Thomastown West Primary School Newsletter



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

2022 IMPORTANT DATES:

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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 at 11am. Interpreters available at TWPS 12pm - 4pm to interpret Semester 1 Students Reports for parents and carers, if needed.		
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.		
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.15 10th June 2022

From the Principal

Student Support Group Meetings: SSG's

During Miss Trpcevski's absence, I had the pleasure of attending Monday and Tuesday's SSG's. Did you know approximately one third of our enrolled students have an Individual Education Plan, Behaviour Support Plan or Safety Plan? Each term, TWPS holds SSG's to review the progress of these students in relation to their personal learning, behaviour and cultural goals. SSG meetings involve, the student, parent or carer, classroom teacher, the Assistant Principal (Miss T) and when possible, a Teacher Aide. Did you know that we hire casual relief teachers to 'cover' each classroom teacher to attend the SSG meeting? (If parents or carers miss their SSG, TWPS must still cover the cost of the casual relief teacher). Student Support Group meetings support students at risk. Our amazing classroom teachers and fabulous teacher aides spend additional hours each term, preparing and reviewing the individual plans for your children... as well as providing hours of support to maximise each child's opportunities to work towards achieving their personal goals. Please ensure you are available to attend your child's Term 3 student support group meeting. Next term's SSG meetings will commence in Week 6. Miss T and Mrs El Zoobi will confirm your SSG meeting time next term, before Friday 22/7/22.

Reading, Reading, Reading

An article by Professor Anne Bayetto was recently shared with Principals. It refers to the importance of all children developing an effective and regular home-reading routine. The importance of home reading was raised during the SSG meetings I attended this week. All TWPS students should now be in the habit of reading regularly (either independently and/or being read to). As parents, carers and families, it is essential we model the joy and importance of reading to our children. Professor Anne Bayetto

from Flinders University in South Australia highlighted students who read:

- Less than 1 minute per day will read 8,000 words a year
- 6 minutes per day will read 282,000 words a year
- 20 minutes per day will read 1.8 million words a year

Reading 20 minutes per day provides children with a **massive** advantage when compared to children who read 5 minutes or less a day!

How can they ever catch up? Our teachers provide explicit reading strategies that support your children to become more proficient readers. As parents and carers, we need your support! Your child needs to practise these skills at home! At TWPS, we expect all students are engaged each night in reading at home. Please contact your child's teacher or the Office, if you are needing some support to maximise your child's reading at home.

Increased illness - Influenza and Colds

With the arrival of colder weather, cases of influenza (the flu) and colds are spreading quickly throughout our local community. **What** to do if your child gets sick: To help keep your child and our school community safe, please take the following steps if your child has any cold or flu-like symptoms:

- ✓ Take a COVID-19 test and follow the current Department of Health isolation requirements if a positive result is shown.
- ✓ Keep your child at home until their symptoms pass.
- ✓ Common flu-like symptoms include a high fever, cough, runny nose, loss of appetite, body aches and feeling extremely weak and tired.
- ✓ Diagnosis of the flu can only be confirmed by a doctor after a nose or throat swab.
- ✓ Encourage your child to wash their hands regularly and ask them to cover their face when sneezing and coughing.
- ✓ Please read page 2 to find out more information.

Home reading is powerful, TWPS Teachers Make a Difference & Every Day of Learning Counts!

Sandi Young Principal

TWPS CUP OF LIFE: UPDATE						
Room 2	Term 2 Week 6					
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 10	Term 1 Week 3	Term 1 Week 9	Term 2 Week 7			
Room 15	Term 1 Week 10					
Room 17	Term 1 Week 6	Term 2 Week 3				



School Education Programs and Support

2 Treasury Place East Melbourne Victoria 3002 Telephone: 03 9637 2000 DX210083

Dear parents and carers

Last week, the Victorian Government announced it is providing free influenza (flu) vaccinations to all Victorians aged 6 months and over.

The free flu vaccinations will be provided between 1 June and 30 June 2022 to boost vaccination coverage, to help keep Victorians well over winter.

With case numbers rising quickly, families are encouraged to get vaccinated against the flu to help stay well and avoid hospitalisation during the colder months.

More than 3,000 GP clinics and pharmacies across the state have been invited to offer the free flu vaccinations. In addition, some GPs and pharmacies taking part in the Primary Care Vaccinations in Schools Grants will offer free flu vaccinations at school clinics for the remainder of Term 2. Information about which schools are taking part will be provided in the coming days.

Along with getting a flu vaccination, keeping up to date with COVID-19 vaccinations will also help your family to stay well this winter.

