

Dear Parents,

### ***Swimming Program***

Our swimming program concluded last Thursday and it was pleasing to see the progress of some students over the course of the past three weeks. The confidence of some students has risen dramatically from being quite timid and afraid of the water to jumping in at the deep end. I have to congratulate the instructors at the gym who had the safety and welfare of our students at the forefront of their minds at all times. It can often be difficult to find the balance between challenging students to try something new and the student disengaging from the activity completely. While some students had some tears during the program there was an overriding smile for the most part. It was also nice to see so many parents come along and support their child during the program.

### ***Brighter School Foyer!***

If you have ventured into the school foyer recently you would have noticed it is a lot brighter in there. We recently had our down lights upgraded to more energy efficient LED lights. In 2013 we received a grant of \$10000 from DEECD to upgrade the school's equipment to become more energy efficient which we used to complete the installation.

### ***Student Free Day This Monday***

There is a student free day on Monday 3<sup>rd</sup> November before the public holiday on Tuesday for the Melbourne Cup. On this day, teachers will begin their report writing in preparation for the end of the year. No students are required at school next week until Wednesday 5<sup>th</sup> November.

### ***Sports Camp***

A small group of our grade 6 students will be attending the Gippsland Sports Camp next week. This camp is a great opportunity for students who have a high level of skill in a particular sport whilst also exposing them to a range of other sports. The students we have selected are actively involved in sport and also participate to their highest level during PE lessons and in school sport activities.

### ***Free Road Safety Session***

On Monday 10<sup>th</sup> November, all students will be participating in the RACV streetscene education program which focuses on teaching road safety. Students will learn how to be safe as a passenger in a car, as well as being safe on a bike and as a pedestrian. Further information can be located at [www.racv.com.au](http://www.racv.com.au). This is a free incursion so there will be no payment required.

### ***Responsible Pet Ownership Session***

On Tuesday 11<sup>th</sup> November, students from Grade Prep/1 and 1/2 will undertake a lesson in responsible pet ownership. This program will teach students how to approach dogs in a friendly manner, particularly those the students aren't familiar with. Again, this is a free incursion with no payment required.

### ***Working Bee – Friday 14<sup>th</sup> November***

The School Council has scheduled a working bee for after school on Friday 14<sup>th</sup> November from 3:30 – 5:30pm. It would be great to have as many helpers as possible for a short time. Some areas which need attention are:

- ❖ Clean gutters
- ❖ Fence around rotunda
- ❖ Separate and replant plants
- ❖ White oil for lemon tree
- ❖ Prune shrubs near staff room and new retaining wall
- ❖ Board at bus gate
- ❖ Down pipe on shed
- ❖ Tidy vegetable garden
- ❖ Trim shrubs along footpath at front
- ❖ Tidy front corner of car park
- ❖ Cubby house weatherboard

**Joel Fraser – Principal**

DATES TO REMEMBER		
30 Oct	Thu	Music Count Us In – Multi Purpose Room – 12:15pm Parents & Friends Lunch Order Day
3 Nov	Mon	Student Free Day
4 Nov	Tue	Public Holiday – Melbourne Cup Day
10 Nov	Mon	RACV Road Safety Session – No Cost
11 Nov	Tue	Responsible Pet Ownership Session Prep/1 & 1/2

**YOU CAN DO IT  
STUDENT OF THE WEEK AWARDS  
For Week Ending 24th October 2014**



Prep/1	Isobel McAllister	For huge efforts and improvement in swimming.
1/2	Harry Lockett	For showing persistence and developing confidence in the pool.
2/3	Charlotte Mackintosh	For being confident and having a go at new things at swimming.
4/5	Olly Sturre	For working hard to improve his abilities in the pool.
5/6	Elyse Gordon	For using high level thinking skills when organising our graduation fundraiser.
Art/Music	Sophie Porigneaux	For her excellent recount of "Elmer the Patchwork Elephant" to support the rest of the grade with their art work.
Principal	Tommy Nelson	For being a positive role model for his peers.

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## Music Count Us In This Thursday at 12:15pm

Music: Count Us In (MCUI) is Australia's biggest school initiative, with more than 500,000 participating students from over 2,100 schools nationwide. Come and join us in the multipurpose room this Thursday, 30<sup>th</sup> October at 12:15pm to sing "Paint You A Song" and to watch the music and recorder groups perform. Hope to see you there!

### Solar Energy Generation

The reading this week is 35019kwh which means we have generated 308kwh since the last reading.

PRINCIPAL: Joel Fraser  
RMB 3015 TRARALGON SOUTH 3844  
PHONE: 5195 5244  
fraser.joel.b@edumail.vic.gov.au

<http://traralgonsthps.vic.edu.au/>  
[www.eduweb.vic.gov.au/schoolsonline](http://www.eduweb.vic.gov.au/schoolsonline)  
[traralgonsthps.wikispaces.com](http://traralgonsthps.wikispaces.com)

# SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS

"A sense of connectedness to families and schools is the most significant protective factor for young people."

(Resnick et al. *Protecting Adolescents From Harm*, 1997)

## SAFEMINDS: AT HOME

SAFEMinds is a partnership between:






SAFEMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the *NIP it in the bud!* early intervention approach.

SAFEMinds Online

SAFEMinds: In Practice SAFEMinds: At Home

### SAFEMINDS ONLINE

SAFEMinds Online uses an immersive, video-based experience, to tell a series of personal stories of children and young people, their families and teachers. This approach aims to develop the knowledge and understanding of the whole school community – school staff, parents and carers – about the many different forms of emotional distress children and young people may experience, and how these might be presented. Supporting resources, further background information and the *NIP it in the bud!* Toolkit can also be found in SAFEMinds Online.

To access SAFEMinds Online go to [deecd.tech-savvy.com.au](http://deecd.tech-savvy.com.au), select SAFEMinds and enter the password SAFEMinds-Guest.

### SAFEMINDS: AT HOME

SAFEMinds offers parents and carers a series of information forums which will focus on helping parents and carers understand their role in supporting their child's mental health and wellbeing; and connecting them with school and mental health resources within their local community. In addition, parents will have access to a targeted version of SAFEMinds Online and Toolkit resources.

### SAFEMinds Comes to Town!

**headspace** – the National Youth Mental Health Foundation will be presenting a **FREE** session in **Traralgon** for parents to learn about early detection and support for young people through the SAFEMinds mental health training currently being introduced for schools and families across Victoria.

**Time:** 7pm to 9pm

**Date:** Monday 1<sup>st</sup> December, 2014

**Venue:** Traralgon ACSO Office  
3 / 35 Grey St, Traralgon

Parents interested in attending can register via [www.eventbrite.com.au/safeminds-7552791023](http://www.eventbrite.com.au/safeminds-7552791023)





Park Lane's  
Charity Play Day

Proudly supporting  
beyondblue

Grand  
Opening  
Fundraiser!

All access  
entry \$5

## Fun-filled Family Day at Park Lane!

Saturday, 15<sup>th</sup> November 2014 10am - 5pm

5353 Princes Highway, Traralgon

3-level High Ropes Course

Indoor Laser Tag Arena

Parky's Wonderland

Live Music Entertainment

- Darcy Fox

Market Stalls

Wine & Cheese Tasting

11AM visit from a special lady pig!

12PM Batman will swing by!

3PM Huge Charity Auction

Free Fizzy Face Painting

ANZ Sponsored BBQ

Fairy Floss & Snow Cones

PLUS MUCH MORE!

Fizzy Face

ANZ

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