



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**

16th November, 2023

DATES TO REMEMBER:

NOVEMBER

Wednesday 22nd
Step Into Prep
Yard Familiarisation

SWIMMING Grades 5/6



Friday 24th
COLOUR RUN
From 2.00pm



Monday 27th
Belgrave Bike Ride
Grade 5 - 10:00am

Wednesday 29th
SWIMMING
Grades 5/6

DECEMBER

Friday 1st
Knox Bike Ride
Grade 5



FROM THE PRINCIPAL

NATIONAL STUDENT WELLBEING PROGRAM FUNDING

Wonderful news and hot off the press as of 1PM yesterday.....

Our school's application for Australian Government National Student Wellbeing Program (NSWP) funding for 2024 to 2027 has been successful. The NSWP provides pastoral care services and strategies that support the wellbeing of the broader school community. Our school will receive funding from 2024 to 2027 to support the engagement of a chaplain or student wellbeing officer.

NSWP chaplains and student wellbeing officers may:

- work as a member of the school's wellbeing team in the delivery of student wellbeing services
- contribute to improving student engagement and connectedness
- contribute to providing a safe, inclusive and supportive learning environment
- provide pastoral care and guidance to students
- operate within the school community and with external providers.

The roles and responsibilities of NSWP chaplains and student wellbeing officers could include:

- supporting student attendance, engagement and mental health
- supporting students in difficult or challenging situations such as during times of grief
- providing students with referrals to specialist services when required
- providing pastoral care and guidance to students about values and ethical matters
- supporting physical, emotional, social and intellectual development and wellbeing of students
- supporting an environment of cooperation and respecting a diversity of cultures and traditions.

My congratulations to our Assistant Principal Di Double who successfully submitted this application. This will be a wonderful asset to our school and support the well being of our community. We look forward to beginning the process of making this appointment.

SCHOOL CAPTAINS 2024

At assembly this week, we announced our 2024 School Captains to the wider school community.

Our 2024 School Captains are:

- Tori L
- James D
- Jack G
- Evey T

The children went through an extensive process to select the captains. I must say I was really impressed with the list of candidates (20 put their hand up) who all would have made excellent captains in their own right.

I was even more impressed with the way the children handled the announcement in amongst their peers, running over in the classroom to congratulate them. The winners were humble in their success and the candidates that missed out were extremely gracious.

Life can be a roller coaster, we don't always get what we want but it's how we respond to the disappointment, bounce back and work towards the next challenge that shows our character and resilience. We now begin the process of allocating other leadership roles in Grade 6. The cross-age tuition they are entering into develops them as leaders, as organisers, and as communicators.

COLOUR RUN

Our children are very much looking forward to next weeks colour run on Friday, November 24. I want to thank our Parent Network who have been the driving force behind this fundraising initiative.

The rundown for the day is as follows:

- | | |
|--------|--|
| 1.30pm | Bell rings and Prep-2 children go to the oval |
| 1.45pm | Prep to 2 colour run starts |
| 2.15pm | Prep to 2 colour run finishes. All children receive their icy pole and will head up to the basketball court. |
| 2.15pm | Grade 3-6 children assemble |
| 2.30pm | Grade 3-6 colour run starts |
| 3.15pm | Grade 3-6 colour run finishes. All children receive their icy pole. |

Our community are more than welcome to attend and join in the festivities.

Parent Webinar - Supporting Primary to Secondary transitions

Moving from primary school to secondary school is a time of big change for young people.

To help navigate through this change, School Focused Youth Services within the Yarra Ranges are hosting a free online session in partnership with Maroondah City Council, for parents and carers in Yarra Ranges.

The information session will be facilitated by Kate Wilde from the Human Development Workshop and will provide you with some tips and tricks to help your child prepare and make smooth transition to secondary school.

Wednesday, 22 November

7pm-8.30pm

Registrations are essential via the following link:

<https://events.teams.microsoft.com/event/99a34c80-decc-4648-abac-7e8f6df3797e@744e1ea9-43d5-4ffd-ad33-ce5c44e2fc43>

MOBILE DEVICES

You only have to read the news, watch the television or have an eye across any social setting to see that mobile phone and technology use is significant amongst all children. Children are spending considerable time interacting with one another online via social media platforms on a multitude of different devices.

Since 2019 the use of mobile phones in state government primary and secondary schools has been banned. The decision was made in response to the increasing issues of cyber bullying in schools, especially secondary schools. We have a combination safe in each classroom across Grades 5/6 that children are to put their phones in each day and a safe in the Grade 3/4 area as well.