Most people can have their flu vaccination and COVID-19 vaccination at the same time.

Contact your GP or community pharmacy to ask about receiving a free flu vaccination.

Accessible options and supports are available for children who may have mild anxiety about vaccination or minor behavioural issues, as well as children with disability or other specific access needs. For more information, refer to coronavirus.vic.gov.au/vaccination-information-people-disability. Disability liaison officers (DLOs) help people with disability access these services. To contact a DLO for support, email: dlocoordinator@dhhs.vic.gov.au

Anyone in your household with cold and flu symptoms should get tested for COVID-19 and remain at home until their symptoms have resolved. To protect others, you and your family should stay at home when unwell, even if you do not have COVID-19.

If you are experiencing mild cold and flu symptoms or respiratory issues and need to see a doctor you should see a GP — not a hospital. If your usual GP can't see you face-to-face, appointments are available at general practice respiratory clinics (GPRCs), which operate at many locations across Victoria. They are free for people of all ages — with or without a Medicare card. Most clinics are available during the day as well as after-hours and on weekends, saving hospital capacity for emergencies and serious illness.

For more information including booking links, opening hours and a map of all GPRCs across Victoria, refer to vtphna.org.au/our-work/best-practice-prevention-management-and-support/gp-respiratory-clinics/

Yours sincerely

Stephen Fraser Deputy Secretary School Education Programs and Support

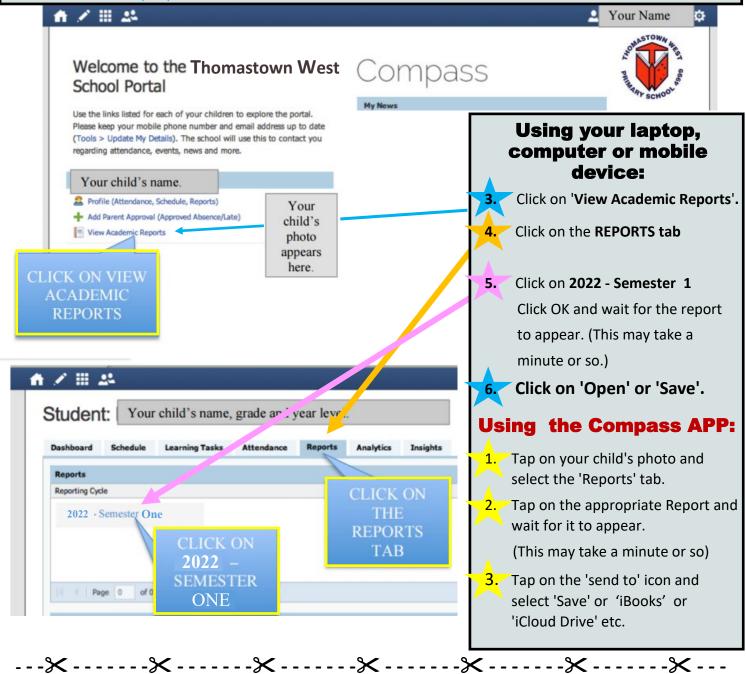


How do I access my child's Semester 1 Report on COMPASS from 11am Wednesday 22/6/22 ?



Log in to your Compass account.

Click on Student Profile under your child's name.



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
- <u>CANNOT</u> 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				

Special Guest at Interschool Sports

The 5/6s were surprised this morning with a very special guest. Stefan Colakovski who has just signed up for Perth Glory Football Club, joined the TWPS soccer team .Thank you for visiting our school and putting a massive smile on our students faces. We wish you all the best .













Stars of the Week



Term 2 - Week 7

Brian	Room 2	For striving to be his best during reading rotations by identifying beginning sounds in words independently.	
Emma	3	For being a respectful class member and listening to teachers and peers when speaking.	
Alexander	5	Is being responsible by always coming into the classroom and starting his morning tasks independently.	
Liam	6	Trying his best during Maths sessions	
Ayden		Welcome to Room 06!	
Sam	19	For showing resilience when faced with challenging tasks	
Joyce	20	For handing in her homework every week to a very high standard.	
Dalia	09	For continuously striving to be her best and being an active participant in classroom discussions	
Feruzana	10	For consistently achieving excellent results when completing the weekly Reading Eggspress Assignments	
Cassandra		For the excellent digital presentation she did for her homework on Australian food .	
Boutros	11	For staying more focussed in the classroom and completing work.	
Istbrq	12	For demonstrating responsibility and completing homework every week.	
Benjamin	15	For striving to be his best and showing resilience when learning new and unfamiliar content this week.	
Bell	47	For a concerted effort with her work and continuously striving to be her best.	
Mary	17	For showing great empathy and compassion to support her peers.	
Salah	18	For striving to do his best by taking ownership of his learning and reflecting on his learning goals in Maths and Reading.	
Tristian		PE: For always striving to be his best.	
Cyrus		STEM: Demonstrating superstar coding skills during STEM class.	
Dalat		MUSIC: For 'having a go' and trying her best when playing instruments during Music	

Stars of the Week

Term 2 - Week 7





Hello Everyone,

In the previous newsletter we talked about some strategies to build up resilience in children and in this one, we will continue talking about some more strategies which can help kids strengthen resilience.

