Thomastown West Primary School

NEWSLETTER

98-112 Main Street, Thomastown, Victoria 3074 – Ph: 9465 4317
Email: thomastown.west.ps@edumail.vic.gov.au – Website: www.thomwestps.vic.edu.au

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Month</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th</td>
<td>March</td>
<td>Leadership Programme 5/6</td>
</tr>
<tr>
<td>16th</td>
<td>March</td>
<td>The Human Race</td>
</tr>
<tr>
<td>21st</td>
<td>March</td>
<td><strong>Harmony day</strong></td>
</tr>
<tr>
<td>28th</td>
<td>March</td>
<td>Lalor District Athletics</td>
</tr>
<tr>
<td>31st</td>
<td>March</td>
<td>Last day of Term 1 1:15 finish</td>
</tr>
<tr>
<td>18th</td>
<td>April</td>
<td>Term 2 Begins</td>
</tr>
<tr>
<td>24th</td>
<td>April</td>
<td>Curriculum Day (<strong>Student free day</strong>)</td>
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NEWSLETTER No. 4 3rd March, 2017

From the Acting Principal

We have said goodbye to another summer this week and even though the weather is still warm, we are now into autumn. We have already seen the trees in our school grounds change colours and begin to lose their leaves. As I write this, I am reflecting on the fact that it is the end of week 5! Each year we seem to pack more in and the time seems to speed by! Of course this term is a short one.

Harmony Day: 21st March 2017

Our diversity makes Australia a great place to live. Harmony Day is a celebration of our cultural diversity – a day of cultural respect for everyone who calls Australia home.

Held every year on 21 March. The Day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

The message of Harmony Day is ‘everyone belongs’, the Day aims to engage people to participate in their community, respect cultural and religious diversity and foster sense of belonging for everyone.

Since 1999, more than 70,000 Harmony Day events have been held in childcare centres, schools, community groups, businesses and federal, state and local government agencies across Australia.

Thomastown West will be acknowledging Harmony Day and on the 21st of March and every child is asked to wear a orange clothing or a splash of orange. Children are encouraged to bring an orange balloon tied to a piece of string or ribbon. Balloons will then be tied to the front fence to celebrate that ‘everyone belongs’ at Thomastown West.

Congratulations!

Well done to all of the children (with their families support) who have sustained or improved their attendance over the last three weeks!

At Thomastown West Primary School, we are committed to providing your child with an excellent education. The building blocks of an excellent education begins with all students coming to school each and every day.

Regular school attendance is vital and missing school days can have a big impact on a child’s future. Missing one day a fortnight will equate to missing four full weeks by the end of the year, and by the end of Year Ten a student will have missed more than a year of school. There is no safe number of days for missing school. Each day a student misses school puts them behind, and can affect their educational outcomes.

New federal government laws will mean that parents can be fined for not sending students to school without an acceptable reason. If you are having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day. The school’s Student Attendance policy will be reviewed and updated to reflect the Victorian DET’s guideline and policies. If your child must be absent from school, please speak with your child’s classroom teacher, Mrs Pam Wright, or myself as early as possible.
STUDENT LEADERSHIP

At the end of last year and over the last few weeks students were asked to nominate and give input into a number of student leadership positions in the school. Student Leaders are selected based on a high demonstration of our school values and it is a great opportunity to build confidence and skills for their future years. I am pleased to announce the following Student Leader positions below.

We will be holding an official badge presentation ceremony later this term.

<table>
<thead>
<tr>
<th>School Captain</th>
<th>School Vice-Captain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Josh</td>
<td>Carli</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>House Captain</th>
<th>House Vice Captain</th>
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<tbody>
<tr>
<td>O’ NEIL</td>
<td>Stephanie F</td>
</tr>
<tr>
<td>THORPE</td>
<td>Owen</td>
</tr>
<tr>
<td>DIAMOND</td>
<td>Noah</td>
</tr>
<tr>
<td>FREEMAN</td>
<td>Mia</td>
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</table>

