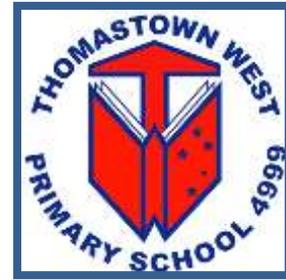


Thomastown West Primary School



NEWSLETTER

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NEWSLETTER NO. 4

FROM THE PRINCIPAL:

School Council Elections

Last week nominations were open for any parent for Department employee to become part of the Thomastown West School Council. There are official notices around the school calling for nominations or please ask at the office for Nomination Forms.

School Council is a decision making body that involves parents, teachers and myself. We make local decisions based on school needs and within Department of Education Guidelines. School Council meet every 4-6 weeks on a Monday night.

Anyone is welcome to visit and give input at Council meetings. We will advertise future meetings in the newsletter.

Parent Teacher Information Sessions

Next Wednesday March 2nd is the Parent Teacher Information Sessions. There will be no classes that day but parents are expected to bring their child to the sessions. These sessions will give parents an understanding of what is expected for our students and how you can support your child. It is a good chance for you to meet your child's teacher. Parents are welcome to have discussions with your child's teacher between sessions, please speak to your child's teacher to book a time so you don't have to wait. The same sessions will be repeated during the day/evening so if you cannot attend one, you can attend the next one. Interpreters for Arabic and Vietnamese will be available at each meeting. If you would like an interpreter for another language, please let your child's teacher know.

FRIDAY 26TH FEBRUARY 2016

Preps Begin Full Time

On Monday Preps begin full time placement at school. It has been such a smooth start for the children (and teachers!). I thank all the parents and carers for your support during the month of February. It will be a big week for our prep students.

Bookpacks

I thank the majority of families who have paid for Bookpacks this year. I also am aware of a number of families who are using the payment plan option. There are a number of families who have not paid for any supplies for their child/children as yet. This is causing some issues for children and may affect opportunities for them to learn. If you have any financial difficulties or require more time or assistance, please make a time to speak to me. We are happy to assist families where possible so your child does not miss out.

Emergency Services visits

Over the next few weeks the police will be speaking to our Year 1/ 2 students. They will also be visiting Thomastown Fire Station as part of their studies on Community Services.

Have a great weekend everyone

Leon Bell

Principal

*"Fall down seven times....stand up eight!"- Stephen
Bush*

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

I would like to congratulate Room 20 on winning the Cup of Life for last week. Well done to all students in Room 20!!!!

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

Every day counts...

Teasing verses Bullying

Similarities

Both teasing and bullying usually involve poking fun at someone, ridiculing them in a way that we think is funny, making them look foolish, and generally mocking, taunting, or joking around with them. There are times when teasing and bullying can become physical.

Differences

Teasing generally involves a sense of play and mutual joshing around. Teasing will rarely, if ever, involve religion, race, appearance or other important characteristics.

Bullying does not involve play or mutual joshing around. Bullying is often about religion, race, appearance, or other important characteristics.

Bullying is differentiated from teasing because of intention. Those who bully actually intend to do

harm, whereas teasing is supposed to be a 'no harm' game.

The Problem

There is a problem with this logic though. What matters most and is often overlooked is that it does not actually matter what the aggressor does.

If your children are being 'teased' and they don't like it, the motivation of the teaser is irrelevant. The teasing has become bullying. Your children are perceiving that harm is being done. They are victims of another person's unkind behaviour toward them, however innocent.

A child who is teased day after day, week after week, will eventually begin to become dispirited – or worse. Teasing can be as harmful as bullying, and while theoretically different, the two are easily perceived by a child to be exactly the same thing.

