 25 nights reading. You are well on your way to getting a 300 night trophy at the end of the year.



### Well Done Awards

Every Friday afternoon at assembly Well Done Certificates are given to students. The certificates are given based on our school values of Kindness, Cooperation, Resilience and Respect.

*Being Hopeful* in week 5 certificate recipients.



Our Golden Leaves students last week are below.





## For Your Calendar

4th March	School Family BBQ @ 5.30pm
6th March	Bookclub orders due
9th March	Labour Day—Public Holiday
10th March	School Council Meeting @6pm
11th March	Preps first Wednesday!!
13th March	Waratah Senior Athletics Day @Foster
19th March	Netball Victoria Visit
25th March	District Athletics Day
27th March	Last day of Term 1—2.30pm finish
14th April	First day of Term 2 (Tuesday)
21st April	Sean Choolburra Incursion
5th May	School Council Meeting @6pm
22nd May	Grade 5/6 Winter Sports @Fish Creek Primary

### Reminders from the office

- Bookclub orders and payment are due this Friday
- Student banking day is Tuesdays. At present we have only 2 students bringing in their bankbooks. Student banking is a great way to teach your child regular saving habits. New bankers are very welcome!!
- Some families still have not paid for their Essential Items charges this year. Can you please forward cash or pay via direct debit (bank details below) as soon as possible? Thank you.
- Reminder to parents of students with Asthma. A letter was sent to you previously to request a current Asthma Management Plan. If you have not already done so, please see your doctor and arrange an up to date Asthma Management Plan for your child.



### Happy Birthday

We hope you had a great day on your birthday.

◆ **Perry**

◆ **Ryan**



Stay up to date with what is happening at the school via Facebook.

### School Bank Details

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



## WARATAH CLUSTER SPORTS

### March 13th 2020 FSC OVAL, FOSTER

### ATHLETICS PROGRAM 2020

9:00 students have arrived

9:15 assemble students

9:30 first events start

Distance: 9/10yr, 11yr, 12 yr old = Hurdles, 800 or 1500m (children elect to participate)

	9:25	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00
	800m	1	2	3	4	5		6	7	1500m
<b>12 yrs Boys &amp; Girls</b>	Discus	200m run	High Jump	100m sprint/ Hurdles*	Triple Jump	<b>L</b>	Long Jump	Shot Put		
<b>11 yrs Girls</b>	Shot Put	Discus	200m run	High Jump	100m sprint/ Hurdles*	<b>U</b>	Triple Jump	Long Jump		
<b>11 yrs Boys</b>	Long Jump	Shot Put	Discus	200m	High Jump	<b>N</b>	100m sprint/ Hurdles*	Triple Jump		
<b>10 yrs Girls</b>	Triple Jump	Long Jump	Shot Put	Discus	200m	<b>C</b>	High Jump	80m sprint/ Hurdles*		
<b>10 yrs Boys</b>	80m sprint/ Hurdles*	Triple Jump	Long Jump	Shot Put	Discus	<b>H</b>	200m	High Jump		
<b>9 yrs Girls</b>	High Jump	80m sprint/ Hurdles*	Triple Jump	Long Jump	Shot Put		Discus	200m run		
<b>9 yrs Boys</b>	200m run	High Jump	80m sprint/ Hurdles*	Triple Jump	Long Jump		Shot Put	Discus		

