



# TRAWALLA PRIMARY SCHOOL NEWSLETTER

Principal: **Kate Morcombe**  
School Council President: **Kylie Palmer**

03 5349 2047  
11 Trawalla Rd, Trawalla, Vic 3373  
trawalla.ps@education.vic.gov.au

**Issue No 27      Tuesday 7<sup>th</sup> September 2021**

## **DATES**

Tue Sept 7 <sup>th</sup>	<del>Cluster – Halls Gap Zoo excursion</del>	Tues Nov 2 <sup>nd</sup>	Melbourne Cup Day Holiday
Sept 8 <sup>th</sup> & 9 <sup>th</sup>	Parent Teacher interviews	Fri Nov 5 <sup>th</sup>	MARC Van with Kathy
Fri Sept 10 <sup>th</sup>	MARC Van with Kathy	Fri Nov 5 <sup>th</sup>	Swimming
Mon Sept 13 <sup>th</sup>	Full STEAM Ahead @ Navarre	Mon Nov 8 <sup>th</sup>	Full STEAM Ahead @ Navarre
Tues Sept 14 <sup>th</sup>	School Council – 7pm	Fri Nov 12 <sup>th</sup>	Swimming
Thur Sept 16 <sup>th</sup>	Community Campfire night	Mon Nov 15 <sup>th</sup>	Cluster Prin meeting – Kate away
Fri Sept 17 <sup>th</sup>	Last day of Term 3 – 2.30pm dismissal	Fri Nov 19 <sup>th</sup>	MARC Van with Kathy
Mon Oct 4 <sup>th</sup>	First day of Term 4	Fri Nov 19 <sup>th</sup>	Swimming
Fri Oct 8 <sup>th</sup>	MARC Van with Kathy	Mon Nov 22 <sup>nd</sup>	Full STEAM Ahead @ Navarre
Mon Oct 11 <sup>th</sup>	Full STEAM Ahead @ Navarre	Fri Nov 26 <sup>th</sup>	Swimming
Tues Oct 12 <sup>th</sup>	Optometrist visit	Tues Nov 30 <sup>th</sup>	Cluster Halls Gap Zoo trip
Fri Oct 15 <sup>th</sup>	Swimming	Mon Dec 6 <sup>th</sup>	Cluster year 6 Graduation
Fri Oct 22 <sup>nd</sup>	MARC Van with Kathy	Fri Dec 10 <sup>th</sup>	Swimming
Fri Oct 22 <sup>nd</sup>	Swimming	Fri Dec 17 <sup>th</sup>	Last day of term 4 - 1.30 dismissal
Mon Oct 25 <sup>th</sup>	Full STEAM Ahead @ Navarre		
Wed Oct 27 <sup>th</sup>	Pupil Free Day – staff to Pleasant St Primary School - TBC		
Fri Oct 29 <sup>th</sup>	Swimming		

\*\*\*The items that have been crossed out are not going ahead or moved to a new date due to COVID

## **Reading Awards** Congratulations to:

**Sienna Shepherd – 75 nights**



### **Parent teacher interviews**

Allocated time are attached. Interviews will be via WebEx due to COVID restrictions. You will receive an email invite to your allocated time. If you wish to change your time contact Kate.

### **Ryan's IGA Community Rewards**

For the month of September, Trawalla Primary School has been selected to participate in Ryan's IGA Community Rewards program. Our school will appear on the wall of the Ryan's IGA Supermarket in Beaufort and customers are invited to place their tokens in the donation box against Trawalla PS. You will need to ask the checkout operator for the tokens. At the end of the month, Ryan's IGA will count the tokens and provide our school with a donation. Thank you in advance for your support and a big thank you to Ryan's IGA for allowing us to participate in this great community rewards program.

# Congratulations on passing your learning goal...



Maths – Alyssa Palmer  
Maths – Layla Best  
Maths - Zavier Mountney  
Maths – Tom Palmer  
Maths – Tanner Jantzen  
Spelling – Sienna Shepherd



## PFA Father's Day Stall

Thank you to Jodie and the parents that offered to assist Jodie with the Father's Day Stall, due to COVID restrictions the staff facilitated the stall. We hope that all the dads had a wonderful day on Sunday.

## Full STEAM Ahead

This term the Pyrenees Cluster Full STEAM Ahead days at Navarre school. These days will recommence when COVID permits.

The dates are:

- Monday July 19th
- Monday August 16th
- Monday August 30th
- Monday September 13th

## Parenting Ideas

Today's article is attached – Everyday resilience lessons for kids

## Good to Grow Fundraiser – Update from Jodie

On behalf of Trawalla PS Parents and Friends, I would like to thank you all for your fundraising efforts including Popp's Place who had a display and made some sales on our behalf.

We raised a profit of \$375.80. This is a wonderful achievement which will greatly benefit our students and school.

