



TECOMA TIMES

Tecoma Primary School Newsletter



1536 Burwood Highway,

Tecoma VIC 3160

Tel: 9754 2354

Email: tecoma.ps@education.vic.gov.au

Website: www.tecomaps.vic.edu.au

Principal : **Rohan Thompson**

Assistant Principal: **Di Double**

23rd June, 2022

DATES TO REMEMBER:

JUNE

Friday 24th

Last Day of Term 2

2.30pm finish



JULY

Monday 11th

First Day Term 3

9.00am start

Friday 15th

**Smoothie Incursion
Year 6's**

Friday 22nd

**Smoothie Incursion
Year 5's**

AUGUST

Wed 10th - Fri 12th

**Forest Edge Camp
Grade 3 & 4**



Farewell Tecoma

It is with great sadness to reveal that after 6 years in the school office and 18 months working from our home in the beautiful countryside of Clunes, I am officially bidding farewell to the best primary school out there. The welcome I received from the entire school community back in 2015 will always stay with me. Y'all made this Texan feel right at home up here in the Dandenongs! Despite moments of crisis and panic, from blood noses to COVID protocols, Tecoma has always supported me. I will certainly miss the laughter, singing and overall goofy times I shared with my office gals. My next chapter takes me to the University of Wyoming for 6 months where my husband, Tim will be teaching while I spend time visiting my family and enjoying the beautiful scenery on offer. Thanks to all for 8 fabulous years!



FROM THE PRINCIPAL

THANK YOU

I would like to start by thanking everyone for a fantastic Term 2. It has been a very productive and successful term for students and their teachers. Firstly, thanks to our teachers. Go away and have a 2 week re-charge ready to get back into term 3 full of enthusiasm. Hopefully you can manage to sneak away for a few days. It has been a busy term not only with the usual classroom and teaching commitments but also report writing.

I would like to take this opportunity to thank our teachers for the work they have completed both collaboratively and independently to prepare each report. Thank you in particular to Mr. Darbyshire who not only has written his own reports but also worked tirelessly to lead the process across our school using COMPASS for the first time.

Well done to our children. The way they bounce into school and their overall behaviour makes teaching so much more enjoyable. It's been wonderful to see the children embrace our school-wide positive behaviour process, and while this is never a finished product, we have more plans in that area. You will read about this further down in this newsletter.

Finally, thank you to the many parents who have contributed to our school in so many ways. We look forward to your continued engagement in your child's education and your involvement in school life.

There is another busy term coming up, pushing ahead with learning. We have State School Spectacular as well as Grade 3/4 camp so it promises to be a busy one.

I hope that you are able to share some quality time together with your families during the next 2 weeks and return rested, refreshed and ready for a great Term 3!

THE RESILIENCE PROJECT

Thank you to the many families who attended “The Resilience Project” Parent evening last week. It was a great evening, reinforcing the importance of gratitude, empathy and mindfulness in cultivating positive mental health.

We had an hour and a half session as a staff with Martin Heppell last Tuesday afternoon. The children then on Wednesday had an hour with him. On Thursday, you as parents had the opportunity to hear the philosophy behind “The Resilience Project” through Martin’s powerful and energetic presentation.

The slides from the parent evening can be found here:

<https://theresilienceproject.com.au/wp-content/uploads/2020/07/Martin-Slides.pdf>

The video we were all shown is here:

<https://www.youtube.com/watch?v=uaWA2GbenJU>

“The Resilience Project” is not about teaching kids to harden up as some people might have thought. In fact far from it. One of the main messages was about getting kids to open up, have someone to talk to, share when things aren't going well but also be prepared to put an arm around somebody when they can see that someone else is not going so well. That is the message we really want to cash in on going forward.

I'm sure the children came home on Wednesday talking about this bundle of energy called Martin who spoke to them about being grateful for what we've got (Gratitude), putting yourself in other people's shoes (Empathy) and knowing how we are ourselves (Mindfulness).

Martin spoke about his upbringing in Borneo, showed the children a video with random acts of kindness (link above) and spoke about the most positive person he has ever known, a person called Jeremy who continues to overcome difficulties placed in front of him and in his life.

