Dear Parents and Guardians,

Welcome back to all our staff and students for Term 3. A warm welcome to the new families who are joining us this term. Hopefully everyone had a good break and is ready to start fresh for the term.

Safety
At Thomastown Primary School we continue to ensure gates are locked throughout the school day and reopened at 3.15pm. The procedure ensures your child is safe and protected within the school grounds at all times.

SCHOOL Uniform – Changes to Purchase Procedures
During Term 2, the Thomastown Primary School Council undertook a review of the school uniform suppliers and the options for purchasing of school uniform. School Council made the decision to remain with AGS, makers of A Plus Schoolwear, as for many years they have provided our families with high quality school wear at very competitive prices.

School Council did decide to make changes to the way purchases of school uniform will be made in the future. The changes are as follows:

- During Term 3, 2016 the school will continue to sell school uniform items that are currently held at the school. However, parents will be asked to prepay for any items of school uniform that need to be ordered from the supplier, e.g. the school does not have in stock the size you need. The school will place orders to AGS on behalf of parents every second Friday and will notify parents when their order has been delivered to the school.

- As of Term 4, 2016 school uniform will no longer be sold at TPS. Parents will be able to order school uniform items online through the AGS website or to buy school uniform items directly at the AGS shop in South Morang. More details will be provided about the purchase process once the details have been finalised.

- Parents ordering school uniform in Term 3 will notice a small increase in price. This is because there was a price increase in January 2016 that the school has not yet passed on to our parents.

- As of term 4, the school will continue to keep a single piece of uniform in each size so that parents who wish to order online are able to try the items on their child to check the sizing. These items of uniform will not be for sale.

TPS School Council made the decision to outsource the supply of school uniform for a variety of reasons but mostly because the school no longer has the space to keep the extensive range of sizes and items needed to provide a high quality service to our families. TPS School Council would like to thank Mrs Robyn Harrison for her excellent service to the students and families of TPS. Robyn has managed the school’s uniform shop for many years and will continue to manage school uniform matters under the changed processes.

Amanda Henning
Principal

Welcome to Nahla!
Please come into the office to meet our new Arabic Multicultural Aide - Nahla, Monday, Tuesday & Thursday.
Olympics Activity Day
Children are encouraged to wear casual sports type clothing suitable for sporting activities.

P.E. Report

**Excellence in P.E. Award:**
Due to Planning Week last week, there was no award for Excellence in PE allocated last week. Unfortunately, due to our "Mini Olympic Activities" on Tuesday, there will not be an Excellence in PE award allocated for this week either.

**State Cross Country**
Congratulations to Vicson who competed in the 11 Year Old State Cross Country event last Thursday. He completed the three kilometre course in 10 minutes and 43 seconds.....an amazing time and a personal best for him. Well done Vicson! All of Thomastown Primary School is very proud of you and your efforts!!

**Mini Olympic Activity Day**
Tomorrow (Tuesday, 19th July), we have an incursion organised where top athletes will be running several sports with the lower and then the upper grades. These will be Basketball, Athletics and Hockey. Please ensure that all money and notes have been returned. Prizes and an opportunity for signatures, will also be part of the experience.

**Hockey Clinics**
Due to the success of a "Sports In School" grant application, TPS has been allocated funds to conduct a series of Hockey clinics for children in Grades 1-6. The instructors are experts in the sport and will do an excellent job in teaching the various skills of the game. This is a three week program which will give the children a comprehensive understanding of the sport.

**Regional Athletics**
Just a reminder that, with Regional Athletics being held early in Term 4, those children who have qualified for the Regional Athletics, will need to begin training later this term.

**Round Robins for Basketball, Kanga Cricket and Soccer**
This term we also have our annual Round Robin Tournaments for the above sports. Training for these sports will be beginning this week, if they haven't begun already!

Keep fit and remember: The more you practise a skill, the better you get at that skill!

Ms Di Palma
NEW guidelines show how much sleep children should be getting.

Infants under 12 months should get 12-16 hours; one-to two-year-olds 11-14 hours including naps; 10-13 hours for children aged three to five years.

Teens aged between 13 and 18 need eight to 10 hours.

They are the first guidelines for children from the American Academy of Sleep Medicine, based on recommendations by the American Academy of Pediatrics. The guidelines are based on a review of scientific evidence on sleep duration and health.
Please let us know if you’d like to attend … sounds very useful!
Parenting Children Who Worry Too Much

The **Parenting kids Who Worry** group is an interactive 4 week group for any parent or carer who wants to understand more about how and why children (and adults) worry, how to guide kids into better ways of coping, and help build their confidence. You will pick up some tips for managing behaviour and make a personal plan to help your child tackle the difficulties that anxious responses can bring. It doesn't matter if your child just tends to have a bit of an anxious personality, or if they have a significant problem with worrying- come along and we'll help you generate some ideas that will help make family life run more smoothly. The group is about promoting happy healthy ways to manage kids, so it will benefit a wide range of parents.

Dates of the group are: Wednesdays, 27th July, 3rd, 10th and 17th August 2016.

To be held at the Thomastown Neighbourhood House - this is at the Thomastown Library, Main St. Thomastown.

Could you please let us know if you would prefer evening or daytime sessions. If we have a lot of interest, we may run both.

☐ I would like to come to daytime sessions
☐ I would like to come to evening sessions 5.30 to 7.30pm
☐ I could come to either session.

I/we would like to attend the ‘Parenting Children Who Worry Too Much’ Group.

