



Trawalla Primary School NEWSLETTER

Respect, Good Choices, High Expectations

Principal: Kate Morcombe
School Council President: Kylie Palmer

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Email: trawalla.ps@education.vic.gov.au

Web: www.trawallaps.vic.edu.au

11 Trawalla Rd, Trawalla, Vic 3373

Issue No. 12

Tuesday April 28th, 2026

Dates to remember:

APRIL

Wed April 29th Miss Cara & Miss Van online PD - Mrs Harley CRT

Thu April 30th Athletics Sports Day

MAY

Fri May 1st Gymnastics 1pm - 2pm

Mon May 4th Cluster Day at Natte Yallock PS

Tue May 5th Mothers' Day Stall

Fri May 8th MARC Van

Fri May 8th Gymnastics 1pm - 2pm

Mon May 11th Kate away - Cluster PLC meeting

Wed May 13th Year 5 & 6 GRIP Leadership Conference

Thu May 14th Kate away - Network meeting

Fri May 15th Gymnastics 1pm - 2pm

Mon May 18th Cluster Day at Natte Yallock PS

Wed May 20th *Proposed* JSC Maths Fun Day: Powered by Pizza

Fri May 22nd MARC Van

Fri May 22nd Gymnastics 1pm - 2pm

Tue May 26th School Council 7pm

ANZAC DAY



Thank you to the Trawalla students and families who were able to attend the ANZAC Day march and service on Saturday. Students marched from the RSL Hall to the Cenotaph for the ANZAC service and wreath laying. Tom and Tanner laid the Trawalla PS wreath which had been made by our students during Art.



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Cluster Days

This Monday 4th May, we have our first Cluster Day for Term 2. We will venture to Natte Yallock PS by bus, leaving school at 8.30am and returning by 3.30pm. Please remember to wear runners for PE and bring a coat, packed lunch, snacks and drink bottle.

It is a dress up day, the theme is "May the Fourth be with you!" to recognise Star Wars day. Staff have stormtrooper masks for the students to wear. If students want, they can:

- dress in white and/or black clothes to be a stormtrooper. (we provide the mask)
- dress up in own space themed costume
- come in school uniform

Gymnastics

Gymnastics commenced last Friday at the Ballarat Aquatic and Lifestyle Centre and was a great success. Students had lots of fun! Sessions will continue each Friday from 1.00 pm to 2.00 pm continuing through until Friday 19th June. We will leave school at 12.20pm and travel by Avis bus. Please note that there will be no session on Friday 5th June, as this is a Pupil Free Day.

Jump Rope for Heart

Our students are participating in Jump Rope for Heart this term. A letter was sent home with last week's newsletter. Speak to Miss Cara if you have any questions.

School Council

Our next School Council meeting will be held on Tuesday 26th May, 7pm at Trawalla Primary School.

Scholastic Book Club - Issue 3 2026

Issue 3 Book Club catalogues were attached to last week's newsletter. Orders are to be completed online by Wednesday 6th May.

PFA Mothers' Day Stall

PFA will be holding our Mothers' Day Stall on Tuesday 5th May at 3pm. Students are to bring \$5 prior to the day to cover their purchase.

Athletics Sports THIS WEEK!

Trawalla Primary School students will compete in athletics against Waubra and Mount Blowhard Primary Schools on Thursday 30th April. The event is held at Llanberris Athletics Reserve, at 11 York St, Golden Point (Ballarat).

Students will need to be at the venue by 8.45am and sit in the designated Trawalla PS area. Trawalla PS sports polo shirts will be provided to students on the day.

The canteen will be open throughout the day.

All students are to be taken to the venue by their parents and can be taken home at the conclusion of their events.

Sent home with last week's newsletter was a timetable of events and canteen menu. Please let Kate know if you need another copy.

GRIP Leadership Conference - Year 5/6 Students

Wednesday 13th May, our Year 5/6 students will be attending the GRIP Student Leadership Conference at Fed Uni, Mount Helen. This is a unique conference with topics and content that focus on what students can do as a School Leader.

Proposed - JSC Maths Fun Day: Powered by Pizza

In lieu of our annual JSC Casserole and Games night, we are potentially holding a JSC Maths Fun Day: Powered by Pizza on Wednesday 20th May from 3.30pm to 5.00pm. More information to come.

MARC Van

The next MARC Van session with Mr Morgan will be next Friday 8th May, from 9am to 12.15pm.



Trawalla Primary School Policies

A reminder that Trawalla Primary School and DET policies can be viewed on our website – <https://www.trawallaps.vic.edu.au/policies-and-forms>



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Term 2, 2026 Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2 27/04/26 to 01/05/26			Miss Cara & Miss Van online PD - Mrs Harley CRT	Athletics Sports Day at Llanberris	Gymnastics 1pm - 2pm
Week 3 04/05/26 to 08/05/26	Cluster Day at Natte Yallock	Mothers' Day Stall			MARC Van 9.00am - 12.30pm Gymnastics 1pm - 2pm
Week 4 11/05/26 to 15/05/26	Kate away - Cluster PLC meeting		Year 5&6 GRIP Leadership Conference - Fed Uni	Kate away - Network meeting	Gymnastics 1pm - 2pm
Week 5 18/05/26 to 22/05/26	Cluster Day at Natte Yallock		<i>Proposed</i> JSC Maths Fun Day: Powered by Pizza 3.30am to 5pm (More information to be provided)		MARC Van 9.00am - 12.30pm Gymnastics 1pm - 2pm
Week 6 25/05/26 to 29/05/26		School Council 7pm		Kate away - Principal Conference	Gymnastics 1pm - 2pm Kate away - Principal Conference Miss Van CRT
Week 7 01/06/26 to 05/06/26	Cluster Day at Natte Yallock				Pupil Free Day
Week 8 08/06/26 to 12/06/26	King's Birthday Public Holiday				Gymnastics 1pm - 2pm
Week 9 15/06/26 to 19/06/26		School Council 7pm			MARC Van 9.00am - 12.30pm Gymnastics 1pm - 2pm
Week 10 22/06/26 to 26/06/26	Elephant Ed Puberty session yr 5&6				Last day of Term 2 2.30pm dismissal





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GYMNASTICS 24.4.26



COMMUNITY INFORMATION

Simple Movement Tips



Move Every Hour
Set a timer to stand, stretch, or walk for 1-2 minutes each hour. Long sitting blocks are tougher on your body than you think.



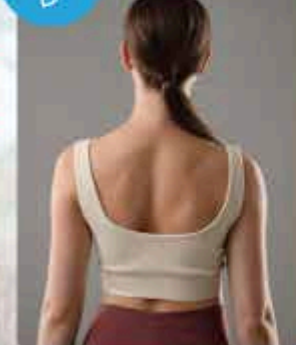
Make movement habit
Pair movement with things you already do, like stretching while brushing your teeth or doing a few squats before sitting down.



Walk
Aim to add small walks after meals, during calls, or even pacing while thinking. It adds up fast.



Keep it Low Effort
You don't need intensity every day. Regular, easy movement beats occasional hard workouts.



Focus on Posture
Every so often, straighten your back, relax your shoulders, and align your neck.



Stretch
Stretch a little each day, even 2-3 minutes helps.

Why?

Simple daily movement keeps your body functioning well, helps your muscles, joints, and circulation stay active which reduces stiffness and aches. It also has a positive impact on mood and emotional wellbeing.



Beaufort and Skipton Health Service offer a range of services to support your health and wellbeing. For more information visit our website.

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