



### IMPORTANT DATES FOR TERM 1 (subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 8 Mar</b>	20 <b>Parents and Friends 9.30am</b>	21 Harmony Day -Visiting Artist <b>Playgroup 9.30-11.00</b>	22	23 Music with Mike	24 Colored shirt of student's choice.
<b>Week 9 Mar</b>	27 <b>Conclusion of NAPLAN</b>	28 <b>Playgroup 9.30-11.00</b>	29 <b>SCHOOL COUNCIL</b> Grade 5/6 Bike Ride	30 <b>Tennis</b>	31 Grade 1/2 local history excursion
<b>Week 10 Apr</b>	3 Triple P Parent Seminar 6.00-7.30pm	4 <b>Playgroup 9.30-11.00</b>	5 REWARDS DAY 1.45-3.00pm	6 P & F Easter Raffle Drawn  Last day of term early finish 2:15	7 <b>GOOD FRIDAY</b>
<b>Term 2 APRIL</b>	24 <sup>th</sup> <b>Pupil Free Day</b>	<b>ANZAC Day</b>	Term 2 commences for students.		

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

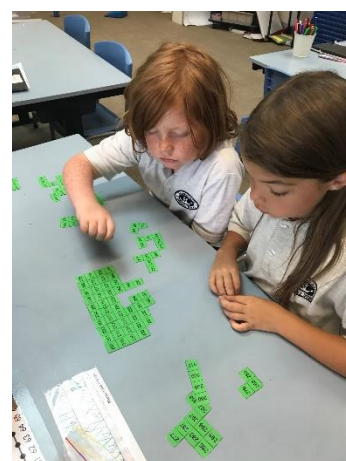
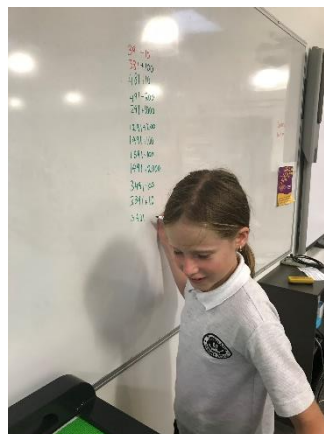
Please include details - Surname and description e.g. Fees, uniform, camp etc.

Dear Parents and Carers,

I recently attended the Numeracy Leader Summit run by the Victorian Academy of Teaching and Learning and it was very reassuring that our approach to mathematics are the evidence base actions that engage students when learning mathematics. Programs need to support students to develop relational understanding (knowing both what to do and why) rather than instrumental knowledge (rules without reasons).

The mathematical proficiencies include:

- Fluency- developing skills in choosing procedures and in recalling facts and concepts
- Understanding – making connections between representations of numbers and having concepts of portioning and combining numbers
- Reasoning – generalising from results of calculations and using generalisations to derive strategies for unfamiliar problems and adapting the know to the unknown, transferring learning from one contact to another
- Problem Solving- formulating, modelling, simulating and recording authentic situations involving operations, comparing numbers and using properties of numbers to continue patterns.
- Language – everyday language and specialist mathematics language



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**Harmony Week** – this Friday students can wear a block colored t-shirt of their choice to school.

**Easter Raffle** – donations are now being accepted at the office for our P & F Easter Raffle

### Good Luck Mrs Mackie

Mrs Mackie will be away for the remainder of this week, having a small operation in Melbourne today. We welcome Elli Stielow who will teach the class for the week. Feel free to make yourself known to Elli.

### School Ambassadors

I am looking forward to hearing from those students interested in being a school ambassador next week. Students selected for the role will receive their badges at assembly on Monday 3<sup>rd</sup> of March.



57% of students (89 students) at our school had more than 20 days absence in 2022. Every day away from school impacts on students learning and connectedness to peers.

Our goal for this year is have an average of 90% attendance (that's less than 20 days absent) for each cohort of students.

