

Thomastown West Primary School

NEWSLETTER



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IMPORTANT DATES:

Mon	10 Sep	GR 3/4 'MAD ABOUT SCIENCE'
Mon	10 Sep	GR 5/6 DIVISION ATHLETICS CARNIVAL GOOD LUCK DESTINY & ARIYON
Thu	13 Sep	R U OK? DAY - ALL STUDENTS WEAR YELLOW to SCHOOL! (Gold Coin Donation)
Wed	19 Sep	FOOTY DAY
Fri	21 Sep	LAST DAY OF TERM 3 Students finish at 1.15pm
Mon	8 Oct	TERM 4 BEGINS

No. 26 7th September 2018

From the Principal

NAPLAN

Hopefully Grade 3 and 5 parents and carers have received **or** are about to receive the envelopes our school sent home via the post with the NAPLAN results enclosed. **Please keep these documents somewhere safe**, with your child's other school documents and reports. If you change schools or when children transition to a high school, they often wish to view the latest school reports and the latest NAPLAN results.

Striving to be our Best is one of our school values. It is an area that requires us to constantly monitor the growth of our students and ensure that they are meeting the high expectations we have for them. This week Mr D and I have been reviewing our NAPLAN results for 2018. Already we can see, that a focus on *Striving to be our Best*, has had a positive impact. **We are very proud of how all of our students performed!**

- Our overall Year 3 Spelling results matched the State average! 51% of our Year 3 students' results were **higher than the State's average!**
- Writing was also another highlight! 46% of our Year 3 students' results were **higher than the State's average!**

With the Year 5 results we focus on and **analyse the learning growth** between 2016 (NAPLAN results from when the students were in Year 3) and now 2018 (NAPLAN results now that the students are in Year 5).

- Our **HIGH growth** in Spelling was **almost at the State's average!**
- Our **HIGH growth** in Grammar & Punctuation was **higher than the State's average!**

Congratulations to all of the Year 3 and 5 students and all of the teachers for their hard work and achieving their personal goals!

LEIGH HOBBS

Incursions and excursions are a valuable part of primary school education. They stimulate and extend the classroom curriculum and provide an opportunity for children to understand that the school is part of the wider community. Incursions and excursions also develop each child's self-confidence, self-reliance and independence. They promote teamwork and the concept of community spirit.

Mr D and I had the pleasure of attending the Leigh Hobbs incursion on Wednesday. **It was fantastic!** It was much more than having a talented author and illustrator visit the school. It was an entertaining hour that covered the **Personal and Social Capability** from the **Victorian Curriculum**. Please enjoy the photos on the following page.



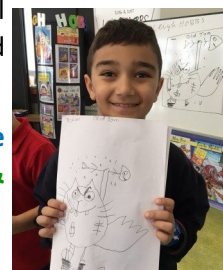
The Personal and Social Capability is essential in enabling students to understand themselves and others, and manage their relationships, lives, work and learning more effectively. The capability involves students learning to recognise and regulate emotions, develop empathy for others and understand relationships, establish and build a framework for positive relationships, work effectively in teams and develop leadership skills, and handle challenging situations constructively.

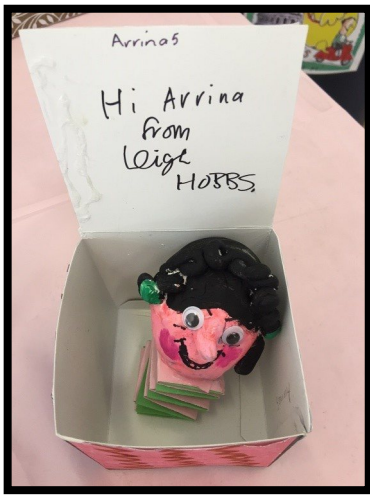


The Personal and Social Capability supports students in becoming creative and confident individuals with a sense of self-worth, self-awareness and personal identity that enables them to manage their emotional, mental, spiritual and physical wellbeing, with a sense of hope and optimism about their lives and the future. On a social level, it helps students to form and maintain healthy relationships and prepares them for their potential life roles as family, community and workforce members.

