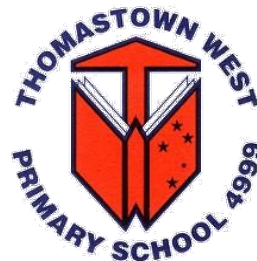


Thomastown West Primary School Newsletter

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



2022 IMPORTANT DATES:

Mon	18 July	Assembly cancelled. See below.
Tue	26 July	School Council 6:30pm onsite TWPS
Fri	29 July	Grade 5/6 Swim Survival Program
Fri	12 Aug	Curriculum Day (Students do not attend school)
Mon	22 Aug	Book week
Fri	26 Aug	Girls Futsal Tournament
Fri	2nd Sep	Boys Futsal Tournament
Tue	6 Sep	Athletics Divisional Finals
Fri	9 Sep	Grade 1/2 excursion Toys & Forces Science Works excursion
Thur	15 Sept	Parent/Student/Teacher interviews

No.20 15th July 2022

From the Principal

Greetings to all families and welcome to the start of term three. All students have got off to a seamless start to the term. Many thanks to the parents in preparing their children to return to school and the teachers for their planning and organisation.

NAIDOC Week at TWPS

With NAIDOC Week celebrated during the school holidays, this week our students have been learning about our First Nations Peoples. **Aboriginal and Torres Strait Islander peoples** are the first peoples of Australia, meaning they were here for thousands of years prior to colonisation. TWPS students and staff have celebrated and recognised the history, culture and achievements of Aboriginal and Torres Strait Islander peoples and gained greater cultural knowledge and understanding of Country. Congratulations to Mrs Jones and our Koorie students for their leadership this week and to our Grade 1/2 students who presented an indigenous song and dance at assembly this afternoon.



Unfortunately the special NAIDOC assembly at 2:30pm with the smoking ceremony has been postponed. Mrs Young and Mrs Jones hope that the Elders will be available to present a Smoking Ceremony at another special ceremony for TWPS later in the year.

COVID SAFETY UPDATE

TWPS continues to be impacted by COVID cases, and staff absences, and you know we have been managing this as best we can. We will always endeavour to get a CRT replacement but you will understand that in some cases when there are simply none available we may need to cancel support programs such as Literacy Support or the Tutoring program, and occasionally a specialist program. In very occasional circumstances, we may also need to split grades. We thank you for your support as we navigate through this latest wave.

Principals have been advised to expect an increase in health issues in the weeks ahead. We are already seeing that, with significant numbers of ill students and staff. **Please continue to keep unwell children at home until all symptoms are resolved.**

The latest advice from the Department of Education's COVID SAFE OPERATION GUIDE states:

Both children and adults are strongly recommended to wear face masks in indoor settings at school, unless an exception applies.

From Monday 18th July, we appreciate your support of the strongly recommended mask-wearing expectations for visitors, staff and students, as a simple way to reduce possible infections.



VACCINATION REQUIREMENTS

There are no longer any mandatory vaccination requirements for staff or visitors working or attending mainstream schools.

RAPID ANTIGEN TESTS

The Victorian Government is providing up to three further deliveries of Rapid Antigen Tests (RATs) in Term 3 and again in Term 4 to schools. These will be distributed for use by staff and students who are symptomatic or who are household contacts. Schools will receive the first delivery of Term 3 RATs by the end of week 2.

Household contacts are required to test negative using a rapid antigen test on at least 5 out of 7 if they are attending or working at a school onsite.

Parents must report a positive result to their school, either through the COVID Test portal or by phone or written notification; this is so the school can record that they will be absent while in 7-day isolation, provide support and learning materials as needed, and let the rest of the school community know there has been a positive case onsite and that they should monitor for symptoms.

Swimming

Thank you to Mrs Raif who has been very busy liaising with TRAC and coordinating our swimming program for later in the year. Grade 5/6 has their Swim Survival program on Friday 29th July. Please return payment or CSEF permission and permission notes as soon as possible please.



