

# Thomastown West Primary School

# NEWSLETTER



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## IMPORTANT DATES:

Term 1		
Thur	21st Mar	Harmony Day
Thu	28th Mar	Photo Day (Whole School)
Tue	2nd April	3-6 Lalor District Athletics
Tue	2nd April	Easter Eggs/Chocolate Due
Mon	1st April	Hot CROSS Bun Orders Due
Fri	5 <sup>th</sup> April	Last day of Term 1 Students dismissed at 1:15pm
Term 2		
Tues	23 <sup>rd</sup> April	First day of Term 2
Fri	28 <sup>th</sup> June	Last day of Term 2

No. 7 15th March 2019

## From the Assistant Principal

Hello everyone and welcome back to another edition of our newsletter after a long weekend. I hope everyone enjoyed the extra time with family and friends. Despite only having four days together this week, our Thomastown West Community has been busy!

### Brave Incursion



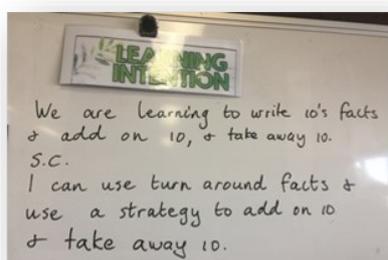
On Thursday of this week, students from Prep to Six participated in the Being Brave Incursion. This is the fourth year of having the team from Brainstorm Productions out to work with our students and each time we have found it had a positive impact on student behaviour and socialisation. This year's production was entitled "Being Brave" and was designed to give our students strategies to

deal with their emotions such as good communication, persistence, and positive self-talk. Students enjoyed the entertainment aspect of the incursion while learning strategies to bounce back after dealing with bullying, loss, and change.



### Math classes across the school

This week I have been excited to learn more about the differentiated math groups that operate across the school. Three days a week in our Grade 1/2, 3/4 and 5/6 classes students work for an hour a day in differentiated learning groups. In these groups students participate in focused numeracy activities and learn specific strategies such as counting on, adding to ten, bundling, and skip counting.



This week I stopped by Grade 1/2 and asked students how they felt our differentiated math groups enhance their learning. Above are some photographs of their learning and the Room 4 students were happy to show me how to use these new strategies to add on or take away 10.

### Education Support Staff

Throughout this term you have undoubtedly seen our fabulous ES team Genella Irons, Carmen Bellofiore, Rachel Palmieri, and Tamara Walters moving between classes and saying goodbye to their adoring fans at the end of the day. I feel that it is important to publically acknowledge this team of hard working and passionate women. On a daily basis our Education Support staff will support individual students in classes, run small withdrawal groups, complete first aid duties, attend meetings, offer student support on the yard, run Oral Language and Language Support Programs, and attend parent meetings. We are looking to welcome some more members to our Education Support Team in the coming months in order to extend the opportunities for our students and their learning.



## SSP (more updates)

This week I have spent some time in Student Support Groups meeting families and working with our dedicated educators to plan learning goals for students. I have learnt a lot about the SSP Program during this time including how the “satpin” sounds are supporting students in Prep to develop their reading, writing, and spelling skills.



On Thursday of this week families attended the second SSP Information Session to learn more about the program and how they can support their children at home. Ms Karen Cooke and Mrs Kathy Davies are keen to let parents and families know that they hope to hold an evening SSP information session to support those who could not make the afternoon sessions. Keep an eye out for more information regarding this upcoming learning opportunity.



## Professional Practice Days

In the coming weeks you may notice that we have a few Casual Relief Teachers supporting the learning of our students. This is because our Area Teams have their Professional Practice Days. Once a term, teachers are entitled to non-face-to-face teaching time to plan with their teams or engage in professional learning. We look forward to sharing our new knowledge and plans for the curriculum with students.

## I Did it!

As I sign off this week, I would like to leave you with a little mantra I stumbled across when popping into Room 2 this week. This mantra is used daily with our Preps and I believe it is something that we can all use in our daily adult lives. After all **“Positive thinking and persistence lead to personal success!”**

I think I can,  
I think I can,  
I try and try  
I try and try  
I did it!

Have a great weekend and see you all on Monday.

Terri Allan

Assistant Principal

## Easter Raffle and Hot Cross Buns

We are requesting donations of eggs and small gifts for the Annual Easter Egg Raffle. Please leave your Easter egg donations in your child's classroom. The raffle tickets have been sent home. In 2019 we are also having a Hot Cross Bun Drive. Please support our 2019 fundraising efforts so we can continue our school improvements outside.



