

Thomastown West Primary School Newsletter



Email: thomastown.west.ps@education.vic.gov.au Phone: 9465 4317

2022 IMPORTANT DATES:

Tue	08 Mar	Brainstorm Production FREE Wellbeing Incursion
Mon	14 Mar	Labour day (Public Holiday)
Tue	15 Mar	Curriculum Day (Students do not attend School)
Fri	18 Mar	FACEBOOK LIVE Assembly 2:35pm
Thu	24 Mar	GRIP Leadership Conference
Mon	28 Mar	Gr 5/6 Incursion
Wed	06 Apr	Parent Teacher ZOOM Conferences (Students do not attend school but are expected to join the ZOOM conference with their Parent or Carer).
Fri	08 Apr	Last Day Term 1 (Students dismissed at 1.15pm)
Tue	26 Apr	Term 2 Begins
Tue	17 May	Curriculum Day (Students do not attend School)

No.5 4th March 2022

From the Principal

Celebrating our improved student attendance!

Congratulations to all of the students and families who have consistently demonstrated their personal responsibility by attending school every day and arriving to school on time. Term 1 of the school year is very important as it establishes the foundation for the rest of the school year. It is a time when teachers are establishing routines in our learning spaces and students are building positive relationships with their teachers and peers.

On Monday 28th of February, we celebrated our improved student attendance with a disco and free dress day. At lunch, students were provided with some groovy tunes. A big thank you to the fabulous DJ Rosa for his role in making the disco a big hit!

Student Leadership Update

This week students have been busily applying for SRC, Student Voice and Class Captain student leader positions. We look forward to announcing the successful applicants in next week's newsletter.

REMINDER: We will be presenting these young leaders at a Facebook Live whole school assembly in Week 8, Friday 18th March 2022. Each leader may invite 1 parent to watch the badge presentation at TWPS. We invite all members of our community to attend and celebrate with us online.

School Council Update

Nominations have now officially closed and I am delighted to introduce you to the 2022 Thomastown West Primary School Council. I'd like to also wish a warm welcome to the new members who will join our existing School Council team.

Returning Parent Members

Paul Johanson
Pina Ioffrida
Rebecca Edgell
Lena Lazorovska

New Parent Members

Liz Skitch
Mine Alibas
Biljana Sokolevski
Mile Sokolevski

Our School Council meeting will be held on **Tuesday 29th March at 6:30pm**. This includes our Annual General Public Meeting 6:30pm at TWPS. **Guests are most welcome!** A Zoom link will be made available.

Student Support Group Meetings

FRIENDLY REMINDER: Student Support Group meetings have been scheduled for the next three weeks. If you cannot attend, please contact Miss T to discuss a change of time.

Child Safe Standards

Child Safe Standards across all schools, are a part of the Victorian Government's response to the recommendations of the 2012 Betrayal of Trust Report, which found that more must be done to prevent and respond to child abuse. **The Child Safe Standards set out to create safe places for children to fully and actively participate in the life of the community benefiting everyone.** Thomastown West Primary School will ensure that the children in its care are protected to the best of its ability and in line with the compulsory Child Safe Standards. **School Council has endorsed a range of policies and procedures that comply with the Child Safe Standards requirements.** The 7 Child Safe Standards that have been implemented are:

1. Strategies to embed a culture of child safety, through effective leadership measures.
2. A Child Safe Policy.
3. A Code of Conduct establishing clear expectations for appropriate behaviour with children.
4. Screening, supervision, training and other resource practices that reduce the risk of child abuse by new and existing personnel.
5. Processes for responding to and reporting suspected child abuse.
6. Strategies to identify and reduce or remove risks of child abuse.
7. Strategies to promote the participation and empowerment of children. Our Child Safe Policy can be found on our TWPS website, for your information:

<https://www.thomwestps.vic.edu.au/page/101>

Parent Teacher Student ZOOM Conferences

It is with great excitement and enthusiasm that we announce that we will have **ZOOM** parent, teacher, student **conferences** on **Wednesday 6th April**. On this day, students will attend the ZOOM with their parent or carer for the duration of their conference. This will count as your child's/ren's attendance for the day. Bookings will open online soon.

