

Thomastown West Primary School Newsletter

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



2022 IMPORTANT DATES:

Mon	28 Nov	Prep, 1/2 and 3/4 Swimming Program
Thurs	01 Dec	Writers Showcase at TWPS 2:30pm - 3:30pm Parents and Carers are 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

No.37 25th November 2022

From the Principal

I cannot believe that as I write this newsletter report that there are only 16.5 days left of the school year and if you review our important dates above, you will notice we still have A LOT to achieve before the end of the year!

Keeping children safe online!

Even in the safety of their home, there are many risky places a child or teenager can visit online. This can be due to the content they see, who they come into contact with, and personal information they share. **Thomastown West Primary School is an eSmart school.** Supporting our students, parents and carers to keep our children safe is important to us! On the following three pages, we have included 5 tips for parents from the eSmart Alannah and Madeline Foundation. I encourage you to read through these tips with your child, as well as have a conversation about what social media they are using.

Transition News

Final Prep Orientation session

On Tuesday, our 2023 Preps completed their final transition session at TWPS. While the students were reading a story about *getting ready for school* and making crowns, I had the pleasure of meeting with our 2023 prep parents and carers again and sharing information about our fabulous school. It was a very special moment when the 'Kinder kids' were trying on our school uniform with an enthusiastic smile and their parents were beaming with pride!



Intra-school transition session #2

Yesterday after lunch, all of our students visited different teachers, in different rooms with different students, to learn more about their new year level, make new friends and answer numerous questions. Initially I visited in Room 11 and had to spend a significant amount of time convincing the Grade 2/3s that I was not their teacher next year. **Please remind your children** that they do not find out who their class or their 2023 teacher until Thursday Week 11.

Student Leadership Interviews

One of my favourite times of the year is when the Assistant Principal and I interview our student leaders for the position of School Captains, Student Voice Captains and SRC Captains. I cannot express enough how impressed and proud we were of the interviewees today. They should all go home with their heads held high and celebrate their achievement of being shortlisted. Another special moment during the leadership interviews is when the current school captains join us as members on the panel. I love it when they reassure the grade 5's during the interview, as they reflect on their leadership growth over the past 12 months. **Early next week**, our leaders will be appointed to their 2023 position. We look forward to sharing the results with you in next week's newsletter.

Last two swimming lessons for 2022

Friendly reminder that this Monday (28/11/22) and then next Monday (5/12/22) are the final days for swimming lessons this year. Please note, we have had a number of children who forget their swimming gear each Monday. Support your child to build their personal responsibility by encouraging them to pop their swimming gear in their bag on Sunday night. Thank you.

Semester 2 Student Reports

This weekend (and the following week) Miss T and I will be reading through the students Semester 2 reports. Our teachers have worked incredibly hard to identify and celebrate your child(ren)'s learning achievement and identify their next growth point for learning. We look forward to sharing your child's report with you on Friday 16th December 2022.

Before and After School Care

Thank you to the families who completed the online KidsCo survey regarding before school care in 2023. I am waiting to hear from their CEO Adrian, to learn the results of the survey. It is our hope that next week, we will be able to announce outcome of whether TWPS will be able to offer before school care from 7am next year.

Parent Payments for 2023

The 2023 Parent Payments notices will be sent home early next week. We greatly appreciate our families and their support with paying Curriculum Contributions. All funds received from parents assist our school to fund programs and experiences that go beyond the core literacy and numeracy learning. Thank you in advance for your support in assisting us to provide the very best education for our students.

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

Sandi Young, Principal

Five tips for parents

Tuning into our children
can be a very positive
experience for everyone.

esmart.org.au

Five tips for parents

1. Be curious

Ask your child about what game they are playing? Get them to show you what they are doing. Ask then why it is fun?

Showing an interest in your child's tech life and having them teach you about it, is a great way for you to build an understanding and empathise with your child's interest - it may change the way you see their technology use, alleviate some concerns and change how you make decisions around it.



Five tips for parents

2. Build a sharing culture

Even with young children - show them photos on your phone, or your favourite websites. Influence them by sharing videos you find that they might not see and then foster that as they become older and encourage sharing things they find on social media (not by following them) by sending a message or just showing it on their phone screen.