## Easter Bonnet parade and Buddies!

Your children may have told you... GREAT NEWS! TWPS has recommenced our whole school Buddy Program. Every 3 weeks on a Tuesday afternoon, two classes (from different year levels) get together and complete learning tasks collaboratively. Each student is allocated a **buddy** from the other class. Already this has had a valuable effect of increasing the positive interactions and connections between students outside at play times. Later in the term, the **buddies** will be working together to create an Easter Bonnet for the whole school **EASTER BONNET PARADE on the last day of school Friday 5th April with BUDDIES at 12:15pm.**

**Parents & Carers please join us!** Feel free to wear your bunny ears and decorations!



## Harmony Day

**On Thursday 21st March, Thomastown West PS will acknowledge Harmony Day!**

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. **Students wear a splash of orange. Children do not wear uniform on Harmony Day and are asked to wear something orange...** It could be: ribbons, a small amount of face paint, an orange T-shirt or shorts, an orange head band, an orange scarf or other orange accessories...

# Stars of the Week

Term 1 - Week 7

Room 1	Ahmad	Room 9	Zac
Room 2	Moayad	Room 10	Asmaa
Room 3	Cassie	Room 11	Alan
Room 4	Amir	Room 15	Rukiya
Room 5	Hussain	Room 18	Whole Class
Room 6	Emily	Room 19	Haider
Room 8	Denison & Rohan	Room 20	Gabriel
		Principal's Award	Mateen & Epati



Hi everyone!

Resilience. What is it? Resilience is defined as the ability to bounce back from stress, failure or challenges. It is not something that kids are naturally born with, rather it is a skill that we all need to develop as we grow. Resilient kids are not afraid of failing and tend to be curious, brave and trusting of their instincts. Building resilience helps children not only deal with current problems but also develop basic skills and habits that will help deal with challenges later in life.

So what's the best way to build resilience in your child? Research has shown that you can help develop these skills, habits and attitudes at home as parents. Everyday challenges are a part of life, and providing love and support is the most important step for developing confidence and resilience. So what can we do to help our children overcome challenges they might face throughout the day?

**Calming down:**

When your child is feeling frustrated, breathing and problem-solving can help them feel better

**Breathe:**

Slowly take three deep breaths

**Think:**

Problem-solve with your child and help them come up with a solution

**Do:**

Choose a plan and try it out together

**Cope with big feelings:**

Encourage your child to name their feelings, asking questions to help go further. For example, "I can see you are frowning, did something happen to make you feel sad?"

**Practicing patience:**

Teach fun ways to pass the time to get them to be patient, think up games or a special song with children to pass the time

**Help overcome mistakes:**

Everyone makes mistakes and that's ok. Encourage your child to keep trying, remind them of other times they didn't give up and got better.

**Model resilience yourself:**

If you confront your own mistakes, try to be positive and think of a plan to try again. For example "Today I made a mistake, but I made a plan to fix it and that made things a bit better."

*Remember it's ok to be sad and upset, life can get challenging sometimes but how we behave and react to the situation can help us handle these uncertainties in life.*

Angelique Vardis  
Student Wellbeing



# Brainstorm Productions

presents

# BEING BRAVE



"IT WAS THE BEST!" said Redha

Said Christopher & Sohung

"10/10!!"



"IT WAS AWESOME!" said Alaeddin

"I LEARNT SOME INTERESTING THINGS"

said Nasrine



# Breakfast Club

All the students have been so polite and helpful at Breakfast Club, thank you!

Just a reminder that the breakfast club runs from 8.00am to 8.30am and is located at the Multi Purpose Room. There is toast, cereal, fruit and Milo available.

***Please note students are required to stay in the room until Mrs Young arrives on Yard Duty at 8.30am.***

## TWPS Fundraiser

Our annual Easter fundraiser has kicked off! ! Order forms were given to students. Order forms need to be back on Monday 1st April. For every 6 pack of Hot Cross Buns you order, **BakersDelight Rivergum will give \$2 to our school.** The more buns you purchase the more profit TWPS makes.

Orders will be ready to collect on the 4th April.