Demonstrate Coping Skills

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

Embrace Mistakes—Theirs and Yours

Failure avoiders lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus on end results, kids get caught up in the pass/fail cycle. They either succeed or they don't. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and gives kids the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

Promote the Bright Side—Every Experience Has One

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

Model Resiliency

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Deep breathing can be an effective way to work through stress. Always label your emotions and talk through your problem-solving process.

Go Outside

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.



Gurleen Gogia

Student Wellbeing

EVERY DAY OF LEARNING COUNTS

Term 2 Week 7 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	80%	80%	Room 9	75%	90%
Room 3	89%	86%	Room 10	76%	2 91%
Year 1/2	Last Week	This Week	Room 11	82%	76%
Room 5	73%	81%	Room 12	81%	85%
Room 6	79%	89%	Year 5/6	Last Week	This Week
Room 19	64%	73%	Room 15	80%	86%
Room 20	87%	81%	Room 17	78%	84%
			Room 18	84%	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

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	1	
				education	152 days of education	
100%	95%	94%	90%	85%	80%	
Very	Very Good		Worrying		Serious Concern	
Best chance of success. Gets your child off to a flying start!		harder for you	success. Makes it r child to make ress.			



Congratulations to Room 11 with

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



DOJO MASTER

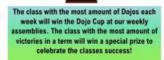
When you collect 30 DOJO points in a particular value you will receive a DOJO Master Badge.

There are 5 Master bardes to collect and wear on your uniform with pride. See if you can collect them all!











Top Dojo Earners of Term 2 Week 7

Prep	Vicky 15 Dojos
Grade	Kendrick
1/2	12 Dojos
Grade	Dalat
3/4	26 Dojos
Grade	Mary K
5/6	39 Dojos
Top earner across the school!	Mary K 39 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 7 is

Room 10

WINTER WONDERLAND DONUT DAY

and SRC PYJAMA DAY

Wednesday 22nd June 2022

- > Students come dressed in their warm winter Pyjamas and will have a donut and flavoured milk.
- Orders for donuts need to be in by Monday 20th June 2022.
- > Order forms are available at the office if your child is yet to receive one.



Online lunch orders

Wednesday 15th June will be the last day you can order Lunch orders for Term 2.



THOMASTOWN WEST COMMUNITY HUB

NEXT WEEK IS THE LAST WEEK OF HUB ACTIVITIES THIS TERM.

THE HUB WILL NOT OPPERATE IN THE LAST WEEK OF TERM 3, MONDAY 20th JUNE - FRIDAY 24th JUNE . THE HUB ACTIVITIES WILL RESUME TERM 3 WEEK 2, MONDAY 18th JULY

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





1:30 pm - 2:15 pm STEAM

Friday

9:30 am - 1:00 pm LEARN ENGLISH (bookings essential) Call PRACE 9462 602

NEXT WEEK IS THE LAST WEEK OF HUB ACTIVITIES THIS TERM. THE HUB WILL NOT OPPERATE IN THE LAST WEEK OF TERM 3, MONDAY 20th JUNE 1 OF THE HUB WILL NOT OPPERATE IN THE LAST WEEK OF TERM 2 MEEK 2 MONDAY 10th LINV WILL NOT OPPERATE IN THE LAST WEEK OF TERM 3, MONDAY ZUENJUNE - FRIDAY ZAR.

THE HUB ACTIVITIES WILL RESUME TERM 3 WEEK 2, MONDAY 18th JULY

to the safety and wellbeing of and young people. We recognise the aportance 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.







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.

