

Thomastown West Primary School NEWSLETTER



98-112 Main Street, Thomastown, Victoria 3074 – Ph: 9465 4317

Email: thomastown.west.ps@edumail.vic.gov.au Website: www.thomwestps.vic.edu.au

IMPORTANT DATES:

Mon	20 Aug	BOOK WEEK
Thu	23 Aug	100 DAYS OF LEARNING
Fri	24 Aug	WRITERS FESTIVAL
Tue	28 Aug	SCHOOL COUNCIL MEETING 6:30pm
Tue	28 Aug	GR 5/6 SWIMMING FUN CARNIVAL
Wed	29 Aug	DRESS UP BOOK PARADE
Wed	29 Aug	PREP CIRCUS DAY
Wed Thur	29-30 Aug	FATHER'S DAY STALL
Wed	5 Sep	LEIGH HOBBS INCURSION Gr1-6
Fri	7 Sep	GR 5/6 GIRLS FUTSAL
Mon	10 Sep	GR 3/4 'MAD ABOUT SCIENCE'
Mon	10 Sep	GR 5/6 WHITTLESEA DIVISION ATHLETICS CARNIVAL -Selected students only
Thu	3 Sep	R U OK? DAY
Wed	19 Sep	FOOTY DAY
Fri	23 Sep	LAST DAY OF TERM 3
Mon	8 Oct	TERM 4 BEGINS

No. 23 17th August 2018

From the Principal

We are half way through term 3 already and there are only 16 weeks left in the school year! Term 3, from the viewpoint of Principals, is always a challenge as we have to have our head in the present, as well as the future – the following year. As difficult as it seems, we are already working on staff and curriculum structures, what the special events might be and what is needed to continually improve student learning. To support Mr D and I as we work through this process, I would appreciate it if families could inform me of any student movement as soon as possible. Our 'expected' enrolments inform the school's 2019 budget and staffing, so as you can imagine, we prefer to be as accurate as possible. **Please contact our office ASAP if you expect your family to be saying farewell to TWPS at the end of this year.**

Education Support Staff

This Australian Education Union (AEU) recognises this week as Education Support Staff Week. It is a time to acknowledge and celebrate our dedicated and hard working Support Staff. That includes our talented classroom Aides and our amazing Office staff. TWPS really couldn't function without them! I am sure that the Thomastown West school community will join me in **recognising the extraordinary contribution our Support Staff make to our school!** Thank you to Genella, Carmen, Rachel, Tamara, Suzi, Sakina, Radmila, Mike and Robyn. We genuinely appreciate all of the work you do for TWPS!

Can you help?

We only have about 25% of our Parent Opinion Survey's completed. If you were one of the randomly chosen families who were asked to take part in this year's survey, **please get onto it as soon as possible... There are only 9 days left to complete the survey!**

The target is 80% and we are a long way off!



Safety First

Keeping our kids safe as they get to and from school is everyone's responsibility!

Recently I have had a number of parents express their concerns to me about how busy and dangerous Simpson Street can be at drop off times. I have encouraged those parents to contact the City of Whittlesea Council and they did!

Have you noticed that we have had parking inspectors from the City of Whittlesea Council observing our local streets before and after school?

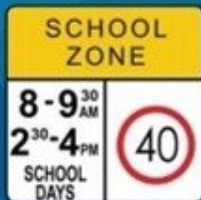
As our children come to and from school **it's important for drivers, pedestrians and cyclists to be aware and take extra care during these busy times.** Even a small reduction in speed could save a child's life.

To help keep our kids safe, it's important for drivers to:

- ✓ slow down in school speed zones during school times
- ✓ be extra cautious around schools
- ✓ be aware that young children can be unpredictable and difficult to see.

School Zone Safety Information

Understanding the signs around school zones



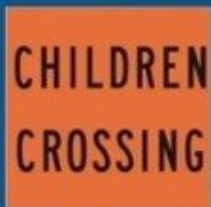
40km/h sign

All school speed limits across the State are clearly signposted. Look out for the speed signs near schools and slow down to improve safety for children.



No parking

It is important that you do not park in any area where this sign is displayed.



Children crossing

When the flags are displayed at a children's crossing, you must stop for pedestrians who are waiting to cross or who have started crossing. You must remain stopped until the crossing is clear. These rules apply even if there is no crossing supervisor.



No stopping

No stopping means you must not stop at the kerb for any reason.



Yellow edge lines

Must not stop or park your vehicle next to a continuous yellow edge line.



Understanding the rules at school crossings

- Please keep the children's crossing clear.
- Parking is not allowed within 20m before a school crossing or 10m after the crossing (unless otherwise signposted). Parking within this area makes it difficult for children and the crossing supervisor to get a clear view of the road.
- It is illegal to double park your car, ie. you are not allowed to stop next to a parked car.

