

Taree West Public School

Teamwork Welfare Performance Scholarship

Wingham Road Taree NSW 2430

T 02 6552 1910 F 6551 0751 E tareewest-p.school@det.nsw.edu.au

Web www.tareewest-p.schools.nsw.edu.au



Term 2 – Week 6

Friday, 6 June 2025

WHAT'S ON

Monday	9 June	King's Birthday Public Holiday
Wednesday	11 June	PSSA Hunter touch trials
Friday	13 June	Yr 3-6 assembly
Tuesday	17 June	TWPS Athletics Carnival
Wednesday	18 June	Lower North Coast Dance Festival – Port Macquarie

Principal's News

Dear Parents and Carers,

Supporting children and young people following extreme weather events

Parents, Carers and Community members are invited to attend a webinar giving practical strategies to support school aged children who have been impacted by recent extreme weather events. Please see the attachments to the newsletter.

Incident outside of School

Yesterday afternoon, a student and a parent were involved in a traffic incident outside our school. Thankfully, both individuals were assessed at the hospital and have been released with only minor injuries.

Our thoughts are with them, and we are grateful that the situation was not more serious. However, we understand that such incidents can be distressing, especially for students who may have witnessed it. If any students witnessed the incident and feel they need additional support, we encourage you to reach out to the school. Please contact us at 6552 1910.

We also want to take this opportunity to remind everyone about the importance of road safety. Please see the information below.

Stay Safe on Our Roads: Important Tips for Pedestrian Safety

As we navigate our busy streets, it's crucial to prioritise safety for everyone, especially our students. Here are some essential tips for crossing roads safely and being mindful of pedestrian crossings and bus stops.

1. Use Pedestrian Crossings:

Pedestrian crossings are specifically designed to keep you safe while crossing roads. Always look for marked crossings and use them whenever they are available. Remember to:

- Stop and look both ways before stepping onto the road.
- Wait for vehicles to come to a complete stop before crossing.
- Make eye contact with drivers when possible to ensure they see you.

2. Be Aware of Your Surroundings:

Stay alert and avoid distractions while walking. This means putting away your phone and listening for traffic. If you're walking with friends, make sure to stay focused on your surroundings.

3. Do Not Park in Bus Stops:

Parking in bus stops can obstruct public transport and endanger pedestrians. Always ensure that vehicles are parked legally and do not block access to bus stops. This helps keep our roads safe for everyone, especially students who rely on public transport.

4. Educate and Share:

Parents and guardians, please take the time to discuss these safety tips with your children. Reinforcing safe practices at home can make a significant difference in their road safety awareness.

By working together to promote road safety, we can ensure a safer environment for everyone in our community. Let's all commit to being responsible pedestrians and drivers. Stay safe!

Back gate closure

The back gate in Bayview Crescent will remain closed until the area has dried out. We will place a message on Facebook when it is safe to reopen it.

P & C Meeting

Our next P&C Meeting is scheduled for Tuesday 17 June at 6pm in the school Library. All are welcome to attend.

Our School Facebook Page

Please find us and like us on our school Facebook page. We often share photos and information with our school community.

Donna Bensch
Principal

Class Awards

2/3T	Rubie U	Ikeam C	Hudson M	Elyana M
3/4H	Vedanshi K	Jack F	Saraya L	
3/4P	Allira C	Levi C	Lia J	
3/4S	Penny A	Sierra S	Elizah B	Lucas M
3/4T	Ava G	Oscar A	Vince S	
5/6A	Lucy T	Gabriella D	Maeshanti Mc	Jordan G
5/6C	Nathaniel T	Ella B	Ashleigh G	Brooklyn F
5/6G	Sophia J	Joel G	Laura K	Olivia M
5/6T	Marlee S	Huntah P	Kurtis J	

NSW Public Schools Student Survey

In Term 2, we are offering our students the opportunity to participate in the NSW Public Schools Student Survey. The survey gives students the chance to share their thoughts and feelings about life at school, including questions about their engagement, learning experiences and wellbeing at school.

Hearing directly from our students will help us understand what's working well and where improvements can be made to our school. The survey is confidential, takes around 10 to 15 minutes to complete, and will be conducted online during school hours.

Participation is voluntary. If you prefer your child not to participate, please complete the opt-out consent form, which has been sent home, and return it to the school. Further information about the survey is available at <https://education.nsw.gov.au/npss>

Chaplaincy Week

This week marks National Chaplaincy Week, a time to recognise and appreciate the invaluable role of school chaplains. It presents a wonderful opportunity for our school community to celebrate and support our dedicated chaplain.

Leonie Jones serves as our school chaplain and is an integral part of our support team. She provides a safe and welcoming space for all students, offering a listening ear and a compassionate presence. Leonie provides emotional support, helping students navigate personal or family challenges, friendship issues, bullying, depression, and more.

We would like to take this moment to acknowledge and express our gratitude for the exceptional work Leonie does within our school community.



Thank you Leonie for painting such a beautiful mural for our school.



Sport News

NSW PSSA 11 Years Rugby League Carnival

Congratulations to Reid in 5/6G who represented the Hunter region at the recent NSW PSSA 11 Years Rugby League carnival. Reid's team finished 6th overall in NSW. Reid was awarded the only coaches medal for best team contribution which is a great achievement. Well done Reid we are very proud of your efforts!



PSSA Girls Soccer

Congratulations to both Emma and Aurora who were both selected in the Manning Zone Girls soccer team. The girls will now head to the Hunter trials in Speers Point on 12th June. Well done girls!