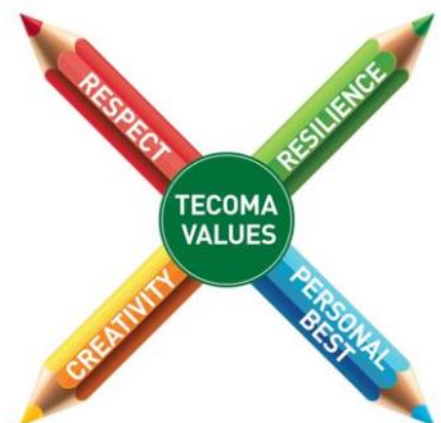
It was the perfect message to illustrate how lucky we are, how lucky the children are and how we should be treating each other in a positive way.

I know all the teachers spoke to their children and did follow up work with their class over the following days. Our Assistant Principal Di Double and myself met with the Grade 4, 5 and 6 children on Friday to talk about how we will be following this up.

Yesterday we did the same with the Prep – 3 children. We spoke about this at assembly and our school captains have devised a new weekly award which will be the GEM certificate (Gratitude, Empathy, Mindfulness) for the student who exemplifies these traits.

We have linked our school values of respect, personal best, creativity and resilience with their mantra of gratitude, empathy and mindfulness. It flows perfectly. Do this and it will lead to that. We have created a bookmark so that the children will see this every day while at school.

We hope that you get on board with us on this. In a perfect scenario, the language around our values and G.E.M. would be used at home and at school so that we are on the one page in developing our students into fine young citizens, that have a positive outlook on life, a growth mindset and an ability to support others at all times.



OUR SCHOOL IS COMMITTED TO

g.e.m.

GRATITUDE

Being thankful
for what you have

EMPATHY

Putting yourself
in someone else's shoes

MINDFULNESS

The ability to be
'in the moment'

SCHOOL WIDE POSITIVE BEHAVIOURS

I'm sure the children have come home talking about working their way towards bringing a token to the school office. In the classroom, every time they have shown the school values, they get a tick. Once they have 10 ticks, they get a token which they bring to the office and hand to either myself or Mrs Double. This is then exchanged for a coloured ping pong ball which they place in the whole school rewards pencil (see photo below). Last week, the disco pencil was full. This equated to a school student disco at lunchtime which all of your children had a chance to participate in over three days last week. This week, the children reached another goal which was a longer lunchtime break. It coincided perfectly with the parent teacher interviews that began at 2:00pm yesterday.

The children are absolutely loving it as they are all collectively working together for the same cause and it is bringing some really positive behaviours, blended in with the gratitude, empathy and mindfulness that they were taught last week by Martin.



PARENT/ TEACHER/ STUDENT INTERVIEWS

I am sure that each and every parent has a much clearer picture of their child's strengths and areas in need of improvement, as a result of receiving student reports last week.

Thank you to those of you that attended the Parent-Teacher meetings on Tuesday or Wednesday. We hope you had the opportunity to clarify any questions arising from the reports and enjoyed sharing in the successes portrayed in the report. The children have worked so very hard this semester and have a great deal to feel proud about.

The home/school partnership is strengthened by your attendance and is significant in the educational success experienced by your child. The interviews are an important part of the reporting process, as not all information can be conveyed in a written report. The process of discussing the achievements, the areas of future focus and the path to achieve future goals, is one that is best achieved through parents, teachers and students working together. Remember that communication is a two-way street so please contact your child's teacher if you have any queries or concerns.

SCHOOL UNIFORM

As we move into next term, can we ask that you make a concerted effort to ensure the children are in school uniform. Our uniform policy was updated this term. The children have crept into the habit of wearing clothing such as hoodies and pullovers that are not school uniform. Uniform is important as it creates a sense of inclusiveness, in that we all belong at Tecoma Primary School and it doesn't create an "arms race" in whose fashion is better than others. Having discussed uniform matters with parents over the years, it is clear that our school community considers our uniform to look smart, be of high-quality materials and provides the children with an enormous sense of pride. I generally take a careful approach to contacting families when a uniform matter arises, due to the added stress and anxiety that many families are under. For families needing support with uniform, we do have a well stocked uniform shop that also includes clean, second-hand uniform.

Our school uniform policy is on our website:

<https://tecomaps.vic.edu.au/wp-content/uploads/2022/06/School-Uniform-and-Student-Dress-Code-Policy-1.pdf>

Thank you for your assistance.

