



IMPORTANT DATES FOR TERM 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9 September	15 Cricket Clinics Gr 1-6	16	17 Rewards day	18	19 Last day of term 2:15 finish Footy Colours Day/Hot Dog lunch
Week 1 Oct	6	7	8	9	10 District Summer Sports 5/6
Week 2 Oct	13 5/6 Camp Canberra	14 5/6 Camp Canberra	15 5/6 Camp Canberra	16 5/6 Camp Canberra	17 5/6 Camp Canberra Prep Transition 9-11

ONLINE BANKING - Account Name -Toorloo Arm Primary School Council
BSB 063 832 Acc No 1002 2188

Please include details – Surname and description e.g., Fees, uniform, camp etc.



Audiri App and



Parents and Friends of Toorloo Arm Primary School

Principals Report

Last week to get the parent opinion survey completed. As it is a school review year, your opinion is important to ensuring that we get accurate data from parents about our school moving forward. If you need assistance in getting these done, please reach out. Thanks in advance.

Welcome to the last newsletter for Term 3. This last week has been active packed; full of showcasing the amazing learning of our students as well as having fun and keeping active with Junior sports day and a basketball and footy clinic. No doubt there will be some tired kids this weekend.

Greetings from Greg

A message from Greg- I am having a wonderful time but am missing the children. I am following them via the TAPS newsletter. It has been fabulous weather for most of the trip so far averaging 24-26 degrees. Outback Australia was fascinating, rugged but beautiful as was the tropics of Cairns, Townsville and the Whitsundays. I have learned a lot about our beautiful country. I trust that you and everyone else is well. Another 3 more weeks on the road then back to school on 6th October. Please pass on my love to everyone and see you soon.

I know I speak for everyone when I say that we can't wait to have you back at TAPS Greg.



Writers Festival

What a wonderful night we had at our Writers Festival evening! Families, staff, and students came together to celebrate the creativity and imagination of our young writers. It was fantastic to see students proudly share their stories and poems with the school community. The evening was a great opportunity to showcase the effort and growth of our students, and we thank everyone who came along to support them. A big thank you also to staff for their work in getting the pieces ready to showcase.

A special mention also to the judges and especially **Mrs Haldane** for reading out the pieces on the night, as well as **Mr Laybourne** for the amazing art displays, the space looked very impressive.

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Prep- Shortlisted- Samuel Wickham, Jakaiah So, Ava Tuck and Luca Douglas
Runners Up- Cohen Harrison **Winner-** Willow Woollen

Grade 1- Shortlisted- Evelyn Murdoch, Liam Parkhill, Ethan Reinke and Archer Rushton
Runners Up- Matilda Ryan **Winner-** Isabella Ramage

Grade 2 - Shortlisted- Ned Jol, Oliva Guarnaccia, Casey Bills and William Fotheringham
Runners Up- Harper Robertson **Winner-** Ruby Brooker

Grade 3- Shortlisted- Violet Jonkers, Maddison Hartley, Elicia Austen and Lana Carlisle
Runners Up- Xander Gray **Winner-** Sienna Jones

Grade 4- Shortlisted- Payton Angel, Michael Brick, Ollie Douglas and Charlotte Butcher
Runners Up- Lochlan Tunnage **Winner-** Fletcher Hindle

Grade 5- Shortlisted- Sam Davies, Dartanyan Milner, Zoe Nairn and Abel McKerrill
Runners Up- Luna Sutherland **Winner-** Madison Angel

Grade 6- Shortlisted- Gracie Lunny, Isabel Thomson, Abby Jackson and Balin Tuck
Runners Up- Inca Pickersgill **Winner-** Alannah Parker

Teachers Awards-

Miss Cock-**Frankie Bolding**
 Miss Cunningham-**Evie Jackson**
 Ms Jackson-**Jasper Melville**
 Mrs Mackie-**Milly Moss**
 Mrs Murray-**River Johnson**
 Mr McPhee -**Ivy Mallen**
 Ms Smith-**Griffin Reggardo**

Principals Award- Mannix Blank

My Team

I made my way onto the field with a stomach full of butterflies.
 The stadium jumping up and down chanting and shouting.
 I drop the ball to my feet.
 I start my training.
 I move to my position for kickoff.
 I hear encouragements from my teammates, that make my heart grow even bigger.
 Me and my teammates charge into their territory like hungry wolves.
 My teammate steals the ball and passes.
 I collect his pass, and I strike so powerful the ball looked like it was going to pop!
 Score!
 I celebrate with my teammates, smiles floating all around.
 I run back to the middle as fast as lightning.
 I hear compliments rushing to my ears.
 We charge even more electric this time.
 My teammate steals the ball right in front of our goal!
 But then I watch him get pushed over.
 I see the referee zip past and award a penalty.
 I line up the shot.
 I shoot.
 Score!
 We all celebrate crazily like dogs chasing cats!
 Even my coach was celebrating.
 I walk to the middle talking and laughing with my teammates.
 I stare at my opponents like an owl staring into the night sky.
 I run in, but they destroy our whole team.
 And score.
 We watch in disbelief.
 We stand there like deer in headlights.

