

Tailem Bend Primary School

Wednesday 22nd October 2025

Newsletter

Issue 16

Dear Parents, Caregivers and Community Members,

The excitement is building as we countdown the days until **next week's camp at Arbury Park Outdoor School!** Our students (and staff!!) are ready for a few days of adventure, learning, and fun in the beautiful Adelaide Hills.

Arbury Park provides the perfect setting for hands-on environmental learning — from exploring the natural surroundings to working together on outdoor challenges and team-building activities. It's a wonderful opportunity for students to build confidence, independence, and resilience, all while deepening friendships and creating memories that will last a lifetime.

Families will receive **final information over the next few days** with any last-minute details, including what to pack, departure and return times, and reminders about medication or special requirements. Please ensure all permission and medical forms have been returned so we can finalise preparations.

We're so excited to see our students take on new challenges, enjoy the great outdoors, and represent Tailem Bend Primary School with pride — **the countdown to Arbury Park is officially on!**

🌟 Congratulations! 🌟

A huge **congratulations to our Reception student, Amelia**, for being the **first student in the school to have her clip on "Me" for Term 4!**

What an amazing accomplishment — and on **Day 1 of the term** too! Amelia has shown fantastic positive behaviour, kindness, and respect, setting a wonderful example for others to follow.

Have a great week!
Travis



**1 Murray Street
TAILEM BEND
SA 5260**

Principal:
Mr Travis Schenke

Phone: 08 85723266

Email:
dl.0424.info@schools.sa.edu.au

Website:
www.tailembdps.sa.edu.au

Diary Dates

- 22/10 Choir Rehearsal MB, Choir performance, 7pm
- 27-30/10 Arbury Park Camp Yrs 3 - 6)
- 30-31/10 Arbury Park Camp JP Classes
- 13/11 Little Eagles, 9-10am
- 20/11 Little Eagles, 9-11am
- 1/12 SRC Hospital Visit
- 2/12 Year 6 High School Transition Day
- 3/12 Blue Light Disco 5 - 7pm. Xmas theme
- 10/12 School Concert
- 11/12 Yr 6 Graduation
- 12/12 Last Day Term 4

Wellbeing News

BREAKFAST CLUB

We wish to make parents/caregivers aware that there will be **NO BREAKFAST CLUB** next week (27th-31st October) due to our whole school being on camp.

Here are some tasty breakfast ideas to ensure a healthy breakfast:

Baked beans

The humble baked bean is full of fibre, protein and antioxidants that can help lower the risk of high cholesterol, heart disease and diabetes. Choose low-salt baked beans and have them with two slices of wholegrain toast.

Go green

Whip up a green omelette using eggs, asparagus, leeks and peas. Green vegetables are an excellent source of folate, vitamin C, non-haem iron and phytonutrients that boost your immune system. Phytonutrients may also lower the risk of eye disease and keep your blood vessels healthy.

Mighty mushrooms

These fantastic fungi can be sauteed with tomato and spinach, and enjoyed with eggs and wholegrain toast. They contain vitamin B, vitamins that are good for heart health, the digestive system and for a healthy complexion. Mushrooms can also be a good source of vitamin D which helps absorb other nutrients to support our bones and help with nerve and muscle function.

Avocado

Smashed avocado has become very popular and is a great source of healthy monounsaturated fat and vitamin E. Avocados also contain more soluble fibre than fruit and contain useful minerals like copper, iron and potassium. These minerals help with healthy kidney, heart and muscle function. Because of a fat content that is digested slowly, avocado at breakfast will make you feel fuller for longer.

Something smooth

If you like smoothies, why not add a large handful of spinach leaves to a morning banana smoothie. Or try some other fruit and vegetable combinations according to your personal taste. Try watermelon with raspberries, beetroot and mint or enjoy the sharpness of orange, celery, spinach or warming fresh ginger. Mix up the colours and you will be filling up on different vitamins and minerals.

Berries

Porridge is already a nutritious choice and you can ramp up the goodness even more by adding in-season berries. Fresh or frozen berries are a good choice as they are full of antioxidants, vitamins, and minerals, such as vitamin C. Mix things up at breakfast time by switching porridge for yoghurt with berries.

Toast toppers

There's nothing simpler than wholegrain toast and adding extra goodness with a tasty topping. Spread some butter containing nuts and top with a sliced banana – nuts contain healthy fats and protein as well as zinc, magnesium and phosphorous, which are good for a strong immune system, strong bones and energy. Bananas contain prebiotics that feed our gut bacteria and are important for the health of our bowel.