Normalise that there are things they want to show and share, some things they won't - and so that should be - parents shouldn't know everything their child does or says with friends.

You want to build a relationship of sharing, so when something does go wrong for them, and they need help - they come to you.



eSmart
alannah & madeline foundation

Five tips for parents

3. Be respectful

Make sure you show children how to be respectful around technology. This means not turning off the internet connection or computer mid game. This means not dealing with an issue when you are angry and frustrated.

As the adult, you should create space for conversations about issues you have with your child's technology use. Just dictating what and when they should play is not supporting them to develop, grow or learn to negotiate and make good decisions.

You want your child to be a respectful person, so model that behaviour to them.



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Five tips for parents

4. Invite your child to do other things

Rather than dictate when children can or can't use computers, prioritise other things. Have a family board game night. Watch sport together. Take a weekly walk with your child.

Rather than just setting a time limit, create spaces for the things you know are also beneficial and good for your child and family. Then, 'screentime' becomes less important as an idea and how we spend time doing a variety of things as a family and for ourselves becomes the focus.



eSmart
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Five tips for parents

5. Trust yourself

You are the expert in understanding your child. You know them better than the people who write books, or give you 'Five Tips for Parents'. Be clear on your values and your expectations, talk and know as a family what is important to you. It will be awkward and strange, teenagers might not say anything - but that is ok - try it, normalise it.

It is far better than just trying to control and micromanage our children - that only causes tension and arguments, and doesn't support them to appropriately use technology in their lives now and in the future.



eSmart
alannah & madeline foundation



Side by Side SIB
Achieving results together

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 8

Sarah	2	For taking ownership of her learning by always trying her best in all set tasks.
Julian	3	For being a responsible student at swimming and organising his belongings independently.
Alexander	5	For showing resilience when problem solving with his friends during outside play.
Isaac Rukaya	6	For being a wonderful and responsible student who is always ready for learning. For being such an enthusiastic helper to her teacher and peers
Haneen	19	For making great text-to-self connections during guided reading groups!
Hareem	20	For showing responsibility by always being on-task and offering to help around the classroom.
Cyrus	10	For being a responsible member of the grade and working hard on all your learning tasks.
Martin	11	For writing a very convincing persuasive text.
Doaa	12	For demonstrating resilience by not giving up and trying her best during persuasive writing.
Hazen	15	For striving to be his best in Maths by participating and showing active listening skills.
Mosa	17	For demonstrating excellent metacognition during reading.
Rania	18	For demonstrating a positive attitude towards Maths and consistently striving to do her best.
Cyrus		PE: For striving to be his best during our cricket session.
TWPS Choir		MUSIC: For outstanding work to complete 8 stunning performances for the Thomastown Secondary College Reimagined Concerts. You worked hard and you were a big hit!
ROOM 17		STEM: Working as an amazing team in STEM classes this week.
Djaron		Wellbeing : Responsible - For helping the Wellbeing Team tidy up The Hub at the end of Breakfast Club each morning this week.
Maya Rm3		Principal: For achieving her attendance goal and maximising her learning opportunities!

Stars of the Week

Term 4 - Week 8



Hello Everyone ,

It's that time of the year when we all need to unwind from our busy life. What you need is to put some time in your diary for relaxation. Yes, you should plan to relax. Block out an hour in your calendar to try one of these stress-busting activities.

✓ **Do some gentle Exercises**

Walking, stretching and wading water are Gentle exercises you can do to help get your endorphins flowing. You can also try some great muscle (and mind) relaxing exercises.

✓ **Spend time with a furry friend**

Yes, you have permission to hug all the dogs, cats and bunnies you wish. Petting and cuddling a fluffy friend gives you warm 'n' fuzzies, quite literally. You can take your pet out for a walk or have some time at the beach.

✓ **Tune into (instrumental) music**

Create a playlist of your liking that make you feel calm. When you're listening, try to tune into one of instruments being played and focus your attention on it for 20 – 30 seconds. Repeat by tuning into another instrument and continue this until the song finishes. This is a type of meditative technique. You could try doing this to help ease you into sleep.