What you can do to ensure school zones remain safe

- Supervise children in or near traffic.
- Consider walking or cycling with your child to and from school.
- Respect the road rules and parking signs.
- Wait on the same side of the road as your child, to avoid your child dashing across the road to meet you.
- Get your child into the habit of using the car's kerbside doors, away from the traffic.

Rubbish Busters

Have you heard about the latest initiative from our TWPS Student Voice Team? A caring group of grade 5/6 students have started a club to regularly clean up the litter from our school yard. Seamus, Tiarna, Eisa and Aaren have encouraged and increased all students personal and communal responsibility during play time and it is making a difference! An impressive effort from our students leaders. Well done!!!



HOOP TIME

Today our Grade 5/6 students represented our school during the Hoop Time basketball inter-school sport tournament. Hoop Time is a fabulous opportunity for our students to be active, live our School Values while having fun and being a good team player!

Every Day Counts

Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes. Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

As you are aware, school finishes at 3:15pm every day at Thomastown West PS. At times, parents request for their children to leave school early for a medical appointment or for other reasons. **Please avoid collecting your children before 3:15pm.** (This includes Tuesday afternoons when TSC finish earlier in the afternoon). **Even medical and health appointments should be made either before or after school or during the school holidays.** Remember: Absence impacts on your child's learning, relationships and social connections. Early dismissals also interrupt the class and can unsettle the child who is leaving early.

Uniform Shop

The Uniform Shop has new owners! This week I met Cheryle and Tina from **Beleza**. Beleza is a school uniform manufacturer, wholesaler and retailer in Australia who has been supplying to the Government, Private and Catholic sectors since 1985.

The Uniform Shop will continue to operate on alternate Tuesday afternoons from 2:00pm - 3:00pm at Thomastown Secondary College.

Book Week Parade

Don't forget to come to school dressed as a character from your favourite book for the Book Week Parade on the 29th of August. Parents, Cares and friends are welcome to attend the Parade from 2.15-3.15pm for an outside parade at school.

Prep Circus Day

This term the Preps have been learning about the circus. To conclude the unit they are holding a dress up day. It is also on Wednesday 29th of August. Prep students will be coming to school dressed with a circus theme. Students are invited to come dressed as a circus performer or animal. There are lots of books about the circus so ***Prep students don't need another costume for the Book Week Parade... They can just come to school in their circus outfit for the day.***

R U OK? DAY @ TWPS

R U OK? Day is a national day of action and dedicated to reminding people to regularly check in with family and friends. *R U OK? Day* is encouraging all people to regularly and meaningfully ask 'are you ok?' to support those struggling with life.

We are asking students to wear yellow on Thursday 13th September.

Mental health and wellbeing is vital for learning and life. Children who are mentally healthy learn better, benefit from life experiences and have stronger relationships with family members, school staff and peers. Good mental health in childhood also provides a solid foundation for:

- managing the transition to adolescence and adulthood
- engaging successfully in education
- making a meaningful contribution to society.



Curriculum Day Report

Curriculum Days provide valuable time for schools to focus on building the professional capacity of our staff through professional development, school planning and administration, curriculum development, and student assessment and reporting.

On Wednesday, staff at Thomastown West utilised our Curriculum day to visit different schools to observe excellence in teaching and learning that was aligned to our school priorities. Observing other teachers' practice promotes sharing, as well as learning from one another and an opportunity to reflect on the impact of our own teaching and learning programs.

Observations from the school visits inspired our teachers to engage in rigorous professional dialogue when they returned to TWPS. Thoughtful self reflection

and critical questioning while sharing their experiences also contributed to the success of the day! TWPS staff have set some goals and actions and are keen to trial some of the strategies they saw. It is important to note that the school visits also **reaffirmed that TWPS is doing a great job and has a solid foundation to further build upon, as we continue our journey of continuous improvement.** Together we are all **working on pathways to our success!**

Later this term teachers will utilise their Professional Practice Day to visit another school.

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

Sandi Young
Principal



Stars of the Week

Term 3 - Week 5

Room 1 **Natasha**

Room 2 **Alex**

Room 4 **Muhsin**

Room 5 **Alexander**

Room 6 **Mustafa**

Room 8 **Sienna**

Room 9 **Sibel**

Room 10 **Raymond**

Room 11 **Mia**

Room 12 **Daniel**

Room 16 **Anthony**

Room 17 **Kiara**

Room 18 **Moussa**

Room 19 **Aliriza**

Room 20 **Nalani**





Congratulations to our girls team who came runners up in the grand final. They only lost by two points so were given a wild card entry to the next stage of regional finals.

Congratulations to the boys team who also performed well. Thank you to Selma Raif for coaching both teams, and thank you to Michael Downing and Sally Nejkoski who took both teams to the



Hi everyone!