Student Reminder -

We would like to remind all parents/caregivers that make up and plastic stick on/acrylic nails are not a part of our school uniform and are inappropriate for primary school. Thank you for your support with this.

Dani Schubert,
Wellbeing Coordinator





PARENT CHILD MOTHER GOOSE

FREE SESSIONS

CUDDLE... COMMUNICATE... CONNECT...
USING SONGS, RHYMES AND STORIES TO SUPPORT
CONNECTION BETWEEN CHILD AND PARENT

TERM 4 2025
13TH OCTOBER - 12TH DECEMBER



Tuesday's

9:30am
MANNUM

Mannum Leisure Centre -
Senior Citizen Room
Intergenerational
Aminya village
TO BE CONFIRMED

Wednesday's

11am
MENINGIE

Meningie
Kindergarten
Intergenerational
Jallarah Homes
10am 22nd October

Thursday's

9.30am
TAILEM BEND

Tailem Bend Primary
School Community Library
Intergenerational
Tailem Bend Hospital
9:30am 23rd October

Intergenerational sessions ~ Insightful speakers ~ Supportive environment

CAFHS NURSE VISIT

Include: Weights - Measurements - Informal discussions - Entries into Blue Book

CAFHS Nurse Visit
4th November

CAFHS Nurse Visit
12th November

CAFHS Nurse Visit
13th November



For children aged 0-5yrs and their parent/caregiver

Bookings appreciated
Scan QR code or go to:
<https://www.trybooking.com/CYNCM>





FOR FURTHER INFORMATION CONTACT

Communities for Children Team
Tailem Bend Community Centre
141 Railway Tce Tailem Bend
P: 8572 3513 E: c4cadmin@tbcc.org.au W: www.tbcc.org.au

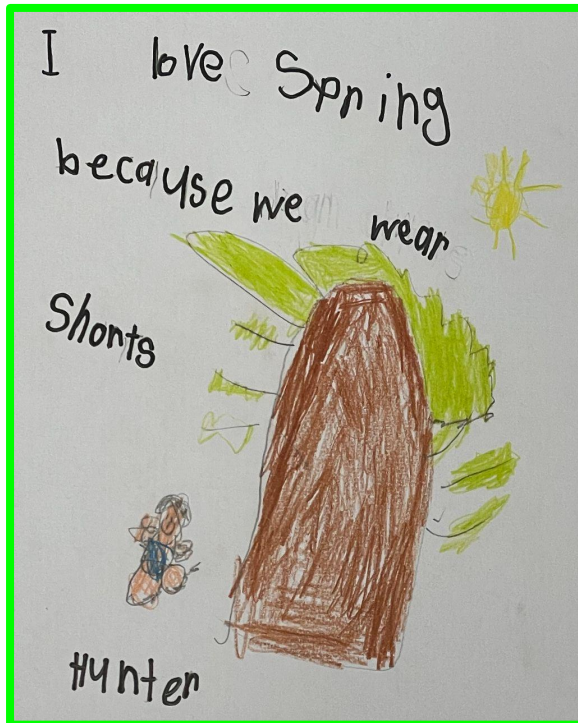
Funded by Australian Government Department of Social Services and delivered by Tailem Bend Community Centre

Reception Class

Spring

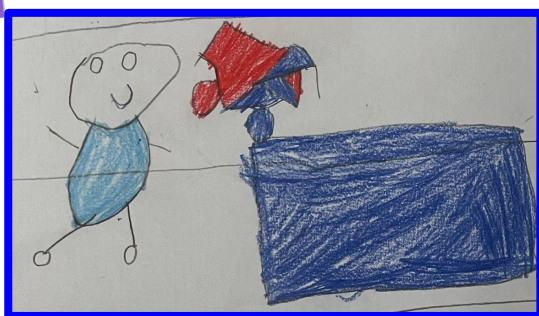
Sentences and Pictures

In Spring ^{Emersyn} butterflies flowers are out.





