

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. 1

FROM THE PRINCIPAL:

Welcome back to the school year everyone. As I walk around the school, it is very calm and settled. I am very pleased to see students settling down to work quickly and making friendships.

I welcome all the new families that have arrived at Thomastown West this year. I hope you and your children have great educational and social experiences with us.

Our Prep children have also started well. I only saw one child crying on the first day (and no parents!).

If you have any problems or concerns, speak to your classroom teacher or myself.

Staffing Changes 2016

We have a number of new staff which we welcome in 2016.

Mrs. Billie Harding in 3/4 Room 16

Ms Rafah Malaeb in 3/4 Room 19

Mrs. Droge (Assistant Principal) is on extended sick leave for most of term one. Mrs Cooke and Mrs. Sheean are sharing the Assistant Principal duties in the short term and we have Mrs. Maria Magnone who will be working in Room 6 and the Art Room to provide time for Mrs. Cooke and Mrs. Sheean to perform their duties.

FRIDAY 5TH FEBRUARY 2016

Bomb Hoaxes and emergencies

You will have seen reports in the media about the number of bomb hoaxes that are occurring in schools in Victoria and all over the world.

We have not received any threatening calls or have had to evacuate the buildings for emergencies.

However, we do have an extensive Emergency Plan, our staff are well trained and we will take every precaution necessary to make sure all our children, staff and visitors are safe.

We are working on a text system where in an emergency, you will receive a text but we are waiting for the Department of Education to activate this service.

I also have activated a twitter account so you can follow what is happening at our school. In an emergency it can also be a good source of information. Find us @twps4999

All of the emergencies to date have been hoaxes and I hope we do not receive any kind of call ever but we are prepared and we will do our best to care for everyone and to keep you informed.

I hope these people are caught very soon!

Year 5 Camp

Next Tuesday 9th February is the Year 5 camp to Cottage by the Sea in Queenscliff. The weather looks very good for this beach camp and I am sure the children will have a great time.

New School Values

This year we are launching a new initiative called School Wide Positive Behaviours. This is a framework from the Department of Education to support teachers, students and parents regarding behaviour in schools.

Staff have completed some training already this year with an expert from Melbourne University and we will continue to work with everyone throughout the year.

We have redesigned our school values and we would like your input.

We have developed a draft motto:

“As a community of learners we are Resilient, Respectful, Responsible, Empathetic and we strive to do our best.”

We will be asking parents and community to tell us what they think of this statement and anything else that you feel we should add. You will hear shortly about how that can happen.

Have a great week everyone

Leon Bell

Principal

“She stood in the storm and when the wind did not blow her way, she adjusted her sails” Elizabeth Edwards



Program Information

Welcome to Term 1, 2016. 😊 😊

We hope you have all had a relaxing and wonderful summer break.

A few reminders to parents as we enter into a new school year.

- Terms 1 and 4 are sun smart terms, which means your child must wear a hat and sunscreen before outside play.

Oshclub provides sunscreen however should your child have a sensitivity to sunscreen please provide your own.



- All enrolments must be up to date with current details. It is essential that we have correct addresses, phone numbers, emergency pick-ups and medical information.

There will be some new faces at After Care as we have preppies now attending, please remind your child to be friendly and to give them a helping hand whenever possible. Connie our co ordinator is on leave until Term 2, Christina will be filling the role for the first two weeks of term, and there after, yet to be confirmed.

We are continuing to come up with ways to improve the children's experience at After Care, if you have any ideas please take the time to fill out a suggestion form found at the parent sign-out counter.

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



Oshclub's preferred method of payment, bookings and cancellations is online and all queries can be made at

www.oshclub.com.au

Should you have any concerns please feel free to speak to Christina or Carmen.

Regards,

TWPS OSHClub Staff

Parent Information

OSHC program phone: 0407 372056

Coordinator: Christina

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.

Hi Everyone,



WELCOME BACK TO ALL OUR STUDENTS!! It was great to see the new Preps settle in so quickly and so eager to begin school – not so easy for some of the parents!



