

Thomastown West Primary School



NEWSLETTER

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NEWSLETTER NO. 17

FROM THE PRINCIPAL:

This afternoon your child should have received their school report. Teachers have worked very hard on producing these documents and I encourage families to read them and discuss the report with your child.

I have read most of them and I am delighted with the progress that is being made in most students. I hope their hard work continues into the next semester.

Parent Teacher interviews are next Wednesday June 22nd. There will be no classes at school on this day but children are expected to attend the interviews with parents. Parents will be notified of an interview time today.

If you cannot make the interview time, please let your teacher or the office know and they will try to arrange another time. In some cases, the interview may occur on another day.

Our specialist teachers will also be available for interviews, please feel free to make a time with them.

End of Term Arrangements

Next week is the last week of Term 2 and school will finish at 1:15 on Friday June 24th. At 12:30 we will have a special assembly where the band and choir will perform. Parents are welcome to visit the assembly. There will be no assembly on Tuesday June 21st. School will resume for Term 3 on Monday July 11th at 8:45 am

FRIDAY 17TH JUNE 2016

Staff Changes

It is very unusual that we have so many staff leave during the year but next week will be the last week for some of our staff:

Mrs. Melissa Rauli (Room 4) will be commencing Family Leave next term. We wish her all the best with her new baby. She will be replaced by Ms. Portia Milan.

Mrs. Di Roberts (Business Manager) will leave us at the end of the week to commence a position with Hurstbridge Primary School. Her replacement is to be confirmed.

Hopefully we won't have too many more staff changes this year!

Quantum Centre Excursion

We have an opportunity for every student to attend the Quantum Science Centre in Mcleod at a very reduced cost. This excursion will take place over several days as the whole school has been invited to take part. Notices explaining which days your child can attend have been sent home and the cost is \$9. If you have CSEF money, this can be used to pay for the entire excursion. I encourage all students to participate in this terrific Science Program.

Have a great weekend everyone,

Leon Bell
Principal

“Every day may not be good but there is some good in every day”- Anon



STAR OF THE WEEK

Prep	Room 2	Finley Mc Lamb-Farrer	Grade 3/4	Room 16	Haroon Saifi
Prep	Room 3	Damian Jovanovski	Grade 3/4	Room 17	Shayla N & William T
Grade 1	Room 6	Mia M & Jackson P	Grade 3/4	Room 18	Theo Lester
Grade 2	Room 1	Jeyda Secgin	Grade 3/4	Room 19	Eisa A & Sarah A
Grade 5/6	Room 10	Zamira Shabani	Grade 3/4	Room 20	Bao Ta Duong
Grade 5/6	Room 11	Ahmed A & Melani M			

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

It is now time to announce the Term 2 winner of the CUP of LIFE.

And the winner is.....

Room 3!!!!!!!!!!!!

Well done Preps from Room 3, you have been outstanding this term. Next week on Thursday 23rd June you will receive your FREE lunch from McDonald's.

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

Remember, Everyday counts...

Are you Perfect?

My brother once got 99 per cent in a maths test. He came home pleased with himself until dad said "what went wrong then?" He was probably joking but we did wonder. Many teachers tell me about anxious students – scared of making a mistake, frightened of not getting it right, concerned they won't be accepted unless they perform / behave / look a certain way, worried about not being perfect.

This article is a celebration of imperfection and these are the reasons why:

1. Whose voice are we listening to? Who is defining what we 'should' be, how we 'should' perform, what we 'should' be aiming for? Self-determination is one of the pillars of authentic wellbeing. In education and in families we need to be helping our children discover their strengths and unique qualities, to value and develop these and decide for themselves who they want to be, how they want to live their lives and what goals matter to them.
2. If perfection is the goal what does this say for valuing diversity and difference? In the end perfection is about conforming to a similar set of standards. We often do not notice the subtlety of how much we marginalise those who are not in the main stream. Have a look at any women's magazine in Australia and check out the positive role models for Aboriginal young women – they simply aren't there.
3. None of us are perfect – it's an unattainable goal so why use up so much energy on it, either for ourselves or for others. If you are looking for a partner who ticks every box and think you have found

him or her – beware. Your world may come crashing down when you realise that behind that apparent perfection is a real person, warts and all! And what about you – will your ideal partner want you to match up to their specifications too? If we learn to expect imperfection and know we might need to love someone despite this – and possibly even for it – our relationships are more likely to flourish.