Thank you!

On behalf of our TWPS school community I would like to sincerely thank Carmen and Desiree for all their hard work in OSHClub over the years at TWPS. We genuinely appreciate your dedication and efforts in the years that you've worked for OSHClub at TWPS. We wish Desiree all the best in her new OSH Club posting at another school and we are thrilled to extend Carmen's working hours until 3:30pm so that TWPS can utilise her talents and experience for an entire school day.

Welcome!

Our new after care provider KidsCo has had an AMAZING week with engaging activities and more students enrolled! I have visited KidsCo a few times this week and there have been lots of smiles while children were having fun, designing, creating and making! KidsCo provides an out of school hours care service if you require your child to be cared for after school AND can also be utilised as a once a week 'club' that your child attends, because they are interested in what programs are being offered. KidsCo flyers have been sent home this afternoon. Keep an eye out in your child's school bag!

TWPS Mobile Phone policy

Next week I will be sending home the updated TWPS Mobile Phone Policy that was discussed at our last School Council meeting. For the purpose of this policy, "mobile phone" refers to mobile phones and any device (e.g. smart watches), that may connect to or have a similar functionality to a mobile phone (such as communication including messaging and/or photography or video capability), including devices with Wi-Fi, Bluetooth or sim card.

In accordance with the Department's Mobile Phones Policy issued by the Minister for Education, <https://www.education.vic.gov.au/school/principals/spag/safety/Pages/mobilephones.aspx> personal mobile phones (including other devices, such as smart watches) **must not be used at Thomastown West Primary School during school hours, including lunchtime and recess.**

Thomastown West Primary School understands that students may bring a personal mobile phone to school, particularly if they are travelling independently to and from school. At Thomastown West Primary School, students who choose to bring mobile phones to school **must have them switched off and securely stored in the school office as soon as they arrive at school.**

Professional Practice Days

For Semester 2, 2022, the Department of Education and Training has provided schools with the option to hold each teacher's allocated professional practice day on the same day for all staff. This is to enable the most effective and efficient use of this day. Early in this term we will confirm the date with School Council and communicate this with plenty of notice to parents. Students will therefore not be required to attend school on this day.

Farewell

Mrs Kathy Davies has worked at TWPS since she was a graduate teacher. Today we were reminded that she even completed her university teaching placement here as well! Mrs Davies has notified me that she was the successful applicant and has been appointed to grade 5/6 class at Docklands Primary School. This has happened suddenly! Even Mrs Davies' head is spinning from how quickly this has occurred. Earlier today, I sent this letter via Compass and Class Dojo to Room 19 families. Mrs Davies' last day at school is today Friday 15th July. Thank you to the Room 19 families who joined us at this afternoon's assembly to farewell Mrs Davies.



Like you, I am saddened that Thomastown West Primary School will be losing an incredibly talented, and dedicated teacher and instructional leader, however I am genuinely excited for Kathy and her new adventure. Kathy we will miss you!



TWPS School Canteen

Our school canteen is back up and running and is as tasty as ever! School lunch orders are available every Wednesday and Friday. Orders are now only accepted online using the My School Connect app. Please see pages 16-19 for more information. Menus are available at the front office.

Prep 2023 Enrolments

Enrolments for Prep for next year are rolling in – both from siblings of current students and from new families to Thomastown West. If you have a child currently attending 4-year-old kindergarten and are looking to enrol them for Prep 2023, please complete the enrolment form which is available from the Office.