Kindest regards  
Kerry Hughes

### FREE PARENTING SEMINAR

**Monday 3<sup>rd</sup> April, 6:00 – 7:30PM, Toorloo Arm Primary School**

Come along to a relaxed, informative seminar focused on supporting parents, carers and families with children aged 0-12 years. This Triple P – Positive Parenting Program seminar can help you get answers to common parenting questions, encourage healthy respectful relationships and enjoy parenting more! The seminar is only 90 minutes, fun and friendly, and it's **FREE!** It'll help kids AND parents take the drama out of family life and find ways to deal with issues calmly and more confidently. REGISTER NOW:

<https://www.triplep-parenting.net.au/vic-en/contact/find-a-session/2023-04-03/seminar/raising-confident-competent-children/112012/> to learn more and book your free spot.

### Students of the Week P-2



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**Students of the Week 3-6**



**Parents and Friends of Toorloo Arm Primary School**



P & F are now calling for donations for the Easter Raffle, please send donations along to the office. The more donations we get the more children who will win a prize. Easter raffle tickets will be coming home soon.

P & F would also like to thank all the parents who responded to their invitation to join their group. There will be more information out soon about upcoming events.

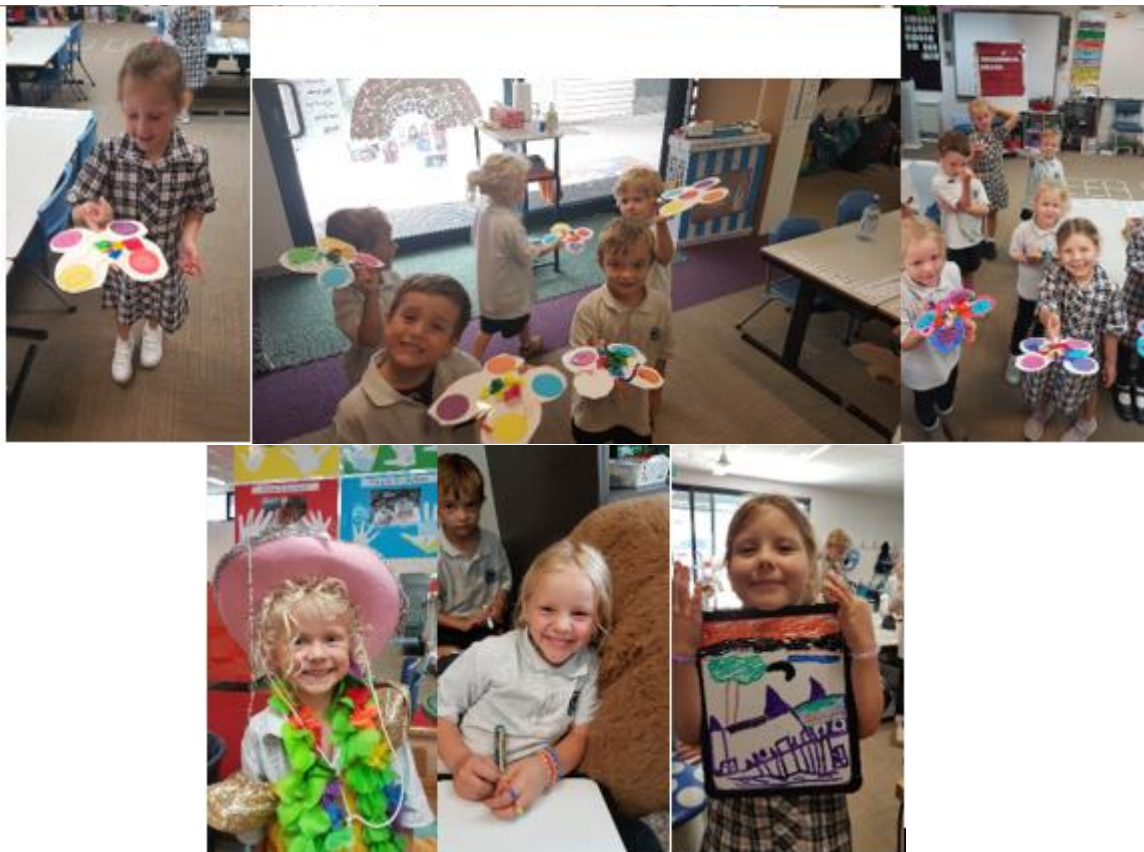
**Prep**

Week 8 already! What a term so far, congratulations to our award winners this week, **Grace Jackson** for her infectious laughter, she had us all laughing last Friday and to **Jack Tunnage** for his vocabulary skills. He is a born storyteller, using words that create a very vivid picture in our minds.

