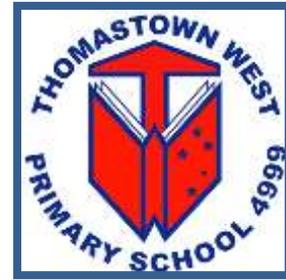


Thomastown West Primary School



NEWSLETTER

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NEWSLETTER NO. 11

FROM THE PRINCIPAL:

It was great to see so many mothers at the special afternoon tea yesterday in the Prep and Year 1/2 rooms. Thank you to all the Prep - Yr 2 students and teachers for organizing the event.

The Mother's Day stall has been a huge success this week. Mothers can expect some terrific presents on Sunday and I hope every mother has a terrific day.

NAPLAN

Next week the National testing begins for all Year 3 and 5 students. Every student in Australia will sit these tests which are treated like formal exams. Our staff have been preparing students for these tests which will commence on Tuesday May 10th in the morning (English Grammar and Writing), Wednesday May 11th (Reading) and Thursday May 12th (Maths).

It is very important that children are present at school for these tests (unless there is a very good reason not to be at school).

Our school receives the tests from the Victorian Curriculum and Assessment Authority (VCAA) Once completed, the test are sent to the VCAA for marking. We receive the results in August.

If your child is worried about the tests, they can talk to one of our Wellbeing Team or myself.

PICKING UP STUDENTS

Over the last week we have noticed a number of students who have remained at school until nearly 4pm waiting for parents. Our office staff have attempted to contact parents and family members are not answering phones.

FRIDAY 6TH MAY 2016

Our staff are on duty after school until 3:30pm. After that time, we cannot supervise students as our staff have a number of meetings after school. I understand the occasional time where circumstances may delay a parent and there are parents who contact the school first to let us know. It is concerning to see a number of students left out the front of school waiting for a long time for a parent or guardian to arrive.

Parents must also be clear in communicating with children regarding after school activities such as Sports Training or Homework clubs. We have had a couple of cases this week where parents assumed children were at after school activities but the child has walked home. It is disturbing to see parents panic when they cannot find their child after school.

Thomastown West runs an excellent After School Care program at school. Children can stay a short period of time or until 6:15 at night. Rates are reasonable. Please speak to the office staff for more details.

Have a great weekend and Happy Mother's Day to all the mums

Leon Bell
Principal

“Every accomplishment starts with the decision to try.” Anon



STAR OF THE WEEK

BELOW ARE STARS OF THE WEEK FOR WEEKS 3 AND 4. CONGRATULATIONS TO ALL

Prep	Room 2	Fatma Abdalla	Grade 3/4	Room 16	Tiarna Barnes
Prep	Room 3	Bissan Faraj	Grade 3/4	Room 17	Ella Johnson, Peng Guo
Grade 1	Room 4	Masoud Haybe	Grade 3/4	Room 18	Chen Chen Li
Grade 1	Room 6	Lucas & Vae	Grade 3/4	Room 19	Haider & Abelmizriam
Grade 2	Room 1	Ridda Al-Juboory	Grade 3/4	Room 20	Janesh Rohan
Grade 2	Room 5	Daniel Osman	Grade 5/6	Room 9	Bareq Abdul Kadom
			Grade 5/6	Room 10	Kat and Hoda
Specialist (Music)		Rihana Elmasri	Grade 5/6	Room 12	Ilaister Teroi

It is not OK to be away...or to be late to school!

BREAKFAST CLUB



A reminder to everyone that Breakfast Club is continuing to run in 2016. Breakfast Club runs between 8am-8.30am in the Multi-purpose room where students are able to receive a FREE breakfast. Breakfast is the most important meal of the day, so make sure your children have always had breakfast before the come to school or send them to breakfast club!

Cup of Life

The Cup of Life for last week was a draw between our 2 prep grades! This is the third week in a row that the Preps have won! Magnificent job everyone from Prep. Keep up the good work!