4. Being perfect does not endear us to others – it is human to make mistakes, have blemishes, be incomplete. Have you ever spent time with a know-it-all or someone who looks like they just walked out of the pages of Vogue? If you feel inferior by comparison you are not likely to end up becoming the best of friends. Unless of course they have inner strength and beauty and value you just the way you are!
5. For our children to stay motivated to learn, change and grow they need to know we are all in the fascinating process of becoming – and none of us are there yet. When adults talk about their own imperfections, kids learn that mistakes are just part of the journey and they are then more likely to develop a growth mind-set. This means seeing effort, not innate ability or characteristics as the way to achievement.
6. Perfectionism can stifle creativity, innovation and resilience. If you think you will only be valued if you get things right you are much less likely to have a go and see what happens. In order to become confident you need to take the occasional risk and know that failing is not the end of the world. And adventures don't always need an achievement goal. Just having them can be enough.
7. Perfectionism can be a pathway to depression. As no-one can ever live up to unrealistic expectations, life can become an on-going disappointment. If you constantly compare yourselves to others you won't learn to love yourself for who you are. Any you won't love others either if you are always focused on who is better at what rather than the qualities that make them unique.
8. So perfectionism disconnects us. People who think they have to strive to be what

they are not in order to belong and be accepted are on a hiding to nothing. If we fear not being perfect we will live with a mask that hides who we really are. We might try to cover up all bad choices, mistakes or failures, be cheerful when we are feeling sad, pretend all is going well when it really isn't. We end up disconnected not just from others but from our true selves. You can only keep this up for so long and may end up isolated in the effort.

9. Perfectionism means misery – if we are only satisfied with what is flawless then we will never value the many moments of life that are joyful despite the cracks. I love Leonard Cohen's take on this:

“Forget your perfect offering. There is a crack in everything, that's how the light gets in”

So what needs to happen instead?

Except where someone might be hurt:

- Accept and celebrate the eccentric, the bizarre and the extraordinary – it is often where the richness of life and creativity exists
- Challenge concepts of what is 'normal' and 'abnormal'
- Acknowledge mistakes and failures as pathways to learning and 'becoming'
- Model imperfection so kids know it's OK to get things wrong sometimes and will be less anxious about how they perform and have a go at things anyway
- Applaud others who admit they got it wrong
- Demand promotion of diversity in every sphere of life – but especially the media, education and politics
- Identify and celebrate unique strengths and qualities in yourself and others
- Fit your expectations to your child, not your child to your expectations
- Give yourself peace of mind – it is such a weight off your shoulders to accept who

you are and who you are becoming rather than aiming for perfection!

Hi Everyone,



Wow, how this term has flown! We are all looking forward to the term break at the end of next week. I hope you all have some rest and relaxation and enjoy some special times together. To those of our community who are in the middle of their month of Ramadan and looking forward to Eid-al-fitr on July 7th, I hope this time of reflection, generosity and celebration will be special.



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!

SINCERE THANK YOU!!



Thank you to **Plant Inspirations** in Bacchus Marsh who have given us a generous donation of over **70 plants** for our school – they will be planted by students in the wall planter outside the hall, in the rose garden at the front of the school, in the plant bed outside the prep rooms, outside rooms 19 & 20 and in various other places to fill gaps.

Plant Inspirations have an on-line store full of plants at very reasonable prices. Please give them your support!



Thank you to **Rania Najjarine**, one of our school parents, for her time and generosity in making **Super Hero Capes** for our wonderful grades prep, one and two students.

Each class selects a student who has shown one or more of our school values to be a **Super Hero** for a day!

Rania has created her own online store, **Pretty Angels Boutique**, where you can choose and buy some of her beautiful creations for children from newborn to about 8 years of age and beautiful fascinators for yourselves. Please give your support to Rania!



PARENTING – HELP!!

Help is on its way! Anglicare will be running a parenting program for our school families in term 3 – ‘**Bringing Up Great Kids**’. This will be a **free 6 week program on Friday afternoons**. There will be **limited free child care available**.

If you have not received a flyer for more information please see the ladies in the office.

SINGLE PARENTS ACTIVE KIDS
PROUDLY PRESENTS:

FREE FAMILY FUN DAY this Saturday
HAYS PADDOCK IN KEW EAST



SATURDAY 19TH OF JUNE
STARTING 1 PM

FREE BBQ, ACTIVITIES AS WELL AS:
MEMBERSHIP SPECIALS/RENEWALS AND MORE.

