

# Timor Talk

Timor Primary School—1207

Ph: 5461 2595

timor.ps@education.vic.gov.au

Newsletter No. 15 / 30th October, 2025

## KEY DATES

### TERM 4-2025

6th Oct- 19th December  
11 Weeks

#### Monday 3rd November

Curriculum Day

#### Tuesday 4th November

Melbourne Cup P/H

#### Wednesday 5th November

P-2 Tabloid Sports

#### Friday 6th November

Gymnastics #4

#### 10-14th November

5/6 Cottage by the Sea  
Camp

#### Friday 21st November

Yr 4-6 EBT Robotics Event

#### Friday 21st November

2026 Prep Transition #1



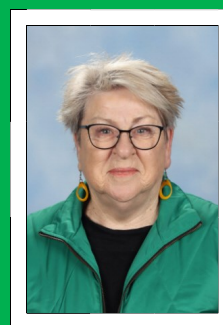
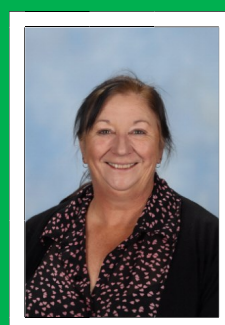
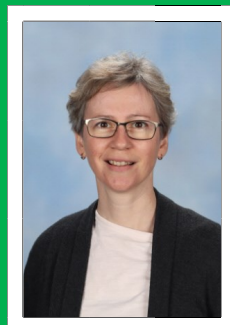
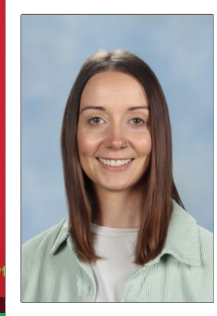
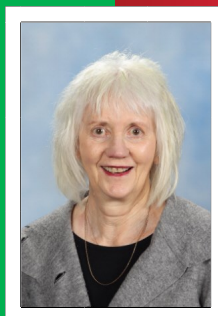
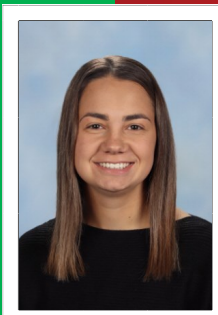
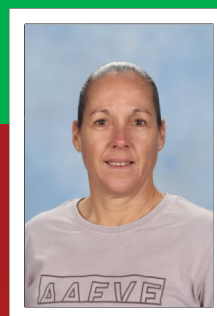
**HATS ARE COMPULSARY  
IN TERM 4**



World Teachers Day - Friday 31st October  
Thank you to our amazing teachers that  
come each day to ensure your child gets  
their best start in life.



HERSDAY2025



*Be Respectful – Be Responsible – Achieve your Potential*

# School Updates

## Attendance—Every Day Counts

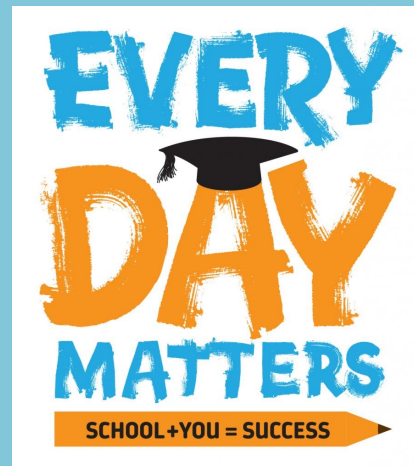
At Timor PS, we prioritise regular school attendance. We will work with families to ensure students are in class with their peers and teachers and enjoying all the benefits that brings.

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.



### Students with 20+ Absence days as at 28th October:

|                 |             |
|-----------------|-------------|
| 0 Days          | —0%         |
| 1-10 Days       | —22%        |
| 11-20 Days      | —26%        |
| <b>20+ Days</b> | <b>—39%</b> |
| <b>30+ Days</b> | <b>—13%</b> |

**\*52% of students have been absent more than 20 days or 4 weeks or nearly half a term of schools so far this year\***

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!



# 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.



## Preparation for Puberty (P4P)

*Preparation for Puberty* is a 5-week program (1.5 hours per session) that is evidence-based and founded on the latest research into sexuality education and child sexual development. The program is delivered by a Community Health Nurse with experience and qualification in this area. The program uses active learning strategies and is designed to help schools teach the sexuality education components of the Victorian Curriculum to **years 5 and 6** school aged children.

