



TIMOR TALK

TIMOR PRIMARY SCHOOL—1207

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NEWSLETTER NO. 13- 13TH AUGUST, 2026

KEY DATES

FRI 14th AUGUST

District Athletics -
selected students

17-21 AUGUST

Bullying No Way
Week

FRI 28 TH AUGUST

Book Week Activity
Day

WED 9TH SEPT

School Photo Day

THURS 10TH SEPT

Emergency Services
Day - Talbot PS

WED 16TH SEPT

School Concert

100 Days Smarter
2026 Preps



SCHOOL UPDATES

Late to School

In the past 10 schools days, students have been recorded as 'late arrival' on 15 occasions. Arriving at school on time helps children start the day feeling settled, connected and ready to learn.

Regular lateness can mean missing important learning, classroom routines and opportunities to connect with friends and teachers. It can also leave children feeling rushed, anxious or embarrassed when they arrive after the day has started.

There can be many reasons why children arrive late, and families may face genuine barriers. Some ways to help reduce these barriers include:

- Preparing school bags, uniforms and lunches the night before.
- Establishing a consistent bedtime and morning routine.
- Allowing extra time for breakfast, getting dressed and travelling to school.
- Identifying what part of the morning routine is causing difficulty and finding a practical solution.
- Talking with your child about the importance of arriving on time.
- Seeking support from the school if attendance or morning routines are becoming difficult.
- Keeping communication open with the school when unexpected circumstances cause lateness.

Every minute of learning counts, but so does understanding the reasons behind lateness. Working together, families and schools can help remove barriers and support children to arrive at school ready for a positive day. If you require further support please speak with your child's classroom teacher or Wellbeing Coordinator Shandelle Wood.

SCHOOL UPDATES

CHILD SAFE **TOGETHER WE'RE BUILDING SAFER SPACES FOR** **CHILDREN**

Every child deserves to feel safe, valued, and protected.

At Timor PS we are committed to providing students and families with the tools they need to create secure environments. With children spending more time online, it's vital to help them navigate the digital world safely.

Safe and Unsafe Feelings:

Our feelings can sometimes give us important clues about whether we feel safe, comfortable and respected.

Help your child recognise that:

- Safe feelings might include feeling happy, calm, comfortable, relaxed or confident.
- Unsafe feelings might include feeling scared, worried, uncomfortable, confused, angry or like something isn't right.
- Sometimes our body gives us signals too – such as a sore tummy, a racing heart, feeling shaky or wanting to get away.

It is important for children to know that they can trust their feelings and speak up when something doesn't feel right.

Encourage your child to:

1. Stop if they feel uncomfortable or unsafe.
2. Move away from the situation if they can.
3. Tell a trusted adult what has happened.
4. Keep telling until someone listens and helps.

Try asking your child:

"How does your body feel when you feel safe? What does it feel like when something doesn't feel right?"

At Timor Primary School, we encourage all students to recognise their feelings, speak up and seek help when they need it.

SCHOOL UPDATES

WELLBEING



Mrs Wood has started her new role as Mental Health in Primary Schools Wellbeing Leader. Part of this role is to be available to support families, large or small. Parents and carers can make a time to meet with Shandelle to discuss their wellbeing concerns. Shandelle can support with individual student check-ins, provide advice and/or support with issues in the family home, Food Bank support, support with referrals to family services, Loddon Local and other specialists.

Shandelle works Mondays, Thursdays and Fridays and can be contacted on 54612595 or shandelle.wood@education.vic.gov.au.

SCHOOL UPDATES

MENTAL HEALTH & WELLBEING



WELLBEING TIP OF THE WEEK

Getting enough sleep is crucial for your mental health. Among other benefits, it can help with your mood, your memory and your ability to manage stress. Here's some sleep tips:

- Get some morning sunlight to set your body clock
- Be consistent with your bedtime
- Set a digital curfew
- Keeping your bedroom quiet, dark and cool will create a healthy sleeping environment
- If you've been trying to sleep for 30 minutes, but don't feel sleepy, get out of bed and do a relaxing activity.

THE RESILIENCE PROJECT

The Resilience Project is one of the Social & Emotional Learning programs that we use at Timor Primary School. One of its main principles is **GRATITUDE** - focussing on what we do have.



Mrs Wood is on the lookout for students showing gratitude this week and one student showing gratitude will be acknowledged at assembly!



BRAIN BREAK BOPS

This is a great website we sometimes use in the early years classrooms as a way of learning about interoception and self regulation.

For anyone interested at home, the website is <https://studentwellbeinghub.edu.au/educators/topics/building-interoception-and-self-regulation-skills/brain-break-bops/>

EMPATHY AWARD

Last week I was on the hunt for people showing empathy at school.

Harry Hibbert was acknowledged at assembly for the empathy he showed for a student who was upset.

He found a teacher, showing kindness and understanding to another students' feelings. Well done Harry!