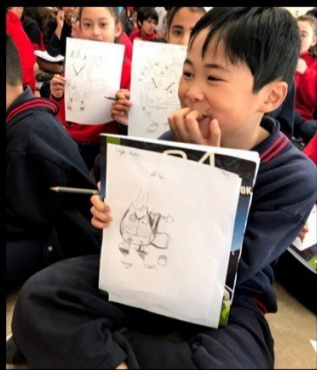
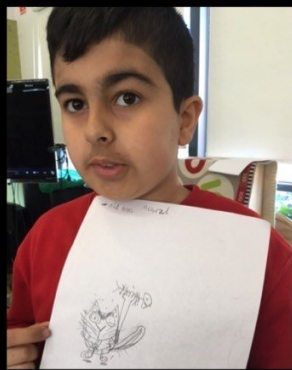
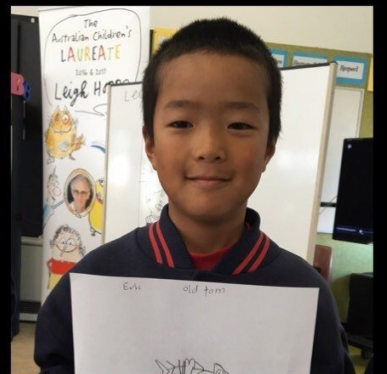
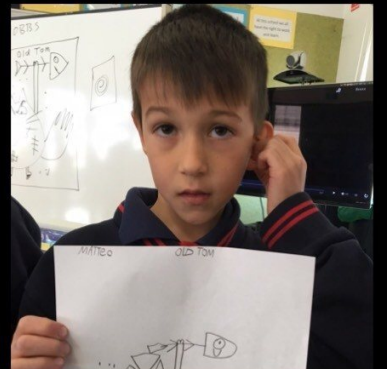
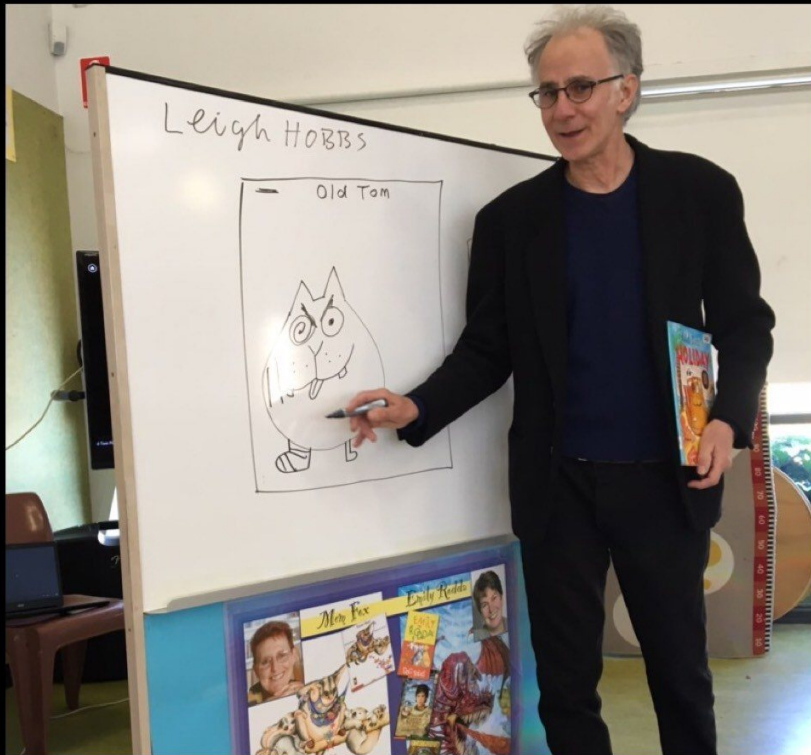
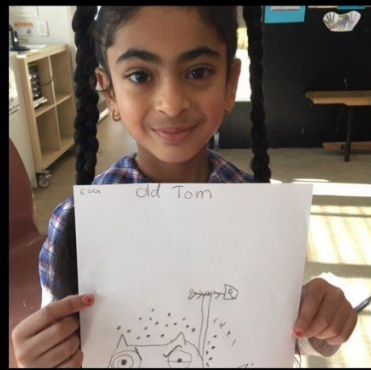
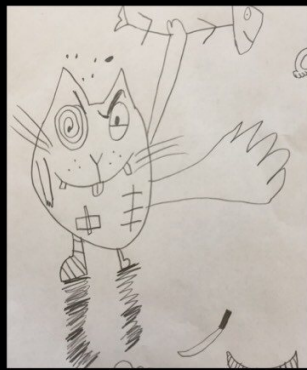
Education is Powerful, Student Voice Matters, Teachers Make a Difference & Every Day Counts!