✓ **Smell a cuppa**

That's right, take a big whiff of your morning coffee or tea before you drink it. The scent of the drinks that can be enough to help reduce your stress levels.

✓ **Spend time in a garden**

Various studies speak to the benefits of being in a garden without even needing to have a green thumb. Surrounding yourself with plants has been linked to physical and mental health benefits, including slowing heart rates, improving memory and reducing symptoms of anxiety and depression.

✓ **Complete a brainteaser**

Solve a puzzle, crossword or Sudoku. The focus you devote to these brain-teasing activities can take your mind off your worries and give your brain a problem that has a clearer solution.

✓ **Sing or dance**

Whether you have a solo singing session in your lounge room or join a dance class, singing or dancing (or both!) to music you enjoy is a good way to unwind and boost your mood. Kids can even have parents join along with them to their dance class or music classes, This is a great way to spend some quality time together too.

✓ **Salute the sun**

Find a sunny spot, close your eyes and lift your face towards the sun. Take slow deep breaths. Sit calmly for 10 to 15 minutes (remember to be sun-smart if you're doing this in the warmer months).

✓ Be grateful

Write down all the things in life that you're grateful for. Perhaps consider doing this each day. It can help keep you mind focused on being positive so that you have a better outlook when you face a difficulty.

✓ Look at photos of events that you remember fondly

Dust off that old photo album to flick through or pull up your favourite snaps on your tablet. Looking at old photos from a day you enjoyed is sure to bring you joy. Better still, call someone who was at that event so you can reminisce together.

✓ Try acupressure

If you're feeling overwhelmed and need immediate relief, try acupressure. It's a self-massage therapy that helps to balance your body's circulation of fluids and energies. Use your thumb and index finger of your right hand to massage the soft area between the thumb and index finger of your left hand. After two-to-three minutes, switch and repeat. It can also help you use calming essential oils such as lavender.

✓ Get Aqua Therapy

Have a warm bath, take a shower, dive into a pool or take a dip in the ocean; getting into water can help you to feel refreshed and relaxed (bonus points if that pool or beach is at a holiday destination!). If you'd prefer to stay on dry land, visit an aquarium and watch sea creatures gently float by.

✓ Create something

Draw, colour-in, paint, knit, write, cook – do any activity that helps you express your creative flair.

✓ Take a nap

Sometimes when you're feeling stressed, the thing you need most is sleep. If your mind is still going 100 kilometres an hour after you've hopped into bed, put on some calming tunes and put your phone on aeroplane mode. Then slowly tense and release one muscle in your body at a time. You should soon be able to drift off.

Gurleen Gogia (Ms G)

Student Welfare Officer

TOP DOJO EARNERS

Term 4 Week 8

Congratulations to **Room 11** with 213 Dojo Points

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



Prep	Amaanet 6 Dojo Points
Grade 1/2	10 Ella Dojo Points
Grade 3/4	Ahmad 13 Dojo Points
Grade 5/6	Musa, Waverly & Fatima 10 Dojo Points
Most Dojo points Prep - 6	Ahmad 13 Dojo Points

TWPS Choir Performance

The TWPS choir had a fabulous time performing with Thomastown Secondary college last week at their concert.

Well done to our amazing students who lived by our school values and performed with confidence and enthusiasm.

A special thank you to Mr Rosa and Mrs Bufalino .



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 8 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	68%	60%	Room 9	80%	79%
Room 3	66%	 87%	Room 10	82%	85%
Year 1/2	Last Week	This Week	Room 11	81%	82%
Room 5	85%	86%	Room 12	79%	69%
Room 6	81%	77%	Year 5/6	Last Week	This Week
Room 19	79%	82%	Room 15	91%	86%
Room 20	74%	69%	Room 17	81%	86%
			Room 18	83%	70%

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

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 8 is

Room 03

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	Term 4 Week 8						
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 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





Wrapping up another AWESOME week at KidsCo!

Star highlights from the last few weeks

The little legends of Thomastown West KidsCo had lots of fun baking and creating this week!

This week, we experimented with cooking by making our own pizzas and baking cupcakes. The KidsCo crew came up with some great ideas for what we can try next, with Sushi being a popular request. We also did painting, outdoor ball games, and cricket drills, just to name a few things.