**Community Advertisement**

**Leaders in Out of School Hours Care for
over 10 years.**

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a message for parents and carers

Mid North Coast NSW

As parents and carers, it is important to remember that disruption to school, activities, and routine can affect your child and young person's mood and wellbeing, as well as their ability to function at full capacity.

This also applies to us as parents or carers. Perhaps things that normally wouldn't bother you are now making you upset, angry, anxious, sad or frustrated.

These are common experiences at times like this and it's important that we remember other people might be feeling the same way.

Notice, Inquire and Provide

It is not unusual for you, your child or your young person to feel flat or a little less motivated. It is helpful to remember to **Notice** or pay attention to any changes in how we and/or our children and young people are.

You might **Notice** signs of reduced tolerance, fatigue, low mood, decreased motivation, changes to sleep, concentration or appetite.

It is important to check-in with yourself and your child and young person and to remember that changes to how you feel is usually a typical response to an unusual situation. Remember that what works for each of us is different.

Inquire and open a conversation with your child - ask about anything you've noticed or just how they are feeling.

Listen to their experience, try to make sure they feel heard and understood. Ask them how they are looking after themselves.

You might **Provide** support or gentle encouragement to reconnect with things that help them stay balanced and grounded. That might include reconnecting with people, exercising, resting, or taking time for things that are important.

Most importantly, remember that how you notice and look after yourself can be one of the most important ways you support your young person.

How to cope with the stress of natural disasters

It's common to need support after being in or witnessing flooding. There are specific things that are likely to be helpful for parents to know in the days and weeks following a natural disaster.

Tips for the initial days and weeks following a natural disaster:

During this time, it is important to encourage children and young people to do the things that make them feel physically and emotionally safe.

- Connecting with friends.
- Engaging in activities that can distract or are enjoyable.
- Taking breaks from talking or thinking about the disaster constantly.
- It's more important than usual to focus on eating and sleeping well.
- Staying active.
- Re-establish routines where possible.
- If needed, allow yourself dedicated time to have conversations about your worries with trusted people.

Tips for the shorter and longer term following a natural disaster:

- Acknowledge that it has been a tough time.
- It's OK to remind yourself that the events were out of your control.
- Be patient with yourself. It can take time to make sense of what happened. It's OK to need someone to remind you that you're safe.
- Small routines, activities or goals are important. Building momentum with small wins is more manageable than only focusing on the large tasks. This could be daily activities, like attending school, work, sports or catching up with friends. It could be planning your day and trying to stick to that.

Things your child and young person might experience after a natural disaster

People can respond in very different ways, which can also change over time. Some people might feel OK immediately after the disaster but become overwhelmed later.

After a natural disaster children, young people, and adults can sometimes experience:

- Procrastinating or neglecting responsibilities
- Risky behaviours – self harm
- Physical signs that sometimes occur with extended periods of anxiety such as aches and pains, stomach and bowel discomfort, dizziness and increased heart rate
- More frequent infections or sickness
- General moodiness, depressed feelings and irritability
- Difficulty relaxing
- Feeling overwhelmed with life
- Feeling lonely
- Difficulty concentrating and making decisions
- Feeling confused or 'foggy' with thinking
- Negative outlook on life
- Anxiety, worrying or racing thoughts
- Eating more or less
- Sleeping too much or too little
- Isolating themselves

Being aware of your child and young person's stress responses

Depending on your young person's experience, they may find that reminders of the event can trigger a spike in discomfort and anxiety.

Be aware of the triggers that remind them of how they felt during or after the disaster. This could include sounds, smells or images.

Seek support if you are worried about your child and young person

Parents and carers know their children and young people the best, so listen to your gut. Most people who experience traumatic events will recover and return to the routines and functioning they had.

Very strong emotions normally start to settle by about six weeks after the disaster. If you or your child and young person are having trouble with your emotions or usual daily activities, then consider seeking professional support.



If you are looking for mental health advice or support for anyone in your family contact NSW Health Mental Health Line on 1800 011 511. You can also find your nearest headspace centre, or for online and telephone support, visit headspace.org.au

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.



The Mental Health Education Program is a Schools Suicide Prevention Activity initiative. headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health and Aged Care.



Supporting children and young people following extreme weather events

Parents, Carers and Community members are invited to attend a webinar giving practical strategies to support school aged children who have been impacted by recent extreme weather events.

This will be a place to hear practical strategies and safely ask questions.

The session will cover:

- Understanding stress responses children and young people
- Practical tips and strategies over these holidays and into Term 3
- How to manage helpful conversations and promote good communication
- What to do if you are worried about your child or young person and seeking support

Proudly funded by



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

When

Monday, 23 June 2025
6.00pm - 6.30pm

Tuesday, 24 June 2025
6.00pm - 6.30pm

Monday, 30 June 2025
6.00pm - 6.30pm

Tuesday, 1 July 2025
6.00pm - 6.30pm

How to register

[Click here](#) or scan the QR Code below to register through Eventbrite.



Need more information?

Get in touch via email:

nswresponseandrecovery@headspace.org.au



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am–1am daily)
For webchat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Mental Health Line
1800 011 511



24/7 Mental Health Line
Offers professional help and advice and referrals to local mental health services

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (9pm–10pm daily)
qlife.org.au (online chat 3pm–12am daily)



13 92 76
13Yarn is a 24/7
Aboriginal &
Torres Strait Islander
crisis support line

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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