FROM THE PRINCIPAL:

Last Thursday I had the pleasure of hosting Mr. Keiron Martin as my guest in the Principal For A Day Program. This program is when leaders of other organisations shadow a School Principal to learn what life is like in a school.

Mr. Martin is the General Manager of John Fawkner Memorial Hospital.

Mr. Martin had a very good insight into a typical day at Thomastown West. We worked on managing student behaviours, many meetings around student learning our school review and planning for 2017.

2017 Enrolments

We have begun planning for 2017. If you have a child who will be new for 2017, please make sure you complete a blue enrolment form. Over the holidays I will begin planning for the number of classes and staff we will need for 2017. If you know of any new children wishing to start at Thomastown West next year, you can collect an enrolment form for them from the office.

Footy Day

To celebrate the end of the Australian Football Season, we are having our annual Footy Day next Thursday. We encourage students to wear their favourite footy clothes on the day and we will have some fun activities throughout the day. If the weather is fine, we will have a footy day parade in the afternoon. Please check with the school to confirm the time if the weather is not good.

End of Term

I would like to remind families that Term 3 ends on Friday September 16th. School will finish at 1:15 on that Friday. School resumes on Monday October 3rd at 8:45am.

I would like to thank all the families and staff for yet another successful term. As usual Thomastown West has a lot happening for the children and families. We have also had to deal with some difficult situations. I hope you have a terrific break ready for the last term of the year!

Leon Bell

Principal

“You don’t always need a plan, sometimes you just need to breathe, trust, let go and see what happens”-
Mandy Hale
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 3! Well done to ALL STUDENTS from Room 3 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...

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.

<table>
<thead>
<tr>
<th>Prep</th>
<th>Room 3</th>
<th>Mohamed</th>
<th>Grade 3/4</th>
<th>Room 16</th>
<th>Ariyan</th>
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<tbody>
<tr>
<td>Grade 1</td>
<td>Room 4</td>
<td>Narsine</td>
<td>Grade 3/4</td>
<td>Room 17</td>
<td>Dave</td>
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<tr>
<td>Grade 1</td>
<td>Room 6</td>
<td>Bianca &amp; sara</td>
<td>Grade 3/4</td>
<td>Room 19</td>
<td>Amir</td>
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<tr>
<td>Grade 2</td>
<td>Room 6</td>
<td>Koby</td>
<td>Grade 5/6</td>
<td>Room 9</td>
<td>Deniz</td>
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<td></td>
<td></td>
<td></td>
<td>Grade 5/6</td>
<td>Room 11</td>
<td>Zainab &amp; Azizi</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Grade 5/6</td>
<td>Room 12</td>
<td>JJ &amp; Keeley</td>
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</table>
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,

Yesterday was ‘R U OK?’ Day. It is to promote MENTAL HEALTH. Asking a young child, teenager or adult R U OK? might be the first step for them in getting help for a tough time they are experiencing.

Read more about mental health and find helpful resources at [http://au.reachout.com](http://au.reachout.com)

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**Playgroup**  –  FREE TO

**Thursday, 10 am & Fridays at 9 am**

**HUB at the school**

The children enjoy free play, story and music time. PLEASE COME

**NEW PLAYGROUP**  –  A new playgroup has begun in the Thomastown Library. Thursdays, 10 am – 12 pm. All welcome.

**Playgroup is a great way to help children develop socially!!**

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**Parenting**

**PARENTZONE**

Anglicare and Whittlesea Council are offering a number of parenting programs throughout term four. See the attached Parentzone newsletter for details.

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

Robyn Mulholland (Student Wellbeing Team)
If you see online bullying, it is important to tell someone who can take action.

What’s the issue?

Sometimes it’s tempting to think that if you aren’t the person doing something wrong, it doesn’t matter if you ignore it. After all, it’s not your fault you know about it, is it? If you know someone is lying, causing problems or getting other people into trouble you should do what you can to stop it—sometimes just a small action can prevent things getting worse.

Why does it matter?