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Then we hear the half time siren, ringing in our heads.
I walk to the sidelines, chatter moving all around.
I sit down and wait.
Once half time was over, I sprinted onto the field like a cheetah.
We kick the ball into play.
They steal the ball faster than you can blink!
They shoot.
Score.
The net vibrates in shock.
I watch in astonishment.
Ten minutes left scores tied.
Kickoff.
I run with the ball at my feet.
I fall, dirt smacks me in the face.
The whistle screams into my ear.
Freekick.
The crowd goes silent.
There was a minute left, everything depended on this freekick.
I line up the shot.
I shoot.
Score!
We celebrate crazily as the final whistle rings in our ears.
Lights shine brighter than the sun!
Once I receive my medal I walk onto the podium.
I pick up the trophy and lift it high above my head.
We celebrate all night with smiles glued to our faces.
I smile knowing I belong to the team.

Junior Sports day

Another successful sports day for our junior students with the sun shining, lots of effort and happy smiles. Well done to the senior students for your leadership on the day with running the events and helping the teachers; it's good to see you stepping into being a leader of our school. Extra thanks to **Mrs Plant** for organising the event AND doing it on a day that she technically doesn't work.

Hats- Term 4



Time to dig out the hats. Please remember that Term 4 is a mandatory term to be sun smart and hats will be expected to be worn outside at all times. These need to be a broad brimmed hat which can be brought for \$8 at the office if you need.

Students not wearing a hat will have to play on the Art room deck.

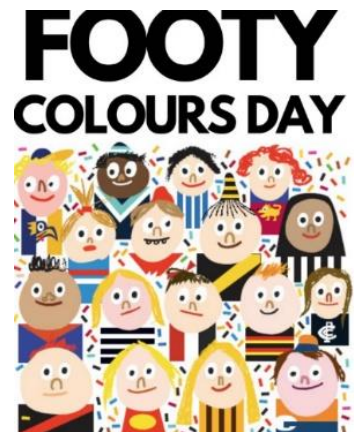
Last day of Term

Friday the 19th of September is the last day of term, please be advised that it will be a 2:15 dismissal for students.

Footy colours Day

Friday we will be having footy colours day. All students are encouraged to come in their favourite sports colours. TAPS Parents and friends will be running a Hot dog day to coincide with this day. Notes will be coming home on Friday. All orders need to be in no later than **Wednesday afternoon**.

No Lunch orders from the Brew Bar this Friday.



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**Compass**

This week, families will receive their Compass platform logins. Compass will be our school's main communication and management system, allowing parents and carers to access important information such as notices, events, reports, and attendance. We encourage all families to log in once you receive your details and explore the platform. If you experience any difficulties, please don't hesitate to contact the school office for support. Each week in the newsletter we will provide a help page to help you navigate the new platform.



Compass is a web-based system, which allows you to access up-to-date and meaningful information about our school and your child's progress.

- Monitor your child's attendance, and enter an explanation for absence or lateness
- Communicate with your child's teachers, and update your family contact details
- View your child's timetable and the school calendar
- Monitor your child's homework and assessment tasks
- Download and view your child's academic reports
- Book parent-teacher conferences
- Pay and provide consent for events and school fees

Our school will advise parents when each of these features becomes available for parent use.

**1. Download the app**

Download the **Compass app** from Google Play or the App Store[®] on a compatible phone or tablet. Then enter your school name and select it from the results. Enter your login details provided by your school to finish set up.

App Store is a service mark of Apple Inc., registered in the U.S. and other countries.

**2. Access the Compass Parent guide**

Visit compass.education/guide to access our online parent guide with step-by-step instructions on how to use Compass and the Compass app.

For any support inquiries, like password resetting, visit compass.education/parent-support

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Head Lice

Head lice have been detected in the school.

It is extremely important for you to check your child's head for head lice. If you do find head lice, commence treatment immediately and be sure to complete the process of treatment. This will help prevent head lice from spreading.

Remember to keep checking your family member's heads every 2 days until there are no head lice found for 10 consecutive days.

Your local pharmacist can provide advice regarding head lice treatment options and head lice combs. **Remember - Anyone can get head lice** – they have no preferences for cleanliness, hair colour, hair type, ethnicity or age.



As we head into the holidays, we wish all of our students and families a safe and enjoyable break. It's a great time to rest, recharge, and spend time with family and friends. We encourage everyone to take care, enjoy the sunshine, and return ready for an exciting new term ahead.

Have a good week.