Sandi Young
Principal





LEIGH HOBBS INCURSION



Parent Code of Conduct at Thomastown West PS

A code of conduct for parents and visitors ensures that everyone who visits the school site is able to do so in a safe and harmonious manner and to ensure that students, staff, parents and other visitors are not subjected to 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.



Stars of the Week

Term 3 - Week 8

Room 1	Zayne	Room 10	Leo
Room 2	Amir	Room 11	Haidar
Room 3	Johronephan	Room 12	Sanaa
Room 4	Anastasia	Room 16	Angel
Room 5	Japji	Room 17	Lilly
Room 6	Ali	Room 18	David
Room 8	Victoria	Room 19	Nadeen
Room 9	Yousef	Room 20	William



Hi Everyone!

It's hard to believe how fast this year is going, we are only 2 weeks away from the next lot of school holidays! It's been an especially cold winters and I am so glad that **Spring has finally sprung**.

Following on from my article last week about what bullying is and the different types of bullying, this week I will provide information about the strategies our school has in place to prevent bullying.

TWPS practices **School Wide Positive Behaviour**. This means our values- **Empathy, Respect, Striving to be our best, Resilience, Responsibility** are clearly displayed throughout the school. Students are expected to behave in accordance with these values and this supports the **prevention of bullying**. For example, with the "empathy" value students learn about how it feels to be in other's people's shoes and to consider the effect their actions may have on other students.

To help reinforce the values we have a special **"Dojo Points"** system. Students are rewarded with a Dojo Point during instances when they show a lot of resilience, responsibility and so on. Students collect the Dojo Points and can exchange them for prizes. The more points they manage to collect, the **bigger the prize!**

We also have a Buddies program, where every class in school is partnered up with a class in a higher or lower grade. Together, they do fun activities such as making Origami and positive message posters. The program helps to build a sense of community in the school, encourages students to support each other and make new friends.

In addition to this we also have a variety of activities and programs to help increase resilience and encourage team building. These include a canine program, Aboriginal group, chess club, board games, garden club, mindfulness sessions and more!

We take bullying very seriously at TWPS and have very clear processes to deal with bullying should it occur. **Remember** if parents or students need to talk they are always welcome to speak to Mrs Young, Mr Downing, Mr Palfrey, Mrs Mulholland or a teacher.

Mike Palfrey
Student Wellbeing Officer



Cup of Life

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

Congratulations

The room in Week 8 Term 3 that had
the BEST
ATTENDANCE is

ROOM 2 & 10

5/6 Girls Futsal Tournament 2018

Congratulations to our Girls Futsal team who were undefeated up until the final. All girls played exceptionally well. Isabella from Rm 19 scored 15 goals. Faalaa from Rm 18 did an amazing job as goal keeper. We are very proud of the girls who represented our school and abided by all of our school values Thankyou to Mrs Selma Raif for organising the tournament and Mr Oscar Rosa for coaching the girls. Also a special thankyou to Mrs Suzi Ilic who helped with escorting the girls to the venue.





Hi Everyone!

Sometimes when I am listening to students I hear comments such as 'I am dumb', 'Nobody likes me', and 'I can't do this or that'. There are so many negative messages out in the world today.

I have been showing some students an inspirational YouTube clip called 'You are Special' by Nick Vujicic in which Nick encourages a group of school children. This inspirational man was born with no legs and no arms, yet through the love and encouragement of family and friends he has achieved much. View it with your children:

<https://www.youtube.com/watch?v=r1hAnz4MJN8>



Today you are **YOU**,
that is **TRUER** than true.
There is **NO ONE** alive
who is **YOUER** than **YOU**!

SELF-ESTEEM

Self-esteem is feeling good about yourself. Good self-esteem helps children try new things, take healthy risks and solve problems. It gives them a solid foundation for their learning and development.

Self-esteem: the basics - Self-esteem is about liking yourself and who you are. This doesn't mean being overconfident – just believing in yourself and knowing what you do well. For children, self-esteem comes from:

- knowing that they're loved and that they belong to a family and a community that values them
 - spending quality time with their families
- being encouraged to try new things, finding things they're good at and being praised for things that are important to them.

The most important thing you can do to foster your child's self-esteem is to tell your child that you love him. Say it often and for no reason other than to show you appreciate your child.

