

4/03/2025 Term 1



# Tarnagulla Primary School

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## Principal Matters

1.6: Tuesday 4<sup>th</sup> March 2025

### Positive Changes with SWPBS!

With the introduction of our School-Wide Positive Behaviour Support (SWPBS), we are seeing fantastic improvements in learner engagement and behaviour. Clear expectations, positive reinforcement, and a shared focus on respectful, responsible behaviours are helping to create a calm, consistent, and supportive learning environment.





With these strong foundations, learners are settling into routines, holding focus during lessons, and making positive choices in the classroom and yard. It is terrific to see our values in action!

### The Importance of Sleep for Learning





A good night's sleep helps children learn better. Sleep is when the brain rests, recovers, and strengthens connections made during the day. While we sleep, our brain processes new information, stores memories, and gets rid of unnecessary details—helping learners wake up refreshed and ready to take in new knowledge.

When children don't get enough sleep, they can feel tired, grumpy, and find it hard to concentrate. Their brains struggle to retain what they have learned, making it harder to problem-solve, follow instructions, and stay engaged in class.

Good sleep helps learners by:

-  Strengthening memory – Sleep helps the brain organise and store new information.
-  Boosting concentration – A well-rested brain finds it easier to focus and stay on task.
-  Improving mood – Sleep helps children manage their emotions and feel ready for the day.
-  Supporting physical growth and health – Sleep helps the body recover and grow strong.

You can help by:

-  Setting a regular bedtime and wake-up time to create a routine.
-  Limiting screens (TV, tablets) before bed to help them sleep better. The blue light from screens can interfere with sleep.
-  Creating a calm bedtime routine, like reading a book, having a warm bath, or listening to soft music.
-  Making sure their bedroom is quiet and comfortable for sleeping, with dim lighting and minimal distractions.

When children get enough sleep, they are more engaged, ready to learn, and happy at school. A well-rested brain is a powerful learning brain!

### Building Friendships and Kindness

We encourage learners to build positive friendships and show kindness to others. Learning how to share, take turns, and communicate helps children form strong, respectful relationships with their peers. At Tarnagulla Primary School, we use the Resilience, Rights and Respectful Relationships program in our teaching and learning, alongside our SWPBS values.

## Term One

Wed 5<sup>th</sup> March  
Sports Equipment  
Library Launch—  
Victoria Park @ 10am

Mon 10<sup>th</sup> March  
Labour Day Public  
Holiday—No School

Wed 12<sup>th</sup> March—  
Mon 24<sup>th</sup> March  
NAPLAN

Fri 21<sup>st</sup> March  
Glasses for Kids (P-3  
only)  
Harmony Day—  
learners encouraged  
to wear a 'touch' of  
orange

Fri 4<sup>th</sup> April  
Last day of Term 1

School bank details for  
online payments:

BSB: 063 506  
Account: 0091 1673

Birthdays in March:

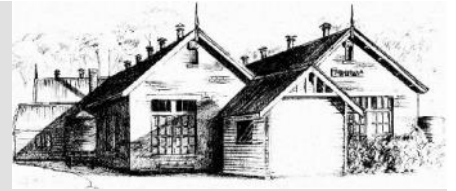
 Archie

 Vivi

HAPPY  
BIRTHDAY

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Here are some ways we support friendship skills at school:

- ☀ Teaching kind words and actions in everyday interactions.
- ☀ Encouraging learners to listen and take turns in conversations and games.
- ☀ Helping children solve small conflicts calmly and respectfully.
- ☀ Celebrating acts of kindness through our SWPBS rewards.



Families can support this at home by talking about kindness, practicing problem-solving, and encouraging children to include others in play whether it be siblings, cousins, neighbours or playdates. Together, we can help all learners feel safe, happy, and connected at school!

## Around the School



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## P&F

### Parents and Friends Members

We would love to extend an invitation to all the parents and carers to join Tarnagulla Parents & Friends committee for 2025. We currently meet formally once a month and organise events and fundraisers throughout the year. Everyone is welcome. Please get in contact with Jordan on 0349302511 or any of the staff at school to become more involved.

everyone's  
welcome



### Easter fundraising raffle

Just a reminder to sell those Easter raffle tickets!!!! The raffle will be drawn on the Thursday 3rd of April at 3pm at the last assembly for Term 1 so make sure your tickets and money are back before or on the day. Stay tuned for descriptions of our hampers to be won.



### School uniforms and hats

School uniforms can be directly purchased from the school with all proceeds going straight back to the students through the P&F fundraising program.

T-shirts: \$23  
Long Sleeve Shirts: \$25  
Polar Fleece jackets: \$30  
Hats: \$15

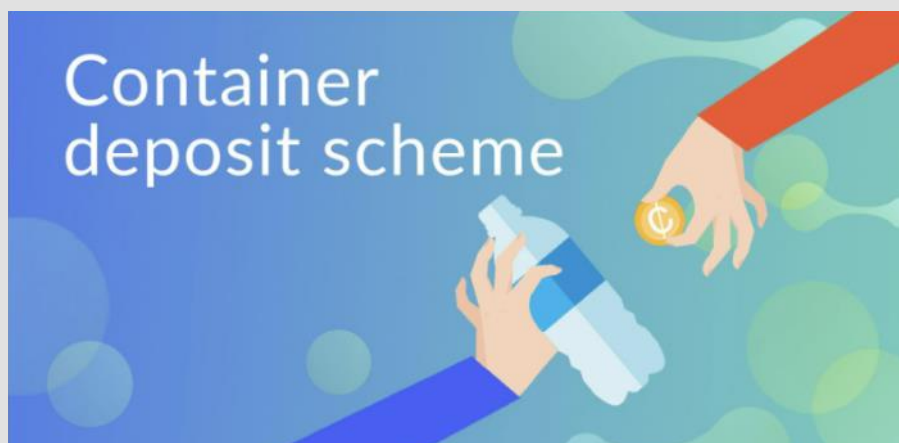
CDS  
VIC

### Container Deposit Fundraising Drive

As you all may be aware, the school has its own collection point to benefit from the Victorian Container Deposit Scheme where eligible bottles and containers can be recycled for 10c each. Our collection point at the school is located out the front next to our regular bins. Any donations of eligible bottles would be appreciated.

**What can I return?**- Most aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, we recycle them too.

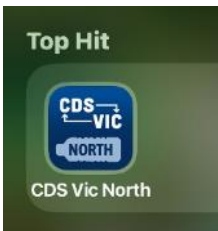
**Check for the 10c mark**- Look for the 10c mark on the drink container label. It is often located near the barcode.





Victoria's Container Deposit Scheme (CDS Vic) makes it easy for everyone to participate. All Victorians – including families, community groups, charities, multi unit dwellings and more – can bring their eligible beverage containers to a refund point, and receive 10 cents in exchange for it. This refund can be kept or donated to one of our donation partners.

CDS Vic operates on a partnership model, where VicReturn handle the financial operations, marketing and community education to maintain scheme integrity. Our other partners, the network operators TOMRA Cleanaway, VISY and Return-It, oversee the return points, refunds to customers and ensure proper recycling of the containers. The Victorian State Government regulates the scheme to ensure efficient operation.



1. Download & open the **CDS Vic North** app.
2. Tap the **Donations** button
3. Search for **Tarnagulla Primary School**
4. Many thanks for your donation!

