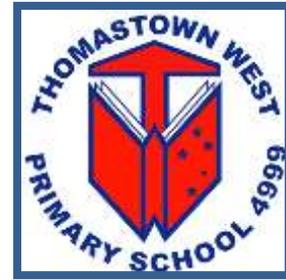


Thomastown West Primary School



NEWSLETTER

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NEWSLETTER NO. 12

FROM THE PRINCIPAL:

It's been a big week for every school. This week students in Years 3 and 5 sat a series of NAPLAN exams. I was very pleased with the effort put in by every student. They really tried their best. The results are sent to the Victorian Curriculum and Assessment Authority. Results will be sent to our school in August.

School Camp

Next week Year 4 students will be attending our city camp. The city camp is organized by Doxa. Doxa provide heavily discounted camps so students can afford to attend. In the past the camp has been for Years 3 and 4. Due to limited spaces (30 children only), the camp could only be open to Year 4 students. For students staying behind, there will be some changes to some classes and their regular timetable. Please speak to any of the 3/4 teachers for more information.

2017 Year 7 Secondary School Placements

For parents of our Year 6 students, your placement requests for Secondary School in 2017 are now due. Please discuss the form with your child. Our staff (including myself) are happy to answer any questions about Secondary Schools in our local area or help with the forms.

Parent Helpers

We desperately need help from any parents to help with Lunch Orders and our chocolate drive. If you can spare even 1 hour any week, please speak to me or the office staff.

FRIDAY 13TH MAY 2016

P-2 Family Maths Night

Next Tuesday is our Family Maths Night for parents of Prep and Year 1/2 students. We invite our P-2 parents to come and have fun playing games that are related to maths. These are games and activities you can also play with your children at home. It would be great if many parents can attend.

Excursions

We have a couple of excursions this week. Preps are heading to the Aquarium and Fitzroy Gardens which is always an exciting event. We also have the District Cross Country running event for some of our students in Years 3-6. We wish them all the best for that event.

Another busy week at Thomastown West.....

Have a great weekend everyone,

Leon Bell
Principal

“What hurts you today makes you stronger tomorrow.” Inspirationalquotes.



STAR OF THE WEEK

Prep	Room 2	Christopher Sokolevski	Grade 3/4	Room 17	Khaled Al Masri
Prep	Room 3	Ahmad Alzidi	Grade 3/4	Room 18	Bethany Petrovska
Grade 1	Room 4	Matteo & Halid	Grade 3/4	Room 19	Oneli De Silva
Grade 2	Room 1	Jamie K & Jye W	Grade 3/4	Room 20	Kiara Tran
Grade 2	Room 5	Paria Malakooti	Grade 5/6	Room 10	Alyssa Unasa
			Grade 5/6	Room 11	Kiyarash Bahadory
			Grade 5/6	Room 12	Joe Mundy

It is not OK to be away...or to be late to school!

BREAKFAST CLUB



A reminder to everyone that Breakfast Club is continuing to run in 2016. Breakfast Club runs between 8am-8.30am in the Multi-purpose room where students are able to receive a FREE breakfast. Breakfast is the most important meal of the day, so make sure your children have always had breakfast before they come to school or send them to breakfast club!

Cup of Life

The Cup of Life for last week was won by Room 6. Well done to all students, keep up the good work!

They are now in running for the end of term prize, which includes a free subway lunch and out of uniform day. The end of term winner will be announced next week!

Keep up the good work everyone and remind your friends and family the importance of attending school everyday.

Remember, Everyday counts...

Supporting children and young people through separation and divorce

Separation is often a very difficult time for everyone involved, usually resulting in large amounts of change and new challenges. Any change to, or loss in the way things were or loss of hopes and dreams, can cause a grief-like response

and each family member will react to changes and loss in their own different way.

It's important for parents to consider how they will support their kids through this time as the impact of separation on children and teenagers can be significant. This can be challenging for the parent or carer, especially at a time when they themselves are also managing their own emotional pain.

This topic provides some information and ideas that may help you in supporting your child or children if you are going through a divorce or separation.

What is the impact of separation and divorce on children and young people?

It's helpful to be aware of how children and teenagers can react to loss or change. They will often move in and out of different emotions and may not always be able to clearly express what they are feeling and why. Talking about the separation in a conflict-free space can provide an opportunity for them to express their emotions and/or concerns about what's happening.

It's likely you'll notice some changes in your children as they work through their

emotions. Extra patience may be needed to support your children if their behaviours are challenging or difficult to understand. You may find it easier to support your children through this time if you can:

- Recognise the many different stages and emotional responses to change or loss such as shock, denial, sadness, anger, blame and acceptance
- Allow them to work through their emotions
- “Role-model” openness, honesty and healthy ways of communicating feelings
- Listen to your child and allow him/her to freely speak their mind without judgment
- Provide younger children with opportunities for play. Play is the language of young children and it’s a way for them to express their emotions. Examples include drawing, play dough, puppets, collage or playing with dolls and action figures
- Be mindful that teenagers may need plenty of time with their peers to work through their emotions.

What can you expect to happen?

Living Arrangements – When a separation occurs, children often want to know where they will live, where their parent/s will live and how they will keep in contact with each parent.

Children and teenagers often feel torn in their relationship with each parent regarding living arrangements. If young people are handed the responsibility of deciding which parent to live with, it can place an unnecessary burden on them at this time.

