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## Term 2 Dates

24 June	Athletics Carnival Years 2 - 6 Dance Group - Glen Street Theatre
25 June	Year 6 Vs Teachers Pick up Krispy Kremes Doughnuts Last day Term 2

## Term 3 Dates

12 July	Staff Development Day
13 July	First Day Term 3 for Students NAIDOC Week
15 July	SRC Movie Afternoon/Night
16 July	K-1 Athletics Carnival
19 July	Reconciliation Action Plan Meeting
20 July	Add a splash of green to your uniform in preparation for the Colour Run
21 July	DRAMA - Gumnut Performance
23 July - 8 August	Tokyo Olympics
27 July	Add a splash of yellow to your uniform in preparation for the Colour Run
30 July	International Day Of Friendship
2 August	Zone Discuss

Please note dates are subject to change

## This week's update

Dear Parents and Caregivers,

### Staffing

I would like to inform you that the Executive Director School Performance has asked that Mrs Mamo continue to relieve as Director Educational Leadership for Term 3. I will continue in the relieving Principal role, Ms Dowd will continue as relieving Deputy Principal and Miss Waldron as Assistant Principal for Kindergarten.

Mrs Mamo is looking forward to seeing everyone in Term 4 and returning to the best school!

It is with congratulations that I also inform you that Ms Allen has been successful in gaining a 2 week Relieving Principal role at the commencement of term 3. Mrs Mudhar will teach 2A during this time and Mr Watkins will relieve as Stage 1 Assistant Principal.

It is with mixed emotions that we say goodbye to Mrs Nicole Reid thank you and best wishes as she will be leaving Thornleigh West at the end of term. Mrs Reid has worked for 8 years as an SLSO and has supported many students and teachers as well as being a collaborative and much valued support staff member. I know students and families alike would like to acknowledge the kind, caring, professional and committed way you have worked across our school over such a long time. While we will certainly miss you and we wish you all the very best in your next role.

Today we welcome Ashlee Pobjie to Thornleigh West as an SLSO for the remainder of the year who will work across the school in a support role.

### E - cigarettes

Recently we have had some instances of e-cigarettes (otherwise known as 'vaping') in our school and in the community. We take this issue seriously due to the negative health effects vaping can have on young people, who are often unaware of the risks associated with the practice.

Vaping is the act of inhaling a vapour produced by an e-cigarette or electronic vaporizer. The vapour can contain nicotine and other substances and may expose users to chemicals and toxins which are harmful to health. The devices are small and can be easily hidden in a pocket or bag. The most popular disposable vapes resemble large USB sticks or highlighter pens.



The vapes pictured above contain 5% nicotine, which is the equivalent of a strong pack of cigarettes. Nicotine is addictive and can harm brain development and impact learning, memory, and attention.

The Public Health (Tobacco) Act 2008 was amended in 2015 to define e-cigarettes and e-cigarette accessories to be separate from tobacco products. The Act makes many of the provisions that apply to tobacco products also apply to e-cigarettes and e-cigarette accessories. The Act makes it an offence:

- to sell e-cigarettes and e-cigarette accessories to persons aged under 18
- for adults to buy e-cigarettes and e-cigarette accessories on behalf of persons aged under 18

The NSW Department of Education has advised schools that students should not bring e-cigarettes or e-cigarette accessories onto school premises or use them during school-based activities. Consistent with Department of Education and school policy - **vaping, selling or being in the possession of e-cigarettes will result in disciplinary action that may lead to a student being suspended from school.**

We are asking parents to be informed about this ongoing concern and to speak to their children about making positive decisions. Additional information to support parents and students can be found at

<https://www.health.nsw.gov.au/tobacco/Pages/electronic-cigarettes.aspx>

### Attendance

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best. NSW public schools work in partnership with parents to encourage and support regular attendance. When your child attends school every day, consistency in learning is maintained and your child has the opportunity to build and maintain friendships.

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral.

Parents must provide an explanation for absences to the school within 7 days from the first day of any period of absence. Where an explanation has not been received within the 7-day timeframe, the school will record the absence as unjustified on the student's record. Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the Principal will discuss their decision with you and the reasons why.

