

Thomastown West Primary School Newsletter



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

2022 IMPORTANT DATES:

| | | |
|-----|---------|---|
| Mon | 13 June | Queens Birthday (Public Holiday) Students do not attend school |
| Wed | 15 June | Gr 5/6 Sovereign Hill excursion |
| Tue | 21 June | School of Rock |
| Wed | 22 June | Semester 1 Students Reports shared with families via Compass |
| Thu | 23 June | ***CURRICULUM DAY*** Students do not attend School |
| Fri | 24 June | Interpreters available at TWPS 9am-12pm to translate Semester 1 Students Reports for parents and carers, if needed. |
| Fri | 24 June | Last Day of term 2 12:15pm Outdoor Assembly 1.15pm Students dismissed |
| Mon | 11 July | Term 3 Begins 8:45am Arrive on time, at quarter to nine! |

No.14 3rd June 2022

From the Principal

School Photos were sent home yesterday afternoon. If you are yet to receive your photos check with your child's classroom teacher or contact the office. If you did not order photos or would still like to purchase photos, please contact **Elite School Photography** on **9570 9311**. Please note there will be a \$10.00 postage charge.

STUDENT SEMESTER ONE REPORTS

Teachers are finalising their students assessment and completing your child's semester one report. Students reports will be shared with families via Compass on Wednesday 22nd June. Based on your feedback we have taken the best parts of the last three year's reports (pre-Covid and during remote learning) and created a 'hybrid' format. The new report format should look quite familiar. It is easy to understand and very informative. Please refer to page 3 for instructions on how to access your report via Compass.

CUP OF LIFE

If you attended our whole school assembly last week you would have heard that the TWPS 'Cup of Life' is returning as a feature of our school week to celebrate student attendance. While we had continued to report on student attendance in our newsletter, the prizes for classes who had the best attendance had stopped. **Great news, the**

Cup of Life prizes have returned!!!

Each week, the percentage of each classroom's attendance is shared via the newsletter. (Check out page 9) The class with the best percentage of student attendance is then identified. The results from this year have been summarised and captured below by Caner and Alexander from Grade 6.

At the end of each term, the class with the best attendance for the term (Term 2 = red boxes on the graph) will win a **FREE LUNCH** paid for by TWPS.

The class with the best attendance (the most boxes on the graph—any colour) will win a **FREE BOWLING EXCURSION** paid for by TWPS.

C'mon everyone! It's time to get serious about significantly improving our school's student attendance because **every day of learning counts!** Remember, it's NOT OK to be away, unless your child is unwell.

TWPS CUP OF LIFE UPDATE

| | | | | |
|---------|-------------------|------------------|-------------------|------------------|
| Room 2 | Term 2 Week 6 | | | |
| Room 3 | | | | |
| Room 5 | Term 2 Week 1 | Term 2 Week 2 | | |
| Room 6 | Term 1 Week 4 | Term 1 Week 5 | Term 1 Week 11 | Term 2 Week 4 |
| Room 19 | Term 1 Week 6 | | | |
| Room 20 | | | | |
| Room 9 | | | | |
| Room 10 | Term 1 Week 3 | Term 1 Week 9 | | |
| Room 11 | | | | |
| Room 12 | | | | |
| Room 15 | Term 1 Week 10 | | | |
| Room 17 | Term 1 Week 6 | Term 2 Week 3 | | |
| Room 18 | | | | |

National Reconciliation Week

This week is National Reconciliation Week with the theme, "Be Brave. Make Change". It is a challenge to everyone to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians. This week, Mrs Jones has been working with some of our Koorie students to research the history of the stolen generation and the apology. Mrs Jones has already begun planning TWPS NAIDOC week. Thomastown West PS will celebrate NAIDOC week Term 3 Week 1.

Asthma/Anaphylaxis/Hayfever

Has your child been diagnosed with either Asthma/Anaphylaxis or Hayfever? Do you have a plan from your doctor? Please share it with the TWPS Office as soon as possible so that we can help support your child and so that they are not being sent home unnecessarily.