Miss Hopkins

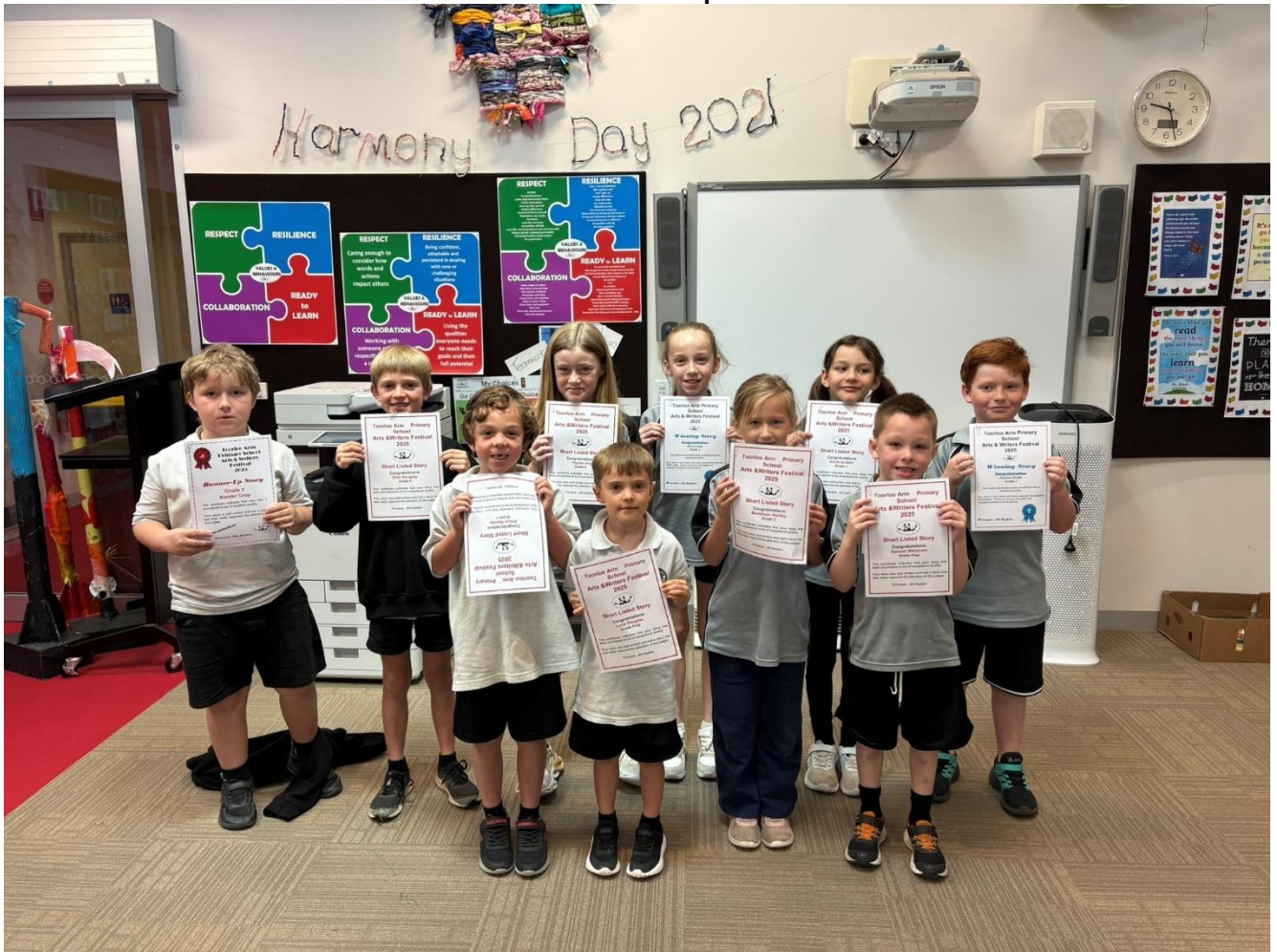
Students of the week



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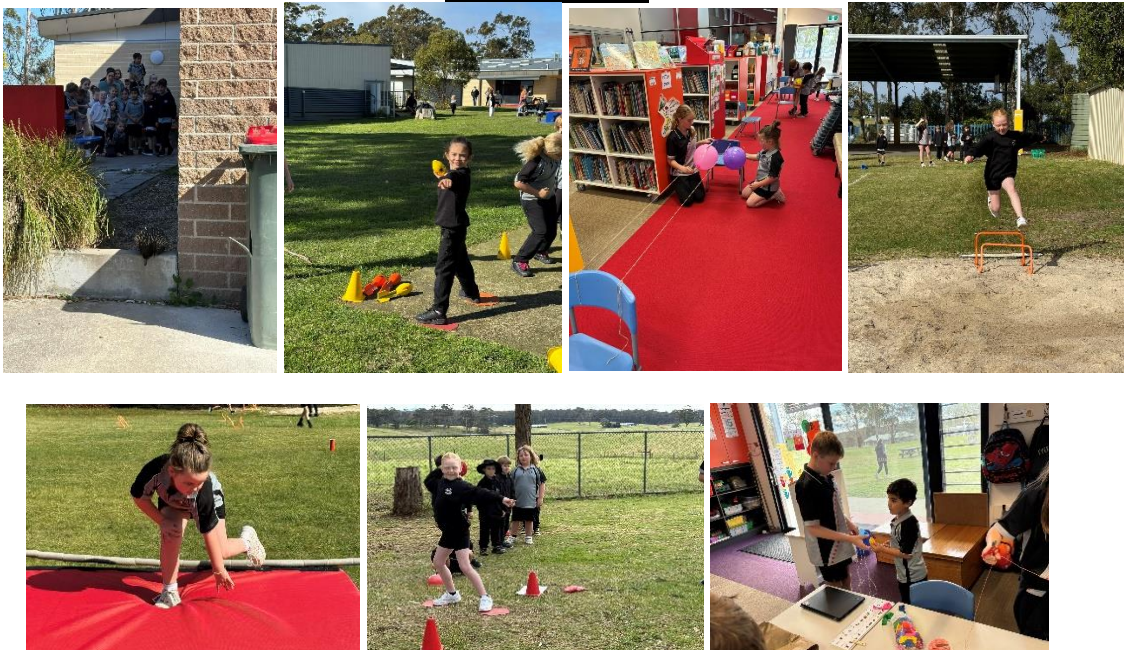
Writers' festival Catch up certificates