As term 2 is drawing to a close, class teachers will be following up on any unexplained absences throughout the term. If you do receive a letter requesting an explanation, could you kindly return this note to the class teacher as soon as possible.

Thank you for your prompt attention to this.

# Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

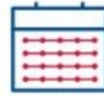
and years over their school life

**1** day per fortnight



=

**4** weeks



=

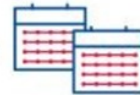
Over **1** year missed

**1** day per week



=

**8** weeks



=

Over **2.5** years missed

education.nsw.gov.au

## School Infrastructure NSW

### SUPPORTING THE DISABILITY STRATEGY

#### – INCLUSIVE SCHOOL ENVIRONMENTS PILOT PROJECT –

Thank you to parents who opted in to participate in Inclusive Schools Project online survey. Your feedback through the online survey and focus group already has been acknowledged as most valuable.

We were selected as one of nine school in NSW to participate in the project and class teachers, support staff and executive staff have been a part of the project. The research is looking at the design and physical environment of schools and how they can better support learning and wellbeing outcomes for students with disability.

#### Community Thanks

Thank you also to the many parent volunteers continuing to support TWPS in so many ways. From those helping make the pizza lunch a success on Monday to those who pop in to sort lost property just to help out, those who offer their support through a role as class parent or those on other committees such as through our Band program and TWOOSH – Thank you!

As we have concluded the term aligning our parent / teacher interviews and semester one reports, the value in these conversations is most evident. Thank you to all parents for being partners on your child learning journey. The success we have at school and the focus areas we have for learning can only be strengthened by our collaboration between home and school.





### Staff Development Day Term 3

Monday 12 July will see our teachers engaged in professional learning that includes mandatory training in CPR and also work around a literacy focus on spelling. We will be delving deep into underpinning philosophy and practice as well as practical implications for planning and teaching.

Finally...

Thanks to Mrs Hoffman for including some hot reads for winter!! Perfect time for a good book!!

Best wishes for a safe and happy holiday break. Students K-6 return Tuesday 13 July.

Kind regards,

Julie Granville

R/ Principal

### Deputy News

It is with great pleasure I announce our Bronze and Silver citizenship award winners from our last assembly:



Elliot F	3C	Bronze
Alec I	3/4/5R	Bronze
Erwan V	3/4/5R	Bronze
Owen R	3/4C	Bronze
Calla R	2W	Bronze
Alyssa H	2A	Bronze
Alyssa R	3F	Bronze
Amelia R	2BG	Bronze

Tom D	5DZ	Silver
James T	6S	Silver
Aidan M	5E	Silver
Jeremy B	5E	Silver
Avi C	5E	Silver



It was lovely to celebrate these award winners in our outdoor assembly. The students all sat outside and we were lucky enough to have Mr Cottrell accompany the national anthem on guitar.



During assembly we also celebrated our ribbon winners from the Athletics Carnival. We will celebrate the 200m, long jump and shot put after our back up carnival.

## 2021 Athletics Results - Boys

Event	Age	1st	2nd	3rd
100m	7 yrs	Louis B	Charlie B	Joshua M
	8 yrs	James B	Kye S	Callum U
	9 yrs	Tighe S	Leo G	Tyler W
	10 yrs	Matthew H	Tallen L	Haven K
	11 yrs	Aidan M	Quin O	Sam T
	12 yrs	Lachlan B	Mason R	Levi B
800m	Jnr	Tyler W	Oliver M	Charlie X
	11 yr	Leo R	Zach B	Asher C
	Snr	Lachlan B	Zac F	Jamie A
1500m	Jnr	Oscar R	Tyler W	Callum H
	11 yr	Leo R	Zach B	Asher C
	Snr	Lachlan B	Joel S	Zac F
Discus	Jnr	Oliver M	Matthew H	Haven K
	11 yr	Curtis O	Sam T	Connor H
	Snr	Lachlan B	Mason R	Matthew N
High Jump	Jnr	Oliver M	Matthew H	Josh L
	11 yr	Noah B	Asher C	Zach B
	Snr	Lachlan B	Mason R	Lucas H