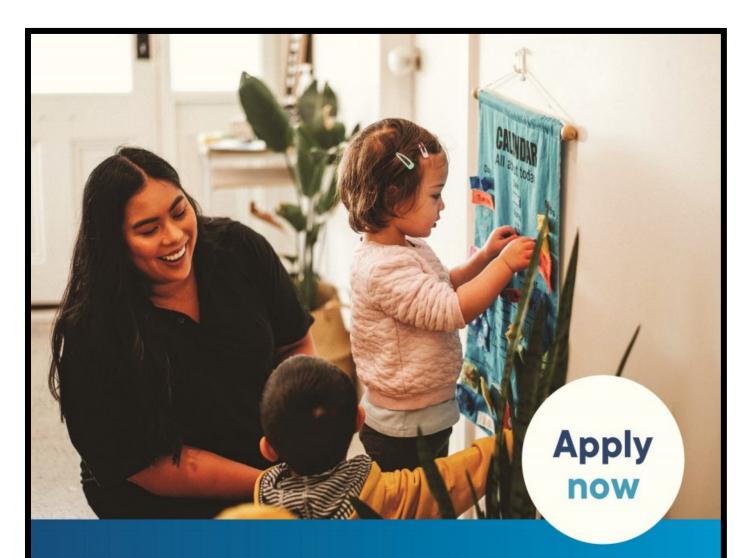
Train

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



Have you applied for Kindergarten in 2023?

Apply by 30 June to be considered in the first round of offers.

3 & 4 year old kindergarten placement offers are going out to families during July/August.

You can access kindergarten for free or low cost, if you or your child,

- Holds an eligible Health Care/ Concession card
- Holds a Refugee/Asylum seeker visa
- Identifies as Aboriginal and/or Torres Strait Islander

For further information and to Apply visit **www.whittlesea.vic.gov.au/kinder** or email keo@whittlesea.vic.gov.au if you have any other questions.



Thomastown West OSHClub

Newsletter

10 June 2022













OSHC - Every day at the Multí-Purpose Hall, 3:15 - 6:15pm

Program hours: Monday-Friday, 3:15-6:15pm

Program phone: 0407 372 056

Program email: thomastownwest@oshclub.com.au



oshclub.com.au





COVID-19 vaccinations for children are available

Your local community has upcoming COVID-19 vaccination clinics at:

Whittlesea Secondary College

Where: 55 Laurel Street, Whittlesea

When: 1.30pm - 4.30pm on Thursday 16 June 2022

Flu shots now available at all clinics!

Lalor North Secondary College

Where: 114 Childs Road, Epping

When: 5pm - 7pm on Monday 20 June 2022

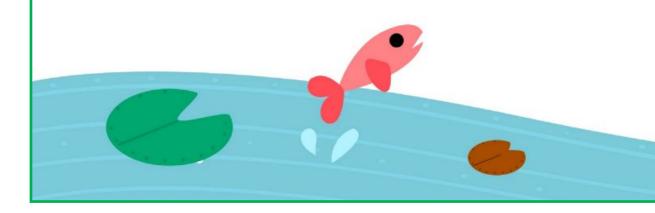
Wollert Primary School

Where: 131 De Rossi Boulevard, Wollert

When: 10am - 12pm on Monday 27 June 2022

Vaccinations are also available for adults at all clinics.

Just walk in, no booking required.





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



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









EXCURSION'



WORKSHOP



Pay as little as

Program Session Times Session Fees After Max CCS

School Holiday Care 7:00am - 6:00pm Regular \$70 \$10.50

Special Excursion & additional \$30 Late Collection Fees May Appy \$1 per minute In Centre Workshops