The solution

By possessing a strong sense of self children can bounce back effectively from teasing. (Other articles in this section describe how you can help your child deal with mean friends, deal effectively with teasing, and develop resilience.) By nurturing your relationship with your child, you can aid in his or her success in overcoming teasing

Reporting teasing and bullying

Parents should treat each situation differently. Some children will quickly develop strategies to overcome teasing or bullying. Others will require assistance. Some teasing will disappear as quickly as it started. Other teasing will become chronic and ongoing. Parents should be discerning about becoming involved for two important reasons.

First, involvement can exacerbate the problem. Some children, in perceiving weakness, will do what they can to expose it to even greater degrees. Parental involvement may highlight a child's weakness.

Second, involvement can undermine a child's motivation or attempts to create change in him or herself.

If you, as a parent, are concerned that teasing is affecting your child it may be helpful to report your concerns. Children should not be involved in the reporting process during the early stages.

Usually a discreet conversation with your child's teacher will be sufficient. Teachers deal with these issues regularly and can typically manage teasing effectively.

A thoughtful approach will often solve difficulties in schoolyard relationships quickly and simply, particularly if parents are honest, well-meaning, and clear in their concerns. In the event that teasing becomes worse, most schools have clear policies outlining their direction in dealing with such issues. Clear and open communication with the school principal will be the most effective way to deal with teasing and bullying should there be a need to take matters further.

Take care,

Tim Brown

Hi Everyone, 



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!



SPECIAL THANKS!!  ***Very special thanks to Tiarna Barnes and her mother, Jodi Arnephy, for their most generous donation of a lovely dolls' house and a play kitchen for the playgroup. Our little playgroupers are really enjoying playing 'house' and 'cooking' up a 'storm' on their kitchen oven!***

SLEEP – As a parent, I know how difficult it is at times to encourage our children to go to get enough sleep. In my work at the school, lack of sleep is a serious issue for a number of our students, often leading to poor concentration and difficult behaviour. This, in turn, affects the

learning process and how they interact with others.

Please read the following article by a researcher regarding this issue. I hope it helps you as a parent with this difficult issue!

Why screen time before bed is bad for children

[Sarah Loughran](#)

Research Fellow, University of Wollongong



Limiting screen time before bedtime is beneficial for sleep.

Sleep is an essential part of our development and wellbeing. It is important for learning and memory, emotions and behaviours, and our health more generally. Yet the total amount of sleep that children and adolescents are getting is [continuing to decrease](#). Although there are potentially many reasons behind this trend, it is emerging that screen time – by way of watching television or using computers, mobile phones and other electronic mobile devices – may be having a [large and negative impact](#) on children's sleep.

Electronic devices intrude on time for sleep

The presence and use of these devices is incredibly widespread. Given this, and the increasing exposure to screen time – particularly in the hours before bedtime – it is perhaps not surprising that screen time is now associated with insufficient and poor quality sleep.

A [2014 review](#) found consistent evidence that sleep was hampered by screen time, primarily in relation to shortened sleep duration and a delay in the timing of sleep. Screen time could be negatively influencing sleep in many ways. The timing of screen time is one important factor. The use of these devices can lead to [delays](#) in the time that children and adolescents go to bed and, consequently, shorter sleep overall.

These negative impacts on sleep can be due to screen time in the evening cutting into the time that children would normally be preparing for bed and sleeping, delaying sleep onset and reducing the overall duration of sleep. There is simply less time available for it.



Lights, games and dramas are stimulating, which delays sleep.

Bright lights and alertness

It has also been [suggested](#) that longer screen times may be affecting sleep by reducing the time spent doing other activities – such as exercise – that may be beneficial for sleep and sleep regulation.

The content of the screen time, as well as the light that these devices emit, [may also be responsible](#) for poorer sleep.

The content, or what we are actually engaging with on the screen, [can be detrimental to sleep](#). For example, exciting video games, dramatic or scary television shows, or even stimulating phone conversations can engage the brain and lead to the release of hormones such as adrenaline. This can in turn make it more difficult to fall asleep or maintain sleep.