## Uniform Shop

The uniform shop is located at Thomastown Secondary College. In Term One it operates every Tuesday afternoon between 2.00pm-3.00pm. From Term 2 onwards it will operate every second Tuesday.



## Carpentry Trade Taster

Get a taste of the carpentry trade in our introductory course.

Starts 23 April, 9:30am-2:30pm, 10 sessions

at Merrilands Community Centre, 35 Sturdee St, Reservoir

Ring PRACE on 9462 6077 or visit our website: [www.prace.vic.edu.au](http://www.prace.vic.edu.au)

## Cup of Life

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

***Well done to Room 11 for winning last weeks Cup of Life.***

***This weeks winner is.....***

***Room 9***

***Congratulations***



# Music Fun with Room 2



## What's happening in Thomastown/ Lalor ?

### Whittlesea Community Festival \* This Sunday\*

The Community Festival offers music, culture and arts experiences from the best of Whittlesea. Celebrate 'Many Voices – One Country' with lively music and dance, songs from around the world, Aboriginal cultures, arts and games, workshops, roving entertainment, delicious food and more! Please visit our [website](#) for more information

- When:** Sunday 17 March
- Time:** 11am - 5pm
- Where:** Whittlesea Public Gardens, 158 Barry Road, Lalor
- Cost:** Free

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### Walk2Run \*This Sunday\*

Have you ever wanted to learn to run? Lalor Running Club's Walk2Run program is about to commence on 17 March 2019. It's a simple 8 week program.

If you want to know more about this program, contact the club via email [info@lalorrunningclub.com.au](mailto:info@lalorrunningclub.com.au) or go to their facebook page 'Lalor Running Club'.

# STOP cyber bullying

**BLOCK COMMUNICATIONS** - [www.thinkuknow.org.au](http://www.thinkuknow.org.au)

Cyber-bullying is never OK and young people need to know how to deal with cyber-bullies. In this section, we will provide advice on how to stop cyber-bullying by blocking communications on some of the popular websites and applications that young people use. Each of these applications should have a "Safety" or "Help" section which outlines how to stay in control of your online experience.

## MSN Messenger

Right-click on the person's name in your contact list and select the "Block" option. You can also block someone in the conversation window when you are talking to them by selecting the "Block" button; Remove the person from your contact list by right-clicking on their names and selecting the "Delete" option;

If someone is harassing or threatening you, click on the "Help" menu and select the "Report Abuse" option. Action will be taken if the person is violating the Terms of Use.

## YouTube

How to flag a video:

Below the video player, click on the "More" button.

Highlight and click the "Report" button in the drop-down menu.

Click on the reason for flagging that best fits the violation within the video.

Provide any additional details that may help the review team make their decision.

## Facebook

Go to the "Privacy" page and enter the person's name in the "Block" search field at the bottom of the page;

Remove the person from your friend list;

Save a copy and then delete any comments they have made on your profile;

Save a copy and then delete any emails they have sent you through your Facebook inbox without opening them;

If someone has posted an image of you without your permission and named you in the photo, you can remove your name from the photo by selecting the "Remove Tag" option. Ask the person who posted the image to take it down, Facebook cannot force people to remove photos unless they violate the Terms of Use. If someone is constantly tagging you in embarrassing or inappropriate photos, remove them from your friend list so that they will no longer be able to tag you in photos;

If someone has posted an offensive note, you can report this to Facebook using the "Report this Note" link under each note.

## Mobile Phones

Talk to your mobile phone company and find out if they are able to stop certain numbers calling, or texting, your phone.

Have a look at the policies your Internet Service Provider (ISP) and the websites you are using have with regards to cyber-bullying and online harassment. You may wish to save a copy of any forms of cyber-bullying so that you have a record of the activity should you report it. Remember: Block first, delete later.