Rapid Antigen Tests

Each child is strongly encouraged to take two tests at home per week. Ideally the tests would be done on a Sunday night/Monday morning and then a Wednesday night/Thursday morning. This monitoring will assist with tracking and controlling COVID. If your child tests positive please alert the school so we can alert the class/es that there has been a positive case, and mark their absence accordingly. Our third delivery of tests arrived yesterday and can be collected from the school office.

HAPPY INTERNATIONAL WOMEN'S DAY (8th March) TO ALL THE WOMEN OF THE WORLD.

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. International Women's Day is one of the most important days of the year to:

- ✓ celebrate women's achievements
- ✓ raise awareness about women's equality

The International Women's Day 2022 campaign theme of **#BreakTheBias** is a call-to-action for driving gender balance across the world. Imagine a gender equal world. Together, we can all **break the bias** - on International Women's Day and beyond.

UPDATED OPERATIONAL COVID-SAFE ADVICE

It remains 'steady as we go' in terms of the easing of restrictions in our school setting. Masks continue to be mandatory inside school buildings for all Grade 3 to 6 students and staff. The arrangements with regards drop offs in the morning and pick ups have been working well. We have are managing to have a few onsite incursions. When we commence our parent helpers program (to be advised) it is important to note that the third dose vaccination requirements will apply to all helpers, with that third dose due by March 25.

Curriculum Day

A continued reminder that **Tuesday 15th March is a student free day** and there will be no school for students on that day. Teachers will be using that day to collaboratively plan teaching and learning for Term 2.

A Morning with Room 3

At the North Eastern Melbourne Area Principal meeting on Wednesday, it was confirmed that there are many schools in the Whittlesea Network who are experiencing staffing issues. Thomastown West PS is still trying to appoint a Tutor and a classroom teacher for Room 20 for the remainder of the year. The good news is that Miss Erin Toft,

the fabulous casual relief teacher who has been teaching Room 20 will remain in Room 20 until the end of Term 1. We are pleased that she will competently maintain the continuity of Room 20 children's learning and wellbeing.

What does this have to do with Room 3?

Unfortunately, a casual teacher was unavailable today and our Prep team were due to have their PLC (Professional Learning Community). These meetings are incredibly valuable as they prioritise time for teachers to analyse student learning data to inform their teaching strategies and content. This term's focus for each of our PLC's is: **READING**. Without a casual teacher to cover Room 3 for an hour during the teachers' PLC, I happily agreed to step in! What a thrill it was to be back in the classroom and away from my computer completing Principal administrative tasks. **Thank you Room 3 Prep students for (looking after me) having me!** I know that the Prep children have only been at school for 20 days but their parents and carers should be very proud of the manner in which they already live our school values.

Education is Powerful, Student Voice Matters, Teachers Make a Difference & Every Day of Learning Counts!

Sandi Young
Principal



CLASS DOJO:

WHO IS CONNECTED NOW???

TWPS is still using COMPASS to send you whole school messages but **Class Dojo** allows TWPS to easily contact individual Parents and Carers. With Class Dojo, Parents and Carers can reply. 😊 Just remember, **teachers are teaching during the day**. If it is urgent or important please email or phone the school: 9465 4317. **Please CONNECT ASAP!**

		LAST WEEK		THIS WEEK	
		Room 9		91% 19/21 families	91% 19/21 families
		Room 10		64% 14/22 families	73% 16/22 families
		Room 11		83% 19/23 families	87% 20/23 families
		Room 12		86% 18/21 families	82% 18/22 families
		Room 15		62% 16/26 families	66% 17/26 families
		Room 17		52% 14/27 families	66% 17/26 families
		Room 18		59% 14/24 families	59% 14/24 families
		Room 19		90% 17/19 families	91% 19/21 families
		Room 20		73% 13/18 families	78% 14/18 families
		Room 2		72% 10/14 families	72% 10/14 families
		Room 3		90% 17/19 families	91% 19/21 families
		Room 5		85% 16/19 families	95% 17/18 families
		Room 6		73% 13/18 families	73% 13/18 families