Brain Food and Spoons

At approximately 10.00am each day, the children enjoy a piece of fruit or vegetable brought from home. Ideas for brain food are:



- Small pieces of fruit, apricots, plums, strawberries, mandarins etc
- Cut up orange, apple or banana
- Raw vegetable sticks.

Always remember to send your child to school with a piece of fruit for brain food time, a drink bottle filled with water **and if needed, a spoon from home.**

Year 6-7 Transition

| | |
|------------------------|--|
| Wednesday 20th July | Thomastown West Primary will notify parents and carers of year 6 students, of their child's year 7 placement offer for the 2023 school year. |
| Friday 29th July | Closing date for parents and carers to lodge a written non-placement appeal with their preferred secondary schools. |

Prep 2023

Thomastown West Primary School will be offering school tours on the following days:

- ✓ Tuesdays 10am
- ✓ Thursdays 10am

To book a tour please phone 9465 4317 or email:

thomastown.west.ps@education.vic.gov.au

If you are looking at enrolling your child at Thomastown West Primary School in 2023, or know of anyone in this position, please also email Sakina to organise an enrolment form.

★ TWPS will be holding an additional Curriculum Day on Thursday 23rd June ★

Yesterday I sent a message to parents and carers via Class Dojo and Compass. I have included it below. Most schools in Victoria have been facing a daily challenge of accessing casual relief teachers to cover classroom teachers when they are unwell or require additional cover. I have previously spoken at School Council about the Department of Education encouraging schools to hold an additional Curriculum Day this term, (where students do not attend school) to ensure teachers are able to have a Professional Practice Day, a day out of the classroom to support their workload. Miss Trpceviski and I really thought we could avoid this. However now, after daily cancellations of casual relief teachers, some grade splits and teachers consistently missing out, we believe we are left with no other choice. For example, Mrs Hrovat has had her professional practice day rescheduled on 4 different occasions, simply because CRTs did not show up.

The TWPS School Council and the Senior Improvement Education Leader have approved our school's decision to go ahead with the additional Curriculum Day this term. This way, all teachers can participate in their Professional Practice Day and collaboratively plan for Term 3.

We have intentionally chosen the second last day of term because:

- ▶ we have many part-time staff who work on a Thursday and do not work earlier in the week or on a Friday,
- ▶ we were also mindful of the Public Holiday being the week before on the Monday,
- ▶ we considered which day would impact our student attendance data the least. That is, our student attendance is significantly less on the last 2 days of each term.
- ▶ we also wanted to provide you with as much time as possible to make arrangements for child care.

Thank you for understanding.

RESP

Finally, to the wonderful parents who joined us at the Hub on Tuesday for the Refugee Education Support Program. Where Foundation House and CMY shared a presentation with you. **THANK YOU! We were thrilled that you attended!!!** I was really pleased to hear about the child and parent engagement activity that was enjoyed by all. I look forward to Tuesday 7th June next week, where I will meet with you all to discuss your child's homework, communication at TWPS and share with you some fun Maths games your child can play at home to practise their Maths skills.

**Education is Powerful,
Student agency at TWPS Matters,
Our Teachers Make a Difference
& Every Day of Learning Counts!**

Sandi Young
Principal

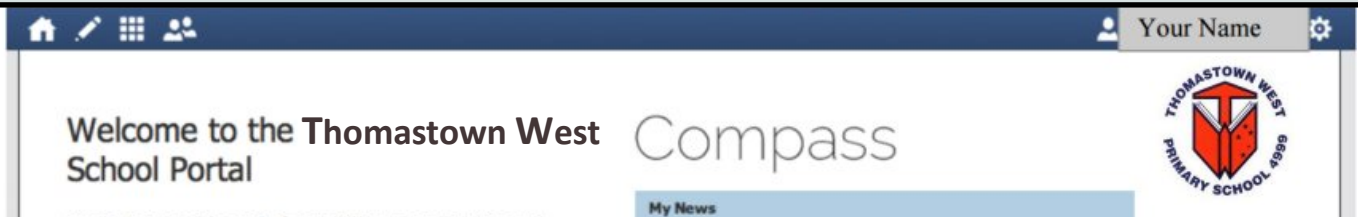
How do I access my child's Semester 1 Report on COMPASS?

