

Thomastown West Primary School Newsletter

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



No.30 7th October 022

2022 IMPORTANT DATES:

Tue	18 Oct	School Council 6:30pm at TWPS
Mon	10 Oct 17 Oct 24 Oct	Prep, 1/2 and 3/4 Swimming Program
Thurs	13 Oct	5/6 Cricket training 3:15-4:15pm
Fri	21 Oct	Whole School Curiosity Celebration 2:30pm Parents and Carers Welcome
Mon	24 Oct	Student Support Group meetings (Week 4 - Week 8)
Mon	31 Oct	REPORT WRITING DAY Students do not attend school
Tue	1 Nov	Melbourne Cup Public Holiday Students do not attend school
Mon	7 Nov 14 Nov 21 Nov 28 Nov	Prep, 1/2 and 3/4 Swimming Program
Thurs	20 Oct	5/6 Cricket training 3:15-4:15pm
Fri	4 Nov	Whole School Assembly 2:30pm
Tue	8 Nov	Prep 2023 Orientation Session 1: 9am
Tue	15 Nov	Prep 2023 Orientation Session 2: 9am
Thurs	27 Oct	5/6 Cricket training 3:15-4:15pm
Fri	18 Nov	Whole School Assembly 2:30pm
Tue	22 Nov	Prep 2023 Orientation Session 3: 9am
Thurs	03 Nov	5/6 Cricket training 3:15-4:15pm
Fri	25 Nov	Grade 1 Dinner Grade 2 Sleepover
Thurs	01 Dec	Writers Festival 2:30pm Parents and Carers invited to view your child's writing work.
Fri	2 Dec	Whole School Assembly 2:30pm
Mon	5 Dec	Prep, 1/2 and 3/4 Swimming Program
Fri	9 Dec	Billy Cart Race 2:30pm Parents and Carers welcome
Fri	16 Dec	Whole School Assembly 2:30pm

From the Principal

Welcome back to Term 4 and a special welcome to the two new families who join us for the first time.

Swimming lessons begin Monday

Thank you to the parents and carers who have already returned their swimming payment and permission notices. Just a friendly reminder: Parents and Carers are required to present their Working With Children Check card at the TWPS Office, if they are attending the swimming lessons. Unfortunately we are unable to accept secondary school students as helpers. ***Please remember to label all items that your child takes to swimming. You would be surprised with what has gone missing over the year. 😊

Planning for 2023

Friendship requests for 2023 classrooms can be made by parents and carers. These can be emailed to thomastown.west.ps@education.vic.gov.au

by 14th October, or you may write a letter to the Principal. Please mark it confidential on the front of the envelope. Please note, we cannot accommodate requests about teachers.

As we begin deciding on class structures it is crucial that we know of any changes to the enrolments. **If you know that you might be moving or you know of someone in our community considering enrolling at TWPS for 2023, encourage them to let us know or to make an appointment as soon as possible please.** They could join us for a tour or collect an enrolment pack from the office. Parents can also access the online tour from our school website.

HATS

All children must wear school sun hats during Term 4. Hats protect the face, neck and ears.

At TWPS students wear a legionnaire style of hat. **Hats can be purchased from the office for \$15. Please make sure that the hat is named!**

Remember... No hat, no play!

Students not wearing an appropriate hat will be required to remain in the shade that is offered outside the Prep rooms, near Room 2 & 8, as well as the 3/4 shelter near Room 9 and 11.



Thunderstorm asthma

Grass pollen season, which runs from October to December each year, brings an increase in asthma and hay fever symptoms. It also increases the risk of *thunderstorm asthma*. For people with asthma or hay fever, especially

Thunderstorm asthma continued...

those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

Thomastown West Primary School will implement a range of measures to keep our school community safe when the risk of thunderstorm asthma increases.

Many of our staff are trained in asthma first aid, and we will monitor the Vic Emergency app to receive thunderstorm warnings, and, where appropriate, keep students indoors when weather forecasts identify greater level of risk.

How you can prepare for this pollen season:

During pollen season, there are some things you can do to prepare and protect yourself and your family:

- ✓ If your child has ever had asthma: talk to your doctor about what you can do to help protect your child from the risk of thunderstorm asthma, including updating your asthma action plan. Taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- ✓ If your child has hay fever: see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer. These are available from a pharmacy without a prescription.
- ✓ If your child has hay fever and experiences wheezing and coughing: it is important to make sure they don't also have asthma. Speak to your doctor about an asthma action plan.
- ✓ Where possible, avoid being outside during thunderstorms from October to December, especially during the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.

