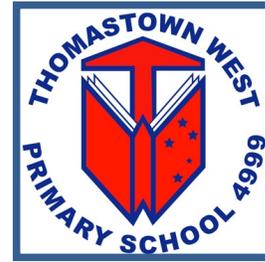


# Thomastown West Primary School



## NEWSLETTER

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### NEWSLETTER NO. 28

#### *FROM THE ACTING PRINCIPAL:*

Hello everyone,

Week 1 and 2 of this term, Mrs Wright, Mrs Honeysett and the staff worked hard to ensure that the school ran smoothly in Mr Bell's absence. **I would like to sincerely thank Pam, Annette and the staff for a job very well done!**

Thank you everyone for making me feel very welcome! I have had a fabulous 5 days as Acting Principal at Thomastown West Primary School and I am excited about the remainder of the term! Term 4, as always, promises to be an exciting and event-packed one.

As I visited classrooms during the week, I observed:

- Students who were happy, curious, focused and engaged with their learning.
- Professional, caring and dedicated staff who are committed to continuous improvement.

Thank you to the parents, carers and grandparents who have introduced themselves to me. If you haven't had a chance yet, please come and say hello! I'd really love to meet you.

Some of you may remember that I used to work at TWPS quite a few years ago. I wasn't called Mrs Young then, I was known as Miss Flint. I was a leading teacher at TWPS from 2005-2009. I used to teach ICT in the computer room and I also worked with and in the 5/6 team. You might also recognise me from earlier this year or back in 2014 when I spent time at TWPS helping Mr Bell while he was overseas. I have a genuine fondness for the entire TWPS community and I will be working closely with Mr Bell, Mrs Wright and the staff to get ready for 2017.

I would like to thank Monique Vrzovski for her wonderful work as a relief teacher during an extended period of time with us. Monique has taught in Room 1 whilst Miss Koullinos has been on long service leave since 1st September. It has been so long, Monique feels like regular member of the teaching staff at TWPS! We wish Monique well in picking up a permanent teaching position.

### FRIDAY 21ST OF OCTOBER 2016

**Don't forget this Tuesday night 6.00pm to 9:00pm is the Arts Festival in the ECCA Centre.** I hope you are looking forward to it as much as I am. The Arts, provides children with unique and multiple ways of exploring, forming, expressing, communicating and understanding their own and others' ideas and feelings. The Arts provide our students with the skills and knowledge necessary to understand how their own and others' creativity reflect and portray the diversity of our world, its cultures and traditions. The Arts have a sense of universal language, and the ability to bring people together in ways that other media is unable to. Participation in The Arts is important for all children because it enhances skills and abilities that can be used across other areas of learning.

Today TWPS successfully completed our School Peer Review. There is much to celebrate and of course much to focus on in the future! I would like to acknowledge the hard work of all staff, students and parents and carers at TWPS for the focus on improving our school and student outcomes during the last Strategic Plan period. At TWPS, it is truly a team effort!

Education Matters, Teachers Make a Difference & Every Day Counts!

Keep up that lifelong learning!

Sandi Young



“Don't put a limit on anything. The more you dream the farther you get.”

Michael Phelps  
22 medals



# STAR OF THE WEEK

Prep	Room 2	Fatma	Grade 3/4	Room 16	Sude
		Nasrine	Grade 3/4	Room 17	Grace
Grade 1	Room 4	Tifa	Grade 3/4	Room 18	Fey
Grade 1	Room 6	Tina & Jamil	Grade 3/4	Room 19	Ilina
Grade 2	Room 5	Mohammed & Daniel	Grade 3/4	Room 20	Sergen
Grade 2	Room 1	Deyana	Grade 5/6	Room 9	Mohammad
			Grade 5/6	Room 10	Sinem
Music		Nasrine	Grade 5/6	Room 11	Ahmed
Sport		Ariyan	Grade 5/6	Room 12	Taha

## BREAKFAST CLUB



### CHILDREN ARRIVING AT SCHOOL BEFORE 8:30am

We have noticed that a number of children are arriving at school before 8:30am.