<table>
<thead>
<tr>
<th>Class Captain</th>
<th>Class Vice- Captain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room 16:</td>
<td>Room 17:</td>
</tr>
<tr>
<td>Yunis</td>
<td>Aziza</td>
</tr>
<tr>
<td>Room 18:</td>
<td>Room 19:</td>
</tr>
<tr>
<td>Mohamad N</td>
<td>Nadia</td>
</tr>
<tr>
<td>Room 20 :</td>
<td>Noura</td>
</tr>
<tr>
<td>Tevita T</td>
<td>Keeley</td>
</tr>
<tr>
<td>Jovanijjo</td>
<td></td>
</tr>
<tr>
<td>Katherine N</td>
<td>Kelly N</td>
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10 Things That Make Children Happier

1. GIVE THEM PLENTY OF PLAY TIME
The primary responsibility of a child is – or at least, should be – to play. Yes, the child will eventually have homework, extracurricular stuff, and so on; but from toddler to adolescence, they should be given the freedom just to have fun.

Peter Gray, a child psychologist and professor at Boston College, states “Children learn the most important lessons in life from other children, not from adults...they cannot learn, or are much are much less likely to learn, in interactions with adults.”

So, tell them to “go outside and play!”

2. TAKE ARGUMENT AND HEAVY DISCUSSIONS ELSEWHERE
Kid’s brains develop at an extraordinary rate during early childhood. When they see and hear about adult-like problems, and uncertainties, the child’s delicate psychological state can be negatively affected; potentially making them worried and insecure.

Children should not hear stressful conversations from adults – it is most definitely not the time.

3. DON’T COMPAR E THEM TO OTHERS
The pressure to succeed in today’s society can make it enticing to instil an early sense of competitiveness – and some adults do so by comparing them to someone else. Sometimes, adults will also point out desirable personality traits in another child, hoping to duplicate them in the other.

Researchers say that such comparative tendencies can adversely affect a child’s confidence and sense of self.

4. TEACH THE BENEFITS OF NEGATIVE EMOTIONS
Pointing out the obvious – a child is not very mature. Almost every child will have spontaneous outbursts of anger, envy, sadness, etc. This behavior presents a good learning opportunity for the adult.

5. ACKNOWLEDGE THEIR EFFORTS
The child is going to reach the age when he or she knows that hard work is needed to get ahead. It is important, then, to

<table>
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<th>Time</th>
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<tbody>
<tr>
<td>Monday 18 September</td>
<td>6:30pm</td>
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<tr>
<td>Tuesday 17 October</td>
<td>6:30pm</td>
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<tr>
<td>Monday 20 November</td>
<td>6:30pm</td>
</tr>
<tr>
<td>Tuesday 12 December</td>
<td>6:30pm</td>
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I found this article below on http://www.powerofpositivity.com I hope you enjoy reading it, as much as I did.

TWPS SCHOOL COUNCIL

Nominations have closed for both parent and staff representatives on School Council. The following Nominations were received:

<table>
<thead>
<tr>
<th>Parent Representatives</th>
<th>Department of Education (Staff) representatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellie-Jean Singh</td>
<td>Suzi Ilic</td>
</tr>
<tr>
<td>Jodie Barnes</td>
<td>Pam Wright</td>
</tr>
<tr>
<td>Ekaterina Di Luca</td>
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</tr>
</tbody>
</table>

The number of nominations match the number of vacancies, I hereby declare the above people elected to School Council for a two year period.

The first meeting of the new School Council will be held on Tuesday March 21st starting at 6:30pm in the staffroom. Anyone is welcome to come and attend these meetings and provide input.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday 21 March</td>
<td>6:30pm</td>
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<tr>
<td>Monday 22 May</td>
<td>6:30pm</td>
</tr>
<tr>
<td>Tuesday 20 June</td>
<td>6:30pm</td>
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<tr>
<td>Monday 24 June</td>
<td>6:30pm</td>
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<tr>
<td>Tuesday 15 August</td>
<td>6:30pm</td>
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</table>

2016 AGM then 2017 First meeting
recognize when the child pushes themselves to accomplish something. Talking about cognitive tasks during childhood, Dr. Carol S. Dweck at Stanford says: “Our message to parents is to focus on the process the child engages in, such as trying hard or focusing on the task – what specific things they’re doing rather than ‘you’re so smart, you’re so good at this…what (the adult) does early matters.”