- Hurdles\* - are an opt in event

2:30 Presentation

3:00 Finish

TLPS parents are in charge of the 200m event



4th March 2020



You are invited to the  
Tarwin Lower Primary School BBQ



*Back-to-School*

**BBQ**

**MARCH**

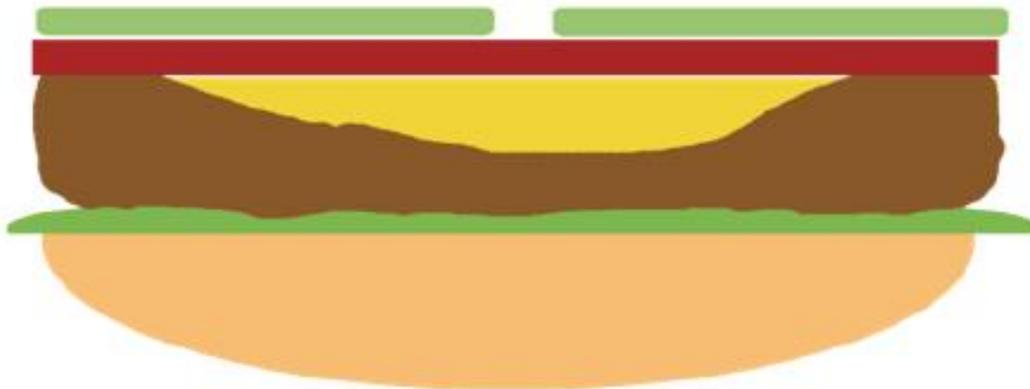
**4**



**5.30**

**PM**

Sausages Provided - please bring a dessert/salad to share

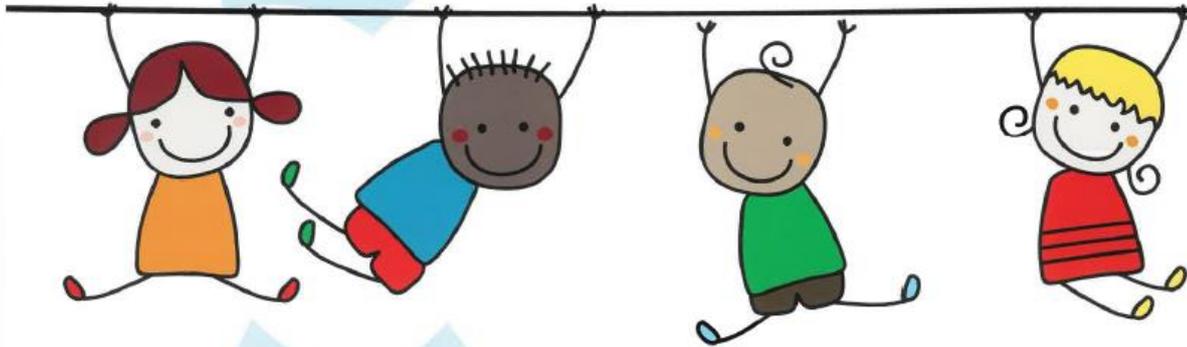


*Come ketchup with old friends & make new ones!  
BBQ will be held near the sandpit. See you there!*

Please Note: following DET guidelines, alcohol and cigarettes are not permitted.



4th March 2020



# Tarwin Lower Playgroup

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.

**Every Friday of the School Term**

**9am - 11am**

**at Tarwin Lower Primary School**

**WHERE YOUR CHILD CAN PLAY AND LEARN**

**This is a South Gippsland Shire Supported Playgroup. Call Michelle for more information in 0417 388 911 or 56629300**



Tarwin Lower  
Primary School



South Gippsland



Kindness

Cooperation

Resilience

Respect



# TARWIN LOWER PRIMARY SCHOOL

## IS SEEKING VOLUNTEERS FOR SCHOOL BREAKFAST CLUB

We run a School Breakfast Club to ensure our students can have a healthy and happy start to their school day. All students at our school are invited to attend our warm and welcoming Breakfast Club.

We are currently seeking volunteers to assist with:

- setting up our breakfast area
- helping prepare and serve breakfast to students
- providing valuable social interaction for students
- cleaning up at the conclusion of breakfast.

### DETAILS

**DAYS:** Wednesday or Friday

**TIME:** 8.15-9.15am

**CONTACT:** Lindy at the school office on Tues, Wed, Thurs  
5663 5263

**Did you know that 1 in 5 people in Australia - including children - go hungry?**

The School Breakfast Clubs Program is delivered by Foodbank Victoria in partnership with the State Government. It provides healthy breakfasts to thousands of students in 500 primary schools across Victoria. To find out more, please visit [www.foodbankvictoria.org.au](http://www.foodbankvictoria.org.au)





# INFORMATION FOR PARENTS

## PREMIER'S ACTIVE APRIL 2020



fitbit

### NEW IN 2020 – SYNC YOUR FITBIT TO THE ACTIVE APRIL APP

The all-new fitbit integration makes it even easier to track your activity throughout April. Register now to win great prizes that will help you move more!



## ACTIVE CHILDREN. ACTIVE FAMILIES.

Premier's Active April encourages Victorian families to get healthy and active by participating in 30 minutes of physical activity a day for the month of April and beyond. Jump on board and support our school.