**Unless** attending Breakfast Club children **cannot** be outside school until there is teacher supervision which is **8:30am**. This is due to safety reasons. Thank you for your cooperation



Hi Everyone,

Now we are having some warmer days it would be great to see more students happily walking to school. Both the exercise and fresh air would be great for both their physical and mental health. Most classrooms are currently learning about healthy lifestyles through healthy food and exercise.



**Playgroup – FREE TO EVERYONE – Thursdays, 10 am & Fridays at 9 am in the HUB at**

### **Coping strategies for change**

According to a growing body of research, kids learn how to cope with change and ups and downs of life by developing resilience. For years it was considered

And how do they learn it? Apparently by watching us. Studies have shown that children as young as two years old copy the coping, stress-management and thinking styles of the adults around them. And they can sense if parents are anxious or worried and will tend to mimic that.

***the school*** The children enjoy free play, story and music time. PLEASE COME

***NEW PLAYGROU***P – A new playgroup has begun in the *Thomastown Library on Mondays, 10 am – 12 pm. All welcome.*

***socially!!***



### **RESILIENCE**

#### **Helping kids cope with change**

Kids like routine. They thrive on knowing what happens when. But life doesn't stay the same – people move houses, kids change schools, friends shift away or stop being friends, parents can separate and almost every year they'll probably have to face a new teacher.

Parents can play a vital role in helping their kids learn how to cope with change, arming them with valuable life skills along the way.

one of the inherent traits we were all born with but psychologists today now know that it's one of the most important qualities parents can teach their kids (along with compassion).

Other studies have found that there is strong evidence that good early relationships with carers can help make children more resilient. And the earlier this resilience-building is started the better. Reinforcing this "it starts at home" message, Andrew Fuller, consultant psychologist for The Resilience Foundation and author

of Tricky Kids, says resilient parents raise resilient kids.

“When your child needs you to help them make sense of the changes that might be happening, that is not the time to confront your own inner demons,” he says. “It’s a handy skill for parents to learn to hold their own anxieties in check.” Fuller describes resilience as “the happy knack of being able to bungee jump through the pitfalls of life”.

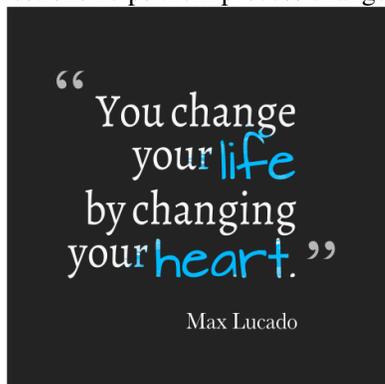
### Simple tips on helping kids to cope

- Give them a sense of being loved by their family and of belonging
- Encourage a diverse group of friends – both for them and the family as a whole
- Enjoy family rituals – like Sunday night dinner, or a weekend drive

### Top 5 practical coping skills

Jill Savage, author of several parenting books and the executive director of [Hearts at Home](#), a US organisation designed to help mums, has this advice for parents want to help their children manage change:

1. Be prepared to answer their myriad of questions – and create an environment in which they feel safe about asking you anything about the changes they’re facing. Asking questions helps them process change and the



answers they receive from the people they trust most – that is mum and dad – will help them transition.

2. Give them warning – like adults, no child will cope well with change being sprung on them. If you can, start talking through the changes early so they can get their head around it as well as formulate all those aforementioned questions.
3. Stick to routines as much as possible – try not to change everything at once. If you have routines in place like bedtime rituals, the books you read even the TV shows you all watch, try to keep those in place where possible.
4. Let them grieve – when any of us move, change schools, or make any kind of change in life, we leave something behind. Let your littlies talk about what they miss and don’t try to point out all of the wonderful things about new house, school, bedroom or whatever – let them appropriately mourn what they have lost.
5. Be prepared to weather the change – many kids don’t adapt immediately and there may be tears and tantrums, followed by major parental guilt. Expect that it can take time for children to adjust.

*This article was written by Fiona Baker for Kidspot,*



**|| If I can help you and your family in anyway, please contact the office. My days at the school are usually Tuesday, Wednesday and Friday. For the next two weeks I will be available for five days a week.**

***Robyn Mulholland (Student Wellbeing Team)***

# Athletics Carnival

Congratulations to the following boys for a fantastic effort at the recent athletic carnivals.