# Internet Safety Tips for Teachers, Parents and Caregivers:

Prepared by Victoria Police Cyber Safety Project

- \* Make sure there is no response to rude or harassing emails. (Keep a record in case of further investigation)
- \* Advise your student/child to immediately exit any site that makes them feel uncomfortable or worried. Basic protective behaviour principles apply.
- \* If harassment continues...the current email account can be deleted and a new one started. The new email address should only be given to a selected few.
- \* If receiving harassing messages on MSN (instant messaging) - have the sender blocked.
- \* PC's **MUST** be in a common area of the house **NOT IN THE BEDROOM!**
- \* Parental monitoring is vital - walk past and see what your child is doing.
- \* If you have found inappropriate content about your child or one in your care on a website, or are informed about this situation, please contact the ISP and/or Police or advise the parent to do so ASAP.
- \* Be aware approx 78% of children **WILL NOT** tell a parent/teacher if bullied or harassed online for fear that they will lose internet access!!
- \* Make sure that your students understand that they will not get in trouble if they tell you about a problem.
- \* Advise parents to learn about the internet with their child - get students to share their knowledge of the internet with their parents in a fun environment.
- \* Advise parents to spend time online with children - learn and explore together.
- \* Install filters and other monitoring/blocking software to minimise dangers. This is already done in schools, but advise parents to have up-to-date filtering software installed at home.
- \* Know the sites they are accessing to ensure suitability. Filters can sometimes fail to protect.
- \* Set house rules about what information your child can put onto websites or share with others.
- \* Learn the lingo so you can decipher some of the content if required. Advise parents to do the same.
- \* **ABSOLUTELY NO EXCHANGE OF PERSONAL INFORMATION!**
- \* Social Networking Profiles such as Facebook **MUST BE SET TO PRIVATE.**
- \* MSN contacts and social networking site friends should be people that your child knows in real life.
- \* Teach children that information on the internet is not always reliable.
- \* Very close supervision for young children is recommended. There should be a limit to the email correspondence/msn to a list of friends and family that has been approved.
- \* Do not let young children 'google' aimlessly with no supervision.

Please note that this list is by no means exhaustive and that there is no guarantee that adherence to these tips will provide 100% protection or safety for those using the various applications of the internet.

## Program Information

Hello Parents and Caregivers,

We would like to express our gratitude to the families of Thomastown West for your support over the past years (nearly 4 years). In our time at Thomastown West, we have been fortunate enough to have lovely children coming to our program. All the educators are qualified, friendly, caring and approachable which makes every child attending the service feels like going to a **'Home away from home'**. The children can easily make friends with different ages and background and would freely explore the different areas of the program such as dress ups, art and craft, construction, kitchen area, quiet area, reading area and homework area. Science experiments are one of their favourites and making slime is the famous one. They also participate in cooking and baking food from different cultures. In addition, suggested recipes from parents and children are incorporated in our weekly planned activities. Parents also spare their time and share their expertise to our program. Outdoor areas are also accessible. The children enjoy playing at the 'adventure playground,' basketball court and sandpit.

So, what are you waiting for? Come, enrol and join the FUN!

## OSHC Open Day & BBQ



A special thanks to Mrs Young, our **Principal**, for making this event possible.



A big **THANK YOU** to all the parents, children, teachers and staff for attending the OSHC Open Day & BBQ!

## Parent Information

OSHC program phone: 0407 372 056

Coordinator: Desiree Bustos

Assistant: Carmen Bellofiore

OSHClub Customer Service and Billing Team: 1300 395 735

Enrolment at OSHClub is easy and completely free. Simply complete our enrolment form online at [oshclub.com.au](http://oshclub.com.au) Select the school location and enter all the required information into the required fields.

Once enrolled, booking session is simple through the website.