They are now in running for the end of term prize, which includes a free subway lunch and out of uniform day. The end of term winner will be announced next week!

Keep up the good work everyone and remind your friends and family the importance of attending school everyday.

Remember, Everyday counts...

NAPLAN

With NAPLAN coming up soon for our Grade 3 and 5 students check out this great article from Andrew Fuller;

Let's start by letting you know what NAPLAN is not. It is not a measure of how intelligent you are. It is not a measure of what you are capable of. Your results on NAPLAN don't effect if you pass the year or not.

I could tell you as a psychologist that your results on NAPLAN aren't worth worrying about, but I'm not sure you are going to believe me. So if you have ever felt butterflies in your stomach or a headache whenever you think of a coming test or NAPLAN, the ideas in this paper are for you.

Everybody gets stressed. Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed.

That means everyone has to learn how to cope with these feelings. It is not just you!

Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache – these aren't nice feelings to have.

Get Stressed

The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain.

Stress feels yucky but it is actually your body's way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and nonessential services like your digestion slow \ down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving

you up and helping you to perform at your best, will help you to keep these feelings in perspective.

Write Out Your Worries The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, “What would happen if I fail this test?” (Even though you can’t fail NAPLAN). Then write out an answer to the next question, “If I did fail what would happen then?” Read your written answers aloud to yourself.

Even if doing well is really, really important to you, knowing your fears will calm you. Answering the question, “If I did fail, what would happen then?” helps you to make a back up plan.

Chew Something.

Ok you’ve done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test.

Some jellybeans or fruit would be ideal.

Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can’t completely control. Eating or chewing on something sends a

signal to your body that says, “Well, if I’m chewing something I can’t be in total danger, so relax a bit.”

Focus on now.

Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future.

The past is no longer with you and the future hasn’t happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong.

Doing well on a test or exam means you need to focus on the question in front of you now. Keep

reminding yourself, “What do I need to do right now?”

Build Momentum

Answer a question that feels easy first off in a test or exam to build up your confidence.

Breathe Out – S L O W L Y When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, “one thousand, two thousand, three thousand”, you will start to feel calmer.

Stand tall walk proud

Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity’s latest upgrade- the most intelligent brain in all of history.

But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones.

Look after yourself Breakfast- eat “brain food” the morning before. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs.

Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration.

Sleep well- try to get a good night’s sleep the night before. If you are feeling really worried, set an alarm so you can wake up early and feel awake and eady .

Make yourself smarter

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety.

If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

Keep Calm and Carry On

You have many, many skills that will NOT be assessed by NAPLAN. Tests and exams are important, but they are not the big predictors of life success.

Do your best and prepare as well as you can but don't make the mistake of thinking that your score on NAPLAN is a measure of your intelligence or predicts your future.

Take care, Tim Brown



Hi Everyone,



**Playgroup – FREE TO EVERYONE –
Thursdays, 10 am & Fridays at 9 am in the
HUB at the school** The children enjoy free play, story and music time. PLEASE COME ALONG WITH YOUR BABY OR TODDLER OR PRE-SCHOOL CHILD AND JOIN IN!



I would like to wish all Mothers and Grandmothers a special day on Sunday!

Here a couple of poems – I hope they bring a smile to your face!

What is a Mother?

A mother is someone to shelter and guide us,
To love us, whatever we do,
With a warm understanding and infinite patience,
And wonderful gentleness, too.

How often a mother means swift reassurance
In soothing our small, childish fears,
How tenderly mothers watch over their children
And treasure them all through the years.

The hearth of a mother is full of forgiveness
For any mistake, big or small,
And generous always in helping her family
Whose needs she has placed above all.

A mother can utter a word of compassion
And make all our cares fall away,
She can brighten a home with the sound of her
laughter
And make life delightful and gay.

A mother possesses incredible wisdom
And wonderful insight and skill-
In each human heart is that one special corner
Which only a mother can fill!

