

# Thomastown West Primary School Newsletter

Email: [thomastown.west.ps@education.vic.gov.au](mailto:thomastown.west.ps@education.vic.gov.au) Phone: 9465 4317



## 2022 IMPORTANT DATES:

Mon	21 Nov	Prep, 1/2 and 3/4 Swimming Program
Tue	22 Nov	Prep 2023 Orientation Session 3: 9am
Fri	25 Nov	Grade 1 Dinner Grade 2 Sleepover
Thurs	01 Dec	<b>Writers Showcase</b> 2:30pm Parents and Carers invited to view your child's writing work.
Fri	2 Dec	<b>Whole School Assembly 2:30pm</b>
Mon	5 Dec	Prep, 1/2 and 3/4 Swimming Program
Fri	9 Dec	<b>Billy Cart Race</b> 2:30pm Parents and Carers welcome
Tue	13 Dec	2023's Year 7 Orientation Day <b>School Council 6:30pm at TWPS</b>
Wed	14 Dec	Grade 5/6 FUNFIELDS Excursion
Thurs	15 Dec	TWPS instrumental groups performances 11:30am Parents and Carers welcome
Fri	16 Dec	<b>Student Semester 2 Reports available</b> Whole School Assembly 2:30pm
Mon	19 Dec	Grade 6 Graduation
Tue	20 Dec	<b>Last Day of Term 4 2022</b> <b>Whole School Assembly 12.00pm</b> School Finishes at 1.15pm

No.36 18th November 2022

## From the Assistant Principal

### Whole-School Transition

**Safely navigating transition from year to year is crucial to a child's healthy development and wellbeing.** This can lay the foundation for a future of learning and better outcomes. Likewise, children are able to grow, develop and learn best when they are feeling safe with a sense of belonging. **At TWPS we pride ourselves on the purposeful and carefully planned transition sessions we facilitate at the end of each year.** This week our students had their first session on Thursday afternoon. We are looking forward to seeing a boost in their confidence and preparedness for a new year and a new teacher in 2023!

### Breakfast Club

A friendly reminder that our **Breakfast Club operates daily from 8am in The Hub.** Student's who arrive before 8.30am are expected to attend breakfast club, even if they've had breakfast they can play inside games so they are adequately supervised.



### 2023 Student Leaders

At TWPS we believe it is important for students to experience leadership opportunities during their schooling to **learn the art of building relationships within teams, being organised and achieving tasks effectively.** It also provides an opportunity to learn to identify and display effective communication and interpersonal skills. Our prospective 2023 student leaders have presented their speeches to their peers this week, and WOW, we're so impressed! **We wish all of our aspirant leaders the best of luck in their educational and leadership journeys.**

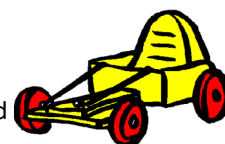
### Emergency + App

Did you know, in an emergency, time and location accuracy are critical. By downloading the 'Emergency +' app, you'll equip yourself with a powerful tool that will help you **call Triple Zero (000) quickly**, and allow you to **accurately communicate your location** to emergency call-takers. This could be particularly helpful if you're in an unfamiliar place, such as a bush walk on the school holidays, and you need an easy way to find your exact location. You can download this app from iTunes and Google Play for free.



### Billycarts

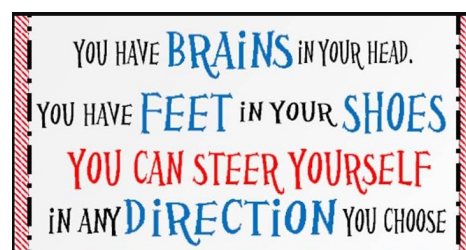
Our billycart race is fast approaching and our Year 5/6 students have been working around the clock in preparation for the big day! Not only is building a billycart extremely fun, our students have also explored the push and pull forces to learn about the influence of gravity and friction. They have worked in teams to design, build and paint their billycarts, ready to take to the track on December 9th! These billycarts will then be available to purchase by parents and all proceeds will be donated to the school. A huge shout out to Mrs Bufalino for supporting our students to finish painting... this can be really messy!



### Student Support Group Meetings (SSGs)

We have finished our final SSGs for Term 4, and what a success they were! It was a wonderful experience to work with our students and their teachers and parents/carers on their learning and wellbeing goals.

*Vanessa  
Trpcovski  
Acting Assistant 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

## WHAT IS IT?

We are a friendly and dedicated team that invites families, students and the school, to work together to help our students get to school and continue their love of learning.



