It has been a very tough week in the life of Thomastown West Primary School. As you may have heard, one of our students in Year 2 passed away on Monday afternoon due to natural causes.

It is heartbreaking to have someone so young pass away suddenly.

I would like to thank the support of our community as we all work together during this time. I thank the parents who have encouraged me and our staff.

I would also like to acknowledge the outstanding professional work of our staff. It has been a difficult week for many of our staff and they continue to remain professional throughout this week.

If your child has any concerns regarding the events of this week, please speak to your child’s teacher. Support is available for any student who needs to discuss aspects regarding grief and loss.

5/6 Swimming

Our Swimming program begins for year 5/6 students on Tuesday September 6th. This year students will learn about survival swimming and how to assist others. Students will need to bring appropriate clothing for these sessions.

Guest Principal for a day

Next Thursday September 8th we will have a Guest Principal for the day. This is part of the national Principal for a Day program. This program invites Community or Business Leaders to shadow a school Principal for a day to see what life is like in a school.

Keiron Martin has been appointed to shadow me for the day. Keiron is the General Manager of the John Fawkner Private Hospital. Please make her feel welcome when you see her around the school on Thursday.

Being an Esmart school

September 5th - 9th is Esmart week. This refers to being smart and safe with technology. At Thomastown West we have very strict systems in place as students use tools such as iPads or laptops. They are a great tool but also have risks. We are being checked by the Esmart organisation to ensure that your child is always safe when using technology. We would encourage parents to monitor what children are looking at through the internet. If you would like some advice regarding internet safety, please speak to your child’s teacher or to a member of our Wellbeing Team (Tim Brown, Robyn Mulholland, Pam Wright and myself).

Have a great week everyone

Leon Bell

Principal

“Someday, everything will make perfect sense. So for now, laugh at the confusion, smile through the tears and keep reminding yourself that everything happens for a reason.” - Anon
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

This week’s CUP OF LIFE winner is…..

Room 1! Well done to ALL STUDENTS from Room 1 who have won for the first time in Term 3.

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

Remember, Everyday counts…

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<th>Prep</th>
<th>Room 2</th>
<th>Bibi</th>
<th>Grade 3/4</th>
<th>Room 16</th>
<th>Sarah &amp; Whole Class</th>
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<td>Prep</td>
<td>Room 3</td>
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<td>David,Grace &amp; Mohammad</td>
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<td>Phys Ed</td>
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<td>Music Award</td>
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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!

Resilience

One of the ways we show Resilience is when we play sports...

Emily was crying by the time the softball game ended. It wasn't because her team had lost. It wasn't because she was unhappy about her own playing. It wasn't even because of anything the other team had said or done. Emily's tears came after her dad yelled at her — in front of all her teammates — for missing the fly ball that could have saved the game. Emily is just 8 years old.

If your child has ever participated in a sport, you've undoubtedly met people like Emily's dad, parents who behave inappropriately and upset their kids. These parents get so wrapped up in winning and losing or how well their own kids perform that they lose sight of what's really important. They forget that one of the most c

Parents can help their kids understand that good sportsmanship includes both small gestures and heroic efforts. It starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others and accepting bad calls gracefully.
Displaying good sportsmanship isn't always easy: It can be tough to congratulate the opposing team after losing a close or important game. But the kids who learn how to do it will benefit in many ways.

Kids who bully or taunt others on the playing field aren't likely to change their behaviour when in the classroom or in social situations. In the same way, a child who practices good sportsmanship is likely to carry the respect and appreciation of other people into every other aspect of life.

Ask first- or second-graders who won a game and they may answer, "I think it was a tie." It's likely the question isn't of any real interest at that age. Kids might be more eager to talk about the hits they got or the catches they almost made.

But as they move into older and more competitive leagues, kids become more focused on winning. They often forget to have fun. Without constant reminders and good examples, they may also forget what behaviour is appropriate before, during, and after a sporting event.

Kids who have coaches, who care only about being in first place and say that anything goes as long as they win, pick up the message that it's OK to be ruthless on the field. If parents constantly pressure them to play better or second-guess their every move, kids get the message that they're only as good as their last good play — and they'll try anything to make one.