## 2021 Athletics Results - Girls

Event	Age	1st	2nd	3rd
100m	7 yrs	Calla R	Anna M	Maria G
	8 yrs	Evie M	Cleo C	Marissa M
	9 yrs	Grace C	Ada R	Anna S
	10 yrs	Michiko P	Holly M	Bonnie S
	11 yrs	Indigo H	Ella C	Lucia N
	12 yrs	Summer C	Gemma P	Sohaaya H
800m	Jnr	Holly M	Thea T	Hannah S
	11 yr	Indigo H	Alicia S	Elizabeth F
	Snr	Summer C	Sohaaya H	Charlotte F
1500m	Jnr	Holly M	Lucy F	Juliet J
	11 yr	Indigo H	Elizabeth F	Bria W
	Snr	Summer C	Alex M	Nil
Discus	Jnr	Holly M	Savanah E	Juliet J
	11 yr	Emily F	Indigo H	Chloe F
	Snr	Kayleigh E	Martha M	Alex M
High Jump	Jnr	Holly M	Safron W	Lily M
	11 yr	Indigo H	Bria W	Ella M
	Snr	Amelie M	Summer C	Nola G



### **New Discus Records**

Junior Girls - Madison M (18.42m)

Junior Boys - Oliver M (23.32m)

Senior Boys - Lachlan B (23.03m)

### **New High Jump Records**

Senior Boys - Lachlan B (1.42m)



### **NAIDOC Week**



**HEAL  
COUNTRY!**  
4-11 JULY 2021

Week 1 of Term 3 we will celebrate NAIDOC week. The NAIDOC 2021 theme – Heal Country! – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction.

NAIDOC 2021 invites the nation to embrace First Nations' cultural knowledge and understanding of Country as part of Australia's national heritage and equally respect the culture and values of Aboriginal peoples and Torres Strait Islanders as they do the cultures and values of all Australians.

### **Back Up Athletics Carnival**

Thursday 24 June will be our back up Athletics Carnival. We are looking forward to completing the 200m, shot put and long jump events. In case of wet weather please ensure your child/ren have a plastic bag to cover their school bag, something to sit on and a jacket. All students will be leaving school at 11am via bus and will be back at school by 3pm.

Thank you for a wonderful term. With many events, celebrations and awards to celebrate it certainly has been a term to remember. I hope everyone has a relaxing holiday break, I look forward to seeing you Tuesday 13 July next term.

**happy  
holidays!**

Kind Regards,

Nicole Dowd

Deputy Principal (R)



## Knockout Basketball



The boys took on Waitara Public School, in round 2 of the KO Basketball competition. The boys played very well, defeating Waitara 54 points to 25. The team takes on rivals West Pennant Hills in Round 3.

The girls played against their own rivals, Wahroonga Public School. The game went back and forth all game, resulting in a 21 point all draw at the end of normal play. Unfortunately Wahroonga scored a few extra points in over time, resulting in a 26 to 22 point victory. The girls gave it their all and should be proud of their efforts.

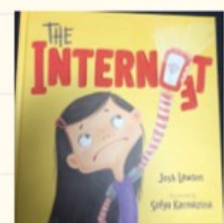
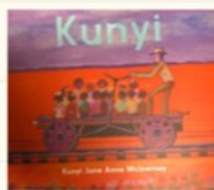
Jack Watkins - KO Basketball Coach

## Library News

Our library is fortunate enough to have lot of great new books for students to borrow. Our library collection is aimed to promote reading for pleasure. Students have a lot of input through suggestions of titles in our collection

*New books in our Library great for the holidays!*

### New Picture Books



### New Novels



## SRC News



Our school student Representative Council (SRC) are delighted to announce we will be holding a Movie Night in Week 1 of Term 3, Thursday 15 July.



### Movie Session 1

K-2 : Cloudy with a Chance of Meatballs  
4-6pm

### Movie Session 2

3-6 : Oddball  
6.30-8.30pm



Students may wear pyjamas or comfortable clothes. Please remember to wear closed in shoes. The cost for the movie night is \$5 per student and includes a bag of popcorn and a drink.

