



TLS NEWSLETTER

13 OCTOBER 2023 (WEEK 2)



*Be truly glad.
There is
wonderful
joy ahead!*

1 PETER 1:6

PRINCIPAL'S MESSAGE

JANE WIEBUSCH



The image of a bubbling spring is pretty cool in a few different ways. A human being can't live without water. Our bodies are made up of 50% or more water. When we drink water, it gets absorbed into our body's organs and... we get thirsty again. So, we must drink more.

Jesus compared the life He gives with water indicating that when you fill your life with anything other than Him, your satisfaction will not last. You'll thirst for something else... for more.

The life-giving water that Jesus gives is like a bubbling spring in your heart. That is an image of action... of life. The motion shows that the water Jesus gives is always moving, growing, changing. It is life. What He gives brings lasting satisfaction. When you accept Jesus, you won't thirst for anything else.

This life-giving, life-forming, always changing, always satisfying water of life is a gift from God's heart of grace. It makes you feel alive. His Spirit in your heart moves and guides so your life is never stagnant. He keeps you moving and growing. It is life.

WELLBEING

MISS JANE



October is Mental Health Month, which gives us an opportunity to check in on ourselves and those around us. To make sure we are travelling okay, or where to turn when we are not.

We started this conversation last month with R U OK day, and we continue it this month. But it is something we should be doing all the time. Beyond Blue has outlined the below tips on how to 'Look after your mental health and wellbeing'.

Taking care of your mental health and wellbeing can look different to everyone. It's about finding a balance in all aspects of your life that works for you. It's about your whole person: physical, mental, social and emotional. Making small adjustments can help you learn what works for you and stay well.

There are many things you can do to look after your mental health and wellbeing. Some are simple, others more challenging. Being aware of them and making a plan is a great place to start.

Sleep well

Good quality sleep is a key factor in supporting your mental health and wellbeing. It can help with your mood, your memory and your ability to manage stress.

Keep active

Keeping active can help you stay physically fit and mentally healthy. You don't have to exercise all the time, even small amounts of activity can help you feel the benefits.

Eat well

Food plays a vital role in maintaining your mental and physical health. Eating well can be hard but there are ways to establish and maintain a healthy diet that can work for you.

Establish a good routine

Following basic day-to-day rituals and routines can help reduce the build-up of stress. And in times of uncertainty, help remind you things are within your control.

Practise mindfulness

Practising mindfulness can be a great way to reduce stress, manage your emotions and improve your sleep.

This and more can be found at: <https://www.beyondblue.org.au/mental-health/wellbeing>

If you are needing support with your Mental Health & Wellbeing, you can talk to your GP or call one of the below helplines:

- Lifeline 13 11 14
- Suicide Callback Service 1300 659 467
- Kids Helpline 1800 55 1800 (for children/young people aged 5-25)
- Mensline Australia 1300 789 978
- Beyond Blue 1300 224 636
- Headspace 1800 650 890 (for young people aged 12-25)
- Open Arms 1800 011 046 (for anyone who has served in the ADF & their families)
- 1300 YARN 13 9276 (for Aboriginal & Torres Strait Islander people)



EMMETT AWARD

LUCA

For consistently delivering high-quality work. Pushing personal boundaries by seeking deeper understanding through questioning, serving as an inspiring role model, and displaying a strong commitment to learning.



JOHN LANDY AWARD

LUCY

For pushing herself during our school camp. She displayed great confidence and didn't hesitate to take risks during our planned activities. She thrived in teamwork activities and showed determination to complete tasks and would always support her peers along the way.

SCHOOL AWARDS

FOUNDATION

Elora M

YEAR 1

Tobias H
Annie C
Chay L

YEAR 2

Macy M
Ashton T

YEAR 3

Away - School Camp

YEAR 4

Away - School Camp

YEAR 5

Alexander M
Daphne B

YEAR 6

Ben A



IN THE CLASSROOM

YEAR 3 & 4

On Wednesday Week 1, the Year 3 and 4 classes engaged in an exciting environmental camp at Narmbool, which is not far from Ballarat. Despite a damp start, students were soon exploring the campgrounds, participating in team-building activities, and learning about the native environment. On Day 2, students went on a hike across the property, spotting Wedge-tailed eagles, joining in traditional Indigenous games, and building shelters. They also collected water samples to observe the creatures living in one of the dams on-site. Our final day involved a close-up visit with a Nankeen Kestrel and Peregrine Falcon, introduced by local wildlife rescuer Martin Scuffins, and a tour of the beautiful homestead gardens.



SPORT UPDATE

Regional Athletics

Last week Baxter travelled to Ballarat to compete in the Greater Western Region athletics meet for High jump, 800m and a relay. He achieved fantastic results coming 6th in high jump and 8th in 800m and represented TLS with pride. Well done, Baxter!



PFSA

TLS Fundraiser - Seeking Input

We have had a request to provide lunch for an external group on Sunday, Oct 29th.

We are seeking families to provide a slice or groceries (to the value of \$10) to be delivered to the Hall Kitchen on Friday, Oct 27th.