Michael Grose, psychologist, has a great website with lots of parenting ideas. I will share some of them this year. Here is some of his advice for the start of the school year:

Our children start a new year with a fresh start, so let's help them to make the most of the year ahead:

- Commit to your child going to school every day on time.
- Help your child to start each day positively.
- Establish work and study habits now.
- Make sure your child gets enough sleep.
- Insist on your child getting some exercise every day – great for brain development!
- Focus on being friendly.
- Develop self-help skills.

Good habits developed in childhood, set our children up for the 'road' ahead!



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 THE FUN. Just come!

COMMUNITY NEWS - **Important information, including parenting classes, courses,** Please look at the window on the end of the prep/1/2 building as you enter the school. I regularly display important notices about things you need to know or that may be of interest to you.



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

Robyn Mulholland (Student Wellbeing Team)

Dear Parents/Guardians,

Council is running the FREE Active in the Park Program from 13th February to 19th March 2016 in various locations across the municipality. Activities offered including **tai chi, pilates, yoga, general group fitness, cardio boxing and cardio MMA and AFL's Be Active Program**. ALL classes are suitable for people of all fitness levels and abilities – no specific skills required. If you and/or your child are interested, please book soon as spaces are limited. For further information on these activities and to register, please click on the link

Please note that there are FREE passes and memberships for registered participants attending a minimum of 4 sessions (conditions apply).

<http://healthy.whittlesea.vic.gov.au/blog/posts/summer-series-active-in-the-park#.VqJrZp95pg>

<http://youtu.be/bdw9nf5vxGM> (Cardio AFL video)

if you would like to enquire further about the program, please contact Healthy Together at healthytogether@whittlesea.vic.gov.au or on 9217 2531



FREE Active in the Park

Grab a friend, family member or bring your kids along to a free session this summer. Do a bit more activity every day - it all adds up.



Saturday 13 February - Saturday 19 March 2016

Group Fitness	Cardio Self Defence	Gentle Exercise
General Group Fitness Mill Park 6.30pm - 7.30pm Thursday	Boxing Thomastown 6pm - 6.45pm Monday	Pilates Mill Park 6.30pm - 7.30pm Monday
General Group Fitness Mill Park 8am - 9am Saturday	Mixed Martial Arts Mill Park 6.30pm - 7.30pm Wednesday	Yoga Whittlesea 6.30pm - 7.30pm Wednesday
	Boxing Thomastown 8am - 9am Saturday	Yoga Mill Park 8pm - 9am Saturday
General Group Fitness Whittlesea 8am - 9am Sunday		Tai Chi Thomastown 8am - 9am Saturday
Be Active AFL Thomastown 8am - 9am Sunday		Yoga Mernda 1pm - 2pm Sunday

FREE passes & memberships for registered participants who attend a minimum of four sessions*
 * Conditions apply. See registration email for details.

To register for sessions or for more information including venue details visit healthy.whittlesea.vic.gov.au, or contact Healthy Together Whittlesea on 9217 2531 or healthytogether@whittlesea.vic.gov.au. Places strictly limited, bookings essential.

Healthy Together Whittlesea, funded by the Victorian Government, is improving the health of our community.



Proudly supported by



WHY GROUPS?

The role of Plenty Valley Family Services is to empower and resource families with children under the age of 18 by offering practical and personal support and by working effectively and collaboratively with other support resources to meet the diverse needs of families.

An extensive and important part of our services is the quality, supportive and therapeutic groups we offer through our Group Program.

We know that groups are a powerful way people can connect with others as well as a way to:

- Gain self-confidence and feel empowered;
- Gain emotional and practical peer support;
- Gain useful, practical information (parenting; family violence resources/effects; new skills);
- Continue on the journey of self-discovery and healing.

ABOUT OUR FACILITATORS

All our facilitators are trained professionals and bring with them high levels of skill and experience and a variety of approaches.

WHO CAN ATTEND?

Groups are open mainly to people living within the City of Whittlesea. However, depending on vacancies, we are able to be flexible regarding locality.

REGISTRATION FOR GROUPS

You or someone on your behalf can contact us directly on (03) 9465 0322.