I love Spring
because the
snakes come out.
Willow

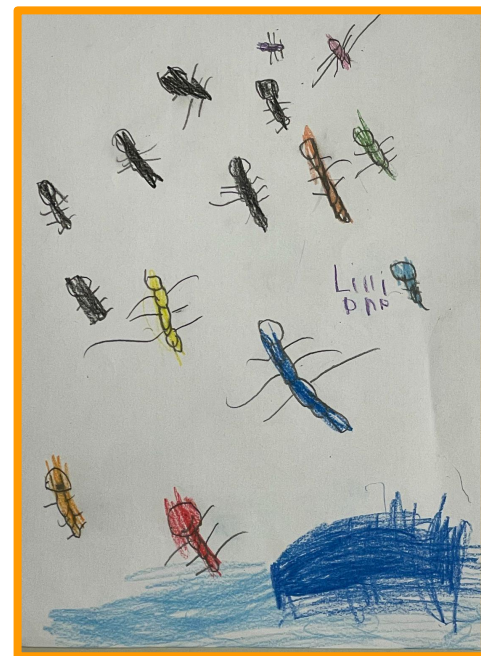


I love Spring because I can
ride my bike. Cooper

I went to the zoo
and we saw koalas
In Spring.
Aylarrah



I love Spring
because I
can rake the
garden.
Bowie

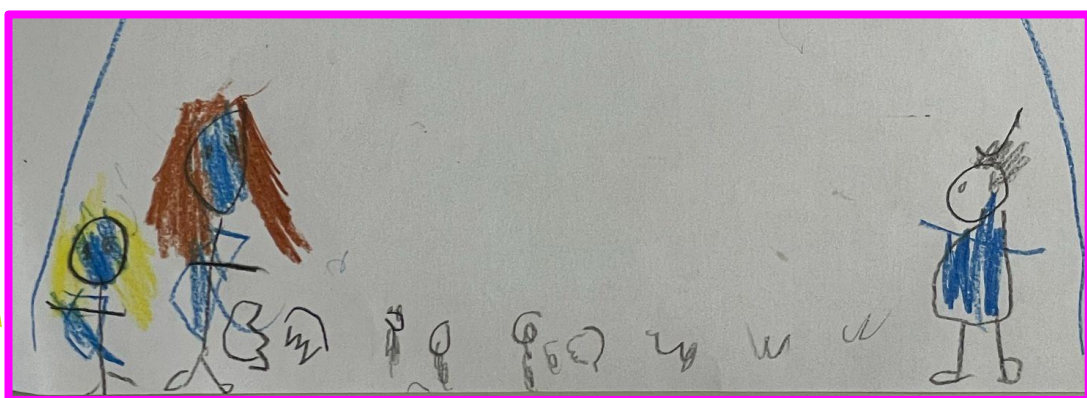
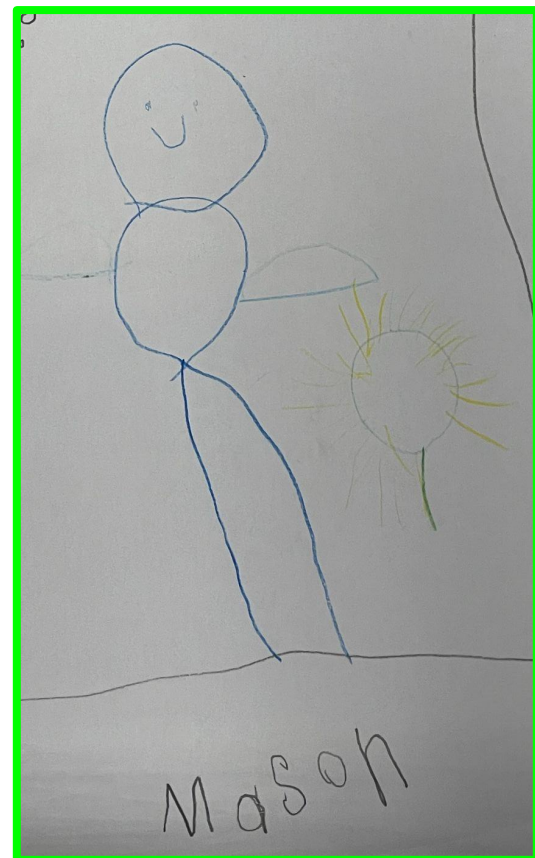