Less obvious, but still just as important, is the impact that light has on sleep and on our sleep-wake patterns in general. Many of the devices that are now routinely used by our youth emit bright light. Exposure to these light emissions in the important evening hours before sleep can increase [alertness](#).

Bright light at night can also disrupt the body's naturally occurring circadian (or daily) rhythms by suppressing the release of the hormone melatonin, which is [important](#) for maintaining and regulating our sleep-wake cycle.

Limiting screen time to improve sleep

Sleep should be made a priority, and we can combat this growing problem in a number of ways.

It is becoming increasingly clear that [limiting screen time](#) in the period leading up to bedtime is beneficial for sleep. In relation to this, removing electronic devices from the bedroom provides a good sleep environment and promotes good sleep practices.

With a more balanced approach to screen time and the use of electronic devices, the clear benefits can be obtained while still maintaining and prioritising sleep, health and development.

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)

REGISTER NOW!
\$25
PRIVATE LESSONS
MUSIC LESSONS
GUITAR / BASS
PIANO / KEYBOARD
VOICE
VIOLIN / CELLO
HARMONICA
DRUMS / PERCUSSION
0418 172 506 Epping
jacmusicsschool.com
LIKE US ON FACEBOOK!

AFTER CARE NEWS

Program Information

The year has started off amazingly. The preppies have settled in beautifully and are enjoying making new friends and settling into the program's routines without much fuss. There have been many happy children engaged in activities such as painting, Chinese lantern and fan making to name a few.

We are also a sporty group so the children are often playing a game of soccer, indoor tennis or even skipping.

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

Staffing

Christina has decided to continue with us at TWPS Oshclub, until Connie's return next term. Her support

and enthusiasm is much appreciated.



Parent/ Teacher Day

Wednesday 2nd March will be Parent/Teacher Day, where teachers will be meeting with parents throughout the day. We will be open all day so long as we have a minimum of 15 children booked in. This will be confirmed via email on the 24th February. All children attending will need to provide their own snacks and lunch. Please make sure they have enough food for the entire day.

Photo Gallery



Welcome 2016 preps!!



Payment

Oshclubs'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, Carmen or contact Head Office.

Parent Information

OSHC program phone: 0407 372056
Coordinator: Christina Basile
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.

Regards,

TWPS OSHClub Staff





Saturday March 5th 10am ~ 1pm

Thomastown Neighbourhood House is pleased to be bringing our market and FAMILY Fun Day to Thomastown Library every month.

Join us for a sausage sizzle by Thomastown Bears Football and Netball Club, market stalls, coffee van and FREE family activities and crafts.

Semester 1 Classes

We have teamed with PRACE to deliver two courses to improve work skills and opportunities.

Introduction to volunteering and event planning.

This FREE course runs on Thursdays from 10am - 2pm, April 21st - June 23rd.

Previous participants in this course have gone on to successful volunteer and paid employment roles.

Introduction to Office Skills

This course begins on April 14th - June 16th from 9.15am - 3.15pm.

At a cost of \$50 concession + service fee \$10 Full fee \$108 + service fee \$25 which includes a 40 hour work placement.



FREE English as an Additional Language (EAL)

Beginners conversation classes for asylum seekers who have no access to other English language classes. These classes are run at Thomastown Neighbourhood House in partnership with Red Cross.

Mondays 10am -12:30pm

1 February – 21 March

11 April – 21 June

Fridays 10 am – 12:30pm

5 February – 25 March

2 15 April – 24 June

Relax with our FREE Meditation Classes

Beginning on March 16th, our free meditation classes will commence at Thomastown Neighbourhood House, 9.45 - 10.45am.

We are always keen to hear from locals who would like to volunteer, improve their skills and meet new people. For more information or to enrol in any of our classes or programs, please email manager@tnh.org.au or call 8376 6939.



The Thomastown Makers Space is in full swing located at Thomastown Library.

Join us on the second Tuesday of the month for a FREE Makers Workshop with all supplies and qualified tutor includes.