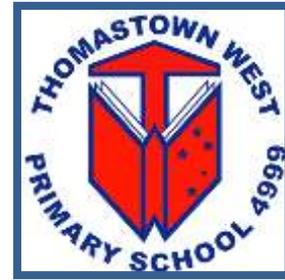


# Thomastown West Primary School



## NEWSLETTER

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### NEWSLETTER NO. 6

#### FROM THE PRINCIPAL:

School Council Elections:

Nominations have closed for both parent and staff representatives on School Council. The following Nominations were received:

Parent Representatives:	Department of Education (Staff) representatives
Mr. Ben Brown	Mr. Oscar Rosa
Mr. Yusef Mekaoui	Mrs. Annette Honeysett
Mr. Erkan Sahin	
Mrs. Qing Jin Chen	

The number of nominations match the number of vacancies, I hereby declare the above people elected to School Council for a two year period.

The first meeting of the new School Council will be held on Monday March 21<sup>st</sup> starting at 6:30pm in the staffroom. Anyone is welcome to come and attend these meetings and provide input.

#### Student Leaders

Over the last few weeks students were asked to nominate and give input into a number of student leadership positions in the school. Student Leaders are selected based on a high demonstration of our school values and it is a great opportunity to build confidence and skills for their future years. I am pleased to announce the following Student Leader positions:

School Captains	<b>Mariam Solimon Zain El Zoobi</b>
House Captain- Freeman (Red) House Vice Captain- Freeman	<b>Ali Alquryshe Mujtaba Al Gburi</b>
House Captain- O'Neil (Green) House Vice Captain- O'Neil	<b>Younes Ammoun Yu An Wang</b>
House Captain- Thorpe (Blue) House Vice Captain- Thorpe	<b>Halime Faour Isabella Abbas</b>
House Captain- Diamond (Yellow) House Vice Captain- Diamond	<b>Monica Pirrone Jaegar Pompey</b>

### FRIDAY 11TH MARCH 2016

Class Captain Room 9	Mohammad Sawari
Class Vice Captain Room 9	Siara Sequenzia
Class Captain Room 10	Taylia Bruno
Class Vice Captain Room 10	Alina Abdul Hadi
Class Captain Room 11	Mariam Daghistani
Class Vice Captain Room 11	Zahraa Salman
Class Captain Room 12	Anabella Capaculovski
Class Vice Captain Room 12	Kerry Chuon

My congratulations to all these students and their families. I am confident they will do a great job. Early next term we will have a special presentation ceremony where these students will receive their special badges. We will let families know when this will take place.

#### New Acting Assistant Principal

Mrs. Droge our Assistant Principal is on long term sick leave at the moment. Therefore I have been working with the Department of Education to assist me in recruiting an Acting Assistant Principal while Mrs. Droge is on leave.

I am pleased to announce Mrs. Pamela Wright will join our staff as of next week and will temporarily be Acting Assistant Principal until Mrs. Droge returns to school later in the year.

Mrs. Wright has come from the Concord School where she is a Sub-School Leader and has experience working with students who have special needs. Please make her feel welcome as she settles into the school. I would like to thank the work of Mrs. Karen Cooke, Mrs. Margot Sheean, Mrs. Gina Arena and Mrs. Annette Honeysett for their work in taking on extra roles for the first part of the year. I have a fantastic leadership team who work very hard to make sure school is settled and students are working well. Don't forget Monday March 14<sup>th</sup> is the Labour Day Public Holiday. Schools will be closed on this day

Have a great long weekend everyone,

Leon Bell  
Principal



# STAR OF THE WEEK

Prep	Room 2	Mary Kinas	Grade 3/4	Room 16	Ben Petrovski
Prep	Room 3	Charles Johnson	Grade 3/4	Room 17	Amy Tran
			Grade 3/4	Room 20	Elin Reda
Grade 1	Room 4	Luke K & Yasmine G	Grade 5/6	Room 9	Tiannah Wernham
Grade 1	Room 6	Tina B & Mia M	Grade 5/6	Room 10	Zain El Zoobi
			Grade 5/6	Room 11	Younes Ammoun
Grade 2	Room 5	Aiya Aljuboory	Grade 5/6	Room 12	Kerry Chuon

## Similarities

Both teasing and bullying usually involve poking fun at someone, ridiculing them in a way that we think is funny, making them look foolish, and generally mocking, taunting, or joking around with them. There are times when teasing and bullying can become physical.

