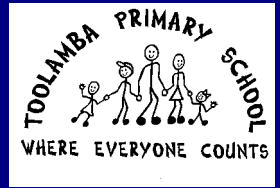


Toolamba PS

“Striving for Excellence”



Values: Respect, Trustworthy and Inclusive

PRINCIPAL'S REPORT

Dear Parents,

FUN RUN EXPENDITURE

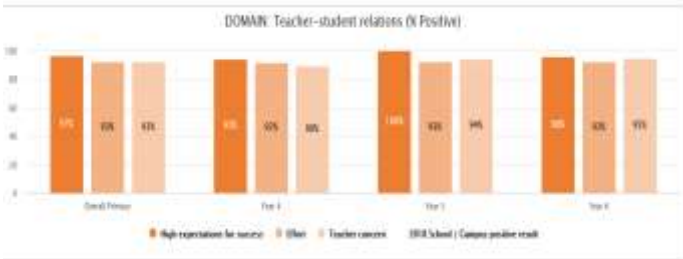
We were very excited to see the arrival of a range of construction materials last week. Proceeds from the P&F Colour Run enabled us to purchase them. Resources such as these are a very welcome addition to our school.



DOMAIN: SOCIAL ENGAGEMENT

Survey Factor	Overall Primary % Positive (n=67)
School Connectedness (Sense of belonging)	93%
I feel proud about being a student at this school	91%
I like this school	96%
I am happy to be at this school	97%
I feel like I belong at this school	93%
I look forward to going to school	87%
Student voice and agency	85%
At this school, I help decide things like class activities or rules	75%
I have a say in the things I learn	88%
My teacher likes my ideas	84%
I am encouraged to share my ideas	93%
Sense of inclusion	96%
I have lots of chances to be part of class activities	99%
I have friends at this school	96%
My teacher makes me feel like I matter	94%
My teacher makes sure all students feel included	97%

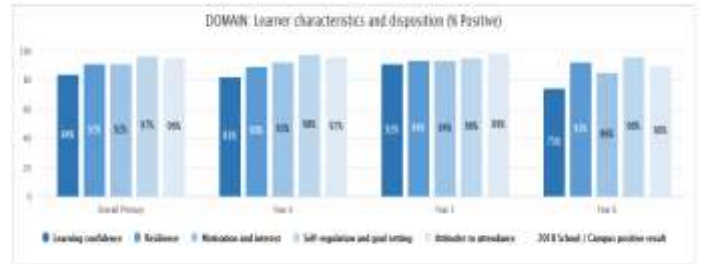
TEACHER STUDENT RELATIONSHIPS



DOMAIN: TEACHER-STUDENT RELATIONS

Survey Factor	Overall Primary % Positive (n=67)
High expectations for success	97%
My teacher expects me to do my best	99%
My teacher believes that I can do well at school	96%
Effort	93%
I usually pay attention in class	93%
My teacher expects nothing less than our full effort	96%
I enjoy doing my work in class	90%
Teacher concern	93%
My teacher cares about how I am feeling	96%
My teacher seems to know if something is bothering me	88%
I can talk to my teacher if something is worrying me	94%