On Tuesday Mrs Mulholland and I had the pleasure of attending the "Networks to Wellbeing: Strengthening Connections for Positive Youth Mental Health" Whittlesea conference.

One of the speakers was a young woman who spoke of the loneliness and isolation she felt at school.

Here are 6 tips that students can do if they are feeling lonely.

1. Talk to new people

Talk to students you don't usually talk to often in class or in the playground. Perhaps you will meet some that have similar interests as you and you will become friends !

2. Participate in the school lunchtime activities

There are lots of fun activities happening at lunchtimes that you may not know about, for example: Chess Club, Reading Club, Walking Club and more !

3. Join a sport team

We all know that exercise is great for keeping you less stressed, but it's also a great way of making new friends.

4. Keep a Journal

Writing is a great way to battle loneliness, as it helps you to explore your thoughts, emotions and get to know yourself better. Your journal can become like a best friend: it's a 'safe place' for letting everything out, and it's always going to be there for you.

5. Hang out with some non-humans

Animals are great at making us feel better. Dogs in particular can reduce stress, anxiety, depression and ease loneliness. If you don't have a pet, ask your neighbours and friends. They might have a dog you could take for a walk occasionally, or a cat you could come over to visit and pet.

6. Get some help

Talk to a staff member at school, your parents, a friend or someone you trust.

Don't forget, MANY people have times where they feel a sense of loneliness, so you'll never be alone in feeling lonely! Taking even just a couple of the steps above can help you start to feel better.



Mike Palfrey
Student Wellbeing Officer

Green Connected Active

FREE EVENT



Find Funding and Win Grants!

Free grant writing training for volunteers

In these FREE 2 hour workshops you have an opportunity to learn from experienced grant writers. Take away skills, tips and techniques that your community group can use to revolutionise grant application processes and write winning project submissions.

Tuesday 28th August at 10am -12:00pm

(Morning tea provided)

OR

Wednesday 29th August at 6.30pm-8:30pm

(Light supper provided)

Whittlesea Community House, 92A Church Street, Whittlesea

Places are limited, email bookings essential:

landcare@whittlesea.vic.gov.au

For more information phone:

Emma Bennett—0437 345 475 or Jane Juliff—0417 127 841



Cup of Life

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

Congratulation

The room in Week 5 Term 3 that had the BEST ATTENDANCE is

Room 6 & 8



Hi Everyone!

MENTAL HEALTH

On Tuesday Mike Palfrey and I attended the "Networks to Wellbeing: Strengthening Connection for Positive Youth Mental Health" Whittlesea forum. It was a forum for those who work with young people in primary and secondary schools and for organisations who work with youth.

We heard that 1 in 7 children and young people will experience a mental health problem, but only 1 in 6 will receive help. Wow!

There are so many pressures on young people today: social media issues, family violence, peer pressures, exposure to adult themes through books, movies, and the internet.

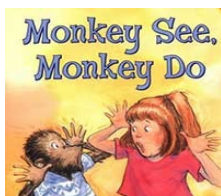


These pressures can lead to confusion, the inability to understand or to know how to deal with feelings, ANXIETY AND STRESS.

We, as parents and carers, can set an example to good mental health and ways to cope with stress:

- Limit our own use of iPad, gaming, television
- Get some exercise in the fresh air daily
- Eat healthily
- Get about 7 to 8 hours sleep per night – Children need 10-11 hours
- Spend time with others – family time and with friends
- Give to others/volunteer
- Be grateful – warm bed, food, family, friends

If you, like many parents, live constantly with stress then consider ways to actively minimise it. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.



Websites such as 'Beyond Blue'

www.beyondblue.org.au, 'Life Line'

www.lifeline.org.au, 'Kids Help Line' <https://kidshelpline.com.au/> offer immediate help.

If you have any concerns regarding the mental health of yourself or your child, please do not hesitate to contact us at the school. We will be able to assist by helping to guide you to the help you may need.

LIFE IS PRECIOUS, AND WE NEED TO BE THERE FOR EACH OTHER.




Robyn Mulholland (Student Well-being)



The Western Bulldogs Community Foundation and The Eastern Melbourne PHN present Sons of the West in the North.



WELCOME स्वागतम्
chào mừng 
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A FREE and FUN MEN's health program

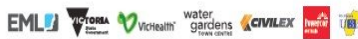
- TALK health within a safe, inclusive and supportive learning environment
- LEARN more about your body and how it works through weekly education seminars
- But most importantly, make MATES for life
- Not fit? No problem. We cater for all fitness levels

For more information about Sons of the West in the North visit sonsofthewest.org.au or call (03) 9680 6100.

 @WBFcfoundation /  Western Bulldogs Community Foundation
 wbfcfoundation

Lalor

Wed 22 Aug - Wed 10 Oct
6.30pm-8.30pm
WU3A
Peter Lalor Campus
34 Robert St (opposite Ryder St)
Lalor



Program Information

This week the children enjoyed some Science experiments.

