



# Eagle Point Primary School

# NEWSLETTER

Monday 5th September 2022

Dear Parents,

As Term 3 gallops to an end, we have a number of activities planned for the students. This week 16 of our grade 5 and 6 students are in Melbourne attending dress rehearsals for the Victorian State School Spectacular. There are 2 performances on Saturday, and I am really looking forward to seeing our students on stage. Congratulations to each of these students for their dedication to the team, you have worked hard, and the dances look great. I am very proud of you all. Thank you to Mrs Clarke and Mrs Langley who have worked tirelessly to get the students ready, organised the food, transport, helpers and costumes.

Our athletics team travelled to Howitt Park last week for the Divisional Athletics Carnival. Congratulations to Abbie Riley (800m), Mason Bailey (800m) and Ned Strong (shot put & discuss). These students have qualified for the Regional Athletics Carnival on Tuesday 11<sup>th</sup> October.

This Friday 9<sup>th</sup> Sept all students are invited to wear their pyjamas to school in support of children who in foster care. A gold coin donation will be collected on the day and this money will be donated to Gippsland Biggest PJ Day.

Good luck to our school gymkhana team who are competing on Friday at Bairnsdale Pony Club. Sienna Graham, Abby Kleinitz and Chelsea Perry will complete a variety of activities with their ponies. Good luck and have fun.

Have a wonderful week,

Anna Duncan

DAY	EVENT	INFORMATION
SEPTEMBER		
Fri 9th	PJ Day	Come dressed in PJ's suitable for a school day!! Gold coin donation to go towards Foster Care Day.
Fri 16th	Koby's Day & Finish Early	Koby's day (see info attached)
Thurs 15th	Light Horses	11:15am they are coming to EPPS
Fri 16th	Koby's Day & Finish Early	Koby's day (see info attached) School finishes at 2:30pm — no arvo bus
Fri 16th	Finish Early	2:30pm finish—there is no school

## ASSEMBLY

### ASSEMBLY

2:40PM

## TOONALOOK LUNCH ORDERS

### SUNDAY

Order online  
for Toonlook  
Café

### MONDAY

Toonlook Café  
Lunch Order Day

<http://cafetoonlook3880.square.site/>

## SUBWAY LUNCH ORDERS

### WEDNESDAY

Order online for  
Thursday  
Subway

### THURSDAY

Subway Lunch  
Order Day

<https://app.canteenhub.com.au/register-customer>

Junior School Council  
presents

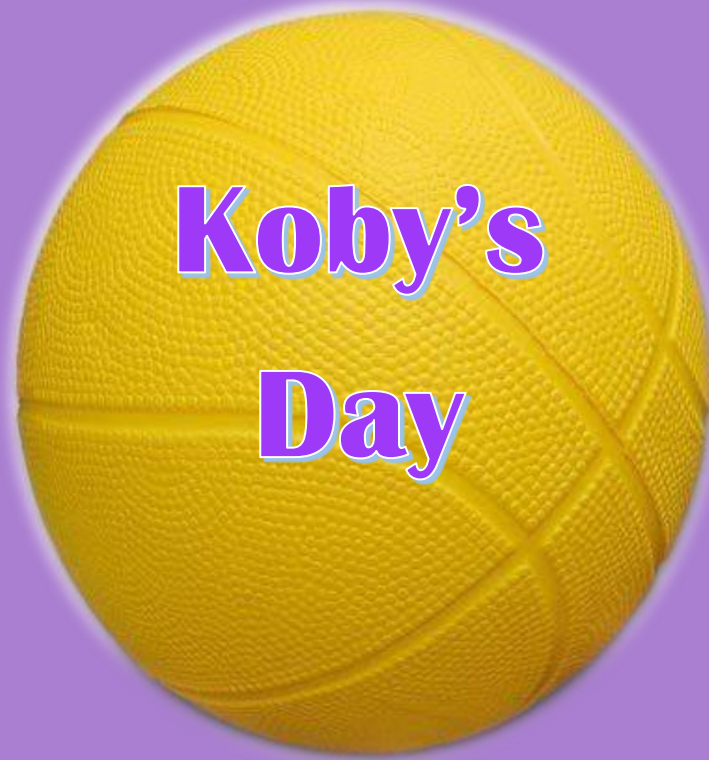
## Gippsland Biggest P.J. Day



**Friday September 9<sup>th</sup>**

Gold coin donation to come to school in your PJs.

Money raised will be supporting a better life for  
foster kids in out of home care



Join us to celebrate Koby's Day by wearing basketball gear or purple, yellow & white. There will be an order form sent out shortly for students who would like to have pizza on the day.