Names: ____________________________________________

Phone number: ________________________________

Or please phone Rachael at Drummond St Family Centre on 96636733
Do you have trouble getting your child to:
  
Do their homework?
Do what they’re told?
Try new things?

Working out how to parent your children in a new country is difficult. Come and be part of a group that will give you the skills to help your children become happy and focussed on achieving their goals. Any women who would like to meet and discuss how to effectively parent your children should come to the Library at school every Thursday 9am to 11am. Please phone Judith on 94652225 to ask for an interpreter.

Arabic
هل لديك مشكلة في أن تجعلوا طفلكم:
         
يقوم بواجباته المدرسية؟
         
عنك ما قال له؟
         
تجربة أشياء جديدة؟

إن معرفة كيفية تربة أطفالكم في بلد جديد أمر صعب. تعالوا وكونوا جزءاً من المجموعة التي سوف تعطيكم المهارات اللازمة لمساعدة أطفالكم على أن يصبحوا سعداء ولكي يركزوا على تحقيق أهدافهم.

يجب على النساء اللواتي يرغبن في الإلتقاء ومناقشة كيفية تربة أطفالهن على نحو فعال الحصول إلى المكتبة في المدرسة كل يوم خمس من الساعة 9 صباحا إلى 11 صباحاً. برجي الاتصال مع جوديث (Judith) على الرقم 94652225 لطلب مترجم.

Kurdish
ناخو له کەیمەکانی خوارودا کێشەت هەیە لەمگەر مەندالەکەدا؟

نوسینەوەیە مەشک.
جێبەچیکردنی نەوە نیشەی کە بەپێی وترۆاوە.
تاقیکەندەوە شەوەویکان.

هوڵدان یۆ پەڕەوەرەکەندی مەندالەکەتە لە وڵەکی نویدا دژوارە. وەرە وەکە بە نەبەتەکانی لە گەرووەنیک ەکە کە دەبەیەکانەیە کە نەبەتەکانی نامانجەکانی.

بەنەوەی یارەکەی مەندالەکەتە بەبیت شەدان بێت و تەنکرێت بەکانە سەر نامانجەکانی.

هەم خاتەنێک دەیەوەی لەسەر شێوازی پەڕەوەرەکەندی مەندالە بە شێوەی کاریکەوەی فەبەکان دەبەت دەبەتەوە پەیێکەیەکە لە کەنەژێری 9.

بە زەمەرە (Enäko 11) بەوە بەکانی بە پەڕەوەکەندە ناو فەڵبەکانە. تەکایە یۆ داوەکاری و بەرگرێر پەیێکەیەکە بەکەیە سەر (Judith).

94652225

Persian
ایا در مورد زیر با فرزندان خود مشکل دارید:

اجتنام دادن تکالیفشان؟

آنچه از آنها می‌خواهید را انجام دهند؟

امتحان کردن فکری هاچی‌چی‌یی؟

سر در اوردن از فرزندداری کودکان نان در یک کشور جدید دشوار است. بیانید و عضوی از گروه‌های شوید که به‌شما مهارت‌های را می‌دهد که به فرزندان خود کمک کنید و خوشبین باشید و در دستیابی به اهداف خود متمرکز.

تمامی زنانی که می‌خواهند در مورد چگونگی فرزندداری مؤثر کودکان ملاقات و گفتگو کنند می‌توانند هر یک می‌توانند نشان‌های از 9 تا 11 صبح به کتابخانه مدرسه‌م را مراجعه کنند. در صورت نیاز به مترجم همیشه مطمئن با جودیت به شماره 94652225 تماس بگیرید.

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FOOD DRIVE

WHITTLESEA EMERGENCY RELIEF NETWORK

Each year, the Whittlesea Emergency Relief Network runs a mid-year food Drive, to ensure we have enough resources to assist families over the winter. This is often a difficult time for families and we would love to assist as many people as possible. You can help by donating non perishable food and toiletry items to one of the drop off locations listed below.

<table>
<thead>
<tr>
<th>Wish List</th>
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<tbody>
<tr>
<td>Canned fruit</td>
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<td>Cereal</td>
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<td>Tuna</td>
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<td>Long life milk</td>
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<tr>
<td>Rice</td>
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<td>Canned tomatoes</td>
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<td>Lentils</td>
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<td>Chickpeas</td>
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<tr>
<td>Toiletries</td>
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<tr>
<td>Sanitary items</td>
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<tr>
<td>Nappies</td>
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<tr>
<td>Baby wipes</td>
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</tbody>
</table>

WHITTLESEA COMMUNITY CONNECTIONS
SHOP 111 PACIFIC EPPING
CORNER COOPER AND HIGH ST EPPING

OFFICE OF ANDREW GILES MP
SHOP 225 STABLES SHOPPING CENTRE
314960 CHILD'S ROAD MILL PARK

APPRET CAFE
SHOP 1/101 HAZELGLEN DRIVE DOREEN

For more details, contact Katriece Bolden
kbolden@whittleseacommunityconnections.org.au or by phone 9401 6666

PLEASE BRING YOUR DONATIONS TO Thomastown Primary School and leave them in the box at the front office.
Spring Fair – coming soon!

The Spring Fair will run from 3.30 to 5pm on Thursday 1st of September.
If you’d like to be a part of organizing the Spring Fair please come to the Little Red Schoolhouse on next Tuesday 26th July at 2.30pm, before school pick-up.
Looking forward to chatting about ideas.
Phone Judith on 0419593022.