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

Sandi Young
Principal





Stars of the Week



Term 3- Week 1

Ariana	2	For striving to be her best by always listening and ready to learn.
Julian	3	For always listening and being very thorough with his work.
Levi	5	For striving to do his best when working respectfully and carefully on his dhari hat .
Liban	6	For coming to school ready for learning. A great start to Term 3.
Leon	19	For trying his best to stay focused in class.
Elissa	20	For always looking out for others in the playground. Thank you for being such a compassionate member of our class.
Fatima S	09	For striving to be her best and always being ready to learn.
Aala	10	For being her best while completing the inference questions in Reading. You put into practice all the learning to give the best possible answers. It was very impressive.
Anthony	11	For working well in all tasks and striving to be his best.
Joana	12	For being her best by completing and publishing a wonderful convict letter during writing.
Ali K	15	For striving to be his best and asking for feedback on how to improve his school work.
Becky	17	For having a positive mindset and for a great start to term 3
Mohamad A	18	For striving to do his best and having a growth mindset that demonstrates he is ready to learn.
Teah		ART: For striving to do her very best, when creating a NAIDOC - inspired artwork.
Amir		STEM: For being very respectful and listening through the STEM lesson.
Blake		PE: For striving to be his best during basketball drills.

Stars of the Week

Term 3 - Week 1



Hello Everyone ,

Parents & Carers How to Talk and Listen to your children

When our children are first born, we can't wait for them to utter their first words, but communication between parents/carers and their children can be challenging even after they learn to speak. Both children and parents/carers often feel they aren't being heard.

Helping your children develop the ability to communicate is an essential part of a parent's/carer's job. Children who can express their thoughts, ideas and feelings through words do better in school and throughout their lives.

This article gives suggestions on ways to talk and listen to your children. It covers some of the basics of communication, finding time to talk and using active listening skills with your children, and what to do if you suspect your child isn't telling the truth. There's also a section on improving communication about schoolwork. We will share these tips in two newsletters today and next week.

Where to Start

1. Tell your child that you love them often. A parent's/carer's love is the foundation of a child's self-esteem. A child can't hear these words enough. There are two times they are especially important, the last thing before your child leaves for school or you to work and just before sleep time.

2. Look for new ways to say, "I love you." Here are ten suggestions. 

- "You are important to me."
- "You mean the world to me."
- "You brighten my day."
- "You are precious."
- "I am proud of you."
- "You make my day."
- "I am so glad I am your ...(Mum, Dad, carer etc.)"
- Give them a big hug
- Give them a kiss
- Spend quality time together

3. "Listen" to your child's behaviour. A child's behaviour is a form of communication, so parents and carers need to learn how to "listen" to what their children are trying to tell them through their actions. Children don't always have the words to express their feelings and emotions, so they act out instead. If your child suddenly has a behaviour change, don't dismiss it as "just a phase." It may be your child's way of telling you something important.

For example, if you have a new baby, your older child may start waking at night and asking if they can come into your bed. That's your clue that they are asking for more attention.

4. When spending time with your children, follow the motto, "Be here now." Don't worry about bills that you have to pay. If the dishes in the sink bother you, look the other way, and make sure you give your children the same undivided attention you would give your boss or a close friend.

5. Give your children the words they need to express their emotions. For example, you may say, "It must have made you angry when your sister took your iPad." Chances are, your child may then say something like, "It made me so mad I wanted to hit her."

You can then use these conversations to teach your child how to express themselves. You might say, "In our family, it's OK to say you are angry, but it's not OK to hit anyone." In this way, you validate your child's feelings, give them the language to express themselves and outline acceptable behaviour.

6. Use active listening. Everyone wants to feel that others are listening to them. But, most of us don't learn how to listen, we learn to speak. The following are seven key active listening skills:

- Be present (physically & mentally) and attentive.
- Ask open-ended questions, not questions that only require a "yes" or "no" reply.
- Ask probing questions.
- Request clarification.
- Paraphrase what you think your child is telling you.
- Be attuned to and reflect on your child's feelings.

7. Pause and listen before giving advice. Some children say they don't talk to their parents/carers because they don't listen anyway. Many of these same children also misinterpret their parents/carers jumping in too quickly with advice, as them not listening and by extension wrongly thinking they don't care. Sometimes when our children come to us with a problem, we think we need to solve the problem by providing solutions; however, chances are your child just needs some empathy and a shoulder to cry on.

