Dear Parents,

QUANTUM

Over the course of a couple of weeks, our Year 5/6 students have been or will be going to QUANTUM. This is a science facility that is run by DEECD and is sited at Charles LaTrobe College in McLeod. Each of our Year 5/6 classes will visit this facility twice. When they are there, they have access to specialised science equipment and programs. They have worked with robotics and Minecraft. The feedback is that our students were engaged in what they were doing, being able to demonstrate untapped skills. This is proving to be a very worthwhile excursion for our Year 5/6s.

DEECD

The following is an article that has come from the DEECD website. This and other article about children can be found at: http://www.education.vic.gov.au/childhood/professionals/health/Pages/newsletters.aspx

Building Your Child's Resilience

All young children will face challenges and setbacks. Your child might be upset when their ball rolls off the mat and under the TV. Your child might be disappointed that a friend can’t come and play. Or they might be frustrated at not being able to ride their new scooter. Sometimes those challenges are on a bigger scale – becoming ill, moving to a new city or starting at a new education and care program. Resilience is the ability to handle tough times – to keep trying (persevering), to adapt to change, and to meet challenges. Resilient children take considered risks and cope with the unexpected. They persist when faced with challenges or when their first attempt isn’t successful. Being resilient is an important part of your child’s sense of identity and wellbeing.

Myths and Misunderstandings

Resilience is about strength of character, not about being tough. Telling a four-year old not to cry won’t make your child strong – it will only teach them to hide their feelings when they feel angry or sad. Telling your child always to be happy and positive does not build resilience. Nor does excessive praise – in fact, if you praise everything that your child does, they may be less likely to deal with setbacks. Praise can result in children only trying to please adults. Encouragement gives information, feedback and supports independence. A child needs to feel valued and accepted to be resilient. They need to know that you are there and they can get help and support. This encourages them to take risks and try new things. The more things your child tries, the more experience they have of problem solving, learning from their mistakes and persevering.

What does this mean for me?

As your child’s first and most important teacher, you play an important role in supporting your child to be resilient.

Be prepared to let your child struggle for a bit. If your child’s ball rolls away and they cry, wait and see if they will crawl and get it without your help.

SCHOOL INFORMATION

After School Care
The mobile telephone for the After School Care Program is: 0417 105 385
Please ring the number when you want your children to use the After School Care Program. When calling to book your children in for After School Care, please leave a short detailed message including the children’s names, grade levels and room numbers.

Vincenza Minniti A.S.C. Coordinator

13-21 Diplomat Drive,
Thomastown, 3074
Phone: 9466 1322
Fax: 9465 7209
E-Mail: thomastown.meadows.ps@edumail.vic.gov.au
www.thomastownmeadows.vic.edu.au

Uniform Supplier
Academy Uniforms Pty Ltd - TMPS
238 Wolseley Place,
Thomastown Vic 3074 - 9460 8011
Visa MasterCard Eftpos Accepted
Mon - Fri 9.00am-5pm
Sat - 9am - 12.00 noon
Melways Map 8 F10
www.academyuniforms.com.au
**Principal’s message continued**

**What does this mean for me? (Continued)**

Notice and acknowledge your child’s efforts: say things like: I liked the way you kept trying until you were able to finish that puzzle.

Treat mistakes as learning. Avoid fault finding or criticism as this will stop your child from trying new things. Talk about the things your child has learnt (as well as what you have learnt) through their mistakes.


If your child is old enough, explain that now and then everyone has a difficult or unhappy time. It’s a normal part of life and most problems can be worked out.

Give your child time to do the things they are good at. They’ll develop a sense of achievement and learn that we get good at things by practising and persevering.

Help your child to have realistic expectations. If your child is learning to ride a bike without training wheels, let them know that this will take time. Unrealistic expectations will cause disappointment.

If success is achievable, encourage your child to keep trying (but don’t pressure them). Acknowledge their frustrations: It will get easier the more you do it.

If your child is struggling, break the task into smaller steps, or make it easier so your child can experience some success.