In Spring ants come out.
Lilliana

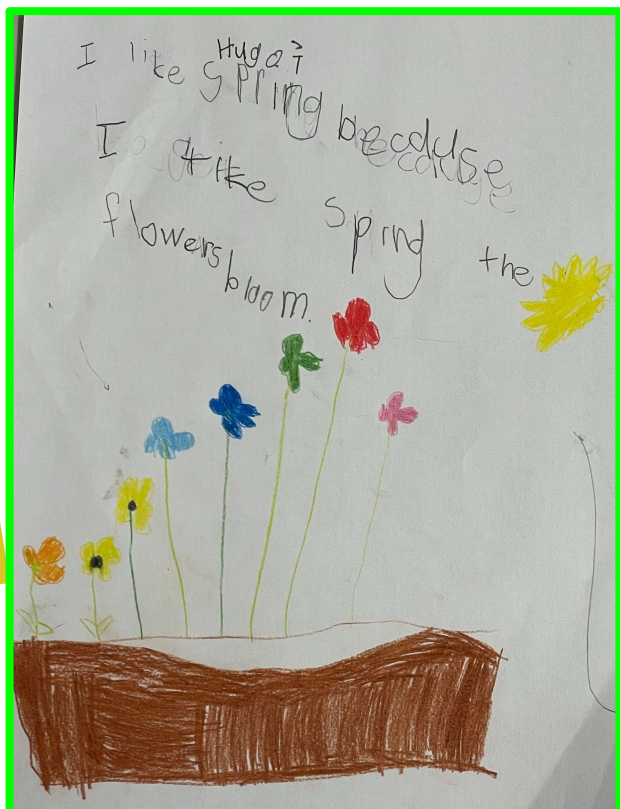
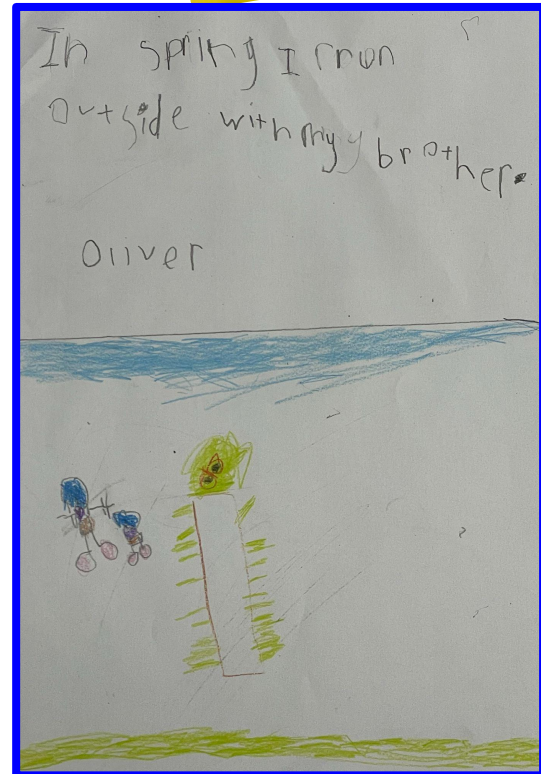
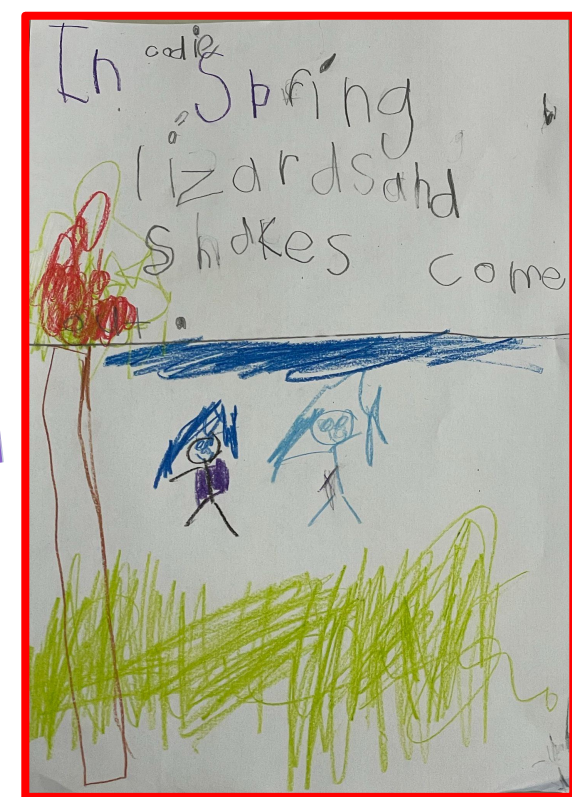