### Register and help our school win:

- ▶ One of 18 special Victorian Institute of Sport visits with a high profile athlete
- ▶ \$1,200 Rebel Sport vouchers for most active schools

### You will also receive:

- ▶ 10 free visit passes at your local participating YMCA
- ▶ 20% off Fitbit watches and trackers
- ▶ 15% off Run Melbourne 2020 entry
- ▶ One free Cardio tennis session at participating Tennis Victoria courts
- ▶ 50% off 28 by Sam Wood Program
- ▶ 10% off Around the Bay entry
- ▶ 15% off Sole Motive active gear in store and online
- ▶ A three-month family membership with Bicycle Network

Register today – [activeapril.vic.gov.au](http://activeapril.vic.gov.au)

Follow us on:

\*Terms and conditions for all prizes and offers apply. Visit [activeapril.vic.gov.au](http://activeapril.vic.gov.au) for details. Authorised by the Victorian Government, Treasury Place, Melbourne.



## HOW TO MOVE MORE THIS APRIL

Enjoy quality family time for free just by getting involved. Create a family team and see what different activities you can achieve together.

### Physical activity during childhood can help with:

- Developing a healthier heart and lungs
- Building stronger bones and muscles
- Improving motor skills
- Improving self-esteem
- Reducing stress and anxiety
- Improving school performance
- Improving concentration

### What you can do as a parent:

- Check out the Get Active Workout videos on website and do them at home or in the park with the kids
- Turn off the TV and computer, and limit screen time
- Plan fun activities with your children – let them choose
- Find out what our school is doing to see what you can do at home
- Check out local offers and events in your area

### Suggested activities you can do as a family:

- Walk to school
- Walk the dog
- Go for a family bike ride
- Explore where you live and walk a different route
- Do the family chores together – shopping, washing the car
- Set up a backyard obstacle course
- Get some chalk and make a downhill or hop-scotch court on your driveway
- Play a game of backyard cricket
- Play kick-to-kick with the footy or soccer ball
- Play wall tennis
- Play backyard volleyball with a balloon. Try to keep the balloon up!
- Throw a frisbee
- Jump rope
- Hula hoop
- Play hide and seek
- Head to the local playground
- Fly a kite
- Perform an activity during every ad break on TV
- Make your own treasure hunt
- Get a pedometer for everyone in the family and compare your steps
- Set goals and rewards
- Create your own motivational posters to put up around the house

### Get your Active April Family Planner

Download and print your family planner with 30 fun family activities to kick start your Active April. Set a family challenge, track your progress and see how many activities you can do!



Follow us on:

\*Terms and conditions for all prizes and offers apply. Visit [activeapril.vic.gov.au](http://activeapril.vic.gov.au) for details. Authorised by the Victorian Government, Treasury Place, Melbourne.





4th March 2020



# OPEN DAY WED 11<sup>TH</sup> MARCH

JUNIOR AND SENIOR PLAYERS WELCOME  
5PM @ THOMPSON RESERVE INVERLOCH  
FOR BBQ, GAMES AND GOOD VIBES  
TRAINING STARTS MARCH 18<sup>TH</sup>  
SEASON STARTS APRIL 19<sup>TH</sup>

PRE-REGISTER ONLINE  
[WWW.PLAYFOOTBALL.COM.AU](http://WWW.PLAYFOOTBALL.COM.AU)



The Country Women's Association of Victoria Inc.  
GIPPSLAND HILLS GROUP C.W.A. 66<sup>th</sup>

## Exhibition

HANDICRAFTS, ART & HOME  
INDUSTRIES

17 & 18 April 2020

Inverloch Community Hub  
16 A'Beckett Street, Inverloch  
Members' exhibits, demonstrations, workshops  
Open to the public:



Enquiries: 0416 225 052  
Friday 10am-4.30pm and Saturday 10am-3.30pm  
Admission: Adults \$5, children & school students free

## TARWIN LOWER COMMUNITY HEALTH CENTRE

The Tarwin Lower Health Centre needs more volunteers.

We have very exciting changes. New practitioners working in fields whose studies include both Western medicine and Eastern Health practices.

Tarwin Lower Health Centre is a community service.

If needed the volunteers can also have their hours count as community work for Centrelink.

If interested please call Pat 0433 415 287



# REGISTRATION NIGHT

NEW PLAYERS  
WELCOME!!

INCLUDES:  
JUNIOR FOOTBALL TRAINING FROM 5:15  
JUNIOR NETBALL TRAINING FROM 5:00  
PARENT V KIDS FOOTBALL MATCH  
MEALS AVAILABLE AFTER TRAINING

FOOTBALL  
U10, U12 & U14

NETBALL  
116U 136U 156U 176U



JASON 0409 977 347

LAURA 0408 172 609

FROM  
5  
PM



MARCH  
5  
2020

Email: [tarwinsharks@gmail.com](mailto:tarwinsharks@gmail.com)



Tarwin Sharks  
Football Netball Club



Kindness

Cooperation

Resilience

Respect