Stars of the Week



Term 1 - Week 6

Amaanat	2	For being a good listener, following instructions carefully and always trying her best.
Maya	3	For showing empathy towards her friends by helping them in the classroom.
Teah	5	For striving to do her best in Maths and when reading aloud in our Reading groups.
Lily	6	For expanding 3 digit numbers and explaining their place value.
Ridha Desmond.B	19	.For striving to do his best in Mathematics. Fantastic effort at expanding 2-digit numbers and reading numbers in the thousands. Welcome to TWPS. We're so excited to have you as a member of our room 19 learning community.
Arham	20	For being respectful towards his peers and teacher in the classroom.
Amer Hussein Muse Issam	10	Welcome to TWPS. We are so happy to have you as a member our room 10 learning community. For showing responsibility when taking on the challenges of writing and absolutely nailing your Sudden Shift paragraph.
Dalat	11	For her positivity and enthusiasm and always striving to be her best.
Harraz Elena	12	Welcome to TWPS. We are so happy to have you as a member of room 12 learning community. For showing respect when listening and always staying on task during learning time.
Arrina	15	For living by the school values in all that she does and displaying a positive attitude towards learning.
Waverly	17	For being an active participant in all class activities and taking on teacher feedback
Alaeddin	18	For demonstrating resilience and having the growth mindset to present his speech with his classmates.
Robbie		STEM: For using amazing descriptive words during his science lesson.
Destiny		Art: For always 'Striving to be her best' in Art. Congratulations Destiny on your wonderful Romero Britto design!



Stars of the Week



Term 1 - Week 6



Hello everyone!

Living On The Autism Spectrum # Part 1

Through the eyes of an eleven year old autistic student

In this newsletter, I would like to share with you information about Autism through the eyes and lived experience of an eleven-year-old autistic boy. The following information was gathered and shared with his class to increase their awareness of Autism.

What is Autism?

Autism, or Autism Spectrum Condition (ASC), is a neurological condition characterised by challenges with communication, socialisation and repetitive behaviours. It is called a Spectrum because each Autistic person experiences Autism differently. Although Autism is often referred to as Autism Spectrum Disorder (ASD), it is NOT A DISORDER, we are just neurodiverse. In Australia, the Autistic Community call it a condition or just Autism.



What are the Traits of Autism?

Social Communication

Having challenges with social communication means Autistic people lack social awareness. This means we miss social cues such as facial expressions and body language. For example, when we are talking to other people about something we are really interested in but they aren't, we don't realise we should stop talking or change topics, so we just keep talking until they walk away. It hurts when people walk away. I wish people would just tell us to stop or change topics.

Autistic people also often have trouble developing and keeping friends because we find starting and maintaining conversations hard. We also have trouble understanding and responding appropriately in social interactions. For example, one day a teacher who was with me in the school's chicken coop, screamed and told me she was scared of chickens but I thought she was joking, so I laughed.



AUTISM MYTH

People with autism don't want friends.

▼ TRUTH

Though social challenges may make it difficult to interact with peers, children and adults with autism both need and want the chance to make friends.

Repetitive patterns of behaviour

Autistic people often use repetitive movements (stims), speech or make patterns with objects to calm themselves down. We also like routines and get very anxious if our routines are changed. For example, I get anxious if my teacher is away or if my routine changes because of special activity days (e.g. free dress or icy pole days) or excursions and camps. Some autistic people also have special interests and will talk about them for a long time and when they meet someone else they start saying the same information all over again. I love to talk about coding and animating.

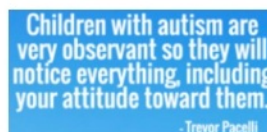
****Young autistic children often enjoy lining up their toys.***



Sensory Processing Difficulties

Although sensory processing is not one of the traits for being diagnosed with Autism, most

Autistic people are either hypersensitive (over sensitive) or hyposensitive (under sensitive) or a mix of the two. For example loud noises hurt my ears, I can smell smells that other people can't smell and I don't like the feeling of slimy or mushy food. However I don't feel the cold and I don't feel pain unless I'm really hurt. It is important for other people to know about sensory processing because we may over or under react sometimes. For example if a noise is too loud for us, we might cover our ears or run away, or if lights are too bright we might hide our face or crawl under a table.



EVERY DAY OF LEARNING COUNTS

Term 1 Week 6 Student Attendance Report

As part of the Department of Education *Every Day Counts* initiative, schools report attendance in percentages. **The Government regard 95% as the minimum satisfactory attendance for a school student.**

The percentages in the table below indicates the average attendance for each class for this week.

The shaded boxes below indicate which classroom has the highest level of attendance for their year level.