LAST DAY THIS FRIDAY

A reminder that the school holidays have crept up on us again and we finish at 2.30pm this Friday. Each grade will be dismissed from their classroom at 2:30pm.

Parents are asked to make alternative arrangements for their children if they are unable to pick them up at this time.

A final reminder that school recommences next term for the children on Monday 11th July.

END OF TERM ARRANGEMENTS

Please be aware of the timetable for Friday, June 24th. This is the last day of term two.

9.00 – 11.00am	Students in class
11.00 – 11.30am	Morning recess play
11.30 – 1.00pm	Students in class
1.00 – 1.10pm	Students eating lunch in classroom
1.10 – 2.00pm	Lunch playtime
2.00pm	Students in class
2.30pm	Students dismissed

HEAD LICE

The holidays are a great time to try and get on top of head lice. Please have a thorough look through your child's hair and if some are found, please treat accordingly. Details for treatment can be found on <http://www.health.vic.gov.au/headlice/>

PREPARING FOR TERM 3

Sometimes, after school holidays, play dates, outings with friends and relaxing routines a little, it can be challenging for some students to come back to school. Holidays are fun, but at 'back-to-school' time, children may feel stressed, anxious, sad or upset that holidays are now over. Students of all ages occasionally have different experiences of going back to school and we should all tune in to work out how they are coping and what they are feeling. Building your child's sense of resilience and gratitude for all that school offers can be one way to help them tackle any back-to-school challenges.

Alex Brooks, Executive Editor at Kidspot.com.au, offers his 'best tips' for an easy back to school morning routine.

- ⇒ Start getting kids off to bed early. You can't force them to sleep, but you can see they're snuggled in bed looking at books early enough to get a decent night's sleep. I've included a piece on sleeping below.
- ⇒ Get yourself up and ready first. All goes more smoothly those first days when you're available to guide your children each step of the way.

- ⇒ Give reminders. To avoid endless nagging, don't forget to reward the good behaviours and timely organisation when you see it.
- ⇒ State the obvious. "Your uniform is on, now put on your shoes." Later, give one-word directives. Just say "shoes," or ask, "What are you supposed to do next?" so kids can get the hang of getting ready independently.

All of these tips help our students to prepare for the day ahead, prepare for learning and importantly, have fun whilst learning!

The importance of sleep

Martin Heppell spoke of the importance of sleep for the children last week in his presentation.

Sleep is an active phase of the learning process, which is why, as parents, the single most important thing we can do to help our children be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day's activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school, the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra-curricular studies such as sport, music and drama, have enough down time to chill and relax *and* get enough sleep.

Martin also took us through strategies for this last week.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.



Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. As the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.
2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.
3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.
4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won't wake them during the night. Or buy them a clock so they don't need their phone at all.
5. An established bedtime routine that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.
6. Keeping bedrooms for sleep and not for TV.

*Sleep is essential to better brain health and performance,
which is why getting enough sleep is so important.*

STAFF LEAVING

Many of you will have noticed that our favourite Texan (well our only Texan!) Mrs Heather Lynch hasn't been working on site at our school for the past 18 months. One of the few bonuses out of COVID has been the ability to be able to work remotely. We were lucky enough to have Heather continue to work remotely for us from her home in Clunes, near Ballarat. However, Heather and her husband Tim are heading overseas for the next 6 months for Tim's work so Heather has decided that this week will be her final week at Tecoma PS.



Heather has been a wonderful asset to our office, since she joined us in 2015. She is never flustered, nothing is too much trouble and always thinks clearly with ways to solve a problem. She also has a great sense of humour and that is a wonderful asset to have in any office, let alone a busy office like ours here at Tecoma Primary School. Good luck Heather, we will miss you.



Tomorrow, Mrs Gemma Porter says farewell to her class as she heads off on six months long service leave with her family, taking in the sights of Australia via her caravan. We wish her and her family all the best on this great adventure. A very big part of me is very jealous but I'm channelling my inner gratitude in that we should be thankful for our lovely winters here in Melbourne!

We also say farewell to Miss Sóleda Graham in Grade 5 who is going on an adventure of another sort and that is starting her family with her partner Rory. I know her Grade 5 class will miss her, as will our staff. It is such an exciting time for Miss Graham and Rory and we look forward to another addition to the Tecoma Primary School staff creche!



All the best ladies!