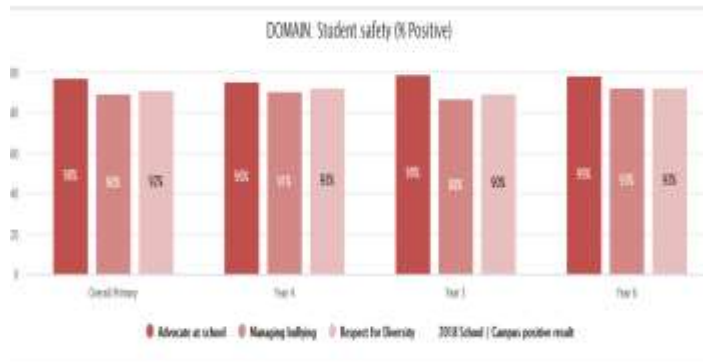
LEARNING CHARACTERISTICS & DISPOSITION



DOMAIN: LEARNER CHARACTERISTICS AND DISPOSITION

Survey Factor	Overall Primary % Positive (n=67)
Learning confidence	84%
I am good at learning	87%
I can do challenging school work	82%
Resilience	92%
I can recover in a short time when something bad happens to me	90%
I try again when I don't succeed	94%
Motivation and interest	92%
I want to learn new things	96%
I am learning things that really interest me	88%
Self-regulation and goal setting	97%
I try very hard at school	97%
I ask my teacher for help when I find my work difficult	97%
Attitudes to attendance	96%
I always try to attend school	93%
My parents believe that going to school is important	99%
I try to catch up on my work if I am absent from school	97%

STUDENT SAFETY



Survey Factor	Overall Primary % Positive (n=67)
Advocate at school	98%
At this school, there is a teacher or another adult who cares about me	99%
There is a teacher or another adult at this school who believes that I can be successful	100%
At this school, there is a teacher or another adult who listens to me when I have something to say	100%
I have someone at school who I can share any problems with	94%
There is a teacher or another adult at this school who tells me when I do a good job	96%
Managing bullying	90%
I feel safe at this school	94%
This school deals fairly with bullying problems	85%
I know where to get help if I feel bullied	91%
Respect for diversity	92%
All students are treated fairly at this school	87%
It is okay to be different at this school	97%

PARENT OPINION SURVEY

We encourage those parents who have been invited to complete the online survey do so before the 11th August. Valuable information for future planning is gained from your feedback. Currently we have had a response rate of 13%.

PARENT/TEACHER/STUDENT INTERVIEWS

Teachers really valued the opportunity to catch up with so many families last week at interviews. Strong home-school partnerships enable us to focus on and enhance student’s learning and wellbeing.

WHOLE SCHOOL EXCURSION

Currently we are in the midst of planning our whole school excursion, which is set for **Friday 8th** of November. We are planning a tour of the MCG and a guided tour of Sea Life. Parents are very welcome to attend on the day however; it is now a requirement that any adult attending has a **current “Working with Children Check.”** These checks are free and can be done on line. If you require assistance with this, please contact the school.

OPEN MORNING

Last Tuesday morning we had our Open Morning. It was great to have the time to meet new families and take them on a tour of our school.

Enjoy your weekend.

Regards Heather



Strategies to support anxious children

When kids have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem.

If they are terrified of dogs, it is reasonable to keep them away from the pitbull next-door....right?

Well, not really. By helping children avoid scary situations, you are reinforcing and fuelling their [anxiety](#).

They are also missing out on opportunities to develop coping skills and prove to themselves they can deal with the [anxious](#) thought or feeling next time it comes up.

The best thing you can do for your child is to help them learn how to cope with anxiety.

10 STRATEGIES TO TRY

1. Start by slowing down

Encourage your child to take some slow, deep breaths to calm the physical effects of anxiety. Practice together by breathing in for three seconds, holding for three seconds, then out for three. Once they are feeling a bit calmer, you can talk through what is worrying them.

2. Make time to worry

Setting aside, some designated time to deal with worries can stop anxious thoughts from taking over. Try creating a daily ritual called ‘worry time’, and encourage children to draw or write down whatever is bothering them. You can make the activity a bit more fun by decorating a ‘worry box’ or building a ‘worry wall’ out of post-its. When the time is up – after 10 to 15 minutes –

shut the worries up in the box or tear them off the wall and say goodbye to them for the day.

3. Climb that ladder

Instead of skirting the scary situation, you could try a technique called 'laddering' – breaking down worries into manageable chunks and gradually working towards a goal.

Let us say your child is afraid of water and swimming. Instead of avoiding the pool, create some mini-goals to build their confidence. Start out by just sitting and watching other kids swimming. As they feel more comfortable, get them to try dangling their legs in the water, then standing in the shallow end, and so on.

4. Encourage positive thinking

Kids with anxiety often get stuck on the worst-case scenario or 'what ifs' in any situation. You can help them shift these thinking patterns by:

- reminding them of times they've dealt with similar issues in the past and how things worked out OK
- helping them to challenge the scary thought with facts and evidence. For example, we know that crocodiles can't survive under our bed
- make a plan for how they'll respond if things don't go as they'd like.