Prep	Last Week	This Week	Year 3/4	Last Week	This Week
Room 2	87%	77%	Room 9	78%	82%
Room 3	70%	76%	Room 10	82%	84%
Year 1/2	Last Week	This Week	Room 11	67%	81%
Room 5	72%	82%	Room 12	77%	80%
Room 6	88%	87%	Year 5/6	Last Week	This Week
Room 19	86%	90%	Room 15	56%	83%
Room 20	79%	80%	Room 17	46%	90%
			Room 18	46%	87%

EVERY DAY OF LEARNING REALLY DOES COUNT!

At TWPS we want every child to achieve their full potential and we know that parents share this goal. There is a clear link between good attendance and educational achievement. If your child is not in school, on time, as often as possible they will be missing out on many important parts of their education.

Why is regular attendance at school important?

Regular school attendance will mean that your child has a better chance in life. Your child will achieve better when they go to school all day, every school day...

✓they learn better ✓they make friends ✓they are happier ✓they have a brighter future

If your child is sick, of course it is appropriate to keep your child at home but

No Absence	10 days absence	12 days absence	19 days absence	29 days absence	38 days absence
190 days of education	180 days of education	178 days of education	171 days of education	161 days of education	152 days of education
100%	95%	94%	90%	85%	80%
Very Good		Worrying		Serious Concern	
Best chance of success. Gets your child off to a flying start!		Less chance of success. Makes it harder for your child to make progress.		Your child will find it very difficult to make progress.	



Congratulations to Room19 with 234 Dojo points

You are the class with the
highest number of dojos
this week!

At Thomastown West Primary School we believe the following:

At this school we all have the right to do as much work and learning as possible.

At this school we all have the right to feel comfortable and safe.

We have 5 key school VALUES which we promote and base our expected behaviours on. As a community of learners we are:

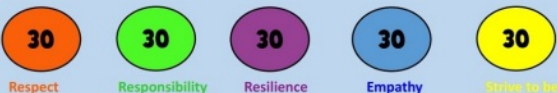
Respectful Responsible Resilient Empathetic and we Strive to be our best.

DOJO CHAMPION

Become a DOJO Master in all 5 School Values and become
PRINCIPAL for the DAY!

DOJO MASTER

When you collect 30 DOJO points in a particular value you will receive a DOJO Master Badge.
There are 5 Master Badges to collect and wear on your uniform with pride. See if you can collect them all!



Every 10 Dojo Points you receive, you can claim 1
Dojo ticket You can spend your
Dojo Dollars at the Dojo Department store. A
store where you can purchase loads of different
prizes and lots more.



The class with the most amount of Dojos each
week will win the Dojo Cup at our weekly
assemblies. The class with the most amount of
victories in a term will win a special prize to
celebrate the classes success!



Top Dojo Earners of Week 6 Term 1

Prep	Julian 6 Dojos
Grade 1/2	Ayden 20 Dojos
Grade 3/4	Aala 15 Dojos
Grade 5/6	Exayvion 18 Dojos
Top earner across the school!	Ayden 20 Dojos

ALL KIDS
deserve to feel
SAFE, HEALTHY
AND WELCOME
in schools.

THOMASTOWN WEST COMMUNITY HUB

98 MAIN STREET, THOMASTOWN | TERM 1, 2022

"Re-establishing connections to support transitions"

Monday

1:30 pm – 2:15 pm
YOUNG VOICES IN
MEDIA

3:30 pm – 4:30 pm
HOMEWORK CLUB



Thursday

10:50 am – 11:20 am
FUN READING CLUB

1:30 pm – 2:15 pm
STRATEGIC BOARD GAMES



Tuesday

1:30 pm – 2:15 pm
STEAM

3:30 pm – 4:30 pm
LITTLE GREEN HANDS
COOKING



Friday

9:30 am – 1:00 pm
LEARN ENGLISH
(bookings essential)
Call PRACE 9462 6077

2:15 pm – 3:00 pm
KOOBIE KIDS GROUP
with Eva



WCC is committed to the safety and wellbeing of children and young people. We recognise the importance and responsibility for ensuring a safe and supportive environment that respects the rights of young people, enabling them to thrive.

For further information, please
contact:

P: 9401 6666 or 9464 7950
E: twch@whittleseacc.org.au



City of
Whittlesea



FRIENDLY REMINDER: ALL STUDENTS MUST WEAR THEIR HATS FROM MONDAY.

