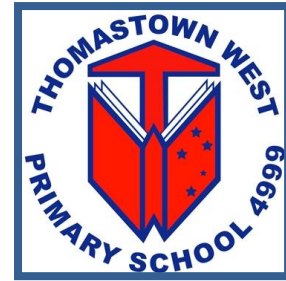


# Thomastown West Primary School



## NEWSLETTER

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### NEWSLETTER NO. 29

#### *FROM THE ACTING PRINCIPAL:*

Hello everyone,

Last Tuesday night was the TWPS Art's Festival. What a marvellous evening of fun and entertainment. I am very proud to be the Acting Principal of our wonderful school. As I said last Tuesday evening, **at Thomastown West we have an outstanding Visual Art and Performing Art programs.** Thank you and congratulations to Margot Sheen and Oscar Rosa for their leadership and ensuring the night was a success! I would also like to acknowledge the incredible team effort from teachers, aides and students. It was lovely to come together as a community and celebrate our students' Arts achievements. I have received such positive feedback from our parents and carers this week! Well done everyone. What a great school we have! (One of the many reasons I keep coming back)

Congratulations to the students who have been bringing and wearing hats. Well done to the parents who supported them in this venture. Remember, hats are available at the office if a new one is needed. There are legionnaire hats which cost \$10. We have plenty in stock!

**PLEASE REMEMBER OUR POLICY - NO HAT NO PLAY**

Everyone has the right to feel comfortable and safe at our school. For this reason, students are requested to STOP playing the 'flip the bottle game.' Although it may look like harmless fun, students throwing bottles in the air, to see if it lands standing upright has proven to be not safe. With the excitement of the game, bottles filled with water are being thrown higher and higher in the air and we are concerned a child may be hit. Thank you for understanding. I am sure you'll agree, children's safety must come first!

The grade 6 students have already started preparing for their Graduation later this year. Meanwhile, the grade

### FRIDAY 4<sup>TH</sup> OF NOVEMBER 2016

5's have begun their leadership preparation program. After visiting their lesson last Friday, I am confident that our grade 5 students have a very clear understanding of *what makes a good leader*. Students do not have to be school captains or house captains to be considered leaders. We encourage all of our students to be leaders in the classroom and playground, through their support for other students, or their involvement in learning, sporting, cultural or community events or projects. I am really looking forward to finding out more about the TWPS leadership process this year while we prepare for 2017.

It is important for us to have accurate enrolment numbers for children attending our school in 2017 so that the best possible class structures and class sizes can be organised. As always, our children, their learning and development, will remain our top priorities. We understand that some families are moving houses and there may be schools that are closer to your new address. We will happily support your child and their transition to a new school. Please contact us to let us know if your child/children will not be attending TWPS in 2017. Thank you to those families who have already done so.

Education Matters, Teachers Make a Difference & Every Day Counts!

Keep up that lifelong learning!

Sandi Young  
Acting Principal

If you are not  
willing to learn,  
no one can help you.  
If you are  
determined  
to learn,  
no one can  
stop you.

PICTURE GUPPER.COM

# STAR OF THE WEEK

|         |        |                   |           |         |          |
|---------|--------|-------------------|-----------|---------|----------|
| Prep    | Room 2 | Fatma             | Grade 3/4 | Room 16 | Sude     |
|         |        | Nasrine           | Grade 3/4 | Room 17 | Grace    |
| Grade 1 | Room 4 | Tifa              | Grade 3/4 | Room 18 | Fey      |
| Grade 1 | Room 6 | Tina & Jamil      | Grade 3/4 | Room 19 | Ilina    |
| Grade 2 | Room 5 | Mohammed & Daniel | Grade 3/4 | Room 20 | Sergen   |
| Grade 2 | Room 1 | Deyana            | Grade 5/6 | Room 9  | Mohammad |
|         |        |                   | Grade 5/6 | Room 10 | Sinem    |
| Music   |        | Nasrine           | Grade 5/6 | Room 11 | Ahmed    |
| Sport   |        | Ariyan            | Grade 5/6 | Room 12 | Taha     |



## BREAKFAST CLUB

### CHILDREN ARRIVING AT SCHOOL BEFORE 8:30am

We have noticed that a number of children are arriving at school before 8:30am.

**Unless** attending Breakfast Club children **cannot** be outside school until there is teacher supervision which is **8:30am**. This is due to safety reasons. Thank you for your cooperation

### Cup of Life

Well done to Room 18 who were the week 4 winners for Cup of Life! These students are now in the running for the end of term prize!

### Transition

Transition and change is something that happens to all people very regularly. All students will experience change at the end of this year and will transition into a new grade next year. For some students and families this may also mean a new school, especially for our grade 6 students! School transition can have a BIG impact on kids and it is important that the adults in their life support them through this. Our school is very aware of this and has dedicated transition programs whereby students are provided with various opportunities to plan and prepare for change and transition. Even if they are not moving schools or even areas within the school, a new teacher and new classmates can have a significant impact. Some possible difficulties during periods of transition can include; low self-esteem; rapid changes in mood and

behaviour; time management issues and stress or anxiety. Often when this occurs kids will feel frustrated and become anxious or disruptive to others around them. It's important that we are aware of these situations and seek to help our kids to manage the change and navigate through these circumstances. The following are some possible tips:

- Be alert to how they are handling the change and whether they are experiencing difficulty.
- Be supportive at all times and seek to offer encouragement
- Be available to answer questions they may have
- Discuss their habits for homework and ensure they are completing all set tasks. Speak to their teachers if necessary.
- If you believe your child/ren is struggling with change or transition speak to their teacher or a member of the wellbeing team about how we may be able to help.