THIS WEEK AT ASSEMBLY WE:

- Handed out some wonderful student of the week awards
- Spoke about the "Resilience Project" and the follow up we are doing.
- Wished everyone a great week.

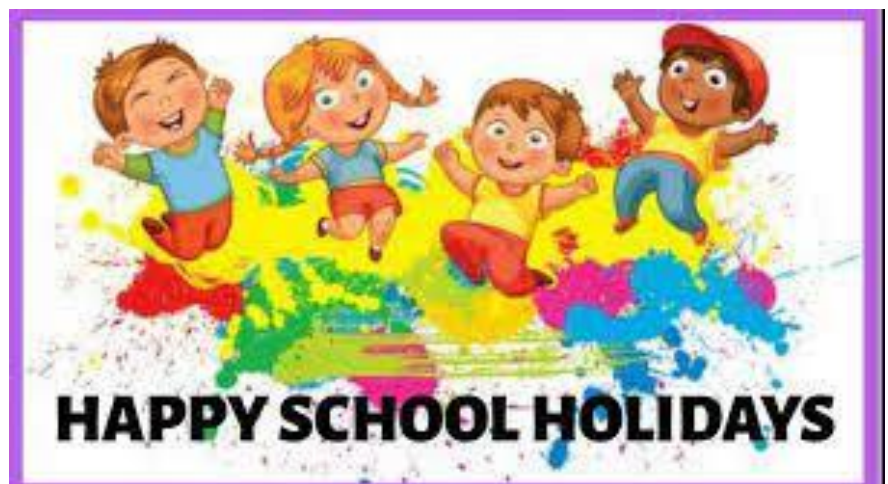
HAPPY HOLIDAYS

On behalf of all the staff we would like to wish all students and families a wonderful holiday. It has been a great Term Two at Tecoma Primary School and we look forward to this continuing in Term Three.

We welcome the community using our facilities during the holiday break as it is great seeing children and families being active and playing outdoors, however, if you see anyone acting suspiciously or inappropriately around the school grounds please contact the Belgrave Police Station 97546677 or contact 000.

We look forward to seeing you all back at school on Monday, 11th July.

Have a great break!
Rohan Thompson
Principal



Volleyball News

WOW! Tecoma have a very talented bunch of volleyballers. On Wednesday the 8th of June, 36 Grade 5 and 6 students attended the Upwey Volleyball Cup at Upwey High School. These dedicated and hardworking students have been attending lunch time trainings weekly, sometimes even twice weekly, throughout the year and were very excited about their first volleyball competition. Tecoma had four teams on the day and each team was assigned a group of coaches from Upwey High School. It was fantastic to see so many past Tecoma students there to coach our students. What was even more amazing was to see how dedicated, passionate and responsible these students were! A big thank you to all the coaches and staff at Upwey High School for putting together and running this much anticipated day for primary schools in the region!

On the day, our students were trained by their highly skilled coaches and then competed in a mini tournament against some other primary schools. It was fantastic to see the kids using their skills in a game situation. All of our teams did extremely well on the day and, most importantly, they had an absolute ball! Two of our Tecoma teams ended up competing against each other in the grand final, in what was a very close match! Well done to all the students who attended on the day. We were so proud of how well they trained, played and supported one another.

Miss Graham & Mrs Smith.



Interschool Sports

Congratulations to all our Grade 5/6 students who participated in the Sherbrooke District Winter Sports Carnival on Thursday 2nd June. We had students participate in Volley Stars, Soccer, AFL, T-Ball, and Netball. As per usual our students displayed good sportsmanship, and all participated to their personal best.

One of our soccer teams and our mixed netball placed 2nd for the day and have now progressed through to Divisional Finals with netball playing at the State Basketball Centre 22nd July and Soccer at the Monbulk Rangers SC.

Thanks to all the Grade 5/6 teachers, Megan, Miss Ward, Mr Wright and Mr Thompson, as well as parents, who assisted on the day. Without the help of these wonderful people our students would not have been able to attend all sports. A HUGE thank-you to them for giving up their time to assist.



