

Thomastown West Primary School Newsletter

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



2022 IMPORTANT DATES:

No.31 14th October 2022

Tue	18 Oct	School Council 6:30pm at TWPS
Mon	17 Oct 24 Oct	Prep, 1/2 and 3/4 Swimming Program
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	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 School Council 6:30pm at TWPS
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
Tue	13 Dec	2023's Year 7 Orientation Day School Council 6:30pm at TWPS
Wed	14 Dec	Grade 5/6 FUNFIELDS Excursion
Thurs	15 Dec	TWPS instrumental groups performances 11:30am Parents and Carers welcome
Fri	16 Dec	Student Semester 2 Reports available Whole School Assembly 2:30pm
Mon	19 Dec	Grade 6 Graduation
Tue	20 Dec	Last Day of Term 4 2022 Whole School Assembly 12.00pm School Finishes at 1.15pm

From the Principal

Thank you to all our parents who completed the Parent Opinion Survey earlier this year. Please see the data below regarding the feedback you have given us.

I am thrilled to announce that TWPS received 100% positive feedback for the following factors:

- ✓ I am able to get the information I need through the school's regular communication channels.
- ✓ This school provides opportunities for my child to make decisions and solve problems.
- ✓ My child feels safe at school.
- ✓ This school gives my child opportunities to participate in school activities.

We are also quite pleased with the 91% positive feedback for the following factors:

- ✓ This school gives me opportunities to participate in my child's education.
- ✓ I feel this school values parent/caregiver/guardians' contributions.
- ✓ There is effective two-way communication between the teachers and parents/caregivers/guardians at this school.
- ✓ This school always aims to improve the quality of education it provides.
- ✓ Teachers at this school expect my child to do his/her best.
- ✓ This school celebrates student achievements in all areas.
- ✓ The teachers are very good at making learning engaging.
- ✓ Teachers are enthusiastic and positive about teaching.
- ✓ This school provides opportunities for my child to develop a sense of responsibility.
- ✓ The school provides my child with opportunities to build his/her confidence.
- ✓ This school has a consistent approach to promoting positive student behaviour.
- ✓ This school treats my child with respect.
- ✓ My child has been supported this year to adjust to his/her new year level.

TWPS staff and School Council will review the remaining feedback (all incredibly positive) from the survey results, as well as identify opportunities for improvement to include in our 2023 Annual Implementation Plan.

IMPORTANT COVID UPDATE

You may be aware that the Victorian Government has announced changes to the COVID-19 isolation requirements. This means that from 11.59pm on Wednesday 12 October, the mandatory orders around isolation for people with COVID-19 have ended and instead

IMPORTANT COVID UPDATE continued...

we move to health advice and recommendations for people with COVID-19 or COVID-19-like symptoms.

Our school will continue to adhere to the Department of Health's recommendations to ensure that our school remains a safe environment for our staff and students.

The Department of Health strongly recommends that students and school staff:

- ✓ who test positive to COVID-19 stay home and isolate for 5 days and do not attend school after 5 days if they are still symptomatic
- ✓ who are symptomatic but have not tested positive not attend school. This does not include students with pre-existing conditions such as hay fever.

Parents and carers are recommended to continue to report their child having COVID-19 to both the school and the Department of Health. We will, however, no longer report occurrences of positive cases to the school community.

We ask parents and carers to continue to remain vigilant in preventing COVID-19 transmission. Any student who is unwell should continue to remain at home. This is about keeping students healthy and well in our school and reducing the spread of both COVID-19 and other respiratory diseases.

Free rapid antigen tests are available at the school for those who need them.

Parents and carers will be contacted if their child shows symptoms while at school.

- ✓ Students who wish to wear a mask should continue to do so.

To keep our school as safe as possible, we will also continue to use air purifiers and other COVID-19 prevention measures.

Thanks for your continued efforts to keep our school community safe and well.

Swimming program

Our P – 4 swimming program at the TRAC has begun with the first session being conducted on Monday. This year, we have almost everyone participating in the swimming program! **I am looking forward to getting down to the pool to see the action.** Water safety is so important as we head towards summer, so we are very pleased to offer this program before the end of the year. Thankyou to all our P – 4 families for being so organised to have your children ready for swimming. There was hardly any swimming gear forgotten. However, we know from past experience that we will have a number of towels, goggles and clothing left over at the end. If your child is missing any clothing or swimming gear please make the effort to look in lost property or ask at the office.



Planning for 2023

We have **three visits planned** for our 2023 prep students over this term. The students will be coming in small groups to get to know their teachers and get comfortable with the classroom and our school.

