

Timor Talk

Timor Primary School—1207

Ph: 5461 2595

timor.ps@education.vic.gov.au

Newsletter No. 14 / 16th October, 2025

KEY DATES

TERM 4-2025

6th Oct- 19th December
11 Weeks

Friday 17th October

Year P-1—Fairy Park
Excursion

Tuesday 21st October

Year 5/6—Preparation for
Puberty—P2P

Friday 24th October

Gymnastics #2

27th-31st October

Smile Squad Dental Visit

27th—29th October

Year 3/4 Roses Gap Camp

Monday 3rd November

Curriculum Day

Monday 3rd November

Melbourne Cup P/H



HATS ARE COMPULSARY



World Mental Health Day

Thankyou for attending our World Mental Health Day session. Please see Ashleigh Hoban if you have any further wonderings or would like help accessing resources.

 Mental Health is a journey, not a destination



World Mental Health Day



A big thank you to everyone who came along to our World Mental Health Day session. Shout out to Deb who helped set up the day. Super woman! I hope you all got something out of it.

Be Respectful – Be Responsible – Achieve your Potential

School Updates

Attendance—Every Day Counts

At Timor PS, we prioritise regular school attendance. We will work with families to ensure students are in class with their peers and teachers and enjoying all the benefits that brings.

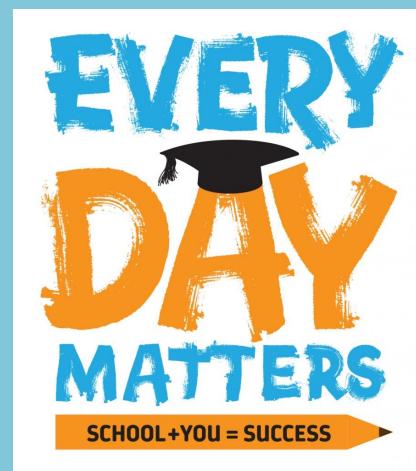
Attending school every day means experiencing what counts – the learning, friendship, fun and opportunities that can shape your child's future.

We understand that there are times when your child will need to miss school but to ensure minimal disruption to their education, please consider scheduling family holidays or medical/dental appointments outside of school time. If your child is well enough to attend but is worried about friendships, schoolwork or tests, please encourage them to come to school. Avoiding school can make these feelings worse and can create a negative pattern of behaviour.

If your child is having difficulty attending school, talk to their teacher or our Engagement and Wellbeing Coordinator Michelle Coburn about getting support.

We know that parents and carers can be juggling challenges daily to get your children to school. If your child must miss school, notify us as soon as possible via uEducateUs so we can work together to support them.

For more information about the importance of everyday attendance, see [Attendance and Missing School](#).



School Uniform—Hats & Sunsmart

Timor PS is a SunSmart school. It is compulsory for students and staff to wear a broad brimmed hat in term 1 and 4 whilst outdoors. The school also provides sunscreen for all students and staff.

Hats can be purchased from the office for \$10.00

Did you know?? We have a SunSmart widget on our website for you to check the live UV index!

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.



Every day counts

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

School Updates



School Preparations for the Bushfire Season

Each year, to prepare for bushfires and grassfires, schools and early childhood services complete a range of activities.

The Department of Education runs an annual fire risk assessment of schools and early childhood services. They are allocated a category of risk (categories 0 to 4) and are published on the Bushfire At-Risk Register (BARR). All schools and early childhood services listed on the BARR and Category 4 list will also close when a Catastrophic fire danger rating day is forecast in their fire weather district.

When the Bureau of Meteorology provides public fire danger rating forecasts or fire weather warnings, they use fire weather district areas. In Victoria, there are 9 fire weather districts, which are based on Local Government Area boundaries. Our school is in the **North Central fire weather district**.

As part of preparing our school for the fire season, we have updated and completed our Emergency Management Plan as well as completing yard and building maintenance inline with Department requirements.

WHAT DOES THIS MEAN FOR OUR SCHOOL?

Our school has been identified as being at risk of bushfire or grassfire and is a Category 3 school.

