



Court Side at Swan Reach

Welcome to the start of a new school year! It has been fantastic to see our school grounds filled with happy, smiling faces, and it's clear we are already off to an excellent start.

A warm welcome to our new staff members, Sascha Opperman, Tracey Buckwell, and Kascha Spona, as well as returning staff member Liz Allender. Each of them has settled in seamlessly and has already made a wonderful contribution to our school community.

We are also thrilled to welcome our new Prep students, who have made such a bright and confident beginning to their schooling journey. It has been a delight to see their enthusiasm as they settle into new routines, friendships, and learning.

I'd like to remind families about our Welcome BBQ on Thursday, 12th February. This is always a wonderful chance to connect as a community, and I'm looking forward to catching up with familiar faces and meeting the new families joining us this year.

Best wishes to the students who are attending the TUBBS swimming day. We hope you enjoy the experience and wish you all the best as you work towards qualifying for the Division Swimming Carnival in Orbost later this month.

This week also marks the start of our Friends for Life and Caring-Go-Round programs. These will support students to build important social and emotional skills, and it's been terrific to hear students already saying how much fun they're having.

I'm looking forward to what will be an exciting term ahead, full of learning, growth, and plenty of fun along the way.

Travis Jorgensen
Acting Principal



TERM 1 2026

Diary Dates to Remember

February

- Care & Go Round - 3rd
- No Preps - 4th
- Care & Go Round - 10th
- School Photos - 10th
- Book Club Orders Dues - 11th
- No Preps - 11th
- Welcome BBQ - 12th
- Responsible Pet Ownership - 13th
- Care & Go Round - 17th
- No Preps - 18th
- School Council - 19th
- Mobile Library Bus - 19th
- Care & Go Round - 24th
- No Preps - 25th

March

- Care & Go Round - 3rd
- Mobile Library Bus - 5th
- Public Holiday - 9th
- Care & Go Round - 10th



Book Club

In the last week the first issue of Book Club arrived, please check in your child's schoolbag! It's packed with hundreds of books from just \$3 to help you on your child's reading journey. Did you know that every book purchase you make with Book Club our school earns 15% of the order value in Scholastic Rewards?

We are able use the rewards to purchase more books and educational resources for the school. Orders are due back the Wednesday the 11th of February.

Things to Remember

Don't forget to get your forms in for School Photos, these will take place on Tuesday the 10th of February.

Welcome BBQ 12th February



We would love to invite all our families to our Welcome BBQ, this year it will be held on Thursday the 12th of February, from 5pm its a fantastic opportunity to meet some of our new & returning staff & for new families to connect with others in the school community.

Here are some reminders.

- BBQ will begin at 5pm & finish at 7pm.
- We ask that families to please bring a Salad or dessert to share.
- Sausages & bread will be provided by the school.
- Families to supply their own, chairs, drinks, cups, picnic utensils such as plates, knives & forks.
- No Alcohol is permitted on the school grounds.
- Soft drinks available for a small price.



Term 1 is a Hat Term, please remember to pack your hat. If a student doesn't have a school hat, they will be required to play under the covered part of the basketball court. Hats can be purchased at Nicks in Bairnsdale. PLEASE NAME YOUR HATS CLEARLY.

School Assembly will be held at the start of every week Monday at 9am



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Parental app



Facebook
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The Care & Go Round Program



What is the Caring-Go-Round program? Well, it works with our new Preps in weekly sessions over a six-week period.

Each session involves a different theme, including: identifying and dealing with feelings working together as a team

learning how to be a good support to friends.

Each session will start with a mindfulness and relaxation exercise, movement session, and a final activity where each of the children recognises a positive quality in the child sitting next to them.

Friends for Life Program

F.R.I.E.N.D.S. PROGRAMS



F.R.I.E.N.D.S.

The term FRIENDS helps children remember strategies they can use to manage anxiety:

F = Feelings (empathy training and self-regulation)

R = Remember to relax (relaxation and mindfulness strategies)

I = I can try to be my best (changing unhelpful to helpful thinking)

E = Explore coping step plans and strategies for finding helpful solutions (choosing 'thumbs up' actions instead of 'thumbs down' actions)

N = Now reward yourself for trying your best (choosing interpersonal rather than material rewards)

D = Don't forget to practice (choose to use the FRIENDS skills and give back)

S = Stay calm (values based role models and support networks)

- FRIENDS programs were developed to give children skills and techniques to manage and prevent anxiety and become engaged and thriving individuals
- FRIENDS is an evidence-based program and is endorsed by the World Health Organisation (WHO)
- Many children and adolescents feel very anxious in everyday situations. If feelings develop into an anxiety disorder many children then experience inhibited personal development, academic underachievement, or social isolation and depression.
- Skills children gain through participating in a FRIENDS program may be maintained for many years as best practice in the prevention of anxiety and depression

**MISSION
AUSTRALIA**

INTRODUCING F.R.I.E.N.D.S. FOR LIFE RESILIENCE PROGRAM



**MISSION
AUSTRALIA**

INFORMATION FOR PARENTS AND CARERS

Mission Australia is offering the FRIENDS for life programs in partnership with schools in East Gippsland

- FRIENDS for Life is an 8 to 10 session social skills and resilience program for children ranging in age from 8 - 12 years old
- FRIENDS for Life is recognised as effective in reducing anxiety and providing participants with strategies to rise to challenges and to bounce back from setbacks and adversity. FRIENDS for Life can also reduce anxiety and improve confidence, social and emotional skills, the ability to focus, the capacity to relax, and helps children and young people to regulate their emotions and develop empathy.

