

# TOOLERN TIMES



www.toolernvaledps.vic.edu.au 

**Resilience, Engagement, Acceptance, Cooperation, High Expectations**

## Term 3 Calendar

Friday 17th September

**-Last Day of Term 3**

**Early Dismissal Time 2.15pm**

## Term 4 Calendar

Monday 4th October

**-Term 4 begins**

Monday 11th October

**-School Council Meeting**

Wednesday 13th October

**-Girls' AFL Grade 3/4**

Wednesday 20th October

**-Regional Volleyball**

Thursday 21st October

**-Whole School Incursion**

Wednesday 27th October

**-Ruby Union Grade 3/4**

Monday 11th October

**-Monday 1st November**

**Curriculum Day Pupil Free Day**

Tuesday 2nd November

**Melbourne Cup Day—**

**(Public Holiday)**

Wednesday 10th November

**-T-20 Cricket Grade 3/4**

Friday 26th November

**-3/4 Basketball**

Monday 29th November

**-School Council Meeting**

## REMINDER EARLY DISMISSAL

Just a reminder to all parents/carers that school for Term 3 will finish early on **Friday 17th September at 2.15pm.**

Please make sure your child is picked up at the early time that is noted. We hope you all have a wonderful & safe break!



## SCHOOL HOLIDAY PROGRAMS OFFERED

The Melton Library is offering some fun and **FREE** school holiday programs that will be run online. Some of them will involve kits being sent out to you so you can complete tasks whilst watching presenters online.

Some of the activities include various art projects, slime with Twisted Science, technology activities and creative writing.

Sign up quick by following the link as places will book out quickly.

<https://libraryevents.melton.vic.gov.au/series?si=&sn=school+holiday+program>



*"We acknowledge the traditional custodians of the land, and pay our respect to their Elders past, present and emerging. We also acknowledge our gratitude that we share this land today, our sorrow for some of the costs of that sharing, and our hope and belief that we can move to place of equity, justice and partnership together."*

# Reminders..



## School Times

8.55am-9am Homegroup  
 9.00am-10.00am Session 1  
 (with a fruit break at 10am)  
 10.00am-11.00am Session 2  
 11.00am-12.00pm Session 3  
 12.00pm-12.15pm Eating Lunch in class  
 12.15pm-12.45pm Break 1  
 12.45pm-1.45pm Session 4  
 1.45pm-2.15pm Break 2  
 2.15pm-3.15pm Session 5

## Parking—Pick up and Drop Offs

Our car park area can be extremely busy at times. We ask that all families follow road signs and show courtesy towards other drivers.

We ask that parents please do not 'stop and drop' as this then becomes a safety issue for students going in between cars to get into school.

When parking, please use the indicated marks, which are located on the curb, to ensure there are enough spaces for everyone. We would also like to ask parents to **slow down** when roads are dusty, as this causes discomfort for local residents, and becomes a safety hazard for students who walk to school.

## DATES TO REMEMBER

### CURRICULUM DAYS FOR 2021

School Council has approved the following Curriculum Day for the remainder of 2021.

Please save this date in your diary. **NO** students will be at school on this day.

**Monday 1st November**  
 (the day before Cup Day)



Our school has moved to a new platform for absences, late arrivals and early departures. We are now using Sentral.

Sentral will automatically let parents know when their child is marked absent. There have been a couple of teething problems, and we apologise if you received a message about your child being absent when they were late to class. Please make sure your child is brought to the office to sign in if they are late to school, this will ensure an automatic notification is not received by you. Letting us know if your child is absent will also prevent messages. Just send a message to our school on Dojo or call the school on 97461312 (we have an answering machine to leave a message if early or late). We appreciate your patience while we learn the new system.

Dojo remains our main form of communication with parents at this point.

### SENTRAL TIP

Tip of the week for parents/guardians—you can now submit student absences on your Parent Sentral app.

## Assemblies

Unfortunately due to the current Covid-19 restrictions we will **NOT** be able to have our assemblies until further notice.





## STUDENT ACHIEVEMENT AWARDS



Congratulations to the following students who have received awards this fortnight. These awards are given to students in recognition of achievement and will be emailed to parents / carers while currently in COVID-19 lockdown.