5. Have a go

Anxious kids often worry about making mistakes or not having things perfect. This can lead to them avoiding situations or activities – they would rather sit out than get it wrong. Emphasise giving new things a try and having fun over whether something is a success or failure.

6. Model helpful coping

Do not just tell your child how to overcome emotions – show them. When you get anxious or stressed, verbalise how you are coping with the situation: "This looks a bit scary, but I'll give it a go." And hey, you might even knock off one of your own fears

7. Help your child take charge

Think about what you can do to make your child feel like they have some control over the scary situation. For

example, if your child gets anxious about intruders, make shutting and locking their bedroom window part of their night-time responsibilities.

8. Be upfront about scary stuff

Many kids have worries about death, war, terrorism or things they see on the news. This is all normal. Talk through their fears and answer any questions truthfully. Do not sugarcoat the facts – try to explain what is happening in a way that puts their fears in perspective.

9. Be BRAVE

– a free online program to help kids cope with worries and anxiety. There is a tailored version for younger kids (eight-12), one for teens (12-17) and an accompanying program for parents.

10. And finally, check your own behaviour

Kids pick up all sorts of signals from the adults in their lives, so have a think about the messages you are sending. Over-protective family members can inadvertently reinforce children's fears that the world is a dangerous place where everything can hurt you. Similarly, parents who 'over-help' are subconsciously telling their kids that they cannot do anything without adult support.

If you're prone to 'helicoptering', try taking a step back and waiting next time before you jump in. It can be hard seeing your child distressed, but figuring things out for themselves is an important step in building resilience.

Remember, the goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life.

NEWSLETTER EMAILED

If you would like to receive the weekly newsletter by email, as well as a hard copy, please email the school with your request. toolamba.ps@edumail.vic.gov.au

PARENTS & FRIENDS TERM 3

Thank you to all the wonderful parents who consistently help out the school with the fundraisers we put forward. Yes, there always seems to be something going on, but without your support we couldn't possibly purchase all the wonderful resources for sport, reading and maths that we do. And let's not forget who gets the most benefit from these resources.... Our children!

The cookie drive is in full swing and closes off tomorrow, August 2nd at midnight so don't forget to get your orders in online or in cash. Deliveries are due 23rd August.

School Concert instead of a raffle this year we will be conducting a Nifty 50. It seemed very popular a couple of years ago when we did it, so we thought we'd give it another go. Save up your \$2 coins!

Father's/Guardian's Day stall is also happening this Term. Baskets will be placed in the school front foyer on a table on Monday the 12th August to give everyone plenty of time to donate a gift toward the annual Father's/Guardian's Day Stall. So have a think about what the dads might like, anything such as mugs, inclusive gifts that dad can use with the kids such as a game is always popular, hats, items with 'dad' on them. All items donated are greatly appreciated. The Father's/Guardian's Day stall will be on Wednesday 28th August.

Next meeting Monday 26th Aug 9.30am after Assembly. Morning tea provided.

Note for Term 4

The Mango Drive will be run again for Term 4. More details in October.

TOOLAMBA SCHOOL CONCERT

Thursday **August 22nd, 2019**

We encourage you to purchase your tickets early as they sell quickly. All tickets need to be purchased before the concert, as tickets will not be available for purchase on the night of the concert.

The cost for tickets is \$10.00 per person, this includes kinder age children, toddlers are free. Tickets are

available at the office.

The front row seats are reserved for wheelchair and disabled patrons who are able to receive a complimentary carer's ticket.

Seats will not be allocated and patrons are requested to move to the centre of the row and not leave single seats as the concert is often a sell-out.

Students required at Eastbank at 6.30pm

Doors open at 6.30pm. Concert starts 7.00pm sharp.

RESPONSIBLE PET OWNERSHIP

6th August 2019

The Responsible Pet education Program is coming to visit you at your school!

My pet dog will be coming to help teach you how to be safe around dogs and how to say hello to dogs with their owners!