1.

Log in to your Compass account.

2.

Click on **Student Profile** under your child's name.



Using your laptop, computer or mobile device:

3.

Click on 'View Academic Reports'.

4.

Click on the **REPORTS** tab

5.

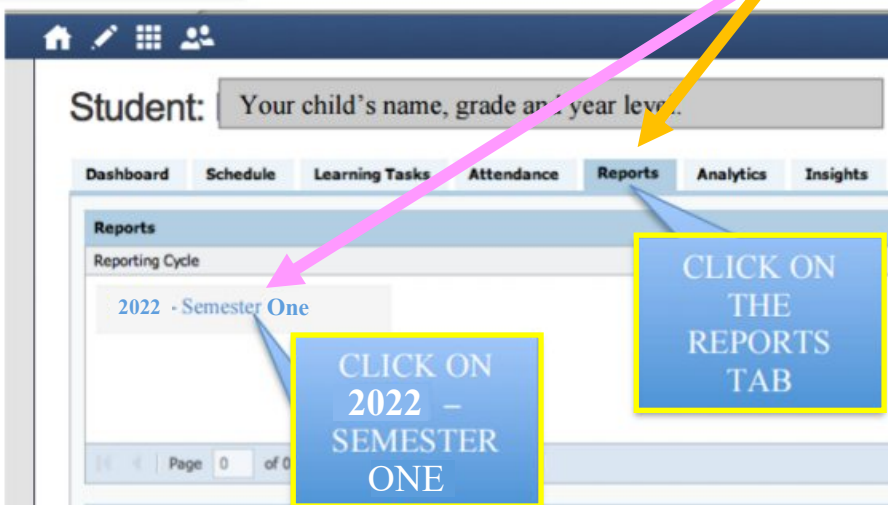
Click on **2022 - Semester 1**
Click OK and wait for the report to appear. (This may take a minute or so.)

6.

Click on 'Open' or 'Save'.

CLICK ON VIEW
ACADEMIC
REPORTS

Your child's
photo
appears
here.



Using the Compass APP:

1.

Tap on your child's photo and select the 'Reports' tab.

2.

Tap on the appropriate Report and wait for it to appear.
(This may take a minute or so)

3.

Tap on the 'send to' icon and select 'Save' or 'iBooks' or 'iCloud Drive' etc.

Please return the note below if you...

- DO NOT have access to the Internet and CANNOT view or see your child's report online using COMPASS
- CANNOT access a smart phone, device, laptop or computer
- **Would like the school to PRINT A REPORT for your child(ren)**
We will post the paper report to your home this week.

✓ **YES, please print my child's 2022 Semester 1 Report:**

Name Room

Name Room

Name Room

Whittlesea District Cross Country

Well done to Mary, Asmaa, Alexander, Christopher and Alaeddin for qualifying and participating in the Whittlesea District Cross Country Event. They all performed really well considering the cold wet conditions.





Stars of the Week



Term 2 - Week 6

| | | |
|--------------|--|---|
| Aysha | 2 | For striving to be her best and writing fantastic sentences this week. |
| Khadija | 3 | Showing resilience with challenging tasks and trying her best. |
| Alexandra | 5 | For striving to be her best by always completing her spelling list words during her spelling test. |
| Rukaya | 6 | For always striving to be her best in all areas of the curriculum. You are a great role model Rukaya. |
| Imran | 19 | For striving to do your best when reading and comprehending non-fiction books . |
| Muhammed Ali | 20 | For showing respect and making good decisions in the classroom. |
| Alex | 09 | For living by the school values in all that he does and displaying a positive attitude towards learning. |
| Matthew | 10 | For progressing 3 levels in reading. |
| Victoria | 11 | For always working cooperatively and being a good |
| Maria | 12 | For writing the most kind and compassionate observations about her classmates and always being respectful toward teachers |
| Austin | 15 | For always coming to school with a 'Ready to learn' attitude and going above and beyond what is expected. |
| Mia | 17 | For a focus attitude and taking on feedback to do her best. |
| Marsela | 18 | For striving to be her best and taking on feedback to up level her writing. |
| Wayne | PE: For being an outstanding volleyball captain. | |
| Cyrus | STEM: Working hard to complete all tasks during STEM Coding lessons! | |