- Bullies can get away with it because of other people’s silence. According to research by the Edith Cowan University (2009), frequent school bullying is highest among Year 5 (32%) and Year 8 (29%) students. The same research found that peers are present as onlookers in 87% of bullying incidents. By knowing about it and not saying anything you are allowing it to happen.
- You would want someone else to speak up for you if you were bullied.
- Most people who bully online also bully offline: what might seem harmless (“it’s just a text!”) can have a negative impact on people’s emotional and physical wellbeing, friendships and other relationships.
- When more people take positive action it creates a culture where bullying (online or offline) is not acceptable and encourages people to look for attention in more positive ways.

Advice

Be an Active Bystander

- If you know someone is causing problems, tell them why they should stop. If you don't feel safe to say something yourself, tell someone who can take action.
- Even if the person being treated badly isn't your friend they don't deserve to be the victim of lies and pranks.
Primary: But I didn’t do it

Create the sort of place you want to be in—online and offline

- It’s great to have friends and to look forward to talking with them at school or online—keep it fun by respecting yourself and others.
- Protect your private information. Don’t use passwords that are obvious (e.g., your favourite singer’s name) or tell even your trusted friends—some things should not be shared.

Ongoing teasing and spreading rumours are not ‘jokes’

- Some people are mean to get a laugh from other people or to try to make themselves feel more interesting or important. They try to get your support by saying that they didn’t intend to hurt anyone’s feelings. Being a real friend is having the confidence to say when you think something they are doing is not okay, and accepting it when someone tells you that your behaviour is not okay.
# Parentzone Term 4 Programs

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<thead>
<tr>
<th>Region and Page</th>
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<th>Dates</th>
<th>Where</th>
<th>Time</th>
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<tr>
<td>Darebin Page 3</td>
<td>DAD'S BRINGING UP GREAT KIDS</td>
<td>Wednesdays 12th October – 16th November</td>
<td>Anglicare, 42 Mary St, Preston</td>
<td>6:30pm – 8:30pm</td>
</tr>
<tr>
<td>Whittlesea Page 3</td>
<td>LESS STRESS PARENTING</td>
<td>Fridays 21st October – 25th November</td>
<td>CPS, 273 Settlement Rd, Thomastown</td>
<td>10am – 12:30pm</td>
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<td>Whittlesea Page 3</td>
<td>TUNING INTO TEENS</td>
<td>Mondays 24th October – 28th November</td>
<td>Baseline Youth Services, Westfield Shopping Centre, South Morang.</td>
<td>10am – 12:30pm</td>
</tr>
<tr>
<td>Whittlesea Page 3</td>
<td>WISHING AWAY WORRIES</td>
<td>Tuesday 25th October</td>
<td>City of Whittlesea, Council Offices, Fountain View Room, 25 Ferres Boulevard, South Morang.</td>
<td>6:30pm – 8:30pm</td>
</tr>
<tr>
<td>Moreland Page 4</td>
<td>LEARNING THROUGH PLAY</td>
<td>Wednesday 26th October</td>
<td>Moreland Civic Centre, 90 Bell St, Coburg</td>
<td>7pm – 9pm</td>
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</tbody>
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# Broadmeadows Women’s Community House Term 4 Programs

<table>
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<th>Program</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Hume Page 4</td>
<td>LET'S PLAY &amp; LET'S PLAY MORE</td>
<td>Monday's 10th October – 19th December</td>
<td>Cleveland Drive Child and Family Centre, 24 – 26 Crn Essex Way &amp; Cleveland Drive, Craigieburn</td>
<td>Group 1 – 9.30 – 10.30am Group 2 – 11.00 – 12.30pm</td>
</tr>
<tr>
<td>Hume Page 4</td>
<td>SMALL STEPS &amp; LITTLE STEPS</td>
<td>Tuesday's 11th October – 20th December</td>
<td>Broadmeadows Community Hub Crn Widford &amp; Freda Streets, Broadmeadows</td>
<td>Small Steps 9.15 – 10.45am Little Steps 11.30 – 1.00pm</td>
</tr>
<tr>
<td>Hume Page 4</td>
<td>MEADOW'S PRIMARY SCHOOL PLAYGROUP</td>
<td>Thursday's 6th October – 22nd December</td>
<td>Meadow's Primary School Gerbert Street, Broadmeadows</td>
<td>9.30 – 11.30am</td>
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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

Fees: $375
Time: 9:00a-4:30p
Class: 15 students per group

For more information:
Call 04 1013 3124 or read more online

ENROLL NOW www.civicteach.org/DCPMelbourne
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.

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- and MORE...

**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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