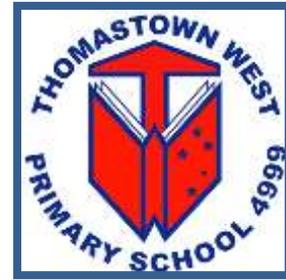


Thomastown West Primary School



NEWSLETTER

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NEWSLETTER NO. 14

FROM THE PRINCIPAL:

Last Thursday Dr. George Otero from the Relational Learning Centre in New Mexico, USA came to work with our school staff, parents and students.

You may recall earlier this term, I went to the USA to work with Dr. Otero and with schools in New Mexico.

We had a terrific day. I would like to thank the parents who came to the Community Conversations forum in the morning. I would also like to thank our student leaders who impressed Dr. Otero with their confidence and their great speaking skills.

I would like to invite parents to more Community Conversation Forums over the next few weeks. I'll have more details later.

Working Bee

This Sunday is our Working Bee and the weather looks OK for the day. There is a free BBQ for anyone who comes and helps out. Even if you can only come for an hour, that would be fantastic.

We will start at 10am.

More Staffing Changes

This term we will have a number of staffing changes. The next person to leave us is our Assistant Principal Mrs. Jennie Droge. Mrs. Droge has been on leave this year but now has accepted a position as an Education Improvement Leader at the Department of Education. Mrs. Droge has been at our school for over 5 years and has been a great support to me in her role.

I have received approval for Mrs. Wright to stay at our school as Acting Assistant Principal until permanent arrangements have been made.

FRIDAY 27TH MAY 2016

There are a couple more staff changes to come at the end of term, but more on that later....

Supervision of students

I would like to remind families that a teacher is on Yard Duty in the morning from 8:30am and after school until 3:30pm. We cannot supervise your child outside these hours unless they are in a registered program such as Breakfast Club or After School Care. I am concerned at the number of children walking around the school/streets early and after 4pm.

Kinder visits

Next week local kindergarten children will visit our school as part of learning about school life. We will have several Kinder groups from local Kindergartens visiting. If you have or know someone who has a child ready to start school in 2017, you can collect an information pack and enrolment form from the office

Student Absences

This week we have been trying a new computer system that will send a text to your phone if your child is not at school by 10am without an explanation. You may also receive a text if your child is marked late to school. If you are not sure, please contact the office.

However it is a good reminder to notify the school if your child is going to be late or absent from school.

Have a great weekend everyone,
Leon Bell
Principal

Twitter-@twps4999

“H.O.P.E.= Hold On Pain Ends.” - Anon



STAR OF THE WEEK

Prep	Room 2	Sohung Guru	Grade 5/6	Room 9	Nancy Paul
Grade 1	Room 6	Serin & Ali	Grade 5/6	Room 10	Nicky To
Grade 2	Room 1	Amna Hmidan	Grade 5/6	Room 11	Ahmad A & Halime F
Grade 2	Room 5	Mohammed A	Grade 5/6	Room 12	Merisa Ninteramiye
Grade 3/4	Room 16	Imane Moussa			
Grade 3/4	Room 17	Zahraa Alam	Specialist (Music)		Angel Tapuala Unasa
Grade 3/4	Room 18	Justin Lawrenson			
Grade 3/4	Room 19	Elena & Jacinta			

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 will be announced in the next school newsletter.

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.

- 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.

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

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!

School Value – RESPONSIBILITY - Why Being Responsible is Important

Being responsible is a key to children's success both in school and in the larger world when they grow up. When they learn to take responsibility for their actions and their commitments, they get things done and people know they can be counted on to meet obligations and promises. These children are seen as trustworthy and dependable, **they don't make excuses when they make mistakes but rather own up to them and make amends**, they are willing to take on new responsibilities and they are often self-starters. Such behaviours are important ingredients to success in school **and in life**.

There are two well-known sayings, *'We learn through our mistakes'* and *'Don't play the blame game'*. We all love our children, and sometimes that means showing *'tough love'* by encouraging our children to OWN their mistakes or mishaps (accidents happen), and to face the consequences for some of their behaviour.

As a school we need your support as we endeavour to encourage your children to become **responsible adults who become the best they can be**. We thank those families who support us, especially when a student needs to be responsible when facing consequences for poor choices, eg. using bad language, not doing their homework, and unsafe behaviour.

So let's work together as we help the children of today to become **responsible adults who are trustworthy, self-motivated and aim to do their best in all things**.

National Sorry Day



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

Robyn Mulholland (Student Wellbeing Team)

DIARY DATES

Mon 30th May	3/4 Excursion to Polly Woodside and Captain Cooks Cottage
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Tuesday 7th June	SCHOOL PHOTOS
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Fri 9th June	5/6 Excursion to Sovereign Hill. (Students must be at school by 8.15am)
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