**Last Weeks Fun!**



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**Box construction**

We are asking for families to bring in boxes (cereal boxes or smaller) for the kids. They have loved getting their creative minds flowing and we would love for it to continue. Any contributions please drop off in the prep room.

This week we are looking at:

**Reading:**

- We are building a range of reading strategies, such as slowing down the zooms and going on a word treasure hunt.
- We are focusing on recognising the letters b,u,g,a and matching them to their sounds.

**Writing:**

- Segmenting CVC words– this is when you break apart the sounds you hear in short three sound word and write the sounds you hear.
- Building sentence structure so students can start to write their own simple sentences.
- Writing their own simple sentences, placing a capital at the start and a full stop at the end.

**Maths: Patterns**

We are looking at attributes, what they are and how they are used when making a repeating pattern.

Have a great week,  
Miss Cock

**Grade 1/2**

Hello everyone!

This week's awards for 1/2A go to **Addie Magee**, **Sienna Jones** and **Owen Reinke**. Addie, for how she noticed the similarities between a hundred chart and a number line and then used this to help her in her problem solving. Sienna, for taking initiative to go back and check her maths working out when making 2-digit numbers from MAB, and Owen for his growth in confidence in all learning areas, particularly in his reading, as evident in guided reading.

In 1/2B, awards go to **Harry Friend** for his contribution to discussion about how we can use Pamela Allen's way of writing our own writing, and to **Bella Pool** for her ideas in writing including how her animal character was feeling and how it moved.

This week in reading, our focus is on retelling a story in order from beginning, middle and end. We will be continuing to use our Mentor Text, the Bear's Lunch, as well as other various Pamela Allen texts to investigate sequencing and retelling stories in their order of events.

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Our writing this week will involve planning and starting to write a story around the main character created in the previous week, through our study of the Bear's Lunch. We will be using the structure of 'beginning', 'middle' and 'end' to plan our stories, and will use time markers 'first', 'then', and 'next' in the middle to move the stories along.

In maths, we will be delving into counting patterns, using the hundreds chart as a tool to explore and experiment counting by 2's, 3's, 5's and 10's.

This week in Integrated Studies, we will be hosting a historian from Lakes Entrance Regional Historical Society, who will answer all our questions about the settlement of Lakes Entrance. Meanwhile, our pop-up museum continues to grow and grow thanks to our wonderful TAPS community contributing their interesting artifacts. Thanks to all those who have loaned out items for us all to enjoy! The following week, we plan to go on an excursion to visit New Works at the Entrance and explore the relics. We would love parents to join us on this adventure and will include a brief itinerary for the trip in the coming days.

Lastly, thanks for all the families who made the time to have a chat about their child's progress with their teacher last week. It was lovely to have a chat with you all. As always, please get in touch should you have any queries or concerns you wish to discuss.

Thank you everyone and have a great week!

Eliza Cunningham and Caitlin Jackson

### Grades 3/4

Hello and welcome to week 8!

We had a great short week last week! Mrs. Murray and Ms. Haldane appreciated all of the family conversations we had after school during the week; thank you to everyone who made the time to pop in for a chat. As always, we have an open-door policy in the 3/4 Unit and we are happy for you to come in and communicate with us as needed, you do not need to wait until our set week of conversations.

This week we celebrate Harmony Week, with whole-school activities on Monday and Tuesday. On Friday, we have asked students to choose one color to wear in place of their school uniform (just a t-shirt is fine) for our whole-school sing along at assembly!

