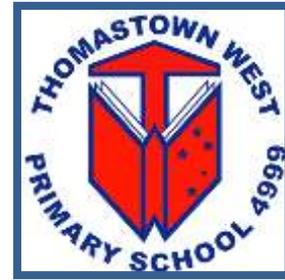


Thomastown West Primary School



NEWSLETTER

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NEWSLETTER NO. 13

FROM THE PRINCIPAL:

Another big week at Thomastown West. This week I visited our Year 4 students at camp in the city. They had a great time exploring Melbourne. They were very tired as there was a lot of walking!

Family Maths Night

It was fantastic to see so many parents at the P-2 Family Maths night. There was a lot of fun with children and parents playing maths games. I think there is still a paper airplane stuck near the louvres over the Prep room!

These nights are to show families how we make maths interesting for our students and how families can encourage children to learn maths at home through fun activities.

I would like to thank the teachers in Prep, Grade 1 and 2 for all your work in preparing and on the actual night.

If you would like any ideas on fun maths activities you can do at home, please speak to any of our staff.

Sickness

This week, we have sent a number of students home due to gastro-like symptoms. We have soap and water at school and we will continue to encourage students to wash their hands to stop the spread of germs.

I encourage parents to take care and encourage children in basic hygiene to stop the spread of sickness.

FRIDAY 20TH MAY 2016

Staff changes

This week we said goodbye to Mrs. Alicia Bartholomew as she begins leave and prepares for the arrival of her new baby. Her leave is a little earlier than planned and we are in the process of organizing her replacement. We will announce the replacement in a couple of weeks as we go through the official process.

Community Forum

You may recall that I recently went to the USA at the start of term to work with Dr. George Otero who is in charge of the Relational Learning Centre.

Dr. Otero is coming to visit Thomastown West next Thursday May 26th and would love to meet some parents and have a discussion about our school. If you would like to be a part of the forum, please let me know or come at 9am.

Evacuation Practice

Next Monday (weather permitting) our school will have an off-site emergency evacuation practice. The Department of Education require all schools to have various emergency drills every year. All children will be evacuated off site for a short period of time.

Let's hope we never have to have a real off site evacuation.

Have a great week everyone,

Leon Bell
Principal

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing.”- Pele



STAR OF THE WEEK

Prep	Room 2	Leanne Guo	Grade 3/4	Room 17	Mohammad Nesari
Prep	Room 3	Husni Abdi	Grade 3/4	Room 18	Cedra Ali
Grade 1	Room 4	Mehrad Noori	Grade 3/4	Room 19	Bassima Tiba
Grade 1	Room 6	Leon & Lovelle	Grade 5/6	Room 9	Nicholas & Sofia
Grade 2	Room 1	Safia Moussa	Grade 5/6	Room 10	Alina Abdul Hadi
Grade 2	Room 5	Aris Agapakis	Grade 5/6	Room 12	Mia Bilbilov

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 they come to school or send them to breakfast club!

Cup of Life

The Cup of Life for last week was won by Room 3 again! WOW!!! The Preps from Room 3 are on fire this term! Well done to all students, 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...

Supporting kids through family breakdown

Supporting children and young people through separation and divorce

Separation is often a very difficult time for everyone involved, usually resulting in large amounts of change and new challenges. Any

change to, or loss in the way things were or loss of hopes and dreams, can cause a grief-like response and each family member will react to changes and loss in their own different way.

It's important for parents to consider how they will support their kids through this time as the impact of separation on children and teenagers can be significant. This can be challenging for the parent or carer, especially at a time when they themselves are also managing their own emotional pain.

This topic provides some information and ideas that may help you in supporting your child or children if you are going through a divorce or separation.

What is the impact of separation and divorce on children and young people?

It's helpful to be aware of how children and teenagers can react to loss or change. They will often move in and out of different emotions and may not always be able to clearly express what they are feeling and why. Talking about the separation in a conflict-free space can provide an opportunity for them to express their emotions and/or concerns about what's happening.

It's likely you'll notice some changes in your children as they work through their

emotions. Extra patience may be needed to support your children if their behaviours are challenging or difficult to understand. You may find it easier to support your children through this time if you can:

- Recognise the many different stages and emotional responses to change or loss such as shock, denial, sadness, anger, blame and acceptance
- Allow them to work through their emotions
- “Role-model” openness, honesty and healthy ways of communicating feelings
- Listen to your child and allow him/her to freely speak their mind without judgment
- Provide younger children with opportunities for play. Play is the language of young children and it’s a way for them to express their emotions. Examples include drawing, play dough, puppets, collage or playing with dolls and action figures
- Be mindful that teenagers may need plenty of time with their peers to work through their emotions.

What can you expect to happen?

Living Arrangements – When a separation occurs, children often want to know where they will live, where their parent/s will live and how they will keep in contact with each parent.

Children and teenagers often feel torn in their relationship with each parent regarding living arrangements. If young people are handed the responsibility of deciding which parent to live with, it can place an unnecessary burden on them at this time.

