

# Thomastown West Primary School Newsletter

Email: [thomastown.west.ps@education.vic.gov.au](mailto:thomastown.west.ps@education.vic.gov.au) Phone: 9465 4317



## 2022 IMPORTANT DATES:

No.1 4th February 2022

Mon	14 Feb	Gr 5/6 Cottage by the Sea Camp
Thur	10 Feb	TWPS FREE Family Fun Night: KABOOM Sports 6:30pm
Tue	22 Feb	SSP Literacy Information Session for Parents 3.30-4.30pm
Tue	22 Feb	SSP Literacy Information Session for Parents 6pm-7pm
Tue	22 Feb	School Council meeting 6:30pm
Tue	08 Mar	Brainstorm Production FREE Wellbeing Incursion
Mon	14 Mar	Labour day (Public Holiday)
Tue	15 Mar	Curriculum Day (Students do not attend School)
Thu	24 Mar	GRIP Leadership Conference
Mon	28 Mar	Gr 5/6 Incursion
Wed	06 Apr	Parent Teacher Interviews
Fri	08 Apr	Last Day Term 1 (Students dismissed at 1.15pm)
Tue	26 Apr	Term 2 Begins
Tue	17 May	Curriculum Day (Students do not attend School)
Mon	13 Jun	Queens Birthday (Public Holiday)
Fri	24 June	Last day of Term 2 (Students dismissed at 1.15pm)
Mon	11 July	Term 3 Begins
Fri	12 Aug	Curriculum Day (Students do not attend School)
Thu	15 Sep	Parent Teacher Interviews
Fri	16 Sep	Last day of Term 3 (Students do not attend School)
Mon	03 Oct	Term 4 Begins
Mon	31 Oct	Staff Report Writing Day (Students do not attend School)
Tue	01 Nov	Melbourne Cup Day (Public Holiday)
Tue	20 Dec	Last Day Term 4 (Students dismissed at 1.15pm)

## From the Principal

TWPS has had a fabulous start to the school year! Students are happy, engaged and ready to learn and reconnect with their friends. All grades quickly settled into a routine and are now very much engaged in their learning.

**An extra special welcome** to all of our new families and our returning staff! We are sure you will enjoy being part of the Thomastown West Learning Community. I have met a lot of new families this week. If you haven't done so already, please come and introduce yourself. Most days, you can find me before and after school in the yard near the front of the school or the Junior Building.

**Did you know** that the children's teachers and their rooms were very well prepared for the beginning of the school year? You might have seen the many cars in the car park during the final week of holidays as the teaching staff worked very hard to make these preparations. I'd like to **congratulate the staff** for their professionalism and **thank them** for the personal time they have used to ensure all was ready for our students.

**It has been absolutely wonderful**, hearing the students talk about their new classes and their new teachers. I would like to congratulate all of the students who have been resilient during this time of change and transition.

**Well done to all of the students who are living the School Values** and wearing their school uniform. Our students look **fantastic in their uniforms!** It certainly gives our students a sense of belonging and a meaningful connection to our great school. Please remember that black is not one of our school colours. Black shorts and black pants or leggings are not permitted. This is clearly documented in our TWPS School Uniform Policy.

**Have you noticed** how busy our office has been? I would like to acknowledge and thank Suzi and Sakina who have been working tirelessly to ensure everything is getting done. Ladies, your time, effort and energy is very much appreciated. I've said it before and I'll say it again, we literally could not function without you!!

### Grade 5/6 Students

Due to the COVID outbreak at the end of last year, we were unable to assign classes for our 2022 Grade 5/6 students. This week, our Grade 5/6 students have participated in a transition rotation, so that we could finalise the grade structures which included the feedback from all students and teachers. I am so incredibly proud of our Grade 5/6 students who have consistently lived our values!

Covid may have postponed our annual Grade 5/6 Cottage By the Sea Camp but we are thrilled that we have new dates: Monday 14/2/22 - Thursday 17/2/22. The responses from families has been overwhelmingly positive and we appreciate your understanding and flexibility with the date changes. Students and teachers are now enthusiastically counting down the days until camp!

