



TLS NEWSLETTER

15 SEPTEMBER 2023 (WEEK 10)



PRINCIPAL'S MESSAGE

JANE WIEBUSCH



Are We OK?



28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.” **Matthew 11:28-30**

R U OK? Day is a reminder that in life we will experience difficulties and face challenges. Life can be overwhelming and it’s good to admit it. Life can be stressful. There is the stress of work, relationships, finance, families, friends, expectations, school, and the list goes on. Every added situation of stress can lay another weight on our chest that we carry around with us into our interactions throughout the day. The weight begins to add up. It’s draining. The stress naturally sends us looking for a release, and sometimes, in the wrong places.

R U OK? is a public health promotion charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives. Its mission *is to inspire and empower people to meaningfully connect with those in their world and lend support when they are struggling with life.* An important message and mission.

We also have a deeper connection and ever present source of comfort. A ready place to go for deep peace. Jesus invites us to come to Him. Are you tired? Do you have burdens? You’re the person He’s inviting to rest. Learn from Him. Give Him your burdens and let Him give you His ways. His burden is light. He’s looking to provide rest for your soul.

Jesus knows what it’s like to have stress. He knows what it means to be overwhelmed. The One who took on the weight of our sin doesn’t want to stop there. He wants us to trust Him with all of the burdens of our daily life.

Let Him lead you and steer you, even when it seems hard. He’s gentle and humble. You can trust the One who gave you breath to comfort you and lead you into life.



Thursday, September 14 was R U OK? Day. School TV have compiled a special report to help us understand the concept of R U OK?

SPECIAL REPORT: R U OK? Day

Understanding the growing challenges related to mental health among young people is an important consideration. Anxiety, depression and self-harm — are all causes for concern. Factors like academic pressure, social media, family dynamics, and societal expectations, are contributing to these issues. It's therefore crucial for parents and caregivers to take action early, remove the stigma around discussing mental health, and offer accessible support to address these issues and the wellbeing of their children.

R U OK? contributes to suicide prevention year round by urging people to invest time in personal relationships and empowering informal support networks to identify signs of distress. We urge all families to take part, emphasising the value of genuine human relationships and reminding everyone to ask the important question, “Are you OK?”

Engaging in R U OK? Day activities goes beyond the classroom; it's a commitment to our students' overall development. By talking openly about mental health, schools create safe spaces where students feel understood, valued, and supported. As parents and caregivers, you can contribute by fostering open conversations, normalising feelings and breaking down mental health stigmas. Participating in R U OK? Day promotes compassion and shows our dedication to the wellbeing of the entire school community, reaffirming that together, we can truly make a difference.

This Special Report provides guidance on how to talk to your child about mental health and engage in meaningful discussions. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please consider seeking medical or professional help.

Here is the link to your special report https://tls.vic.schooltv.me/wellbeing_news/special-report-r-u-ok-day.





EMMETT AWARD

TYSON

For consistently giving his best effort in every aspect, completing work to a strong standard, demonstrating strong organisational qualities and being an excellent team player.



JOHN LANDY AWARD

ARTHUR

For being a positive, bubbly and well-mannered team player. Always offering to step in and lend a hand as soon as the need arises with no job too big.

SCHOOL AWARDS

FOUNDATION

Isobel Y

YEAR 1

Kieran F

YEAR 2

Arlo B
Addi F
Isaac T

YEAR 3

Flynn P
Dylan F

YEAR 4

Zayne S

YEAR 5

Ellie A
Liam F

YEAR 6

Ava K



IN THE CLASSROOM

YEAR 2

This week, the Year 2 students have thoroughly enjoyed completing their prototypes of Indigenous tools. Numerous students have expressed their delight in acquiring more knowledge about these tools throughout Project-Based Learning (PBL) this term. They communicated their enthusiasm to their families during the learning conferences held last week. To culminate this learning experience, the Year 2 students presented their tool prototypes and information posters to the Year 1 class.



FOOTY COLOURS DAY

TLS held a Footy Colours Day to conclude Term 3. Students proudly wore their footy colours to celebrate their favourite football/sporting teams. The Year 6 students lead some football skills and competitions for the Foundation, Year 1 and 2 students, including the longest kick and handball. Everyone enjoyed a hot dog lunch with thanks to our wonderful PSFA. The BIG Footy Colours Day football match between students and parents/staff ended in spectacular fashion with the parents/staff winning over a gallant student cohort. Many thanks to everyone that supported this event and raised money for children with cancer.