We continue to enjoy our work around our mentor text *Two Wolves* with the action in the story really heating up now, keeping us in suspense! We are also looking at verbs in our reading and our writing, talking about action, saying and sensing verbs and how the use of them can make our writing more interesting. We have our final two Naplan texts this week as well, on Tuesday we have language conventions and on Wednesday we have numeracy.

We have two lots of awards on 3/4 this week, some for last week and some for the week before! In 3/4A the awards from week 6 went to **Coen Buck-Roberts** and **Edison Stapleton**. Coen Buck-Roberts received his award for showing responsibility and commitment in establishing and running our whole-school scrap collection for the chooks, as well as looking after the chooks daily! Edison Stapleton received his award for showing independence in all areas as a learner in Grade 3; and embracing the opportunity to challenge himself alongside his grade 4 peers whenever possible. And for week 7 last week in 3/4A the awards went to **Anika Stewart** and **Ivy Mallen**. Anika received her award for the way she commits to all learning tasks, seeking feedback when she is stuck, to help herself out of the learning pit! Ivy Mallen received her award for the great voice she always brings to her writing, as well as some fabulous word choices this week!

In 3/4B, the week 6 awards went to; **Flynn Whelan** for his growth mindset and his commitment in maths to challenge himself with his learning, focusing on addition; and **Abel McKerrrell** for his commitment to our Mentor Text. Abel is one of our key contributors, as we discuss the storyline and work out the meaning of new words. The 3/4B awards for week 7 went to; **Summer Bishop** for her commitment to maths and extending her understanding of the adding multi-digit numbers by creating her own problems and solving them. And, **Sam Davies** for his perseverance in maths, pushing through to complete tasks even when he finds continuing challenging.

Thanks and have a great week!

Larissa Murray, Lizzy Haldane and Alyssa Warfe

### Grades 5/6

#### Awards

**Jackson Cheesley** for his excellent contributions during the reading of the class mentor text 'Call it Courage'.

**Reef Stoddart** for displaying excellent sportsmanship during class games and activities. Well done!

**Siennarose Rossignoli** for her great contributions about our mentor text.

**Lukah Beveridge** for increased participation in all areas of learning.

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**Charlotte Angel** for making a great connection to our mentor text.

This week we have completed Harmony Day activities including rock drawing in colours, a visiting artist and a whole school song to be completed at assembly on Friday. Also, Year 5 students are finishing off their NAPLAN assessment Tuesday and Wednesday.

There is no bike education this week, we will be continuing bike education for all students next Wednesday.

In reading this week we are focusing on connections, particularly text to self and text to world connections. Students will be practising this skill using the mentor text 'Call it Courage'. In Maths students are developing their mental addition and subtraction skills through challenging tasks and games.

Thanks Ali and Alec

## SPORT AND PE NEWS

Students of the week:

**Tarzaiyah Sellings** and **Billy Warfe**: from Miss Ellie for being so helpful and good sports!

**Jackson Cheesley**: for being responsible in Bike Ed - helping out the groups on our Bike Track ride and also for helping out his little buddy Jasper in the yard.

**Ivy Mallen**: for her great ideas about how to play fair in PE, in the yard and at home.

### In Senior PE

We have been looking at how to be a good winner and good loser. We've been learning to play games with the Thunder Hockey kit which is great fun and also a new skill set whereby we have to be able to manipulate equipment safely and effectively.

In Sport for Gr 5 and 6s this week we will be doing a cross country practice session, we have locked in Thursday 27th April for our TAPS Cross County which is in the first week back of Term 2. Girls and Boys turning 8, 9 or 10 this year will complete the 2 km course, and Girls and Boys turning 11 or 12 this year will complete the 3 km course.

Our Bike Ed ride along the Lake Tyers Beach bike track and back for all Grade 5/6s will be the following week, 29/3/23 if everyone could please bring their bikes that day please.

### Junior PE

Students of the week:

**Jack Tunnage** for always playing fairly and honestly and abiding by the rules of each game. Jack always has his hand up to explain the games and rules to other students.

**Zayn Smith** for assisting another classmate out who was in need of some help in PE. Zayn has also been working really hard to follow game rules which has been a great positive change!