## Differences

Teasing generally involves a sense of play and mutual joshing around. Teasing will rarely, if ever, involve religion, race, appearance or other important characteristics.

Bullying does not involve play or mutual joshing around. Bullying is often about religion, race, appearance, or other important characteristics.

Bullying is differentiated from teasing because of intention. Those who bully actually intend to do harm, whereas teasing is supposed to be a 'no harm' game.

## The Problem

There is a problem with this logic though. What matters most and is often overlooked, is that it does not actually matter what the aggressor does.

If your children are being 'teased' and they don't like it, the motivation of the teaser is irrelevant. The teasing has become bullying. Your children are perceiving that harm is being done. They are victims of another person's unkind behaviour toward them, however innocent.

A child who is teased day after day, week after week, will eventually begin to become dispirited – or worse. Teasing can be as harmful as bullying, and while theoretically different, the two are easily perceived by a child to be exactly the same thing.

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

# BREAKFAST CLUB



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

## Cup of Life

I would like to congratulate Room 3 on winning the Cup of Life for last week. This is the first time that a prep grade has won for 2016!!!! Well done everyone from Room 3.

They are now in running for the end of term prize, which includes a free subway lunch and out of uniform day

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

Remember, Everyday counts...

## Teasing versus Bullying

## The solution

By possessing a strong sense of self, children can bounce back effectively from teasing. (Other articles in this section describe how you can help your child deal with mean friends, deal effectively with teasing, and develop resilience.) By nurturing your relationship with your child, you can aid in his or her success in overcoming teasing

## Reporting teasing and bullying

Parents should treat each situation differently. Some children will quickly develop strategies to overcome teasing or bullying. Others will require assistance. Some teasing will disappear as quickly as it started. Other teasing will become chronic and ongoing. Parents should be discerning about becoming involved for two important reasons.

First, involvement can exacerbate the problem. Some children, in perceiving weakness, will do what they can to expose it to even greater degrees. Parental involvement may highlight a child's weakness. As a test to see who reads the newsletter, come and see me before Friday 18<sup>th</sup> March for a prize. As no-one collected the prize last week, it jackpots for this week!

Second, involvement can undermine a child's motivation or attempts to create change him or herself.

If you, as a parent, are concerned that teasing is affecting your child it may be helpful to report your concerns. Children should not be involved in the reporting process during the early stages. Usually a discreet conversation with your child's teacher will be sufficient. Teachers deal with these issues regularly and can typically manage teasing effectively.

A thoughtful approach will often solve difficulties in schoolyard relationships quickly and simply, particularly if parents are honest, well-meaning, and clear in their concerns. In the event that teasing becomes worse, most schools have clear policies outlining their direction in dealing with such issues. Clear and open communication with the school principal will be the most effective way to deal with teasing and bullying should there be a need to take matters further.

Take care, Tim Brown

Hi Everyone,



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

**Family Day Care** – One of our playgroup Mums is a family day care worker. Donia Ali is with Prime agency and has qualifications in first aid and food handling. She has a current Working with Children Check and a current Police Check. Donia has a vacancy for a small child to join the other children in her care.

**For further details contact Donia on 0452364249**

**PARENTING NEWS** - *The MOST IMPORTANT JOB IN THE WORLD!*



**FAMILY RELATIONSHIPS – ‘Raising Kids Network’**  
(<http://raisingchildren.net.au>)

**Family relationships are still the biggest influence on your school-age child's development. Fitting in with friends and finding role models are also important, and you can help your child with these parts of her social and emotional development.**

## Understanding school-age children: the basics

At school, your child is busy **learning and making friends**. This includes trying to understand the rules of life, learning about manners, values and what's right and wrong, and finding role models like teachers and other trusted grown-ups.

At the same time, your child's brain is developing rapidly, bringing increased emotional maturity, social skills and thinking abilities.

