



IMPORTANT DATES FOR TERM 4 (subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 7 Nov	13 Artist in Residence	14 AIR	15 AIR SCHOOLCOUNCIL	16 Whole school Performance Evening	17 2024 Prep Transition 9.00-3:15pm
Week 8 Nov	20	21 3/ 4 Bike ED	22	23 Grade 1 Sleepover	24 FAMILY FUN NIGHT Scholastic book orders due back
Week 9 Dec	27	28 6/7 transition Nagle 3/ 4 Bike ED	29	30	1 PUPIL FREE DAY
Week 10 Dec	4	5 3/ 4 Bike ED	6	7	8
Week 11 Dec	11 6/7 transition LESC	12 6/7 transition LESC 3/ 4 Bike ED	13	14 Grade 6 Graduation	15 In school transition for 2024
Week 12	18 Class Parties	19 Clean Up Day	20 Pool Day	HOLIDAYS ☺	

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

Dear Families and Carers,

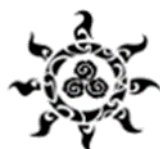
The spotlight is on the performing arts this week and students are getting excited and ready to perform for you this Thursday evening!! Please read class information on what students are to wear for the performance.

All family members are invited to our

Whole School Performance Evening
This Thursday 16th of November
5.30pm-6.45pm

Each class will be performing items alongside our Artist in Residence
Bernard Mangakahia – curriculum focus area- Dance and Song

Please be seated in the main building by 5.30pm for a 5.45pm start.



We are looking forward to a fabulous evening of fun,
hope you can all join us!

"Learning Together, Succeeding Together"

**School Council**

At our last school council meeting we endorsed the introduction of a new school uniform polo. This polo is made from polyester and is breathable. Evie Jackson modelled the shirt at assembly and it definitely got the thumbs up from the students. A prototype of the new uniform is available at the office for parents. Our commemorative Grade 6 students will remain available for purchase in 2024.

All students will receive one of the new shirts at the beginning of the 2024 school year. Both the current polo and the new polo will be acceptable school uniform for some time whilst we transition to the new one.

Family Fun Night

We are excited to be having our Family Fun Night to Toorloo. Families from Toorloo Arm PS are invited back to school on Friday 24th of November 5.00pm-7.00pm for an evening of fun for the kids and an opportunity for families and staff to catch up in an informal setting. Wacky Wombat Entertainment will be here with jumping castles, a roving performing, arcade and giant games for the kids and our parents and friends will be holding a BBQ and other items for sale, so dinner is also taken care of. Parents are responsible for their own children on the evening and must be in attendance to monitor their behaviour.

**Food Parcels**

We acknowledge that the cost of living expenses are a reality for a number of our families and therefore have sourced a number of food parcels to give away to families. Please if you would like this assistance, see one of the staff on brekky club any morning and they will be able to help you. Contents include: soup, VitaBrits, Weeties, vegemite, honey, backed beans, two fruits, lifelong milk, bread, rice bowls.

Little Angler Kits – Grade 5

The Victorian Government is giving away free Little Angler Kits for kids across the state to get the next generation hooked on fishing. There was so much fun and laughter when our grade 5's received their kits last Friday. They really couldn't believe their luck. Hope they enjoy get out and about in our beautiful natural environment.



Grade 2 Camp – thanks to Miss Cunningham, Tom Stubbs and Harry Warfe for their support and care of our grade 2 students on camp. This camp is a great experience for our grade 2's and it helps prepare them for subsequent camps in the following years. Thanks also to the parents who assisted, this camp cannot happen without you.

Grade 1 Sleepover at School

Information regarding the grade 1 sleepover has been sent home to families. Please return the medical form and have a chat with Caitlin or Eliza if you have any questions or concerns.

Conjunctivitis

There has been several cases of Conjunctivitis in the junior school. This is often caused by an infection (virus or bacteria) and is usually highly contagious. Conjunctivitis is spread by direct contact with discharge from the eyes, nose or throat of someone with the infection, or by contact with contaminated fingers or objects.

Keep at home?

Yes. Children should be excluded until the discharge from their eyes has stopped.