In Junior PE we have been continuing with small, minor games to continue to develop student's understanding of fairness and sportsmanship when playing sport. Students have also been encouraged to take more ownership of their PE lesson, with students setting up for games and discussing the rules as a group. We will continue this theme this week and look at what makes a good winner/loser when playing sport.

Please don't hesitate to catch up with us if you have any concerns about your child's participation in PE, or if you are interested in connecting them up with sport in the community, we can usually point you in the right direction. Also, it would be great if your child wears runners and has a water bottle on PE days, so that participation is comfortable and safe, and of course, hats are compulsory this term.

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### Parkrun Lakes Entrance

With cross country just around the corner, why not get some training in with your local community? Every Saturday morning at 8.00 am, the event takes place at Lakes Entrance

Rotunda, Memorial Park, Esplanade, Lakes Entrance. Junior parkrun is 2 km for ages 4-14 year olds, 5 km run/walk for over 14, register online:

<https://www.parkrun.com.au/lakesentrance/>

It's free. It's for everyone. Whether you're young or old, male or female, fit or unfit, able-bodied or not, you're always welcome. It's not about racing, it's about running. Children under 11 years old must be fully supervised by an adult.

### ATF FREE After School Tennis Lesson at TAPS



The last sessions for Term 1 is Thursday 30th March with Nigel Carr at the Lakes Entrance Tennis Club (behind the Aquadome). The session is an hour long starting at 4.15 pm to 5.15 pm -a reminder parents are required to stay for the hour. If the weather is not looking great, please keep an eye on the SkoolBag ap for any changes.

Thanks,  
Barb and Tom

### **Important Sport dates for Term 1 2023**

Wednesday 29th Mar Gr 5/6 Lake Tyers Beach Bike Ride (after lunch)

Thursday 30th Mar ATF FREE tennis coaching 4.15-5.15 Lakes Entrance Tennis Club

### **Important Sport dates for Term 2 2023**

Thurs 27th April TAPS Cross Country start and finish Lake Tyers Beach Rec Reserve

Thursday 10th May AFL clinic

Mon 15th May Division Cross Country qualifying Gr 3-6

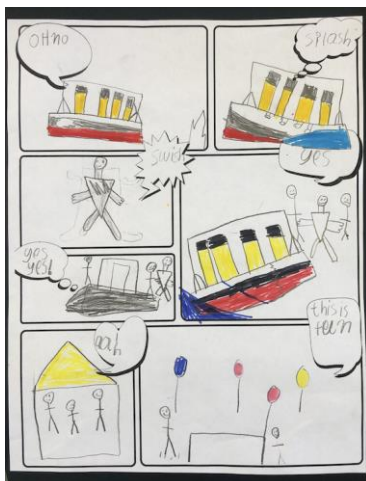
Wednesday 17th May District Winter Sports Lakes Entrance Gr 5/6 AFL soccer and netball

### **ART**

Creating an alter-ego can be a creative and fun activity – just look at how many events revolve around dressing up! Senior Students have been really getting into the idea of turning themselves into something else, especially a superhero! Middle School and Junior Students have continued their exploration of storytelling through pictures.



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Artist of the Week, Lila 'superhero' Moss!

Jobi Laybourne.

## FRENCH

Bonjour,

This week, at assembly, Ray and Inca (3/4A) received an award for their constant enthusiasm during French lessons, their willingness to always give everything a go, and for supporting and helping their classmates whenever they can. Well done to them two for showing such beautiful qualities and behaviours.

This week, Prep will be introduced to the French alphabet through a song. In the coming weeks, they will be expected to name some of the letters in their name in French.

With harmony week, 1/2A and 3/4A students will have a lesson on diversity in Australia, thinking about how languages and food from other countries have influenced the English language and their culture.

1/2B will review some body parts in French, focusing on their listening and oral understanding.

3/4B haven't had French in the past two weeks, so our focus will be on numbers this time, checking on their progress.

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Grades 5 and 6 students will begin presenting to their classmates their PowerPoint on food. Everyone is expected to take notes of the food items as they are presented, to create a big word bank on food in their French book.