Think about the last time someone gave you advice while trying to express your feelings or vent. How did it make you feel? Odds are, you resented it, and so do your children. Even the best-intentioned advice can make children feel unheard and frustrated. When your child shares a problem with you, make it your goal to let them do most of the talking. You might ask a question like, "What happened next?" Or you might just nod or show a concerned facial expression to let your child know you are listening.

8. If you have more than one child, spend some **quality time alone with each child.** Plan on at least an hour a week. During this time, do an activity the child enjoys, such as playing board games, going for a walk, preparing their favourite food or reading a book. Don't watch TV as this will limit conversation.

Finding Time to Talk

We hear a lot about "quality time," but "quantity time" is important too. The best conversations occur when your child is ready to talk, not when you are. However, finding time together can be challenging when children and parents/carers are busy. Here are some ways to find those precious extra moments to spend with your children.

Plan to **eat at least one meal together as a family.** If sports schedules and work make it difficult for your family to eat dinner together, try regular family breakfasts. Remember, most of the time spent on meals is devoted to preparation and clean-up. You'll gain a few more precious minutes for conversation by getting your children involved.

➤**Find things to do as a family.** Plan a picnic in a park or plan a weekly games night.

➤**Turn driving time into conversation time.** The time you spend in the car is perfect for talking with your children. Research has shown that children will say things they wouldn't at other times. They know you have your eyes on the road, not on them, and they are more likely to share their worries and fears. They may also talk about their dreams and secrets.

➤ **Take a tip from the business world and use the 80/20 rule.**

Simply put, it means that 80% of the results from any job come from just 20% of the effort. Use this rule to evaluate how you spend your time. Is the extra hour you spend on housework more important than spending time with your children? Five years from now, your children won't remember the night you left the dishes in the sink, but they will treasure the memory of a walk you took.



Gita Peterson

Mental Health & Wellbeing Coordinator



TOP DOJO EARNERS

Term 3 Week 1

Congratulations to Room



Prep	Steven 6 Dojos
Grade 1/2	Sam A 13 Dojos
Grade 3/4	Harry 18 Dojos
Grade 5/6	Dylan 28 Dojos
Most Dojo points Prep - 6	Room 17 344 Dojos


EVERY DAY OF LEARNING COUNTS

Term 3 Week 1 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 Term	This Week	Year 3/4	Last Week Term	This Week
Room 2	59%	71%	Room 9	92%	79%
Room 3	87%	77%	Room 10	89%	83%
Year 1/2	Last Week	This Week	Room 11	89%	76%
Room 5	91%	 87%	Room 12	91%	86%
Room 6	94%	81%	Year 5/6	Last Week	This Week
Room 19	86%	77%	Room 15	89%	85%
Room 20	94%	84%	Room 17	90%	82%
			Room 18	82%	83%

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.	

THOMASTOWN WEST COMMUNITY HUB

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

Monday

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

3:15 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

3:15 pm – 4:30 pm
DIGITAL ART

Friday

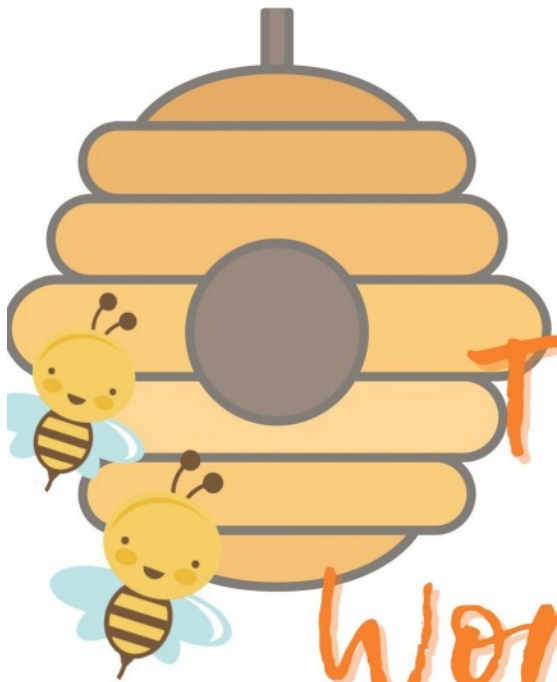
9:30 am – 1:00 pm
LEARN ENGLISH
(bookings essential)
Call PRACE 9462 6077