We will also provide our current students with six **opportunities** to step up to the year group above, learn more about the new year level and build connections with new students and teachers later this term.

We are currently working on the class structures for 2023 and will then start allocating students to their classes. The process is complex and often requires us to find a best fit for class dynamics. Some of you may wish to put your preference down in writing to me, I cannot guarantee that we can fulfil parent requests for specific classes. All our teachers are dedicated, and skilled professionals and they have all our student's best interest at heart.

Final reminder: Friendships requests for 2023 classrooms can be made by parents and carers. These can be emailed to thomastown.west.ps@education.vic.gov.au before 9am Monday 17th 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.

Student mobile phones

A reminder that students are required to leave their phones at the office. This also includes watches that can make phone calls, SMS or access the internet, must be signed in at the office.

If parents have messages to give to their children during school time, please call the office and we will pass this information on. If you would like to familiarise yourself with our mobile phone policy, you can find it here:

https://www.thomwestps.vic.edu.au/uploaded_files/media/1611985641twps_mobile_phones_policy_20202024.pdf

Medications at school

If your child requires medication at school you must bring the medication to the office and fill out the 'Medication Authority Form'. Students are not to be taking medication in their classrooms. All medication must be in its original container and bear the original label with the name of the student and information on the dosage time and to be administered. Thank you.

Working with Children Check

Friendly reminder that all parent helpers at TWPS must have a valid working with children check. **It is free for a volunteer check, please apply online at**

<https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply-1>

If you have a valid working with check and have yet to provide it to the school, please email a copy or come into the office and we will take a copy.

Stay warm and safe during this wet weather!

*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 2

Grace	2	For having a great first week at Thomastown West Primary School
Crew	3	For great attempts at sentence writing and improvement in letter formation.
Jenna	5	For doing her best when using her reading strategies to read unfamiliar and new words.
Rukaya	6	For remembering to use similes and the Power of three to make you writing interesting.
Ain	19	For mastering the game of 21!
Jonah	20	For a positive start to schooling at TWPS. We're so happy to have you in Room 20!
Pip	09	For demonstrating excellent independent work habits and striving to be his best in all areas of the curriculum.
Zam Zam Shenayah	10	Welcome to Thomastown West Primary School For trying hard to be at school every day. You can see how this helps with your learning and the work you can produce.
Harry	11	For all the great research he completed for his Curiosity questions.
Mikaela	12	For Striving to be her Best by putting an outstanding effort into her Curiosity Project and for also helping her classmates with theirs.
Ali	15	For demonstrating resilience and striving to be his best across all subject areas, especially during inquiry.
Alexander Zahra	17	For sharing well-thought out ideas and maintaining excellent writing stamina! Welcome to Thomastown West Primary School
Alie Zamia	18	For consistently demonstrating empathy to her classmates and other students in the school. Welcome to TWPS and to room 18
Maya	STEM: Working independently to complete her task of "making a material hat".	
Miracle	PE: For always trying her best with a big smile.	
Alexander, Charles, Dylan	ART: For working so productively and collaboratively on their Natural Disaster diorama.	

Stars of the Week

Term 4 - Week 2



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 ,

As we know that 10th October is marked as World's Mental Health day. This week's newsletter is focusing on seeking Support for Mental health.

You're not alone. Many young people from multicultural backgrounds have these feelings and experiences. The good thing is, support is available for your mental health and wellbeing.

An individual/adult or a child might feel like:

- ✓ you can't discuss mental health and wellbeing as it's not openly talked about in your culture or family
- ✓ have worries about how to find and use mental health services
- ✓ feel nervous about talking to someone
- ✓ have concerns you won't feel understood because your culture has a different approach to mental health and wellbeing
- ✓ Feel worried about accessing support because your parents or family might find out.

Finding support

If things are tough, letting others know about your mental health and what's going on for you can really help. Talking about how you're feeling can make you feel more connected and supported. You might just want to tell someone you're having a hard time – you could begin by talking about what you feel comfortable sharing with someone you trust.

You could speak to:

- ✓ A friend, family, Teacher, Parents community member, or someone else you trust. For example, a leader, an Elder.
- ✓ A Youth worker or, community health worker or employment worker.
- ✓ Your doctor (GP).
- ✓ A mental health worker (e.g., a counsellor, psychologist, or social worker), you could try a recommendation from someone in your community.

Talking to a professional

Not sure how to start the conversation about your mental health? Here are some tips to help get you started when you're talking with a mental health worker or support person.