CALENDAR OF EVENTS

Term 4

Week 1

- Monday 2 October - Wednesday 4 October: 5/6 Camp - Kangarooobie
- Wednesday 4 October - Friday 6 October: 3/4 Camp - Narmbool
- Friday 6 October: 9.00am Chapel led by Year 6
2.40pm Assembly

Week 2

- Monday 9 October - Friday 13 October: Year 3 - 6 Swimming
- Thursday 12 October - Friday 13 October: 1/2 Camp - Port Fairy
- Friday 13 October: 9.00am Chapel led by Foundation
2.40pm Assembly

Week 3

- Monday 16 October - Friday 20 October: Foundation - Year 2 Swimming
- Tuesday 17 October: 9.30am Great Explorations led by Mrs Walkenhorst
- Friday 20 October: 9.00am Chapel
2.40pm Assembly

Week 4

- Tuesday 24 October: 3/4 Hoop Time Basketball Regional Finals
- Wednesday 25 October: 6.00pm 2024 Foundation Welcome Barbeque
- Thursday 26 October: 5/6 Cricket - Pedrina Park
7.00pm Music & Art Exhibition
- Friday 27 October: 9.00am Chapel
2.40pm Assembly

NOTICES

Term 4 Dates

Please note Monday 6 November will be a Student Free Day.

Grandparents & Special Friends' Day will be held on Thursday 16 November. More details will be released closer to the date.

News from the Patch...

We have some exciting things happening in the school's veggie garden. The PFSA is in the process of acquiring four new wicking garden beds to replace some of the more run down garden beds in the patch. A working bee is being planned to install the new beds on the **last Sunday of the holidays, October 1 at 1pm**. The more people we can get there, the better!

Additionally, the school has recently joined the Stephanie Alexander Kitchen Garden Community. This program promotes healthy eating and lifestyle through growing and cooking fresh produce. Starting in Term 4 students will have the opportunity to get their hands dirty in the veggie patch, harvest and cook food from the garden. We plan to start small and grow with the involvement of the wider school community. If there are any parents, grandparents or carers who would be interested in being part of this exciting new program, either as part of the organising team or casually helping in the garden and kitchen, please contact Lucy Cameron on 0403 457 999.



Where: HILAC
When: 6-7pm, Mondays
Starts: 9th October 2023

Spinneroos gives kids a great first experience with table tennis!



8 weeks of fun!
Program includes a kit bag, t-shirt, bat and balls!

Hamilton Table Tennis Association Inc.
Ph. 0407 056 642

Find out more and book now!
Spinneroos.com.au



SAFETY ON THE FARM

2024 AGnVET Calendar Kids Art Competition

ENTER NOW

We can all be safe when on a farm!
Show us how to be safe & **WIN**

160 prize packs to WIN valued at over \$80



AGnVET

T&C's apply. www.calendar.agnvet.com.au Competition closes 10th October 2023

Greater Hamilton Library
Phone: 5573 0470
email: library@sthgrampians.vic.gov.au

School Holiday Program

STEM

Every day of the holidays

A STEM activities station will run in the library during both weeks of the holidays.
DROP IN ANYTIME and take on the challenges.
FREE ACTIVITY - Suitable for ages 6+ No bookings required.

MOVIE CRAFT
THURSDAY SEPT 28

Craft Session
11.30 am @
Cinema Foyer
Movie

Paw Patrol 12.15 pm
A magical meteor crash lands in Adventure City, and gives the PAW Patrol pups superpowers, transforming them into The Mighty Pups.

Cost: \$9.00 per person
Limited tickets. Purchase from the Library before Sept 27
No ticket holds or refunds.

HAMILTON CFA
WEDNESDAY
SEPTEMBER 27
3.00 PM - 4.00 PM @ LIBRARY

Understanding volunteering and community service
Knowledge of CFA and running competitions
Mapping
Radio Communications
Teamwork and leadership skills.

This event is FREE.
Bookings essential. Contact the Library to save your spot.
SUITABLE FOR AGES 10 - 15

madeo
cardboard construction

CARDBOARD CARNIVAL

THURSDAY 21 SEPTEMBER
HAMILTON PERFORMING ARTS CENTRE

10am - 12pm OR 2pm - 4pm

Think out of the box! Join us for a carnival of cardboard construction! Design your own games, make them, test them!

Bookings required for this free activity.
Suitable for ages 8 to 12.
Parental supervision required.