There will be lots of listening, role-plays, singing and some dancing.

My dog may even meet you during the visit.

See you soon

Stacey Sprunt

Pet Educator

PARENTS AND FRIENDS



Billy G's Gourmet Cookie Dough

The current scheduled date for pick-up of your order is 23/8/19.

3 / 4 CAMP CURRUMBENE

Dates: 4.12.19-6.12.19

Cost: \$220

Payment Terms: Full payment prior to camp

CHILD SAFE STANDARDS

The Child Safe Standards are compulsory minimum standards for all Victorian early childhood services and schools, to ensure they are well prepared to protect children from abuse and neglect. The standards provide a framework for schools to review existing policies and practices and all other aspects of child safety, to ensure a 'zero tolerance' approach to any form of child abuse. You can access our policy on the school's website

PRE LOVED UNIFORMS

We have preloved uniforms in various sizes. They sell for \$2.00 each. Come in and browse

TOOLAMBA AFTER SCHOOL CARE:

Mobile No. 0457847970

Out of School Hours Care is available at Toolamba Primary School; after school Monday to Friday from 3.15pm to 6pm during school terms. The price is \$16.00 per student, per session. Bookings can be made by ringing the After Hours Care number which is **0457 847 970**. Please ring this number rather than book through the office.

Enrolment Forms are available from Fiona or the office. To make a booking for Mon, Tue, Wed or Thurs you need to ring before **12pm on that day**. Bookings for Friday need to be made before **5.30pm on Thursday**.

If you have booked your child/children into care and wish to cancel it, to avoid being charged for the session, one weeks' notice is required by phoning Fiona or leaving a message. **If the cancellation is made after this time, you will be charged regardless of whether you use the service or not.**

Thank you for your assistance with this matter.

TOOLAMBA BEFORE SCHOOL CARE:

Mobile No. 0448585568

Enrolments are now being taken. Please contact Chanida Starkey to make a booking. The service will run 5 days per week, between 7.45am-9.00am.

The cost is \$16.00 per Student, per session.

Forms are available at the office.

OCCASIONAL CARE

Occasional Care is available at Toolamba Kinder on **Tuesdays and Fridays from 9am-3pm**. If you would like to book a place for your child, please call the Kinder on 5826 5320.

COMMUNITY NEWS

2019 TOOLAMBA FIRE BRIGADE BALL - GOES COUNTRY

SATURDAY the 9TH November 2019

Doors will open at 6pm.

Live Band: Boots N All

Catering: Barca Love

Tickets will be \$60 each

Tickets purchasing details will be available soon....

(Keep an eye on the Facebook Page.)

SENIORS WEEK EVENT (Save the Date)

Lion's Club of Toolamba are holding an event during Senior's Week, Friday 11th October 2019

"Afternoon Tea Delight"

At Toolamba Community Centre.

Wren Street, Toolamba.

For more information: Helen 0439907157,

helendmorritt@gmail.com

ENVISION PROJECT



Exciting news! Toolamba Lions have gotten on board with the Envision Project collecting bottle tops for Helping hands.

YouTube video <https://youtu.be/NP0VcknTjJg> tells all you need to know.

Such an amazing project that not only helps create hands but is doing great things for our environment

too. At this stage there are collection buckets at Toolamba General Store and Toolamba Primary School. We need bottle tops and caps with the number 2 or 4 displayed. Start collecting and do your bit for environmental too.

For more information please contact Jody Merritt 0428998848



TOOLAMBA LION'S CLUB Inc.

Meets 1st Tuesday of each month.

For more information, contact:

Heather Mulcahy 0447 332 833

Amanda Sibio 0447 405 335

Keira Birchmore 0417 252 874

ADVERTISING



Fleur Ferguson
PHOTOGRAPHY

Family Portraits - Newborn Babies - Debutante - Weddings

www.fleurfergusonphotography.com
Toolamba - M:0427266291

GUITAR AND KEYBOARD LESSONS

Cliff Doornkamp conducts 20-minute lessons for both guitar and keyboard every Tuesday. The cost is \$18.00 per lesson (payable at time of lesson).