Requiring phones to be handed in at the start of a school day, we continue to consider the amount of digital access available at TPS as we prepare students for the next stages of schooling.

With students learning in very different ways to how our educational system was originally designed, we embrace technology in the classroom to improve engagement and increase student success rates.

At TPS, we have strict guidelines to ensure the safe and productive use of devices, with teachers critically considering the need for technology in lessons. An important consideration when introducing devices into lessons is asking 'Is this screentime active?' as children passively consume large amounts of digital content with no thought, creativity or interaction ... active screen time involves cognitive thought and engagement.



As an eSmart accredited school, we understand both the benefits and risks of digital technologies. Learning about being safe online is a part of our teaching program, with teachers regularly and explicitly reinforcing these important practices.

We are increasingly using digital technologies for professional purposes (such as teaching and learning) and use the Compass online management system to streamline our processes and school-home communication. Social media does have benefits but cybersafety is a major concern facing schools. Children, young adults, school staff, parents and wider community members are at risk of misusing social media or being targeted by a disgruntled young person or member of the public. As with all forms of inappropriate behaviours, the digital world has simply opened up a new platform for it to occur. I urge school families to read the eSmart online safety guide as it includes a range of practical tips and advice on what to do if things go wrong.

As a parent I know the battles that occur in the home around screentime, and I've come to appreciate that if I'm not saying 'no' to my children that I must not be doing my role of parent properly. In protecting kids from the dangers online, some thoughts to consider could be:

- ⇒ No technology in the bedroom: research shows that a concerning amount of children text/message friends at night! No devices = better sleep.
- ⇒ Screentime limits: in understanding the difference between active and passive screentime, time online is monitored – including television, games consoles and iPad/laptop.
- ⇒ Device ownership: despite giving an iPad/laptop as a gift, the rule of the house is that we as parents can access the devices at any time.

We are fortunate to be in an educated community, and appreciate there will still be differing parent values and sensibilities. We thank you for your support.

THUNDERSTORM ASTHMA

During the months of October to December, areas of Victoria are particularly prone to bouts of combined pollen and weather conditions that can result in 'Thunderstorm Asthma' in children and adults. On days of high risk of this at school, staff carefully consider conditions, and may have some outdoor activities relocated indoors (such as PE) to limit the potential impact of conditions that could result in a student having Thunderstorm Asthma.

Families can monitor the potential for Thunderstorm Asthma through various websites and apps, including the following:



<https://www.health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma-risk-forecast>

<https://www.melbournepollen.com.au/mobile-app/>

<https://support.emergency.vic.gov.au/hc/en-gb/categories/203637608-VicEmergency-app>

For students prone to Asthma, Hayfever, or who take regular preventative medication, families are encouraged to monitor these sites (as does the school), and ensure children have their medication (named) at the school sick bay, in case it is needed. More information about Thunderstorm Asthma can also be found here:

<https://www.health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma-frequently-asked-questions>

CHRISTMAS CAROLS PICNIC

Just a reminder that we will have our Christmas Carols Night on the oval on Wednesday December 6, from 6.00pm. This concert each year is always a happy occasion, where we get together as a whole school community to share in the children's success, have a break after a very busy year, and hopefully see a friend or two who we haven't caught up with for a while. Parents are invited to bring along picnic rugs, chairs and their picnic food and drinks for a 6.00pm dinner. There will also be 2 food vans and a coffee van onsite for you to purchase from. A reminder that smoking and the consumption of alcohol on the school property is against the law and therefore not permitted.

At 7.00pm, we will commence our Christmas Carols evening here at the school. This will be a very low key evening where we can all get together, enjoy each others company and sing along to our favourite Christmas Carols. There will be strictly "no choreography," just a nice sing-a-long to celebrate the end of another huge year. We would love to see you all here. Grandparents and extended family are very welcome as always. Let's hope the weather is kind to us again this year!



STUDENT WELLBEING

With the warmer weather arriving earlier this year with El Nino on our doorstep, (I think I saw the sun out today), now is a good time to remind students and parents about drink bottles. In order for our brains to function at their best, hydration is essential.

At TPS, we encourage students to have a drink bottle on their table and of course, we have fountains to drink from when outside. We all know that dehydration leads to fatigue, headaches and other physically draining symptoms that interfere with learning. In order for each child to give themselves the best chance at a productive day, drinking plenty of water is the healthy and sensible solution.