Relationships, connections, belonging and your child's self-esteem - Being connected to other people who care about him/her is good for your child's self-esteem. It gives him/her a stronger sense of his/her place in your immediate and extended family. Being connected to friends and people in the community helps your child learn how to relate to others and can boost her confidence.

Here are some ideas for nurturing your child's self-esteem through relationships:

- Strengthen your child's sense of his family, culture and community. For example, show your child family photos and share family stories, take part in community or cultural events like religious festivals, and encourage your child join a local sporting club or interest group, or join as a family.
- Encourage your child to value being part of your family. When everyone contributes to the smooth running of the household, you all feel important and valued. Make your child's friends welcome and get to know them.

Quality time and your child's self-esteem - When you spend quality time with your child you let your child know he/she's important to you. Doing things together as a family, can help strengthen a sense of belonging.

Plan some regular one-on-one time with your child, doing something that he/she enjoys, whether it's drawing, doing puzzles, kicking a soccer ball or baking cakes.

Achievements, challenges and your child's self-esteem Success and achievements can help your child feel good about himself. But your child can also build self-esteem doing things he doesn't always enjoy or succeed at. You can still praise his effort and determination – and remind him that these will help him succeed in other areas, or next time.

There are lots of ways to help your child succeed, achieve and cope well with failure:

- When your child has a problem, encourage her to think calmly, listen to other people's points of view and come up with possible solutions to try.
- Help your child learn new things and achieve goals.
- Celebrate big and small achievements and successes.
- Remember to praise your child's effort, not just her results.
- Keep special reminders of your child's successes and progress. You can go through them with your child and talk about your special memories, and the things he has achieved.
- Teach your child that failing is a part of learning. For example, if she keeps missing the ball when she's learning to catch, say 'You're getting closer each time. I can see how hard you're trying to catch it'.

Teach your child to treat himself kindly when he does fail. You could be a role model here. For example, 'I tried a new recipe, and the cake looks a bit funny. But that's OK. It smells delicious'.

Things that can damage children's self-esteem

Messages that say something negative about children are bad for their self-esteem – for example, 'You are slow, naughty, a bully, a sook ...'. When children do something you don't like, it's better to tell them what they could do instead. For example, 'You haven't done your homework. You need to sit down now and finish your maths questions'.

Ignoring children, treating them like a nuisance and not taking an interest in them are likely to be bad for children's self-esteem. An example might be, 'I am sick and tired of you'. Frowning or sighing all the time when children want to talk to you might have the same effect.

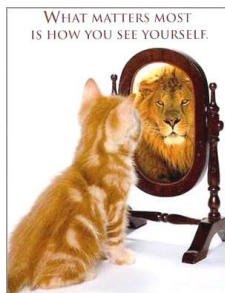
Negative comparisons with other children, especially brothers and sisters, are also unlikely to be helpful. Each child in your family is different, with individual strengths and weaknesses. It's better if you can recognise each child's successes and achievements. All parents feel frustrated and tired sometimes. But if parents send the message that they feel like this about their children all the time, children get the message that they're a nuisance.

Changes like moving house, school or country, or separation or divorce, might affect your child's self-esteem. If your family is going through experiences like these, try to keep up family rituals and your child's activities, as well as giving your child lots of love. This will help your child feel OK about herself and her identity even as things around her are changing.

The best gift you can give your child is to love yourself. What a vision for a child to see their parents get up and be passionate about who they are as individuals. Each parent gets prepared for the day, goals and agendas are set, there are workouts to

home is an energy of "we all have a special purpose in this world." If you have a purpose and you live that out as an individual and encourage this through how you live, talk, love and express yourself, your children will follow suit. They will live up to the standard of love you have for yourself and the love and discipline shared in the home.

Remember that the children of today are living in a different world from when you were young. Yet at the same time, certain facts of life are still the same. Show genuine love to your children and they will love you — most importantly they will learn to love themselves.



Robyn Mulholland (Student Well-being)

Squishies

You may have heard about a new craze for children's toys called 'Squishies.' Apparently it has been reported on the television News shows this week, that the *Squishies* have allegedly been banned in another country for containing harmful chemicals. Parents have contacted me with their concerns. At this stage, we request that students keep their *Squishies* at home. Thank you.

Fundraising

A massive thank you to everyone who contributed to our fathers day Stall. We managed to raise over \$400.00 fantastic effort by all. Our last fundraiser for the term will be the Footy day lunch, orders must be back by Friday 14th of September we thank you again for your continuous support.