6. VALUE FAMILY TRADITIONS
Having a variety of things that a family does together is a good sign of a stable household; with stability being an important aspect of childhood development. According to the Child Development Institute, having regular family time induces five main benefits: the child feels important and loved; the child observes positive adult traits; adults can observe and learn more about their child’s weaknesses to guide them better; the child can verbalize their thoughts and feelings, and the parent and child develop a stronger bond.

7. LET THEM TAKE CHANCES
Children require a certain amount of supervision; yet, adults can overdo it by monitoring their every move. This “overparenting,” however, is counterproductive to development. Researchers, in an article published in the Journal of Psychologists and Counsellors in Schools, write: “Does an extreme attentiveness to a child and their imagined needs and issues, encourage parents to reduce their demands on their child, resulting in the child rarely facing adverse situations, learning to cope, and acquiring resilience, maturity, and other essential life skills? The current study raises the disturbing possibility that the answer is yes.”

8. GIVE THEM A SENSE OF (INDIVIDUAL) RESPONSIBILITY
Expanding on the last point, it is important to allow children to complete responsibilities (e.g. chores, homework) without micromanaging them.

Why? According to child psychologists, an excessive amount of oversight can manifest into the child developing an “I can’t do this alone” attitude. While some attention – and even, discipline – is necessary for a child to recognize the consequences of abdicating responsibility, inordinate supervision is ineffectual.

9. CREATE HAPPY MEMORIES
In a multi-experiment study undertaken by two Harvard professors, adults who recalled good childhood memories “(seemed) to summon a heightened sense of moral purity.”

Researchers note the participants “were more likely to help the experimenters with an extra task, judge unethical behaviour harshly and donate money to charity when they had actively remembered their childhood.”

So, in creating happy memories for the child, you may be preparing them to be happy and benevolent adults.

10. BE HAPPY YOURSELF!
Children learn by what they see and hear, for better or worse. If an adult exhibits positive behavior, the child is more likely to reciprocate. According to Carolyn Cowan, a psychologist at the University of California: “children do not fare well if the adults aren’t taking care of themselves and their relationships.”

2017 TERM DATES

Term 1: Monday 30th January – Friday 31st March.
Term 2: Tuesday 18th April – Friday 30 June
Term 3: Monday 17 July – Friday 22 September
Term 4: Monday 9 October – Friday 22 December

2017 Parent/Teacher Sessions

Term 1: Tuesday 21st February Parent Information Session
Term 2: Tuesday 27th June Parent/Teacher Interviews

Curriculum Day dates for 2017:

Monday 30th January and Tuesday 31st January (Term 1)
Monday 24th April 2017 (Term 2)
Friday 3rd November 2017 (Term 4)

7 things every child needs to hear:
1. I love you.
2. I’m proud of you.
3. I’m sorry.
4. I forgive you.
5. I’m listening.
6. This is your responsibility.
7. You’ve got what it takes.

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

Sandi Young
Acting Principal
**Stars of the Week**

Term 1 Week 5

<table>
<thead>
<tr>
<th>Room 1</th>
<th>Musa</th>
<th>Room 16</th>
<th>Yunis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room 2</td>
<td>Mason</td>
<td>Room 18</td>
<td>Maram</td>
</tr>
<tr>
<td>Room 3</td>
<td>Mustafa</td>
<td>Room 20</td>
<td>Tevita &amp; Tupou</td>
</tr>
<tr>
<td>Room 4</td>
<td>Leanne</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Room 5</td>
<td>Naum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Room 6</td>
<td>Yasemine &amp; Raymond</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Room 9</td>
<td>Ali</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Room 10</td>
<td>Alissa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Room 11</td>
<td>Adrijanna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Room 12</td>
<td>Talissa</td>
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**Specialist: Art**  Muhammed

**Specialist: Music**  Adrijanna
Hi everyone!

Once again, I would like to thank everyone in the school community for being so kind and welcoming to me in my first weeks at TWPS. I have really enjoyed meeting lots of people and look forward to getting to know you all better.