ATTENDANCE LOTTO WINNER

With lots of illness around, attendance was slightly lower this fortnight. The Prep-Ones had the best result of 90%. Congratulations to Isabella Hudson who won attendance lotto with 100% attendance in the last fortnight!



SCHOOL UPDATES

SMALL GROUP SEL SESSIONS



Small group SEL sessions have kicked off. Here is one of our groups cooking some fried rice after a session focussing on finding the positive in situations.



This group made some "bounce backers" after learning about resilience and the ways to bounce back when things don't go to plan. We read "The Places You Go", which motivates readers to embrace life's adventures and challenges!



BULLYING NO WAY WEEK

Bullying No Way week is recognised nationally from August 17-21. The theme is "Small Acts, Big Impact". Our students will participate in a whole school learning and activity session to help with the identification of bullying and developing strategies to deal with bullies.

2026
BULLYING NO WAY
National week
of action
OFFICIAL SUPPORTER



WHAT'S BEEN HAPPENING

NOEL POLLERD BASKETBALL



WHATS BEEN HAPPENING

NOEL POLLERD BASKETBALL

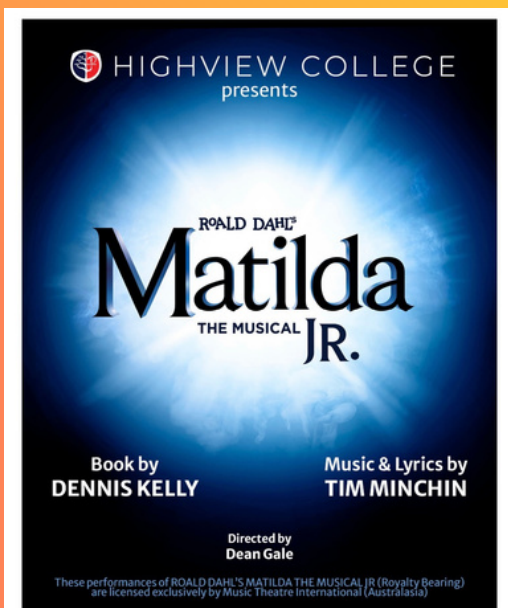
ON FRIDAY 31ST OF JULY STUDENTS IN YEAR 4/5/6 PARTICIPATED IN THE NOEL POLLERD BASKETBALL TOURNAMENT, HELD AT THE MARYBOROUGH LEISURE CENTRE.

TIMOR TERRORS AND TIMOR TORNADOES PLAYED 4 GAMES THROUGHOUT THE DAY AGAINST OTHER LOCAL SCHOOLS.

TIMOR TERRORS WERE LUCKY ENOUGH TO MAKE IT THROUGH TO THE SEMI-FINAL, GOING DOWN TO DUNOLLY IN A CLOSE GAME. ALL STUDENTS REPRESENTED TIMOR P.S

FANTASTICALLY, DEMONSTRATING EXCELLENT SPORTSMANSHIP AND TEAMWORK IN WHAT WAS A FUN DAY OUT.

Highview Production Rehearsal



Yesterday students in Years 4-6 attended the 2026 Highview Production Rehearsal of Matilda. The talented students entertained everyone with their fantastic acting ready for their live performances over the weekend!

WHAT'S BEEN HAPPENING

Principal's Day

LAST FRIDAY WE CELEBRATED OUR SCHOOL PRINCIPAL, MR TATCHELL BY PRESENTING HIM WITH A POSTER AND CARDS COMPLETED BY THE STUDENTS.

THANK YOU EVERYDAY FOR ALL THE HARD WORK YOU DO TO SUPPORT LEARNING AND GROWTH FOR BOTH STUDENTS AND STAFF AT TIMOR PS



UPCOMING EVENTS

MARYBOROUGH DISTRICT ATHLETICS SPORTS

Five students have qualified for the Maryborough District Athletic Sports to be held at Pascoe Reserve Maryborough tomorrow Friday 14th August.

Congratulations to Crickey Telford, Flynn Lander, Brayden Webb, Zhalia Wyhoon and Adeline Clayton.



National Celebrated will be celebration in school across the nation next week, Monday 17th – Friday 21st August. The school theme for National Science Week in 2026 is Seeds of Science: nurturing science for all. This theme invites students across Australia to explore the power of curiosity, inquiry and shared learning in growing scientific understanding. Just as seeds need the right conditions to grow, knowledge flourishes when it is nurtured, shared and applied to real-world and authentic challenges across all the scientific disciplines. The theme encourages schools to explore how ideas take root, develop and spread – from the first spark of a question to the sharing of discoveries that benefit the wider community. It's a celebration of how knowledge grows when tended with care, creativity and collaboration.

Students will celebrate Science Week by participating in 3 different learning activities on Thursday 20th August from 12:30-3:10pm.

UPCOMING EVENT



WELLBEING
COORDINATOR
MRS WOOD WILL
BE FACILITATING A
SESSION WITH
ALL THE
STUDENTS AND
STAFF ON FRIDAY
21ST AUGUST FROM
12:30-1:30PM.