For more information about the F.R.I.E.N.D.S. program:

- <https://friendsresilience.org>, and
 - <https://friendsresilience.org/friendsforlife>
 - <https://new.friendsresilience.org/resources/list>
- Watch *How can FRIENDS help you*
(running time 3mins 44 secs)

- Contact FRIENDS Coordinator - Kerri on 0498 764 636 or sandersK@missionaustralia.com.au

THIS PROGRAM IS SUPPORTED BY MISSION AUSTRALIA, UNITING VIC TAS & EAST GIPPSLAND COMMUNITIES FOR CHILDREN PROGRAM USING FUNDS PROVIDED THROUGH THE AUSTRALIAN GOVERNMENT DEPARTMENT OF SOCIAL SERVICES (DSS) COMMUNITIES FOR CHILDREN PROGRAM

Uniting





This Weeks Award

Goes to Connor from the Kitchen Garden for great concentration & doing an awesome job peeling the eggs, fantastic job.



Responsible Pet Ownership

Next week on Friday the Responsible Pet Ownership primary school program is visiting the school, this program is aimed at 5 to 12 year olds on how to live safely with dogs & responsible pet ownership. This program has been delivered to over 1 million Victorian primary school children. It visits over 800 primary schools each year across the state.

The program includes:

- a dog visit
- multimedia tools
- role play
- song and story time

The program focuses on teaching students about dog safety:

- when dogs should be left alone
- things we should not do to dogs
- how can you tell if a dog is happy, frightened or angry
- a safe way to approach and greet a dog
- what to do if approached by an unknown or aggressive dog

The program also introduces and develops the following concepts:

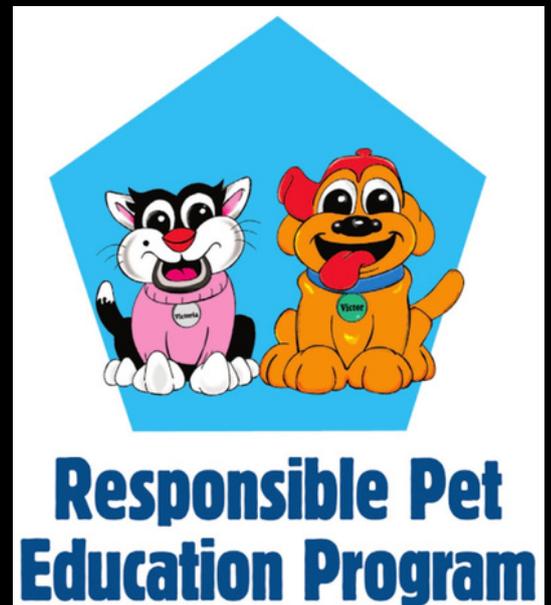
- choosing an appropriate pet
- general welfare
- husbandry
- the importance of identification and registration
- confinement and housing
- exercise and training

There are a range of presentations designed to target the specific audiences in relation to:

- grade level
- prior knowledge
- learning modes

A comprehensive, integrated curriculum package is available to all Victorian primary schools, free of charge. The curriculum units are supported by a highly interactive resource package, incorporating picture story books and multimedia activities.

For further information please email: vic.pet@agriculture.vic.gov.au





This Week in Around the Playground





This Weeks Community News



netball

INTRODUCTION TO COACHING WORKSHOP

Lakes Entrance Netball Association

Saturday 7 February 2026

9:00am - 11:00am

Lakes Entrance Recreation Reserve -1 Rowe St

Register using the QR Code




netball
VICTORIA

UMPIRES IN THE FIELD

INTRODUCTION TO UMPIRING

Lakes Entrance Netball Association

7 February 2026

1pm – 4pm

Lakes Entrance Recreation Reserve -1 Rowe St

Presented by Judi Buhagiar



Work Safe



BOOK NOW
Teach a skill for life

SCAN CODE TO GET STARTED



Teacher of Swimming and Water Safety

being held at:

Lakes Entrance Aquadome

43 Palmers Road, LAKES ENTRANCE, VIC 3909

Saturday 21 & Sunday 22 February 2026

8.30am to 5.00pm

1300 885 666 www.austswim.com.au





AUSTSWIM TSW

ENROL NOW!

89.9% of our graduates get jobs

TEACHER OF SWIMMING AND WATER SAFETY

 Saturday 21 & Sunday 22, February 2026

 8:30am - 5:00pm

 Lakes Entrance Aquadome - VIC

LAKES ENTRANCE





This Weeks Community News



**UV
AHEAD**

SunSmart.

Slap! on your **hat** and Slop! on **sunscreen**, when the UV is 3 or above.

Even on cool and cloudy days.

In Victoria, UV is 3 and above generally from mid-August to the end of April.

sunsmart.com.au

Use all five forms of sun protection: Slip, Slop, Slap, Seek, Slide.

A partnership between VicHealth and Cancer Council Victoria.