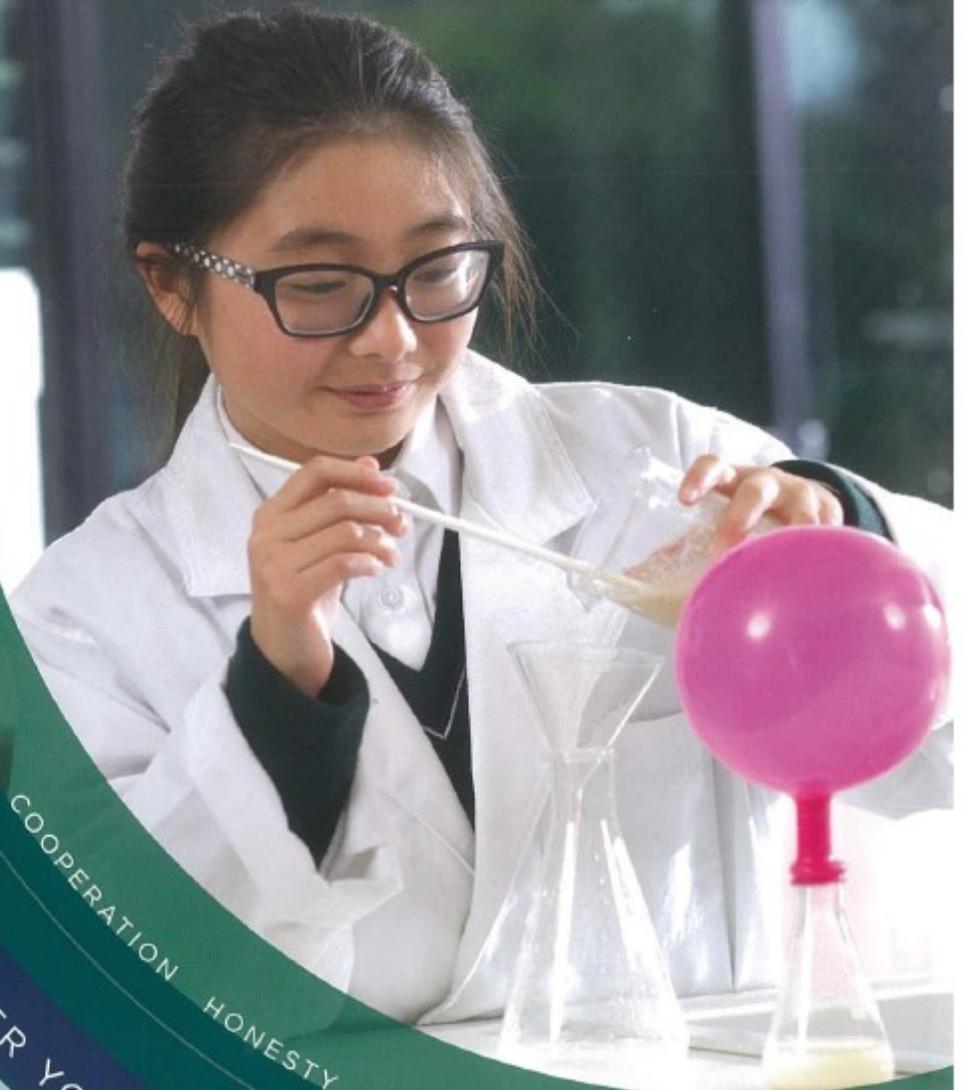
An online enrolment form must be completed before your child can attend the service. If your family details or emergency contacts change, please update them through our website so our records remain current.

For on the day bookings please contact the Co-ordinator direct at the program.

## Happy Snaps at OSHClub this Week



# DISCOVERY EVENING



YEAR 7 ENROLMENTS

ACHIEVEMENT

CARING

COOPERATION

HONESTY

PRIDE

REGISTER YOUR INTEREST NOW

TUESDAY  
19th  
March

TOURS COMMENCE AT 5PM

As a high demand academic school, Lalor Secondary College provides all prospective Year 7 parents and students with the opportunity to become more informed about the demands and rigours of secondary school.

Understanding our approach to teaching and learning is vital to ensuring the right fit for your child and their future success at secondary school.

We recommend all prospective parents register their interest and attend the Discovery Evening and/or College Tours.

To register your interest email, call, fax or complete the Contact Us form on our website:

During the Discovery Evening you will meet our current students, teachers and principals and gain insights about the:

- Enhanced Year 7 Transition support and parent responsibilities
- Year 7 to 12 Curriculum overview
- Demands and expectations particularly in numeracy and literacy
- Overview and tour of teaching and learning facilities
- Requirements for 'Bring your own Netbook'
- VCE program and opportunities.



THE PATHWAY  
TO YOUR FUTURE

E: [lalor.sc@edumail.vic.gov.au](mailto:lalor.sc@edumail.vic.gov.au) P: (03) 9463 7300 [www.lalorsc.vic.edu.au](http://www.lalorsc.vic.edu.au)

Cnr David St & Dalton Rd, Lalor



# Register Now!

Thomastown Football Netball Club Auskick

Looking to get a Start at playing AFL Football in a fun and family environment. Learn the skills and play games of AFL Football at our training nights.

Main St Reserve Thomastown

Cost is \$91 includes Auskick Pack delivered directly to your home

First session takes place on Friday 5<sup>th</sup> April at 5.15pm

For Details please contact Mark Plowright on 0425 720 606 or at email [thomastownbearsfc@gmail.com](mailto:thomastownbearsfc@gmail.com)

Register at

Visit [play.afl/auskick](http://play.afl/auskick)