Class	Name	Reason for Award
FND		
FND/1	Mackenzie U	<b>High Expectations</b> —For working hard and trying your best when writing a narrative. Great work Mackenzie!
1/2A	Lindsey M	<b>High Expectations</b> — For working hard and challenging yourself whilst doing your learning activities. Well done Lindsey!
1/2B	Govind S	<b>High Expectations</b> — For always doing a fantastic job on all of his remote learning tasks and having the most wonderful positive attitude at all time!
3/4A	Levi W	<b>Engagement</b> — For giving everything a red hot go and being so enthusiastic with the cooking maths lessons.
3/4B	Estee L	<b>Engagement</b> — For always getting herself started in the morning and working hard to complete all set tasks to the best of her ability. Keep up the great work Estee!
5/6A		
5/6B	Madison P	<b>High Expectations</b> —For being a supportive member and always contributing in our online reading groups

## REACHOUT


ReachOut is the most accessed online mental health service for young people and their parents in Australia.

Our trusted self-help information, peer-support program and referral tools save lives by helping young people be well and stay well. The information we offer parents makes it easier for them to help their teenagers, too. We've been championing wider access to mental health support since we launched our online service more than 20 years ago. Everything we create is based on the latest evidence and is designed with experts, and young people or their parents. This is why our service is trusted, relevant and so easy to use. Accessed by more than 2 million people in Australia each year, ReachOut is a free service that's available anytime and pretty much anywhere.

Below are some que cards to help start a conversation with teenagers.

### 4 CONVERSATION STARTERS

Getting a tricky conversation started is half the battle won. Here's how to start.



**WHERE TO DO IT**

Keep it casual and low-pressure – you start in the car or while watching the district council dinner and

**WHAT TO SAY: CARING AND INTERESTED**

"I've noticed you seem a bit down. Is something worrying you?"

**WHAT TO SAY: OUT TO THE CHASE**

"It's important that I talk to you about..."

**WHAT TO USE: SOFT BUT DIRECT**


"How would you feel if we tried a different...?"

Supporting parents to help their teenagers deal with whatever life throws at them. [ReachOut.click/TrickyConversations](https://ReachOut.click/TrickyConversations)

**REACH OUT**.com

### 5 SIGNS OF DEPRESSION

Watch out for these signs. If you spot a few, have a conversation to see what's up.



**BEING LESS SOCIAL**

If you're usually pretty social, the young person is acting in the way they always act when

**DOING LESS OF WHAT THEY LOVE**

Has your teen stopped playing sport, painting or doing something they once loved to do?"

**CHANGES IN SLEEP OR APPELITE**

Has their sleep become worse or their weight low or high?

**LACK OF INTEREST IN SCHOOL**

Are they struggling with lots of boring or hard subjects? Have you noticed any changes in their willingness to

**MORE EMOTIONAL THAN USUAL**


Could you see any sudden changes in their mood? Can you get on their case about school, family, etc.

Supporting parents to help their teenagers deal with whatever life throws at them. [ReachOut.click/DepressionSigns](https://ReachOut.click/DepressionSigns)

**REACH OUT**.com

### WHAT'S YOUR TEEN'S WELLBEING NUMBER?

Here's a real tip for figuring out how your teenager is doing.



**ASK THEM TO ANSWER THIS QUESTION**

"How are you on a scale of 1 to 10? 5 is pretty well and 10 is awful (no pun intended)"

**IF THEY ANSWERED 4 OR LOWER**

Ask them what might have triggered it and then support them to check out [ReachOut.com](https://ReachOut.com) together. Be there for them.

**IF THEY ANSWERED 7 OR ABOVE**

Reassure. Ask them what's going on in their world, and remind them of their things to do. They're doing great!

**BONUS TIP**


Regularly ask your teenager's mood and you'll be able to spot trends and act quickly.

Supporting parents to help their teenagers deal with whatever life throws at them. [ReachOut.click/Communication](https://ReachOut.click/Communication)

**REACH OUT**.com

### 5 TIPS FOR LISTENING

Something's up with your teenager, but what do you do? Get the most out of conversations with your kid.



**LET THEM SPEAK**

Give them time and space to talk and don't interrupt. Listen.

**REMOVE DISTRACTIONS**

Put away your phone and close your laptop.

**ACKNOWLEDGE THEIR FEELINGS**

Respond to your teen's feelings. "That must have been hard for you. I'm here for you."

**BE A PHYSICAL GOOSE**

Notice if you're using a lot of words. Try using the power of silence. Let your teen's feelings speak for themselves.

