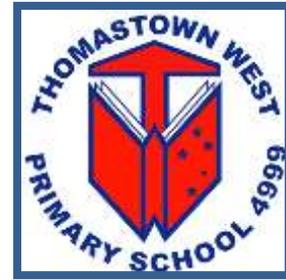


Thomastown West Primary School



NEWSLETTER

98-112 Main Street, Thomastown, Victoria 3074 – Ph: 9465 4317

Email: thomastown.west.ps@edumail.vic.gov.au – Website: www.thomwestps.vic.edu.au

NEWSLETTER NO. 19

FROM THE PRINCIPAL:

This week I had the privilege of taking our Student Leaders from years 3-6 to a special design activity at TRAC.

The City of Whittlesea are building a new playground behind Thomastown Library and our students were asked to show designs of what they think the new playground will look like.

Our students drew some interesting designs and took part in surveys about what they want to see.

The playground will be built in the second half of the year and will officially open early next year.

Parents are also welcome to contribute to the playground. There is a special caravan for families to visit on Sunday July 24th. There will be free face painting and a sausage sizzle. All of this will be located behind Thomastown Library.

Thomastown Library Closure

I would like to remind families that Thomastown Library is currently closed until August 22nd for renovations. Families can still borrow items from Lalor Library.

I am concerned that a number of students are waiting for a long time at the front of the Library after school. We want to make sure your children are safe.

Children after school

This week I have seen a number of distressed parents who did not know where their children have gone after school. In all cases, children have walked home or with another family member or friend and arrived home safe and sound.

FRIDAY 22ND JULY 2016

I have also had children remain at school for a long time after school as each parent thought the other was collecting the child.

Please communicate with your child and with other family members in regards to pick up arrangements for your children so we can avoid parents being distressed.

Curriculum Day

Next Wednesday July 27th is our Curriculum Day. There will be no classes at school this day. Teachers will be completing our Department of Education School Review in the morning and then learning about School Wide Positive Behaviour in the afternoon.

Last week I announced in the newsletter that another Curriculum Day will be on September 1st. This date will need to change to **Wednesday August 31st**. I apologize for any inconvenience caused.

Parent Opinion Surveys

A random sample of parents (generated by computer) have been selected to complete a Parent Opinion Survey for the Department of Education. If you have been selected to complete this survey, please return it to the office by Monday July 25th. If you have any questions about the survey, please feel free to speak to me.

Have a great weekend everyone,

Leon Bell
Principal

“Remind yourself that it’s not ok to be perfect”



STAR OF THE WEEK

Prep	Room 2	Shahad Almurhaj	Grade 3/4	Room 16	Faalaa Sagaga
			Grade 3/4	Room 17	Alexia Kostadinoff
Grade 1	Room 4	Halid Yilmaz	Grade 3/4	Room 20	Yekta Malakooti
			Grade 5/6	Room 11	Ali H & Stephanie F
Specialist (Music)		Ali Belok	Grade 5/6	Room 12	Joe Mundy

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

This week's CUP OF LIFE winner is.....

Room 10! Well done to Room 10 who were last week's winners.

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

Remember, Everyday counts...

Parenting Kids that worry too much

All kids worry sometimes but if you are concerned about your child/children's anxiety, then check out the attached flyer for a four week course at the Thomastown Neighbourhood House starting in one week's time.



Hi Everyone,

During my conversations with students who are struggling to concentrate in class and no longer want to join in activities they usually enjoy, it becomes obvious that sometimes the students are feeling anxious about something – lack of confidence, family problems, friendship problems. Sometimes they are not sure why they are worrying.



Anxiety and mental health in children

<https://www.kidsmatter.edu.au/mental-health-matters/mental-health-difficulties/anxiety>

Fearful and anxious behaviour is common in children. Most children learn to cope with a range of normal fears and worries. However, extra help may be needed when:

- children feel anxious more than other children of their age and level
- anxiety stops them participating in activities at school or socially
- anxiety interferes with their ability to do things that other children their age do easily
- the fears and worries seem out of proportion to the issues in their life

When children become anxious more easily, more often and more intensely than other children, they may be diagnosed with an anxiety disorder.

How anxiety affects children

In addition to feeling highly anxious, children's thinking is usually affected. Children with anxiety may develop their own strategies to try to manage situations that cause them distress. Often this involves trying to avoid the situation or having a parent or other adult deal with it for them. Avoiding a situation makes it more likely that the child will feel anxious and be unable to manage it the next time. This behaviour makes it more difficult for the child to cope with everyday stresses at home, at school and in social settings.