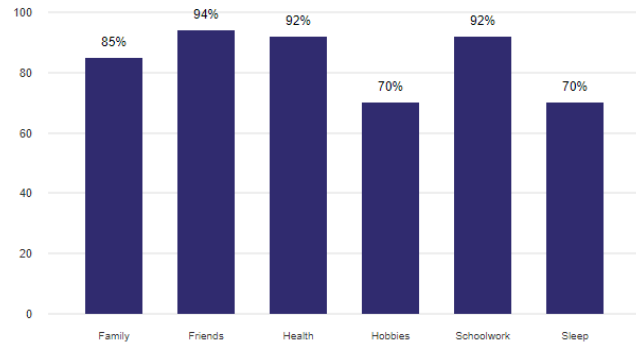
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Wellbeing Insights

Our wellbeing surveys are providing us with valuable insights into how our students going in many aspects of their lives.

This is a graph from our grade 3-6 students last week and it highlights that only 70% are feeling okay about their sleep patterns. That means 3 out of 10 students are not positive about their sleep. Included in this week's newsletter is some information for parents on why sleep is so important for student wellbeing.



From <https://www.sleephealthfoundation.org.au/>

Why is sleep so important?

Sleep is vital for children's and adolescents' wellbeing. Sleep supports healthy development of the body and mind. Evidence shows that children and adolescents who do not get enough sleep have more trouble learning. They are less attentive and motivated, have poor problem-solving, more confusion, increased irritability, reduced memory, impaired communication, slower processing of information, poorer judgement, diminished reaction times and more indifference. Lack of sleep can also lead to behaviour mood issues, impacting negatively upon relationships, empathy and leading to mental health difficulties such as anxiety and depressed mood. In Australia, the number of children and adolescents who are sleep-deprived is rapidly growing due to our lifestyle behaviours.

Technology use is on the increase with online social interactions replacing real world ones. For this reason, it is often difficult to get children and adolescents off their devices. In Australia, 25% of children aged 7-8 years report using mobile phones between 10pm and 6am – and this figure increases to 83% of children by age 17. (1) This late-night technology use is contributing to later sleep times and reduced quality of sleep. Children and adolescents commonly report going to sleep later and having interrupted sleep patterns because they reply to friends' texts during the night.

Technology use can lead to poor sleep in a number of ways:

- [Body clocks](#) (2) are sensitive to the blue light that backlit devices like phones and tablets emit. This light tricks our body clocks into thinking it is still daytime and this reduces the amount of melatonin, our sleep hormone that is released near bedtime. So, device use near bedtime can make it harder to get to sleep.
- Using devices to play games or communicate with friends increases mental stimulation, making it difficult to wind down around bedtime or to get back to sleep when sleep is interrupted during the night. Negative online social interactions can also contribute to feelings of [anxiety](#) (3) and worry which can make it harder to sleep.

How much sleep do children and adolescents need?

As with adults, every child is different in terms of [how much sleep they need](#). The amount of sleep your child needs also changes as they age. 4 Children aged 6-13 years should ideally be sleeping for 9-11 hours, although anywhere from 7-12 hours may be appropriate for some children. Teenagers aged 14-17 years should ideally be sleeping for 8-10 hours, although anywhere from 7-11 hours may be appropriate for some teenagers. (4)

What are some signs that your child or adolescent isn't getting enough sleep, perhaps through overusing technology?

- [Depressed mood](#), (5) irritability during offline social interactions
- [Hyperactivity](#) at school (6)
- [Reluctance/arguing](#) about getting off phones/devices and going to bed (7)
- Reduced academic performance
- Changes to communicating/social interacting at home and/or school

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- Falling asleep during the day
- [Difficulties waking up](#) for school and sleeping in late on weekends to 'catch up' (8)
- Getting to school late or missing school days

How can I encourage safe, healthy technology use to improve my child's sleep & wellbeing?

