Dear Parents,

ANZAC Day

Saturday 25th April is ANZAC Day. As ANZAC Day falls on a Saturday this year, there is no public holiday.

There will be school as usual on Monday 27th April.

Tomorrow, Friday 24th April, our School Captains will be going around to classrooms selling ANZAC Day merchandise. There are badges, wristbands and bag tags for between $1.00 and $5.00. If you wish to purchase something to commemorate ANZAC Day, please bring your money to school tomorrow as this will be the only day for selling.

Physical Activity and Active Play

For primary school children, 60 minutes of activity is recommended each day, and no more than two hours of screen time, for example watching TV, or playing computer games.

What schools do

Physical education and sport is timetabled for all students from prep to year 6. Through physical education and school sport, children learn about the value of practice, setting goals, meeting challenges, teamwork and being fair. In addition to this structured activity, break times during the school day provide opportunities for active play. Play times are an important part of your child’s day at school because it develops their:

- imagination and creativity
- problem-solving skills
- social skills, including learning to get along with others and resolving conflict
- physical skills, including coordination, balance, and flexibility
- talking, listening skills and confidence
- understanding of others and the ability to accept difference understanding of themselves and their place in the world.

What parents can do

Encourage your child’s interest in active play. Children who enjoy sports and exercise tend to stay active throughout their lives. Staying fit can help improve self-esteem, maintain a healthy weight and decrease the risk of serious illnesses later in life. Some ways to do this include:

- Be active as a family; this will get everyone moving and kids love to play with their parents.
- Try incorporating physical activity into your daily routine, for example walking, riding or scooting to school, or walking the dog with your child after school or after dinner each night.
- Allow enough time for active play. Children burn off energy, develop their coordination and usually have fun when left to their own devices. They will probably play actively without too much intervention on your part.
- Take advantage of local playgrounds, sports fields or school grounds for games or physical activity, especially if you don’t have a lot of space at home.
- Of course, it is important to make sure your child is in a safe and secure environment, but this doesn’t mean you have to be there every time your child plays. While it is fun and important to play with your child, it is also important to encourage their independence.

Robyn Baker - Principal

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
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
VISY visit the JSC

Last week Natasha Primo from VISY Recycling came to our school to talk to the Junior School Council. It was very interesting learning about what happens to things when we put them in the recycling bin for collection each week and what should be recycled. Here is our top 10 list of things we learned.

- When you’re putting aluminium foil in the bin, you should scrunch it loosely
- It’s ok to put pizza boxes in the recycling bin, even if it has a little bit of food stuck to it.
- Don’t put recyclable items in a tied up plastic bag, it will end up in landfill!
- There are different machines which do different things with different materials
- All bottles start the same way, they just blow hot hair in them to shape them.
- Leave the lids on your bottles, they can be recycled too!
- Only thick glass can be recycled, like jars and bottles, not drinking glasses.
- You can recycle soft plastic like chip packets in special bins at Coles and Woolworths.
- Before you throw things in the waste bin think about how you could reuse or recycle. Such as donating old clothes and plates to charities, or keep them and use it for something else like rags, or plant holders.
- Recycle the ring pull of your can by putting it in your can when you’ve finished.

What ways can you improve on your recycling at home? Students should report back to the JSC with how they have made improvements to share in the newsletter or in assembly!

Medication at School

When children are sick, the best place for them to be is at home being cared for by parents. There are however, times where a child is well enough to come to school but does require a dose of medication during the day. We are happy to administer this medication. There are however some guideline which need to be followed:

1. The medication must come to school in the dispensed packet or bottle.
2. A Medication Authorisation must be filled out at the office.
3. The medication is to be handed into the office and collected by a parent/guardian after school at the office.

No child is to be in possession of their own medication.

Anzac Day Badges

If you would like to purchase an Anzac Day Badge please go to the office or our School Captains will be selling them tomorrow.

Pricing between - $1.00 and $5.00

All donations goes to the RSL General Appeals Patriotic Fund
Prep Enrolments 2016

We are currently taking Prep Enrolments for 2016
Please enrol your Prep student so that we can start our organisation for 2016
You are welcome to visit our school and come see our Preps working in their classrooms.

Children turning 5 by April 30th 2016 can be enrolled at school.
If you know anyone in the community (neighbour/friend) who has a child starting school next year please let them know.

For further information please contact the school office on 9466 1322.

HELP REQUIRED FOR MOTHERS’ DAY STALL

TO ENABLE US TO MAKE THIS MOTHERS DAY STALL A SUCCESS FOR YOUR CHILDREN TO BUY GIFTS, WE ARE ASKING ANY PARENTS IF THEY CAN SPARE SOME TIME TO HELP OUT ON THE DAY.

‘ALL PARENT HELPERS’
IT IS A REQUIREMENT TO HAVE YOUR NAME REGISTERED AT THE OFFICE TO HELP OUT ON THE DAY.
PLEASE RETURN THE SLIP BELOW WITH YOUR NAME AND PREFERENCE OF DAY AT THE OFFICE AS SOON AS POSSIBLE.

ALL HELPERS ON THE DAY ARE REQUIRED TO SIGN IN AT THE OFFICE
FROM - 9:00AM - LOCATION: To be advised
Thank you Office Staff....

2015 MOTHERS DAY STALL HELPERS

I ____________________________________________________ (Full Name)
would like to help at the Mothers Day Stall on

- Thursday 7th May □
- Friday 8th May □
(Please tick your preferred day)

Please return this slip to the Office Staff as soon as possible.
Thank you Office Staff
Introduction to Internet and Email

Starting 29 April for 8 sessions at Merrilands Community Centre, Reservoir.

Cost: $22 plus Service & Amenities fee $10 conc./$25 non-conc.

Fee for Service: (not eligible for subsidised training) $165 plus Service & Amenities fee $10 conc./$25 non-conc.

WELCOME EXPO 2015

Get connected to your local community

The Welcome EXPO will profile Council departments and community organisations that focus on:

- Family, children, young people and seniors
- New migrants, refugees and international students
- Learning and education
- Health
- Employment
- Sustainability and waste
- Safety and emergency services
- Sports and leisure
- Volunteering

Date: Thursday 7 May 2015
Time: 9.30am - 11.30am
Location: Great Hall, Council Offices, 25 Ferres Blvd, South Morang
Melway L83 A10

For more information contact Council’s Multicultural Officer on 9277 2388 or to register your attendance contact Council’s Community Cultural Development team on 9277 2374 or email community.cultural.development@whittlesea.vic.gov.au

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Computer Courses at PRACE

Introduction to Internet and Email

Starting 29 April for 8 sessions at Merrilands Community Centre, Reservoir.

Cost: $22 plus Service & Amenities fee $10 conc./$25 non-conc.

Fee for Service: (not eligible for subsidised training) $165 plus Service & Amenities fee $10 conc./$25 non-conc.

Introduction to Microsoft Office 2013

(Low Literacy Learners)

Locations: Merrilands Community Centre
Dates: 30 April—25 June, 2015
Duration: 9 sessions
Time: 9.15 am – 12.15 pm
Cost: $29 plus Service & Amenities fee $10 conc./$25 non-conc.

Fee for Service: (not eligible for subsidised training) $223 plus Service & Amenities fee $10 conc./$25 non-conc.

more details ring PRACE on 9462 6077 or visit our website: www.prace.vic.edu.au