I've also spoken to all the children about the use of the breaks before school, recess and lunch time for going to the toilet. Habits that crept in during remote learning and there has been a continual procession of children going to the toilet 5 minutes into learning time.

I've used the analogy of what mum and dad would say as you're about to head off on your family roadtrip for a holiday. The last thing they would say before hopping into the care is "have you gone to the toilet?" as they don't want to be stopping every 10 minutes on their road trip. School is the same. No teacher is going to stop the children from going to the toilet but we're trying to get them to go during the breaks instead to maximise the most of their learning time.

WHOLE SCHOOL TRANSITION

This week, our students spent some time stepping up into their 2024 year levels, familiarising themselves with the teachers in the new year level and friends that might have been in other classes. From this, we ask the children for the names of others they would like to be in a class with next year. We can only guarantee one child on that list as it is a very complicated process. On Tuesday 12th of December, we will be having our whole school transition day where the children meet their new class and their class teacher for 2024 from 11:30am until 1.00pm. This date is also the state-wide transition day for Grade 6 to Year 7. More details will be shared with our Grade 6 families closer to the date.

THIS WEEK AT ASSEMBLY WE:

- ◆ Announced our School Captains for 2024
- ◆ Handed out our "Student of the week" awards to our very worthy students
- ◆ Heard about some wonderful weekend achievements

Have a lovely weekend everyone. See you around the school!

Rohan Thompson

Principal

OFFICE NEWS!

1. PARENT CONTRIBUTIONS FOR 2024.

Parent contributions for next year will be out in the next week. We are very proud to be able to say they are almost the same as they were for this year!

2. LOST PROPERTY.

There are another 5-6 baskets full of our beautiful bomber jackets that have been brought up to lost property over the last 2 weeks. PLEASE remind your kids to put their jackets in their school bags when they take them off at school.

Please come in before or after school if your child's jacket is missing, to have a look through lost property. Thank you for your help with this.





STUDENT OF THE WEEK T4W2



GRADE	NAME	REASON
Prep A	Archer P	Congratulations, Archer for completing over 200 nights of reading. Keep reading, reading and reading!
Prep A	Genevieve W	Congratulations, Genevieve for completing over 200 nights of reading. Keep reading, reading and reading!
Prep C	Billie M	For your consistent reading every night, and achieving over 225 nights of reading this year! Amazing, Billie!
Prep C	Lachlan S	For your consistent reading every night, and achieving over 225 nights of reading this year! Amazing, Lachlan!
Prep C	Kiki C	For your consistent reading every night, and achieving over 225 nights of reading this year! Amazing, Kiki!
1B	Max G	For the HUGE improvement Max is making in trying so hard to complete everything he has been asked to do and showing resilience even when things don't always go as he may have wanted them to. You should be very proud of yourself, Max!
2A	Isobel J	For your focus and effort when working with vertical subtraction this week. Isobel, you explained the steps you were taking very clearly. Well done!
2B	Riley C	Riley works really hard every day and gives every task his best effort. This week we were doing some tricky re-grouping when subtracting. Riley stayed with me on the floor for extra help, listened carefully and tried to work it out. This is what Personal Best is all about. Great work, Riley.
3/4A	Zarli B	Zarli worked very diligently on her Haiku about the nature she observed in Tecoma. Her brainstorming included "The dew drops on the leaves are so beautiful, they shine like crystals". Zarli included such beautiful imagery just in her brainstorm alone and I can't wait to read the final piece! Well done.
3/4B	Noah T	Super work this week Noah, mastering the art of writing Haiku. Your brainstorming helped you sort out your three lines and their correct number of syllables very quickly. I could visualise the elements you chose of water and wind on the fern, loved it!
3/4C	Lincoln L	Lincoln, I loved your costume for Book Character Day. You really got into the spirit with your Ratburger costume and you looked fantastic. Well done!
3/4C	Ari S	I loved the creative maze you constructed to use with the Spheros in Digitech. Once it was built, you did a wonderful job of driving your Sphero down all the dead-ends and back out again to complete your maze. Great effort, Ari!