The students who have tried their best and participated the most last week are:

1/2A: Charlotte, Amaya and Samantha

3/4A: Ray, Inca, Talulah, Samuel and Maddison

Have a lovely week! Bonne semaine à tous!

Madame Samson

**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

**Tomato & Vege Pasta \$5**  
with Cheese (v)

**Chilli Con Carne (mild)\$6**  
with rice, salsa, cheese & Sour Cream  
ADD WRAP OR CORN CHIPS(Please specify) \$1

**Mini Vegan Budda Bowl\$6**  
Changes Weekly

**Wraps \$5**  
Ham & Salad

Chicken & Salad

Cheese & Salad

**Cup of Homemade soup \$5**  
with small roll (Changes Weekly)

**Pizza Muffins 2 for \$5 OR 1 for \$3**  
Ham, Cheese & Pineapple

**\*Gluten Free Bread & Wraps available on request\***

**Fruit & Yoghurt cup \$5**

**Vege sticks, cheese & Hummus or Salsa (please specify) \$5**

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

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## PROJECT +

## Parents & Carers



### Emotional Literacy

Emotional Literacy is being able to **recognise and name our emotions**. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.

It is important to know that it is okay to feel all the emotions! **The key is to understand these and be able to use strategies to manage our emotions effectively.** Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.



### REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, furiousness, high anxiety, etc.

### MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

DEEP BREATHS

PLAYING WITH YOUR PET

PLAYING MUSIC

A HUG FROM YOUR CHILD/REN

MINDFULNESS

A WALK

Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.



Click on the image or scan the QR code to listen to **Dr. Emily**, a psychologist who talks about **Emotional Awareness** on the podcast, 'the imperfects'.



Click on the image or scan the QR code to listen to **Lael Stone** on the podcast, 'the imperfects'. Lael is an educator and a parenting expert.

If you enjoyed that episode, [click here](#) to listen to her most recent episode too.



Proudly supported by

**coles**

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

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## SLEEP FACTS FOR PARENTS

Things you should know about students' sleep deprivation and mobile device use.



### 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 and 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.

### Why aren't children and adolescents getting enough sleep?

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<sup>1</sup> 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.<sup>4</sup> 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,<sup>(5)</sup> irritability during offline social interactions
- Hyperactivity at school (6)
- Reluctance/arguing about getting off phones/devices and going to bed (7)
- Reduced academic performance

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- Changes to communicating/social interacting at home and/or school
- 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.

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# **COEN'S FARM FRESH EGGS & PRODUCE**

## **vegie hub + open day**

### **11AM Saturday 25<sup>th</sup> March**

### **look. ask. grow. help.**

**89 COLQUHOUN RD. LAKES ENTRANCE**



**What's a food hub? We'll tell you what we've learned.  
We are sourcing vegies for a local vegie box plan.  
We care about re-using and recycling.**

#### **On Saturday we'll be:**

**Demonstrating our no dig garden building. (Have a go !)  
Talking all things vegie boxes.  
Sharing the ways you can get involved – from growing (even micro crops) to picking/packing.  
Gauging the interest in a community garden on site.  
Showing how we are reusing and recycling otherwise discarded items.**

**We want to get people involved and excited no matter the level.  
We want to build a community from all walks of life to share their skills,  
knowledge + experience.  
The day is all inclusive  
Just come for the vibe and a sausage and meet some great locals.**

**PHONE: CLARA 0477 175 499  
EMAIL: [clarab2328@gmail.com](mailto:clarab2328@gmail.com)  
FB: [tingurl.com/coensfarmfresh](https://www.facebook.com/tingurl.com/coensfarmfresh)**

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**School holidays are upon us and it's time for us big kids to step aside and let the youngsters run free...**

For your little tribe, we have tailored a range of our best Saltwater Workshops to young requirements to keep them busy over the silly season.