## HOW DOES IT WORK?



- 12 months of extra learning support
- We can help you get your children to school & join in fun events throughout the year
- Working together to help you access resources in our community

## MEET THE TEAM!

### Family Education

Hi, I'm Zac. I'm here to help you and your family get to school! I can help you join in fun school holiday activities too!

Hi



### Teacher

Hi, I'm Catriona. I am a teacher at your school and I help kids with their learning!



### Family Education

Hi, I'm Stewart. I can help you get to school & join in cultural activities throughout the year!

Hi



# **TWPS WRITING SHOWCASE**

*You're Invited to Meet with  
our talented writers and read  
their amazing work.*

***When: Thursday 1st December,  
2022***

***Time: 2:30-3:35pm***

***Where: In your child's classroom***

# Stars of the Week

## Term 4 - Week 6

Ariana	2	For showing empathy towards members of our class and being a great friend
Maria	3	For showing responsibility during book fair and looking after items in the library
Gurasees	5	For striving to be her best by learning all her colour level sounds and moving up to blue level.
Ayva	20	For being responsible for her own learning by handing in her homework, which is done to a high standard.
Dalia	09	For consistently striving to be her best and taking responsibility for her learning by asking questions and participating in class discussions.
Mireille	10	For showing resilience and persevering to complete your narrative.
Lucas	11	For Striving to be his best in reading and making great progress as a result.
Abdullah	12	For being an outstanding computer monitor all year and for taking responsibility for his own learning.
Jarome	15	For always living by the school values and being an excellent role model for his peers.
Fatma	17	For consistently demonstrating the school values and being a positive role model for her peers.
Alie	18	For demonstrating reliance while delivering her speech with confidence .
Rukaya Molly		<b>ART:</b> For always striving to be your very best! You can be very proud of the imaginative and original artworks you have created!
Michael		<b>PE:</b> For striving to be his best during our AFL football clinic. Well done Michael for having the longest kick!



# Stars of the Week



## Term 4 - Week 7

Aysha	2	For striving to be her best when writing on dotted thirds.
Maggie	3	For always showing empathy towards her classmates.
Levi	5	For demonstrating responsibility and staying on task during maths.
Dixon	6	For displaying beautiful handwriting on the good copy of his narrative writing.
Ali-Reza	19	For always assisting and showing responsibility around the classroom!
Andy	20	For working respectfully and cooperatively with others in his group during Inquiry.
Yasmin	09	For displaying a positive attitude towards her learning and moving up 2 levels in reading.
Milly Harmony	10	For living the school values and being an excellent representative of our school when performing with the choir at Thomastown Secondary College.
Anthony	11	For always being enthusiastic to share his thoughts during Reading focuses and Guided
Maria	12	For always being responsible and having a strong sense of right and wrong. You are a role model for others!
Musa	15	For demonstrating resilience and responsibility during maths this week and striving to do his best.
Riccardo	17	For demonstrating an improved effort with his work habits.
Mason	18	For demonstrating empathy and kindness towards his classmate.
Alana		<b>PE:</b> For striving to be her best during our recent AFL clinics.
TWPS Band		<b>MUSIC:</b> For outstanding performances recording in the recording studio at Lalor North Secondary College whilst always upholding the TWPS school values.
Room 15		<b>STEM:</b> For striving to be their best and working cooperatively on their billy carts.
Maria Rm 12		<b>Wellbeing :</b> Responsible - For helping the Wellbeing Team tidy up The Hub at the end of Breakfast Club each morning this week.

# Stars of the Week

Term 4 - Week 7



## Hello Everyone ,

Your child's brain needs sleep to restore resources that were used up during the day. A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain.

Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.
- and maintain good relations with others.

## What are the signs and symptoms of lack of sleep?

Not getting enough sleep each night can have negative consequences for your child. These cannot always be erased with extra sleep the next night. Over time, not getting enough quality sleep each night can produce a range of behavioural, cognitive (mental) and emotional symptoms.