Firstly 'Yeast Air Balloons'. This was where the children mixed yeast and sugar with hot water and produced carbon dioxide. It was then poured into a bottle and a balloon was then placed on top where the gas slowly filled the balloon.

Secondly we did a 'Salt Water' experiment. Here the children placed a hard-boiled egg into a cup of salt water and then into a cup of plain water. They saw that in one cup it rose and in the other, the same egg sunk.

The children learnt how to make predictions and make generalisations while having lots of fun.

For Cooking Club, the children suggested we make 'Snow Balls'. These were delicious, sweet balls of plain biscuits, crushed and rolled into small balls using condensed milk to bind it all together.

Next Week's Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
After Care Activities	What is the RSPCA ?	Cooking Club Baking cupcakes	RSPCA cupcake day fundraiser	RSPCA themed Colouring sheets	RSPCA Poster competition
After Care Activities	Helicopter skipping game	Down ball competition	Pass the ball	Running marathon	Hopscotch

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.



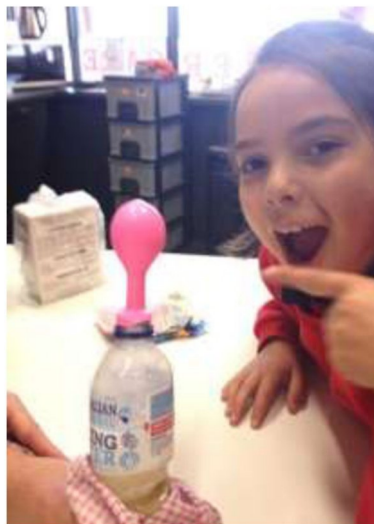
"The Snow Balls are yum!!"

OSHClub kids



"It's blowing up!!"

Eliza



"The egg went to the bottom!" Fouad



"Tug of war was so funny"
Johnathon

Moreland Children's Services Unit presents

Great kids have great dads

A series of three interactive parent sessions for dads

Great parents bring up great kids and you can be that father or father figure you've always wanted to be.

In these sessions we will talk about what being a dad means to you and the ways you can raise healthy, happy kids. The sessions will be based on the 'Parents Building Solutions' package which delivers the topics participants want to discuss. These topics can include communication, discipline, resilience and feelings.

These sessions will be facilitated by Joanne Templeton from Parentzone Northern and Cal Revell from Brotherhood of St Laurence. Parentzone Northern is the regional parenting service for the Northern Metropolitan area of Melbourne. Parentzone and the programs it offers are funded by the State Department of Education and Training and the Australian Government Department of Social Services.



DATE: Wednesday 5, 12 and 19 September 2018

TIME: 7 – 9 pm

VENUE: Coburg Early Years Centre
1 Wardens Walk
Coburg

COST: Free

BOOKINGS:

Bookings are essential as places are limited.

For more information or to make a booking visit moreland.vic.gov.au/parent-information-sessions, email the Children's Services Unit at childrensservices@moreland.vic.gov.au or phone 9240 1111 by Wednesday 21 August 2018.



Moreland City Council





T: (03) 9383 2533
e: nft@vicsegnewfutures.org.au

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CHC30213 - Certificate III in Education Support

Employment outcomes

Education Support Worker
Learning Support Assistant
Teacher Aide
Support Worker & MORE

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CAMPUSES:

COBURG

Head Office
11 Munro St
(03) 9383 2533

BRAYBROOK

Units 9 & 10
6 South Road
(03) 8398 5000

EPPIING

1E, 560 High St
(03) 8401 6700

New Futures Training is a NOT-FOR-PROFIT, community based organization

Government funded* Occasional Child Care
Family Day Care Service Work Placement Homework Support



T01D 21203

VICSEG New Futures trading as New Futures Training T01D: 21203.
This training is delivered with Victorian and Commonwealth Government funding. Eligibility criteria apply.
We encourage individuals with disabilities to access our training

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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

Family, children and young people bus tour, Presented by: City of Whittlesea, Early Years Team

Please note that the bus tour will be visiting a variety of sites and exploring the growth in the City of Whittlesea. It provides agencies and EY Educators with an overview of the area, what is happening in community, how to access these services and infrastructure taking place.

This bus tour will provide you with insight into the programs that are delivered to the families and children across the City of Whittlesea, look at our growing community and we will have the opportunity to tour the Early Years infrastructure. Opportunity to network with our colleagues over lunch.

Recommended for: Service Providers & Early Years Educators

Date: Tuesday 21 August 2018

Time: 8.30am-3pm

Location: Bus departs from City of Whittlesea Council Offices
25 Ferres Boulevard, South Morang

Bookings: Family Services Education Officer
familytraining@whittlesea.vic.gov.au

Phone: 9404 8865

Cost: \$30