Protect yourself this pollen season – effectively managing asthma and allergies matters.

Remain vigilant for COVID-19

It is important for students to manage any hay fever or asthma symptoms, as these conditions can produce symptoms such as fever, chills, cough, sore throat, shortness of breath, runny nose, and loss or change to sense of smell or taste, which are similar to COVID-19 symptoms.

If your child experiences these symptoms in different or worse ways to their usual hay fever or asthma symptoms, medical advice should be sought.

For more information, visit your general practitioner (GP) or visit:

<https://www.betterhealth.vic.gov.au/health/conditions-and-treatments/thunderstorm-asthma>

Chewing Gum

Chewing gum and bubble gum is not permitted at school. This includes before and after school while students are on school premises. Why?



- ✓ Gum can be a CHOKING HAZARD. While students sit down to eat their lunch, it is dangerous for students to be running around the yard or playing while chewing.
- ✓ LITTER IN THE YARD. Sadly there is an increasing number of used chewing gum being found on the ground in the yard. YUCK!



Please arrive on time, ready to learn at quarter to nine!

We understand that there can be challenges when getting ready for school **but** there are an alarming number of students who arrive after the bell in the morning and missing valuable learning time. 😞

There are many reasons why arriving on time is so important. These **benefits** include:

- ✓ Your child doesn't miss out on the important learning early in the day when they are most alert.
- ✓ Early morning learning activity is often reading or writing your child can lose so many opportunities to learn these critical life skills.
- ✓ Helps your child to learn about routines and commitment.
- ✓ Class disruption can make your child feel uncomfortable and can upset other children.
- ✓ Arriving on time every day makes children feel good about themselves, especially when they can connect with their friends, before learning time.

Thomastown West PS has a process for students who arrive late:

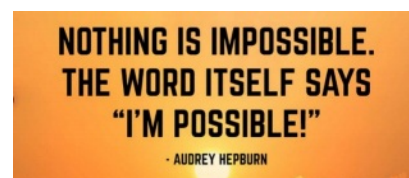
- After 8.45am families and students enter via the office to have their attendance recorded.
- To avoid further disruption to the grade's learning, parents are asked to say goodbye to their child at the office.

If **your child is absent**, please contact the school to explain the absence by:

1. Using the link provided on the Compass message you receive. **OR**
2. Calling the school: 9465 4317

If you would like additional support or advice about arriving to school on time, please don't hesitate to contact the Principal, Assistant Principal or a member of the wellbeing team.

Sandi Young
Principal



Thomastown West

Primary School

Prep 2023 Transition Program



**PLEASE
SAVE
THESE
DATES!**

Tuesday 8th November
9am-10am

Tuesday 15th November
9am-10am

Tuesday 22nd November
9am-10am

Dear Pre Preps and Families

Thank you for attending the Term 3 School Readiness Program.

We hope you have enjoyed your sessions this term and are becoming more familiar with the school surroundings.

There are three additional orientation sessions in term 4.

We look forward to seeing you then!



Thomastown West
Primary School



Stars of the Week



Term 4- Week 1

Brian	2	For striving to be his best and working very hard this week
Maria	3	Trying her hardest to produce beautiful writing about the butterfly.
Kendrick	5	For striving to do his best by staying on task and completing his writing work.
Thayla	6	For independently writing her “Spring” sentence on her own.
Abla	20	For striving to be her best during writing and having a go independently.
Alex	09	For living by the school values in all that he does and displaying a positive attitude towards learning.
Milly	10	For being a responsible member of the grade who strives to do her best. What an improvement you have made with your handwriting.
Victoria	11	For always completing her work to the best of her ability, and remaining focused
Viva	12	For showing responsibility by being punctual everyday
Bradley	15	For demonstrating initiative and working responsibly on his curiosity project.
Mustafa	17	For a positive and settled start to term 4. Well done and keep it up.
Baneen	18	For demonstrating responsibility and having a ready to learn attitude.
Nasrine		STEM: Having confidence in herself and working hard to achieve her goals in STEM this week.
Lily		PE: For showing resilience during her PE session and never giving up.
Alex K		MUSIC: For doing extra practice on his guitar and learning his difficult guitar parts for the band.