Putting in place some guidelines surrounding technology use at night is advisable and these guidelines might differ depending on the age of your child or adolescent. Children and adolescents need help with regulating their behaviour and understanding the harmful effects of disturbed sleep

- **Ideally, no mobile devices should be allowed in the bedroom.** *Why?* Although it's sometimes unavoidable to have devices like laptops in the bedroom, the bedroom should ideally be preserved for sleeping only so that it is perceived by the brain as a calm place - this helps children and young people to switch off and feel sleepy. Children and adolescents very commonly report using their phones after initially turning the lights out, even if there are rules in place about device use. Children and adolescents also report going and collecting their mobile devices after parents have gone to bed, even when everyone has agreed to leave them outside of bedrooms. Educating children about the harmful effects of disturbed sleep can be helpful for ensuring rules about device use are adhered to. Given many children and adolescents use their phone's alarm to wake up in the morning, a simple strategy of replacing phones with an alarm clock may make removing devices from the bedroom more practical.
- **Establish a nightly 'wind down' routine with your child or adolescent.** *Why?* Having a nightly routine in the lead-up to bedtime can help children and adolescents unwind and cues their brains into knowing that it's nearly time to sleep. As part of this wind down routine, create a calm environment and replace device usage in the hour before bed with a relaxing routine. This can help to reduce stress and anxiety, making it easier to feel sleepy. Limit exposure to bright light *Why?* Children and adolescents body clocks are sensitive to light, in particular blue light, reducing the amount of 'sleep hormones' that are released around bedtime. Lower the brightness on devices in the evening hours and use applications that block out blue light on phones and tablets if your child is going to be using a device.
- **Model good behaviours** *Why?* It is much easier to change your child's behaviour if a group approach is taken. Children and adolescents learn by observing the behaviour of others (parents, siblings) - model healthy sleep and technology use behaviours and make it a family effort by involving siblings.

See you Thursday evening 😊 Regards Kerry Hughes

Students of the Week



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**Prep**

Good morning everyone, I hope your weekend was enjoyable. Congratulations to our award winners this week **Lutarnna Nicholas & Max Thomson** for following our measurement rules while measuring the length and height of the building in their cardboard city. **Serena Dawes** for believing that she can accomplish tasks independently.

Last Fortnights Fun

Artist in Residence – This week we are practicing hard for our whole school performance on Thursday. Students are learning 2 songs and dances in the prep group and a whole school dance. Their hard work will pay off when they can perform in front of all their loved ones, please come Thursday night at 5:30.

Costumes – *On the night please wear colourful clothing.*

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Kindergarten transiting – This Friday the prep students will be in the French room as we have our last kindergarten transition, where our new preps for next year come and see what school is like.

This Week

Reading – reflecting on our reading journey, what strategies have helped us and which ones have been achieved.

Writing – Planning out our fairy tales.

Math – continuing to work on our measuring skills in length.

Have a great week,

Miss Cock

1/2 A&B

Hello and welcome to week 7, the end of the year is fast approaching! This week Miss Cunningham gave an award to **all of the Grade 2s** for their exceptional attitude and behaviour at Grade 2 camp. Ms Jackson gave awards to **Mahalia Hibberson** for her great advice to be brave, to **John Parkhill** for supporting and encouraging others, and **the whole of Grade 1** for the fantastic few days spent together.

We would like to thank all parents/guardians who helped at Grade 2 camp, this would not have been able to go ahead without you and we are very appreciative of the time you took out of your busy schedules to help us out.

This week in our reading we are picking back up where we left off and looking at vocabulary in texts and how we can use the context of a word to help us work out its meaning.

In writing, students are working on recounts, the Grade 2s will be writing about camp and the grade 1s will be writing a recount about something they have gotten up to in the 10 days since we were all together in the classroom last.

In maths, students will be continuing to work on measurement, in particular we will be looking at mass and comparing the different weights of items using balance scales.

On Thursday evening we will have our Artist in Residence, **students are asked to wear a coloured t-shirt and a pair of shorts**, all other costumes will be provided.



Thanks and have a great week!
Eliza Cunningham and Caitlin Jackson

3/4 A&B

Hello families,

Week 7 promises to be an exciting week, as we have an artist in residence working with students. All classes will be involved in learning a dance themed around the Polynesian Islands. This will culminate in a whole school rehearsal on Thursday 17th of November and a performance for families on the Thursday night. Students should back be at school at 5:30pm for a 5:45pm start. Students will be able to show what they have learnt to their families.

Costumes: All 3/4 students will need to wear a black, white or red tee shirt and black shorts or leggings for the performance.