For example, they may:

- Experience feelings of guilt towards the parent they will see the least
- Choose to live with the parent they feel sorry for or wish to protect, rather than the parent they feel most comfortable with or that will best meet their needs
- Say what they think the parent wants to hear, not necessarily what they really want.

Often, parents find it can be much less stressful to plan immediate living arrangements before talking to their children about their separation. Initially, you may find it helpful to plan the least disruptive living arrangements. You can let your children know that further discussion will take place down the track regarding more permanent arrangements. When discussing permanent living arrangements it can help to:

- Involve each family member in the discussion process
- Listen to each family members’ views
- Weigh up all the available options and input from each family member and try to make the best decision based on this
- Consider the issue of pets
- Consider whether kids will be able to access their normal routine, peers and familiar resources
- Make other arrangements clear, such as who will take the kids to school, sports etc.

Agreeing on living arrangements can be a difficult process for parents. Specialist services such as [Relationships Australia](#) are available to provide professional assistance to separating parents.

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!

Do your kids have good mental health habits?

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. A recent study from UNSW and Beyond Blue stated that one in six young Australians suffer from an anxiety condition, and as many as 45 per cent of Year 12 students reported high levels of anxiety.

I work with a number of students who are unable to concentrate at school, both inside and outside the classroom, because of worry and anxiety and are encouraged to find ways to cope.

As a parent it's useful to reflect on the mental health habits that you promote in your kids. Here are 5 ways to promote good mental health and wellbeing in kids which educational psychologist, Michael Grose, has suggested:

1. Model good mental health habits If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.



2. Make sure they get enough sleep Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the

moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of 9 hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.



3. Encourage your kids to exercise When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?



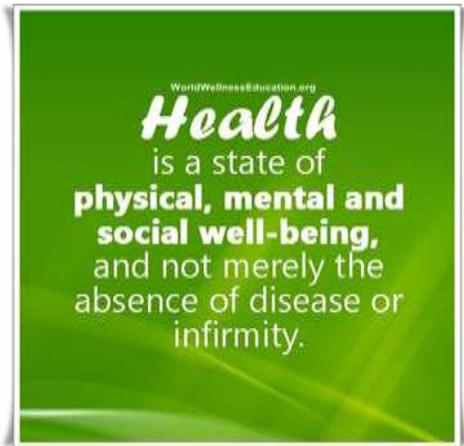
4. Encourage creative outlets Kids should practice creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves.



5. Talk about their troubles A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem, let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. See these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health.

DIARY DATES



Mon 23 rd May	School Council meeting 6.30pm
Mon 30 th May	3/4 Excursion to Polly Woodside and Captain Cooks Cottage
Fri 9 th June	5/6 Excursion to Sovereign Hill. (Students must be at school by 8.15am)



If I can help you and your family in anyway, please contact the office.
Robyn Mulholland (Student Wellbeing Team)



I would like to advise all parents that we will be having a **practice** Evacuation Drill on Monday 23rd May at 12:45. The **whole** school will be participating in this as it is a Department of Education requirement. We will be walking down to the oval at the rear of the Thomastown Library, and returning back as soon as possible. This should not impact for too long on their learning time. The School will be completely locked up during this time. It is one of many drills that we do have to practice.

Carol Barnes

O H & S

A promotional poster for music lessons. The top half shows a person playing a drum set. Below that, the text "REGISTER NOW!" is written in white on a black background. Underneath, "MUSIC LESSONS" is written in large white letters on a black background. A yellow circle contains the text "\$25 PRIVATE LESSONS". To the right, a list of instruments is shown in yellow boxes: "GUITAR / BASS", "PIANO / KEYBOARD", "VOICE", "VIOLIN / CELLO", "HARMONICA", and "DRUMS / PERCUSSION". At the bottom, the phone number "0418 172 506 Epping" and the website "jacmusicsschool.com" are listed. A Facebook logo with the text "LIKE US ON FACEBOOK!" is also present.



WORKING BEE SUNDAY MAY 29th

An open invitation to our school community

WHERE: Thomastown West Primary School

WHEN: May 29th

TIME: 10am-3pm

WHO: anyone- mums, dads, grandparents, uncles, aunts, relatives, brothers, sisters, friends, neighbours.

WHAT: Come dressed appropriately for sweeping, hosing, weeding, wheel barrowing, planting, shovelling, pruning.

—
A BBQ will be provided



I have a child starting school in Prep 2017..... WHERE DO I ENROL MY CHILD?

Are you wanting to know more about the Primary Schools in Thomastown?
Come along and find out!

Where: Thomastown Library

When: June 20th

Time 5pm-6.30pm

A school's information session:

Each school will do a short presentation about what their school has to offer, followed by the opportunity for parents to visit each school's set up, to discuss this further if need be.

SCHOOLS REPRESENTED:

Thomastown Primary School

Thomastown West Primary School

Thomastown Meadows Primary School

St Clare's

St Catherine's