Orders are expected to be received and handed out prior to Friday 17 September (last day of Term 3). I hope everyone is as excited as my family to receive their seeds and get planting! Thanks again 😊



## The 2021 Parent/Caregiver/Guardian Opinion Survey

\*\*\*\*\*Please complete the survey\*\*\*\*\*

- The closing date for this survey has been extended into term 4.
- The survey can be completed over weekends and after hours.
- Parents who wish to complete this survey on a school computer can do so by contacting Kate.

## PARENT/CAREGIVER/GUARDIAN OPINION SURVEY LINK

<https://www.orima.com.au/parent>

The Parent/Caregiver/Guardian Opinion Survey link is the same for all schools and campuses.

**SCHOOL AND CAMPUS NAME – PARENTS/CAREGIVERS/GUARDIANS SHOULD BE INSTRUCTED TO SELECT THIS SCHOOL / CAMPUS ON THE SURVEY LOGIN PAGE:**

School Name: Trawalla Primary School

**SCHOOL PIN FOR SURVEY: 834592**

### **Outdoor Sensory Play Space – Inclusive School's Fund**

Thanks to those of you who have sourced some of the required items for our Outdoor Sensory Play Space. There are still some items that we are seeking donations for. If your family or friends have any of the below listed items that they could donate for our new play space, can you please let us know.

- Timber pallets/recycled timber suitable for making planter boxes
- Kitchen items such as pots, pans, cake trays, utensils, sieves, measuring jug/cups/spoons

### **2021 Trawalla School Strategic Plan – Vision Statement**

Staff have put together our ideas for a vision statement based on the goals that we have set for the SSP period.

The goals and key improvement targets for the next four years relate to improving outcomes in literacy and numeracy and improving student voice in their learning.

We want the students to continue to show growth in their learning while at the same time have input into what they are learning and how they are learning. Staff will also work on refining their processes and procedures for data collection and storage. Our school will also work with the families and community to improve outcomes.

Staff would like our vision to be along the line of:

*Students, families and teachers being reflective learners, improving outcomes within supportive structures.*

**This week's the staff have tweaked our idea for our vision to...  
#reflective learning community**

We welcome your thoughts on our ideas.

### **COVID-19 update**

**QR Codes** – these are on display for visitors to use on entry.

**Face Masks** - As directed by the Victorian Chief Health Officer, the following advice applies to all school settings:

- School staff and secondary school students aged 12 or older must always wear a face mask indoors and outdoors at school, including when attending an Outside School Hours Care (OSHC) program, unless a lawful exception applies.
- It is recommended that children under 12 years of age and students at primary school wear face masks when at school, or when attending an OHSK program.
- For communication purposes, teachers and education support staff are not required to wear face masks while teaching, but those who wish to do so, can. It is recommended that face masks be worn while teaching wherever practicable.

## Everyday resilience lessons for kids

Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.

Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.

### Wait until mealtime

Discourage them from random snacking when they are hungry. Encourage them to wait until mealtime. By tolerating minor discomforts such as hunger, thirst or even some worries, kids get the practise needed to help them manage bigger future hurdles that may come their way. You can build your child's tolerance of discomfort by encouraging them to delaying immediate gratification even just for a few moments.

### Do more than expected

Great sportspeople routinely train more than others and push through mental and physical boundaries. Encourage your child to push through boundaries and do more than expected in small ways. Perhaps they don't just clean their bedroom but tidy the living room as well. They may aim to shoot 10 goals in a row at basketball practice but keep going until they reach fifteen. Going past the finish line is wonderful resilience practice. What else can you do that would encourage your child to do more than expected on a regular basis?

### Save pocket money

Did you know that when you encourage your child to save some of their pocket money rather than spend it immediately you are teaching them to delay gratification, an acknowledged resilience attribute? Asking a child to set aside some pocket money for saving, some for charity and some for spending will help develop a balanced use of pocket money. It helps if a child can develop their own savings goal, and parental suggestions can assist. The delay of an immediate reward to achieve a greater or later reward needs to be practiced if it's to become part a child's pattern of behaviour.

### Make the bed

Resilience comes from doing things that we don't feel like doing and making a bed is one thing few people enjoy. The daily habit of making a bed (to the best of a child's or teen's ability) is a brilliant discipline to develop, which has the bonus of setting kids up well for a productive day at school. What other simple habits that fit into the "don't-like-to-do" basket that benefits either your child or others in the family?

### Help when you don't feel like it

It's easy to help at home when they've had a good day at school or the weather is fine. It's much more difficult to step up and help set the table, put the rubbish out or hear a sibling read when they've had a bad day at school or the weather is stinking hot. The seemingly small act of sticking to commitments develops discipline and conscientiousness that contributes to a sense of resilience.

### Smile when you don't feel happy

Feelings may be difficult to manage, but behaviour is a choice. Encourage kids to choose happy, or at least act happy by smiling rather than putting on a grumpy face. The brilliant thing about this strategy is that smiling changes their mood so that they begin to experience pleasant emotions.

It's the small, everyday behaviours we encourage in kids that have the greatest impact on their behaviour, wellbeing and resilience.

Michael Grose