Become a Teacher's Aide

Certificate III in Education Support:
(Sept. 2018)

THIS QUALIFICATION WILL GIVE YOU THE SKILLS AND KNOWLEDGE TO PROVIDE ASSISTANCE AND SUPPORT TO TEACHERS AND STUDENTS IN A RANGE OF EDUCATIONAL SETTINGS. THIS INCLUDES PRIMARY, SECONDARY & SPECIAL DEVELOPMENT SCHOOLS & AREAS OF EARLY CHILDHOOD EDUCATION

GRADUATES WORK AS :

EDUCATION ASSISTANTS/TEACHER AIDES

SUPPORT WORKERS (WORKING WITH CHILDREN WITH DISABILITIES)

Course Details:

FRIDAY: 14 SEPT. 2018 — 7 JUNE 2019

24 SESSIONS, 2 WORKSHOPS + 100 HR PLACEMENT

9:15 AM TO 3.15 PM

at MERRILANDS COMMUNITY CENTRE, RESERVOIR

Ring PRACE on 9462 6077 or visit our website: www.prace.vic.edu.au

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[FUTSAL 4 LIFE]

Koori Group

Good afternoon Parents, Teachers and Students,

My name is Ella and today I will be telling you about the importance of us, as Aboriginal students, to be recognised by the school community: students, teachers parents and volunteers.

It's important for us to be recognised because we need to learn our history and culture, so we can pass on stories. For example, Bunjil the creature or the Rainbow Serpent.

Its also important for us to feel included at school and anywhere else. So we have decided to begin a Koori group for only Koori students so we can get together and do some art, think and talk about other ways to tell or show people that we are doing bigger things this year that will continue to go on.

Our Koori group is held every Thursday at lunchtime, during these past couple of weeks we have been using a big panel to create a mural which will feature the TWPS teachers and students, Torres Straight and Aboriginal culture and Aboriginal stories.

On the behalf of both myself and all the Aboriginal students of TWPS we would like to thank Natasha and Georgiana for helping us feel included and known. Thanks for bringing back our love for cultural art, and our culture in general. I would like to acknowledge and pay my respects to acknowledge the traditional owners of the Wurundjeri people of Kulin Nation on which the land we stand on today.

Ella Rm 19

Program Information

The end of term 3 is fast approaching as September 21st is the last day of term. OSHClub will be operating from 1.15 – 6.15pm so don't delay in securing a place by booking online.

Important Update: **No unenrolled child will be accepted by OSHClub so please enrol online today to prevent disappointment.**

R U OK? Day will be celebrated on Thursday 13th September. The school and the OSHClub service will be wearing yellow to support this wonderful cause. Don't forget, it doesn't take much to ask someone how they are feeling and if they're ok. It might just brighten their day 😊

Term 4 Reminders:

No Hat, No Sunscreen, No Play!

Parents please ensure your children have a hat in their bags ready for outdoor play. OSHClub will provide sunscreen however if your child has allergies or sensitive skin please provide their own. Remember to clearly label all of your child's personal items.



Some of this week's fun at OSHClub



Parent Information

OSHC program phone: 0407 372 056

Coordinator: Desiree Bustos

Assistant: Carmen Bellofiore

OSHClub Customer Service and Billing Team: 1300 395 735

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.

Cooking Club - Vegetarian Enchiladas





LEARN ENGLISH AT THOMASTOWN WEST COMMUNITY HUB

**WOULD YOU LIKE TO:
IMPROVE YOUR ENGLISH? MAKE NEW FRIENDS?
LEARN MORE ABOUT YOUR LOCAL COMMUNITY?
THIS FRIENDLY AND SUPPORTIVE PROGRAM WILL
HELP LOCAL RESIDENTS BUILD CONFIDENCE IN
WRITTEN AND SPOKEN ENGLISH AND ENGAGE IN
COMMUNITY ACTIVITY.**

COURSE DETAILS:

18 JULY—5 DECEMBER, 2018 (WEDNESDAYS)

19 SESSIONS

9.00 AM —1.30 PM

THOMASTOWN WEST COMMUNITY HUB

MAIN ST, THOMASTOWN

(NEXT TO THOMASTOWN WEST PRIMARY SCHOOL)

**PRACE
Merrilands Community Centre
35 Sturdee Street, Reservoir 3073**



TOID 4036