If you can help out with either, please contact Jo 0408 544 670 by next Wednesday.

Reminders

Toasties will be available again this term from Week 4 onwards.

PSFA MEETING

Our final meeting of the year, along with the 2024 committee election, will be held at 7.00pm on Wednesday 15 November. More information to come regarding committee positions. New faces are most welcome!

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.

Foundation 2024 Welcome Barbeque

The 2024 Foundation Welcome Barbeque is on Wednesday 25 October at 6.00pm. All 2023 and 2024 Foundation families are invited to this special event. Please contact to the office with your RSVP, office@tls.vic.edu.au or 5572 3897.

CALENDAR OF EVENTS

Term 4

Week 3

- Monday 16 October - Friday 20 October: Foundation - Year 2 Swimming
- Tuesday 17 October: 9.30am Great Explorations led by Mrs Walkenhorst
- Wednesday 18 October: 12.00pm TLS Swimming Carnival - Years 3 - 6
- Friday 20 October: Jolly Socks Day
9.00am Chapel led by Year 3
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 led by Year 1
2.40pm Assembly
- Saturday 28 October: Ping Pong-a-thon

Week 5

- Tuesday 31 October: 7.00pm 2024 Foundation Information Night
- Friday 3 November: 9.00am Chapel led by Year 5
2.40pm Assembly

Week 6

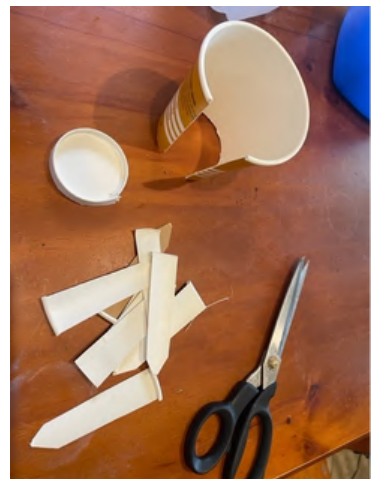
- **Monday 6 November: Student Free Day**
- **Tuesday 7 November: Melbourne Cup Public Holiday**
- Wednesday 8 November: 9.00am - 12.00pm Foundation 2024 Transition
- Friday 10 November: 9.00am Chapel led by Year 2
2.40pm Assembly

FROM THE PATCH

Save your Coffee Cups

Please rinse and save your take away coffee cups for the school garden. They make great labels for planted seeds.

All cups can be placed in the garden supplies box at the front of the school. Thank you in advance.





FREE

Tarrington Lutheran School
invites you to

**FRUIT, TEA
& COFFEE
PROVIDED**

Great Explorations

Music & Movement session

with Mrs Walkenhorst

For pre-school aged children under 5 years and their
parents/carers

TUESDAY,
17th October from 9:30-10:30am
in the TLS Multipurpose Area



Tarrington
Lutheran School
Learning and growing together




A CELEBRATION OF THE ARTS

Tarrington Lutheran School
invites you to an exhibition to
celebrate the talents
of our students in the Arts.
Artworks and Musical Performances
will be on display.
We hope that you can join us.

Thursday, 26th October
at 7:00pm
in the Tarrington Church Hall

Tarrington
Lutheran School
Learning and growing together




Jolly Socks Day



Standing Tall in
Hamilton Inc.
School-based Mentoring



Putting your best foot forward with
STANDING TALL IN HAMILTON INC.

Jolly Socks Day

Friday 20 October, 2023

In support of Standing Tall in Hamilton, who provide mentoring support to some of our senior students, we are going to be participating in "Jolly Socks Day" on Friday 20 October.

Jolly Socks that have been designed by Standing Tall students across the Hamilton Region will be available for purchase (\$5) at the school office, or by following the QR link on the attached flier.

Students can wear either Jolly Socks they have purchased or their own socks, please bring a gold coin donation. Full PE uniform is still to be worn.

Please join us in supporting this wonderful program.



Scan to find out more & to purchase your Jolly Socks

THE BETTER TOGETHER FESTIVAL

DECEMBER 2ND - 3PM TILL LATE - HAMILTON BOTANIC GARDENS

THE SETTLEMENT'S ADRIAN & MATTY FT ALBERT CALVANO - SOULTY & ADAM - PHIL HOLMES - ALANNAH OLIVIA - DJ DUO ISAIAH SILCOCK AND TYLER SMITH- TEMPER ST BAND - WELCOME TO COUNTRY - MILLY TAPPER (MO) - CHILD AT HEARTS ENTERTAINMENT - COLERAINIE DS JUMPING CASTLE - FRINGE BENEFITS - THE SPECKLED FROG - HAMILTON LIONS CLUB - ROXBURGH COFFEE VAN - SPUD BOWL & MORE

TICKETS AVAILABLE @ BETTERTOGETHERINC.COM.AU

2023 Tarrington Hay Bale Art



Entries now open!

What amazing creation will you make this year?



Register by 28 October online now:
<https://bit.ly/3EZA21R>
or for more info email:
tarringtonhaybaleart@gmail.com