Thomastown West Primary School is pleased to announce that we are now a SunSmart School.

The SunSmart program is dedicated to reducing skin cancer incidence, illness and mortality through a targeted prevention and early detection program.

The objectives of the SunSmart Program is:

1. Improve and monitor skin cancer prevention awareness, knowledge, attitudes and behaviour
2. Support priority populations to detect cancers earlier.
3. Advocate for strategies that aim to reduce the health and economic burdens of skin cancer.

Thomastown West Primary School recommends that from September 1st to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- **a wide brim hat/ bucket or legionnaire style hat to be worn in September 1st to the end of April.**

For the best protection use all five forms of sun protection-clothing, sunscreen, a broad brim hat, shade and sunglasses-when the UV is 3 and above.

For more information on how to be SunSmart, click on the link below.

<https://www.sunsmart.com.au/>



Parent Code of Conduct at Thomastown West PS

A code of conduct for parents, carers and visitors, ensures that communications with our staff or anyone who visits our school site (including an online environment, such as Zoom, Class Dojo, our School Facebook page and emails) is able to do so in a safe and harmonious manner. This ensures that students, staff, parents and other visitors are not subjected to inappropriate, aggressive, hostile or violent behaviours.

At Thomastown West Primary School we believe the following:

- ✓ We all have the right to do as much work and learning as possible.
- ✓ We all have the right to feel comfortable and safe.



We have 5 key school VALUES which we encourage everyone to *live* by our school values:

Respect **Responsibility** **Resilience** **Empathy** and **Strive to be our best**

We teach the children that:

- ✓ *Values guide the way we think, speak and behave.*
- ✓ *Values help us to decide what is right and what is wrong.*

At Thomastown West Primary School, Parents and visitors are expected to:

- ✓ Treat all persons associated with the school with respect and courtesy.
- ✓ Ensure their child/children are punctual to class.
- ✓ Make appointments in advance of expecting to obtain an interview.
- ✓ Allow staff to supervise, investigate and manage students without interference.
- ✓ Discuss issues or concerns about the school, staff or students through the correct procedures.
- ✓ Follow school procedures governing entry and behaviour on school grounds, including any restrictions that may be imposed.

Under no circumstance are parents to approach another student or parent regarding any incidents or issues.

Your co-operation is sought in maintaining a safe and happy school.



This updated Parent Code of Conduct was approved by TWPS School Council in October 2021.

Thomastown Neighbourhood House presents



**Free
Community
Fun Day!**

**Saturday 19 March
12pm- 4pm**

**Kids
Activities
and
Craft**

TRAC Thomastown - Outdoor Area

52- 54 Main St, Thomastown (next to Library)

Bring a picnic blanket & snacks

***Proudly produced with the Lalor Thomastown
Multicultural Arts Festival***

**Multicultural
Music and
Dance**

***Supported by the City of Whittlesea's
Community Event Funding Program***

**Markets and
Circus
Show**

***Vaccination certificate or proof of exemption (18+) required on entry
Further information please visit: www.tnh.org.au***



