

Thomastown West Primary School NEWSLETTER



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IMPORTANT DATES:

Sat	19 May	Working Bee at TWPS 9am - 2pm
Mon - Fri	21-25 May	EDUCATION WEEK
Mon	21 May	8:50am-9:50am: Parents from Years 5/6, 1/2 and Prep CLASSROOM VISIT
Tue	22 May	8:50am-9:50am: Parents from Year 3/4 CLASSROOM VISIT
Tue	22 May	Prep Aquarium Excursion
Fri	25 May	Assembly P-2 Building & 3/4 Building
Fri	25 May	2:30pm Special Invitation Performance - Band & Choir Parents & Carers
Tue	29 May	Gr 1/2 Ziebell Farm Excursion
Wed	30 May	Gr 3/4 Doxa City Camp
Thur	28 June	Parent/Teacher Meetings
Fri	29 June	Last Day of Term 2

No. 12 18th May 2018

From the Principal

The cold weather may have arrived but it has not slowed us down... We've had another busy week at Thomastown West PS.

NAPLAN

The NAPLAN testing was completed this week. We are very proud of our grades 3 to 6 children. The grades 3s and 5s worked hard and strived to do their best over the three days, while the 4s and 6s supported them by giving them a supportive environment in which to complete the tests. Well done to all of the staff for encouraging and supporting our students and thank you to Mr Ryan, our Acting Assistant Principal, for organising the process so well.

City of Whittlesea

Thank you to the wonderful Parents and Carers who shared their opinions with the City of Whittlesea yesterday afternoon. *Justin Ridgeway who works in the Council in the City Design & Transport area* shared the proposed improvements to our streets. I did hear some parents voice their concerns. If you would like to find out more or offer your opinion, call the City of Whittlesea on: **Phone: 9217 2170** or for a **Multilingual phone line: 9679 9879**. If you speak a language other than English, call 9679 9879.

The BBC was filming at TWPS!!!!

BBC One's television show 'Wanted Down Under' visited Thomastown West PS yesterday to film part of an episode in their next season. The TV show helps families from across the UK make a huge decisions, by giving them a week-long taste of life 'down under' before the family decides whether to make the move to Australia. 'Wanted Down Under' is now in its eighth series, **Can you believe it?** The program attracts two million viewers. In January 2019 when this episode airs, **we will see our TWPS students** wearing our school uniform, living our school values in one of the episodes. Our Grade 6 students should be commended for their excellent behaviour! The crew from the BBC and the visiting English family praised our students respectful behaviour and their welcoming, caring nature. They did not leave without thanking Thomastown West and gushing about how amazing our students were. Enjoy the photos on the next page. Thank you to Mrs Raif for your speedy organisation of this special event.

Education Week - JOIN US!

Parents and Carers, we would love you to join us during your child's learning time next week!

School Council

The next School Council Meeting will be on **Tuesday 29th May at 6:30pm**.

Ramadan

Wishing our Muslim community a very happy Ramadan! May you and your families enjoy each and every moment of it.

Supervision before school

Children who arrive without an adult before 8:30 am MUST go straight to Breakfast Club in the Multi-purpose room. Parents are reminded that teachers are on yard duty from 8.30 am.

Preps for 2019

We are now taking enrolments for our 2019 Prep classes. Please inform family, friends and neighbours that if they have a child starting school next year and would like them to come to our school to enrol them soon. At this stage I have taken a few tours. I thoroughly enjoy visiting our classes and sharing with the prospective parents how well our students are engaged and focused on their learning. Well done everybody!

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

Sandi Young
Principal

'Wanted Down Under' @ TWPS!



3 IMPORTANT EVENTS are HAPPENING at TWPS!

This Saturday

19th May 2018

9am-2pm

We have our

Working Bee



WHO: *Anyone:* carers, mums, dads, grandparents, uncles, aunts, relatives, brothers, sisters, friends, neighbours.

HOW YOU CAN HELP: Come dressed appropriately for sweeping, hosing, weeding, wheelbarrowing, planting, shovelling, pruning.

A BBQ will be provided for the volunteers who support our school!



EDUCATION WEEK IS NEXT WEEK

Parents and Carers, you are invited to visit your child's classroom at TWPS during learning time 8:50am- 9:50am.

- Monday: Prep, Grades 1/2 and Grades 5/6
- Tuesday: Grades 3/4

More information will be provided in this week's newsletter about next Friday's Arts Afternoon.

PARENT-TEACHER MEETINGS **THURSDAY 28th JUNE 2018**

More information will be included in the newsletter in the coming weeks.

**Similarly to last year, parents and carers will use COMPASS to book their meeting time.

Need help with COMPASS?

Your username & password are [on the back!](#)

You can also ask the lovely office staff for help.