Our school will **CLOSE** on a day forecasted as **Catastrophic fire danger rating** in **North Central fire district**.

WHAT IS THE DEPARTMENT POLICY?

The department's [Bushfire and Grassfire Preparedness Policy](#) requires all schools and early childhood services on the BARR and the Category 4 list to close when a Catastrophic fire danger rating day is forecast in their fire weather district. All school bus routes which travel in or through a district with Catastrophic fire danger must also be cancelled.

WHEN WILL OUR SCHOOL BE CLOSED DUE TO CATASTROPHIC FIRE DANGER?

Closure of the school due to a forecast Catastrophic day will be confirmed on the day prior and we will provide you with advice before the end of the school day. Any information regarding potential or confirmed Catastrophic fire danger days will be communicated to you by **the school Facebook page and uEducateUs**.

School Updates



School Preparations for the Bushfire Season

Once confirmed, the decision to close will not change, even if the weather forecast changes. This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to be aware that:

- No one will be on site on days where the school is closed due to a forecast Catastrophic day.
- All bus routes that travel through the Catastrophic area will be cancelled.
- School camps will be cancelled if a Catastrophic fire danger rating day is forecast for fire weather district in which the camp is located, or if the travel involves passing through areas that have Catastrophic fire danger.

Families are encouraged to action their Bushfire Survival Plan on Catastrophic fire danger rating days. **On such days, children should never be left at home alone or in the care of older children.**

For those of us living in a bushfire prone area, the Country Fire Authority (CFA) advises that when Catastrophic days are forecast, the safest option is to leave the night before or early on the morning of the Catastrophic day.

What can families and the school community do to help us prepare?

- Ensure we have your current contact details, including your mobile phone numbers.
- Keep in touch with us by checking the schools Facebook page and uEducateUs.

Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is closed due to elevated fire danger or closed due to a Catastrophic fire danger. Further information can be found on the [CFA's website](#).

- Action your family's bushfire survival plan if your own triggers are met. Our school community may be spread out across many areas and some families may be at higher risk than others. Your family's safety is critical, so please let us know if you are actioning your bushfire survival plan and if your children will be absent on these days.

If your child is old enough, talk to [them about bushfires](#) and your family's bushfire survival plan.

School Updates

Timor PS Snake Protocol

Timor Primary School is located in a bush setting where it is known snakes may be active and present. Snakes are most prevalent during spring or summer but could be encountered at any time of the year- especially on sunny days.

Unprovoked, snakes rarely attack humans and are generally shy, timid animals that will avoid conflict if given the opportunity. Snakes are protected under the Nature Conservation Act 1992, and it is an offence to kill or injure them. The greatest risk of snake bite from venomous snakes is from people trying to kill or handle them.

Timor Primary School is committed to providing a safe and healthy environment for children and staff whilst being respectful of wildlife in and around our environment. We aim to minimize the potential risk of injury from a snake bite by educating children and staff about the risks associated with snakes.

Please remind your child what to do if they see a snake:

Student - In the event of a snake sighting on or near the School grounds, please observe the following protocols:

- Move away from the snake immediately and find the nearest teacher. If you cannot see a teacher go to the office and tell them.
- Do not approach, scare or throw things at the snake or get in the path of the snake.
- Tell other students who are nearby to move away from the area.



WHAT'S BEEN HAPPENING?

Division and Regional Athletics

Congratulations to Jack Townsend for winning the U11 Boys High Jump at the Division Athletics in Bendigo on Monday 15th September.

Jack then went onto participate in the Regional Athletics also held in Bendigo last Friday 10th October, coming in 5th place!

Awesome effort Jack!



School Concert

There was a fabulous turnout for this year's School Concert that took place on Wednesday 17th September at the Bowenvale Hall.

Each class performed two singing and dance items and also performed a number of musical items using xylophones, supported by parents and School Council President Brad Saul.

The students and staff would like to give a big thank you to Brad for volunteering his time to teach and work with the students throughout Term three.



WHAT'S BEEN HAPPENING?