Available on Wednesday & Fridays only

Online Orders ONLY No Cash payments accepted



SNACKS:		FAST FOODS:	
NUT FREE BANANA BREAD: (H)	\$4.00	BEEF PIE: (H)	\$4.00
FRESH FRUIT SALAD: (H)	\$3.50	TWIN PARTY PIES: (H)	\$2.50
SWEET YOHURT WITH GRANOLA: (H)	\$3.00	CHEESEBURGER W TOMATO SAUCE: (H)	\$4.50
HOMMUS DIP WITH VEGETABLE STICKS AND HOMEMADE PITA CRISP. (H)	\$4.00	HOME MADE SAUSAGE ROLL: (H)	\$4.00
TOASTED SANDWICHES:		RICOTTA & SPINICH ROLLS: (H) (V)	\$4.00
CHEESE: (H)(V)	\$3.20	HOTDOG: (H)	\$4.00
CHEESE & TOMATO: (H)(V)	\$3.50	MINI RICOTTA PASTRY: (H)	\$1.50
HAM & CHEESE	\$4.00	CHICKEN NUGGETS: (H)	
*EACH EXTRA FILLING COSTS	\$0.50 EXTRA	> 6 PACK	\$ 4.20
		> EACH	\$ 0.80
TOASTED PANINI / WRAPS:		POTATO WEDGES: (H)(V)	\$3.00
<u>TANDOORI CHICKEN WRAP: (H)</u> Tender chicken meat marinated in tandoori spices with baby spinach, tomato and cucumber yoghurt sauce.	\$5.50	> WITH SOUR CREAM/SWEET CHILLI	\$4.00
<u>CHICKEN SNITZEL WRAP: (H)</u> Homemade crumb chicken breast grilled with lettuce, tomato, cheese and our sweet chilli mayonnaise.	\$5.50	TOMATO SAUCE EXTRA	\$0.25
<u>MILD SALAMI PANINI:</u> A crusty roll with mayonnaise, baby spinach, tomato, mild salami and cheese.	\$5.50	HOT MEALS:	
<u>HAM PANINI:</u> A roll filled with spinach, tomato, cheese and mild mustard.	\$5.50	BUTTER CHICKEN WITH RICE: (H)	\$6.00
SANDWICHES:		PENNE WITH BOLOGNAISE SAUCE: (H)	\$6.00
TASTY CHEESE (H)(V)	\$3.00	PENNE NAPOLI SAUCE: (H)(V)	\$5.50
EGG & MAYONAISE (H)	\$3.50	RICOTTA & SPINICH CANNALONI: (H)(V)	\$6.00
HAM CHEESE	\$4.00	HOUSEMADE SALADS:	
VEGEMITE & CHEESE (V)	\$3.20	<u>LEMON THYME CHICKEN SALAD:</u> Marinated chicken tenderloin grilled on a bed of mesclun lettuce, tomato, cucumber, couscous, with a citrus dressing. (H)	\$5.50
VEGEMITE	\$2.70	<u>TRADITIONAL GREEK STYLE SALAD:</u> A mix of cucumber, tomato, olives, Kalamata olives, feta on a bed of lettuce with an herb and olive dressing. (H) (V)	\$5.00
SALAD	\$4.00	<u>ROASTED GRILLED VEGETABLE SALAD:</u> In house grilled pumpkin, eggplant, zucchini, roasted capsicum on a bed of baby spinach & a balsamic glaze. (H) (V)	\$5.50
EXTRAS:		DRINKS:	
CHEESE	\$0.50	SPRING WATER 220ML	\$1.20
TOMATO	\$0.30	600ML	\$2.00
CUCUMBER	\$0.30	TROPICAL FRIUT JUICE BOX	\$1.50
LETTUCE	\$0.30	DRINKING YOGHURT	\$2.50
BEETROOT	\$0.30	CHOCOLATE MILK	\$2.20
CARROT	\$0.30	STRAWBERRY MILK	\$2.20

Please turn over for more information regarding the colour coding. (V) = VEGETARIAN (H) = HALAL



OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au

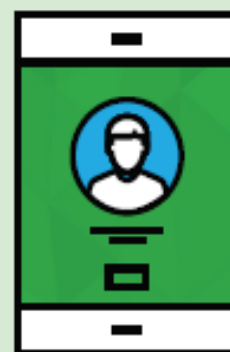


1. REGISTER YOUR ACCOUNT

Register on any device, simply login to www.myschoolconnect.com.au and click on "Create Account", follow the prompts to add your email and password.

2. ADD YOUR STUDENT

And make sure that you select your school and classroom details.



3. SELECT "TOP UP"

To add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply skip the pop up screen for adding funds and start ordering.

(Please note Merchant Fees applies to Credit Card or Paypal Transactions)

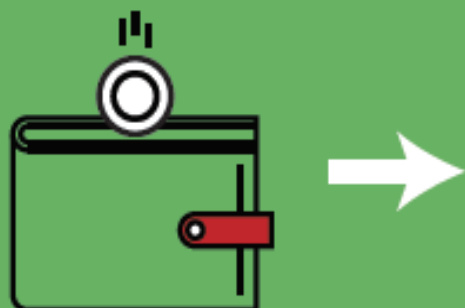


4. ORDER

To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!

5. CHECKOUT

Once you have completed your order, view your order summary in the "cart" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.



NOTE ON PAID ORDERS

Note that only paid orders will be sent to your canteen, not those still sitting in your cart. To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!



www.myschoolconnect.com.au



My School Connect has a 7 day a week Support Line, contact 1300 030 915

Service Name

Newsletter

4th March 2022

OSHClub

ART MASTER CLASS - CLAY SCULPTING



What's been happening...