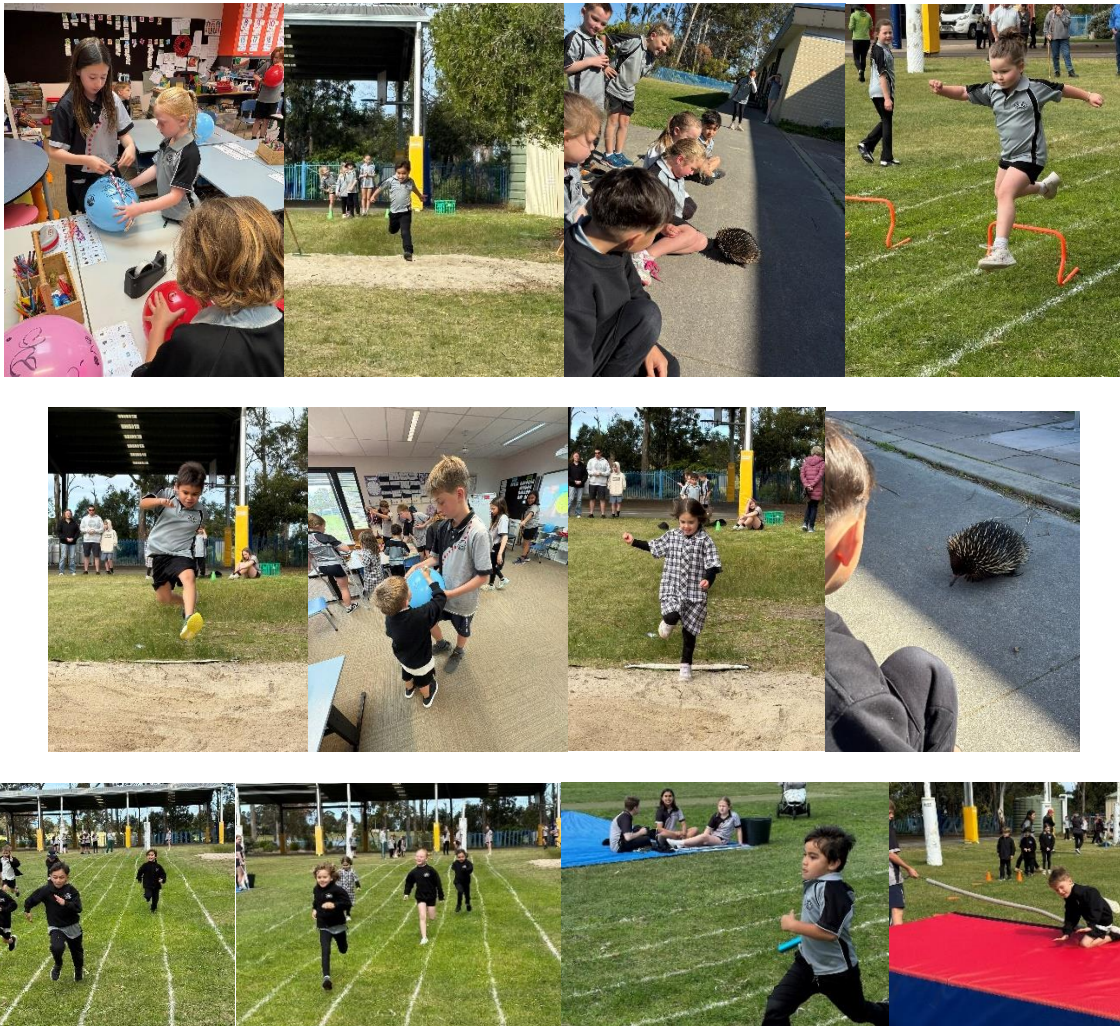
Prep

Hello everyone, welcome to the last week of term 3! Congratulations to our award winners this week, **Ava Tuck** for her growing participation in her spelling groups. **Ayla Guarnaccia** for having a go at all the Jr Athletic Day activities. **Fraser Fotheringham** for gaining confidence in his writing.

This Weeks Fun



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This Week

Wednesday

- Rewards Day – Students have chosen a special activity to participate in for all their hard work and good choices this term.

Friday

- It is our **Footy colours day**; kids are invited to wear their team colours. It can be AFL, NRL, Soccer, local teams, etc.
- Hot Dog Lunch – Those students who have handed back their order forms can participate in our hot dog lunch.
- It is also a **2:15 finish**.