Year 2 Sleepover

Year 2 students, Ms Raven and Debra Borg had a wonderful time at the Year 2 Sleepover that took place on Thursday 18th September at Timor PS. The students participated in a variety of activities throughout the afternoon and evening, enjoyed a pizza tea together before sleeping over at school.



WHAT'S BEEN HAPPENING?

Footy Colours Day — Friday 19th September

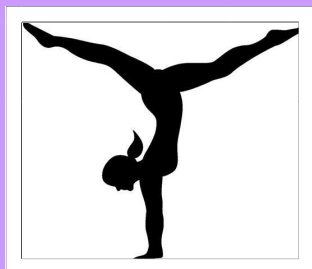


The SRC held a Footy Colours Day on Friday 19th September. Students and staff came dressed in their favourite footy colours. The SRC raised approximately \$160.00 towards 'Kids with Cancer' (Cancer Council).

UPCOMING EVENTS

Gymnastics—Friday 10th/24th/31st Oct & 7th Nov

The school was successful in obtaining a Sporting Schools Grant for Term 4.



The students participated in a Gymnastics session on Friday 10th October at the Goldfields Gymnastics Centre in Maryborough.

The students have another 3 sessions over the coming weeks.

P-1 Fairy Park Excursion—TOMORROW 17th October

Students, Mrs Wood and Michelle Coburn will be attending the Anakie Fairy Park on Friday 17th October.

The bus will depart the Clarendon St Car Park Maryborough at 8:30am sharp and will return at approx. 4:30pm.

It is a little over an hour and a half to the park - please make sure your child has been to the toilet before leaving- we are hoping to make only one stop! *Please make sure your child has a hat, a water bottle, lunch and plenty of snacks.*



UPCOMING EVENTS

Year 3/4 Roses Gap Camp - 27th—29th October

Students in Years 3/4 have the opportunity to attend the *Roses Gap Camp* in the Grampians, sharing the camp with Year 3/4 students and staff from the Cluster schools (Dunolly PS, Talbot PS, Tarnagulla PS and Bealiba PS) from **Monday 27th - Wednesday 29th October**.

Roses Gap have a wide range of outdoor adventure activities designed to challenge and excite participants of all ages. Under the expert guidance of their friendly instructors, students will experience the thrill of stepping out of their comfort zone and learn to reach for their goals in a stunning setting within the Grampians National Park.

Teacher Ms Ebony Raven and Teacher Assistant Olivia Butler will be attending the camp.

Students will be participating in a variety of activities including:

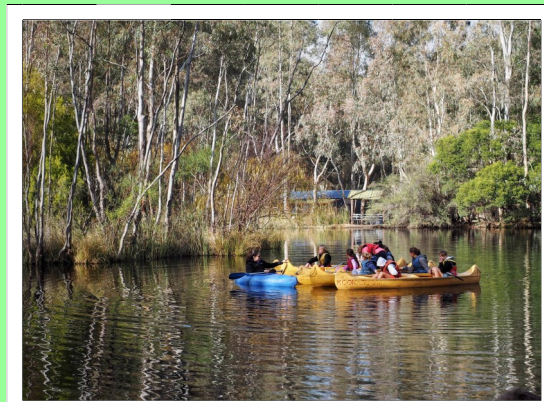
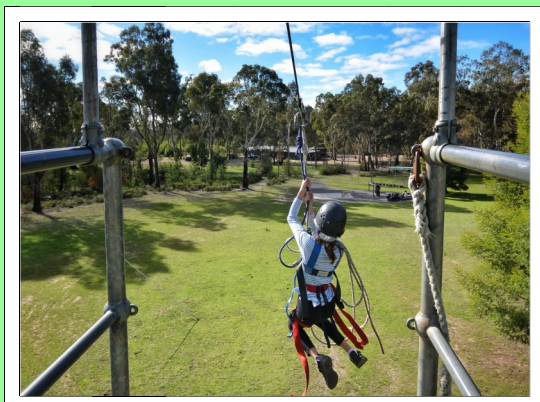
- Vertical playpen
- Giant swing
- Flying fox
- Canoeing
- Ropes course
- Archery

Bushwalks



Departure: 9:00am Monday 27th October from Princes Park (bottom gates)

Return: 2:00pm Wednesday 29th October from Princes Park (bottom gates)



UPCOMING EVENTS

Escape the vape

A parents guide

This session is a "Vaping 101" for parents, offering essential information about young people and vaping.