### Preps

We were very excited when our new Preps began their education journey yesterday! We would like to extend a very big welcome to our new Prep students and their families. It is lovely seeing you all with your big smiles and all of your enthusiasm. Remember, *"Our imagination is the only limit to what we can hope to have in the future"* Charles F. Kettering). **Please note that Prep students do not attend school on Wednesday for the month of February.**

### COVID-19 Update

Thomastown West's duty of care for all students, staff and parents is our highest priority at present.

Three people with COVID-19 were at our school during the week. **If your child is not experiencing COVID-19 symptoms, they can continue to attend school but should monitor for symptoms.**

Students who show symptoms of COVID-19 cannot attend school and should get tested.

For information on symptoms visit: <https://www.coronavirus.vic.gov.au/symptoms-and-risks>

For more information on how to get tested visit: <https://www.coronavirus.vic.gov.au/taking-test-covid-19>

### COVID-19 Restrictions

Thomastown West PS requests support from our families to ensure no food items are sent to school for sharing amongst students (even if these items are individually wrapped). We understand the disappointment on this matter, particularly in regards to celebrating birthdays, however we feel this presents a heightened risk to student safety and wellbeing. We will of course continue to monitor this matter as the year unfolds.

### Staffing Update

**Room 5:** Congratulations Ms Samantha Rovtar! Samantha has successfully secured the Room 5 teaching position for the year.

**Room 20:** Unfortunately, we were unable to appoint a teacher for Room 20 today. I understand that this may be frustrating and we may have high expectations, your children's learning and wellbeing is our priority! **Great news, Ms Erin Toft will remain with Room 20** until the new teacher is appointed. The position will be advertised again on the DET website and it is our hope they will begin Monday 28th February.

### Camps, Sports and Excursions Fund applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families. Payment amounts this year are \$125.00 for eligible primary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances. If you would like to apply for the first time, please contact the school office on 9397 5722 and ask for an application form.

You can also download the form, and find out more about the program and eligibility, on the Department of Education and Training's Camps, Sports and Excursions Fund web page. Check with the school office if you are unsure, and please return completed forms to the school office as soon as possible.

### Privacy Policy

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy. Please take time to remind yourself of the school's collection statement, found on our website:

<https://www.thomwestps.vic.edu.au/page/101> or <https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>

### 2022 PARENT PAYMENT ARRANGEMENTS

Schools provide students with free instruction to fulfil the standard Victorian curriculum and we want to assure you that all contributions are voluntary. Nevertheless, the ongoing support of our families ensures that our school can offer the best possible education and support for our students. Within our school this support has allowed us to provide a wider offering of subjects and special curriculum experiences; enhanced digital learning opportunities; faster WIFI and internet and the recent upgrade of our outdoor sheltered area. **We genuinely value your contributions in supporting our school's programs and resources.**

For further information on the Department's Parent Payments Policy please see our school website:

<https://www.thomwestps.vic.edu.au/page/143>

### Financial Support for Families

Thomastown West Primary School understands that some families may experience financial difficulty and offers a range of support options, including:



- ✓ the Camps, Sports and Excursions Fund (CSEF)
- ✓ Flexible Payment Arrangements
- ✓ Smith Family Scholarships
- ✓ State Schools Relief vouchers

For a confidential discussion about accessing these services, or if you would like to discuss alternative payment arrangements, phone 03 9465 4317 to make an appointment with:

Sandi Young, Principal [sandi.young@education.vic.gov.au](mailto:sandi.young@education.vic.gov.au)  
and/or

Suzi Ilic, Business Manager [suzanne.ilic@education.vic.gov.au](mailto:suzanne.ilic@education.vic.gov.au)

### Brain Food



At our school we encourage all children to have '**brain food**' and eat fruit and/or vegetables during the long learning sessions. If you have joined me for a tour of our school, you will know how passionate we are about student engagement, wellbeing and inclusion! This focus on eating fruit

and/or vegetables, as well as drinking water, supports student learning. Thank you to the parents who have already made sure that their children have plenty 'brain food' and water!

### FREE Family Fun Night

We hope that you join us on Thursday evening! When we last held a KABOOM sports FAMILY FUN NIGHT in 2019, EVERYONE had an amazing time!!!