OSHClub is buzzing, children are experiencing so many wonderful activities.

This week they enjoyed an old-time favourite, poison ball, building with various construction blocks, dressing dolls, and the kitchen corner is being enjoyed especially by our prep students. Sharing and fair play is being observed and friendships are blossoming quickly!

The older children are showing leadership qualities by reminding our young ones what is expected and welcoming them to the program.

Next week's Clubs...

✓ Tuesday 8th March
ART MASTER CLASS
Mosaic Masterpiece



✓ Thursday 10th March
SPORTING SUPERSTARS
Cricket Champions



Shrove Tuesday, Yum!!



Program hours: Monday-Friday, 3:15-6:15pm
Program phone: 0407 372 056
Program email: thomastownwest@oshclub.com.au

oshclub.com.au
1300 395 735

OUR UNIFORM SHOP

THOMASTOWN ON-CAMPUS STORE BELEZA TRADING HOURS

OPEN!

2022

TERM 1				
JANUARY	Thurs 27th 10am - 3pm	Fri 28th 10am - 3pm	Mon 31st 10am - 3pm	
FEBRUARY	Tues 1st 1pm - 4pm	Tues 8th 1pm - 4pm	Tues 15th 1pm - 4pm	Tues 22nd 1pm - 4pm
MARCH	Tues 1st 1pm - 4pm	Tues 8th 1pm - 4pm	Tues 15th 1pm - 4pm	Tues 22nd 1pm - 4pm
MARCH	Tues 29th 1pm - 4pm			
APRIL	Tues 5th 1pm - 4pm			
TERM 2				
APRIL	Tues 26th 1pm - 4pm			
MAY	Tues 10th 1pm - 4pm	Tues -24th 1pm - 4pm		
JUNE	Tues 7th 1pm - 4pm	Tues 21st 1pm - 4pm		



Rapid antigen self-tests

Rapid antigen test packs
will be sent home MONDAY afternoon.

More information

Coronavirus Hotline - 1800 675 398
or
[www.coronavirus.vic.gov.au/
getting-tested](https://www.coronavirus.vic.gov.au/getting-tested)

What is a rapid antigen test?

Rapid antigen tests can be used at home to check if you may have COVID-19. Most rapid antigen tests will provide you with a result in 15 to 30 minutes. Do not eat or drink 30 minutes before doing a saliva rapid antigen test.

Always follow the instructions and watch the linked videos within your rapid antigen test kit carefully on how to do your test.

These tests are faster but less accurate than a standard (PCR) test that you can get at a COVID-19 testing site.

There are currently two types of rapid antigen tests available:

- Saliva - this test involves spitting into a tube or sucking on a swab
- Nasal swab - this test involves swabbing each nostril.

When to use a rapid antigen test

Rapid antigen tests can be used:

- if you have symptoms
- are a contact of someone who has tested positive for COVID (household, education, workplace or social)
- if you want to quickly check if you may have COVID-19
- as part of a surveillance program such as one organised by your school or employer
- when recommended by the Victorian Department of Health

When to get a standard (PCR) test

You should take a standard (PCR) test at a testing site if you:

- have symptoms or are a contact of someone who is a COVID case and cannot access a rapid antigen test
- if you do not have symptoms and are not a contact of a COVID case, but you have tested positive on a rapid antigen test
- when otherwise recommended by the Department of Health

Where to get a rapid antigen test


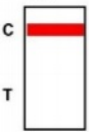

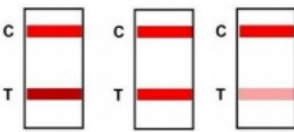

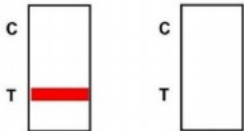
Rapid antigen tests are available from some supermarkets, pharmacies, select testing sites (you can find the nearest testing site to you at: <https://www.coronavirus.vic.gov.au/where-get-tested-covid-19>) or online.

More info at <https://www.coronavirus.vic.gov.au/checklist-contacts>

How to store your rapid antigen test

- Store the test kit in a cool, dry place under 30 °C
- Do not freeze the kit or its components
- Do not store the test kit in direct sunlight

What does your rapid antigen result mean?