It will be led by Bronwyn Grieve, a community nurse from Castlemaine Health who is experienced in presenting to both parents and young people. Topics will include chemicals commonly found in vapes, the risks of addiction, and mental and physical health impacts. Bron will also share and explore some parenting tips and tricks.

There will be an opportunity for parents to ask questions and engage in open discussion. Take-home vaping prevention resources will also be provided, alongside light nibbles.

Session information

2:15-3pm

Thursday 30th Oct
at Timor Primary

Register for free through the QR
or visit <https://www.trybooking.com/DFTLO>



In partnership with



MENTAL HEALTH & WELLBEING

Gardeners of the Round Oven

Some of our "Gardeners of the Round Oven" helped in organising the garden from the school holidays. We were pleasantly surprised that our snow peas and beans had grown over the break.

Albert & Brayden cut wire to make trellis to help the beans/peas grow, while Harry and Trah weeded and added mulch to some of the garden beds. The boys even found and tasted radish!



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

GEM CHAT

EMOTIONAL LITERACY:

Create a 'happy' playlist on your device. Play when you need a pick me up!

Complete with your family!



PARENT/CARER RESOURCE

"Designed for busy families and full of tips and tricks for you to try, our content is easy to find and easy to digest. We have the answers to hundreds of parenting questions, where and when you need them."



raisingchildren.net.au
the Australian parenting website



Don't forget to take a look at the resources in the Mental health day green goodie bags!

ATTENDANCE



ATTENDING SCHOOL EVERY DAY MEANS EXPERIENCING WHAT COUNTS - THE LEARNING, FRIENDSHIPS, FUN AND OPPORTUNITIES THAT CAN SHAPE THEIR FUTURE.



R U OK DAY



On the 11th of September we recognised R U OK Day with a short presentation and some fun rock painting. It was great to see students smiling and asking each other 'are you okay?'

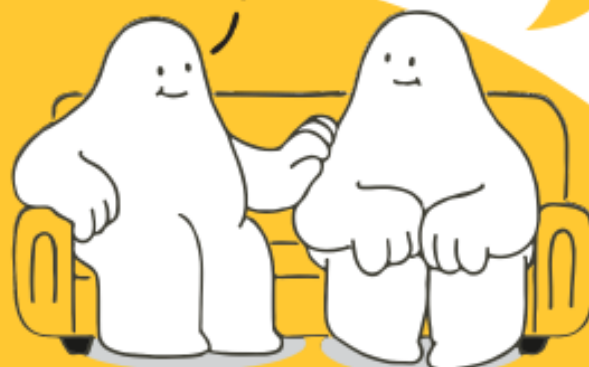
Ask "are you okay?" ANY day.





We all go through ups and downs in life. Your friends might be struggling with exam stress, a family breakdown, self-esteem, uncertainty about the future, mental health or any number of other things.

You might not be able to fix things, but one thing you can do is ask, 'are you OK?' and have regular, open conversations about what they're going through and how they're feeling.



If you think something's not quite right, that's the time to start a conversation – you don't have to wait for them to bring it up.

If you need some tips about what to say and do during these chats, flip this over and use the 4 steps of an R U OK? conversation as your guide.



For more tips and resources, scan the QR code or head to ruok.org.au/friendbetter



Confidential 24/7
crisis support
Call 13 11 14
Text 0477 13 11 14

If you are ever concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).



#FriendBetter
with **RUOK?**

Tips to help you
support your mates



Confidential 24/7 counselling
for 5-25 year olds
Call 1800 55 1800
Chat kidshelpline.com.au



Find more support
services at
ruok.org.au/findhelp





TRY AT HOME

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

YOU WILL NEED:

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

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.

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



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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.