Boxes needed – if you have any empty cereal boxes or small at home, we would greatly appreciate it if they found their way into the classroom for future construction activities.

Thank you all for a wonderful term and rest up over the holidays.
Miss Cock

12AB

Hello everyone and welcome to the final week of term 3. Wow! Yes, we made it! Just a couple reminders for this week. Rewards Day is on this Wednesday and is a reward for students working and behaving well this term. This Friday we finish early at 2:15pm and will be our Footy Colours Day. Remember to dress in your favourite footy team's colours!

Awards this week in 1/2A went to **Jyeran Whitford** for his enthusiasm and efforts when working on our fraction work, in particular on halves; and **Ned Jol** for his worldly advice that he gives to others and his explanations of

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what different words means. In 1/2B awards went to **Jasper Melville** for his helpfulness in the classroom and to **Serena Dawes** for her persistence in her learning. Congratulations to these students.

This week in reading, we are focusing on making inferences about the stories we are reading. In particular, we are making inferences about what characters are feeling using clues from the pictures and what the character says, thinks and does.

In writing this week, we are bringing together all that we have learnt about punctuation and how to write exciting stories.

In maths, we are consolidating all that we have learnt this term and are continuing with our exploration of time.

In spelling, we are continuing to adjust our spelling groups based on the individual spelling needs of students. Students are either working on consonants, digraphs, blends and short vowels, long vowels or other vowel sounds.

Both classes will focus on help-seeking strategies through the Resilience, Rights, and Respectful Relationships program. We encourage you to have a chat with your child about what strategies they can use to help them help themselves.

Feel free to send us an email or pop in for a chat should you have any questions or queries.

eliza.cunningham@education.vic.gov.au

caitlin.jackson@education.vic.gov.au

Thanks and have a great week!

Eliza Cunningham, Caitlin Jackson and Lisa

34AB

Here we are at the end of another Term! Well done to every grade 3/4 student for their commitment to learning and their amazing growth mindset. Keep up the great effort.

SOTW 34A

Darcy Eastham: For sitting and listening for extended periods of time and especially during assemblies

Lachlan Tunnage: For his willingness to assist others with tasks without taking over and doing the thinking for them. He waits patiently and gives only the advice that they need

SOTW 34B

Rebecca Jones for the way she is taking on feedback and working to improve in all areas. This was especially evident this week in her reading response about tools used to watch animals in the wild. Great effort!

John Parkhill for his commitment to doing the right thing and exploring science. Great work John!

Logan Magee and Amelia Moss for their commitment to having a go during the creative writing session at the East Gippsland Writers' Showcase.

It was fabulous to see so many families join us to celebrate writing on Thursday night. Well done to every child that wrote a poem to be included on the night and a special congratulations to our short-listed writers, runners up and winners. Congratulations Fletcher Hindle (winner) and Lochie Tunnage (runner up) for grade 4 and Sienna Jones (winner) and Xander Gray (runner up) for grade 3. It was also wonderful for the children to see their writing included as part of the East Gippsland Writers' Showcase.



This week in our reading lessons we will be working on synthesising – pulling together information we have read and writing about what we have learned. In writing, students will be finalising their draft reports about their animals ready to publish. We hope to have these completed by the end of term.

In fractions we will focus on fractions of a collection and continue to explore the important information to consider before answering questions in an assessment. This week students will be completing their post-assessment for this unit.

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In science this week students will have an opportunity to test their balloon powered cars. We look forward to announcing the results next term.

Please get those camp forms in before the end of term. The response so far has been great, but we need all those forms in so that Coonawarra Staff can get prepared for our trip.

Thank-you **Miss Julie Holden** for stepping in while Ali Mackie was away and maintaining her same standards. I know the kids have enjoyed having you and I have enjoyed working alongside you. Thank you!

Have a great break and see you next term!

Larissa Murray, Julie Holden, Hunee and Lindy.

56AB

Hello 5/6 Parents and Guardians

Awards for this week:

Evelyn Carlisle: For being a good friend to someone last week who needed support.

Declan Bills: For always being willing to help and showcasing the school value of collaboration.

Luna Sutherland: For being respectful in class and following all instructions and always being ready to learn

Griffin Reggardo: For always being ready to learn and showing respect to others all the time.

Edison Stapleton and Sam McDonnell: For demonstrating effort, an excellent work rate and positivity in the literacy block.

Well done to all the 5/6 students who attended the writer's festival last Thursday. It was an amazing night. On Monday we had a fantastic cricket clinic, the students demonstrated excellent teamwork and cricket skills.

In reading we are evaluating short stories and poems, giving reasons for parts we enjoyed, found interesting or were well written. In writing students are finishing off their persuasive writing pieces, including adding conclusions, editing/revising and publishing their piece. In mathematics, we are focusing on 3D shapes, in particular nets of 3D shapes and the number of faces, edges and corners they have. In inquiry students are practising their debating skills.

On Wednesday, it is rewards day. Also, on Friday it is an early finish.

Have a safe holiday and see everyone back in Term 4.

Thank you

Alec McPhee, KB and Alyssa

French

Bonjour,

Last week, a lot of students in 5/6A really amazed me with their attitude towards learning. I chose to give an award to three of them at assembly on Monday.