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The pupils of the week are:

3/4 A Ivy Mallen: For working really hard and showing persistence to improve her understanding of fractions.
Ivy O'Donnell: For improving her attitude in all areas. Ivy has made an effort to have a more positive attitude, and this has led to her improving the quality of work she produces.

3/4 B Abel McKerrell: For owning up to a mistake he made in the playground and realising honesty allowed everyone to move on.

Dartanyan Milner: For applying his understanding of persuasive texts to a creative piece explaining why he wouldn't water ski.

Students have been finishing their persuasive writing based on their own chosen topics and some of their arguments have been very convincing. Students have been reminded to make sure they have an introduction and that they support their arguments with reasons and examples. Most students are in the process of publishing their persuasive texts. Next, we will move on to developing research skills to produce a written report. The reading of factual texts and the use of appropriate websites will be included in our research unit. Next week we will be completing our unit on fractions and decimals and moving on to look at angles and location. This will tie in with our integrated studies unit where students are designing their own island which will be grid referenced and include features represented in a key.

We look forward to seeing all of our families at the performance on Thursday night 17th of November. It should be lots of fun.

Ms Smith, Mrs Murray and Alyssa

5/6A&B

Hi Year 5/6 families

The award winners this week are:

Oceanna Greaves for the positivity she displayed in reading session and focus she maintained during integrated studies project work. Well done Oce!

Storm Stoddart for her great insights into the text 'Anzac Biscuit' during a reading response activity.

In reading this week we are focusing on paraphrasing. Students are looking at non-fiction texts to learn information and put their knowledge into their own words. In writing, students have completed our poetry unit and are now planning and learning about the features of information reports. We have started a new mentor text 'Pannakin and Pinta.' This text is about two pelicans located in the centre of Australia, Lake Eyre. In mathematics, we are learning about financial maths, particularly finding change, and developing efficient strategies to total money amounts. Students are completing their geography projects about a chosen country from Europe or Asia.

This week the big focus in our Artist in residence. Classes are practising our performance with our instructor Bernhard throughout the week. This will be concluded with our performance on Thursday night. Students arrive at 5:30 to perform at 5:45. To support with this, students in **5/6A are requested to wear a black t-shirt and shorts** and **5/6B are requested to wear a red or yellow top and any coloured shorts** on the night of the performance.

Thanks, Alec McPhee and Ali Mackie

SPORT and PE NEWS

Students of the week:

Zeppelin Allan: thanks for being the TAPS Golf Pro during Grade 5/6 Sport, Leadership in Action.

Jake Lawless: Jake had a red hot go in Golf last week and surprised himself with how well he was hitting the ball. Well done for challenging yourself in a new sport.

Oceanna Greaves: received an Outstanding Achievement Sport Award for her performance at the SSV Track and Field Championships in the 1500m, placing 11th in the State.

SSV State Athletics Melbourne

Congratulations to Oce for an amazing result at the State Track and Field Championships in the Girls 10-year-old 1500 m at Lakeside Stadium. She is such a great competitor, her resilience and determination are outstanding after quite the journey leading up to this elite level. She should be so proud of her 11th place, amongst the best in Victoria with an incredible time of 5:43.62. Well done!



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SSV Division Golf Lakes Entrance

Well done **Zep** and **Ollie** who competed in the Division Golf at Lakes Entrance Golf Club a couple of weeks ago. Both boys represented the school with sportsmanship and golf etiquette, with Zep placing 4th and Ollie coming 11th. Congratulations to Zeppelin who will now represent the school at the Second Round at Bairnsdale Golf Club. Good luck!

In Senior Sport at school, we have continued practising our tennis skills in Hot Shots tennis and have commenced our Golf Unit, where we have been introduced to the grip and stance and learning about the etiquette expectations of participating in golf in the community. In a couple of weeks all Grade 5/6s will be going by bus to the Lakes Entrance Golf Club and will be working in small groups on the Golf Simulators, Putting Greens and Driving Range. Such a fantastic opportunity for students to experience local community sport.