Stars of the Week

Term 2 - Week 6



Hello Everyone ,

Resilience in Children: Strategies to Strengthen Your Kids

All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow.

Resilient kids are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.

➤ Stress and Resilience

All kids encounter stress of varying degrees as they grow. Despite their best efforts, parents can't protect kids from obstacles. Kids get sick, move to new neighbourhoods, cope with grief, loose friends. These obstacles might seem small in the eyes of an adult, but they feel large and all-consuming to kids.

Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalize the message that they are strong and capable.

➤ Strategies to Build Resilience

Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity.

➤ Build a Strong Emotional Connection

Spend one-on-one time with your kids: Kids develop coping skills within the context of caring relationships, so it's important to spend one-on-one time with them. This means you need to put down the smart phone and focus on your child. When kids know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations. Positive connections allow adults to model coping and problem-solving skills to children.

➤ **Promote Healthy Risk-Taking**

In a world where playgrounds are made “safe” with bouncy floor materials and helicopter parenting, it’s important to encourage kids to take healthy risks. What’s a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren’t strong enough to handle challenges. When kids embrace risks, they learn to push themselves.

➤ **Resist the Urge to Fix It and Ask Questions Instead**

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

➤ **Teach Problem-Solving Skills**

The goal is not to promote rugged self-reliance. We all need help sometimes, and it’s important for kids to know they have help. By brainstorming solutions with kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

We will continue talking about more strategies in the next newsletter



Gurleen Gogia

Student Welfare Officer


EVERY DAY OF LEARNING COUNTS

Term 2 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 | 79% | 80% | Room 9 | 73% | 75% |
| Room 3 | 84% |  89% | Room 10 | 80% | 76% |
| Year 1/2 | Last Week | This Week | Room 11 | 81% | 82% |
| Room 5 | 85% | 73% | Room 12 | 79% | 81% |
| Room 6 | 93% | 79% | Year 5/6 | Last Week | This Week |
| Room 19 | 75% | 64% | Room 15 | 85% | 80% |
| Room 20 | 89% | 87% | Room 17 | 84% | 78% |
| | | | Room 18 | 84% | 84% |

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

other 'days off' school add up to lost learning. See below:

| 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. May result in court action! | |



Congratulations to Room 17 with 195 Dojo points

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

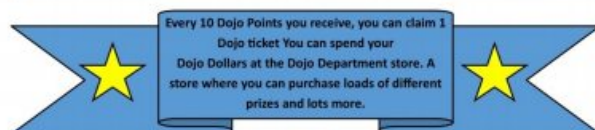
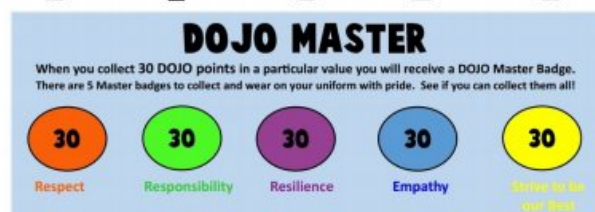
At Thomastown West Primary School we believe the following:

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.



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 Term 2 Week 6

| | |
|-------------------------------------|--------------------|
| Prep | Alira 13 Dojos |
| Grade 1/2 | Ella 15 Dojos |
| Grade 3/4 | Attila 18 Dojos |
| Grade 5/6 | Mary 24 Dojos |
| Top earner across the school! | Mary 24 Dojos |

Cup of Life



Well done to all the boys
and girls who are
coming to school every
day.