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





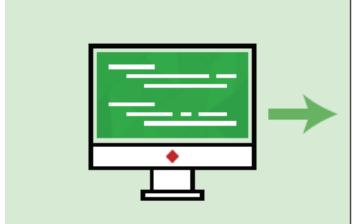
CANTEENS

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	\$4.00	HOME MADE SAUSAGE ROLL: (H)	\$4.00	
AND HOMEMADE PITA CRISP. (H)	34.00	HOWE 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	➢ 6 PACK ➢ EACH	\$ 4.20	
	EXTRA	UNION ACCIDINATION OF THE PROPERTY OF THE PROP		
TOASTED PANINI / WRAPS:	1	POTATO WEDGES: (H)(V)	\$3.00	
TANDOORI CHICKEN WRAP: (H)	100	> WITH SOUR CREAM/SWEET CHILLI	\$4.00	
Tender chicken meat marinated in tandoori spices with baby spinach, tomato	\$5.50	TOMATO SAUCE EXTRA	\$0.25	
and cucumber yoghurt sauce.		HOT MEALS:		
CHICKEN SNITZEL WRAP: (H)		BUTTER CHICKEN WITH RICE: (H)	\$6.00	
Homemade crumb chicken breast grilled	\$5.50	PENNE WITH BOLOGNAISE SAUCE: (H)	\$6.00	
with lettuce, tomato, cheese and our	40.00	PENNE NAPOLI SAUCE: (H)(V)	\$5.50	
sweet chilli mayonnaise. MILD SALAMI PANINI:			all and a second	
A crusty roll with mayonnaise, baby	\$5.50	RICOTTA & SPINICH CANNALONI: (H)(V)	\$6.00	
spinach, tomato, mild salami and cheese.	45.55	HOUSEMADE SALADS:		
HAM PANINI:		LEMON THYME CHICKEN SALAD:	10	
A roll filled with spinach, tomato, cheese	\$5.50	Marinated chicken tenderloin grilled on a		
and mild mustard.		bed of mesclun lettuce, tomato,	\$5.50	
SANDWICHES:		cucumber, couscous, with a citrus		
TASTY CHEESE (H)(V)	\$3.00	dressing. (H)	6	
EGG & MAYONAISE (H)	\$3.50	TRADITIONAL GREEK STYLE SALAD:		
HAM CHEESE	\$4.00	A mix of cucumber, tomato, olives, Kalamata olives, feta on a bed of lettuce	\$5.00	
VEGEMITE & CHEESE (V)	\$3.20	with an herb and olive dressing. (H) (V)		
VEGEMITE	\$2.70	ROASTED GRILLED VEGETABLE SALAD:		
SALAD	\$4.00	In house grilled pumpkin, eggplant,	\$5.50	
EXTRAS:		zucchini, roasted capsicum on a bed of baby spinach & a balsamic glaze. (H) (V)	\$3.30	
CHEESE	¢0 F0	DRINKS:		
TOMATO	\$0.50	SPRING WATER 220ML	\$1.20	
CUCUMBER	\$0.30	600ML	\$2.00	
LETTUCE	\$0.30	TROPICAL FRIUT JUICE BOX	\$1.50	
ELI I OUE	\$0.30	DRINKING YOGHURT	\$2.50	
BEETROOT	20,00		+-100	
BEETROOT CARROT	\$0.30	CHOCOLATE MILK	\$2.20	



OUR SCHOOL TUCKSHOP IS NOW ONLINE!

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



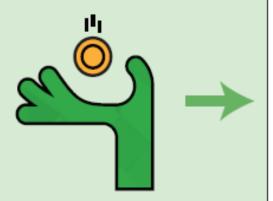
I. REGISTER YOUR ACCOUNT

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)



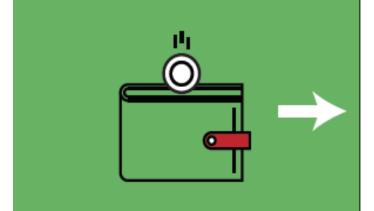
4. ORDER

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	Fri 28th	Mon 31st	
J. TOAK I	10am - 3pm	10am - 3pm	10am - 3pm	
	Tues 1st	Tues 8th	Tues 15th	Tues 22nd
FEBRUARY	1pmpm	1pm - 4pm	1pm - 4pm	1pm - 4pr
	Tues 1st	Tura oth	Tues 15th	Tues 22nd
MARCH	1pm - 4pm	1pm - 1pm	1pm - 4pm	1pm - 4pr
MARCH	Tues 29th			
TIARCH	1pm - 4pm			-
T. RIL	Tues 5th			
AFRIL	1pm - 4pm			
		TERM 2		
APRIL	Tues 26th			
AFILE	1pm - 4pm			
MAY	Tues 10th	Tues -24th	8	
MAY	1pm - 4pm	1pm - 4pm		
	Tues 7th	Tues 21st		1
JUNE	1pm - 4pm	1pm - 4pm		1

→ 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

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



Rapid antigen self-tests 2

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 T T T T	You likely have COVID-19.	 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 c c T	The test has not worked. You need to repeat the test.	You will need to repeat the test Invalid again? • Get a standard COVID (PCR test). Positive? • As per the positive result instructions. Negative? • 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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'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.



MEALTH
WEEK

CHECK-UP CHALLENGE

14th - 20th June



Take the Men's Health Check-Up Challenge this Men's Health Week at Mill Park
Leisure or Thomastown Recreation & Aquatic Centre.
Help us support the health and wellbeing of men and boys in our community by
booking in for a free checkup!

- FREE Health & Wellbeing check-up
- Full body composition scan & report
- Referrals to local health and wellbeing providers



Please call your nearest facility to book TRAC 03 9463 0700 Mill Park Leisure 03 9404 4811



Mill Park Leisure Thomastown Recreation & Aquatic Centre



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







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









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





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.







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.



JOIN US AT OUR JUNE OPEN DAY

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



