

Thomastown West Primary School



NEWSLETTER

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NEWSLETTER NO. 5

FROM THE PRINCIPAL:

Dear Parents and Friends,

Next Monday our student leaders will have a special training day. We want to train and work with our student leaders on many areas of leadership and building confidence. We have arranged for the State member of Thomastown, Bronwyn Halfpenny, to come and speak to the students about leadership from a government perspective.

Special Activities next week

There are a number of special events for students in Years 3-6 next week. Year 3/4 students will be having a special sports session at TRAC on Wednesday while our 5/6 students will be doing Science experiments in the Laboratories of Thomastown Secondary College. Please check with your child or their teacher if you need to return notices or for any other information.

Restaurant Discount

Have you ever eaten at TGI Friday's at Epping? We have been given a number of discount vouchers where you can get 10% off your meal. Vouchers are limited; please speak to the office for your copy.

Turkish Community Mural

This Wednesday I will be meeting with members of the local Turkish Community at Thomastown Primary School. Turkish Community groups have

FRIDAY 13TH MARCH 2015

created a mural at Thomastown Primary remembering ANZAC day. It is great to see how we have moved on from a state of war to now living together as a community (as all communities and cultures should). If you have a connection with the Turkish Community and would like to see the mural, please feel free to visit this Wednesday morning from 10am.

School Council Nominations

Don't forget if you would like to be a part of School Council, nominations close at 4pm next Tuesday.

There are two vacancies for parents on School Council.

School Council is a major decision making body of our school. School Council has representatives from parents, teachers and myself.

I am happy to talk further to anyone who is interested in School Council.

Have a great weekend everyone

Leon Bell

Principal

"To live a creative life, we must lose our fear of being wrong." --Anonymous



STAR OF THE WEEK

Prep	Room 2	Glen Hawi	Grade 3/4	Room 15	Abhay Chopra
Prep	Room 3	May Nguyen	Grade 3/4	Room 18	Keeley S & Carly B
Grade 1/2	Room 1	Viktoria Momirovski			
Grade 1/2	Room 4	Zayn El Ali	Grade 5/6	Room 9	Shams Al Sadi
Grade 1/2	Room 5	Michael Lai	Grade 5/6	Room 12	Alyssa Unasa
Grade 1/2	Room 6	Bella F & Ridida A			

It is not OK to be away...or to be late to school!

BREAKFAST CLUB



A reminder to everyone that Breakfast Club (café 4999) is continuing to run in 2015. Breakfast Club runs between 8am-8.30am in the Multi-purpose room where students are able to receive a FREE breakfast. Breakfast as we all know 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 will be announced next week....!!

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

Everyday counts...



You Can Do It! Program



Organisation is the current key that our School is focusing on. The following statements teach us what it means to be organised:

- Organisation means putting things where they belong
- Organisation means setting goals for myself
- Organisation means planning ahead to meet my goals

Remember that in everything you set out to do have an "I can do it!" attitude.

5 Ideas for Better Sleep

Most kids need about 9 to 10 of sleep each night. But about 1 in 4 kid's report having trouble sleeping. Lack of sleep can affect everything from our emotions to how well we focus on tasks like driving. It can affect sports performance, increase our chances of getting sick, and may be linked to weight gain in some people. How can we get the sleep we need? Here are some ideas:

1. **Be active during the day.** You've probably noticed how much running around little kids do — and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can decrease stress and help people feel more relaxed. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
2. **Say goodnight to electronics.** Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or

more before lights out. Also avoid having TV's in bedrooms.

3. **Keep a sleep routine.** Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, playing Sudoku, or doing anything else that relaxes you.
4. **Expect a good night's sleep.** Stress can trigger insomnia, so the more you agonize about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

Everyone has a sleepless night once in a while. But if you regularly have trouble sleeping and you think it's affecting your mood or performance, talk to your doctor.



Hi Everyone,

Playgroup – Fridays at 9 pm at the school - We have welcomed three new families this year already. The children are enjoying water play, sand play, building, painting, music time and story time. Snack time is very popular! New families are very welcome.

Healthy Eating Habits equal Healthy Growth and Well-being



We all know that water, vegetables and fruit provide both ourselves and our children with the nutrition to feed our brains and to help our bodies work well. **OUR BODIES ARE ACTUALLY MADE UP OF 70% WATER!!**

Sometimes it is difficult to convince our children that water, fruit and vegetables are very good for us. Please read the information attached to this newsletter:

- why water, fruit and vegetables are needed for good health

- helpful hints to encourage our families to drink more water and eat more fruit and vegetables.