For example, they may:

- Experience feelings of guilt towards the parent they will see the least
- Choose to live with the parent they feel sorry for or wish to protect, rather than the parent they feel most comfortable with or that will best meet their needs
- Say what they think the parent wants to hear, not necessarily what they really want.

Often, parents find it can be much less stressful to plan immediate living arrangements before talking to their children about their separation. Initially, you may find it helpful to plan the least disruptive living arrangements. You can let your children know that further discussion will take place down the track regarding more permanent arrangements. When discussing permanent living arrangements it can help to:

- Involve each family member in the discussion process
- Listen to each family members’ views
- Weigh up all the available options and input from each family member and try to make the best decision based on this
- Consider the issue of pets
- Consider whether kids will be able to access their normal routine, peers and familiar resources
- Make other arrangements clear, such as who will take the kids to school, sports etc.

Agreeing on living arrangements can be a difficult process for parents. Specialist services such as [Relationships Australia](#) are available to provide professional assistance to separating parents.

Take care, Tim Brown

Hi Everyone,



**Playgroup – FREE TO EVERYONE –
Thursdays, 10 am & Fridays at 9 am in the
HUB at the school** The children enjoy free play,
story and music time. PLEASE COME ALONG
WITH YOUR BABY OR TODDLER OR PRE-
SCHOOL CHILD AND JOIN IN!

RESILIENCE – One of our important
school values! Our students are learning a
lot about *being resilient – how to bounce
back when life's circumstances become
difficult, eg. Difficulties with friends,
losing a game, or making a mistake.*
**Psychologist, Andrew Fuller has some
great advice to help parents to raise
resilient children:**

How to raise resilient kids



At a glance

- It's important for your child to know how to turn things around when the going gets tough.
- Children with good resilience perform better at school.
- Children with good resilience are less likely to take part in risky behaviour.
- NSW public schools teach resilience skills to children from Kindergarten to high school.
- Helping a child feel successful is an important aspect of resilience.

Next time your child is frowning their brow and staring off into space, ask them if they're thinking dolphin or shark thoughts. That's the advice from psychologist and resilience specialist [Andrew Fuller](#) on helping your child to recognise the positive (dolphin) or negative (shark) approaches they may be taking on life issues.

"Dolphin thinking can help you out and shark thinking can eat you up. It doesn't matter how old your kids are, they can still understand it," Andrew says.

Dolphin thinking and shark thinking is just one in a series of simple tools you can use to help your child develop good resilience skills. Other tools include playing games and puzzles with your child to develop their problem-solving and concentration skills, teaching your child to read people's emotions to understand objective situations, and helping them to learn how to cheer themselves up after a hard day.

Learning to become successful is one of the most important aspects of building resilience.

"The things that are most important are teaching children what a good life is, how to live life well, how to extract pleasure out of things and how to turn things around when they're tough," Andrew says.

Benefits of resilience

Skills in resilience are promoted in NSW Public Schools because through them children fare well in life. Research shows children with good resilience perform better at school and are less likely to take part risky behaviour, particularly as they enter the teenage years.

The education department's principle psychologist, Ron Balderston, describes resilience as a shock absorber for the potholes of life.

"Resilient children know how to cope and have developed skills that enable them to flex so they can manage life's blows when they happen without them getting too down, stuck on ways that aren't helping or giving up," Ron says.

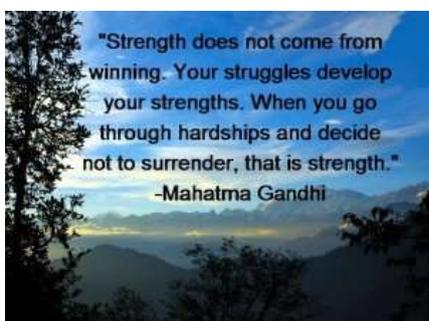
Andrew says learning to become successful is one of the most important aspects of building resilience.

"Success is contagious and if you have a feeling you can be successful in one avenue of your life

then the likelihood of that ricocheting into other areas of your life is high."

Top tips on building resilience

- Teach your child to experience success by supporting them in something they like doing whether it's a sporting, academic or artistic endeavour.
- Help them develop skills to be successful at school such as having a good concentration and memory by playing card games and puzzles.
- Being able to read people's emotions is powerfully predictive of how well children can get on with people at school. Play games with your child by predicting what sort of day a person walking down the street may have had.
- Be aware of the 'yuk and yum' factor – some things will make your child feel good and other things will make them feel bad. The idea is for them to gather things around them that cheer them up if they've had a bad day.
- Keep things in perspective – explain to a grumpy child their circumstances are not the worst possible, and that others have been through similar situations. Walk beside them as they handle the situation. This helps them to build hope and the belief they can handle problems when they come up.



If I can help you and your family in anyway, please contact the office.

Robyn Mulholland (Student Wellbeing Team)

DIARY DATES

Mon 16th – Wed 18th	Doxa City Camp Grade 4 students
Wed 18th May	Lalor District Cross Country Carnival
Friday 20th May	Prep excursion to the Aquarium and Fitzroy gardens
	
Mon 30th May	3/4 Excursion to Polly Woodside and Captain Cooks Cottage
	
Fri 9th June	5/6 Excursion to Sovereign Hill. (Students must be at school by 8.15am)
	