Tell them what's important to you

This can include:

- ✓ Who you are, and the parts of you that make up your identity.
- ✓ How you, your family and your community understand mental health.
- ✓ Whether you're open to them asking questions about your culture
- ✓ Who your support people are and what role your community plays in your life
- ✓ If you would like someone you trust to attend sessions with you

Ask questions

When seeing a mental health worker, it's your space to share what's going on for you, so you should feel as comfortable and as safe as possible. To help do this, you might:

When seeing a mental health worker, it's your space to share what's going on for you, so you should feel as comfortable and as safe as possible. To help do this, you might:

- ✓ Ask for an interpreter if you need one
- ✓ Ask how your privacy and confidentiality will be respected
- ✓ Ask your mental health worker if they have worked with people from your community before, and how they like to work with people going through challenges similar to yours.

Say something if you aren't happy

It's important to let your mental health worker know if you have any concerns during your sessions or if something makes you feel uncomfortable. This isn't being disrespectful. You have the right to give feedback about your sessions and it helps mental health workers to adjust their approach to be more helpful.

Your privacy is important

You may be worried about your family or community finding out that you're seeking mental health support. This might even make you unsure about reaching out for help. However, your privacy is really important and health services have processes in place to protect it.

When you talk to a mental health worker or GP, they cannot share what you talk about with your family unless you say it's OK. There are a few exceptions, for example if the health worker is concerned about your safety or the safety of someone else. If this happens, the worker will try to talk to you first about what needs to happen and what extra support you need to help you be safe.

One step at a time

Finding the right support for your mental health will help you feel more connected to yourself and those who matter to you. Getting help isn't always straightforward though – sometimes it can take a few attempts to find the right support.

You might also find that you need help to get help and that is completely okay!! You don't have to have these conversations and navigate the mental health system alone. Start with someone you trust and take it one step at a time until you have the support you need. You deserve to have the right mental health support for you.

Gurleen Gogia (Ms G.)

Student Welfare Officer



TOP DOJO EARNERS

Term 4 Week 2

Congratulations to **Room 11** with 184 Dojo Points

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

Prep	Ali 3 Dojo Points
Grade 1/2	Elissa 14 Dojo Points
Grade 3/4	Victoria 12 Dojo Points
Grade 5/6	Rueben 12 Dojo Points
Most Dojo points Prep - 6	Elissa 14 Dojo Points



EVERY DAY OF LEARNING COUNTS

Term 4 Week 2 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	75%	61%	Room 9	77%	72%
Room 3	83%	81%	Room 10	80%	 90%
Year 1/2	Last Week	This Week	Room 11	85%	79%
Room 5	88%	88%	Room 12	89%	84%
Room 6	83%	 90%	Year 5/6	Last Week	This Week
Room 19	83%	66%	Room 15	85%	88%
Room 20	86%	81%	Room 17	85%	88%
			Room 18	90%	84%

EVERY DAY OF LEARNING REALLY DOES COUNT!

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

Why is regular attendance at school important?

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

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

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

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

No Absence	10 days absence	12 days absence	19 days absence	29 days absence	38 days absence
190 days of education	180 days of education	178 days of education	171 days of education	161 days of education	152 days of education
100%	95%	94%	90%	85%	80%
Very Good		Worrying		Serious Concern	
Best chance of success. Gets your child off to a flying start!		Less chance of success. Makes it harder for your child to make progress.		Your child will find it very difficult to make progress. 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 2 is

Room 10 & 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	Term 4 Week 2	
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	Term 4 Week 2			
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

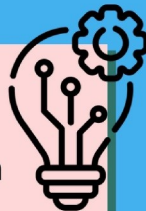
1:30 pm – 2:15 pm
STRATEGIC BOARD GAMES



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 not be available for at least the next two weeks. We will keep you all updated.

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)

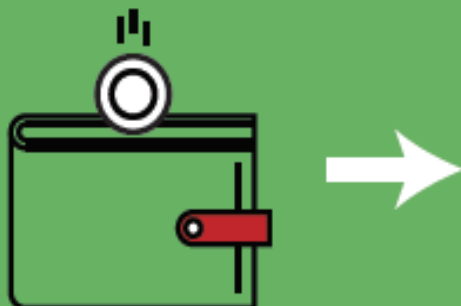


4. ORDER

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



City of
Whittlesea



**Apply
now!**

Make a difference in your community.

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

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

- Starting hourly rate of \$31.96 (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
- 10.5% superannuation (updated from 1/7/2022)
- 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