This information has been translated into English, Arabic, Chinese, Hindi and Vietnamese.

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)

INTERSCHOOL SPORTS NEWS

LDSSA SUMMER RESULTS

ROUND 5 – 13th March 2015

Home Team	Thomastown West	Away Team	Meadowglen
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CRICKET	3/31	6/55
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SOFTBALL	12	0
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BAT TENNIS

BOYS	45	12
GIRLS	44	18

ROUNDERS

BOYS	16	9
GIRLS	12	18

5/ 6 Visit to William Ruthven Secondary College

Julius – Room 9

For sport we had a P.E teacher called Mrs Saxton. She explained what sport William Ruthven participated in. Some of the sports were volleyball, cricket, basketball, netball and soccer. After Mrs Saxton explained everything, we played “tails” as a warm up. I only got 2 tails both times but I had lots of fun. After playing tails the class had some stretches and then we went outside and played 2 more sport games called “Run the gauntlet” and “Basketball”. The whole class were enjoying the games but when we finished some of us were tired. The teacher and the class packed up and then we went to English class. While we were going to English class I felt exhausted but I was entertained and happy after P.E.

Mariam – Room 9

William Ruthven Secondary College was amazing because we got to experience different things that we don't have at our school. This is what happened at my visit to this particular secondary college: As soon as we got off the bus we were first taken to a room where we did some cooking and made “Sugar and Spice Palmiers” which were simple! The lady who taught us to make these pastries was Mrs V. After we made the sweets and cleaned up we went and had some recess which they provided for us. I gave one of the pastries to my friend but I also left some for my Mum. We also played some sport which was really fun. Last but not least we had an English class. In English we wrote poems about what happens after the rain. Here is what I wrote:

After it rains...

After the rain has finished pouring down,

I get out of the house and start looking around.

I see the water dripping down off the leaves,

Smell the refreshing air, walking through the breeze.

I hear the sound of birds chirping, happy as can be.

I feel the water splashing all over me.

This is what happens after it rains!

I read it to the class and the teacher praised my work! We went back to the centre of school after that and said goodbye to everyone. We got on the bus and went back to school. Our trip was AWESOME!

Zahraa- Room 9

The first thing we did when we went to William Ruthven Secondary College was cooking. When we first got into the cooking class we got told what we were going to do and what we would cook. The recipe was “Sugar and Spice Palmiers” which were really delicious. Once we washed our hands and put on our apron with the assistance of 2 students from the school, we chose a working area to cook our Palmiers on. Everyone gathered around the cooking teacher and she showed us a quick example of what to do. We also had the recipe next to us to help us. It was a quick and fun recipe to bake. After taking them out of the oven and putting them into plastic bags and cleaning our work areas we all got to eat one. Everyone also got to take the recipe home. It was a really fun activity!

TRANSITION NEWS

Hello Parents,

The grade 5/6's visited William Ruthven Secondary College on March 5 2015.

The purpose of the visit was to have an opportunity to see how William Ruthven Secondary College run their educational programs. It was a good learning experience for our grade 5/6's as they start to make decisions about high school.

The students had an enjoyable day. Room 12 would like to share their experiences of what they did at William Ruthven.

Thank you
Regards
Lenora De Niese



William Ruthven Secondary College

Today was my favourite day so far. I went to W.R.S.C. First we did drama, then we played many games, it was so funny. After that, we got math's I learnt that my time tables is important. Then we got a fruit we had Watermelon, Rock melon and oranges. We also had a drink. Finally we learnt to do science experiments and that was my best part. We experimented with flour. Everything together was fun.
By Heba



William Ruthven Secondary College Excursion 5.3.15

It was a bright, sunny and early morning and everyone in the 5'6 building was getting onto a bus that arrived at the front of our school. It took about ten minutes to arrive there so meanwhile I told my friends how excited I was about visiting there. When we arrived I waited to get off.

When we got off the bus one by one, we lined up in our rooms and from then we got led by our ambassadors Chloe and Ross. They led us to the middle area to do drama with a happy, delightful and funny teacher. First we all got dressed up into different costumes and acted out different characters. My character was a grandma. I acted old, tired and happy. After we played a game about zombies. I had a great time. After, all the other rooms joined us to eat cordial and fruit for 30 minutes and waited to go to our next lesson.