EVEN IF YOU CAN'T ATTEND THERE ARE PLENTY MORE OPPORTUNITIES, HERE IS A LINK TO OUR VERY ACTIVE WEBSITE
<http://www.singleparentsactivekids.org/>
LIKE MINDED SINGLE PARENTS TO CHAT WITH, ACTIVE KIDS WANTING TO PLAY WITH YOUR ACTIVE KIDS, WIN WIN!

“SINGLE DOES NOT MEAN ALONE”

PLEASE RSVP TO info@singleparentsactivekids.org
or call Moush on 0430 504 119.



**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?**



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

Robyn Mulholland (Student Wellbeing Team)

DIARY DATES

Mon 20th June School Council Meeting commencing at 6.30pm

Wed 22nd June Parent Teacher Interviews (all students must attend interview with parents/guardians)

Thursday 23rd June Band and Choir members will be attending School Of Rock at Manor on High in High St Epping.

Thursday 23rd June Pyjama Day



Friday 24th June Last day of term 2 school finishes at 1.15pm

Monday 11th July Term 3 Begins

Come along and find out

**Where: Thomastown Library
When: June 20th
Time 5pm-6.30pm**

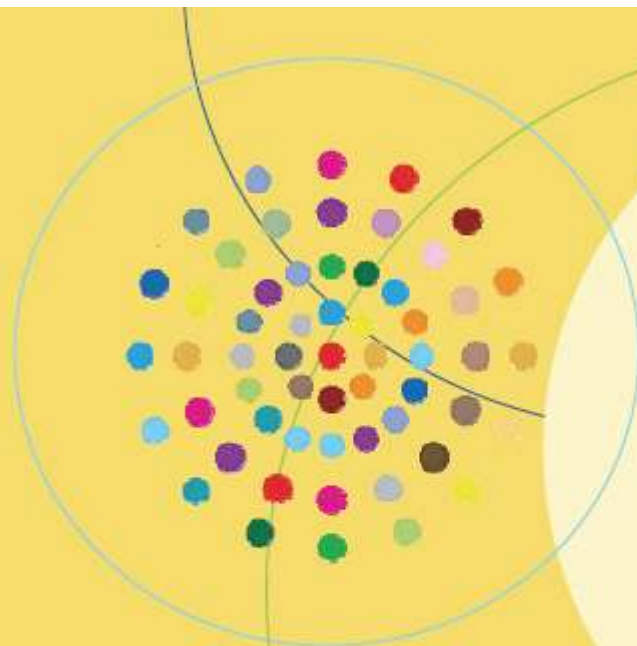
A school's information session

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

WHITTLESEA REFUGEE WEEK 2016



Join us to celebrate the courage, skills and energy refugees bring to our community.

A family friendly event with :

- Children's & young people's activities
- Dance
- Music
- Shared meal
- Special guests
- More to come

**WEDNESDAY
22 JUNE
3.30-7PM**

**EPPING
MEMORIAL
HALL
827 High St
Epping**

For more information
Ph: Vieli 9401 6666

Please join us
All Welcome

In partnership with a number of community and government agencies to be confirmed.





BRINGING UP GREAT KIDS - TERM 3 2016

A FREE PARENTING PROGRAM FOR PARENTS & CARERS OF CHILDREN AGED 0 - 10 YEARS

- Learn more about the origins of your own parenting style and how it can be more effective
- Identify the important messages you want to convey to your children and how to achieve this
- Learn more about brain development in children and its influence on their thoughts, feelings and behaviour
- Understand the meaning of children's behaviour
- Discover how to overcome some of the obstacles getting in the way of you being the kind of parent you would like to be
- Discover ways for you to take care of yourself and to find support when you need it

PLEASE NOTE there will be an Information Session running on Friday 17th June from 2pm-3pm at Thomastown West Primary School so you can find out if this is the right thing for you.



WHEN: Friday's 22 July to 26 August
(6 sessions)

TIME: 1pm - 3pm

WHERE: Thomastown West Primary School
98-112 Main Street,
Thomastown West

COST: FREE

BOOKINGS: Bookings are essential as places are limited. Please also book yourself in for the information session.

All enquiries and bookings to be directed to:

Robyn Mullholland
Thomastown West Primary School

03 9465 4317