**PLAN FOR LATER**

Ask them if they'd like to discuss it further when you're both in

Supporting parents to help their teenagers deal with whatever life throws at them. [ReachOut.click/Listening](https://ReachOut.click/Listening)

**REACH OUT**.com

## 5 WAYS TO BE AWESOME AT SELF-CARE

Recharge by taking care of your physical, mental and emotional health



### TAKE TIME FOR A MOOD BOOSTER

To boost your mood, we need to remember to do something we truly enjoy. It can be as simple as your favourite cup of coffee or a walk in the park.



### WRITE IT DOWN

It can be easy to lose track of the good things you do each day. So, write down your day-to-day activities and what you're grateful for.



### LOG OUT TO CHILL OUT

From the 9 to 5 commute to the end of the workday, it can be easy to get caught up in the pressure of being on an actual date.



### TAKE YOURSELF ON A DATE

Grab some take-away or a coffee and just enjoy your own company while it's the pressure of being on an actual date.



### PUMP UP THE POSITIVE VIBES

Write down the things you're proud of and the things you're grateful for. It's about celebrating yourself.

Tools, stories and information for whatever life throws at you. [ReachOut.click/SelfCare](https://reachout.org.au/self-care)



## 5 TIPS TO KEEP YOU SHINING BRIGHT

1

Surround yourself with people you love and who love you for you.

2

Celebrate all your successes – big and small.

3

Hint so nothing that feeds your soul and do it as often as you can.



4

Take time out for you. Put your feet up and indulge in a show that celebrates people like you.

5

Remember you're enough, exactly as you are. You're not defined by other people's values.

ReachOut.com is there with tools, tips and advice for whatever life throws at you. Find out more at: [ReachOut.org/shiningbright](https://reachout.org.au/shiningbright)

## HOW TO BE A GOOD FRIEND

Want to be a great friend? Try these strategies.



### BE YOUR OWN BEST FRIEND

Be your own best friend. Treat yourself kindly and with the same care you would give to your best friend.



### GET IT OUT IN THE OPEN

Let your friends know how you're doing. They can't help if they don't know. Be open about how you're doing and work together to solve it.



### LISTEN UP

Ask questions so you can understand a situation from their point of view. Ask if they want your advice or just want to talk.



### ASK FOR WHAT YOU NEED

Just ask. Just say the words. You're allowed to get what you need for you.



### MAKE AN EFFORT

Don't be afraid to do it even when you're tired. You can still be there for your friend. It's about making an effort.

Tools, stories and information for whatever life throws at you. [ReachOut.click/Friendships](https://reachout.org.au/friendships)



## 3 WAYS TO TALK YOURSELF UP

Change the direction of negative self-talk (and boost your self-esteem).



### LISTEN TO YOURSELF

How would you describe your feelings?

Is your self-talk mostly positive or negative?

How can you make more of what you're thinking?



### CHALLENGE YOUR SELF-TALK

Is there any evidence to back up what you're thinking?

What would you say to a friend who is thinking like you?

Can you find anything to change what you're thinking about?



### CHANGE YOUR SELF-TALK

Write a list of all your positive qualities.

Repeat it every day. Write it on a sticky note and put it where you'll see it every day.

Tools, stories and information for whatever life throws at you. [ReachOut.click/Confidence](https://reachout.org.au/confidence)



## TimTam Balls

A recipe for the sweet tooth out there, this is a family favourite recipe as easy as they come, yet incredibly delicious. It only needs two main ingredients, but an extra third ingredient for the coating can really make these pop! TimTam balls are very quick to make and are fantastic to experiment with. Traditionally, they are coated with coconut or cocoa, but you can use hundreds and thousands, crushed nuts, chocolate sprinkles, Milo, matcha, etc. As you are making them, you can even wrap the TimTam balls around things like nuts, M&Ms, Maltesers, coffee beans, etc. I recommend making this recipe once using only one or two coatings, such as the coconut and milo, and then start to experiment with different flavour TimTams, coatings and centre fillings. It is so easy, cheap and quick to make that experimenting with different mixes becomes limited only by your imagination...and tastes.



### Ingredients (only 2 main + coatings 1+1+1...)

- 1 packet of original TimTams (or any flavour you like!)
- $\frac{3}{4}$  of a can of sweetened condensed milk (395 grams can = 300 grams)
- Coatings - whatever you would like to try, such as desiccated coconut, cocoa powder, milo, crushed nuts, chocolate sprinkles, hundreds and thousands, etc.

