



# Timor Talk

Timor Primary School—1207

Ph: 5461 2595

timor.ps@education.vic.gov.au

Newsletter No. 2 / 12th February, 2026

## KEY DATES

### TERM 1-2026

#### 16th-18th February

Start up Interviews

#### Wednesday 18th February

Prep Rest Day #3

#### Wednesday 25th February

Prep Rest Day #4

#### Monday 23rd February

School Assembly

#### Monday 9th March

Labour Day P/Holiday

#### 11-20th March

Naplan Testing, Yr 3 & 5

#### Friday 20th March

Yr 5/6 Cluster Transition  
Excursion

#### Monday 23rd March

Cluster Athletics Day,  
Yr 3-6

#### Thursday 2nd April

End term 1. Dismiss  
2.30pm



# WELCOME BACK AFTERNOON TEA

It was fantastic to see many families and friends attend our Welcome Back afternoon tea on Monday 9th February.

It was a great opportunity to reconnect with each other and meet and welcome our new families. Everyone enjoyed a light afternoon tea together in the Multi-Purpose room.

The 2026 Students Leaders were presented with their badges. Mr Tatchell then provided a brief presentation regarding goals and plans for the school year.

If you missed the presentation, a hard copy document has been sent out on uEducateUs.

## 2026 SCHOOL LEADERS

Congratulations to Azzalea & Crickey



'Search Timor PS Community'

*Be Respectful – Be Responsible – Achieve your Potential*

# School Updates

## 2026 House Captains

Congratulations to Odice (Grand Duke) & Flynn (North Duke)



## 2026 SRC Representatives

Congratulations to Ruby –Yr 5, Aylah–Yr 3, Hyde–Yr 5, Edie–Yr 2 and Ari–Yr 4



# School Updates

## School Uniform

At Timor PS we value all students being in school uniform every day. School uniform can be purchased from the office including; polo shirts, shorts, jackets, hoodies, tracksuit pants, hats and beanies. Payment can be made using cash or electronic bank transfer. Please see our [Student Dress Code Policy](#) on our Website

## Lunch Orders

Lunch orders are again available this year, supplied by Subway & NKN Catering. All orders and payment need to be completed using the ***uEducateUs app by midnight Tuesdays***. Students will receive their lunch order on Thursdays. The planned menu is as follows:

19/2	Subway
26/2	Sushi & Frog in a pond
5/3	Subway
12/3	Nachos and Choc Chip Muffin
19/3	Subway
26/3	Pizza Scrolls and Hedgehog

## Yard Duty Supervision

The School grounds are ***supervised by school staff from 8.30 am until 3.30 pm***. Outside of these hours, school staff will not be available to supervise students. Parents and carers should not allow their children to attend Timor Primary School outside of these hours.

If a student arrives at school before supervision commences at the beginning of the day, the Principal or nominee staff member will, as soon as practicable, follow up with the parent/carer to advise of the supervision arrangements before school and request that the parent/carer make alternate arrangements.

If a student is not collected before supervision finishes at the end of the day, the Principal or nominee staff member will consider whether it is appropriate to attempt to contact the parents/carers • attempt to contact the emergency contacts • place the student in an out of school hours care program (if available and the parent consents) • contact Victoria Police and/or Child Protection to arrange for the supervision, care and protection of the student

Please access our [Yard Duty Supervision Policy](#) on our [Website](#)

## Tips for Parents at School Drop off

School drop-off can be one of the hardest parts of the day for families — especially when a child is anxious, reluctant or upset.

### Before School: Set Up for Success

#### 1. Create a predictable routine

Children feel safer when they know what's coming.

- Same wake-up time
- Same order (dress → breakfast → bag → shoes)
- Same goodbye ritual

#### 2. Prepare the night before

- Pack the bag
- Lay out clothes

Talk briefly about what tomorrow will look like

Reducing morning stress lowers anxiety at the gate.



#### 3. Keep mornings calm and simple

Avoid rushing where possible. Build in a 10-minute buffer.

### On the Way to School

#### 4. Stay positive and confident

Children take emotional cues from parents. Even if you feel unsure, use calm, confident language:

- "Your teacher is looking forward to seeing you."
- "You've got this."

"I'll be back to pick you up after school."

Avoid long discussions about worries at the gate.

#### 5. Acknowledge feelings, don't amplify them

Instead of: "Oh no, you're so upset!"

Try:

- "I can see you're feeling worried."
- "That feeling will pass."
- "Your teacher will help you."





## Tips for Parents at School Drop off

### At Drop-Off

6. Keep goodbyes short and consistent  
 Long goodbyes can increase anxiety.  
 Have a simple ritual:

- Hug
- High five
- "See you at 3:15."

Then leave confidently.