STUDENT OF THE WEEK T4W2



GRADE	NAME	REASON
3/4D	Xavier M	Xavier, you have had the most amazing year. You include everyone in everything you do, regardless of grade level or gender. You think about others and put yourself in someone else's shoes if there is a problem. And all of the time, you give your best effort into your work. Well done.
3/4D	Kaspar N	Well done on your recent efforts in your writing, Kaspar. The brainstorming you did for your Haiku poem was really detailed. You looked closely at one of the rocks, chose some great adjectives and looked carefully at the insects living there. Well done on settling into your writing quickly.
3/4E	Xavier F	Xavier, your sense of fun and humour brings joy to our class. We love seeing the entertainer in you shine. We look forward to many more laughs and fun moments throughout the remainder of our time together in 3/4E.
6A	Heath S	What would we do without your dedication to cleaning our classroom all through the day, each and every day. You are a cleaning machine Heath, and your efforts are very much appreciated by all!
6A	Hannah A	Hannah, you have taken on the role as chief cleaner in our classroom and this is just marvellous. We have a spotless environment thanks to your efforts! It is much appreciated!
6B	Mason E	Mason, congratulations on an awesome Term 4 so far. You have demonstrated real growth and maturity in your respect for others and your commitment to showcasing your personal best effort. I am proud of your progress and the positive choices you have been making. Well done!
6C	Harry H	Harry has been a fantastic leader, both in our class and in his role as a member of the Junior School Council. He consistently tries his hardest, is respectful of staff and his peers, applies creativity to his work and always bounces back from challenges. Well done, Harry!



Screen Time Recommendations for Children

2-5 years
Less than 1hr each day

5-12 years
Less than 2hrs each day



**Too much
screen time can
lead to
behavioural
problems and
anxiety**

Environment News

We are extremely proud to announce the winner of the Indigenous Garden Design. On National Tree Day last term, every child in the school worked in groups to submit their design for our future indigenous garden. Our Grade 6 environment leaders and Student Action Team leaders got together one lunchtime to shortlist all of the designs to the best 5 for students and staff to then vote on. After the voting process the winning design was awarded to:

Abigail Y from 3/4B



Abigail will have her design created as close as possible to this design in 2024 as we work towards building our beautiful new indigenous garden. Abigail and the creators of the other 4 shortlisted designs received a certificate at assembly last week. WELL DONE to everyone who participated and CONGRATULATIONS to our winner!

Colour Explosion Fun Run Update

Next Friday afternoon, 24th November we will be running our Colour Explosion Fun Run 😊 😊
Thank you to everyone who has created their profile page and raised funds to go towards purchasing new basketball and netball rings. So far, we have raised \$8,567!
If you are yet to set up your page, it is not too late. If you don't want to go online, you can do all donations through the office & your child will still receive prizes - just let us gals know!

Fundraising is open until end of day 24th November.
Every \$ counts so please get onboard.

A few things to note, the Colour Explosion Fun Run is all about having fun it is NOT a race, children can go at their own pace. If your child wishes to participate but not get powdered this is also ok. Powder and any use of water will only be below shoulder height. Don't forget to get a white or light-coloured t-shirt. If you have any concerns, please reach out to the office.
Your child is likely to come home messy and potentially a little bit wet, please bring a towel or change of clothes when picking them up.
All children regardless of if they participate or not will receive a pair of sunglasses, a headband and an icy pole. Masks are also available to those who want them.

Spectators are welcome!



Tecoma Twilight ETHICAL MARKET

SUNDAY NOV 19TH

TECOMA UNITING CHURCH

This year our school choir will be attending/performing at 5pm led by the wonderful Sally Connell