Preparation For puberty has easily identifiable goals and outcomes, so that by Year 6, students are able to:

- name the parts of the body and understand how they work
  - have practice at talking and asking for help about feelings, relationships, and their bodies
  - are prepared for puberty
  - understand the importance of respect in relationships
- Understand how babies are conceived and born.

The students have completed 2 sessions, with another 3 to follow.



# WHAT'S BEEN HAPPENING?

## P-2 Fairy Park Excursion— Friday 17th October

Our class went to the Fairy Park on Friday.

I sat at the back of the bus.

When we got there we had a snack.

After the snack we explored the Fairy Tales and my favourite was everything.

Then we had lunch.

At the playground I went on the spinny thing and it made me dizzy.

It was incredible.

**By Destany**

On Friday our class went on a bus to the Fairy Park.

When we got there we ate lunch and then we went to the Fairy Tales. Goldilocks and the Three Bears was the best.

Then when we were finished we went to the playground.

I had so much fun. Edie, Axel and John pretended that we were locked up. I escaped from the dungeon. I went down the slide.

Then I fell asleep on the bus.

**By Demi**





# WHAT'S BEEN HAPPENING?

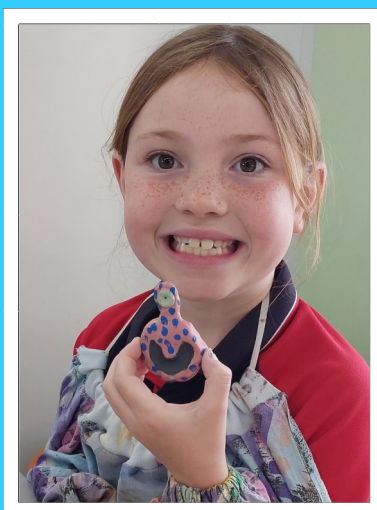
## Pottery Class—Tuesday 21st October

On Tuesday 21st October, we were delighted to welcome Mr Luca into the art room for a day of hands-on pottery workshops with our students. The focus of the sessions was to transform a simple clay ball into imaginative creatures using a variety of techniques.

Students used their hands and sculpting tools, employing pinching and joining methods to shape their clay creations. Grade 2 – 6 students then completed their pieces using underglazes to add colour and detail. Our Foundation and Year 1 students also enjoyed the experience and will paint their clay creatures once they have been fired.

Mr Luca will be firing all student work in preparation for it to be returned. We are very grateful for his preparation, guidance and expertise, which helped make this a fun and creative experience for all involved.

**Mrs Lee**





# WHAT'S BEEN HAPPENING?

## 3/4 Roses Gap Camp—27-29th October

On Monday morning, our Grade 3/4 students set off to Roses Gap for an exciting three-day adventure! Throughout the camp, students took part in a range of fun and challenging activities designed to push them outside their comfort zones.

Highlights included the giant swing, flying fox, canoeing, crate stacking, archery, low ropes, vertical playground, and bushwalking. Students showed great teamwork, courage, and enthusiasm as they encouraged one another to take on new challenges. They also enjoyed spending time with students and staff from our cluster schools and making new friendships. Overall, it was a fantastic camp experience!



# UPCOMING EVENTS



Diah Ayu via canva.com

## **Monday 3rd November, 2025**

This coming Monday 3<sup>rd</sup> November is a pupil free Curriculum Day. Staff will be attending a Cluster Curriculum Day at the Maryborough Highland Society.

## **Tabloid Sports P-2, Wednesday 5th November**

Students in Years P-2 will be participating in the Cluster Tabloid Sports Day on Wednesday 5<sup>th</sup> November at Pascoe Reserve Maryborough from 10am-1pm. The students will be placed into groups and will complete a rotation of novelty events.

## **Country Education Project Lunch**

The Country Education Project (CEP) are a fantastic support to rural Government schools. They are currently providing accommodation for four pre-service teachers in the Maryborough district, allowing them access to placements in rural schools. Pre-service teacher Zac Stanley is on placement in the 4-6 classroom, supported by Ms Byrne.

CEP have also provided \$200.00 to run a school activity. Zac is currently planning out a lunch for all students with the 4-6 class.

**The lunch will take place on Friday 7<sup>th</sup> November, students do not need lunch on this day.**



# UPCOMING EVENTS

## Year 5/6 Cottage by the Sea Camp - 10—14th November



Students in Years 5/6 will be participating in the Cottage by the Sea Camp in Queenscliff with students and staff in the Cluster from Monday 10<sup>th</sup> – Friday 14<sup>th</sup> November.