Even with all these new influences, **your home life and family relationships are still the biggest influence on your child's development.** Your

relationship might change a little bit because you're spending less time together – your child might even prefer a wave to a public kiss goodbye – but your job as a parent is just as important as ever.

Your little one is heading off to a world of grazed knees, tearful misunderstandings and fascinated learning. And when your child's knee hurts, he doesn't get invited to a birthday party, or he needs help with homework, you'll be the first person he wants.

### Developing your child's social skills

When children start school, they're entering the wider social world. Your child will be thinking about finding her own place, fitting in with friends and feeling part of a larger social group.

Although you're not there when your child is at school, there's still a lot you can do to help him develop his social skills:

- [Help your child make friends](#) by encouraging her to play with other children outside school hours, have sleepovers, and join clubs and groups.
- Help your child develop [conversation skills](#) like asking questions and listening to other children. You can be a role model for these skills in conversations with your child.
- Help your child understand the kinds of comments that might upset others, lead to teasing and get in the way of making friends – for example, 'Your hair is always messy'.
- Help your child develop empathy and understand different points of view by getting him to describe his own feelings and by talking about other people's feelings.
- Suggest how your child could handle different situations at school and with friends – for example, 'Maybe if you shared your new toy it might help', or 'Smiling makes people feel happier. It helps if you smile when you first meet people'.

At 7-8 years, children become more aware of having a private self. They recognise the emotions and thoughts that are uniquely theirs. They also start comparing themselves with their peers. After the age of eight, friends their own age become more influential.

### Finding role models

At 5-8 years, school-age children gain a sense of self by finding people they want to be like – or **role models**.

Children look to older relatives, family friends, teachers and peers – usually of the same gender – to see what it's like to be a man or a woman in society. These role models can help children work out what sort of people they want to be.

### Your child's teacher

At school, the most important role model in your child's life is her teacher. When you consider that your child learns from watching, listening and interacting with others, you can see why **teachers have a huge influence** on your child's thinking, attitudes, behaviour and views about school.

### Understanding rules

During the first few years of primary school, children can get quite preoccupied with learning rules.

Games and sports with rules become important. Through them, children learn that rules apply differently in different situations. They also start understanding what's 'right' and 'wrong'. For example, some rules or behaviour that are all right at home might not be OK when visiting friends.

At this age, children come to understand and accept that there are rules in the family and in society. They might feel guilty when they do the wrong thing.

### Helping your school-age child understand rules and values

- Explain why things are considered right and wrong, and why some behaviour isn't tolerated at all in society – for example, teasing and stealing.
- Encourage a sense of compassion and empathy by saying things like 'Imagine if you were that person right now'.

- Play games with rules that include elements of both chance and skill. Let your child win some of the time, but remember that losing is also important. It helps your child learn to deal with disappointment.
- Discuss the idea of values with your child. Share your own personal and family values with him. You can also talk about broader community and Australian values.

A family's  
**Love**  
is forever



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

*Robyn Mulholland (Student Wellbeing Team)*

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## DIARY DATES

**Monday 14<sup>th</sup> March** Labour Day Public Holiday - School Closed

**Wednesday 16<sup>th</sup> March** Essendon Traffic School Grade 2

**Thursday 17<sup>th</sup> March** Essendon Traffic School Grade 1

**Tuesday 22<sup>nd</sup> March** Easter Raffle drawn at assembly 2.00pm

**Tuesday 22<sup>nd</sup> March** Lalor District Athletics Carnival for Selected year 3-6 Students to be held at Meadowglen Athletics Track Mc Donalds Road Epping

**Wednesday 23<sup>rd</sup> March** Special Easter sausage sizzle lunch. **NO LUNCH ORDERS ON THIS DAY**

**Thursday 24<sup>th</sup> March** Last Day Term 1 school finishes at 1.15pm

**THOMASTOWN WEST HEAD LICE PROGRAM**

Can **YOU** help with this program **two Fridays each term from 2-3pm?**

You will be trained.

Please ring & let us know if you can. Your help is **greatly appreciated**



Karen Cooke

Jessica Bufalino

9465 4317

**MONDAY 14<sup>TH</sup> MARCH**

**LABOUR DAY PUBLIC HOLIDAY**

**HAVE A GREAT LONG WEEKEND**

