

TIMOR TALK

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NEWSLETTER NO. 17- 29TH OCTOBER, 2026

KEY DATES

MONDAY 2ND NOV

Curriculum/Student Free Day

TUESDAY 3RD NOV

Melb Cup Public Holiday

WED 18TH NOV

EBT Pushcarts - Yr 4/5/6

FRIDAY 20TH NOV

Gynmastics #1

FRIDAY 27TH NOV

2027 Prep Transition Day

Gymnastics #2

ARTS Day

Students travelled to Dunolly PS on Tuesday to participate in the annual Arts Day where they enjoyed singing, music, drama, craft and drumming








Friday 30th October
WORLD
YOU ARE THE
best
TEACHERS DAY

SCHOOL UPDATES



MENTAL HEALTH & WELLBEING

WAYS TO MANAGE OUR EMOTIONS

We should all have a bank of strategies for ways to reduce our big emotions. Here are some strategies to try at home:



- Breathing exercises
- Counting
- Craft (such as knitting like Ari)
- Reading
- Jumping on the trampoline (rhythmic activities can help!)
- Squeezing a cushion
- Listening to music



ATTENDANCE

Congratulations Logan Perry, this week's attendance superstar! Logan received five Timor dollars for being at school every day in the last fortnight.

SMALL GROUP SEL





Our new SEL groups have kicked off and the senior group has been doing some work in the garden. We have planted some vegetable seedlings. Keep an eye out for something special making an apperance in the garden in the next few weeks!



R U OK Day

Our school recognised R U OK Day before the holidays. Students went on a lunchtime scavenger hunt to find the steps in asking your friends if they are okay and were rewarded with a lollipop. Gigi and Demi were the winners of our colouring competition!











SCHOOL UPDATES

DUCKS ON THE LOOSE

What better way to improve our mental health and wellbeing than a whole school duck hunt! Designed as a stress reDUCKtion activity, the students went on a lunch time duck hunt - with the aim of finding all 100. As a reward, we all indulged in a yummy icecream after lunch!






WELLBEING CONTINUUM

We are encouraging children to regularly use the wellbeing continuum to identify how they're feeling. Then the students and staff can all respond proactively. Why not ask a student where they are on the continuum and why. Then ask them what strategies they know to bring them closer to the "good" section.



SMALL GROUP SEL






Both of our junior SEL groups headed to the kitchen after our learning activity this week. On the menu - Malteser cookies!

Wellbeing Continuum

At Timor Primary School, we use a Wellbeing Continuum to help students recognise how they are feeling and understand when they may need support.

🟢 GOOD
“I’m feeling good and ready to learn.”
I feel calm, connected and able to manage everyday challenges.

🟡 COPING
“I’m managing, but things are a little harder.”
I might feel worried, frustrated, tired or unsettled. I can use strategies and talk to someone I trust.

🟠 STRUGGLING
“I’m finding things difficult.”
My feelings are starting to affect my learning, relationships or ability to manage. I may need extra support from an adult.

🔴 OVERWHELMED
“I’m finding it really hard to cope.”
My emotions may feel very big and I may not be able to manage on my own. I need help from a trusted adult to feel safe and supported.

💬 Try it at home

Families can ask:

“Where are you on the wellbeing continuum today?”

There is no right or wrong place to be. Our feelings can change throughout the day, and sometimes we may move between different points on the continuum.

The important message for children is:

“You don't have to manage difficult feelings on your own. It's always okay to ask for help.”

CRICKET CLINIC

ALL STUDENTS PARTICIPATED IN A CRICKET CLINIC FACILITATED BY CRICKET VICTORIA ON THE 20TH OCTOBER. IN THE LEAD UP TO THE SUMMER CRICKET SEASON STUDENTS ENJOYED PRACTISING THEIR SKILLS AND TEAMWORK









UPCOMING EVENT

EBT 18/11/26



STUDENTS IN YEARS 4/6 HAVE STARTED PREPARING FOR THE 2026 ENERGY BREAKTHROUGH.
USING STUDENT VOICE, THE STUDENTS WANTED TO PARTICIPATE IN THE PUSHCARTS SECTION THIS YEAR. THE SCHOOL RECENTLY RECEIVED THEIR BRAND NEW CUSTOM BUILT PUSHCARTS, WORTH APPROXIMATELY $4,8000.00.
THE STUDENTS HAVE STARTED TRAINING, LEARNING ABOUT THE DIFFERENT COMPONENTS OF THE PUSHCARTS, PULLING THEM APART AND PUTTING THEM BACK TOGETHER AND WORK ON THEIR PRESENTATION.

A BIG THANK YOU TO OUR SPONSORS:

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HAVELOCK FINE CUTS

UPCOMING EVENT

2027 PREP TRANSITION DAYS

Our 2027 Prep students are invited to attend school for the following transition days

Friday 27th November

9 am - 12pm

Friday 4th December

9 am - 12pm

Tuesday 8th December

9 am - 12pm

Friday 11th December

9 am - 12pm





WE LOOK FORWARD TO WELCOMING OUR NEW STUDENTS AND FAMILIES

TIMOR PRIMARY SCHOOL FOOD BANK DELIVERY

Foodbank Victoria has been supplying our school with food for our Breakfast club, lunch supplies and home food packs since 2015.

Some interesting stats are:

KG OF FOOD DELIVERED

2.72 thousand kg

NUMBER OF MEALS DISTRIBUTED

9.8 Thousand





The Australian Fire Danger Rating levels are:



MODERATE
Plan and prepare

HIGH
Be ready to act

EXTREME
Take action now to protect life and property

CATASTROPHIC
For your survival, **leave bushfire risk areas**

The Australian Fire Danger Rating System (AFDRS) is informed by the new Fire Behaviour Index – a scale of fire danger that takes the latest in fire science and produces outputs across eight different fire behaviour models (compared to the previous two fire behaviour models). The system provides finer detail to support decisions about fire preparedness and bushfire suppression.

The Australian Fire Danger Rating System (AFDRS) Program has redesigned the forecasting of fire by:

- Improving the scientific accuracy behind fire danger predictions.
- Improving the way that fire danger is communicated.
- Providing government and industry with better decision-making tools.
- Reducing the costs associated with bushfire impacts.

For more information speak to:

Or visit: www.firedangerratings.com.au

The AFDRS is a national program funded by the Commonwealth and all the states and territories and delivered by local implementation teams.

The AFDRS is coordinated by NSW Rural Fire Service and AFAC (the National Council for Fire and Emergency Services), with support from the Bureau of Meteorology.


HALLOWEEN
DISCO
PRE SCHOOL
(0-5 YEARS)
4PM-5PM
$5
JUNIOR
(PRIMARY SCHOOL AGE ONLY)
5PM-7PM
$10
SENIOR
(HIGHSCHOOL AGE ONLY)
7:30PM-11:30PM
$10
RIP
OCTOBER 30TH
AT THE MARYBOROUGH RSL HALL
PRIZES FOR
BEST COSTUME!
PROUDLY RUN BY
LEO'S
LEO
LEO