### Physical symptoms

- Finding it difficult to wake up in the morning
- Falling asleep after being woken up and needs you to wake them again or repeatedly
- Yawning frequently during the day
- Complaining of feeling tired or wanting to nap during the day
- Preferring to lie down during the day, even if it means missing activities with friends or family
- Falling asleep or seeming drowsy at school or at home during homework
- Wanting to consume unhealthy stimulants, such as caffeine or sugar, regularly

### Cognitive (mental) symptoms

- Lacking interest, motivation and attention for everyday tasks
- Increased forgetfulness
- Blurred vision

## Emotional symptoms

- Increased moodiness and irritability
- Increased impulsivity
- Increased stress throughout the day

When your child owes their mind and body sleep, this is called sleep debt. A large sleep debt (*not getting enough sleep for many nights in a row*) can result in your child feeling mentally exhausted. It can also worsen the symptoms of any existing behaviour, anxiety and mood disorders such as depression or ADHD.

## How much sleep does my child need?

Your child's circadian rhythm (also called their "body clock") is a 24-hour cycle that tells your child's body when to sleep. The body clock is influenced by your child's age; children need less sleep as they get older. The Canadian Paediatric Society has produced a general guide to the amount of sleep young children need over a 24-hour period, including naps.

The National Sleep Foundation offers guidelines for older children and teens.

Age	Recommended amount of sleep
4 to 5	8 to 12 hours
6 to 13 years	9 to 11 hours
14 to 18 years	8 to 10 hours

The recommended amount of sleep is simply a guideline, as each child is different. In addition, sometimes your child might need a little more sleep than what is recommended and other times they may feel fine with a little less. Talk to your child and adjust their sleep schedule to find out how much sleep per night works best.

Getting the recommended amount of sleep (e.g., number of hours) as well as maintaining a regular schedule of sleep and wake times is important, especially during stressful times. Some older children and adolescents may maintain 8 to 10 hours of sleep per day but if they go to sleep very late and then sleep through most of the morning, this means they are not receiving the full restorative benefits of sleep.

## How to respond to changes in your child's sleep routine

Naturally, there are times when your child's bedtime may be later than usual, for instance on a family vacation or a special occasion. Going to bed a little later than usual is fine once in a while, but it is important to return your child to a healthy sleep schedule right away to give them the best chance of rest

Keep in mind too that some children may have a reason to wake up during the night, for instance, if they need to use the toilet, experience bedwetting, have a nightmare or tend to sleepwalk. If you are concerned about the number of times your child wakes up, snores or has pauses in their breathing during the night, see your family doctor.



Gita Peterson

Mental Health & Wellbeing Coordinator

## TOP DOJO EARNERS

**Term 4 Week 7**

Congratulations to **Room 11** with 142 Dojo Points

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



Prep	Aysha 7 Dojo Points
Grade 1/2	Ayden 11 Dojo Points
Grade 3/4	Mae 10 Dojo Points
Grade 5/6	Waverly 10 Dojo Points
Most Dojo points Prep - 6	Ayden 11 Dojo Points

At Thomastown West Primary School

**EVERYONE HAS THE RIGHT TO FEEL SAFE AND COMFORTABLE.**

We encourage you to speak to your child about playing safely at school.



**NO KICKING  
ZONE**

**near our buildings and walkways.**

**THE ONLY PLACE  
TO KICK A BALL  
IS ON  
THE  
OVAL**




# EVERY DAY OF LEARNING COUNTS

## Term 4 Week 6 Student Attendance Report

As part of the Department of Education *Every Day Counts* initiative, schools report attendance in percentages. **The Government regard 95% as the minimum satisfactory attendance for a school student.**

The percentages in the table below indicates the average attendance for each class for this week.

The shaded boxes below indicate which classroom has the highest level of attendance for their year level.

Prep	Last Week	This Week	Year 3/4	Last Week	This Week
Room 2	74%	74%	Room 9	80%	76%
Room 3	84%	70%	Room 10	86%	 97%
Year 1/2	Last Week	This Week	Room 11	84%	87%
Room 5	89%	93%	Room 12	90%	75%
Room 6	82%	87%	Year 5/6	Last Week	This Week
Room 19	94%	88%	Room 15	90%	75%
Room 20	91%	90%	Room 17	92%	91%
			Room 18	93%	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.	