7. Avoid sneaking away  
 Even if it seems easier, it can damage trust.

### 8. Trust staff

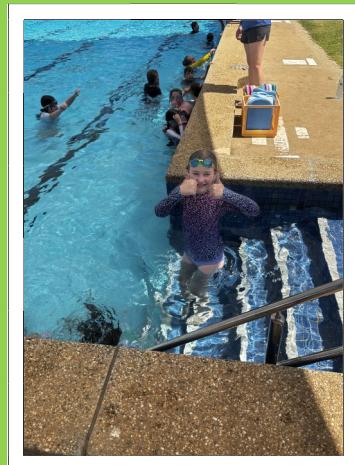
Teachers and support staff are experienced in settling children. Once you leave, most children calm much faster than parents expect.



# WHAT'S BEEN HAPPENING?

## 4-6 SWIMMING PROGRAM

This week the Yr 4/5/6 students have been lucky enough to participate in a week long swimming program at Dunolly Outdoor pool. They have been focusing on correct technique for freestyle, breaststroke and backstroke as well as learning about water safety and practicing vital water rescue techniques.



# UPCOMING EVENTS

## Start-up Interviews (inc Student Support Group meetings) – Monday 16th, Tuesday 17th & Wednesday 18th February

Start-up interviews (including Student Support Group meetings) will take on **Monday 16<sup>th</sup>, Tuesday 17<sup>th</sup> and Wednesday 18<sup>th</sup> February from 3:20-5:00pm.**

**Please note that Mrs Wood will be available on the Monday and Tuesday and Miss Raven and Miss Byrne the Monday and Wednesday.**

Parents will have the opportunity to book a 10-minute face to face meeting time with your child's classroom teacher via uEducateUs. This will give you as the parent an opportunity to discuss your child's start to the year, their learning goals, their strengths, areas for improvement and any other questions or concerns that you may have.

The interviews will also double as Student Support Group meetings for students that require an Individual Education Plan (IEP).

**Please note all bookings must be made through uEducateUs.**

How to make a booking:

1. Log into uEducateUs
2. Select 'Events'
3. Select 'Interviews'
4. Select 'Parent Teacher Interviews'
5. Select Monday, Tuesday or Wednesday
6. Select 'time slot' (e.g. 3:30pm)
7. Check 'Available Classes'
8. Select 'Class'
9. Select 'Student' from drop down box
10. Select 'Assign' to save

**If you are unable to or have difficulty making a booking or would like to request another date and time, please contact your classroom teacher or the school on 54612595.**

# MENTAL HEALTH & WELLBEING

Stay connected with us – we're here to support you and your child's success every step of the way



## ENGAGEMENT & WELLBEING

### Wellbeing Team

Please don't hesitate to see Michelle or Ashleigh for your wellbeing needs! We are here to help! Whether it is a question about mental health or you need help accessing resources or services, we can support you.

Give us a call or find us at the gate at the end of the day!



Michelle



Ashleigh



## STUDENT SNAPSHOT

### Welcome Back!

We are so thrilled to welcome back students this year. We are glad to see their happy faces again!



### FAMILY RESOURCES

#### Packing a School Lunchbox

A well packed lunchbox helps students learn, play and focus at school. Involve them in packing their own lunchboxes!

<https://www.lunchboxweek.org/packing-a-healthy-lunchbox>



### GEM CHAT

Name one thing you are grateful for about the person you are with right now!

Chat with your family!

### ATTENDANCE LOTTO WINNER



Crickey

Got to be in it to win it so be sure to keep coming to school everyday!

# STUDENT ZONE

"It has been great being back with my friends and playing with them!" - John W



## STUDENT INTERVIEW

### Start of school 2026

The start of school this year has been good. I have enjoyed playing Gaga and seeing my friends. I have a good teacher again this year (Miss Raven)! I want to get better at writing. I am excited for camp this year!

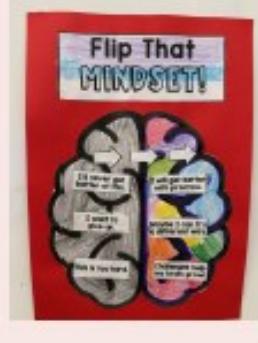
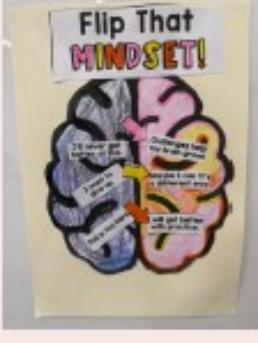
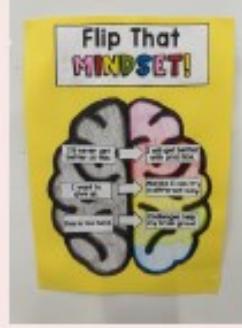
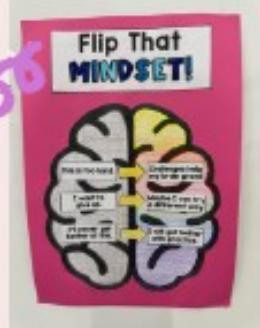
Harry H, grade 3



## WHAT'S HAPPENING IN SEL

### Growth Mindset in 2-3

Students in 2-3 are learning about what it means to have a growth mindset. Believe you can and you're halfway there!