**If you would like to enjoy your picnic dinner, we encourage you to arrive at school at 6:00pm.**

**The Kaboom Sports and Games begin at 6:30pm.**

Due to Covid-19 TWPS will not provide a BBQ this year. TWPS will provide drinks and icy poles for you to purchase. \*Please remember to bring your own picnic dinner for your family and something comfortable to sit on.

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

Sandi Young  
Principal









# PARENT PAYMENTS POLICY

## ONE PAGE OVERVIEW



### FREE INSTRUCTION

- Schools provide students with free instruction and ensure students have free access to all items, activities and services that are used by the school to fulfil the standard curriculum requirements in Victorian Curriculum F-10, VCE and VCAL.
- Schools may invite parents to make a financial contribution to support the school.



### PARENT PAYMENT REQUESTS

Schools can request contributions from parents under three categories:

#### Curriculum Contributions

Voluntary financial contributions for curriculum items and activities which the school deems necessary for students to learn the Curriculum.

#### Other Contributions

Voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives.

#### Extra-Curricular Items and Activities

Items and activities that enhance or broaden the schooling experience of students and are above and beyond what the school provides for free to deliver the Curriculum. These are provided on a user-pays basis.

- Schools may also invite parents to supply or purchase educational items to use and own (e.g. textbooks, stationery, digital devices).



### FINANCIAL HELP FOR FAMILIES

- Schools put in place financial hardship arrangements to support families who cannot pay for items or activities so that their child doesn't miss out.
- Schools have a nominated parent payment contact person(s) that parents can have a confidential discussion with regarding financial hardship arrangements.



### SCHOOL PROCESSES

- Schools must obtain school council approval for their parent payment arrangements and publish all requests and communications for each year level on their school website for transparency.







# 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.*



**FREE FAMILY FUN NIGHT**

# **TWPS FAMILY TWILIGHT SPORTS NIGHT**

**WITH KABOOM SPORTS**

**Thursday 10th February**

**6:00pm Picnic dinner**

**6:30pm Kaboom Sports**

**\*PLEASE REMEMBER TO BRING YOUR PICNIC  
DINNER AND SOMETHING COMFORTABLE TO SIT  
ON.**

**\*DUE TO COVID-19 TWPS WILL NOT PROVIDE A BBQ  
THIS YEAR. TWPS WILL PROVIDE DRINKS AND ICY  
POLES FOR YOU TO PURCHASE.**





## TERM DATES 2022

Term	Starting date	Finishing date
Term 1	Monday 31 <sup>st</sup> January**	Friday 8 <sup>th</sup> April
Term 2	Tuesday 26 <sup>th</sup> April	Friday 24 <sup>th</sup> June
Term 3	Monday 11 <sup>th</sup> July	Friday 16 <sup>th</sup> September
Term 4	Monday 3 <sup>rd</sup> October	Tuesday 20 <sup>th</sup> December

\*\* Teachers start back on Friday 28<sup>th</sup> January, Grade 1-6 students start on Monday 31<sup>st</sup> January 2022 \*\*

## PLEASE NOTE

- ✓ **Prep students will commence school on Thursday 3<sup>rd</sup> February** and attend school every day EXCEPT Wednesdays. See below:

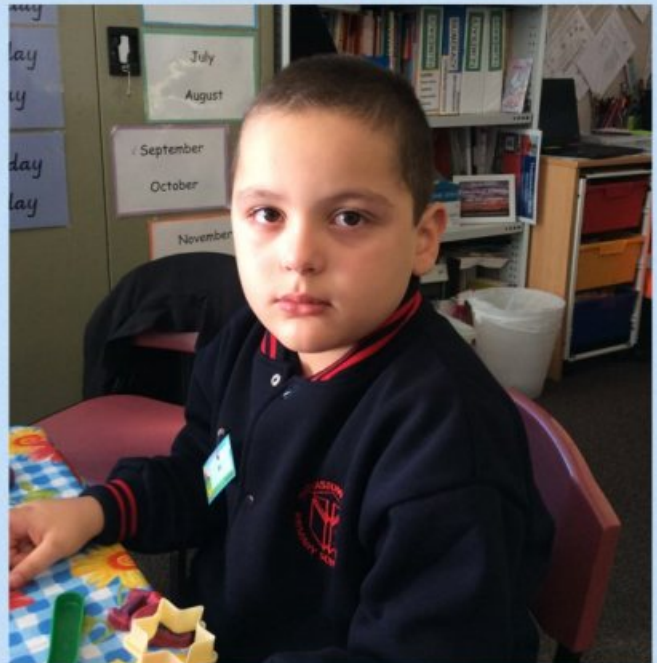
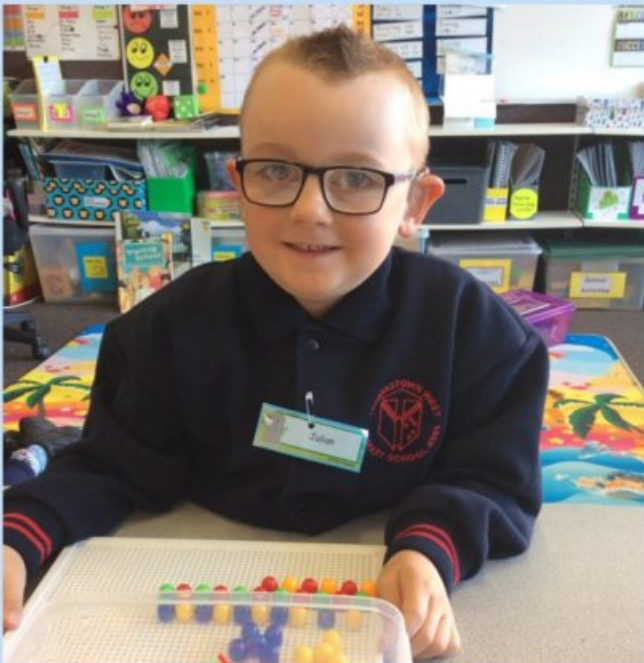
Wednesday 9 <sup>th</sup> February	<b>Prep Assessment Days:</b> <b>Students only attend school at the time of their interview.</b> Your child's classroom teacher will post you your child's interview time.
Wednesday 16 <sup>th</sup> February	
Wednesday 23 <sup>rd</sup> February	

- ✓ **Prep students attend school five days a week 8:45am – 3:15pm from Monday 2<sup>nd</sup> March 2022.**
- ✓ Please make sure your child knows that you will pick him or her up from outside the Prep classroom.

## TWPS SCHOOL TIMES

8:00am – 8:30am	Breakfast Club is a FREE before school care service provided by the school.
8:30am – 8:40am	Arrive at school
8:45am	School Lessons begin
10:50am – 11:20am	Morning Recess
11:20am – 1:20pm	School Lessons continue
1:20pm – 1:30pm	Students eat lunch in their classroom
1:30pm – 2:15pm	Outside play
2:15pm – 3:15pm	School Lessons continue
3:15pm	School finishes
3:15pm – 6:00pm	OSHClub is our provider for our after school care service.





PIC•COLLAGE



## Hello everyone!

Welcome back to school! It's been great hearing about all the exciting things the children did over school holidays.

I've noticed the start of the new year has both been an exciting time, and a time of uncertainty and worry. Restrictions have been eased and our school, home and social lives have returned to something resembling normal. We don't know if we are going to experience another lockdown, or another variant or what other things might come up this year unexpectedly.

### *So how can you support your children's mental health throughout the year?*

What strategies can parents and teachers use as we navigate through another possibly unpredicted year.

1. **Parents, look after yourself:** While it's natural to be concerned about your children, looking after your own needs will put you in a better position to support those you care about.
2. **Keep the conversation open:** Constantly changing regulations and restrictions, and rules around reopening can make children more anxious. Help your children feel more in control by providing them with clear, up-to-date and age-appropriate information about the pandemic and restrictions. *Make sure you are getting information from a reliable source* such as government websites or World Health Organisation
3. **Support your children in following rules:** Be a good role model by following the local regulations yourself. Model flexibility and problem-solving by showing how you adjust your daily life in response to changing regulations and restrictions.
4. **Accept your children's emotions:** It's normal for children to feel a wide range of strong emotions at different points during the pandemic. You can help your children cope with these by *asking how they feel* and **listening** to what they are saying. You can also *be patient* with your children, and *reassuring* that they will get through it.
5. **Help your children work out what they can and can't control:** Encourage them to focus on what they can control (like wearing masks, sanitizing etc..) but need to accept they can't control other people's behaviour.
6. **Establish routines:** Routines can help people feel more organised, in control, safe and secure. Set time for homework, meals, snacks, physical activity, free time and socialisation. Its also incredibly important to set **regular sleep routines**.
7. **Adjust your expectations:** With the changes and uncertainty you may need to adjust expectations. Focus on emotional and physical wellbeing rather than perfection or high productivity.
8. **Look for silver linings:** Try to convey confidence that things will improve over time and encourage optimism and hope. Showing compassion, empathy and kindness can also benefit your children, encourage them to take opportunities to help others when they can.