# EVERY DAY OF LEARNING COUNTS


## Term 4 Week 7 Student Attendance Report

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Prep	Last Week	This Week	Year 3/4	Last Week	This Week
Room 2	74%	68%	Room 9	76%	80%
Room 3	70%	66%	Room 10	97%	82%
Year 1/2	Last Week	This Week	Room 11	87%	81%
Room 5	93%	85%	Room 12	75%	79%
Room 6	87%	81%	Year 5/6	Last Week	This Week
Room 19	88%	79%	Room 15	75%	 91%
Room 20	90%	74%	Room 17	91%	81%
			Room 18	90%	83%

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# 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 7 is

**Room 15**

## 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	Term 4 Week 3	Term 4 Week 6	
Room 11	Term 4 Week 3								
Room 12									
Room 15	Term 1 Week 10	Term 4 Week 7							
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	Term 4 Week 4	Term 4 Week 5					



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 1<sup>st</sup> 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 1<sup>st</sup> 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

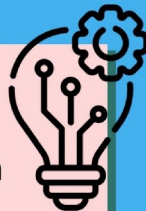
1:30 pm – 2:15 pm  
STRATEGIC BOARD GAMES



## 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](mailto:twch@whittleseacc.org.au)

images: Flaticon.com



# Making every day the best day ever!

Our After School Care programs focus on developing skills that enable the next generation of AWESOME to embark on a journey of fun, connection, and exploration in our care.

Only \$3.75  
After Max  
CCS!



All of the programs are led by qualified school teachers (who know how to be a BIG kid) and instil resilience and confidence!

## How to Enrol

Simply visit our website to enrol your child and activate your Xplor account!

A member of our team will call you once your enrolment is active and we will help you make bookings and answer any questions you may have!



Thomastown West Primary School,  
98-112 Main St,  
Thomastown VIC 3074



1300 976 304



[kidsco.net.au/oshc-thomastown](https://kidsco.net.au/oshc-thomastown)

# Here's a sneak peek of what's on!

## After School Care Program Sample

Monday	Tuesday	Wednesday	Thursday	Friday
3:00pm - 3:15pm Sign in	3:00pm - 3:15pm Sign in	3:00pm - 3:15pm Sign in	3:00pm - 3:15pm Sign in	3:00pm - 3:15pm Sign in
3:15pm - 3:45pm Afternoon tea	3:15pm - 3:45pm Afternoon tea	3:15pm - 3:45pm Afternoon tea	3:15pm - 3:45pm Afternoon tea	3:15pm - 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

Program	Session Times	Session Fees	After Max CCS
After School Care	3:15pm - 6:15pm	Casual & Recurring \$25	Pay as little as <b>\$3.75</b>

School Holiday Programs are operating next door at Thomastown Recreation & Aquatic Centre

Late collection fees may apply \$1 per minute

Visit our website to enrol now!

[kidsco.net.au/oshc-thomastown](https://kidsco.net.au/oshc-thomastown)

Only \$3.75  
After Max  
CCS

Need a hand enrolling at KidsCo?  
We've got you covered!

KidsCo Outside School Hours Care Programs are designed to support parents and carers in the local community and to ensure the kids are being cared for in a safe and fun environment.

## STEP 1. Enrol online

Visit our website [www.kidsco.net.au/oshc-thomastown](http://www.kidsco.net.au/oshc-thomastown) and click the pink **Enrol now!** button



## STEP 2. Complete the online enrolment form

Complete the online enrolment form for **each of your children**.

We require the mandatory information below:

- Child's school grade/year
- Child's CRN and birth date
- Child's medical practitioner/clinic
- Child's Medicare number including reference number and expiry date
- Parent's CRN and birth date\*
- 2 emergency contacts including their contact numbers & addresses\*\*



\* Primary parent must be the same parent the same as the primary carer in Centrelink for CCS purposes.

\*\* Emergency contacts must be different from parents.

## STEP 3. Leave it with us!

Our team will call you after we check your enrolment form.  
We will also help you make bookings\* and answer any further questions you may have.

\*If you need to make a booking for the same day please email [OSHC@kidsco.net.au](mailto:OSHC@kidsco.net.au)



## Need extra help?

You can contact the KidsCo Support Team below

1300 976 304

[oshc@kidsco.net.au](mailto:oshc@kidsco.net.au)

[oshc.kidsco.net.au](https://oshc.kidsco.net.au)

# هيا لنجعل كل يوم أفضل يوم على الإطلاق!

تركز برامج رعاية ما بعد المدرسة على تطوير المهارات التي تمكن طفلك من الانطلاق في رحلة من المرح، والتواصل، والاستكشاف في رعايتنا. نحن نقدم شاي بعد الظهر صحيًا ومغذيًا وأيضًا أنشطة جذابة. يمكن لطفلك قضاء بعض الوقت مع الأصدقاء القدامى أثناء تكوين صداقات جديدة!