Author: Katherine Nelson Davis

My Mum is an Alien

by COLLETTE SAW

**I THINK MY MUM IS AN ALIEN,
NO REALLY , HONESTLY, IT'S TRUE,
SHE SAYS SHE HAS EYES IN THE BACK
OF HER HEAD,
WELL THAT'S A FLIPPIN' BIG CLUE.**

**SHE MAY BE TELE PATHETIC AS WELL,
'COS SHE ALWAYS KNOWS WHEN WE
LIE,
AND SOMETIMES WHEN SHE'S IN A
TERRIBLE RUSH,
SHE SAYS THAT ' SHE'LL JUST HAVE TO
FLY'.**

**I THINK SHE PROBABLY HAS SUPER
POWERS
WITH X-RAY VISION TOO,
SHE SAYS SHE DOES THE WORK OF TEN
MEN EACH DAY,
AND TELLS DAD, ' I CAN SEE RIGHT
THRU' YOU' .**

**I THINK HER WEAKNESS IS DIRT AND
GERMS,
SHE'S ALWAYS CLEANING UP AFTER
US,
AND SHE MAKES US WEAR CLEAN
UNDIES EVERYDAY,
'JUST IN CASE' WE MIGHT GET.. ' HIT
BY A BUS'**

**AND WHEN SHE TUCKS US UP IN BED AT
NIGHT,
SHE USES HER POWERS OF HYPNOSIS,
TO MAKE US FEEL LIKE TIRED LITTLE
SLEEPYHEADS,
I THINK MY MUM IS THE MOSTEST.**

To those of you whose mothers/grandmothers are no longer with you, I trust the day will bring back some precious memories.



If I can help you and your family in anyway, please contact the office.

Robyn Mulholland (Student Wellbeing Team)

DIARY DATES

Sunday 8th May	Mothers Day 
Tues 10th – Thurs 12th	Naplan Testing grades 3 and 5
Mon 16th – Wed 18th	Doxa City Camp Grade ¾ students
Wed 18th May	Lalor District Cross Country Carnival
Friday 20th May	Prep excursion to the Aquarium and Fitzroy gardens

Program Information

This term we are focusing on using manners and being polite. We are also bringing back cooking club which will be held once a week. We began this week, and the children enjoyed making delicious chewy Anzac biscuits.

We have commemorated the many soldiers past and present all week by having many Anzac based activities. We made poppy wreaths, wattle badges and introduced a new game called 'No man's Land' which the children enjoyed immensely.

The children have also enjoyed a sport themed week, where all activities were based on a sporting activity. We played soccer, 1,2,3 basketball, handball accuracy challenge and volleyball. We also made paper AFL footballs with laces and stress balls.

We look forward to another amazing fortnight with many more fun activities.

Our program aims to provide quality childcare in a safe, fun and friendly environment. Our programs are designed with working families in mind, ensuring that they can continue in their work environment without concerns about the safety and care of their children.



OSHCLUB VALUES: Safety, Fun, Integrity, Caring, Education and Accountability



AFTER CARE NEWS

Photo Gallery



**COMMEMORATING THE
ANZACS**

SPORTS WEEK

Oshclub's preferred method of payment, bookings and cancellations is online and all queries can be made at www.oshclub.com.au

Last minute bookings can be made by leaving a voice message or text on the Oshclub mobile, 0407 372056. This however incurs a late booking fee.

Should you have any concerns please feel free to speak to Desiree, Carmen or contact Head Office.

Parent Information

OSHC program phone: 0407 372056
Coordinator: Desiree Bustos
Assistant: Carmen Bellofiore
OSHClub Head Office: 03 85649000

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account.

For on the day bookings please contact the Coordinator direct at the program.

Regards,

TWPS OSHClub Staff



REGISTER NOW!
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\$25 PRIVATE LESSONS
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PIANO / KEYBOARD
VOICE
VIOLIN / CELLO
HARMONICA
DRUMS / PERCUSSION
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