Stars of the Week



Term 2 - Week 5

Room 1	Mosa	Room 10	Kowsar
Room 2	Arman	Room 11	Jasmine
Room 3	Asra	Room 12	Lucas
Room 4	Exayvion	Room 17	Bao & Ilina
Room 5	Alexander	Room 18	Zayn
Room 6	Deen	Room 19	Ella
Room 8	William	Room 20	Miravenus



Hi everyone!

This week Mrs Mulholland and I ran the lunchtime Kindness Station for the first time this term. Once again it was wonderful to hear students saying positive things to each other in the playground. We also treated kids at Breakfast Club to warm porridge on some days this week. With the mornings getting colder, this made them very happy !

Following on from my article last week about the importance of warm clothing for kids, I do want to remind parents again to ensure that children are being sent to school with a jacket or jumper. I am seeing a lot of kids coming to school without one and complaining about being cold. We only have a limited amount of jumpers that we can loan to students for the day.

NAPLAN testing was this week and as a result, some kids may be feeling anxious or stressed. Please take the time to talk to your child about how they are feeling and ensure they are doing lots of fun activities at home to provide balance. You could also try a relaxing mindfulness technique. Simply ask them to take a deep breath, close their eyes and name five different sounds they can hear outside. This might include birds chirping, traffic and so on. This technique works well for adults too!

Mike Palfrey
Student Well Being Officer



We are now taking enrolments for our 2019 Prep classes.

Inform family, friends and neighbours that if they have a child starting school next year and would like them to come to our school.

Please enrol them soon!

It is important that children are enrolled by the end of Term 3 so that they can participate in our excellent Prep Transition program.

Cup of Life

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

Congratulations

The room in Week 5 Term 2 that had the BEST ATTENDANCE is Room 9



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 remind your children that students are required to stay in the room until Mrs Young arrives on Yard Duty at 8.30am.





Hi Everyone!

*'This student seems very tired lately'.
'I think my child is spending too much time on his/her iPad or PS4'.*

'My child finds it hard to go to sleep, then can't wake up in time for school'.

Sounds familiar? I found this helpful article on Educational Psychologist, Michael Grose's 'Parenting Ideas' website, under 'Blog'. I hope you and your child find it very helpful. ENJOY!



When considering your child's or young person's digital diet it's important to move beyond the notion of keeping kids safe to look at the types of activities their screen-time might be denying them.

There are many aspects to take into account including the maintenance of mental and physical health; fulfilling school and family duties and ensuring that young people develop a full gamut of real world communication skills.

For the sake of living a balanced life ensure your child has sufficient time for:



1. Sleep: It's super important that kids are getting a good night's sleep. Keeping devices out of the bedroom when they are young, and avoiding the screens for at least an hour before bed, helps ensure their sleep needs are met.



2. Boredom: Today's kids don't tend to get as much time to be bored as kids used to. It is an important skill to be able to fill in their time themselves. Bored time promotes creative play and thinking as kids are forced to come up with other ways to amuse themselves.



3. Connection: Face-to-face interaction is crucial for children's social and emotional development and wellbeing. Time with friends, siblings and family members must always be a priority. Learning to engage, problem solve and read body language and facial expressions are all crucial skills that need real-life time and experience to develop.



4. Physical activity: A healthy body and mind requires activity and movement. Kids still love to get out and play. However, some may need a bit more encouragement to remind them.

5. Reflection: Whilst playing games may be described by many kids as their downtime kids also need downtime that involves doing very little. It is in these moments of reflection, of thinking and of pondering, that our ideas come to us and our creativity for other activities flows.

6. Focus: There are times of the day when all of us need to be focused on other tasks. These may be homework, chores, reading a book or the newspaper, building something or making something. There needs to be time in kids' days where they are able to focus solely on a task without the distractions of a screen.



7. Family meals: Getting plenty of good food is of course very important to kids' wellbeing. Sitting at the table with parents, siblings or others, focusing on enjoying a meal together without the need of a screen, helps children to develop good habits while they are young which they can carry into the future.

Obviously there will be times when all these needs are not completely balanced. But if we can use this as a guide and aim to fit the many key experiences our kids need into each day, we are much more likely to ensure our kids grow up with a healthy respect for their screens and a healthy respect for the many areas of their life that need to be nurtured.

By Martine Oglethorpe



Robyn Mulholland (Student Well-being)

JAC MUSIC SCHOOL

824 Edgars Road Epping 3076

0418 172 506

<http://www.facebook.com/jacmusicsschool>

LEARN MUSIC TODAY



\$25 PRIVATE LESSONS

Singing Violin Cello
Drums Guitar Bass
Ukulele Piano Keyboard

JAC MUSIC SCHOOL 0418 172 506 EPPING

Highlight of the week.

We had a very special visitor at OSHclub this week. May's mother, Hanh Nguyen came in to help the children and staff make 'Sushi'. The children were very excited as they sliced cucumber, carrot and avocado. They could hardly wait to sample it! Making Sushi really was much easier than we all first thought it would be. Recipe and photos included below.



Here the children are showing the Sushi ingredients.