جميع برامجنا يقودها مجموعة من معلمي المدارس  
المؤهلين (الذين يعرفون طريقة تفكير الأطفال) وطرق  
غرس المرونة والثقة!



## كيفية التسجيل

قم بزيارة موقعنا على الانترنت لتسجيل طفلك! سيقوم فريقنا بالاتصال بك بعد مراجعة تسجيلك لمساعدتك في إجراء الحجوزات والإجابة على أي أسئلة قد تكون لديك.

 Thomastown West Primary School  
98-112 Main St,  
Thomastown VIC 3074

 1300 976 304

 [kidsco.net.au/oshc-thomastown](http://kidsco.net.au/oshc-thomastown)

# تفاصيل أكثر عن برامجنا

## عينة من برنامج الرعاية بعد المدرسة

3:00 مساءً - 3:15 مساءً

تسجيل الوصول

3:15 مساءً - 3:45 مساءً

شاي بعد الظهر

منطقة العلوم المختلفة

كودينج

انجري بيردز

رولر كوستر تايكون

ليتل فارمرز

ذا باند

محو الأمية البدنية

جميع الرياضات كرة القدم الأمريكية

جميع الرياضات كرة القدم

الناجي

النينجا المحارب

الناجي

## حديقة زن منطقة الواجبات المنزلية الهادئة - متاحة دائمًا

بعد دعم رعاية  
الطفل القصوى

رسوم الجلسة

أوقات الجلسات

البرنامج

Pay as little as

\$3.75

\$25

السعر الكامل

3:15 pm - 6:15 pm

رعاية ما بعد المدرسة

ستعمل العطلات المدرسية في الجوار في مركز ثوماستاون للترفيه والألعاب المائية

قد يتم تطبيق رسوم التحصيل المتأخر \$1 per minute

- مرونة في الحجز
- 10:1 نسبة المعلم إلى الطفل
- تم اعتماد دعم رعاية الطفل
- غرس المرونة
- محو الأمية البدنية
- بناء الثقة بالنفس واحترام الذات
- التعلم القائم على المشاريع
- معلمون مؤهلون دائمون
- أنشطة مثيرّة تعتمد على مختلف العلوم

قم بزيارة موقعنا للتسجيل الآن!

[kidsco.net.au/oshc-thomastown](http://kidsco.net.au/oshc-thomastown)

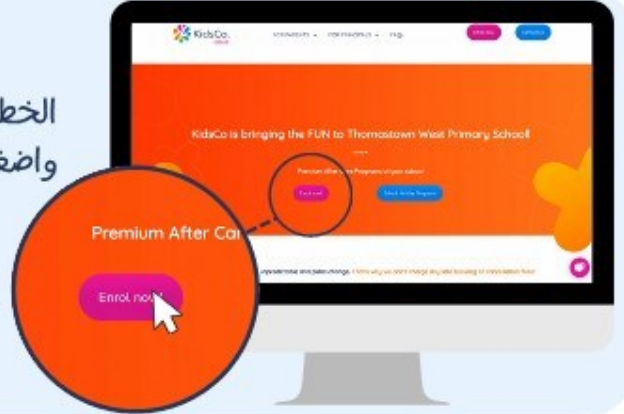
\$3.75  
بعد خصم  
CCS

## كيفية التسجيل في كيدزكو!

يقوم برنامج كيدزكو للرعاية ما بعد المدرسة بتوفير لطفلك مساحة آمنة للتعلم، واللعب، وتطوير المهارات الحياتية الحقيقية! يرجى إكمال نموذج التسجيل عبر الإنترنت للبدء!

### STEP 1. Enrol online

الخطوة الأولى: قم بزيارة موقعنا على الإنترنت  
واضغط فوق سجل الآن [oshc.kidsco.net.au/oshc-thomastown](http://oshc.kidsco.net.au/oshc-thomastown)



### STEP 2. Complete the online enrolment form

الخطوة الثانية: أكمل نموذج التسجيل عبر الإنترنت لكل من أطفالك.  
يرجى ملاحظة أننا نطلب المعلومات التالية للموافقة على التسجيل:

- تاريخ ميلاد الطفل
- الرقم المرجعي للطفل وتاريخ الميلاد
- رقم الرعاية الطبية للطفل بما في ذلك الرقم المرجعي وتاريخ انتهاء الصلاحية
- الصف المدرسي للطفل / السنة
- الرقم المرجعي للوالدين وتاريخ الميلاد
- يرجى جعل نفس مقدم الرعاية الأساسي هو نفس مقدم الرعاية الأساسي في سنترلينك لأغراض تتعلق بدعم رعاية الطفل
- عدد 2 جهات اتصال في حالات الطوارئ (التي لم يتم سردها كآباء) بما في ذلك رقم الاتصال وعناوينهم