Adults who emphasize good sportsmanship, however, see winning as just one of several goals they'd like their kids to achieve. They help young athletes take pride in their accomplishments and in their improving skills, so that the kids see themselves as winners, even if the scoreboard doesn't show the numbers going in their favour.

The best coaches — and parents — encourage their kids to play fair, to have fun, and to concentrate on helping the team while polishing their own skills.

Remember the saying "Actions speak louder than words"? That's especially true when it comes to teaching your kids the basics of good sportsmanship. Your behaviour during practices and games will influence them more than any pep talk or lecture you give them.

Here are some suggestions on how to build sportsmanship in your kids:

- Unless you're coaching your child's team, you need to remember that you're the parent. Shout words of encouragement, not directions, from the sidelines (there is a difference!).
- If you are your kid's coach, don't expect too much out of your own child. Don't be harder on him or her than on anyone else on the team, but don't play favourites either.
- Keep your comments positive. Don't bad-mouth coaches, players, or game officials. If you have a serious concern about the way that games or practices are being conducted, or if you're upset about other parents' behaviour, discuss it privately with the coach or with a league official.
- After a competition, it's important not to dwell on who won or lost. Instead, try asking, "How did you feel you did during the game?" If your child feels weak at a particular skill, like throwing or catching, offer to work on it together before the next game.
- Applaud good plays no matter who makes them.
- Set a good example with your courteous behaviour toward the parents of kids on the other team. Congratulate them when their kids win.
- Remember that it's your kids, not you, who are playing. Don't push them into a sport because it's what you enjoyed. As kids get older, let them choose what sports they want to play and decide the level of commitment they want to make.
- Keep your perspective. It's just a game. Even if the team loses every game of the season, it's unlikely to ruin your child's life or chances of success.
- Look for examples of good sportsmanship in professional athletes and point them out to your kids. Talk about the bad examples, too, and why they upset you.
- Finally, don't forget to have fun. Even if your child isn't the star, enjoy the game while you're thinking of all the benefits your child is gaining — new skills, new friends, and attitudes that can help all through life.

*This article comes from www.kidshealth.com*
Hi Everyone,

MY SINCERE THOUGHTS AND PRAYERS ARE WITH THE FAMILY AS THEY GRIEVE FOR THEIR PRECIOUS SON AND BROTHER. Beautiful acts of EMPATHY have been shown in word and action. The love and care of the staff and students of this school community have been shown through tears, the making of cards and through home visits.

What parents can do

Help children express their feelings

- Let children know you understand they are having difficult feelings. Provide an environment where they feel safe to express their feelings in whatever way they can.

- Help them find ways to express their feelings, e.g. through play, writing a letter, a story, a poem, painting, drawing or music.

- Allow children time to talk, ask questions and share their worries. They might be very confused and need to ask lots of questions. You may have to answer the same questions over and over as children try to make sense of things.

- If a child finds it hard to talk you could open the way by saying something like ‘Some things are hard to talk about but talking things through can really help.’

- If you can’t talk about it, find someone you both trust they can talk to, e.g. aunty, uncle, grandparent, teacher or counsellor. If children can’t talk about the loss they may feel that it is not safe to talk about it and continue to have muddled or scary feelings.

Share your feelings

- Share your feelings and tell children you are sad too - it helps them accept their feelings if they know others feel the same.

- Telling children how you are managing your feelings, even if you are sad, shows them that grief can be coped with. You will help them understand grief is a normal part of life.

- If you are really distressed it may not be wise to share this too much with children - they need to feel you are in control and can keep them safe.

Be honest

- Tell children what’s happened simply and honestly in ways that suit their age and development. This helps them find ways to cope.

- If you don’t tell children you may prevent them from dealing with the loss. It may cause problems when they have other losses later in life.

- Children need to know what’s happened even if they don’t ask.

Provide routine and support

- Stick to family routines as much as you can - doing the same things as usual helps children feel safe. Keep to the same rules about what children are allowed to do.

- Make extra time to spend with children and teenagers - they will need closeness and comfort.

- If your family has a spiritual belief this can be a support to children and adults.

If you feel that your child is not coping with their grief, please contact me through the school office for support.
**Playgroup** – **FREE TO EVERYONE**
– Thursdays, 10 am & Fridays at 9 am in the HUB at the school. The children enjoy free music time. PLEASE COME

**NEW PLAYGROUP** – A new play begun in the Thomastown Library on Mondays, 10 am – 12 pm. All welcome. Playgroup is a great way to help children to develop socially!!