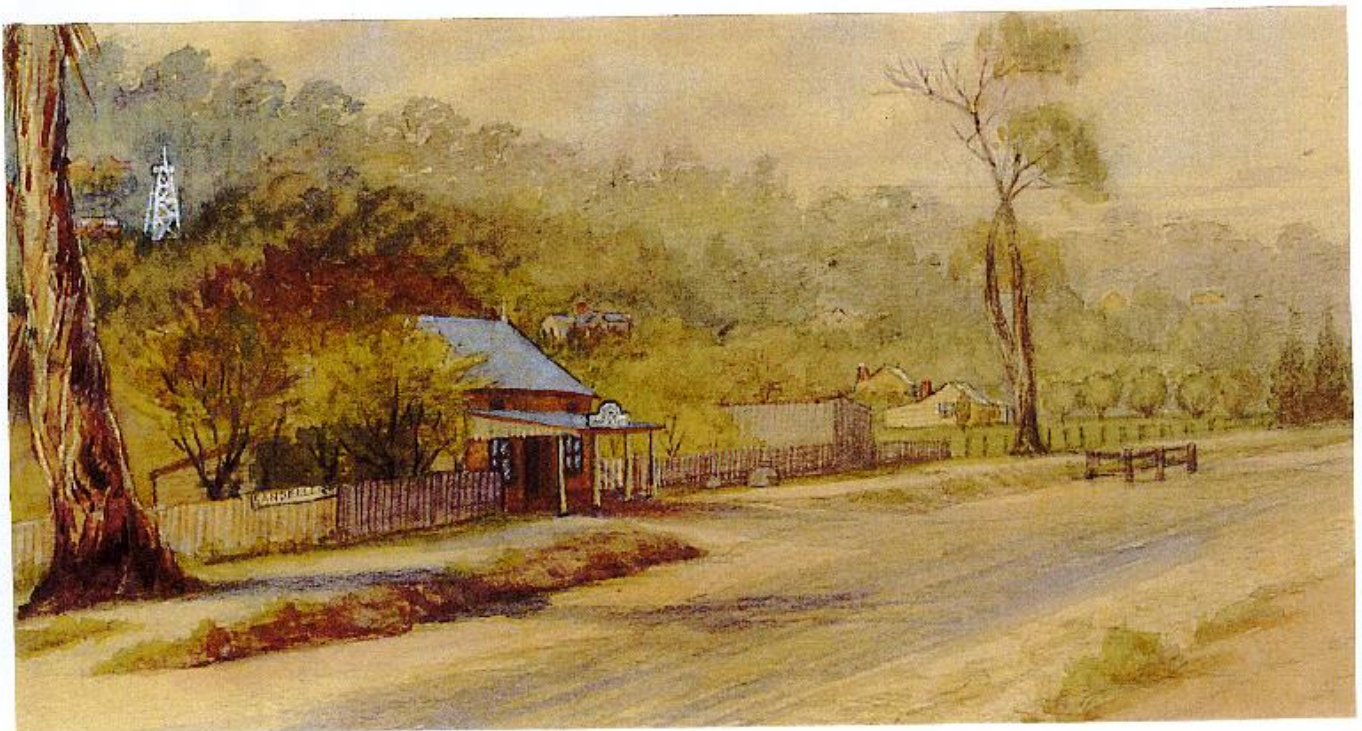
4PM - 8PM

SHERBROOKE FOOTHILLS HISTORICAL SOCIETY

2024 CALENDAR'S FOR SALE AT THE OFFICE \$10 EACH

LARGE SQUARES TO A MONTH TO WRITE YOUR APPOINTMENTS IN.

CALENDAR 2024



Sherbrooke Foothills Historical Society



COME PLAY CRICKET WITH ST JOHNS TECOMA CRICKET CLUB

SUMMER **23/24** JUNIORS

ages 5 - 16 all abilities

contact simon 0403487906 or
taryn 0438984829
taryncampbell125@gmail.com

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SOUTH BELGRAVE CRICKET CLUB

JUNIOR REGISTRATION



ALL GIRLS



SUPER 7S &
FAST 9S



JUNIORS



New Members Welcome

Open to all Boys & Girls
Super 7s Fast 9s
U12s U14s U16s All Girls

All Juniors - \$115



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Contact Person: Kelvin O'Brien
0488 011 119

More Information:
www.southbelgravecc.org.au



ParentZone Parenting Workshops

Online Parenting Workshops * Free of Charge * Bookings Essential

Parenting Anxious Children

A Parents Building Solutions Workshop
Tuesday 21st November
12:30pm to 2:30pm
Do you want to feel less overwhelmed and find more positive ways to deal with your child's anxious feelings? Come along to this session to learn strategies and get some tools and tips to help them cope.

Dads Toolkit

A Parents Building Solutions Workshop
Tuesday 28th November
7:00 pm to 9:00 pm
Are you a dad who would like to better understand your importance in your children's lives? To communicate with them more positively so that you can strengthen the your connection and get your head around what they need from you? Come along and share strategies, tips and tools with other dads.

Circle of Security Parenting

A single session introduction
Tuesday 28th November
12:30pm to 2:30pm
Circle of Security Parenting looks at how parents can use a simple circle graphic to build their relationship with their children, enhancing relationships, secure attachment, trust and a sense of safety.

Emotion Focused Parenting

A Parents Building Solutions Workshop
Tuesday 4th December
7:00pm - 9:00pm
Would you like to be able to better deal with their strong emotions such as anxiety and anger and manage their challenging behaviour? Would you like to help your children learn to better manage their emotions and deal with conflict?

To book for any or all of these workshops [Click here](#)
Questions: Contact ParentZone Eastern on 9721 3646

PARENTZONE