## Can we talk about what's happening online?

This month Triple P is supporting parents to help guide their children as they navigate the online world. How can we support our children in talking about what's happening in their world, whether online or face to face? How do we initiate positive, constructive conversations about online activity?

In September, we are providing the following **free** seminars for parents, grandparents, carers or anyone who might be interested in coming along.

DATE	TIME	LOCATION	SEMINAR TOPIC
15/09/2022	12 – 1:30PM	The Hub, 27 Dalmahoy Street, Bairnsdale, Victoria 3875	<b>Raising Resilient Children</b> – cyber safety focus
15/09/2022	6:30 – 8:30PM	The Hub, 27 Dalmahoy Street, Bairnsdale, Victoria 3875	<b>Fear Less</b> – support for coping with anxiety
20/09/2022	12 – 1:30PM	The Hub, 27 Dalmahoy Street, Bairnsdale, Victoria 3875	<b>Raising Resilient Children</b> – cyber safety focus
20/09/2022	6:30 – 8:30PM	The Hub, 27 Dalmahoy Street, Bairnsdale, Victoria 3875	<b>Fear Less</b> – support for coping with anxiety
22/09/2022	12 – 1:30PM	The Hub, 27 Dalmahoy Street, Bairnsdale, Victoria 3875	<b>Raising Resilient Children</b> – cyber safety focus
22/09/2022	6:30 – 8:00PM	The Hub, 27 Dalmahoy Street, Bairnsdale, Victoria 3875	<b>Raising Responsible Teenagers</b> – online wellbeing focus
28/09/2022	12 – 1:30PM	The Hub, 27 Dalmahoy Street, Bairnsdale, Victoria 3875	<b>Raising Resilient Children</b> – cyber safety focus
28/09/2022	6:30 – 8:00PM	The Hub, 27 Dalmahoy Street, Bairnsdale, Victoria 3875	<b>Raising Responsible Teenagers</b> – online wellbeing focus

For more information visit:

[Triple P Positive Parenting Victoria \(triplep-parenting.net.au\)](https://triplep-parenting.net.au)

Email: [vic@triplep.net](mailto:vic@triplep.net)

*Triple P is funded by the Victorian Department of Health to provide free support programs to parents and children within the Local Government areas of Alpine, East Gippsland, Wellington, Wangaratta, Mansfield and Towong.*



# Raising Resilient Children

with proven parenting strategies

## Free positive parenting seminar

Come along to a relaxed, informative 1 hour seminar (plus 30 minutes' question time). Packed with tips and ideas you can start using straight away to support children's resilience and life skills.

### TRIPLE P'S RAISING RESILIENT CHILDREN SEMINAR CAN HELP YOU:

- Raise happier, more confident, capable children
- Encourage healthy respectful relationships
- Get answers to common parenting questions and issues
- Be less stressed and enjoy parenting more!

The Triple P – Positive Parenting Program has already worked for hundreds of thousands of Australian families. We're all about making parenting and family life more positive. And now Triple P is FREE in our community!

## Raising Resilient Children Seminar

Date: Wednesday the 12th of October 2022

Time: 3.45pm - 5.15pm

Location: Eagle Point Primary School Library/ Room 8

Other: Afternoon Tea Provided



**BOOK YOUR FREE PLACE NOW AT**  
**[www.triplep-parenting.net](http://www.triplep-parenting.net)**

Scan for info and quick access to registration page – or just come along!

We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.

Do you have a disability and are looking to engage in fun and social activities?  
Are you interested in what Interchange Gippsland has to offer, but not sure how to get involved?

If you have a disability and live in the East Gippsland region, we welcome you to come and join in on one of our open days where you will explore a bunch of exciting activities. Snacks will be provided!

**\*Please note: Parent/carer supervision is required\***

Date	Time	Activity
Friday 19th August	3pm - 5pm	Science Activities
Friday 9th September	3pm - 5pm	Arty Party!
Friday 21st October	3pm - 5pm	Master Lego Competition
Friday 18th November	3pm - 5pm	Fun with Food!
Friday 16th December	3pm - 5pm	Christmas Party



Shops 13B & 14, 30 Howitt Avenue, Eastwood  
Shopping Centre 3875

1300 736 765

@InterchangeGippsland  
admin@icg.asn.au  
www.icg.asn.au



## COME AND TRY NOW



# Family

# Fun Day!



**...AND MORE!**

Thursday 22nd September 10am to 1pm  
Paynesville Neighbourhood Centre  
55 The Esplanade, Paynesville  
**FREE for the community!**

PLUS - purchase  
from the  
lunch sizzle and  
sausage sizzle  
support The Lions  
Club



For more information contact Paynesville Neighbourhood Centre  
on 5156 0214 or email info@pnc.vic.edu.au