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**SRC Presents: TWPS Lunchtime Disco**

When: Preps–Wednesday 7\(^{th}\) of September
Grade 1 & 2 – Friday 9\(^{th}\) of September
Grade 3 & 4– Wednesday 14\(^{th}\) of September
Grade 5 & 6 – Monday 12th of September

Where: Multipurpose room after the eating bell.

Cost: Gold coin donation. (Out of uniform if you attend the disco.)

All money raised will go towards Lunchtime activities equipment.

Thank you for your continued support of the SRC and TWPS.
HIPPY là gì?

Chương trình Tuồng tác tại Nhà đính cho Phụ huynh và Thầy riêng (Home Interaction Program for Parents and Youngsters - HIPPY) là chương trình nuôi dạy con và nuôi trẻ tại nhà, đối với những trẻ nhanh phán, giúp cha mẹ và người nuôi dưỡng nhanh chóng đạt được công việc nuôi dạy con một mình.

HIPPY giúp đỡ, hỗ trợ giúp cha mẹ và người nuôi dưỡng nhanh chóng đạt được công việc nuôi dạy con một mình.

Trong năm đầu tiên của HIPPY, nắm trục chỉ dưới hoá ba bước đi, hợp tác và chuyển đổi các kỹ năng để nuôi dưỡng con một mình.

Trong năm thứ hai, phụ huynh tiến hành thử nghiệm và cạnh nhau cùng chọn cách hợp tác và phát triển ở trường và ở nhà.

Các gia đình được ra từ 10 đến 15 phút mỗi ngày để thực hiện các sự kiện giáo dục được dộn học HIPPY.

Gia đình cùng nhau đi trên hành trình học tập.

Lợi ích của HIPPY?

- Giúp trẻ em trong quang cảnh học tập
- Xây dựng lòng tự trọng và tự tin
- Giúp trẻ em chọn học tập, học tập
- Thích thích mới quan hệ với cộng đồng các gia đình

HIPPY được coi là một chương trình quan trọng để học, được nhiều sự tài trợ và sẵn sàng ở nhiều điểm vào các bước đi, các em sẽ có thể học trong cuộc sống.

"Từ việc HIPPY của tôi giúp tôi cảm thấy mình tốt ở trường" 

Các gia đình HIPPY nhận được những gì?

- Sách truyền HIPPY và bộ tài liệu
- Thẻ học cho các gia đình
- Tập huấn luyện với các các giáo viên
- Cơ hội học hỏi và học tập

"Nhờ HIPPY, tôi học được rất nhiều về cách dạy con tốt"
DIGITAL CONTENT PRODUCERS:
WEB PUBLISHING
SCHOOL HOLIDAY PROGRAM

• 5 full days of hands-on intensive software engineering training
• For students 8 years and older
• Publish digital content online by creating a real-world website

Group 1: September 19-23rd, 2016
Group 2: September 26-30th, 2016

Thomastown Library
Open Day
Celebrating the Library Upgrade

Saturday 17 September
10.30am – 12.30pm
Green Screen Photo Booth
Owl Making Workshop
Outdoor Craft and Play
Coffee Cart

10.30am – 11.00am
Rainbow Choir and Dancing by the Whittlesea Chinese Association

11:00am–12:00noon
Sammy Hoop Starr
Face Painting

www.yprl.vic.gov.au
Local community based training in a welcoming and supportive environment. **New Futures Training is not for profit**, low cost and supportive of migrants and refugees wishing to study Nationally recognised training. We encourage individuals with disabilities to access our training.

**COURSES OFFERED**

**EARLY CHILDHOOD EDUCATION & CARE**

**AGED CARE & HEALTH**

**COMMUNITY SERVICES**

**SHORT COURSES**
- First Aid
- Food Safety
- Manual Handling

and MORE...

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**AT THESE CAMPUSES:**

**COBURG**
Head Office
11 Munro St
(03) 9383 2533

**BRAYBROOK**
Units 9 & 10
6 South Road
(03) 8398 5000

**EPPING**
1E
560 High St
(03) 8401 6700

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f facebook.com/NewFuturesTraining