ATF Tennis Program at TAPS

Tennis is happening this week on Thursday 16th November with the final session on Thurs 23rd November! It really is a great opportunity to tap into **FREE** Tennis lessons with Nigel from 4.15-5.15 pm at the Lakes Entrance Tennis Club. **Newcomers are most welcome!**

Please keep an eye on the Audiri app for notices about this afterschool program in case the weather is inclement and lessons cancelled.

Thanks

Barb and Tom (PE and SPORT COORDINATOR)

Important Sport dates for Term 4 2023

Tuesday 21st November Bike Ed Gr 3/4

Tuesday 28th November Bike Ed Gr 3/4

Tuesday 5th December Bike Ed Gr 3/4

Tuesday 12th December Bike Ed Gr 3/4

Wednesday 22nd November Golf at Lakes Entrance Golf Club Gr 5/6 TBC

Wednesday 29th November Golf at Lakes Entrance Golf Club Gr 5/6 TBC

Wednesday 6th December Golf at Lakes Entrance Golf Club Gr 5/6 TBC

FRENCH

Bonjour,

This week, at assembly, **Sam Davies** and **Jackson Cheesley** received an award for making it to 100 in their counting in French. They both have put on lots of efforts to achieve this and should be proud of themselves! **Ruby Pool** and **Zep Allen** (5/6B) also received an award to acknowledge their efforts in the classroom, giving everything a fair go, trying their best. Ruby always works quietly and completes all the tasks given perfectly. Zep has been putting in lots of effort this year in French and it is so pleasant to see how it is paying off.

This week, Prep are working on saying where they live and describing where they live. As we introduce this new vocabulary, our main focus is on comprehension. We'll also review some of the common questions and answers to introduce ourselves with a matching game.

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Students in 1/2 are learning colours to describe clothes, with games such as "touch the colour in the classroom" and matching pairs.

Grades 3 and 4 students will continue to create their own song about their opinion on hobbies in French.

5/6 students continue to work on places in town. We are going to use Google maps to visit some French towns and see if we can spy some of the places we have been learning how to name.

Last week's students who tried their best are:

Prep: Halle, Lutarnna, Grace, Serena and William

1/2A: Harlan, Tessa, Ryder, Samantha and Laila

1/2B: John and River

3/4A: Tarzaiyah, Max, Balin, Ivy O, Maddison and Zach

3/4B: Abby, Chloe and Declan

5/6A: Jackson, Marshal, Zep, Ruby and Emily

5/6B: Henry, Kobi, Chardell, Jake and Summer

Have a lovely week! Bonne semaine à tous!

Madame Samson

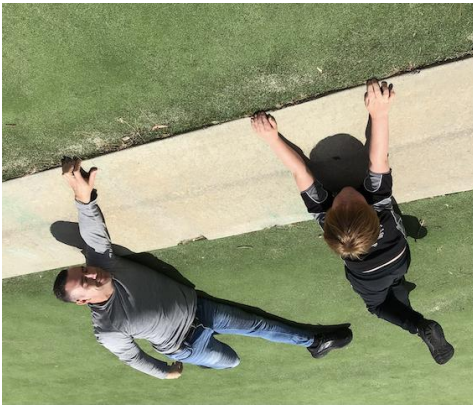
ART

Perspective is a very individual idea. How we see the world around us is not always how others perceive it. Here are some examples of how reality can change depending on 'your' viewpoint. Our world can be altered by changing scale, perception of up or down, or other physics such as gravity, movement and depth. Mirroring our world of objects and landscapes can also be an effective way to change what we perceive as 'reality'.

Here are some examples of 'forced perspective' landscapes by Middle School and Senior Students.

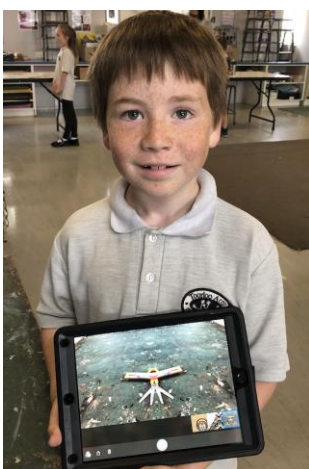
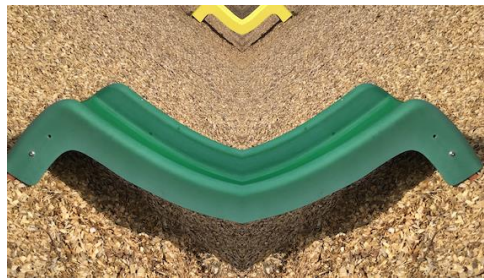
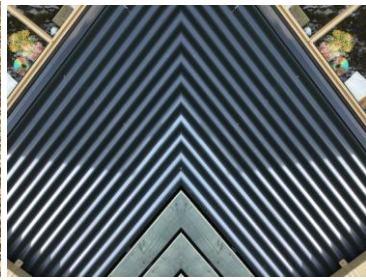