I love Spring because snakes come out. Annabelle

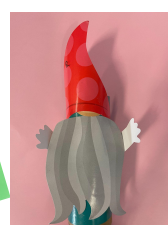
I love Spring because I can pick flowers at school every day.
Mason



In Spring we saw baby birds eggs cracked on the ground. Grace

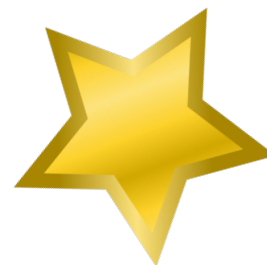


The Reception class have been learning about Spring. We made Spring critters using cardboard rolls. Teams worked together with their materials to make their critters. It was lovely seeing the team work, positive communication and support given to each other.





Week 1 (Term 4) Class Awards



Year 6 Mrs Richter

Sienna

For showing respect for teaching and learning by always completing her work to a high standard.

Year 4/5 Ms Reeves

Jasmine

Teaching and Learning: For always having a positive attitude, contributing to discussions and demonstrating good leadership.



Year 3/4 Mrs Schutz

Mason

For showing respect for teaching and learning by working so hard at Phonics and trying his best to work independently.

Year 2/3 Miss Trembath

Leo

For Teaching and Learning: by showing persistence and independence when working through his "how much wool?" problem solving task in maths.



Year 1/2 Mrs Kluske and Mrs Bruce

Kayce

Teaching and Learning: For stretching her thinking during our Maths lesson on teen numbers. An amazing effort Kayce!



Reception Mrs Paech

Hugo

Respect for teaching and learning - Showing his ability to share equally in maths this week.



Congratulations!

Community News



ENROL IN VACSWIM TODAY!

AFFORDABLE, FUN AND ESSENTIAL WATER SAFETY LESSONS FOR KIDS AGED 3 TO 12 YEARS!

VACSWIMSA.COM.AU

Government of South Australia
Office for Recreation, Sport and Racing
South Australia



VACSWIM
WATER AWARENESS - WATER SAFETY - WATER CONFIDENCE - WATER SKILLS - WATER FUN!

Government of South Australia
Office for Recreation, Sport and Racing
South Australia

OVER 60 YEARS OF FUN FILLED WATER SAFETY EDUCATION
VACSWIMSA.COM.AU

“Book now – thank yourself later! 

VACSWIM is coming to Tailem Bend Primary School this summer! We know how holiday chaos creeps up – summer plans can slip away before you know it. Don't let water safety fall off the list.

Spots are limited – secure your child's place before it's too late!

Plan ahead for a safe, fun, and unforgettable summer. Learn more and enrol here: www.vacswimsa.com.au”



POLICE AND COMMUNITY FORUM

PARTICIPATE IN THE FORUM
SAPOL and other community-based services will present on issues relating to illicit drug use in the community.

DRUGS
Break the chain to build the future

- Hear about illicit drugs and how the use of drugs is impacting on the local community and how you can help reduce its impact.
- Find out what services and supports are available for those affected – from addicts, friends, family or professionals.
- Learn about the dangers associated with the drug and how easily addiction occurs.

While questions will be taken from the audience on the night, community members can send in questions prior to the evening which will then be addressed on the night.

Questions can be lodged by email to:
sapolmurraymalleecrimeprevention@police.sa.gov.au

WHEN: Wednesday, 29 October 2025
WHERE: Unity College Steeple, Owl Drive, MURRAY BRIDGE
TIME: 6.00 pm – 8.00 pm (doors open at 5.30 pm)

GUEST SPEAKERS

- Detective Chief Inspector Mark HUBBARD – Officer in Charge, Drug and Organised Crime Task Force
- Dr Victoria COCK – Addiction medication specialist physician, Drug and Alcohol Services SA
- Dr Bronwyn GORDON – Drug and Alcohol Services SA
- Aimee McKAY – Uniting Communities

SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES

Government of South Australia

PLANNED ABSENCE NOTIFICATION TO TALEM BEND PRIMARY SCHOOL

STUDENT NAME:- _____ YEAR LEVEL:- _____

TEACHER NAME:- _____

The above named student will be absent from school on:

_____ (please list date/s)

Reason:- _____

Signed:- _____ (Parent/Caregiver)

Please send this notification in with your child to give to their classroom teacher

Please also note that extended leave needs approval by the Principal Travis Schenke with an exemption form

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