### Equipment

- A blender (for the easy way) or two medium sized, thick snap-lock bags, chopping board and a rolling pin (for the fun way)
- Large mixing bowl
- Mixing spoon or something similar to mix with
- Some small bowls for the coatings
- A plate or tray to put the TimTam balls into the fridge to set

### Procedure

1. In a mixing bowl, empty  $\frac{3}{4}$  of a can of sweetened condensed milk (about 300 g). Don't use the full can or the balls will be too soft and soggy.
2. Crush all of the TimTams from the packet.

### The Easy Way

Use a blender to crush all of the TimTams into evenly sized coarse powder.

### The Fun Way

Put **5 or 6** TimTams into a snap lock bag, remove the air inside and seal. Put the snap lock bag with the TimTams into another snap lock bag, remove the air inside and seal. Place the sealed bag onto a cutting board and use a rolling pin to smash up the TimTams. When the TimTams are evenly crushed, empty bags, refill with **5 or 6** TimTams and repeat until all biscuits have been crushed.

3. Put the TimTam powder into the bowl with the condensed milk.

4. Use a spoon to mix the two ingredients until they are totally blended together

5. Put mixture into the fridge for about 20 minutes.

6. In separate small bowls, put the different coatings that you want to use with your TimTam balls. E.g. desiccated coconut in one small bowl, Milo in another, hundreds and thousands in another, etc.

7. After 20 minutes, remove mixture from the fridge and take about 2 or 3 tablespoons (depending on your personal preferences) of the mix and roll into a ball in your hands

8. Roll the ball in the coating until it is evenly coated

9. Place the coated ball onto a plate.

10. Repeat steps 6 to 9 until all of the mix has been used up.

11. Put the plate with the TimTam balls into the fridge and leave until they are firm to touch.

**ENJOY!**



# Vacation Care Program - Spring September/October 2021



## Program Details

### Who

The program is open to all primary school aged children.

### Program Hours

6.30am – 6.30pm.

Monday to Friday, during school holidays.

### Location

Bridge Road Children's & Community Centre  
260 Bridge Road, Strathulloh.

### Cost

\$75 per day (prior to Child Care Subsidy being applied)  
Excursions and Incursions will incur an additional cost.

### Enrolment Opens

8.30am Monday, 23<sup>rd</sup> August 2021

### Enrolments Close

5.00pm Friday, 10<sup>th</sup> September 2021

Bookings submitted after this date will only be accepted at Supervisor's discretion and incur a \$22 late enrolment fee

### Contact

E: [vacationcareprogram@melton.vic.gov.au](mailto:vacationcareprogram@melton.vic.gov.au)

Ph: 9747 7200

Website: [melton.vic.gov.au/vacationcare](http://melton.vic.gov.au/vacationcare)

### Monday, 20<sup>th</sup> September

Wacky Day- Odd socks, mismatched clothes, wild hair...what will you wear?

### Tuesday, 21<sup>st</sup> September

Incursion charge \$23.80

Hip Hop Dance

Start 10:00am

Steph the dance teacher is back for another lively dance session. Get ready to learn a new cool routine today.

### Wednesday, 22<sup>nd</sup> September

Excursion charge \$34.70

Movie Day

Depart 10:00am Return 3:00pm

Today we're heading to Reading Cinema in Melton. Then it's off to the Melton Botanic Garden for a guided tour.

### Thursday, 23<sup>rd</sup> September

Footy Day- To celebrate the AFL grand final wear your favourite teams' colours (or any other sporting team you go for).

### Friday, 24<sup>th</sup> September

CLOSED FOR GRAND FINAL PUBLIC HOLIDAY

### Monday, 27<sup>th</sup> September

Incursion charge \$23.80

Bee Sustainable

Start 10:00am

Holly's Backyard Bee's will be visiting to teach us about Australian native bees and how to build an insect hotel.

### Tuesday, 28<sup>th</sup> September

Rainbow Day- Today is all about colour! Join us for a day full of rainbow themed games, activities, and food.

### Wednesday, 29<sup>th</sup> September

Excursion charge \$34.70

ACMI in Melbourne

Depart 9:00am Return 3:00pm

Today we're catching the train into Melbourne to explore the exhibitions at the Australian Centre for the Moving Image. Then we'll play at Birrarung Marr Playground.

### Thursday, 30<sup>th</sup> September

Robotics Day- We have our very own little robots to play with and program today.

### Friday, 1<sup>st</sup> October

Out of this World- Wear fluoro or your favourite space themed clothing to celebrate the start of World Space Week on Oct 4<sup>th</sup>.

*\*Activities are subject to change due to COVID-19 restrictions*



melton.vic.gov.au  
9747 7200  
cityofmelton

**BOOK EARLY! Don't miss out!**