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And here are some examples of 'mirrored images' by Junior Students exploring symmetry.

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Artist of the Week, **William Boehmke**.

Jobi Laybourne

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24th November
5PM - 7PM

**TOORLOO
FAMILY
FUN
NIGHT**

Wacky Wombat
providing free kids
entertainment

**BYO Picnic dinner or sausage sizzle
available on the night**

Drinks \$1

Sausages \$2

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BREW BAR

on the ninety miles

583 Esplanade Lakes Entrance. Phone: 5155 3839

Home Made Sausage rolls \$3.5 (Sauce x2 50C)

Chicken Strip Wrap \$4

Small Tortilla wrap with lettuce, cheese and Mayo

Spaghetti Bolognese \$6

with Cheese (v)

Chicken or Roast Veggie Quesadilla

1/2 \$4

full \$6

Cheese, Salsa & sour cream

add avo \$1

Mini Vegan Budda Bowl \$6

Changes Weekly

Veggie Quiche slice GF \$5

Cup of Homemade soup \$5

with small roll (Changes Weekly)

Pizza Muffins 2 for \$5 OR 1 for \$3

Ham, Cheese & Pineapple

Side salad add \$2

Gluten Free Bread & Wraps available on request

Fruit & Yoghurt cup \$5

Please have lunch orders in office by Thursday mornings. Late Orders can not be guaranteed
their choice

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Walk to Change the Story

A GLCH initiative for the 16 Days of Activism Against Gender-Based Violence

Take steps to end violence against women and children
Saturday 25 November 2023

COMMUNITY WALK
Start and finish at Nicholson Street Mall in Bairnsdale.
Meet 10.30 am sharp!

COMMUNITY EVENT

- Welcome to Country
- Clothesline Project
- Banner Making
- Information Stalls
- Big Respect Gippsland Photo Booth
- HEY Project T-shirt Tie-dyeing
- Music with Freeza
- Children's Activities
- Lion's Club BBQ

For more information visit glch.org.au or find us on Facebook (Gippsland Lakes Complete Health or Walk to Change the Story)

Proudly supported by:



BRUTHEN CHRISTMAS MARKET

18 NOV 10-3

FREE LOLLY BAGS
FREE FACE PAINTING
FREE ELF PHOTOS
FOOD & DRINK

Get your Christmas shopping done early!
You'll find local artists, growers and makers at Bruthen's Christmas market as well as fun for the kids with a life-sized Elf on the Shelf handing out lollies (while they last!). There's also free face painting from 12pm, and Quick Picks will be doing festive photos for family and friends. See you there!



Kidz Club

FRIDAYS
3:30 - 5PM

BAPTIST CHURCH
141 PRINCES HWY, LAKES
ENTRANCE VIC 3909

GRADE Prep-2

NAOMI MCPHAN 0456657165

EAST GIPPSLAND SHIRE LIBRARIES

FREE AGES 2-5 BOOKINGS NOT REQUIRED

Social Inclusion Week Storytime



Join in on the fun at a special Storytime session to celebrate Social Inclusion Week!

The aim is to help all Australians feel included and valued, giving everyone the opportunity to participate fully in society.

The Storytime session will include stories, songs and a craft activity.

Tuesday 21 November	Tuesday 21 November	Tuesday 21 November	Wednesday 22 November	Thursday 23 November
Orbost Service Centre 11.00 am	Bairnsdale Library 11.00 am	Lakes Entrance Service Centre 11.00 am	Ormeo Service Centre 11.15 am	Mallacoota Service Centre 2.30 pm

Phone 5152 4225 or book in person at the library for this FREE event.



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