I wanted to take some time this week to highlight some of the great activities and support programs available in the local area!

**WCC Multicultural Playgroup**

We are extremely fortunate to have a Multicultural playgroup which operates from our own school!! This is available to all families with children under five years of age. The group welcomes families of all cultures. The playgroups is open to everyone who wants to make new friends, help your child to share and learn and have lots of fun with art and music!! The playgroup is free and runs every **Tuesday** from **9.30am to 11.30am** at **Thomastown West Community Hub** during school terms! If you want more information or to register please contact Nina on 9401 6613.

**Bedtime Story time at Thomastown Library**

Preschool and primary school children are invited to Thomastown Library to hear stories and rhymes followed by a craft activity. The sessions run every **Thursday** from **5.30pm to 6.30pm** at **Thomastown Library – 52 Main Street, Thomastown. 9464 1864**
This community centre (52 Main Street, Thomastown- 8376 6939) offers a number of formal classes such as English as a second language, sewing classes and Barista training!

They also have a number of events and workshops coming up:

**Makers “Space Makers” Day** – workshops suitable for pre-schoolers, children and adults. **Saturday 8th April- 10am to 1pm.**

**Meditation** – every Wednesday **10am – 11am.**

**Family Fun Day and Market** – First Saturday of every month. **10am – 1pm**

**Bianca Bagnara**  
**Student Welfare Officer**

Hi Everyone!

Wow, it’s been hot! Roll on Autumn, my favourite season.

**Grief and Loss**

Autumn is a season of change, especially in nature. We also go through **Seasons of Change,** especially at times of **grief and loss.**

I am hoping to begin a *Seasons for Growth* group with a small number of students who have had a significant loss in their families in recent times.

I also run a *Seasons for Growth, group for adults* who are grieving loss in their lives – death of a loved one, separation/divorce, loss of connection with their birth country, etc......Sharing in a small group can be very healing.

If you would like to be part of an adult group, please leave your name and contact details at the school office and I, Robyn Mulholland, will contact you.
If you would like to be part of an adult group, please leave your name and contact details at the school office and I, Robyn Mulholland, will contact you.

A Little More on Sleep from Michael Grose, Educational Psychologist

As the seasons change and the clocks go forward or back in different parts of the world it’s the ideal time to reinstate essential sleep habits in kids.

**Great sleep habits include:**
1. **Regular bedtimes.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.

2. **A wind-down time of at up to 45 minutes prior to bed.** This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).

3. **Bedtime routine** such as story, teeth-cleaning that signalled psychologically that it is time for sleep.

4. **Keeping bedrooms for sleep** and not for TV or devices. Bedrooms that resemble caves seem to be recommended.

5. **Maximising the 3 sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

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**Playgroup**

**MULTICULTURAL PLAYGROUP**

**TUESDAY MORNINGS: 9.30-11.30 AM.**

You and your child can enrol on the day

at the HUB at TWPS.

Playgroup is FREE.

Please contact the school office if you wish to meet with me..

Robyn Mulholland

Student Wellbeing
I loved this challenge as it taught us maths, science and the importance of working together as a team.

I learnt that a good team needs a good team needs leader and good communication. It also taught me that a good team is like a good tower, it starts with the base, if the base isn’t good enough the rest of the tower collapses and if it’s not stable on the top it will fall. A good team needs communication a good leader, a plan for a foundation and good communication for stability.

By Jovanjijo

The objective was to build the tallest tower by using spaghetti and marshmallows with a budget of $300. The spaghetti cost $5 each and the marshmallows cost $10 each.

By Chris

The Spaghetti challenge was amazing. It was the most fun thing I did all week. But I also learned something, something that amazed me, it was how well my team worked together. We were being supportive and working really great together. We were synergising!!