Ages 5-17

1.5 & 1 hour art classes with skilled tutors  
All art supplies included

Tuesday 11th of April 11am - Acrylic Paint Pouring (Canvas)  
Wednesday 12th of April 11am - Kids School Holiday Clay Play  
Thursday 13th of April 1pm - Kids Pottery - Clay Bells  
Friday 14th of April 11am - Textured Art Workshop  
Saturday 15th of April 10am - Paint Pouring (Skateboards)  
Tuesday 18th of April 11am - Kids Pottery - Clay Bells  
Wednesday 19th of April 11am - Kids School Holiday Clay Play  
Thursday 20th of April 1pm - Paint Pouring (Skateboards)  
Friday 21st of April 11am - Acrylic Paint Pouring (Canvas)

get in touch or head to our website to book tickets

the saltwater creative co gallery / studio  
66 marine parade, lakes entrance, VIC  
[www.thesaltwatercreativeco.com](http://www.thesaltwatercreativeco.com) - 0448 669 063

## MAKERS MARKET

(PLUS RETRO AND COLLECTABLES TOO)

@ LAKE TYERS BEACH HALL

**8 + 9 APRIL 2023**

**EASTER SAT+SUN 9AM-3PM**



RAFFLES + MORNING + AFTERNOON TEA + SAUSAGE SIZZLE  
1 MILL POINT ROAD LAKE TYERS BEACH

**STALL HOLDER ENQUIRIES 0413 841 273**

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## Host an exchange student in 2023!

### Ready to welcome a new culture into your home?

There are so many reasons why a family may choose to host an exchange student!



Rediscover your backyard through new eyes!



Understand another way of life and a different way of thinking!



Gain a new family member and help make an exchange student's dream come true!

### Who are our host families?

Host families are volunteers who open their home and hearts to international exchange students.

Families come in all shapes and sizes. They live anywhere in Australia, from beaches to cities to farms!

Host families integrate their exchange student into their daily life. They are caring and open, and many form strong bonds and become friends for life!

Enquire about hosting



✉ [wep@wep.org.au](mailto:wep@wep.org.au)

☎ 03 9598 4733

🌐 [wep.org.au](http://wep.org.au)



## HOP East

### Movie & Mini Golf Madness

Join the HOP crew for a day of fun watching a movie, enjoying a picnic lunch and a round of mini golf.

#### DATE

- 📅 Tuesday April 11th 2023

#### LOCATION

- 📍 Bairnsdale Interchange Gippsland, Sun Cinema Bairnsdale, Bairnsdale ALL Abilities Playground & Footbridge Mini Golf Lakes Entrance – 549 Esplanade, Lakes Entrance

#### OUT OF POCKET COSTS

- 📌 NDIS plan charges will be discussed with you to ensure your specific support needs are met
- 📌 \$37.50 (for cinema ticket, small popcorn, drink & mini golf)

#### WHAT TO PACK

- 📌 Medication and medication Forms
- 📌 Packed lunch
- 📌 Weather appropriate clothing (hat and sunscreen)
- 📌 Water bottle



### Time Table

ICG Office	Drop-off	Pick-up
Bairnsdale Interchange office	9am	3pm

### NDIS Benefits and Outcomes

- 📌 Social participation in the community
- 📌 Meet new people and develop friendships
- 📌 Increase your capacity to access your local community
- 📌 Development of your life and independent living skills
- 📌 Improve and develop your communication skills
- 📌 Opportunity to access new activities and try new things
- 📌 Selfcare for carers and participants

For further information please contact us

☎ 1300 736 765

🌐 [www.icg.asn.au](http://www.icg.asn.au)

*"Learning Together, Succeeding Together"*



Cassie Wigg - Lakes Entrance OSHC Coordinator



## GUMNUTS

Outside School Hours Care

### Term 1 Holiday Program

#### WEEK ONE

**Monday 10<sup>th</sup> April: Public Holiday (No Care available)**

**This is a public holiday so we will be closed**

**Tuesday 11<sup>th</sup> April: Tie dye and T-shirt puff paint design day**

Let's be creative and make bold and bright colourful clothing. This is an experience that can't be missed. We will have a white 2 t-shirts for each child, but you're more than welcome to bring in other items of clothing to tie dye and draw a funky design with puff paint. Please send lunch and snacks for the day.  
Cost: \$10pp

**Wednesday 12<sup>th</sup> April: Everything wheels – Bike riding, skateboarding, roller skating, scooters**

Let's have a day of bringing in your choice of riding gear. Whether it be a push bike, a scooter, roller blades, skateboard, you name it. (Nothing with a motor) You will need to bring a helmet and any other safety equipment required to keep you safe. Please pack a healthy lunch and lots of snacks for the day as they will be very active and require lots of energy.