*Don't be afraid to seek professional help for yourself or your children if you are struggling.*

*Talk to your GP or school if you need extra support.*



Angelique Vardis

Student Wellbeing

# Every day of Learning Counts

## Term 1 Week 2 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	This Week	Year 3/4	This Week
Room 2	84%	Room 9	76%
Room 3	83%	Room 10	90%
Year 1/2	This Week	Room 11	75%
Room 5	82%	Room 12	73%
Room 6	81%	Year 5/6	This Week
Room 19	75%	Room 15	89%
Room 20	71%	Room 17	78%
		Room 18	73%

## 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?

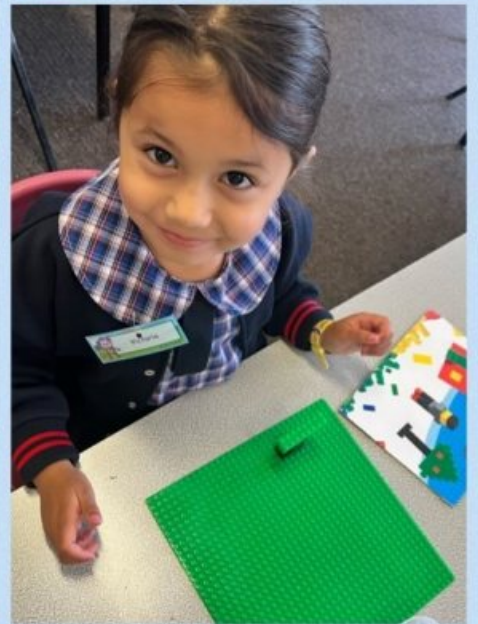
Regular school attendance will mean that your child has a better chance in life. Your child will achieve better when they go to school all day, every school day...

✓they learn better    ✓they make friends    ✓they are happier    ✓they have a brighter future

If your child is sick, of course it is appropriate to keep your child at home but

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.	









**FRIENDLY REMINDER: ALL STUDENTS MUST WEAR THEIR HATS FROM MONDAY.**

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 1<sup>st</sup> 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 1<sup>st</sup> 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/>





# Available on Wednesday & Fridays only

**\*Online Orders ONLY No Cash payments accepted\***

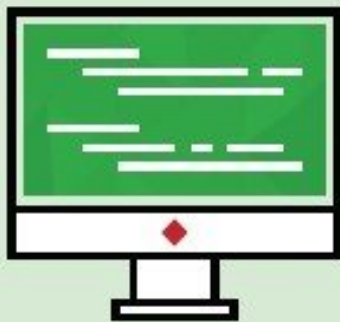


SNACKS:		FAST FOODS:	
NUT FREE BANANA BREAD: (H)	\$4.00	BEEF PIE: (H)	\$4.00
FRESH FRUIT SALAD: (H)	\$3.50	TWIN PARTY PIES: (H)	\$2.50
SWEET YOHURT WITH GRANOLA: (H)	\$3.00	CHEESEBURGER W TOMATO SAUCE: (H)	\$4.50
HOMMUS DIP WITH VEGETABLE STICKS AND HOMEMADE PITA CRISP. (H)	\$4.00	HOME MADE SAUSAGE ROLL: (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			



## OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access [www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)



### 1. REGISTER YOUR ACCOUNT

Register on any device, simply login to [www.myschoolconnect.com.au](http://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)



