

# Tooradin Primary School Newsletter

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I want to personally thank you for all for your support, positive attitude and resilience to get us to this point. I know moving to Remote Learning has not been an easy thing for us all but thank you for the way you are supporting your child/ children during these uncertain times. These are evolving times and it has never been more important to also consider your children and your own wellbeing.

I must say I am very proud of our teachers for the sensational work that they are doing. It is wonderful to see all the work that our students are sending back to their teachers for feedback on their learning.

### **Many children are aware of the impact of coronavirus (COVID-19) and may pick up on the concerns and anxiety of others.**

This could be through listening and watching what is happening at home or online. It is important you speak with your children about their concerns.

#### **What you can do:**

- Try and model calmness when talking with your children and family.
- Talk with your children about how they are feeling. Listen and reassure them.
- Talk with your children about COVID-19. Answer their questions as honestly as possible. This may help to address their fears and reduce anxiety.
- Limit media exposure—frequent exposure to media may increase fear and anxiety.
- Focus on what you are doing as a family to stay safe. Give your children clear information about how to reduce their risk of infection in words they can understand, as this will give them a sense of control.
- Spend time together and keep to routines as much as possible or help create new ones. Make time for playing and relaxing. Have fun together.
- Look out for signs of distress—children may respond to stress in different ways. This may include changes to their sleeping patterns, change to appetite, loss of independence (e.g. increased clinginess), wanting to be close to adults or an increase in anger, irritability, anxiety and/or fear.
- Try and maintain a healthy lifestyle.

#### **Supporting learning and wellbeing in the home:**

##### **What you can do:**

##### **Reassure**

- Talk to your family about what is happening. Understanding the situation may reduce their anxiety.
- Help your children think about how they have coped with difficult situations in the past and reassure them. Discuss different ways children and adults react to different stressful situations.
- Remind them that isolation will not last for long but necessary for their ongoing safety.

## Engage

- Exercise regularly as it is a proven way of reducing stress and depression. Be creative. This could include exercise videos, dancing, yoga, walking around the backyard or using home exercise equipment.
- Plan time for structured family activities, schoolwork and play. Keep a normal routine where possible.

## Connect

- Encourage your children to keep in touch with family members and friends via telephone, email or where appropriate, social media.
- Have fun together as a family.

Remember, any decisions or actions you may take are what you consider best for you and your family. Do what you can, try and be patient with yourself, your family and others, and seek support as needed.

Take care everyone and stay safe,  
Zania Cope

Monday 14th June	Queen's Birthday No School
Friday 18th June	District Interschool Sports (Grade 5/6)
Tuesday 22nd June	Regional Cross Country
Friday 25th June	Last Day of Term 2
Monday 12th July	First Day of Term 3
Wed 18th - Friday 20th August	5/6 Camp - Sovereign Hill
Mon 30th Aug - Thurs 2nd Sept	Book Fair

### Payments by Direct Deposit

**Account name: Tooradin Primary School**

Bank: CBA BSB: 063 699

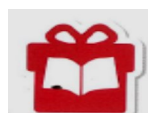
Account No: 10020780

Please place your name and a short description if you want to use this form of payment.

★ **HAPPY** ★  
**BIRTHDAY!**

to these children who  
have already celebrated their birthday this this week:  
June

Isaac T - 1st  
Koby Mc - 3rd  
Bille D - 4th



**Scholastic**  
**BOOK CLUB NEWS**

**Orders are due back on  
Wednesday 9th June**

Applications must be in before the end of Term 2

## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

### MORE INFORMATION

For more information about CSEF visit:  
<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.