Stars of the Week

Term 4 - Week 1

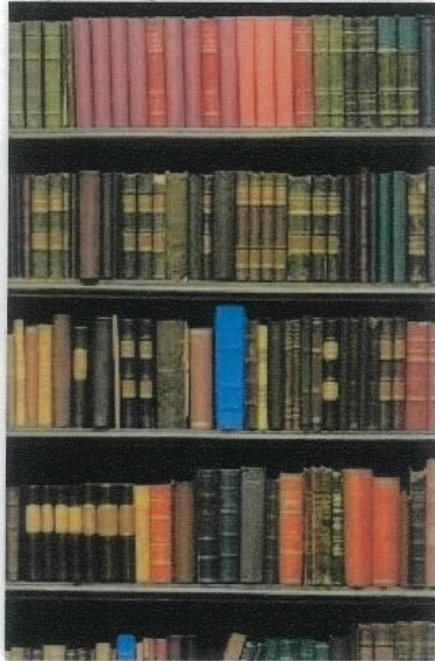


Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"
reads **20 minutes**
each day

3600 minutes in
a school year

1,800,000 words



90th percentile

Student "B"
reads **5 minutes**
each day

900 minutes in
a school year

282,000 words



50th percentile

Student "C"
reads **1 minute**
each day

180 minutes in
a school year

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

Hello Everyone ,

Welcome back to Term 4!

I hope you all enjoyed the break and feel rejuvenated. We will be sharing some tips for supporting healthy habits. As we hang out with our own bodies and minds all the time, we tend to take them for granted and forget how amazing they are, while humans are pretty complex and capable of all sorts of incredible things, looking after ourselves boils down to some simple principles.

Eating a healthy, balanced diet; getting enough sleep; being physically active; being social – taking care of these basics helps us be as physically and, in turn, as mentally healthy as we can be.

You can help your children and young people establish healthy habits that they'll carry throughout their lives. The best thing you can do is to set an example and make living healthily a positive and enjoyable.

➔ *Physical Activities and Hobbies*

Encourage kids to keep active. They might join a sports team or ride their bike, walk the dog, go for a run or help coach a local sports team. The main thing is getting out and having fun.

How much activity children or young people are willing to do will depend on their interest in being active. Starting small and building up might be what they need. Fit physical activity into everyday activities – like walking to school or the shops instead of driving.

Suggest they exercise with a friend to help keep them motivated. Encourage them to try as many different things as they can – art, music, IT, rock climbing and writing poetry – so they can figure out what they're into. Suggest they set some goals for the next day, week or month – something that they enjoy or find rewarding and is achievable.

➔ *Healthy Eating*

Ensure there's a range of food available at home. Include a variety of healthy foods such as plenty of vegetables, fruit and cereals (like bread, rice and pasta), some lean protein (meat, chicken, fish or tofu) dairy products (milk, yoghurt, cheese) and lots of water. It's a good idea to avoid fatty foods and foods with lots of sugar in them.

Get children and young people involved in cooking family meals and making their own lunches. There are countless kid-friendly recipes online – give them a go! By choosing and eating healthy food as a family from the time kids are very young, you help them learn about making healthy food choices. This lays the groundwork for when they're older and eating out or eating away from home.

➔ **Social Activity**

Help your children and young people create and maintain a sense of belonging to the family, their friends, culture and their community. Encourage them to hang out with friends or suggest social activities that might be of interest, such as sports, after-school clubs, playing in a band, listening to music or going to the movies.

Strong connections with their cultural heritage, family and community has big mental health benefits for children and young people, particularly those from culturally and linguistically diverse backgrounds and Aboriginal and Torres Strait Islander young people. Suggest they attend cultural and community events – offer to go along with them.

➔ **Good Sleep habits**

The length of time we sleep and the quality of rest we get have a huge effect on how we feel. If your child is staying up till 3am playing video games, they're probably also struggling to drag themselves out of bed and falling asleep by mid-afternoon.

Encourage your kids to develop a regular sleeping routine by:

- ✓ Getting up at the same time each morning, even at the weekend
- ✓ Winding down 30 minutes before going to bed avoiding watching TV or playing video games late at night
- ✓ Writing any worries down before going to bed so they can deal with them the next day
- ✓ Getting up after 15-20 minutes if they can't sleep rather than staying in bed feeling restless, returning to bed when they feel more relaxed and sleepy.
- ✓ Avoiding naps in the day.

Gurleen Gogia (Ms G.)