Anxiety can also result in physical difficulties such as sleeplessness, diarrhoea, stomach aches and headaches (sometimes referred to as somatic complaints). It can also involve irritability, difficulty concentrating and tiredness.

How do you notice anxiety in children?

At home

- Fear and avoidance of a range of issues and situations.
- Headaches and stomach aches that seem to occur when the child has to do something that is unfamiliar or that they feel uneasy about.
- Sleep difficulties, including difficulty falling asleep, nightmares and trouble sleeping alone.
- Lots of worries and a strong need for reassurance

At school

- Wanting things to be perfect. For example, a child may be so dissatisfied with his/her own work that he/she will tear it up and redo it several times.
- Reluctance to ask for help. Sometimes anxiety creates an obstacle that prevents children asking for help from the teacher about a problem with learning.
- Children who ask too much for reassurance may also be overly anxious.

- Difficulty joining in. Children with high levels of anxiety may be afraid to join in class discussion, take part in sport or games or go to school camp.
- Requests to go to sick bay. Anxious children often complain of stomach aches and headaches.
- Fearful of test situations. Some children do not do as well as they can in test conditions because they are struggling with anxiety. They may also be too self-conscious to perform in front of the class.

If you are concerned about the level of your child/rens anxiety, Thomastown Neighbourhood House is starting a special

4 Week Group
Wednesday Mornings 27th July
3rd, 10th, 17th August
9:30 to 11:30am

52 Main Street
THOMASTOWN

See the flyer in this newsletter for further details.



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!



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

Robyn Mulholland (Student Wellbeing Team)



Cyberbullying

Cyberbullying can be pervasive and incessant. Parents should be aware of what they can do to help.

What is 'cyberbullying'?

Cyberbullying is bullying behaviour, using digital technology, including the internet, email or mobile phones.

Like any bullying, cyberbullying often occurs between people that know each other—students at a school, members of a sporting club, people from the same social circle, 'friends of a friend'.

Cyberbullying is pervasive and incessant. It differs from face-to-face bullying in that the bully can 'follow' their victim 24/7, and continue the bullying in the home. Cyberbullies may take advantage of the perception of anonymity (e.g. using an account in a fake name, or a blocked number) but in many cases it is clear who is behind the bullying.

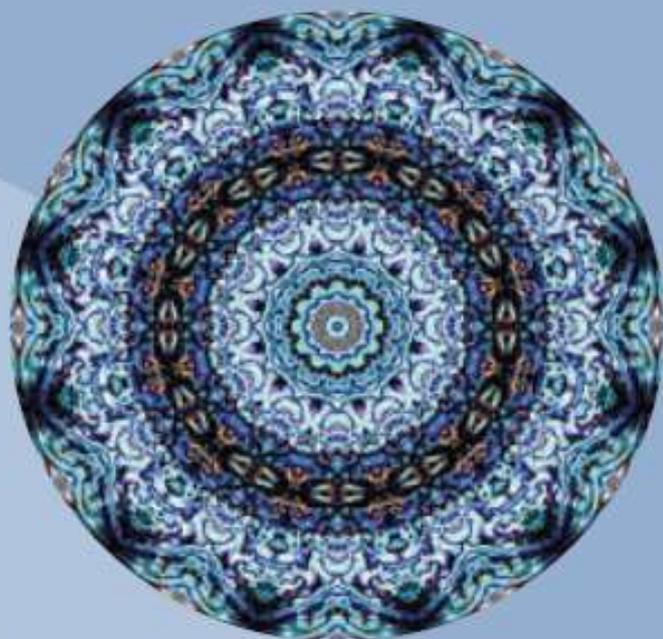
Cyberbullying can be particularly harmful as it is often a public form of humiliation and many others are able to see what is written or posted. Once something is published online, it is difficult if not impossible to remove all traces of it.

Forms of cyberbullying

- sending nasty texts, picture messages, emails, or instant messages (e.g. MSN or Facebook)
- repeated prank phone calls
- using a person's screen name to pretend to be them (setting up a fake account)
- using a person's password to access their account and then pretending to be them
- forwarding others' private emails, messages, pictures or videos without permission
- posting mean or nasty comments or pictures on chat or forums
- sending and/or forwarding sexually explicit images ('sexting')
- intentionally excluding others from an online group.