Dartanyan really challenged himself into writing complex sentences last week, going way beyond what was expected of his group. He showed a wonderful attitude, taking on feedback to improve each of his next sentences. The end result was fantastic. Well done, DT!

Sam D. also worked really hard last week, with a strong focus on his pronunciation. He kept on having a go at saying how much money he had, paying close attention to the accuracy of his sentences and making the proper "liaison". The "liaison" is one of the trickiest but most important aspect of French phonetic if you want to sound like a native speaker. It consists in connecting two words in the pronunciation. In our topic, the word for the number changes the pronunciation of the word "euro". Sam showed great understanding of the concept! What an excellent attitude, Sam!

Finally, **Bryson** received an award for his great work on numbers. As we were playing a whole-class game, Bryson asked to team up with me at first to get some support with saying numbers. By the end of the game, he was feeling confident enough to join in without support, listening attentively to his classmates to learn, and proved that he could name some numbers past 50! You should be proud, Bryson!



This week, Prep students will play a little matching game and sing our pet song. Then, they will get crafty to design on their own or with a classmate, their own mini pet-shop.

Students in grades 1 and 2 will work on numbers and on a wordsearch and matching for pets in French.

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Students in grades 3 and 4 will play a Kahoot quiz to revise our topic on sports and French culture. If we have time, we will work on learning more numbers too.

Students in 5-6A will practise saying how much money they have using fake money.

Well done to these students for working noticeably hard last week:

Prep: **Harper, Nikiah, Jaarali, Mia, Lyssi and Frankie**

1-2A: **Ruby, Halle, Tyler and Jyeran**

1-2B: **Ethan, Harper, Jack, Liam and Max**

3-4A: **Amaya, Lochlan, Ollie, Abel and Tessa**

3-4B: **Fletcher, Mack, Elicia, and John**

5-6A: **Sam D, Sam M, Dartanyan, Jake S, Mannix and Bryson**

This week, I will also be handing out awards to the top students in each group on ClassDojo.

Bonne semaine a tous!

Emmanuelle Samson

Art

What an amazingly creative term we have had, culminating in last week's Writer's and Art Festival. Here are just some of the new works on display in the main building.



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NEXT GENERATION

Celebrating young artists

Also, if you get a chance, we have some student's work exhibited at the Nicholson Street Gallery in Bairnsdale showcasing works from local schools over several weeks.

Have a safe a relaxing holiday break.

Jobi Laybourne.



Further details, enquiries to: info@nicholsonstreetgallery.com.au
Opening event 4.30-6.00pm Friday 19 September. All welcome FREE
East Gippsland Art Gallery 2 Nicholson St. Bairnsdale
Tuesday-Friday 10am-4pm | Saturday 10am-2pm

19 September - 25 October 2025

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**SPORT AND PE NEWS****Students of the week:****Summer Bishop:** supporting a classmate in PE**Violet Jonkers:** supporting a classmate in PE

The Grade 6 students (Isabel, Tarzi, Jasper, Balin, Sam, Chloe, Abby, Grace, Summer, Max, Mannix, Jake, Flynn and Alannah) showed outstanding leadership when they ran all the activities at the Junior Sports Day on Friday. This class of 2025 were the most well organised and supportive leadership teams I have seen at TAPS. (I've seen a lot!) Congratulations, you are a credit to the school and your families, and you should all be proud of the way you helped, coached and managed each group. Thanks for all your hard work, it's a big job!

**Junior Sports Day**

It's been a super busy week in PE. Junior classes have been working so hard to get ready for the Junior Sports Day last Friday. We were so lucky to have the best weather, and it was super to see everyone try their best on the day. Thanks to families and friends who dropped in and supported the kids, a memorable day.



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We have finished off our cricket unit for Grade 3-6 with the Cricket Clinic yesterday, thanks to Dylan from Cricket Victoria for coming all this way to run the sessions and promote community sport. Grade 1/2S also had the opportunity to play skill related games and learnt how to bowl.

If your child is interested on Competitive Cricket (ages 9-13) or Woolworths Cricket Blast (ages 5-9) please see the QR code below for more information.



Regional Athletics

How exciting, we've heard that **Lochie Tunnage** and **Charlotte Butcher** have been selected to represent the school at the Regional Athletics, Lochie in High Jump and Charlotte in shot put. Amazing! It is such a reward for effort as I know they have been training in their own time to perform to their best.

District Summer Sports Lakes Entrance

Just a reminder that the District Summer Sports will be held on Friday 10th October. (First Friday back after the holidays!) Notices sent home this week, if you could please return before the holidays that would be great.

Junior Swimming Program

Just a heads up to all Prep to Gr 2 families that our annual 2-week swimming program will commence in week 3 term 4. These intensive 45-minute instructional sessions are conducted at the Aquadome every day for 10 days. Notices to go home soon, please contact your classroom teacher if you have any questions.

Rewards Day Bike Riding

If your child has selected Bike Riding, please ensure their bike and helmet is safe (brakes work, their bike and helmet fits them, tyres are pumped up and good condition, gears are workable, helmet is not broken). If they could wear shorts or pants that are not too loose that would be good. Please contact the school if you have any queries. Thanks!