THIS NATIONAL WEEK OF ACTION UNITES GOVERNMENT, CATHOLIC AND INDEPENDENT SCHOOLS AND THEIR COMMUNITIES ACROSS THE COUNTRY. TOGETHER, WE CAN INSPIRE PRACTICAL SOLUTIONS TO PREVENT BULLYING IN AUSTRALIAN SCHOOLS. BULLYING IS EVERYONE'S RESPONSIBILITY, AND SMALL ACTS CAN MAKE A REAL DIFFERENCE.

THIS YEAR'S THEME REMINDS US THAT ACTIONS DON'T NEED TO BE BIG TO CHANGE SOMEONE'S WORLD. SMALL ACTIONS – LIKE INCLUDING SOMEONE, SPEAKING UP OR SHOWING KINDNESS – CAN CREATE MEANINGFUL CHANGE. IN OUR SCHOOLS AND COMMUNITIES, OUR GOAL IS TO BUILD ENVIRONMENTS WHERE EVERYONE BELONGS, DIVERSITY IS CELEBRATED AND BULLYING IS NEVER ACCEPTED. DURING BULLYING NO WAY WEEK, WE ENCOURAGE STUDENTS, SCHOOLS, FAMILIES AND COMMUNITIES TO ENGAGE IN SMALL ACTS THAT CAN HAVE A BIG IMPACT AGAINST BULLYING.

UPCOMING EVENT



THE 2026 BOOK WEEK RUNS FROM SATURDAY 22ND – FRIDAY 28TH AUGUST. THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA (CBCA) HAS CHOSEN THE THEME "SYMPHONY OF STORIES", CELEBRATING THE DIVERSITY OF STORIES AND THE MANY WAYS THEY INSPIRE, ENTERTAIN, AND BRING PEOPLE TOGETHER. THE THEME ENCOURAGES CHILDREN TO EXPLORE CHARACTERS FROM A WIDE RANGE OF BOOKS, FROM CLASSIC FAIRYTALES TO CONTEMPORARY AUSTRALIAN STORIES.

STUDENTS AND STAFF WILL CELEBRATE BOOK WEEK ON FRIDAY 28TH AUGUST. STUDENTS ARE ENCOURAGED TO COME DRESSED AS THE FAVOURITE BOOK CHARACTER. PARENTS, GRANDPARENTS AND SPECIAL FRIENDS ARE INVITED TO JOIN US.

SCHEDULE

9:00 – 9:20 – DRESS-UP PARADE ON THE BASKETBALL COURT

9:20 – 9:30 – PRINCIPAL'S BOOK

9:30 – 10:00 – BIG READ ON THE BASKETBALL COURT

10:00 – 11:00 – BOOK WEEK ACTIVITY IN CLASSROOMS.

UPCOMING EVENT



School Photos

Our annual school photos will be held on Wednesday 9th September. This year online ordering is available to families with information being sent home today. Please see Andrea if you need further clarification

2026
SCHOOL
PHOTOS

PHOTO DAY

Wednesday 9th September

HOW TO ORDER

Step 1

Click here or scan the QR code to go to our ordering portal:

<https://timorps-vic.msp.photos/Photos/>



Step 2

Click

Sign in with Student Details

Enter your child's surname and date of birth. You will be prompted to create an account. Once you have logged in, you will be able to add additional children and family photos.





Get up to \$500 for education costs.

Achieve a savings goal for 10 months
and ANZ will match it up to \$500.

1300 610 355
saverplus.org.au



ONE STEP AT A TIME PROGRAM: PARENT SUPPORT FOR CHILDHOOD ANXIETY

Swinburne Psychology Clinic

Parents / guardians:

Do you have a primary school-aged child experiencing symptoms of anxiety?

Clinicians at Swinburne University have developed a program to help parents manage childhood anxiety in children aged 6-11 years.

Does your child experience any of the following?

- Difficulties sleeping at night due to worries
- Fears and phobias
- Difficulty separating from you or worrying about parental safety
- Trouble sleeping alone in their bed
- Fear of the dark
- Scared of lifts, trains, and people
- Fear of dogs and other animals
- Excessive worry and constant reassurance seeking
- Fear of germs and other health problems

The One Step at a Time Program involves:

- Comprehensive psychological assessment of your child's anxiety
- Seven sessions of online counselling through video conferencing
- Parent-focused cognitive behavioral therapy (CBT) skills to help you manage and support your child's anxiety
- Two combined parent-child sessions
- Reflective parenting strategies
- Access to a website with self-help materials to supplement therapy.

Cost

\$20 per session/assessment.

Treatment consists of seven therapy sessions plus one assessment session.

Contact us

Referrals and enquiries can be made by contacting the Swinburne Psychology Clinic at:

Telephone: 03 9214 8653

Email: psychprojects@swin.edu.au

OR, by accessing the online registration form by using the QR Code or the link below:

<https://forms.office.com/r/kxjjie5YcM>