The KidsCo crew also continued to get to know our new Director of Learning, Ella! It has been a great week of relationship building and collaborative brainstorming.

Our goal at Thomastown west kidsCo over the next few weeks is to implement a values and leadership program in which children can be recognised for practicing our values and being a good leader.

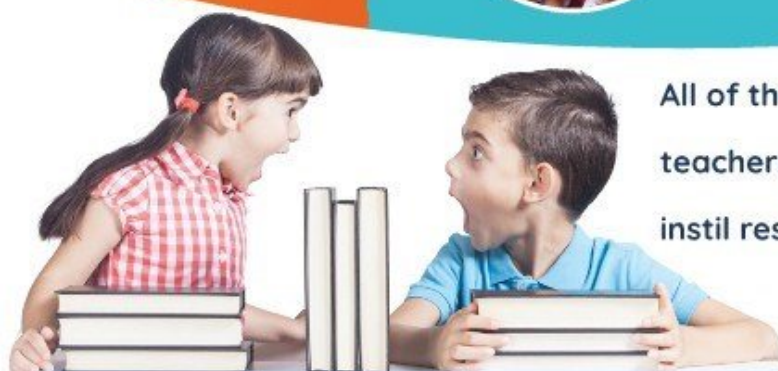




Making every day the best day ever!

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

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 \$3.75

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

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 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



Need extra help?

You can contact the KidsCo Support Team below

1300 976 304

oshc@kidsco.net.au

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

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 تايفون

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

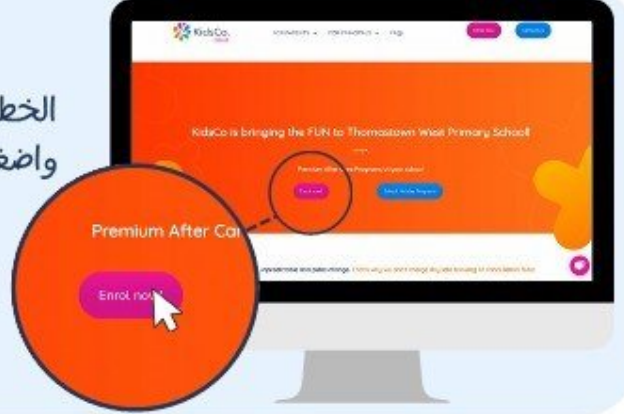
\$3.75
بعد خصم
CCS

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



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



تحتاج مساعدة

اتصل بنا



1300 976 304



oshc@kidsco.net.au



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

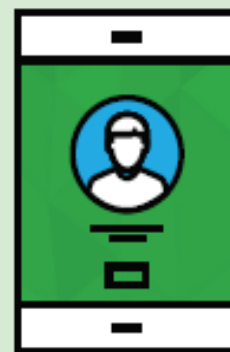


1. REGISTER YOUR ACCOUNT

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)

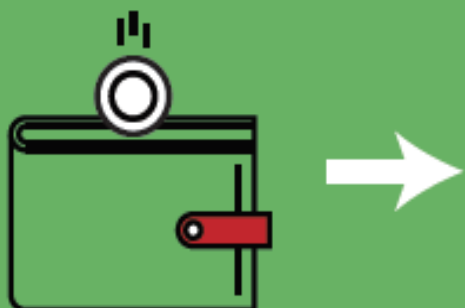
Lunch orders will resume from WEDNESDAY 9TH November.



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



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





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

KARATE @ MY FIRST GYM



1. **KARATE** is a great source of cardiovascular exercise which promotes good overall health

2. **KARATE** is a great core workout which helps a person with overall stability & balance

3. **KARATE** students learn to be calm under pressure, which can help a person learn to relax during normal hectic problems of their daily encounters

4. **KARATE** teaches very important self-defense techniques.

5. **KARATE** builds self-confidence

6. **KARATE** is a family oriented sport

7. **KARATE** is a great way to make friends

8. **KARATE** teaches intricate techniques which helps promote problem solving and critical thinking skills

9. **KARATE** promotes a healthy lifestyle

10. **KARATE** is for everybody regardless of age or gender

1st class is free :-)

CALL US @ 0457 673 734