**Thursday 13<sup>th</sup> April: Aqua dome and inflatable**

We will walk to the aqua dome, leaving the service by 11am. When at the aqua dome the children will have access to the inflatable slides and climbing equipment. Please pack lunch and lots of snacks for energy for this day as we will be eating at the pool. We will then leave the pool at 3pm. Children can be collected at the pool prior to 3pm or back at the service after 3.30pm.  
Cost \$10pp

**Friday 14<sup>th</sup> April: Gymnastics club – Ninja run**

We will leave the service at 9.45am and head to the East Gippsland Gymnastics club for the children to engage in ninja run, basic skill learning, tumble track and trampoline. We will have skilled coaches for the duration of the 2 hour session so children will learn to stretch/warm up and cool down under supervision.  
\$32pp

#### WEEK TWO

**Monday 17<sup>th</sup> April: Cubby house and Tee Pee building**

Let's think outside the box. If we didn't have the pre made brought cubby houses, how can we create a shelter?? The children will have access to boxes, branches, sheets, pegs and rope. They will need to form a group or work individually and design and create a cubby. Can't wait to see the children's imagination, creative thinking and problem solving during the session.

**Tuesday 18<sup>th</sup> April: Cooking**

The children will be involved in cooking our healthy snacks and lunch for the day. We have engaged Andrea from GLCH (Stephanie Alexander program) to help with delivering an educational cooking experience. For those children not interested in cooking there will be alternate activities to engage in, with full access to all equipment.  
\$5pp

**Wednesday 19<sup>th</sup> April: Cinema and all abilities playground**

We will be catching a bus to Bairnsdale cinema to relax and enjoy watching Mario Bros, with popcorn and a drink. The children will need a packed lunch for this day and plenty of water and snacks to keep refuelled as we will be stopping at the all abilities playground for lunch and a play before heading back to the service.  
Cost \$30pp

**Thursday 20<sup>th</sup> April: Sports day**

Let's get active. We are very fortunate to have full access to the schools sport shed, so let's enjoy a day of physical activities. Getting active and engaging in individual or social activities is a great way to stay healthy.

**Friday 21<sup>st</sup> April: Party and Dress up day**

It's always nice to finish the holiday program with a party day. We will have popcorn and a movie, disco with disco lights and a jukebox and karaoke machine. Come dressed up as your favourite movie character. We will have some games and prizes during the day. For lunch we will enjoy party food so please just pack snacks to last the day.  
\$5pp

If you need to contact the Vacation Care directly, we can be contacted on

0493 364 179

PLEASE NOTE:

During the program children participate in spontaneous and planned cooking experiences which may include light lunch servings or afternoon tea items. On these days your child will still need to bring their own lunch and enough food to last the whole day.

**PLEASE NOTE:** If your child does not attend on a day they have been booked in, you will still be charged for the day unless **48hours notice** is given for a cancellation.

**\*\*Please ensure that your child has a sufficient amount of food packed to keep them sustained for the day. We also encourage children to bring a drink bottle filled with water only. (Please refer to our Healthy Eating policy.)\*\***

This program is **subject to change** depending on the following circumstances: **Covid-19 restrictions, severe/code red weather, numbers of children and availability of extra-curricular activities. Prices for excursions may also change. Staff will notify you of any changes**

To book a place for your child in our Vacation Care program, please contact our office on 5144 6952

Alternatively, please contact us via email at:  
[info@gumnutselc.vic.edu.au](mailto:info@gumnutselc.vic.edu.au)

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