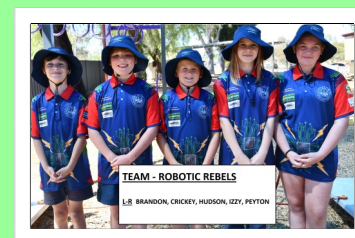
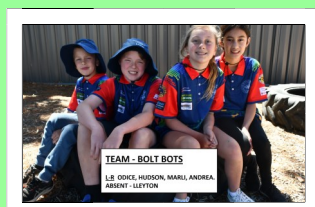
Ms Byrne, TA Olivia Buter and Pre-Service Teacher Zac Stanley will be supporting the students.

***There a number of parents that have not completed the required online enrolment form. \*\*Students can not attend the camp without this being completed\*\* You can access the form by holding down Ctrl and click on the link that has been emailed to your personal email or on the uEducateUs post. <https://cbtsonline.com.au/cottage-by-the-sea-enrolment-form>***

## Year 4-6 EBT Robotics, Friday 21st November

Students in Years 4/6 will be participating in the annual Energy Breakthrough Program on Friday 21<sup>st</sup> November. Students have again opted into the Robotics section where their selected teams will problem solve through a range of tasks in small teams. Students will also be interviewed by judges, asking them about their learning journey.

***2024 Entries with Hackers coming 3rd!***





# UPCOMING EVENTS



## 2026 PREP TRANSITION DAYS

Our 2026 Prep students are invited to attend school for the following transition days



**Friday 21<sup>st</sup> November**



9 am - 11 am



**Friday 28th November**



9 am - 11 am



**Friday 5th December**



9 am - 11.30 am



**Tuesday 9<sup>th</sup> December**



9 am - 12pm

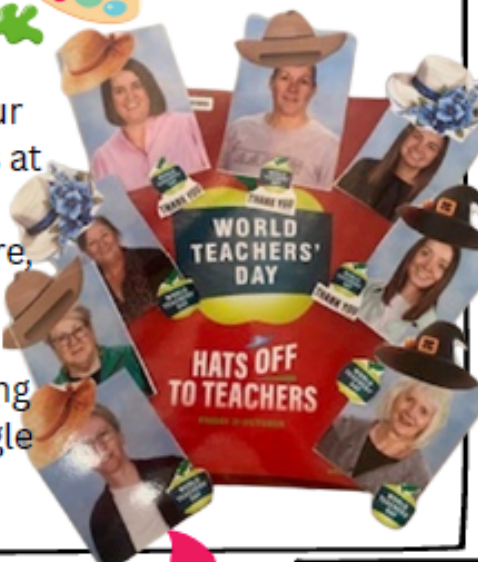


**WE LOOK FORWARD TO WELCOMING  
OUR NEW STUDENTS AND FAMILIES**

# MENTAL HEALTH & WELLBEING

**Happy TEACHER'S DAY** Friday, 31<sup>st</sup> of October

Let's celebrate our amazing teachers at Timor Primary School who inspire, support, and empower our children and young people every single day.



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

## GEM CHAT

### GRATITUDE:

What is the best thing that happened over this week?

*Discuss with your family!*



## FAMILY RESOURCE

The Beyond Blue website is a safe, trusted place for families to find tips, advice and resources about mental health and wellbeing. It has practical ideas for parents and carers, and support if you or your child are feeling worried, sad or stressed.

Search through the 'Learn about Mental Health' tab



Our first snow pea in the garden!



## ATTENDANCE

### Attendance Challenge:

Can your class get 95% attendance next week?

**Tip:** Set your bag and clothes out the night before for a calm, on-time morning





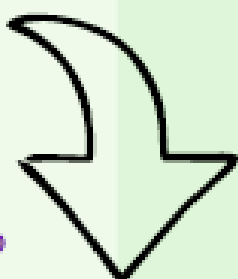
# Healthy

## MEAL PREP

Students across our school have been learning how to create simple, healthy lunch box foods.

A healthy lunch helps kids stay focused, calm and ready to learn. Let's pack our brains with the good stuff – fruit, veggies, whole grains and water!