Yassin Belhaj (Room 16) For coming 3rd in the 1500m under 10 boys at the Whittlesea District Athletics Carnival

Tevita Tupou (Room 10) For coming 3rd in the under 11 boys discus at the Whittlesea District Athletics carnival and

Ariyon Hakai ( Room 16) For coming 2nd in the under 10 boys discus at the Whittlesea District Athletics carnival.

Also well done to Ariyon who qualified for the Regional Final last Wednesday. He came 3rd in his 10 year old discus event. He just missed out on the state final. He threw just over 24m. Great effort.

Selma Raif

PE Co- Ordinator



# eSmart<sup>®</sup> Digital Licence

The Alannah  
and Madeline  
Foundation



Keeping children safe from violence

## About eSmart

eSmart, an initiative of The Alannah and Madeline Foundation, uses a cultural change approach to improve cybersafety and reduce cyberbullying.

eSmart is based on the premise that real behavioural and cultural change requires systemic, long-term, multifaceted interventions, aimed at creating positive, respectful and inclusive cultures which reduce bullying and cyberbullying and increase online safety.

There are two components to eSmart - the first, provides a prevention and risk management framework to Australian schools and libraries to help them better integrate cybersafety practices and promote the safe use of online technology. The second, the eSmart Digital Licence, is a practical tool to help schools, libraries and the whole community educate Australian children about being safe online.

Our goal is to create an eSmart Australia.

## The Alannah and Madeline Foundation

The Alannah and Madeline Foundation is a national charity protecting children from violence and creating behavioural change in the community to reduce bullying and cyberbullying.

The Foundation was set up in memory of Alannah and Madeline Mikac, aged six and three, who were tragically killed with their mother and 32 others at Port Arthur, Tasmania on 28 April 1996.

## Media contact

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[www.facebook.com/  
AlannahandMadeline](http://www.facebook.com/AlannahandMadeline)



[www.twitter.com/  
eSmart\\_AMF](http://www.twitter.com/eSmart_AMF)

## 60, 000 Australian children have been registered to take the eSmart Digital Licence challenge to date\*

### What is the eSmart Digital Licence?

The eSmart Digital Licence is an online challenge which uses quizzes, videos and games to prepare Australian children (aged ten and over) to be smart, safe and responsible digital citizens.

The Digital Licence consists of eight learning modules which evaluate comprehension of key technology and cybersafety topics and equip children with the knowledge and skills they require to learn, play and socialise online. Each module takes approximately 15 minutes to complete.

In addition to teaching core digital skills, the Digital Licence will promote conversations about online safety between young people and their parents, carers and teachers.

### Why was it created?

Over the past two decades, our lives have been transformed by a digital revolution. Children are the greatest beneficiaries of this digital era. The age at which they first engage with technology is dropping steadily and the time and range of activities they conduct online is increasing with the proliferation of smart phones.

While there are many benefits to engaging online, children are also vulnerable to risks such as cyberbullying, sexting, privacy breaches, identity theft and exposure to inappropriate content.

In order to keep young people safe online, it is important to equip them with the skills to identify and manage online risks. Parents also play a very important role – almost nine in ten 10-11 year olds say parents are their first port of call when they have an online safety issue. However, many parents feel ill-equipped to fulfil this role and most parents report needing support to help them advise their children on online safety.

The most effective way to upskill parents is experiential learning and intergenerational conversations. It is therefore important that parents have conversations with their children about what's going on in their online world. The Digital Licence will help parents to start these conversations with their children.

We recommend that every parent encourages their child to complete the Digital Licence before purchasing a smartphone, tablet, or other digital device for their child.

### How do I get an eSmart Digital Licence?

The Digital Licence will be made available to every grade 6 student in Australia in 2015 – almost 300,000 children – thanks to a grant of over \$1.2 million from Google. The free licences will be accessed by grade 6 teachers from the Digital Licence website: [www.digitalllicence.com.au](http://www.digitalllicence.com.au)

Parents and teachers of students from other year levels can also purchase a Digital Licence at [www.digitalllicence.com.au](http://www.digitalllicence.com.au)

\*60,000 registrations occurred between February to March. Numbers correct at time of publication - April 2015.





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