



Timor Talk

Timor Primary School—1207

Ph: 5461 2595

timor.ps@education.vic.gov.au

Newsletter No. 13 / 11th September, 2025

KEY DATES

TERM 3-2025

21st July - 19th September
9 Weeks

Wednesday 17th
September

School Concert, 5pm
Bowenvale Hall

Thursday 18th September

SRC Fundraiser-Roast Rolls
Year 2 Sleepover

Friday 19th September

End of Term 3

Dismiss at 2.30pm

TERM 4-2025

6th Oct- 19th December
11 Weeks

Monday 6th October

Start of Term 4—**Student**
Free Day

'Search Timor PS Community'



Fathers/Special Friend Breakfast

On Thursday 4th September, Michelle Coburn organised a special breakfast from 8.30-9am. There was a fantastic turn out with many fathers and special friends enjoying the egg and bacon rolls on offer. Students also purchased gifts for their special person at a stall held later that day



Be Respectful – Be Responsible – Achieve your Potential

School Updates

Attendance

Data up until Wednesday 10th September 2025:

Students with 20+ Absence days: Class Attendance Data:

0 Days —4%	P/1—85%
1-10 Days —28%	2/3—89%
11-20 Days —28%	4/6—90%
20+ Days —28%	
30+ Days —9%	

Michelle Coburn and Andrew Tatchell will be meeting with the 9% of families who have been absent from school 30+ days in the coming weeks to discuss putting in place relevant supports

Please be aware of our [Attendance Policy](#) located on our [website](#)

School Uniform—Student Dress Code Policy

We have noticed a number of students not coming to school in correct school uniform. Whilst the cooler/wet weather can cause problems with cleaning and drying uniform and the odd day needing to wear something else is acceptable, continually wearing the wrong clothing and colours does not fit with the aims of our student dress code.

- Fostering a sense of community and belonging and encouraging students to develop pride in their appearance
- Supporting Timor Primary School's commitment to ensuring that our students feel equal and are dressed safely and appropriately for school activities.
- reducing student competition on the basis of clothing, and
- enhance the profile and identity of the school and its students within the wider community.

Timor Primary School's School uniform items are as follows: • Navy with Red contrast Polo Top • Navy Blue Hoodie/Jacket • Navy Trackpants/Pants/Shorts • Red Checker Dress • Black Runners/Shoes • Bucket/Brim Hat • Beanie

Please see our [Student Dress Code Policy on our school website](#) for further details on uniform requirements. If you need assistance with uniform items please see Andrea in the Office on Tuesday or Thursday.

School Updates

Loddon Local Children's Health and Wellbeing Services

The Loddon Children's Health and Wellbeing Local provides a range of health and wellbeing services to children up to 11 years of age who may be experiencing some challenges such as developmental, emotional, relational or behavioural concerns.

Services are available to families across the Campaspe, Central Goldfields, Loddon, Macedon Ranges, Mt Alexander, and Greater Bendigo region. They support parents and carers with a range of childhood health topics, such as:

- Anxiety in kids
- Big feelings
- Sleep issues
- Neurodiversity
- Communication
- Challenging behaviour
- Learning at school
- Relationships

If you require further information please see Michelle Coburn or Ashleigh Hoban.

How to access support

For support in your area:

- Call: 1800 433 977
- Email: icfhlocals@bchs.com.au
- loddonchwl.com.au

Contact us to find out how we can help.

Referrals

We are currently accepting referrals from target and partner health services. See our website for details.

Fees and cost

This is a fully-funded service, there is no cost.

Interpreters and translators

Let us know what type of interpreter you need when you make your appointment.

Connecting you with others

Our support network is wide-reaching. If our services aren't the right ones for your child, we can connect you to those that will better meet their needs.

If you need help in a crisis

We are not a crisis service. In an emergency where there is immediate risk of harm to anyone, call Triple Zero (000).

For 24-hour crisis support, call Lifeline on 13 11 14.

Our partners

The Loddon Children's Health and Wellbeing Local is run by Bendigo Community Health Services.

We bring together and coordinate services with the following partners:

- Bendigo Health
- Bendigo & District Aboriginal Co-operative
- Dhealkaya Health
- Echuca Regional Health
- Maryborough District Health Service
- Njernda Aboriginal Corporation
- North Central LLEN
- Sunbury and Cobaw Community Health

Options for access

Select services are available in a range of community settings in association with our partners.

We know getting to appointments isn't always easy. Where practical, we offer telephone, online and in-person options.



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.