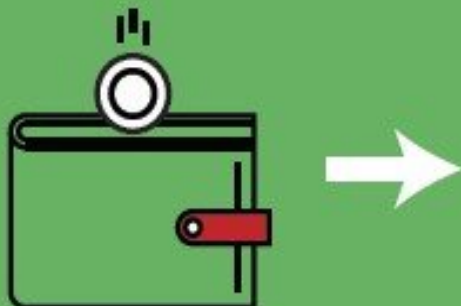


## 4. ORDER

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](http://www.myschoolconnect.com.au)



My School Connect has a 7 day a week Support Line, contact 1300 030 915

# OUR UNIFORM SHOP

## THOMASTOWN ON-CAMPUS STORE BELEZA TRADING HOURS

# OPEN!

2022

TERM 1				
<b>JANUARY</b>	Thurs 27th 10am - 3pm	Fri 28th 10am - 3pm	Mon 31st 10am - 3pm	
<b>FEBRUARY</b>	Tues 1st 1pm - 4pm	Tues 8th 1pm - 4pm	Tues 15th 1pm - 4pm	Tues 22nd 1pm - 4pm
<b>MARCH</b>	Tues 1st 1pm - 4pm	Tues 8th 1pm - 4pm	Tues 15th 1pm - 4pm	Tues 22nd 1pm - 4pm
<b>MARCH</b>	Tues 29th 1pm - 4pm			
<b>APRIL</b>	Tues 5th 1pm - 4pm			
TERM 2				
<b>APRIL</b>	Tues 26th 1pm - 4pm			
<b>MAY</b>	Tues 10th 1pm - 4pm	Tues -24th 1pm - 4pm		
<b>JUNE</b>	Tues 7th 1pm - 4pm	Tues 21st 1pm - 4pm		





# Rapid antigen self-tests

## A quick guide

### More information

Coronavirus Hotline - 1800 675 398

or

[www.coronavirus.vic.gov.au/  
getting-tested](https://www.coronavirus.vic.gov.au/getting-tested)

## What is a rapid antigen test?

Rapid antigen tests can be used at home to check if you may have COVID-19. Most rapid antigen tests will provide you with a result in 15 to 30 minutes. Do not eat or drink 30 minutes before doing a saliva rapid antigen test.

**Always follow the instructions and watch the linked videos within your rapid antigen test kit carefully on how to do your test.**

These tests are faster but less accurate than a standard (PCR) test that you can get at a COVID-19 testing site.

There are currently two types of rapid antigen tests available:

- Saliva - this test involves spitting into a tube or sucking on a swab
- Nasal swab - this test involves swabbing each nostril.

## When to use a rapid antigen test

Rapid antigen tests can be used:

- if you have symptoms
- are a contact of someone who has tested positive for COVID (household, education, workplace or social)
- if you want to quickly check if you may have COVID-19
- as part of a surveillance program such as one organised by your school or employer
- when recommended by the Victorian Department of Health

## When to get a standard (PCR) test

You should take a standard (PCR) test at a testing site if you:

- have symptoms or are a contact of someone who is a COVID case and cannot access a rapid antigen test
- if you do not have symptoms and are not a contact of a COVID case, but you have tested positive on a rapid antigen test
- when otherwise recommended by the Department of Health

## Where to get a rapid antigen test


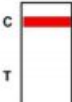

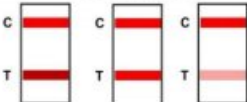

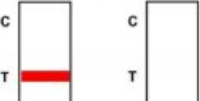
Rapid antigen tests are available from some supermarkets, pharmacies, select testing sites (you can find the nearest testing site to you at: <https://www.coronavirus.vic.gov.au/where-get-tested-covid-19>) or online.

More info at <https://www.coronavirus.vic.gov.au/checklist-contacts>

## How to store your rapid antigen test

- Store the test kit in a cool, dry place under 30 °C
- Do not freeze the kit or its components
- Do not store the test kit in direct sunlight