### STEP 3. Leave it with us!

الخطوة الرابعة: سيقوم فريقنا بفحص نموذج التسجيل الخاص بك والموافقة عليه يدويًا. سوف نتصل بك لتأكيد مكانك في "كيدزكو أوشك" ومساعدتك في إجراء الحجز الأول. إذا كنت بحاجة إلى إجراء حجز لنفس اليوم، فيرجى إرسال بريد إلكتروني إلى [OSHc@kidsco.net.au](mailto:OSHc@kidsco.net.au)



## تحتاج مساعدة

اتصل بنا

1300 976 304

 [oshc@kidsco.net.au](mailto:oshc@kidsco.net.au)

 [oshc.kidsco.net.au](http://oshc.kidsco.net.au)

**Lunch orders have resumed for every Wednesday and Friday....**

**Please note, you can ONLY order online through the  
Myschool App**



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
TANDOORI CHICKEN WRAP: (H) Tender chicken meat marinated in tandoori spices with baby spinach, tomato and cucumber yoghurt sauce.	\$5.50	➢ WITH SOUR CREAM/SWEET CHILLI	\$4.00
CHICKEN SNITZEL WRAP: (H) Homemade crumb chicken breast grilled with lettuce, tomato, cheese and our sweet chilli mayonnaise.	\$5.50	TOMATO SAUCE EXTRA	\$0.25
MILD SALAMI PANINI: A crusty roll with mayonnaise, baby spinach, tomato, mild salami and cheese.	\$5.50	HOT MEALS:	
HAM PANINI: 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	LEMON THYME CHICKEN SALAD: Marinated chicken tenderloin grilled on a bed of mesclun lettuce, tomato, cucumber, couscous, with a citrus dressing. (H)	\$5.50
VEGEMITE	\$2.70	TRADITIONAL GREEK STYLE SALAD: 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	ROASTED GRILLED VEGETABLE SALAD: 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 have resumed for every Wednesday and Friday....**

**Please note, you can ONLY order online through the  
Myschool App**

## OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access [www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)



### 1. REGISTER YOUR ACCOUNT

Register on any device, simply login to [www.myschoolconnect.com.au](http://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)

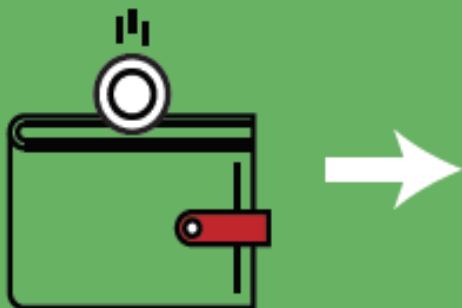
# Lunch orders will resume from WEDNESDAY 9TH November.



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](http://www.myschoolconnect.com.au)



My School Connect has a 7 day a week Support Line, contact 1300 030 915

CELEBRATION

# WHITTLESEA SHOW

**POSTPONED**  
TO 21ST & 22ND JAN

WAG  
AG  
SO  
TY  
FOUNDED 1859



20  
22

SAT-SUN  
5TH & 6TH  
NOVEMBER  
OPEN DAILY  
9AM-5PM

WHITTLESEA SHOWGROUNDS, YEA RD, WHITTLESEA  
[WWW.WHITTLESEASHOW.ORG.AU](http://WWW.WHITTLESEASHOW.ORG.AU)





## OFFICIAL ANNOUNCEMENT

### **WHITTLESEA SHOW POSTPONED TO JANUARY 21st & 22nd**

The weather has been against us from every angle and the grounds and parking areas are so wet we sink when we walk on them – in some parts up to our knees. We are very mindful of our responsibilities to have the best outcome considering the health and safety of our members, exhibitors, sponsors, volunteers and patrons. We've all been wearing gum boots for weeks and it's just not getting any better. We have no choice but to jump in the puddles and postpone the 2022 Whittlesea Show to the new dates of the 21st & 22nd of January 2023; same place, different time. Gate tickets and exhibit entry will be rolled over to the new dates. We will work through this in the coming week.

We are very pleased to be able to secure the dates of the 21st and 22nd January 2023 and we look forward to seeing you then.

Erica Hawke - President



# 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)