Supporting the healthy development and emotional wellbeing of children aged 0-11

Get to know the Loddon Children's Health and Wellbeing Local



WHAT'S BEEN HAPPENING?

SSG Meetings

Student Support Group Meetings (SSGs) took place this week on Monday 8th & Wednesday 10th September for students on an Individual Learning Plan (IEP). SSG meetings are mandated by the department to take place once per term. They provide an opportunity to review the goals in place, set any new goals and have the opportunity to discuss what's working well and areas for growth.



Emergency Services Excursion

Today students and staff attended the Emergency Services Day at Talbot Primary School. It was an opportunity to learn about all the emergency services (Police, Ambulance, CFA, SES etc). Students were able to purchase a sausage in bread. Check out our private facebook page for photos from the day.



Talbot Primary School Annual Emergency Services Day

Come together with us to learn about the impact Emergency Services have on our community, their daily duties and the vehicles/equipment used in their roles

11 Sept. 2025

11:00am start

Sausage sizzle available for a gold coin donation: proceeds go to local CFA and SES branches

2 Rowe Street, Talbot VIC 3371

We look forward to celebrating this wonderful day with you!

WHAT'S BEEN HAPPENING?

R U OK Day?

Wellbeing staff Ashleigh Hoban and Michelle Coburn ran activities with the students this morning around R U OK Day? This is an important day on the calendar where everyone is encouraged to reach out to those who are 'struggling' or 'overwhelmed'.

Ask R U OK?™ ANY DAY

Have a conversation using these 4 steps

1



How are you travelling?

You don't seem yourself lately – want to talk about it?

Ask R U OK?

2



I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

Listen

3



What do you think is a first step that might help you?

Have you spoken to your doctor about this?

4



Just wanted to check in and see how you're doing?

Have things improved for you since our last chat?

Learn more at ruok.org.au



UPCOMING EVENTS

School Concert—Wednesday 17th September at 5pm

The School Concert will be held next Wednesday 17th September from 5:00pm onwards. This year's theme is 'around the world'. A big thank you to parent Brad Saul who has been supporting the students and staff every Thursday this term.

TIMOR PS CONCERT 2025



We invite all family and
friends on Wednesday
September 17

Where: Bowenvale Timor Hall
Time: Commences at 5pm

UPCOMING EVENTS



Year 2 Sleepover—Thursday 18th September

Year 2 students, Miss Raven and Deb Borg will be sleeping over at school on Thursday 18th September. Students will arrive back at school at 5:00pm where they will set up camp in their classroom, whilst enjoying some planned activities and a takeaway tea together throughout the evening. The students will then have breakfast with Mr Tatchell, make their lunch and attend school on the Friday.

SRC Meal Deal Fundraiser—Thursday 18th September

On Thursday 18th September the SRC are holding a lunch order fundraiser. Students and staff can order a roast chicken roll (optional gravy, cheese and mayonnaise) and a fruit box for \$7.00.

All orders through uEducateUs by midnight Tuesday 16th September.



UPCOMING EVENTS

Footy Colours Day — Friday 19th September

Fight Cancer Foundation™ **FOOTY COLOURS DAY!**

WE'RE WEARING OUR FOOTY COLOURS ON: Friday 19th September



FOOTYCOLOURSDAY.COM.AU
#FOOTYCOLOURSDAY

Proudly supported by **FOXTEL**

UPCOMING EVENTS

Footy Colours Day — Friday 19th September

Fight Cancer
Foundation™

FOOTY
COLOURS
DAY!

Each year, just under 150,000 new cases of cancer are diagnosed in Australia – and almost 1,000 of them are in children and young people under the age of 18.

Footy Colours Day raises money for the Fight Cancer Foundation to help fund patient accommodation for more than 1,000 families each year, as well as cancer research into better treatments and outcomes for people of all ages.

Our services and support help make sure that families who must travel to access cancer treatment can stay together, without having to worry about the cost of accommodation in a new city. They also help reduce the emotional, physical and financial impact of cancer.

Our accommodation centres keep families together – a home when parents and siblings need to relocate to be close to kids receiving treatment; or so kids and a parent can be close to a loved one throughout treatment and recovery.

Students and staff are encouraged to come dressed in the favourite footy colours on Friday 19th September.

You can donate by clicking the link below which will take you to the Timor PS fundraising portal or by donating on the day, Friday 19th September.

<https://www.footycoloursday.com.au/fundraisers/TimorPS/footy-colours-day-2025-schools>

MENTAL HEALTH & WELLBEING

Fairy Garden

Our "Gardeners of the Round Oven" have been busy creating their very own fairy houses which will be placed around the school once completed. Bunnings generously donated the pots which have been turned into fairy houses for our garden group. Stay tuned for the finished products!