## What does your rapid antigen result mean?

Result	What it means	What to do next
 <b>Negative</b> 	It is unlikely you have COVID-19, especially if you have no symptoms.	Monitor for symptoms
 <b>POSITIVE</b> 	You likely have COVID-19.	<ul style="list-style-type: none"> <li>• Report your test on the Service Victoria app or by going to <a href="https://www.coronavirus.vic.gov.au/report">www.coronavirus.vic.gov.au/report</a></li> <li>• Isolate for seven days and tell your contacts.</li> </ul>
 <b>INVALID</b> 	<p>The test has not worked.</p> <p>You need to repeat the test.</p>	<p><b>You will need to repeat the test</b></p> <p>Invalid again?</p> <ul style="list-style-type: none"> <li>• Get a standard COVID (PCR test).</li> </ul> <p>Positive?</p> <ul style="list-style-type: none"> <li>• As per the positive result instructions.</li> </ul> <p>Negative?</p> <ul style="list-style-type: none"> <li>• As per the negative result instructions.</li> </ul>

## Recording results

If you test positive on a rapid antigen test, you are a case. You must report your positive rapid antigen test result as soon as you can. To report your result, call the Coronavirus Hotline at 1800 675 398, or fill in this online form: [www.coronavirus.vic.gov.au/report](https://www.coronavirus.vic.gov.au/report)

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Australia, Department of Health, January 2022.





# Face masks

## What you can and cannot wear in public



A fitted mask needs to be worn covering both your nose and mouth.



You can wear a face shield only if it is worn with a fitted face mask.



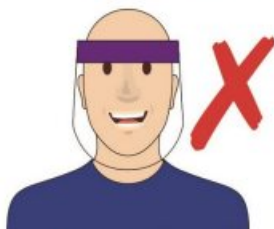
A fitted snood or gaiter can be worn covering both your nose and mouth.

There are two types of face masks you can wear: cloth masks and surgical masks with no one-way valves.

- Cloth masks are made of washable fabric and can be washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.



You cannot wear a bandana.



You cannot wear a face shield on its own.



You cannot wear a loose snood or gaiter.

### How to put your mask on



**Step 1:** Clean your hands with soap and water or hand sanitiser before putting on the mask.



**Step 2:** Make sure the mask is not damaged or dirty before putting it on.

Secure the ties at the back of the head and neck or place the ear loops over the ears.

Make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



**Step 3:** Do not touch the front of the mask while wearing it. If you do touch the mask, clean your hands with soap and water or hand sanitiser.

Do not wear the mask under your nose, around your neck or anywhere else other than over your nose and mouth.

### How to take your mask off



**Step 1:** Clean your hands with soap and water or hand sanitiser before removing the mask

**Step 2:** Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

**Step 3:** If your mask has filters, remove them and throw them in a rubbish bin. If your mask is a single-use surgical mask, throw it in a rubbish bin – it should not be reused.



**Step 4:** If the mask is a reusable cloth mask, put it directly into the laundry or into a washable bag for laundering in hot soapy water.

**Step 5:** Clean your hands with soap and water or hand sanitiser after removing the mask.

**Note:** this information is not for use in health care and support worker settings.

To receive this document in another format email  
COVID19InfectionControl (DHHS) <COVID19InfectionControl@dhhs.vic.gov.au>

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Australia, Department of Health and Human Services. (2001628)\_v14\_091120.

Available at: DHHS.vic – coronavirus disease (COVID-19)

<<https://www.dhhs.vic.gov.au/face-masks-vic-covid-19>>



Health  
and Human  
Services

## Welcome back

Welcome back everyone to another school year. We trust you had a safe and happy holiday amidst the pandemic. We look forward to 2022 with much energy, enthusiasm, and anticipation, a fresh year of exciting and fun activities that will develop children's creativity, confidence, perseverance, teamwork, fine and gross motor skills to name a few.

This week we celebrated Chinese New Year by making Chinese lanterns, dragons and tigers and played various games like soccer, dodgeball, tiggy and free constructions.

COME AND  
JOIN THE  
FUN AT  
OSHCLUB



WEEKDAYS  
3:15-6:15pm

## Program's Reminders

### Face Masks | Students

Face masks are required for students in Grade 3 to Grade 6, only when indoors on school premises, unless an exception applies. If the Year 6 student is over 12 years of age, they are required to wear a face mask indoors and outdoors.

### Sun Smart

Children are asked to keep a wide brimmed or legionnaire's hat in their bag to be used for OSHClub. Children without a hat will be unable to play outdoors in keeping with our sun smart policy for Terms 1 and 4. Children with special

## What's been happening...



THE  
YEAR  
OF  
THE  
TIGER



# 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](https://www.kidshelpline.com.au)