We will arrange to meet with you individually before the group starts to discuss it in more detail.

COST

There are no costs for the groups or childcare.

pvfs@anglicarevic.org.au



Anglicare Victoria acknowledges Aboriginal people as the traditional custodians of the land on which we operate. We commit to working respectfully to honour their ongoing cultural and spiritual connections to this country.

Plenty Valley Family Services
Enquiries & Referrals
8 Hurtle Street, Lalor VIC 3075



anglicarevic.org.au
☎ 03 9465 0322
☎ 03 9464 1887
📺 [youtube.com/anglicarevic](https://www.youtube.com/anglicarevic)
📧 twitter.com/anglicarevic
📘 [facebook.com/anglicarevic](https://www.facebook.com/anglicarevic)



Plenty Valley Family Services



Group Program
Terms 1 & 2 2016

TERM 1 2016

PARENTING AFTER VIOLENCE

Four information sessions for women dealing with parenting their children after (or during) family violence, and its effects on her and her children. Some of the topics covered include:

- Family Violence and its effects on the mother and her children;
- Talking with children about family violence, their behaviours, feelings, and fears;
- Surviving as a parent after family violence - practical information, strategies and self-care.

This group is a partnership between the Lalor and Broadmeadows sites of Anglicare, and is open to women living in the Northern region of Melbourne.

WHEN: Wednesdays,
2nd March - 23rd March
TIME: 10am - 1pm
WHERE: Anglicare Victoria (Lalor)
CONTACT: Rita 9465 0322 or
Margarita 9301 5200

Childcare provided free - limited places, booking essential

ONGOING SUPPORTED PLAYGROUPS TERMS 1 & 2 2016

PLAY & GROW SUPPORTED PLAYGROUP

This playgroup is for families with complex needs who live in the City of Whittlesea, and who have children up to 4 years old. The group is held in Epping and aims to provide a safe environment for families to have fun, play and learn with each other. This group is a partnership between Anglicare Plenty Valley Family Services and Enhanced Maternal and Child Health.

WHEN: Fridays during the school term
TIME: 10am - 12pm
WHERE: Epping
CONTACT: Andrea 9465 0322

OUR TIME SUPPORTED PLAYGROUP

This is a supported playgroup for parents with a diagnosed low prevalence mental illness and their pre-school aged children (0 - 5yo) who live in Darebin and Whittlesea. This group is held at Anglicare Lalor and is a partnership between Anglicare Plenty Valley Family Services and Northern Area Mental Health Service.

WHEN: Thursdays during the school term
TIME: 10.30am - 12.15pm
WHERE: Anglicare Victoria (Lalor)
CONTACT: Andrea 9465 0322



pvfs@anglicarevic.org.au

KIDS JUDO



www.ijudo.com.au

23 Yale Drive, EPPING

043 22 83 83 1

Home of OLYMPIAN Dennis Iverson



\$0
JOINING
FEES
AND
NO
CONTRACTS



Do you want your child to learn **self defence**, **discipline** and gain **self confidence** along with having **fun**? If so, **JUDO** is what you are after. Classes are for **boys & girls** of all ages.

AGES

3+

AGES

5+

AGES

8+

AGES

13+



baby roos
3+ years

Monday: 5:15pm - 6pm



mini roos
5+ years

Tuesday: 5pm - 6pm
Thursday: 5pm - 6pm
Saturday: 9am - 10am



joeys
8+ years

Tuesday: 6pm - 7pm
Thursday: 6pm - 7pm
Saturday: 10am - 11am



adults
13+ years

Tuesday: 7pm - 8:30pm
Thursday: 7pm - 8:30pm
Saturday: 11am - 12:30pm

We also offer:



birthday parties



judo in schools



holiday program

WHAT IS JUDO?

Judo is an Olympic sport and martial art that originated in Japan over 100 years ago. It is the most widely practiced martial art worldwide. The word Judo itself means, "the gentle way." It is a grappling martial art that **does NOT involve kicks or punches**, but rather, incorporates throws, pins and submission holds. Not only is Judo one of the best forms of exercise available, it is also a very practical form of self-defence.