SSV SHERBROOKE/BORONIA DISTRICT

WINTER INTERSCHOOL SPORTS

RESULTS

VOLLEYSTARS

- 1st Tecoma #3
- 2nd Ferntree Gully North
- 3rd Belgrave South
- 4th Tecoma #1
- 5th Tecoma #2
- 6th Upwey South
- 7th St Joseph's

SOCCER

- 1st St Joseph's
- 2nd Tecoma #1
- 3rd Upwey
- 4th St Thomas More
- 5th Tecoma #2
- 6th Upwey South
- 7th Ferntree Gully North
- 8th Belgrave South #1
- 9th Belgrave South #2

NETBALL (GIRLS)

- 1st Ferntree Gully North #2
- 2nd Upwey South
- 3rd Tecoma
- 4th Ferntree Gully North #1
- 5th St John the Baptist
- 6th St Thomas More
- 7th Ferntree Gully North #3
- 8th Belgrave South

NETBALL (BOYS/MIXED)

- 1st Upwey
- 2nd Tecoma
- 3rd Belgrave South
- 4th Upper Ferntree Gully #2
- 5th Upper Ferntree Gully #1

T-BALL – POOLA

- 1st Belgrave South
- 2nd Upper Ferntree Gully
- 3rd Tecoma #1
- 4th Ferntree Gully North #2
- 5th St Joseph's

T-BALL – POOLA

- 1st Ferntree Gully North #1
- 2nd Upwey South
- 3rd St John the Baptist
- 4th Tecoma #2
- 5th Upwey

AFL

- 1st Upwey South
- 2nd Ferntree Gully North
- 3rd Tecoma
- 4th Belgrave South
- 5th St John the Baptist

KIDS EAT FREE!* *every*
TUESDAY throughout winter!

*Conditions apply. See our website for details.

**GET THE
GANG
TOGETHER!**

BAM BAM
ITALIAN EAT IN + OUT

445 Belgrave-Gembrook Rd
Avonsleigh VIC 3782

03 5968 4717  

YARRA RANGES COUNCIL
WINTER SCHOOL HOLIDAYS

Family fun in your community!

For children aged 0-12 years and their families.



Wednesday 29th June - Yarra Glen

Discover native bees and make an insect habitat for your garden.

Friday 1st July - Monbulk

Come along to a Zoo Party performance, but watch out for cheeky monkeys!

Monday 4th July - Yarra Junction

Join us for a T-RIFFIC T-Rex Tea Party performance.



Tuesday 5th July - Mt Evelyn

Bring along your teddies for a special teddy bear story time and teddy hunt.

Thursday 7th July - Kilsyth

Enjoy a superhero performance with a superhero unlike any you've ever met!



For up to date information on activities, events and programs for families and children in the Yarra Ranges like and follow Yarra Ranges Families on Facebook at www.facebook.com/yrrfamilies



Yarra Ranges Council is a
Child Safe Organisation

Covid safety protocols in place at all events.



Booking is essential as places are limited. For further information and to book, visit:

www.yarraranges.vic.gov.au/Community/Family/School-holiday-activities

If you require support to book please contact Michelle Lehmann at earlyyears@yarraranges.vic.gov.au or call 1300 368 333



It's never too late to join!

Women's only (Kid friendly) Bootcamps

6.15pm Mondays

6.00pm Tuesdays

@ Tecoma Primary School Basketball Court

All fitness levels

\$5 each session

Contact Rick

Email: hoggfit@gmail.com

Or you can find us on Facebook

1:1 PT also available

UNIFORM SHOP HOURS...

Mondays: 9.00am—9.30am only

Thursdays: 9.00am—9.30am

&

3.00pm—3.30pm

If you are unable to visit during these times you can place your orders through the Qkr! App. Also, feel free to come in for second hand uniform. As our shop is run by parent volunteers, please be patient. Please wait in the corridor for your turn. Thank you.



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Upper Remuera

Got Questions? Visit goldencobra.org.nz



LUNCH ORDERS AVAILABLE FRIDAY'S ONLY

Orders must be done through the Qkr! App by 9pm the night before!
Thank you.



FAMILY FIESTA

29 JUNE - 2 JULY

monash.edu/family-fiesta

Presented by



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 - Get involved in team sport and club life
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Contact belcoma.president@gmail.com for further information



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Join us for Superhero karate training! We offer classes for all ages, from 3 years up.

2 FREE
TRIAL
CLASSES

Our school aged superheroes learn that anything is possible through developing confidence, resilience, respect for themselves and others, self defence and so much more!

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Class caps apply - get in quick to avoid disappointment.

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