PERSIAN SPEAKING MEN'S GROUP



Information

English practice

Activities

Meeting people

Improving life in
Australia

Outings

پشتیبان

THURSDAYS

6.15—8.30 PM

WCC

SHOP 111,

EPPING PLAZA

Sharing culture

Shop 111, Epping Plaza

Cnr Cooper & High St Epping

CONTACT: Jackie

Phone: 9401 6666

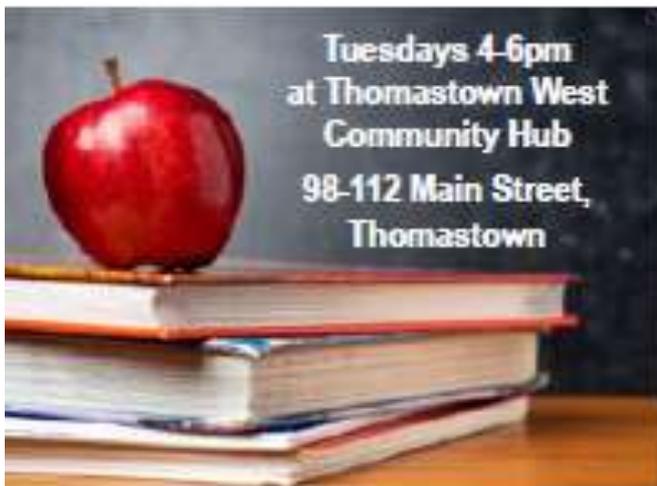
Whittlesea
Community
connections



Are you **newly arrived** in Australia?

Do you need **help with English**?

WCC Refugee Support Group



CONTACT: Vieli on Ph: 9401 6666
(Whittlesea Community Connections)



REGISTER NOW!

MUSIC LESSONS

\$25
PRIVATE LESSONS

- GUITAR / BASS
- PIANO / KEYBOARD
- VOICE
- VIOLIN / CELLO
- HARMONICA
- DRUMS / PERCUSSION

0418 172 506 Epping
jacmusicsschool.com

f LIKE US ON
FACEBOOK

PARENTING CHILDREN WHO WORRY TOO MUCH

FOR PARENTS OF CHILDREN AGED 2-10 YEARS



Come along to find out more about anxiety and strategies to help your child worry less and help your child to stay positive.

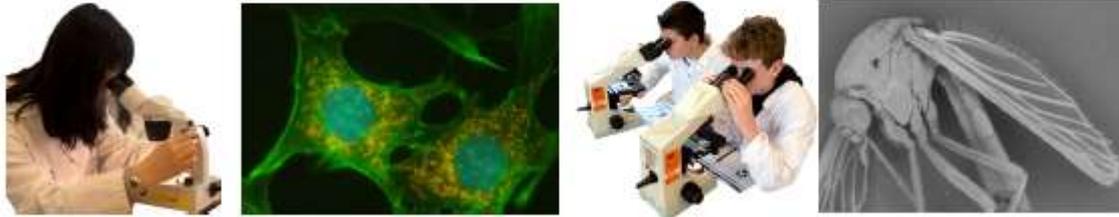
4 Week Group
Wednesday Mornings
27th July
3rd, 10th, 17th August
9:30 to 11:30am

Thomastown Neighbourhood House
52 Main Street
THOMASTOWN

This seminar is **FREE** but **BOOKINGS ARE ESSENTIAL**

Visit GTAC for National Science Week 2016 and participate in

Magnificent Microscopy: *Life Under a Lens*



GTAC invites students aged 10-13 and their parents to zoom in on scientific research specimens. You will **investigate with scientists** how research is being used to solve global problems.

- **Use microscopes.** Use light microscopes, powerful electron microscopes, and advanced fluorescent microscopes to discover how technology is used in cutting edge research.
- **Activities:** Guided by scientist mentors, carry out exciting activities to investigate how cells become the building blocks of living things, and observe how strange aquatic life forms create ecosystems.
- **Become a scientist:** Discover what hidden beauty lies in your own back yard. Use GTAC microscopes to analyse specimens you bring in from home.

Where: The Gene Technology Access Centre (GTAC)
77 Story Street, Parkville.

When: Sunday 21st August, 2016

Register for one session: Session A: 9.30am—11.00am
Session B: 12.00pm—1.30pm



This is a **free public event**
Registration is essential, go to
<http://www.gtac.edu.au/?p=9949> or visit
<http://www.scienceweek.net.au/>


An Australian Government Initiative


Inspiring
AUSTRALIA