Student Welfare Officer



TOP DOJO EARNERS

Term 4 Week 1

Congratulations to **Room 20** with 80 Dojo Points

You are the class with the highest number of Dojo points this week!

Prep	Alira 5 Dojo Points
Grade 1/2	Rukaya & Molly 10 Dojo Points
Grade 3/4	Ahmad S 6 Dojo Points
Grade 5/6	Benjamin 6 Dojo Points
Most Dojo points Prep - 6	Rukaya & Molly 10 Dojo Points


EVERY DAY OF LEARNING COUNTS

Term 4 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 3	This Week	Year 3/4	Last Week Term 3	This Week
Room 2	84%	75%	Room 9	87%	77%
Room 3	91%	83%	Room 10	92%	80%
Year 1/2	Last Week	This Week	Room 11	76%	85%
Room 5	89%	88%	Room 12	81%	89%
Room 6	81%	83%	Year 5/6	Last Week	This Week
Room 19	65%	83%	Room 15	86%	85%
Room 20	85%	86%	Room 17	85%	85%
			Room 18	94%	 90%

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. The school may take further action to support improved attendance.	



Cup of Life

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

Congratulations

The room that had the BEST ATTENDANCE
For Term 4 Week 1 is

Room 18

TWPS CUP OF LIFE UPDATE

Who will win the free bowling excursion at the end of the year??

Room 2	Term 2 Week 6								
Room 3	Term 2 Week 6	Term 3 Week 3							
Room 5	Term 2 Week 1	Term 2 Week 2	Term 3 Week 1						
Room 6	Term 1 Week 4	Term 1 Week 5	Term 1 Week 11	Term 2 Week 4	Term 2 Week 5	Term 2 Week 9	Term 3 Week 7		
Room 19	Term 1 Week 6	Term 3 Week 5							
Room 20	Term 3 Week 2	Term 3 Week 6							
Room 9									
Room 10	Term 1 Week 3	Term 1 Week 9	Term 2 Week 7	Term 3 Week 4	Term 3 Week 8				
Room 11									
Room 12									
Room 15	Term 1 Week 10								
Room 17	Term 1 Week 6	Term 2 Week 3	Term 2 Week 8	Term 3 Week 9					
Room 18	Term 3 Week 10	Term 4 Week 1							



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

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

The objectives of the SunSmart Program is:

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

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

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



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

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

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



Parent Code of Conduct at Thomastown West PS

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

At Thomastown West Primary School we believe the following:

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



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

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

We teach the children that:

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

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

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

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

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



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

PROGRAMS BEGIN TERM 4 WEEK 2

THOMASTOWN WEST COMMUNITY HUB

98 MAIN STREET, THOMASTOWN | TERM 4 2022

"Re-establishing connections to support transitions"

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:

P: (03) 9401 6666

E: twch@whittleseacc.org.au

images: Flaticon.com



Thomastown West Primary School
loves our **NEW** After School Care provider
KidsCo.

see you all in Term 4!



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

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

Lunch orders will resume in Term 4 on Wednesday 5th October.

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)

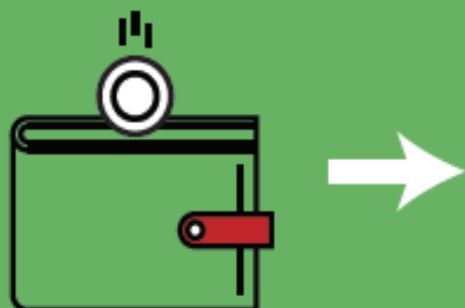


4. ORDER

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

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



kidshelpline
Anytime Any Reason

1800 55 1800 | kidshelpline.com.au

DANCE STREET

A Production of



Music and Lyrics by
Lin-Manuel Miranda, Opetaia Foa'i & Mark Mancina

Book Adapted by
Susan Soon He Stanton

Music and Orchestrations Adapted and Arranged by
Ian Weinberger

Based on the 2016 Disney film Moana

Licensed exclusively by Music Theatre International (Australasia).
All performance materials supplied by Hal Leonard Australia.

SATURDAY OCTOBER 8

2:00PM & 7:00PM

ADULT \$35 | CHILD \$30 | FAMILY \$115 (2 x adult 2 x child)

BOOK THROUGH TRYBOOKING

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

MARY MACKILLOP THEATRE

PENOLA COLLEGE

29 GIBSON ST, BROADMEADOWS