Important Sport dates for Term 4 2025

Friday 10th October District Summer Sports Lakes Entrance (basketball, cricket and volleyball).

Wednesday 15th October Regional Athletics Newborough 9.30 am start

Monday 20th October to Friday 31st October (daily)

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PLAY JUNIOR CRICKET

AT LAKES ENTRANCE CRICKET CLUB!

REGISTER NOW

**UNDER 13
COMPETITION**

[AGES 9-13]



**WOOLWORTHS
CRICKET BLAST**

[AGES 5-9]



Any queries to 0417 712 269 / lakescc@outlook.com

**IMAGINE
THE FUN**

Join Woolworths Cricket Blast
Designed for kids to learn skills, exercise, and make friends.

Metung Swan Reach Cricket Club

Dates: 20th Oct, 27th Oct, 4th Nov, 11th Nov, 4th Feb, 11th Feb,
18th Feb & 25th Feb

Time: 5:00pm – 6:00pm

Venue: Swan Reach Rec Reserve

SIGN UP TODAY!

[Play Cricket](#)

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Woolworths

CRICKET AUSTRALIA

JUNIOR PATHWAY

From Woolworths Cricket Blast through the Junior Cricket stage, all kids can advance their skills and discover how awesome it is to be part of a team through fun game-based activities. The stages have been developed based on academic research, testing and community feedback.

This includes consideration for physical, mental and emotional development. Participation and progression through the stage is based on ability level, therefore the ages are indicative only. Players are encouraged to participate at a stage appropriate for them.

STAGE	PLAYERS	AGE BOUNDARY	SKILLS	DURATION	GOALS
JUNIOR CRICKET 1	7 PLAYERS	AGE 5-9	LEARN THE SKILLS THROUGH FUN, MODIFIED GAMES	10-15 MIN	PREPARE KIDS FOR JUNIOR CRICKET
JUNIOR CRICKET 2	8 PLAYERS	AGE 9-13	LEARN THE SKILLS THROUGH FUN, MODIFIED GAMES	10-15 MIN	PREPARE KIDS FOR JUNIOR CRICKET
JUNIOR CRICKET 3	9 PLAYERS	AGE 14-18	LEARN THE SKILLS THROUGH FUN, MODIFIED GAMES	10-15 MIN	PREPARE KIDS FOR JUNIOR CRICKET

SIGN UP TODAY!

[Play Cricket](#)

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Woolworths

CRICKET AUSTRALIA

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Registrations are open – Join the Metung Swan Reach Cricket Club

Junior Cricket Registration link [Junior Cricket Registration](#)

Blast Cricket link [Blast Cricket Registration](#)

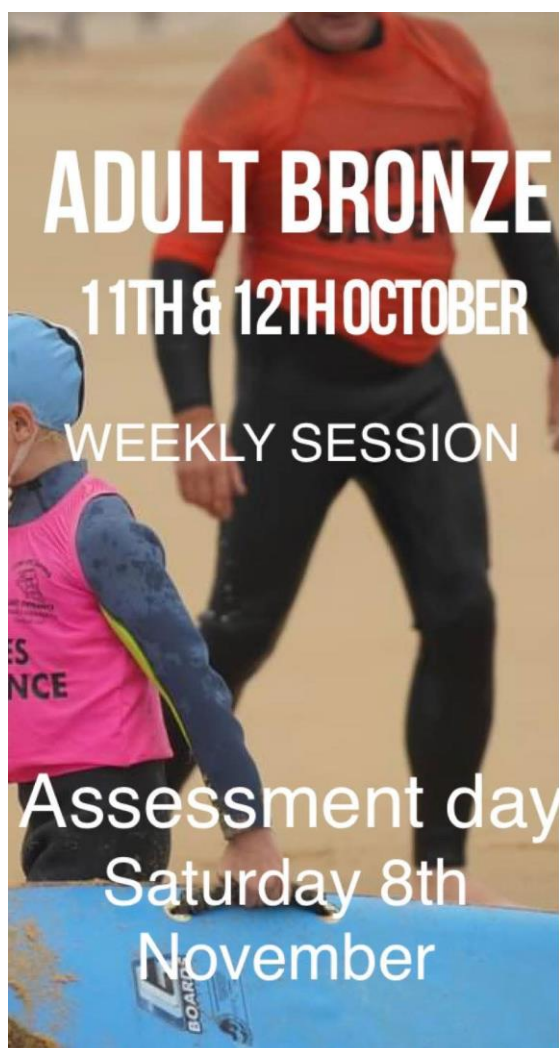
Are you ready to be part of something special this season? Why not join **Metung Swan Reach Cricket Club**, where passion for the game meets friendship, teamwork and fun.

Why join us?