2:15 pm – 3:00 pm
KOORIE 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:

**THE HUB ACTIVITIES WILL RESUME
NEXT WEEK TERM 3 WEEK 2**



The Hub Working Bee

Thursday 15th September 2022
11:30 am - 2:30 pm (lunch provided)
98 Main Street, Thomastown 3074



Please rsvp to either:

Ruvee

rratnayake@whittleseacc.org.au | (03) 9401 6613

or

Dean

DMarando@whittleseacc.org.au | 0473 019 831



**Whittlesea
Community
Connections**
Making a positive difference everyday

Thomastown West Primary School

warmly welcomes our **NEW** After School Care provider
KidsCo.

see you all in Term 3!



KidsCo.

After School Care for little legends

We're making every day the BEST day ever for the families of Thomastown West Primary School!
Our After School Care programs focus on developing skills that enable the next generation to embark on a journey of fun, connection, exploration and real-life skills in our care.



I would recommend KidsCo OSHC to a friend because my daughter said it's fun and they have varieties of activities. I loved how they designed their mobile app as a parent, and booking is as easy as 1 2 3.

- Box Hill North Primary Mum

We understand that life can be unpredictable, that's why we provide accessible, fair and flexible care for all families

- ✓ All of our programs are subsidised by CCS
- ✓ Book up to 2 hours before the session starts
- ✓ We don't charge for cancellations or late bookings
- ✓ Manage your account and bookings through our app



After School Care Program Sample	Monday	Tuesday	Wednesday	Thursday	Friday
	3:15pm - 3:30pm Sign in	3:15pm - 3:30pm Sign in	3:15pm - 3:30pm Sign in	3:15pm - 3:30pm Sign in	3:15pm - 3:30pm Sign in
	3:30pm - 3:45pm Afternoon tea	3:30pm - 3:45pm Afternoon tea	3:30pm - 3:45pm Afternoon tea	3:30pm - 3:45pm Afternoon tea	3:30pm - 3:45pm Afternoon tea
	STEAM Zone Coding	STEAM Zone Angry Birds	STEAM Zone Rollercoaster Tycoon	STEAM Zone Little Farmers	STEAM Zone The Band
	Physical Literacy All Sports Football	Physical Literacy All Sports Soccer	Physical Literacy Grand Final Day	Physical Literacy Ninja Warrior	Physical Literacy Survivor
	Zen Garden Always Available	Zen Garden Always Available	Zen Garden Always Available	Zen Garden Always Available	Zen Garden Always Available
	Quiet Homework Area Always Available	Quiet Homework Area Always Available	Quiet Homework Area Always Available	Quiet Homework Area Always Available	Quiet Homework Area Always Available

Enrol your child online now!
kidsco.net.au/oshc-thomastown

If you need any help please email us at oshc@kidsco.net.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.



**Apply
now**

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.

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

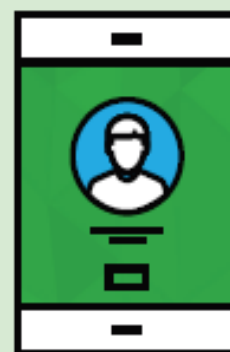


1. REGISTER YOUR ACCOUNT

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)

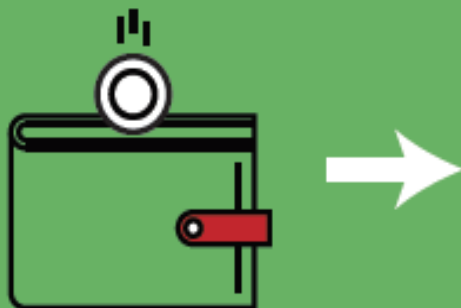


4. ORDER

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



Tuning in to Teens

Emotionally Intelligent Parenting

A free six-session interactive online parenting program for parents or carers of adolescents