By Kiyarash

<table>
<thead>
<tr>
<th>Positive</th>
<th>Minus</th>
<th>Interesting</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Tried out everyone’s ideas</td>
<td>- The marshmallows were sticky</td>
<td>- Marshmallows were yummy</td>
</tr>
<tr>
<td>- Had fun, was exciting</td>
<td>- Didn’t use the materials as well as we</td>
<td>- Every group had different ideas</td>
</tr>
<tr>
<td>- We worked in a team</td>
<td>could have</td>
<td>- Some people didn’t like</td>
</tr>
<tr>
<td>- Communication</td>
<td>Ate too many marshmallows</td>
<td>marshmallows</td>
</tr>
<tr>
<td></td>
<td>Stability - was hard</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Foundation/base</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Perfect working surface</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Spaghetti sticks were fragile</td>
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</tbody>
</table>
Interschool sports Term 1 results for Thomastown West

**Round 1 Thomastown West played St Peters**

Rounders results boys TW 12 and STP 13
Rounders results girls TW 18 and STP 13
Cricket TW 1/26 and STP 5/24
Softball TW 21 and STP 16
Bat Tennis boys TW 38 and STP 34
Bat Tennis girls TW 43 and STP 20

**Round 2 Thomastown West vs Thomastown Meadows**

Rounders results boys TW 14 and TM 8
Rounders results girls TW 10 and TM 18
Cricket TW 1/41 and TM 2/17
Softball TW 16 and TM 3
Bat Tennis boys TW 34 and TM 33
Bat Tennis girls TW 24 and TM 31

**Round 3 Thomastown West vs Lalor East**

Rounders results boys TW 11 and LE 5
Rounders results girls TW 14 and LE 4
Cricket TW 43 and LE 26
Softball TW 14 and LE 14 Draw
Bat Tennis boys TW 33 and LE 30
Bat Tennis girls TW 15 and LE 43
**HOW TO ENROL AND BOOK**

Enrolment is easy and completely free. We don’t charge any annual registration fee. Simply complete our enrolment form online at [www.oshclub.com.au](http://www.oshclub.com.au) select your school, enter all required information and you’re done. Once you are enrolled booking sessions is simple. An online enrolment form must be completed before your child can attend the program. Should your family details change please ensure our records are kept up to date by visiting our web site.

**Permanent bookings** Book set days every week that will carry throughout the year. (these can be altered any time as required)

**Casual bookings** Make a booking any time online based on your needs, however if same day care is needed just call our office directly or contact the Coordinator direct at the program.

**Late bookings** Bookings made within 24 hours of the session may incur a late booking fee. Please discuss with Oshclub staff if further explanation is required.

**Cancellations** Cancellations made within 24 hours of the start of the session will incur the full fee. You will receive a full credit for your out of pocket expenses if you remove your booking online before 24 hours.

**HOW TO PAY**

Payments are made either by credit card or by direct debit from a nominated bank account. Parents are charged fortnightly in arrears with usage statements available online. Credit cards or bank accounts are automatically debited with the amount owed after any rebates are applied.

**Our motto:** Happy children learning together

OSHCLUB VALUES: Safety, Fun, Integrity, Caring, Education and Accountability

**Parent Information**

OSHC program phone: 0407 372 056  
Coordinator: Desiree Bustos  
Assistant: Carmen Belloflore  
Program email: oshclub.thomastownwest@gmail.com  
OSHCClub Head Office: 03 85649000  
Regards, TWPS OSHClub Staff
FREE FAMILY FUN DAY
CELEBRATING REFUGEES & ASYLUM SEEKERS –
ALL FAMILIES WELCOME

» Meet other families
» Kids activities: jumping castle, petting zoo, musical entertainment, face painting, sports activities, and more
» Connect with your community

Saturday
March 4, 2017
11am-3pm

Nick Ascenzo Reserve,
Thomastown
(opposite Thomastown East Primary School) see over the page for directions

Halal lunch is provided

Look out for the event on Facebook so we know if you are coming!

Contacts: Sousan Hawalla 0429 727 357

We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.