Result	What it means	What to do next
 Negative 	It is unlikely you have COVID-19, especially if you have no symptoms.	Monitor for symptoms
 POSITIVE 	You likely have COVID-19.	<ul style="list-style-type: none"> • Report your test on the Service Victoria app or by going to www.coronavirus.vic.gov.au/report • Isolate for seven days and tell your contacts.
 INVALID 	<p>The test has not worked.</p> <p>You need to repeat the test.</p>	<p>You will need to repeat the test</p> <p>Invalid again?</p> <ul style="list-style-type: none"> • Get a standard COVID (PCR test). <p>Positive?</p> <ul style="list-style-type: none"> • As per the positive result instructions. <p>Negative?</p> <ul style="list-style-type: none"> • As per the negative result instructions.

Recording results

If you test positive on a rapid antigen test, you are a case. You must report your positive rapid antigen test result as soon as you can. To report your result, call the Coronavirus Hotline at 1800 675 398, or fill in this online form: www.coronavirus.vic.gov.au/report

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Face masks

What you can and cannot wear in public



A fitted mask needs to be worn covering both your nose and mouth.



You can wear a face shield only if it is worn with a fitted face mask.



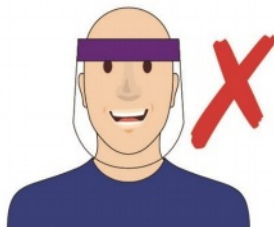
A fitted snood or gaiter can be worn covering both your nose and mouth.

There are two types of face masks you can wear: cloth masks and surgical masks with no one-way valves.

- Cloth masks are made of washable fabric and can be washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.



You cannot wear a bandana.



You cannot wear a face shield on its own.



You cannot wear a loose snood or gaiter.

How to put your mask on



Step 1: Clean your hands with soap and water or hand sanitiser before putting on the mask.



Step 2: Make sure the mask is not damaged or dirty before putting it on.

Secure the ties at the back of the head and neck or place the ear loops over the ears.

Make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



Step 3: Do not touch the front of the mask while wearing it. If you do touch the mask, clean your hands with soap and water or hand sanitiser.

Do not wear the mask under your nose, around your neck or anywhere else other than over your nose and mouth.

How to take your mask off



Step 1: Clean your hands with soap and water or hand sanitiser before removing the mask

Step 2: Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

Step 3: If your mask has filters, remove them and throw them in a rubbish bin. If your mask is a single-use surgical mask, throw it in a rubbish bin – it should not be reused.



Step 4: If the mask is a reusable cloth mask, put it directly into the laundry or into a washable bag for laundering in hot soapy water.

Step 5: Clean your hands with soap and water or hand sanitiser after removing the mask.

Note: this information is not for use in health care and support worker settings.

To receive this document in another format email
COVID19InfectionControl (DHHS) <COVID19InfectionControl@dhhs.vic.gov.au>

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Available at: DHHS.vic – coronavirus disease (COVID-19)

<<https://www.dhhs.vic.gov.au/face-masks-vic-covid-19>>



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Parentline

Parentline is a phone service for parents and carers of children from birth to 18 years old. We offer confidential and anonymous counselling and support on parenting issues.



What does Parentline do:

Qualified counsellors are available to:

- talk about any issues to do with parenting and your relationships with your child
- help you with ways to cope and be a positive parent
- help with your family's wellbeing and resilience
- connect you with services in your area.

Your call

- Parentline respects your privacy. Your call is confidential and anonymous.
- Calls are not time limited and you can call back as often as you need.
- Parentline's qualified and experienced counsellors have social work or psychology backgrounds. You can ask for a male or female counsellor and ask to speak to the same counsellor if you call back again.
- Parentline can assist non-English speaking parents and carers connect to a translating and interpreting service.
- If you're hearing impaired, you can call Parentline using the National Relay Service.
- Calls from a landline are charged at a local call rate. Mobile call rates will depend on your network provider. Check with your provider if you're unsure.

We are happy to call you back to minimise the cost to you. If you choose a call back, we will ring back and you'll be placed at the front of the queue until you're connected with the next available counsellor.

Some reasons to ring Parentline

We can discuss a range of issues about parenting, including:

- child behaviour and development
- parent / carer child relationships
- education
- bullying
- living with teenagers
- family violence



kids**helpline**
Anytime Any Reason

1800 55 1800 | [kidshelpline.com.au](https://www.kidshelpline.com.au)