GIVE IT  
A  
WHIRL

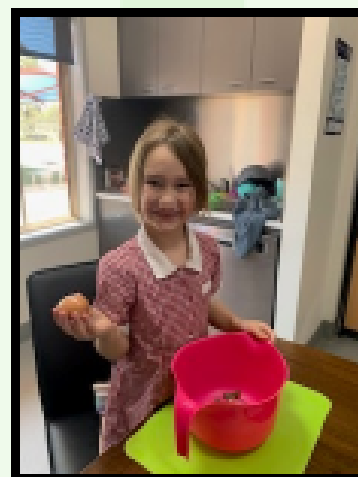
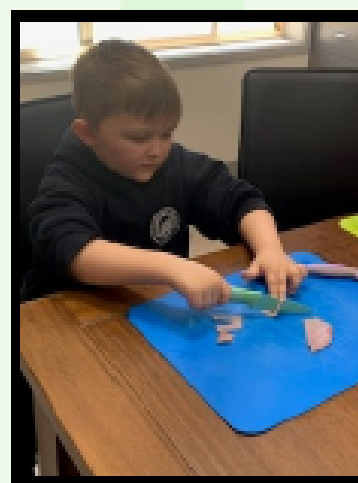
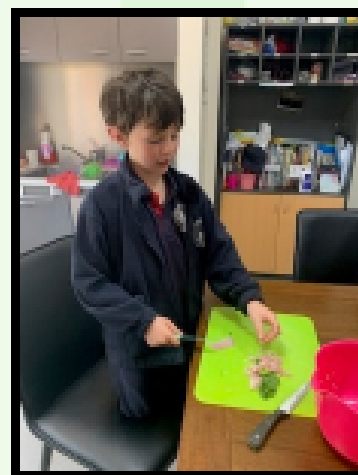
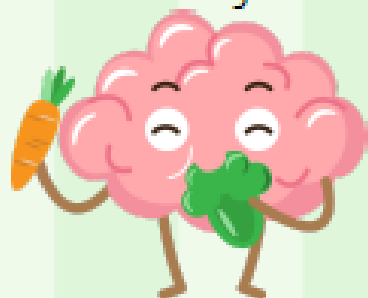


**Bake once, snack all week!**

Make a batch of veggie or fruit muffins (e.g. zucchini, carrot, or banana oat).

Freeze extras and pop one in the lunchbox each morning – it'll be defrosted by snack time!

A healthy alternative to packaged snacks.



# STUDENT ZONE

## WELLBEING TIP OF THE WEEK

**Use Your Calm Tools**  
When you feel big emotions, try drawing, breathing, or talking to someone.



# HAHAHA

Why did the chicken cross the road?

To get to the other side to the other chicken  
Shai J



## STUDENT ADVICE COLUMN

**How do I calm down when I feel angry or worried?**

You take a deep, big breath. You could also talk to your parent or hug a toy!

Shai J



## STUDENT INTERVIEW

Piper F-G

**WHAT ARE YOU GRATEFUL FOR TODAY?**

I am grateful for seeing my doggy.

**SHARE A MOMENT THAT MADE YOU SMILE.**

Seeing my daddy, mummy, brother, sister and doggy!

**WHAT WAS THE BEST PART OF YOUR DAY?**

Getting to see Mrs Hoban!



We are all SO grateful for all our teachers at Timor PS.

We love Ms Wood because she is a nice teacher and makes us feel special. She makes us popcorn in writing!



## THE RESILIENCE PROJECT.

# Family Activity

### MINDFUL MOVEMENT: CONNECTING BODY & MIND

As a family, discuss how often when we move, we do so mindlessly. We are more focused on where we are trying to get to or the thoughts spinning around in our heads. **When we move with mindfulness, it becomes a fantastic way to bring together movement of the body and focus of the mind.**

### ACTIVITY IDEA: FAMILY WALKING MEDITATION

Set aside time to take a short walk together. As you walk, practice mindful movement by focusing on each step you take. **Remind yourselves that your body is moving, while your mind remains calm and present.**

Here are some ideas to help you focus:



Pay attention to **your breath** as you walk.



Notice how your **arms swing**, your **feet lift**, and your **knees bend**.



**Focus on the sensation** of your foot touching the ground: heel, ball, and toes.

**After your walk, talk about how it felt.** Did it help you feel more centered? Where else in your daily life could mindful movement be helpful?



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:



@theresilienceproject\_\_



The Resilience Project



The Resilience Project



theresilienceproject.com.au

# 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.*







**ANYBUDDY CAN PLAY**

**PLAY.AFL/SUPERKICK**

**MARYBOROUGH & SURROUNDS**

**Come and play with AFL Players!**

**FREE FOOTBALL**  
with every registration

**HEDGES OVAL**

**FRIDAYS - STARTING 14<sup>th</sup> Nov**  
(Session running 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, Nov and 2<sup>nd</sup>, Dec)

**4 Session Program 4.30PM - 5.30PM**

**FINAL SESSION WILL BE ON TUESDAY 2<sup>ND</sup> DECEMBER**  
**AND WILL FEATURE A VISIT FROM AFL FOOTBALLERS**

**AFL PLAY**

**ALL GIRLS GROUPS**

