

# Thomastown West Primary School



## NEWSLETTER

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### NEWSLETTER NO. 20

*FROM THE PRINCIPAL:*

**FRIDAY 28TH JULY 2016**

Last Wednesday we had the first of our Curriculum Days.

What happens during a Curriculum Day?

In the morning I led the staff through a couple of sessions. The first was exploring their personality profile. This was done to assess their strengths and frustrations. It also looked at how our staff work as a team. Ask any teacher what their **fruit** was and then ask them to explain it to you. I then had staff work through the Framework for Improving School Outcomes and assess where we are as a school in regard to teaching and student learning.

In the afternoon, Mrs. Arena led the staff through the next stages of our new initiative School Wide Positive Behaviour. We encouraged staff to adopt a positive approach to managing student behaviour and we looked at how we can reward student's good behaviour across the school.

### New Students

We welcome a number of new students and families who have started this term. We continue to see many new people since the term has started. Our new families have come from all over Melbourne, Victoria and from overseas. If you see any new families, please also make them feel welcome.

### 100 Days of School



Last week marked the 100<sup>th</sup> school day of 2016. Over the next week, the Prep and Year 1/2 students will be celebrating the event with a cake and some other special activities. We are about half way through the school year. Where has the time gone.

### Preps 2017

We are pleased with the response to prep enrolments for 2017. You can complete an enrolment form now if you have a child starting prep (or any other year level) in 2017. Please speak to the office staff for more information.

Have a great week everyone,

Leon Bell  
Principal

***“Be strong because things will get better.  
It may be stormy now but it never rains  
forever.”***



# STAR OF THE WEEK

Prep	Room 2	Ethan	Grade 3/4	Room 16	Asel
Prep	Room 3	Alan	Grade 3/4	Room 17	Kody
			Grade 3/4	Room 18	Bekim
Grade 1	Room 4	Tifa	Grade 3/4	Room 19	Mustafa & Sharmika
Grade 1	Room 6	Leana & Lucas	Grade 3/4	Room 20	Aden
Grade 2	Room 1	Deyana	Grade 5/6	Room 9	Monica & Aziza
Grade 2	Room 5	Paria & Dong	Grade 5/6	Room 10	Bianca
			Grade 5/6	Room 11	Zahra
Specialist (Music)		Maram	Grade 5/6	Room 12	Jennifer

**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 20! Well done To ALL STUDENTS from Room 20!!!

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

Remember, Everyday counts...

### Attendance

Regular school attendance, where your children come to school on time every day, is what they need in order to be successful. Please have a look at the information attached in relation to attendance!



Hi Everyone,



### **MENTAL HEALTH ISSUES ARE A GROWING CONCERN IN YOUNG PEOPLE**

*Peer pressure, social media, and substance abuse are all pressures our young people face or will face. For some, their inability to cope could lead to mental health issues. Often, as parents, we feel inadequate to deal with these situations.*

In the last school newsletter I had put an article on childhood anxiety. There is some great help out there for anxiety and other mental health issues. Headspace, a support program for young people, is now in Greensborough, in partnership with SAFEMinds. All staff heard about SAFEMinds recently. I have done the SAFEMinds training for schools which was excellent.

### **FREE PARENT INFORMATION SESSION**

### **SAFEMinds Comes to Greensborough! - Close to Watermarc, just behind Westpac**

headspace Greensborough will be presenting a FREE session for parents to learn about early detection and support for young people through the SAFEMinds mental health training currently being introduced for schools and families across Victoria.

**Time:** 6:45pm for a 7pm start – 9pm.

**Date:** Wednesday August 10<sup>th</sup>

**Venue:** headspace Greensborough

Level 1, 78 Main Street Greensborough  
To register, contact headspace Greensborough on  
9433 7200.



**AFTER**

## CARE NEWS

### Program Information

This past fortnight has been full of fun activities once again. We have enjoyed a Christmas in July themed week. Children made glittery Christmas pop stick trees, glitter play dough, Christmas lanterns with glitter of course- Japanese style, in fact glitter was everywhere! We also even made a delicious treat the children really enjoyed, yummy ice-cream cone Christmas trees....no glitter!! ☺



We also enjoyed a Creation week. Children have been exploring their imagination by turning recycled boxes into wonderful creations. Digeridoo designing and making fossils have also been explored this week.

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**

### Payment and Bookings

Oshclubs's preferred method of payment, bookings and cancellations is online and all queries can be made at [www.oshclub.com.au](http://www.oshclub.com.au)

Last minute bookings can be made by leaving a voice message or text on the programs mobile, 0407 372 056. This however incurs a late booking fee.



**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



Our wonderful helper, Hanaa, recently gained employment in a kindergarten. We thank her for the wonderful way she interacted with our playgroupers and their parents.

We welcome Nagwa as our assistant. Please come and meet Nagwa and make her feel welcome!

