Dear Parents,

Harmony Day
Next Friday 20th March we will be celebrating Harmony Day. Harmony Day is a day which celebrates Australia’s cultural diversity. It’s about inclusiveness, respect and a sense of belonging for everyone.

We encourage everyone to dress in clothing that represents their country and their culture.

At lunch, we will be having a multicultural lunch. Please bring along a small plate of food to share with your child’s class. If you are supplying hot food, would you please bring it to school, hot, close to lunchtime? We do not have the facility at school to heat food.

Your child’s teacher will talk to the class further about this.

Planning Week
Next week is Planning Week. This is when we have timetable changes so that teams of teachers have the whole day together to plan the curriculum for the next term. It is a day of intense work for the teaching staff as they work together to differentiate the curriculum for individual needs.

A Healthy Start to School – Sleep
“Jackson was so tired when he started school even though he was having shorter days than when he was at day care. I think the effort of holding himself together and following new rules really wore him out at the beginning.”
David, Jackson’s dad

Children are usually tired after school, especially at the beginning. They need about 10 to 11 hours of sleep each night from around 7:30 pm. Getting a good night’s sleep helps your child to be ready for school the next day and keeps them healthy by strengthening their immune system.

What parents can do
A bedtime routine is very important. It helps kids wind down at the end of the day and settles them before going to sleep. Things to try:
• Put them to bed and get them up at the same time each day. Predictability helps children feel secure.
• Help your child to wind down about an hour before bedtime. Turn off the television and any computer games, and encourage quiet activities. Reading to or with them can really help.
• Quietly chatting about what happened during their day at school will also help your child to express any events or worries they may have before going to sleep.
• If they are not sleeping well, ask yourself if they are getting enough exercise. If not, do what you can to tire them out!

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
We hope that many parents will join us on Thursday 26 March at 3:00pm in the GP Room so come along and celebrate with your children.

Natasha Costa & Sarina Sergiou - Prep Teachers

Introduction to Aromatherapy

This introductory workshop (2.5 hours) on the art of Aromatherapy is a great way to start your Aromatherapy journey. Learn the various ways to blend pure essential oils to stimulate, soothe and relax the mind and body.

Location: Merrilands Community Centre, Reservoir
Day: Thursday
Time: 12:30-300pm
Dates: 19th March 2015
Duration: 2.5 hours
Cost: $35.00

For more details ring PRACE on 9462 6077 or visit our website: www.prace.vic.edu.au
Breakfast;
It’s the most important meal of the day – but many of our students are coming to school without. Skipping breakfast can make kids feel tired, restless, or irritable. They lose concentration in class and have no energy. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don’t eat at least a small morning meal.

As parents, it is your responsibility to ensure and encourage your child to have breakfast each morning.

Try these practical suggestions to ensure that — even in a rush — your kids get a good breakfast before they’re out the door:

- stock your kitchen with healthy breakfast options
- prepare as much as you can the night before (gets dishes and utensils ready, cut up fruit, etc.)
- get everyone up 10 minutes earlier
- let kids help plan and prepare breakfast
- have grab-and-go alternatives (fresh fruit, individual boxes of cereal, yogurt or smoothies, trail-mix) on days when there is little or no time to eat

Helen Katsinikas - Primary Welfare Officer

Kính thưa quý phụ huynh,

Hội Phụ Huynh
Hội Phụ Huynh của chúng ta tuy nhỏ nhưng quý phụ huynh làm việc rất nhiệt tình vì lợi ích của tất cả các học sinh trường chúng ta. Một khó khăn duy nhất là số phụ huynh trong Hội giới hạn nên chúng tôi không thể tự làm hết tất cả mọi việc.


Hội Phụ Huynh luôn sẵn sàng lắng nghe những ý kiến mới để làm việc tốt hơn. Chúng tôi vẫn đang cần quý phụ huynh giúp công việc bán cà rem tại căn tin.

Xin quý phụ huynh đánh chút thời gian quay trở về đón được cuộc họp và gặp những phụ huynh thân thiện và rất nhiệt tình trong Hội Phụ Huynh của chúng ta.

Các em học sinh rất thích thấy cha mẹ của chúng tích cực tham gia vào những sinh hoạt của nhà trường.

Bà Hiệu Trưởng
THE STUDENTS IN GRADE 5/6 HAVE CREATED ARTWORK THAT WILL BE ON DISPLAY AT THE FESTIVAL.