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

GEM CHAT

EMOTIONAL LITERACY:

What are you feeling right now?
Why do you feel this way?

Discuss with your family and listen with empathy.



THE IMPERFECTS PODCAST



How to get unstuck (and also how to GET Unstuck)

www.theimperfects.com.au/episodes/

Dr Emily Musgrove, has published the most anticipated book of the year, *Unstuck: A guide to finding your way forward to the life you want to live.*

Feeling stuck, and the yearning for something to change, is a human experience. And in *Unstuck*, Dr Emily doesn't just acknowledge this feeling, she walks with you through it



Community and connection is what it is all about!

ATTENDANCE LOTTO



Winner:
Adeline Clayton

Coming to school every day is important for your social health. Everyone knows everyone here.

-Adeline C



STUDENT ZONE

WELLBEING TIP OF THE WEEK

Move your body
Go for a walk, dance, or stretch. Moving helps your body feel happy and your brain feel calm



STUDENT INTERVIEW

Adeline C

NAME AN EMOTION
Happiness.



WHERE DO YOU USUALLY FEEL THAT EMOTION IN YOUR BODY?

You feel it in your face and in your belly.

IF THAT EMOTION WAS A COLOUR, WHAT WOULD IT BE?
It would be yellow or green!



HAHAHA

Is your fridge running?
Well you better go catch it!
Destany B



STUDENT ADVICE COLUMN

I am feeling left out during break times. I feel like no one wants to play with me. What can I do?

I would say "It's okay. You can come play with me. Everyone is welcome!"

John W



We are all SO grateful for Michelle and all the work she does in our school community.



TRY AT HOME

TRY IT AT HOME FAMILY ACTIVITY: **ADMIRABLE PEOPLE**

WHAT TO DO:

- Take turns as a family to describe someone you admire and explain why. This might be someone famous, someone you work with, a neighbour or a family friend.
- Have the rest of the family identify a few character strengths they think this person shows from the information you've described.
- Continue until each family member has described at least one admirable person.
- Parents/carers may like to share ideas about people they admired when they were younger. You may also like to identify strengths you see in each other or examples when strengths have been evident.

YOU WILL NEED:

- Time together as a family.
- The list of character strengths found in the link above.

Family Emotional Literacy habit builder:

Every night at dinner have each person describe a feeling they felt during the day and what made them feel like that. If negative, discuss what did or could have helped them turn their emotion around to positive.

We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.

<https://www.viacharacter.org/character-strengths>

WHAT IS EMOTIONAL LITERACY?

Emotional literacy is about understanding and talking about our feelings.

Working on our emotional literacy skills provides us with opportunities to enhance our understanding and expression of various emotions. As we improve our emotional literacy skills, we can better recognise our own feelings and enhance our ability to manage them. This equips us to navigate diverse experiences, including handling conflicts, forming friendships, coping with challenging circumstances, and maintaining resilience when faced with change



Children's Wellbeing Continuum



At our school, we know that children's wellbeing is just as important as their learning. That's why we use tools like the Children's Wellbeing Continuum to help us understand how students are feeling, coping, and connecting.

The Wellbeing Continuum helps us (and you at home) to think about:

- When a child is doing well and thriving
- When they might be just getting by
- Or when they could be struggling and needing extra support

It's not a test – it's a simple way to check in and notice how children are going socially, emotionally, and mentally.



Centre for Community Child Health



The Children's Wellbeing Continuum



© 2022 Murdoch Children's Research Institute

These simple conversations can help children build awareness of their feelings, know that it's okay to talk about them, and remind them that support is always there.

Together, we can help every child feel safe, seen, and supported – every day.





Every day counts

Missing **one day per fortnight**
adds up to missing
four weeks of school a year.



Spring Holiday Program

We've put together a bright and sunny program of events and activities over the spring holidays! **20 September to 5 October, 2025.**



Hosted by:

- Central Goldfields Art Gallery
- Central Goldfields Visitor Centre
- Maryborough Regional Library
- 5461 9111 • maryboroughlibrary@cgoldshire.vic.gov.au
- Maryborough Toy Library
- www.maryboroughtoylibrary.org.au

SATURDAY 20

● 10.30am to 12.30pm
Stay and Play: STEM
Maryborough Toy Library,
Tate Building, 22 Nolan Street
Explore, build, and discover!
From robots and marble runs
to microscopes, our STEM toys
spark curiosity and learning.
No bookings required – free entry
for children accompanied by a carer.