- **Skill Development** – Whether you're new to the game or aiming to improve, our experienced coaches are here to support your growth
- **Team Spirit** – Play in a welcoming and inclusive environment where lifelong friendships are made
- **Exciting Matches** – Feel the excitement of competitive cricket and enjoy the chance to shine on the field
- **Fun** – From thrilling games to social events, we believe cricket should always be fun



Training is on Wednesday evenings and matches are played on Friday evenings.
Follow us on Facebook for upcoming training dates.
For more information email metungswanreachcc@outlook.com
Location: Swan Reach Recreation Reserve



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For students Wellbeing support during the school holidays

This guide provides tips to continue looking after your mental health and wellbeing during the school holidays and services to reach out to if you need support.

Actions that support positive mental health over the school holidays

Encourage your young person to:

- Exercise boosts mood and mental health – make it fun!
- Nourish your brain by eating healthily – it will also improve your mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things you enjoy
- Practice positive self-talk – and remember you are not alone
- Seek professional help if needed.¹

Feeling it: [mindfulness resources and activities for students](https://headspace.org.au/friends-and-family/parents-guide-to-look-after-yourself-understanding-and-managing-emotions-being-kind-to-yourself-navigating-uncertainty-and-preparing-for-change). Smiling Mind gives you tips on looking after yourself, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

You may find that these actions are not enough to look after your mental health. Here are some signs you may need some support.

Signs that you or a friend may need mental health support

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}



¹ headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-to-look-after-yourself-understanding-and-managing-emotions-being-kind-to-yourself-navigating-uncertainty-and-preparing-for-change>
² headspace 'mental health and you' poster <https://headspace.org.au/assets/uploads/Mental-Health-Posters-magdf.pdf>
³ headspace – how to talk to your children about mental health <https://headspace.org.au/guide/>

Supporting your friends

You and your friends are most likely to turn to each other for support before seeking out an adult or service provider. You and your friends can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting your friend know you may need to tell a trusted adult about your concerns.

Having these types of conversations can be difficult. Information on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](https://headspace.org.au/how-to-help-a-friend-going-through-a-tough-time).

Mental health support

- Your local GP can provide you with additional support
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, you can self-refer by calling your local headspace centre
- **ehespace:** 1800 650 890 www.headspace.org.au/ehespace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800 595 212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au
- **Contacting 000** if you need urgent assistance.

Self-harm and suicide prevention resources

- **Getting a mental health care plan** (ReachOut)
- **What you need to know about self-harm** (headspace)
- **How to help when someone is suicidal** (SANE Australia)

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- **Family violence support**

Mental health resources

- **Mental Health Toolkit**
- **Understanding mental health – fact sheet** (Orygen)
- **Learn how to handle tough times** (headspace)
- **Get into life (to keep your headspace healthy)** (headspace)

24-607

HOLIDAY

intensive

SWIM

PROGRAM

FAST TRACK YOUR CHILD'S SWIMMING ABILITY!

Monday 29 September - Friday 3 October 2025

Cost: \$60

On confirmation of booking a \$20 deposit will be required to secure your child's spot.

Enrolments due Friday 26 September

ENROL ONLINE OR SCAN THE QR CODE

DAILY 30 MINUTE LESSONS OVER 5 DAYS!

43 Palmers Road, Lakes Entrance
P (03) 5155 3333
www.lakesaquadome.com.au



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P (03) 5155 3333
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Kids Classes

Term 4 After School art classes

Thursdays 4:00 to 5:00pm Start Oct 9th

Various mediums including graphite pencil, chalk pastels, charcoal, coloured pencils, water paint, acrylic paint and air dry clay.

Paxart Studio Lakes Entrance

NDIS Supported

Bookings and enquiries PH: 0408 500 451

Caroline Pax Art Therapy on Facebook



"Learning Together, Succeeding Together"



AI CHARACTER DESIGN WORKSHOP

FREE FOR LOCAL YOUTH

Calling all creative young people aged 12-25 in Nowa Nowa and surrounds!

Join us for two free hands-on workshops where you'll design your own character and bring it to life with the latest AI tools in 3D modelling and animation.

Learn how to sketch, develop, and transform your ideas into 3D characters, exploring how animals and nature can inspire digital storytelling.



Wednesday 24th Sept
Friday 26th Sept



10:30 am – 12:30 pm



Nowa Nowa Community Centre



Gaming laptops provided



No experience needed – just your imagination! Places are limited. so get in quick.

RSVP by writing to Connie at 122.limestone@gmail.com or 0409 421 390



Save the Date

We're celebrating our 50th birthday and we want you there!


Saturday 11 October 2025
11.00 – 3.30pm
GLCH, 18–26 Jemmeson Street, Lakes Entrance

Join us for a free, family-friendly celebration featuring live music, roving performances, a community footpath art project, local food stalls, and giveaways.

Put the date in your calendar now – it's going to be great!

50 Years | Thousands of Stories | Locals Taking Care of Locals Since 1975





Save the Date

Join us for an evening of celebration as we mark 50 years of community care and connection.


Saturday 11 October 2025
5.00 – 7.30pm
GLCH, 18–26 Jemmeson Street, Lakes Entrance

Enjoy canapés and refreshments, live entertainment, and the official launch of our 50-year history booklet.

Share reflections and stories from across our 50-year history.

Invitation to follow.

50 Years | Thousands of Stories | Locals Taking Care of Locals Since 1975



"Learning Together, Succeeding Together"