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Feedback from previous participants:

- "This program was complete and helpful"
- "I understand my teen's emotions better"
- "Overall our house is calmer and there are less explosive emotions"
- "My teen and I are talking more and arguing less!"
- "I feel happier as a parent"

Tuning in to Teens shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

**** To be eligible to participate in this program, you must reside in Banyule, Nillumbik, Darebin, Yarra or Whittlesea.**

Where: Online via video call (Zoom)

When: Wednesdays 11am – 1pm, from 10th August – 14th September

Contact: Candice (0417 047 426) or Ella (0429 097 979) from Family Services

Covid Vax Pop up Clinics

This is a great opportunity for parents to receive a 4th winter dose or for all adults and children to catch up on a 1st, 2nd or 3rd dose without having to book into a GP or pharmacy.

Tuesday 19 and Tues 26 July

- Mill Park Library – 394 Plenty Rd Mill Park
- 11.30am-4.30pm

Doses:

- Children 5-11
- Adults 12+ - 1st 2nd and 3rd dose
- Adults 30+ - 4th dose

**** Walk in's only – no bookings required.**



Pop-up Playgroup and Information Sharing

The City of Whittlesea invites you to come along and join our fully facilitated Pop-Up Playgroup and Information Sharing event.

Participate in a free playgroup session

- Art
- Music
- Storytime
- Nature play activities
- Learn about local community services

When: Wednesday 10th August 2022, 10am – 12pm

Where: Kirrip Community Centre, 135 De Rossi Bvd, Wollert

For more information: Contact Council's Playgroup Development Officer by email: playgroups@whittlesea.vic.gov.au



**Free
Event**



whittlesea.vic.gov.au



Parentline

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



What does Parentline do:

Qualified counsellors are available to:

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

Your call

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

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

Some reasons to ring Parentline

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

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



kids**helpline**
Anytime Any Reason

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



Parents Building Solutions

Are you tired of yelling?

Want to understand why children
behave the way they do?

Do you want to discuss and share
ideas that work?

This 6 week parenting programme
helps you come up with solutions to
common parenting challenges.

DATE: Thursday 11th August-
15th September 2022 (6 weeks)

TIME: 7.00pm-8.30pm

WHERE: Online via Zoom

COST: This session is free of
charge but registration is essential

For enquiries and bookings contact:
ParentZone on 03 8641 8900 or email:
parentzone.northern@anglicarevic.org.au



PARENTZONE



Dads Building Solutions- Taster

Based on ParentZone's Parents Building Solutions, this program will enable dads to come together to discuss what parenting issues and concerns they have.

Together they will work on strategies and ideas on how to become the dad they want to be.

DATE: Thursday 4th August 2022

TIME: 7.00pm - 8.30pm

WHERE: Online via Zoom

For enquiries contact: ParentZone on 03 8641 8900 or Email:
parentzone.northern@anglicarevic.org.au
For bookings go to:
<https://www.trybooking.com/BZRKY>



PARENTZONE



School Refusal- Professionals

In this 2-hour session for professionals, we will address many of the issues associated with school refusal, such as:

- Social anxiety in children and teens
- Building resilience and self-esteem
- Parenting from love and compassion instead of fear and worry
- Helping parents dealing with their own anxiety about school refusal

DATE: Thursday 21st July 2022

TIME: 10.00am - 12.00pm

WHERE: Online Via Zoom

COST: This session is free of charge but registration is essential

For enquiries contact Parentzone on 03 8641 8900 or

Email: parentzone.northern@anglicarevic.org.au.

For bookings go to Try Booking:

<https://www.trybooking.com/BZRKM>



PARENTZONE