You don’t need to look for chances to build your child’s resilience – they’ll occur naturally.

**Related links**

See Kids Matter’s:

- Ups and downs: learning to keep a balance
- You may also like to read other titles in this series:
  - Your child’s most important teacher
  - ‘I can do it!’ Encouraging your child’s independence
  - Supporting your child to make decisions
  - Having conversations with your child

Other related newsletters can be found at www.education.vic.gov.au

Robyn Baker - Principal

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**2015 PREP ORIENTATION SESSIONS**

**Session 3:** Thursday 20th Nov - 2:30pm - 3:15pm

Rooms 1 & 2

It is very important that all future preps attend these sessions.

**Prep parent information evening Tuesday 25th November at 6.30pm**

It is very important that all future preps attend these sessions.

**Prep Teachers**

**Icy Poles 50c each**

Icy Poles are now available for sale on Monday, Wednesday and Fridays.

Thank you to all of the parents who have volunteered their time to help out with icy pole sales.

Parents Association

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**A healthy recipe from the JSC Egg Boats**

Cut a couple of hard-boiled eggs into wedges

Top each one off with a low-fat cheese sail, capsicum sail and you have your very own eggy boats.
TMPS 2014 BOOK FAIR

WELCOME TO OUR TMPS BOOK FAIR READING CELEBRATION!

DATE/TIME: Thursday 20 November
8:30am-9:00am
3:30pm-4:00pm

DATE/TIME: Friday 21 November
8:30am-9:00am
3:30pm-4:00pm

LOCATION: TMPS SCHOOL LIBRARY

Children will have the opportunity to purchase books from a large range of new titles at affordable prices. For anymore information regarding our Book Fair please contact:

Mrs Thao Doan (Library)

LOST PROPERTY

Another reminder to please check your child’s school uniform to see if you have clearly named each item.

We have a box near the office corridor which is absolutely full of lost property at the moment, nearly all of the clothing is not labelled.

Office Staff

REMINDER SWIMMING ON THURSDAYS PREPS - GRADE’S 1 & 2’S

Please make sure your children attend school on swimming day with their bathers already on and that they have a swimming bag large enough to fit their school uniform, towel.

Kevin Dinale – Swimming Co ordinator

TERM DATES FOR 2015

Term 1: 28 January (school teachers start) to 27 March

Years 1-6 Students return to school on Friday 30th January - 2015 Prep Students begin Monday 2nd February

Term 2: 13 April to 26 June

Term 3: 13 July to 18 September

Term 4: 5 October to 18 December
School Lunches

Growing, active children can become very hungry throughout the school day and some students have been eating their sandwich for play lunch, leaving nothing to eat at lunchtime.

Please keep this in mind when packing your child’s lunch as some children may need a larger breakfast or an extra sandwich to eat during the day.

Helena Katsinikas
Primary Welfare Officer

WALK TO THE LOCAL SHOPS PREP EXCURSION REMINDER

Prep ‘Walk to the local Shops’ excursion

Friday 28 November.
Venue: local shops and bakery

Parents please don’t forget to pack their play lunch and a plastic bottle of water, place it in a plastic bag and labelled with their name.

Please don’t forget their hats!

Thanks, Prep Teachers

PARENTS VISITING THE SCHOOL

PARENTS PLEASE NOTE THAT WHEN VISITING/HELPING OUT IN CLASSROOM BETWEEN SCHOOL HOURS, IT IS A REQUIREMENT THAT YOU MUST WEAR A VISITORS/PARENT HELPER’S BADGE AT ALL TIMES.

 THESE ARE LOCATED AT THE OFFICE.

Parents - It is very important that we have your correct contact details on file, especially in case of an emergency. Therefore if there have been any changes to your home, work or mobile telephone or contact details for people that you have nominated as the emergency contacts, please advise the office staff immediately.

All you will need to do is write a small note stating your child’s name, room number and updated details and forward it to the office staff.

Office staff

IMPORTANT

HAVE YOU MOVED OR CHANGED YOUR TELEPHONE NUMBER RECENTLY?

Parents