Congratulations

The room that had the
BEST ATTENDANCE

Week 6 is
Room 2

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
KORIE 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



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.

UPDATE: RAPID ANTIGEN TESTS

Dear Parents and Carers,

I am writing to let you know about changes to the provision of Rapid Antigen Tests (RATs) in our school for the remainder of Term 2.

RATs will continue to be distributed to you as they have been throughout this school year for the remainder of this term, when the next shipment arrives.

However, from Monday 23 May 2022, students will no longer be recommended to undertake either twice weekly RATs in mainstream schools or 5 days a week in specialist schools.

RATs however will continue to be required by students who are household contacts to attend school (5 negative tests over a 7 day period) or who have symptoms.

The ongoing supply of RATs to families in our school will ensure that parents and carers will have them should they need them if their child is a household contact or has symptoms.

Families must continue to notify the Department of Health and the school if their child returns a positive RAT result. Additionally, you should inform us if any of your children are household contacts.

Thank you also to all families who has got their child vaccinated. Vaccination continues to remain the best way to protect students and staff in our school.

Getting vaccinated is easy and bookings can be done via the coronavirus website. If you have any questions about the vaccines, I encourage you to speak to your GP or a health practitioner.

Thank you again for your ongoing cooperation and support during this time.



The New Child Safe Standards

New Ministerial Order No. 1359 sets out the specific actions that schools need to take to meet the child safe standards. The new Standards set out minimum requirements and outline the actions organisations must take to keep children and young people safe. They provide more clarity for organisations and are more consistent with standards in the rest of Australia.

The standards will promote cultures where protecting children from abuse is part of everyday thinking and practice in organisations.

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 their duty of care and the compulsory child safe standards.

The school will continually review child safety policies, procedures and practices to comply with the new Standards and ensure that families, carers and the community are informed about the school's operations and governance.

Thomastown West Primary School is committed to Child Safety – this a reminder to our existing community members and for the benefit of our new families to our school this year.

As a community we want children to be safe, happy and empowered. We support and respect all children, as well as our staff and volunteers. We are committed to the safety, participation and empowerment of all children. There is zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures. We meet our legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously.

Thomastown West Primary School is committed to preventing child abuse and identifying risks early, and removing and reducing these risks. We have robust human resources and recruitment practices for all staff and volunteers. Our school is committed to regularly training and educating our staff and volunteers on child abuse risks. As a community we support and respect all children, as well as our staff and volunteers. We are committed to the cultural safety of Aboriginal and Torres Strait Islander children, the safety of children from culturally and/or linguistically diverse backgrounds, and to providing a safe environment for vulnerable children and children with a disability. Thomastown West Primary School has specific policies, procedures and training in places that support our leadership team, staff and volunteers to achieve these commitments.

At Thomastown West Primary School:

- ✓ Everyone connected to our school can help children be safe.
- ✓ We have zero tolerance for any abuse of children.
- ✓ We already have policies and processes in place to protect the care, safety and welfare of children. These are being strengthened to ensure a zero-tolerance approach to child abuse. As policies are ratified at school council, they will be made available to your through the newsletter and on our web page.

Our Child Safe Policy is on our website (<https://www.thomwestps.vic.edu.au/page/101>) with a suite of information for families, carers and the community. There are clear boundaries about how adults in our school community may interact with the children here set out in our school's Child Safe Code of Conduct. This too is on the website.

Keeping children safe is everyone's responsibility. Different people at our school have different roles and responsibilities for ensuring children's safety. **Sandi Young**, Principal, **Gita Peterson**, Metal Health and Wellbeing Coordinator and **Gurleen Gogia**, Student Welfare Officer, **are our school's Child Safety Champions**. However, all staff are responsible for the safety of all children but there needs to be one key person who will undertake the roles listed below.

The New Child Safe Standards

continued...

