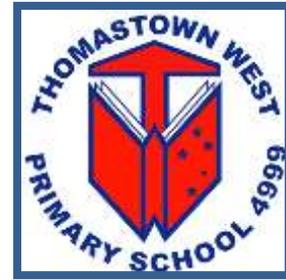


# Thomastown West Primary School



## NEWSLETTER

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### NEWSLETTER NO. 5

#### *FROM THE PRINCIPAL:*

It was great to see so many parents attending the Parent-Teacher information sessions last Wednesday. Thank you for your support. It was unfortunate that it was so hot earlier in the day.

If you missed a session, feel free to make a time with your child's teacher. Teachers are happy to make time to speak to parents about any concerns or information.

I would also like to thank many organisations that came last Wednesday to help support the school. Our Community Hub partners, Thomastown Secondary and William Ruthven Secondary did a great job assisting throughout the day.

#### **Bullying Incursion**

This Wednesday March 9<sup>th</sup> (Grade 3-6) and Friday March 11<sup>th</sup> (Prep-Year 2) we will have a whole school incursion that will provide skills and strategies to children to combat bullying. The sessions will also discourage bullying in the school yard. Every student will have the opportunity to attend the sessions this week. The cost is \$5 per student but many students are covered using the Camps Schools Excursion Fund (CSEF).

### FRIDAY 4TH MARCH 2016

#### **Parent Help**

Are there any parents who can help us shovel some dirt and debris for an hour or two? Any time is fine; please speak to me if you can help.

#### **School Assembly**

I am sorry for any inconvenience caused to parents due to assembly not running the last couple of weeks. It seems that Tuesday is the day for extreme temperatures and there is no cooling in the Multipurpose room for 320 children. On these days we announce Stars of the Week over the loudspeaker.

Have a great weekend everyone

Leon Bell

Principal

***“Always laugh when you can. It is  
cheap medicine.”- Lord Byron***

**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 17 on winning the Cup of Life for last week. Well done to all students in Room 17!!!!

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. As a test to see who reads the newsletter, come and see me before Wednesday 9<sup>th</sup> March for a prize.

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!

**Family Day Care** – One of our playgroup Mums is a family day care worker. Donia Ali is with Prime agency and has qualifications in first aid and food handling. She has a current Working with Children Check and a current Police Check. Donia has a vacancy for a small child to join the other children in her care.

**For further details contact Donia on 0452364249**



### **Sleep and learning**

Sleep can affect concentration, memory and behaviour. It's no wonder that how well your child sleeps has an impact on how well he learns.

About sleep and learning good-quality sleep helps your child concentrate, remember things and behave well. These all help her to be a successful learner.

Poor sleep, or not enough sleep, affects concentration, memory and behaviour, making it harder for your child to learn. Children who don't sleep well are more likely to feel sleepy and to have difficulties with learning.

### **Concentration**

Children who are sleepy have trouble concentrating during the day. If your child can't keep his attention on what he's trying to learn, whether it's climbing a tree at the park or singing a song at school, it will affect his learning

### **Memory**

Remembering things is part of learning. For example, if your child is tired, it's harder for her to remember basic stuff such as how to spell words, how to do maths calculations, or where to find information in a book or on the internet. It's also harder for her to remember how to do things such as playing a musical instrument. Our brains create and strengthen different types of memory in different sleep cycles. For example, just before your child wakes in the morning, his brain uses the last stages of REM sleep to sort and store memories and information from the previous day, and get ready for the day ahead.

### **Behaviour**

Sleepy children tend to have more problems with behaviour at preschool or school – and at home too! For example, a sleepy child might play up in class or refuse to follow the teacher's instructions. A sleepy child might miss out on learning because the teacher is busy managing his behaviour. He might also miss out on playing with other children if they don't like the way he's behaving.

### **Working on sleep problems**

Lots of children have sleep problems which you can often manage with simple behaviour strategies. A good place to start with sleep problems is your child's sleep habits. Sometimes changing both daytime and night-time habits can make a big difference to your child's sleep. For

example, you might be able to reset your child's body clock with a regular bedtime routine, morning sunlight, regular exercise and a healthy diet.

See your doctor if you think your child's sleep problems might be related to a medical condition or you're worried your child might have a persistent sleep problem.

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### Raising Children's Network.

Raising Children's Network has a fantastic website for families, covering all sorts of issues. Check it out:

<http://raisingchildren.net.au/>

### Free Family Fun Day for Single parents and their families

See attached flyer for details

**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.

why do they call it beauty sleep...  
When you wake up looking like THIS?



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

**Robyn Mulholland (Student Wellbeing Team)**

## **DIARY DATES**

<b>Wednesday 9<sup>th</sup> March</b>	Bullying Incursion Years 3-6
<b>Friday 11<sup>th</sup> March</b>	Bullying Incursion Prep Grade 1 and 2
<b>Wednesday 16<sup>th</sup> March</b>	Essendon Traffic School Grade 2
<b>Thursday 17<sup>th</sup> March</b>	Essendon Traffic School Grade 1
<b>Tuesday 22<sup>nd</sup> March</b>	Easter Raffle drawn at assembly 2.00pm
<b>Wednesday 23<sup>rd</sup> March</b>	Special Easter sausage sizzle lunch. <b>NO LUNCH ORDERS ON THIS DAY</b>
<b>Thursday 24<sup>th</sup> March</b>	<b>Last Day Term 1 school finishes at 1.15pm</b>

REGISTER NOW!  
**\$25**  
PRIVATE LESSONS

**MUSIC LESSONS**

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0418 172 506 Epping  
[jacmusicsschool.com](http://jacmusicsschool.com)

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# St Clare's Play Festival

Please join us!

Dear Parents and Grandparents (and extended family members),

We would love for you to join with your child(ren) for an afternoon of play!

**When: Monday  
21st March**

**Time: 2pm**

**Where: St Clare's School**



*There will also be a play therapist joining us to talk about the benefits of play and give suggestions of opportunities for play at home.*

We hope to see you there!



SINGLE PARENTS ACTIVE KIDS PROUDLY PRESENTS:



FREE FAMILY FUN DAY  
BRIMBANK PARK IN KEILOR EAST  
SATURDAY 19TH OF MARCH  
STARTING 12 Noon.

FREE BBQ, ACTIVITIES AS WELL AS:  
MEMBERSHIP SPECIALS/RENEWALS AND MORE.

EVEN IF YOU CAN'T ATTEND THERE ARE PLENTY MORE OPPORTUNITIES, HERE IS A LINK TO OUR  
VERY ACTIVE WEBSITE <http://www.singleparentsactivekids.org/>  
LIKE MINDED SINGLE PARENTS TO CHAT WITH, ACTIVE KIDS WANTING TO PLAY WITH YOUR  
ACTIVE KIDS, WIN WIN!

*"SINGLE DOES NOT MEAN ALONE"*

PLEASE RSVP TO [info@singleparentsactivekids.org](mailto:info@singleparentsactivekids.org) or call Moush on 0430 504 119.