# THORPDALE PRIMARY SCHOOL

### From the Principal...

Welcome Back!!

It was an exciting break for me to see lots happening around the school. Trees getting sorted, new shade sail going up, painters, Dean Whitehouse filling our playground with soft mulch and clearing out more of our Centenary Garden and of course our new BIKE TRACK getting laid. It was looking a bit scary in the early stages with messy mud everywhere! However as an artist myself I should have known not to panic until the final piece was done, and Paul Matthews tidied up and completed his job brilliantly. The track looks great and at the time your receiving this we will be officially opening it up.

Well it is a fun-filled term ahead at Thorpdale Primary, especially when you look at the calendar to the right. Plenty of activities and themed weeks to move the students through the winter months.

### 100 Days of School

Donna has posted information on COMPASS re: Prep/1/2's celebrating 100 days of school!

This year the children have decided that they would like to dress up to look like that they are 100 years old and Mrs Powell has asked if the children can bring 100 items in a jar, (suck as popcorn, or stones, pasta, etc...)

Parents are invited to join in our maths lesson for that day at 11:20 am where we will be learning about all things to do with 100! This lesson will start at 11:20. At approximately 12:00pm we will move into the hallway and have a parade of our costumes and our 100 items. This will be followed by a munchies lunch (parents are welcome to order and stay if they wish.) The children in the senior classroom are also being asked to join in the fun by dressing up as well.

If you have any questions, please see Donna.

### PJ Day

PJ Day will happen on Monday the 24th with students dressing in PJ's for the day. Please bring a gold coin donation which will go towards supporting Foster Care organisations.

Plenty more events that will provide details of in next weeks newsletter. In the meantime have a great weekend :)

### Calendar

### Term 3

21/7: 100 Days of School

21/7: Munchies (Dominos Pizza)

24/7: PJ Day

26/7: Life Ed Session @School

31/7: Curriculum Day 1/8 - 4/8: Book Fair

1/8: School Council 7pm (finance)

and 7.30pm (main)
10/8: Buddy Activity

14/8: Science Week starts

21/8: Book Week starts

22/8: Possum Magic excursion to

Warragul Arts Centre 24/8: JSC Movie Night

28/8: Dental Van Week starts7/9: Parent/Teacher interviews

13/9-15/9: Melbourne Camp

On the following pages you will see pamphlets for family supports. If you feel either organisation can help you (or someone you know) then please use the information:)





## THE ACAP CLINIC

A not-for-profit training clinic staffed by supervised final year psychology, psychotherapy, counselling, and social work students.

We celebrate, value, and include people of all backgrounds, genders, sexualities, cultures, language groups, bodies, and abilities for all ages.



Art for Happiness

Mindfulness Group

International Student Wellbeing Drop-In Group

Psychometric Testing

Building Self-Compassion Group

Social Anxiety Group

Compassionate Mind Training



acap.edu.au/applied-psychology/ psychology/psychology-clinic/

psycholinic@clinic.acap.edu.au

(02) 8236 8070

Services available via Zoom or face-to-face in Sydney, Melbourne, Brisbane, Perth and Adelaide.



### The Thriving Kids and Parents Schools Project - An exciting offer for schools

The Commonwealth funded Thriving Kids and Parents Schools Project aims to strengthen partnerships between schools and families by offering three interconnected Triple P — Positive Parenting seminars for parents - FREE of charge. A complementary brief webinar, and a summary of the strategies will also be made available for teachers of participating schools. Providing parents and teachers with a shared set of strategies and a common language aims to strengthen the home-school partnership through a collaborative effort to foster the learning, wellbeing, and resilience of Australian children.

All seminars will be delivered online via video conferencing software by experienced practitioners (at no cost to the school). To further minimise school workload, seminars will be centrally organised by the project team.

### Seminars topics

- The Power of Positive Parenting seminar helps parents and teachers to understand why kids behave the way they do, while also introducing practical strategies to support children's social and emotional development.
- The Helping Your Child to Manage Anxiety seminar is designed to equip parents and teachers with the skills and strategies they need to support children manage their emotions and overcome challenges.
- The Keeping your Child Safe from Bullying seminar helps parents and teachers maintain good communication with the children in their care, develop positive relationships, and address conflict and bullying.

#### What's involved?

You can register through the following link:

### https://ugpsych.gualtrics.com/jfe/form/SV d6h6JwHgZfNcpwi

- Visit the project website to find out more.
   <a href="https://www.triplep-parenting.net.au/pfsc-sa/triple-p/">https://www.triplep-parenting.net.au/pfsc-sa/triple-p/</a>
- Professor Matt Sander's invitation to parents: https://www.youtube.com/watch?v=2aC9rpf ZHg