Key activities of a TWPS Child Safety Champions

Provide authoritative advice

- ✓ Act as a source of support, advice and expertise to staff on matters of child safety.
- ✓ Liaise with the principal and school leaders to maintain the visibility of child safety.
- ✓ Lead the development of the school's child safety culture, including being a child safety champion and providing coordination in communicating, implementing, monitoring, enhancing and reporting on strategies to embed a culture of child safety.

Raise awareness

- ✓ Ensure the school's policies are known and used appropriately.
- ✓ Ensure the school's child safety policy is reviewed in the context of school self-evaluation undertaken as part of the school accountability framework.
- ✓ Ensure the child protection policy is available publicly and parents are aware of the fact that referrals about suspected abuse or neglect may be made and the role of the school in this.
- ✓ Be alert to the specific needs of children in need, those with special educational needs and young carers.
- ✓ Encourage among all staff a culture of listening to children and taking account of their wishes and feelings in any measures to protect them.

Train

Being authoritative in providing advice by:

- ✓ keeping their skills up to date with appropriate training carried out every two years
- ✓ having a working knowledge of how the Department of Families, Fairness and Housing (DFFH) and Community Service Organisations conduct a child protection case conference to be able to attend and contribute to these effectively when required to do so
- ✓ be able to keep detailed, accurate, secure written records of concerns and referrals.
- ✓ ensure each member of staff has access to and understands the school's child safety policy and procedures, especially new and part time staff.
- ✓ make sure staff are aware of training opportunities and the latest DFFH and DET policies and guidance.

If you require any information or would like to know more, please contact the school.

Sandi Young
Principal

Thomastown West OshClub

Newsletter

June 2022

OSHClub

*Come and join the fun at OSHClub!
Every day at the Multi-Purpose Hall, 3:15 - 6:15pm.*



On a cold winter's day, there's not much better than cards, board games and indoor ball fun with friends.

Look what we got up to...



Group sillies and some outdoor fun.



*Icing biscuits is always a favourite.
Could you resist this delicious treat?*

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



Winter School Holidays are right around the corner

Don't miss out on the BEST school holidays ever at the Thomastown Recreation & Aquatic Centre!

Learn more on our website www.kidsco.net.au/trac

Week 1 Program Schedule

Everyday is a different theme, in centre workshop or excursion!

| | WORKSHOP* | EXCURSION* | EXCURSION* | WORKSHOP* |
|--|---|--|---|--|
|  |  |  |  |  |
| FEELIN' FROSTY Winter is SNOW much fun! This snow season we're hitting the slopes! Watch out for storms and blizzards, they're SNOW laughing matter! Can you survive them and become the snowball champion?! | FIT KIDZ Grab those sweat bands & start stretching because we're about to get FIT! Compete in awesome challenges designed to get your blood pumping & body moving and kick it out at Bubble Soccer! | LET'S BOWL! Get ready for a fun filled day that is sure to be right up your alley, that's right, we're going bowling! We'll be on a mission to leave no pin standing, get a load of lucky strikes and of course... HAVE FUN! | JUNGLE SAFARI Take a walk on the wild side, we're going on a safari! We'll venture deep into the jungle in search of rare and exotic animals. Swing from the vines and let your imagination run WILD! | KIDCHELLA Dress to impress! We're ready for some good vibes and great times at Kidchella Festival! Will you be crowned rockstar or popstar at the talent show? Or score yourself a prize or two at the carnival games? |
| WEEK 1 MON 27/6 | TUE 28/6 | WED 29/6 | THU 30/6 | FRI 1/7 |

| Program | Session Times | Session Fees | After Max CCS |
|---|-----------------|--------------------------------|-------------------------------------|
| School Holiday Care | 7:00am - 6:00pm | Regular | Pay as little as \$70 \$10.50 |
| Special Excursion & In Centre Workshops | additional \$30 | Late Collection Fees May Apply | \$1 per minute |

Book now through the Xplor Home app if you have already enrolled or email us at oshc@kidsco.net.au