The children quietly watch as Hanh slices a cucumber, avocado and carrot. The children then have an opportunity at slicing some cucumber slices too.



Hanh is adding the rice to the seaweed sheet and then placing strips of cucumber, avocado, carrot, some drained tuna and a squeeze of whole egg mayonnaise.



In finishing Hanh is rolling the rice filling using a bamboo mat. This forms the Sushi into a tight roll.



The children happily show their sushi cut into small bite sizes. Delicious!!

Ingredients:

4 cups of Sushi Rice
2 tablespoons of Rice Vinegar
1 Avocado
2 Lebanese cucumbers
2 Carrots
2 cans of Tuna (185 grams each)
10 Nori sheets (seaweed sheets)
Japanese Mayonnaise-optional
Half a teaspoon of Salt - optional
Sushi soy sauce, to serve
Pickled ginger, to serve



Method:

- Step 1** Rinse 4 cups of rice under cold water and drain well.
Place rice and 5 cups of water in a rice cooker and bring to boil.
- Step 2** Place rice in a large bowl. In a separate bowl, combine 2 tablespoons of rice vinegar and half a teaspoon of salt and pour over rice. Stir to combine. Spread rice on a plate to cool. The rice should be completely cool before using.
- Step 3** Choose from a variety of fillings. We used tuna, cucumber, carrots, avocado and Japanese mayonnaise. Prepare the vegetables by slicing into batons about 5cm long. Set aside.
- Step 4** Place 1 nori sheet, shiny-side down, on a bamboo mat. Spread 2 tablespoons of rice on the nori sheet, leaving a small border around the edge.
- Step 5** Arrange a little of the tuna along the middle of the rice and add vegetables. Spread a thin line of mayonnaise alongside the vegetables. Gently lift the end of the mat closest to you, and roll it over the ingredients to enclose.
- Step 6** Continue rolling the mat forward to make a complete roll. Gently roll mat back and forth a few times to make a nice round shape. Use a sharp knife to slice the rolls at 2 cm intervals.
Serve with pickled ginger and soy sauce.

Next Week's Activities 21/5/18 -25/5/18

Program Theme

EDUCATION WEEK

Goal: to build confidence and self- esteem

	Monday	Tuesday	Wednesday	Thursday	Friday
After Care Activities	Animal costumes	COOKING CLUB - VEGETARIAN SPANISH PAELLA	Camping Trip Map and Binocular Play Experience	So you think you can dance?	Singing competition

After Care Activities	Balloon walk	Tennis	The Amazing Race	Shark attack	Three legged race
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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.

TWO-DAY OPENING SALE

Friday 18th & Saturday 19th May

9.00am - 3.00pm



*Confidence
to connect*



NEED A NEW PAIR OF SHOES?

State Schools' Relief now sells **Student's Choice** school shoes and a range of uniform pieces

SSR shoes and uniforms can be purchased directly from **The Premiere Group** in Thomastown.



- State Schools' Relief is committed to supporting the needs of Victorian government school students
- Every dollar raised from the sale of our school shoes goes towards providing new school uniforms and footwear to students in need

STUDENT'S
 **CHOICE**

THE PREMIERE GROUP PTY LTD

15 Goodyear Drive, Thomastown VIC 3074
P: 03 9466 4250

Barista Basics

Introduction to the world of espresso coffee making.

Learn how to prepare espresso coffee using a commercial espresso machine



Days & Dates: Friday 1st June - 13th July 2018 , Fridays, 9:30am - 3:30pm

Duration: 7 sessions

Location: Merrilands Community Centre

Cost: Concession & Full: \$45, Fee for Service: \$389+ Service & Amenities Fee

Please ring the **PRACE** office on 9462 6077 or see our website www.prace.vic.edu.au

Thomastown West Community Hub

98 Main Street
Thomastown West



TERM 2 2018

Day	Time	Program
Monday	3:30 – 4:30	Club EAL (TWPS students only)
Tuesday	4:00 – 6:00	Refugee Support Group Conversational English Class
Wednesday	9:00 – 1.30	Learn English (PRACE) Conversation Class
	1:30 – 2:15	Board Games @ the Hub
	3:30 – 5:00	Homework Club @ the Hub
Thursday	3:00 – 4:30	Cool Learning Club (TWPS students only)

For further enquiries please contact:
Georgianna on 9401 6635 gbrooks@whittlesea.org.au

A PARTNERSHIP OF:

Shop 111, Pacific Epping
571-583 High St, Epping VIC 3076

(03) 9401 6666



Whittlesea
Community
Connections



Whittlesea
**Community
Connections**

Making a positive difference everyday

Homework Club @ the Hub

A new program starting
Wednesday 14th February, 2018

- Students from all schools welcome
- Help with learning English
- Support with your homework
- Meet new friends



WEDNESDAYS

3:30 – 5:00pm

**Thomastown West
Community Hub**

98 Main St, Thomastown

For more information

Phone:

Georgianna 94016635

whittleseacc.org.au