After that we went to do some maths, first we played a game of snakes and ladders. I played with Alyssa and Dunya. It was really fun and luckily at the end, I won.

Secondly we all got a card and we had to read out the number that you got.

When we had finished we did some science and we used cookie ingredients to investigate a fake murder scene. It was really messy, complicated but fun.

We all went back in the middle area and waited for the bus. My favourite part was drama. It was the most enjoyable out of the rest. It was an AMAZING, cool and fun day!

By Pijeta

My Day at William Ruthven Secondary College

My school T.W.P.S went to W.R.S.C on Thursday the 5th of March 2015. I really enjoyed being there. We played drama, maths games and some hand on activities in science.

We also had some snacks at W.R.S.C we ate some fruit such as Watermelon, Rock melon and Oranges which was really tasty. We also had some cordial which had 3 flavours green, red and orange. It was delightful.

In drama we improvised, we pretended we were characters we made up. There was a clown, singer, policeman and a magician. In maths we played games such as doty squares were you have to have more squares than your opponent. We played

another game were you have a card and you say a problem and someone has the answer on their card.

Finally in science we experimented with flour were we dipped vinegar in it and it became fizzy, but when we dipped iodine in it and it became gold and chunky.

Overall it was amazing experience and I would love to go again.

From Shyau



FACT SHEET



Eat more fruit and vegetables

Eating fruit and vegetables will help your child grow strong and healthy. Children aged 4 – 7 years should eat 1 serve of fruit and 2 serves of vegetables each day.

What is a serve?

1 serve of fruit is:

- 1 cup of canned or chopped fruit *or*
- 1 medium fruit eg apple, banana *or*
- 2 smaller pieces of fruit eg apricots *or*
- 1½ tablespoons of dried fruit



1 serve of vegetables is:

- 1 cup of lettuce or salad vegetables *or*
- ½ cup of green leafy vegetables e.g. broccoll or spinach *or*
- 1 medium potato

Tips to get your child eating fruit and vegetables

- Cut up the fruit and vegetables so it is easy to eat.
- Offer a range of fruit and vegetables to try.
- Offer the fruit and vegetables in different ways, eg raw, sliced, mashed, baked or grated.
- Try canned fruit or small amounts of dried fruit.
- Offer fruit and vegetables with foods your child already enjoys.



Children may need to try new foods 8-9 times before they will like them

Easy ways to eat more fruit and vegetables each day

- Put fruit on breakfast cereal.
- Add extra vegetables to main meals eg casserole, stir-fry, curry or home made pizzas.
- Pack sliced fruit or vegetable sticks to take to pre-school.
- Make a smoothie with fresh, canned or frozen fruit.
- Add fresh fruit to yoghurt.
- Snack on corn on the cob.
- Put salad on sandwiches.

Try and make fruit and vegetables part of every meal or snack

Tips to help you make healthy choices at home

- Eat plenty of fruit and vegetables yourself. When your child sees you eating these foods they will want them too.
- Grow some vegetables in the garden and let your child water and look after them.



Live Life well

NSW HEALTH

FACT SHEET



Choose water as a drink

Water is the best drink when you are thirsty. Water is good as it does not have any added sugar. Drinking tap water also helps your child develop strong teeth. Water in Australia is safe to drink straight from the tap or boiled if you prefer; either way it still contains fluoride.



Tips to help your children to drink water

- Take a bottle of water when you go out.
- Put a bottle of water in with your child's lunch.
- Keep cold water in the fridge at home.
- Give your child a water bottle when they play sport.



Limit soft drinks, sports drinks and cordial

Fruit juices, soft drink, sports drinks and cordials should not be given to your child everyday as they can have lots of added sugar. If you do give your child juices, soft drinks, sports drinks or cordials remember:

- water these down until you can replace them with water
- serve in smaller cups
- limit the number of cups your child has each day.

Milk is a healthy option

- Milk helps your child develop strong teeth and bones.
- Children over 2 years of age should drink reduced fat (not skim) milk.
- Reduced fat milk has less fat than full cream milk but still has lots of nutrients that young children need.
- Soy milks suitable if it is reduced fat and has added calcium.



The facts about fruit juice

- Fruit juice can be high in natural and added sugar.
- A piece of fruit is better than a glass of juice.
- One small cup of fruit juice each day is enough for your child.