Enrol now on our website www.kidsco.net.au/trac

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

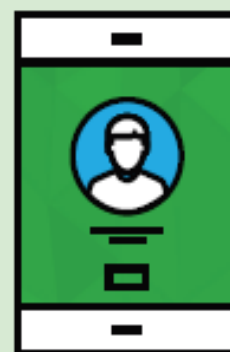


1. REGISTER YOUR ACCOUNT

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)

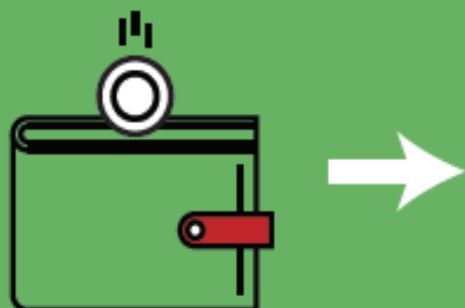


4. ORDER

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

UNIFORM SHOP OPENING HOURS

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 | | |

- The uniform shop opens every second Tuesday during Term 2.



Rapid antigen self-tests

A quick guide

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




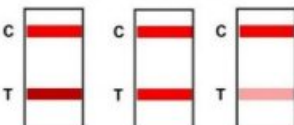

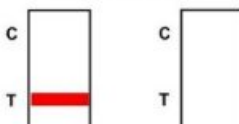
Rapid antigen tests are available from some supermarkets, pharmacies, select testing sites (you can find the nearest testing site to you at: <https://www.coronavirus.vic.gov.au/where-get-tested-covid-19>) or online.

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

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

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'The Thomastown Shakers', will be rehearsing over the coming weeks at Thomastown Neighbourhood House as part of the 'Little Diggers' after school club on a Thursday.

New members are welcome!

It would be AMAZING to see lots of supporters at the FINALS of the Whittlesea ***FASTTRACK Talent Show at Plenty Ranges Performing Arts Centre on Sunday 20th June at 2pm!*** Tickets are \$15 each and it will be a fun family show with loads of singers, dancers and TALENT from across Whittlesea.



prace

Learn English at Thomastown West Community Hub

**Build your confidence in written
and spoken English**

Visit prace.vic.edu.au



Learn English at Thomastown West Community Hub

Improve your English, make new friends and learn more about your local community.

Join our friendly and supportive program helping local residents build their confidence in written and spoken English.

Learn the English you need to engage in community activities, pursue further education or undertake volunteer work.

- Small class sizes
- Friendly and supportive teachers
- Make new friends
- Increase your confidence
- Focus on written and spoken English

PATHWAYS

This course prepares students for further study (English, vocational studies) and volunteer work.

ENROL TODAY

Call 9462 6077 or visit us at Merrilands Community Centre.
Or enquire at Thomastown West Primary School main office.

CONTACT PRACE

Main Office - Merrilands Community Centre
35 Sturdee Street, Reservoir, Victoria
Phone 9462 6077
office@prace.vic.edu.au
www.prace.vic.edu.au

LOCATION

Thomastown West
Community Hub
Main St, Thomastown
(Next to Thomastown West Primary School)

DATES & DURATION

4 February - 24 June 2022
19 Sessions
(no classes on school holidays or public holidays)

DAYS & HOURS

Fridays
9.00am - 1.30pm

STUDY MODE

Face to face

ENTRY REQUIREMENTS

None

FEES

Government subsidised
Concession: \$50
Full: \$97
(Plus \$10 Service & Amenities fee)

This is a Learn Local endorsed course.

Prace encourages individuals with disabilities to participate in its programs and activities.

This training is delivered with Victorian and Commonwealth government funding.

TOID 4036

prace





Play Learn Grow Text Message Program

Get practical tips to your phone from leading early childhood experts, for free!

What is Play Learn Grow?

Play Learn Grow is a free text message program developed in collaboration with leading early childhood experts to support parents and carers of children aged two or three.

What does participation involve?

Parents and carers will receive three text messages a week for the duration of the program, with practical advice and fun and easy activities to support your child's learning, development and wellbeing at home.

The program is specifically designed to support:

- the learning, development and wellbeing needs of children aged two or three, helping to lay the foundations for children to have success later in life; and
- the wellbeing needs of parents and carers.