For more information, please contact Cliff Doornkamp on 0474 769 963.

WEEKLY CANTEEN ORDER - DAWN'S SHOP

Lunch Orders are on Wednesday. Dawn and Clifton currently provide a lunch service for the school on a Wednesday. Orders are to be written on the front of a brown paper bag and returned to school by the Monday of each week. Please ensure you have the correct money. If for some reason, you have placed an order and your child is not attending school on that day please ring Dawn's (58265331) and cancel the order.

TOOLAMBA PRIMARY SCHOOL LUNCH ORDER MENU

MEAT PIE / EGG & BACON PIE	\$5.00
CHICKEN SUPREME PIE	\$5.50
SAUSAGE ROLL	\$4.00
PARTY PIE	\$2.00
CHEESE & BACON ROLL	\$2.50

(TOMATO / BBQ / SWEET CHILLI - SAUCE SACHETS .20c)

LUNCH ORDERS AVAILABLE WEDNESDAYS

**ALL ORDERS TO BE HANDED TO TEACHER BY THE END OF MONDAY*



Watches & Diamonds
Manufacturing Jeweller and Watchmaker.
All work done on the premises.
150 Hogan street Tatura, Victoria 3616
(03)5824 1100



Bovine Inseminations

HERD IMPROVEMENT SERVICES

1740 Finlay Road, Tongala, 3621

Phone (03) 5859 0763 FAX: (03) 5859 0219

AUSTRALIAN SCHOOL OF TAE KWON DO

Learn fitness, confidence, discipline and self-defence!

First session free.

Monday and Wednesday 7pm to 8pm

In the Toolamba Hall (next to the school)

All ages are welcome!

Contact: Stephen – 0428 021 169

HOT DOG ORDER FORM.

Hot Dogs are now only available in bread.

The next Junior School Council Hot Dog Day will be held on **Friday 9th August**. Orders must be in at 9.00am, on **Thursday 8th August**.

Hot dog orders are due in by 9.00am on Thursday. Orders are collated, money is counted and rolls are ordered on Thursday. **PLEASE NO LATE HOTDOG ORDERS.** We would appreciate your support with this.

Name.....

Teacher.....

Hot dog in bread @ \$2.50

Total enclosed \$.....

Change required \$.....

Name.....

Teacher.....

Hot dog in bread @ \$2.50

Total enclosed \$.....

Change required \$.....

Name.....

Teacher.....

Hot dog in bread @ \$2.50

Total enclosed \$.....

Change required \$.....

LIBRARY VAN

Parks out in front of the school.

Mondays 3.00pm-4.15pm

Aug	5	19	
September	2	16	30
October	14	28	
November	11	25	

CALENDAR

Fri 9th Aug Hot Dog Day

Tues 13th Aug Prop Making Working Bee

Tues 20th Aug

Thurs 22nd Aug

Fri 23rd Aug

Fri 30th Aug

Mon 9th Sept

Fri 6th Sept

Thurs 12th Sept

Fri 20th Sept

Mon 7th Oct

Mon 7th Oct}

Fri 11th Oct}

Mon 29th Oct

Mon 29th Nov

Wed 4th Dec}

Fri 6th Dec }

Thurs 19th Dec

Fri 20th Dec

School Concert Rehearsal

School Concert

Hot Dog Day

Father's/Guardian's Day
Breakfast

Finance Committee. 6.00pm
School Council Meeting
6.30pm

Hot Dog Day

Proposed Curriculum Day

Last Day Term 3
Assembly 1.30pm
School Finishes 2.00pm

First Day Term 4

Swimming Program

Finance Committee. 6.00pm
School Council Meeting
6.00pm

School Council Meeting
6.00pm
Final Meeting

Grade 3 / 4 Camp Currumbene
NOTE CHANGE OF DATE

Grade 6 Graduation

Last Day 2019
Assembly 1.00pm
School Finishes 2.00pm

Wren Street, Toolamba. 3614
toolamba.ps@edumail.vic.gov.au
www.toolambaps.vic.edu.au

Ph: (03) 58265212 Fax: 03 5826 5464