More information on handling transition can be found at [www.kidshelp.com.au](http://www.kidshelp.com.au)

Take Care,

Tim Brown

## Head Lice

Thomastown West Primary School has had a Parent Managed Head Lice Program in previous years. This was a group of parent volunteers, trained by the Whittlesea Council to do head lice checks. Unfortunately, this program is unable to continue.

For this reason, the following procedure will occur when there are confirmed cases of head lice at school:

- A letter will go home with all students, letting families know that there are confirmed cases of head lice.
- The letter will have a method of treatment attached
- Families will be asked to check and treat (if necessary)
- A letter will be requested from parents asking what treatment was used and when.

Schools are entitled to 2 free Council checks per year. TWPS has already had their entitlement this year.

If it is necessary to have further Council involvement, there will be a cost.



## Scholastic Book Fair 2016

***Thank You so much to all those who supported our Book Fair. From the proceeds of the fair we received a commission which was used to choose a selection of over \$500 worth of great books. The remainder will go towards purchasing a new computer for the***

***library in the coming year. This will greatly support our library and benefit our whole school community.***

***Well done everyone. A fantastic effort.***

***Congratulations to the winners of the three \$20 book vouchers:***

***Ariyon Room 16***

***Daniel Room 6***

***Kahlaya Room 11***

***Happy Reading***

***Christine Bridges***

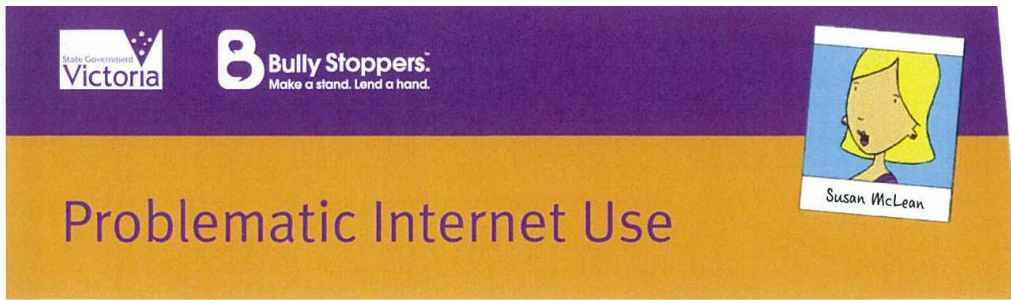
***(Librarian)***



### • ***Reminder***

***All Fun Run money raised needs to be returned to the office by the 18<sup>th</sup> of November.***

A vertical advertisement for JAC Music School. At the top, there is a photograph of a person playing a drum set. Below the photo, the text reads "REGISTER NOW!" in white on a black background. A large yellow circle contains "\$25" in black, with "PRIVATE LESSONS" written in smaller black text below it. To the right of the circle, the words "MUSIC LESSONS" are written in large, bold, white letters on a black background. Below this, there are several yellow rectangular boxes with black text listing instrument types: "GUITAR / BASS", "PIANO / KEYBOARD", "VOICE", "VIOLIN / CELLO", and "DRUMS". At the bottom left, the contact information "0418 172 506 Epping JAC MUSIC SCHOOL" is listed. At the very bottom, there is a small Facebook logo with the text "LIKE US ON FACEBOOK".



## Young people and the online world are synonymous, but when does it become excessive?

### What is problematic internet use?

*'The Internet appears to be capable of altering the mood, motivation, concentration, and producing a dissociating and disinhibiting experience for users. For some individuals, patterns of use can transform to abuse, taking on a compulsive quality ... Many of the daily spheres of behaviour, including work, appear to be effected by this powerful technology.'*

Dr David Greenfield, Centre for Internet Behaviour, USA

Problematic internet use is addictive behaviour—excessive or poorly controlled preoccupations, urges, or behaviours regarding computer use and internet access that lead to impairment or distress.

The problem is more common in adolescent males than females and is very often linked to playing online games. In severe cases, online activity takes over the person's life to the exclusion of all else.

Internet addiction has been documented and studied around the world. It is not however currently included in DSM IV (Diagnostic and Statistical Manual of Mental Disorders Edition IV). This means it cannot be diagnosed by a doctor, so access to medical treatment rebates is limited.

### Online games

Computer games today may be very different to what parents remember. Games can now be played over the internet with players interacting with other gamers all around the world.

Online games can be very involved and immersive, mimicking real life achievements and interactions, demanding huge investments of time from large networks of players. A commonly cited example is World of Warcraft (WoW for short), an online multi-player virtual world game which has been recognised by researchers and players around the world as extremely addictive.

Online gaming can also be a concern when young children connect with people that they do not know. See the 'Online Grooming' fact sheet for further information on this.