Who can sign up?

All parents and carers living in Victoria with children aged two or three.

Sign up today. It's free! Text PLAY to 0428 606 027

www.vic.gov.au/play-learn-grow-text-message-program



Gym, Swim & Vax

7 days per week

**Thursday 2 June
to Sunday 12 June**

COVID-19
VACCINATION
POP-UP
CLINIC

Monday to Friday 4pm–8.30pm

Weekends 8.30am–1pm

**Walk-ins
only**
minimal
wait times



**5+ years
vaccine
available**



**Doses
1,2 and
boosters**



**COVID-19
Pfizer
vaccine**



**FREE
coffee
voucher**
with vaccination



**WIN
swim
lessons***



33 MORANG DRIVE, SOUTH MORANG

WIN FREE SWIM LESSONS

*Enter the member-only draw for one child to win 16 weeks of lessons valued at \$285.

Mill Park
Leisure



City of
Whittlesea



DPV
Health®

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



City of
Whittlesea

**Apply
now!**

Make a difference in your community.

**School Crossing Supervisor positions now available.
Enjoy the benefits of permanent part-time work!**

There are so many great reasons to join the City of Whittlesea team as a Crossing Supervisor:

- Starting hourly rate of \$31.04 (work 40 weeks but be paid for 52 weeks a year)
- Work 15 hours per fortnight during school terms (Annualised salary paid 12.6hrs per fortnight)
- Paid public holidays that fall during school terms
- 10% superannuation and pro-rata sick leave
- Receive on-the-job training and uniform is provided
- Reduced price memberships available at Mill Park Leisure and Thomastown Recreation & Aquatic Centre
- Join the City of Whittlesea's active social club and attend organised events
- Health & Wellbeing Programs available



TO APPLY visit the City of Whittlesea website at www.whittlesea.vic.gov.au/schoolcrossings

For further information please contact the School Crossing Team on 9217 2508 or email school.crossing@whittlesea.vic.gov.au

F45 Training is a welcoming global fitness community specialising in innovative, high-intensity circuit based group workouts that are fast, fun, and results-driven.

45-minute sessions, which incorporate functional movements that are designed to target fat loss and help to build and maintain lean muscle mass.

These alternate between HIIT-style cardio, strength training, or a hybrid mixture of the two.

F45 Bundoora is all about community, fitness and fun.

Join us at F45 Bundoora for a FREE 2 WEEK pass using code: TWPS at check out and see what it's all about and get moving on your health and fitness journey. Open to all fitness levels.



BUNDOORA

2 WEEKS FREE

UNLIMITED TRAINING

bundoora@f45training.com.au

161 Settlement Rd, Thomastown

www.f45training.com.au/bundoora



CODE: TWPS

CALL TODAY FOR MORE INFO

0497 009 426



AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

We believe in growing girls through the hidden elements of our curriculum; your daughter will develop confidence, public speaking skills, resilience and friendships that will last a lifetime.

We are proud to have featured in the iconic 'I Still Call Australia Home' advertising campaigns as well as performing at hundreds of live events for Qantas over our 24 year relationship.

Now accepting Semester 2 enrolments for our rehearsal venues in Berwick, Box Hill, Caulfield North, Cheltenham, Essendon, Greensborough, Ivanhoe, Kew, Ringwood, Yarraville and NEW venue opening in Glen Waverley.



 QANTAS

JOIN US AT OUR JUNE OPEN DAY

Register now at ausgirlschoir.com.au/joinagc or phone 03 9859 6499



AUSTRALIAN SCHOOL OF PERFORMING ARTS





AUSTRALIAN GIRLS CHOIR



Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Join us at our **JUNE OPEN DAY**

New venue opening in Glen Waverley!

Other rehearsal venues located in Berwick, Box Hill, Caulfield North, Cheltenham, Essendon, Greensborough, Ivanhoe, Kew, Ringwood and Yarraville.



AUSTRALIAN SCHOOL OF PERFORMING ARTS

aspagroup.com.au