TUESDAY 23

● 9.30am to 11am
Stay and Play: Ride-On Toys and Active Play
Maryborough Toy Library,
Tate Building, 22 Nolan Street
Zoom, scoot and play! Our ride-on
toys and active play gear are
perfect for burning off energy.
No bookings required – free entry
for children accompanied by a carer.



THURSDAY 25

● 2pm to 4pm
Spring Themed Craft Session
Maryborough Library – 91 Nolan Street
& Dunolly Library – 42 Market Street
Drop in during the
session to enjoy some
spring themed craft
activities. Best suited
for ages 3-10yrs.
Free session, bookings not required.



SATURDAY 27

● 10.30am to 12.30pm
Stay and Play: Outdoor Play & Sports
Maryborough Toy Library,
Tate Building, 22 Nolan Street
Get active outdoors! Kick, throw
and play with our sports equipment
– perfect for Grand final fun!
No bookings required – free entry
for children accompanied by a carer.



SPORTS EQUIPMENT LIBRARIES



● Monday to Friday 9am to 5pm
● Saturday 9am to 12pm

Maryborough Library
Hit the Skate and Scooter Park
with all the gear you need – from
3 years up. Booking may be required.
Free hire for Library Card holders.
☎ 5461 9111

● Tuesday 9am to 1pm
● Thursday 1pm to 5pm
Dunolly Library
Basketballs, netballs, cricket bats,
tennis racquets, footballs, and many
others. Booking may be required.
Free hire for Library Card holders.
☎ 5461 0679



● Monday to Thursday 9am to 4pm
● Friday 9am to 3pm
Maryborough Community House
☎ 5461 4551
✉ info@maryboroughcommunityhouse.org.au

EVERY DAY

● 9am to 5pm, open 7 days
Explore the Station – Discover Gold!
Visitor Centre, Maryborough
Railway Station
● All about gold –
animation in our
theatrette • Weigh
everyday objects and find out how
much their weight is worth in gold
● Free tote bag of activities
☎ 1800 356 511
✉ visitorinfo@cgoldshire.vic.gov.au



● Always open
StoryWalk
Phillips Gardens
– Orr Napier and
Inberman streets,
Maryborough
Read and walk
our new story:
'Shearer' by Neriday
McMullin and Michael Tomkins
www.centralgoldfields.vic.gov.au/storywalk



TUESDAY 30

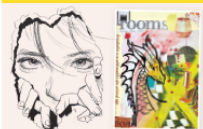
● 9.30am to 11am
Stay and Play: Imaginative Play
Maryborough Toy Library,
Tate Building, 22 Nolan Street
Step into a world of make-believe!
Dress-ups, face painting, and
imaginative play awaits.
No bookings required – free entry
for children accompanied by a carer.

● 2pm to 4 pm
Storytime and Picnic
Dunolly Library, 40 Market Street
A special Spring
themed storytime
session followed by
a picnic at the library.
All ages welcome.
Free session, bookings not required.



WEDNESDAY 1

● 10.30am to 11.30am
Make a personalised sketchbook
Central Goldfields Art Gallery
Old Fire Station, 1 Neill Street
Guided by artist and educator Jen
Latch, you'll pick up awesome tips
and tricks to make your sketchbook
unique. Suitable for school aged
children, accompanied by a carer.
Cost: \$5 per sketchbook (includes
all materials) – bookings essential!
centralgoldfieldsartgallery.com.au



SATURDAY 4

● 10am to 4pm
Stay and Play at the Goldfields Festival
Phillips Gardens, Maryborough join
in the fun, with the toy library's
most popular toys available to play
with. (Maryborough Toy Library will
be closed this day.)



TUESDAY 30 TO THURSDAY 9

● Monday to Friday 9am to 5pm
● Saturday 9am to noon
Meet our special visitors – baby chicks at the Library!
Maryborough Library, corner of Nolan and Alma streets
Have a cuddle with the chicks who have progressed out of the incubator,
take photos, selfies and learn about the life cycle of chickens. Visit as often
as you like – you may be lucky enough to catch a hatching in action!



To find out more about the events
listed, including how to register, visit
www.centralgoldfields.vic.gov.au/springfun2025



Goldfields COMMUNITY FESTIVAL

CONNECT &
CELEBRATE

Saturday 4 October 2025, 11am – 3pm
Phillips Gardens, Maryborough

A free and fun festival for the Central Goldfields Shire
with Music, Art, Games, Information and Activities
for Community Connection and Celebration!



www.committeemb.com.au/goldfieldscommunityfestival