***Let's finish on a happy note - good for our mental health!***



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

***Robyn Mulholland (Student Wellbeing Team)***

REGISTER NOW!  
**\$25**  
PRIVATE LESSONS  
**MUSIC LESSONS**  
GUITAR / BASS  
PIANO / KEYBOARD  
VOICE  
VIOLIN / CELLO  
HARMONICA  
DRUMS / PERCUSSION  
0418 172 506 Epping  
[lacmusicsschool.com](http://lacmusicsschool.com)  
FACEBOOK



## Cancellations

OSHclub online requires 24hrs' notice for cancellations of a booking or a medical certificate in the case of illness. If you provide either of these, you will receive a credit on any out of pocket expense. Credits will equal the full fee less your CCB.

In the case,

- you fail to cancel online
- your child is absent from school or picked up early

and booked into an After Care session. You must still either text or call to cancel the book. If you fail to do this we will contact you on your mobile, home number or work number to confirm the absence of your child.

Should you have any concerns please feel free to speak to Desiree, Carmen or contact Head Office.

## Parent Information

OSHC program phone: 0407 372 056  
Coordinator: Desiree Bustos  
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](http://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.

Regards,

TWPS OSHClub Staff

## Defining 'play'

While there is no one definition of play, there are a number of agreed characteristics that describe play. Play can be described as:

- pleasurable-play is an enjoyable and pleasurable activity. Play sometimes includes frustrations, challenges and fears; however enjoyment is a key feature
- symbolic-play is often pretend, it has a 'what if?' quality. The play has meaning to the player that is often not evident to the educator

- active-play requires action, either physical, verbal or mental engagement with materials, people, ideas or the environment
- voluntary-play is freely chosen. However, players can also be invited or prompted to play
- process oriented-play is a means unto itself and players may not have an end or goal in sight
- self motivating-play is considered its own reward to the player (Shiple, 2008).



## OSHCLUB PHOTO GALLERY





## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

### DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

**Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.**

### WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit [attendanceworks.org](http://attendanceworks.org) and [reachoutandread.org](http://reachoutandread.org)



# SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS

"A sense of connectedness to families and schools is the most significant protective factor for young people."

[Resnick et al. *Protecting Adolescents From Harm*, 1997]

## SAFEMINDS: AT HOME

SAFEMinds is a partnership between:



**headspace**  
National Youth Mental Health Foundation



Did you know that mental ill-health is the biggest health issue for young Australians today.

Do you want to some practical tips on how to identify when your child might need support with their mental health and wellbeing?

SAFEMinds At Home parent information sessions can help you with practical tips and resources to support your child through tough times.

### SAFEMinds Comes to Greensborough!

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Meet members of the headspace Greensborough team and learn more about the supports and services available at headspace Greensborough.

A panel of local services will be available to answer your questions about local support services for young people and families



SAFEMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the *NIP it in the bud!* early intervention approach.

SAFEMinds Online

SAFEMinds: In Practice SAFEMinds: At Home



**headspace**  
Greensborough

# Cyberbullying

## Signs your child may be being cyberbullied

Mental anguish is often harder for parents to identify than the signs of face-to-face bullying. There is no definitive list of signs that indicate cyberbullying.

Although there are some things to look out for:

- **change in mood, demeanour and/or behaviour**: for example being upset, angry, teary or rebellious when not previously
- **change in friendship groups**: it can be normal to change friends many times during school days. Teachers can often provide insight, as they see class dynamics in action every day
- **spending more time with family instead of friends**: adolescence is generally a time where friends become very important and parents less so
- **lowering of marks**: often students who are being bullied show a distinct change in application to studies and a lowering of marks
- **not wanting to go to places**: a dramatic change in enthusiasm for going to school or sport—this can manifest as non-specific ailments (headaches, stomach-aches, generally 'feeling sick')
- **being extra secretive in online activities**: being online under the doona, or in a 'secluded' part of the house
- **distinct change in online behaviours**: being 'jumpy' when text messages arrive, not leaving their phone alone, wanting to be online all the time, or never wanting to be online.

## Aren't these things normal?

Many of these behaviours may have different causes or may just be stages of your child's development. In general, it is important to keep an eye on your child's behaviour patterns and if you feel something is amiss, be aware that things may not be OK in their world (either on or offline), and be there for them. Ask:

*"Are you ok? Has something happened that is bothering you? Do you want to talk?"*

If you are still concerned then enlist the help of your school welfare staff, GP, a counsellor or adolescent psychologist.





# 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  
27<sup>th</sup> July  
3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> August  
9:30 to 11:30am

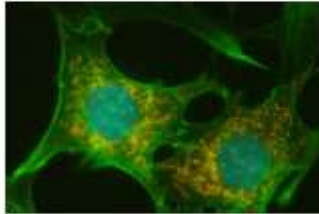
*Thomastown Neighbourhood House*  
52 Main Street  
THOMASTOWN

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

  
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