## WELLBEING TIP OF THE WEEK

Try to drink lots of water every day, especially during the heat! Staying hydrated energises your muscles and improves mental awareness.



## STUDENT ADVICE COLUMN



Axel B

Nervous starting the school year?

"Stay calm and say goodbye to your Mum or your Dad"

# WELCOME TO THE RESILIENCE PROJECT™

## Families



### Why wellbeing?



**1 in 4 primary students**  
experience high levels of depression or anxiety.<sup>1</sup>



**1 in 3 secondary students**  
experience high levels of depression or anxiety.<sup>1</sup>



**2 in 5 adults**  
experience a mental disorder in their lifetime.<sup>2</sup>

1 State of the Nation Report 2024

2 Australian Bureau of Statistics: National Study of Mental Health and Wellbeing, 2020-2022.

### School wellbeing program

With staggering statistics among children, young people and adults in Australia, The Resilience Project is working to **drive change through a preventative approach by building a culture of wellbeing in schools.**

Based on the evidence-based principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy**, our program equips students with lifelong wellbeing habits and **empowers families to support wellbeing at home.**

The whole-school wellbeing program involves explicit teaching through our **evidence-based curriculum** alongside wellbeing habits being integrated in school routines.

### Supporting wellbeing at home

We know that when schools, families and communities speak the same language around mental health, our young people thrive. Throughout the year, you'll receive resources to help you develop wellbeing and resilience at home.



### Proven impact

Through multiple independent evaluations, students participating in our School Wellbeing Program have shown **measurable improvements** compared to students at schools that aren't involved.

Scan the QR code or [click here](#) to learn more.



### the imperfects

hosted by Hugh van Cuylenburg, Ryan Shelton, and Josh van Cuylenburg



### The Imperfects podcast

[On this podcast](#), founder of The Resilience Project Hugh van Cuylenburg, his good friend Ryan Shelton, and only one of their brothers, Josh van Cuylenburg, talk to a variety of interesting people who vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection. Whether it's in The Vulnerabilita House, The Academy of Imperfection, or with their resident psychologist, Dr Emily, The Imperfects are here to find some valuable takeaways we can all apply to our own imperfect lives.



[theresilienceproject.com.au](http://theresilienceproject.com.au)

THE RESILIENCE PROJECT™

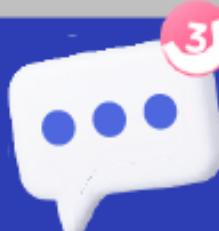
# 5 tips for a safer internet



1

## Be kind

Practice respect, empathy, and kindness online.



## Take breaks

Remember to play and spend time offline too.



3

## Speak up

Tell a trusted adult and report online abuse and harmful content.

4

## Protect your space

Keep your passwords private and ask an adult to help with safety settings.



5

## Start the conversation

Ask your friends, family or teachers, "What helps you stay safe online?"

Together, let's make the internet a safer, more positive place.

## Annual Privacy Reminder for our School Community

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the [\*\*Schools' Privacy Policy\*\*](#) and the [\*\*Schools' Privacy Collection Notice\*\*](#).

Our [\*\*Photographing, Filming and Recording Students Policy\*\*](#) describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn.

We ask parents to also review the guidance we provide on how we use Google Workspace for Education safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, if you have any questions or concerns regarding your child using Google Workspace for Education, please contact the school.

For more information about privacy, refer to: [\*\*Schools' privacy policy: information for parents\*\*](#).



## School Insurance

REMINDER – the Department (which includes our school) does not have **personal accident insurance** for students.

If a student is injured at school or while participating in a school activity (including offsite) and requires medical treatment, parents/carers are responsible for all of their child's medical expenses. This includes transport costs such as ambulance costs (which may include an air ambulance if considered necessary)

REMINDER – the Department (which includes our school) does not have **personal property insurance** for staff and/or students.

Items of personal property that are lost, stolen or damaged at school or during school excursions are not the responsibility of Timor Primary School or the Department. Staff and students are reminded not to bring items of value to school or on school excursions.

Timor Primary School encourages parents/carers to consider obtaining their own accident insurance for students and property of value that may be brought to school

# UPCOMING EVENTS

## MARYBOROUGH DISABILITY EXPO

**19TH  
MARCH  
2026**

**10AM - 2PM**



**MARYBOROUGH  
COMMUNITY  
HUB**

12-22 NOLAN  
STREET  
MARYBOROUGH



Scan the QR code to get your ticket!