**Please pay cash at the door, no pre-payment.**

All money raised will be donated to the Cancer Council.

Upon entry all students will be entered into a lucky door prize which will include a VIP seating area.

Please RSVP via Edsmart to the event if you wish to attend. This is necessary for catering purposes and Covid guidelines.

Kind Regards

Emma Davidson and TWPS SRC

## Prayer Group News

Please join us as we pray for TWPS and our community, our next meeting is 24 June . All are welcome. We meet on Thursdays [at 9am](#), at Oakleigh oval, in weeks 2, 6 and 10.

Dates for Term 3 are: 22 July, 19 August & 16 September.



## From the Community

Indigo H. and Alex G. from Year 5 along with Josh W. from Year 4 have been selected to play field hockey for the North West Area Hockey Association under 11 representative team. The team will be travelling to Tamworth at the end of term 2 to play hockey against representative teams from all over NSW in the 3-day U11 York Cup and Kim Small Shield Carnival. We wish them all the best!



All skill levels welcome and all equipment supplied  
Active Kids Provider

# TRY BASEBALL

Sunday 1st August 10am - 12noon  
Ruddock Park, Westleigh

For more details  
contact  
Junior Coordinator  
Spencer Howay  
0477 383 363

Have a turn at Throwing,  
Pitching, Hitting  
and Catching  
COVID-19 Safety Plan in place



Keep up to date by following us:

 @thornleighbaseball

 @thornleighbaseball

Club of the Year 2017/18 & 2018/19

#ThornleighOnTheRise



# SCHOOL HOLIDAY CLINICS



Volleyball NSW will be delivering **FREE** school holiday clinics to selected\* local schools this holiday, led by experienced and qualified coaches!

Opened to ages 8 – 17 years, from beginners to intermediate players.

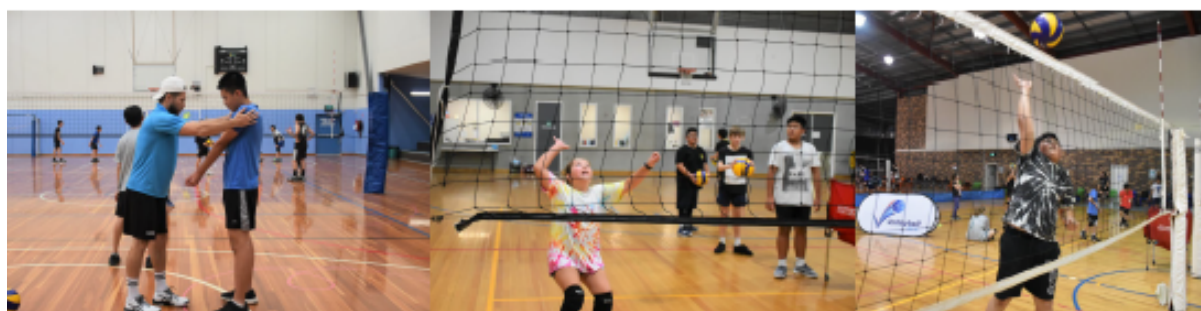
All participants will receive a Volleyball NSW water bottle.

**Cost: \$ FREE**

**Pre-booking required**

**Register NOW!** [www.volleyballnsw.com.au/eventsregister/104124/](http://www.volleyballnsw.com.au/eventsregister/104124/)

Date	Time	School *
Tuesday, 29 June	9:00am – 12:00pm	Pennant Hills High School
Friday 2, July	9:00am – 12:00pm	St Clair High School
Sunday 4, July	9:00am – 12:00pm	Strathfield Girls High School
Monday 5, July	9:00am – 12:00pm	James Busby High School
Wednesday, 7 July	9:00am – 12:00pm	Epping Boys High School



[www.volleyballnsw.com.au/participation/holiday-programs](http://www.volleyballnsw.com.au/participation/holiday-programs)





**MACQUARIE**  
University

# Cool Kids Online

## INTERNET DELIVERED CHILD AND ADOLESCENT ANXIETY TREATMENT (AGES 7-17 YRS)

**Program Tel:** 02 9850 6393

**E:** CKOschools@mq.edu.au

Approximately 1 in 5 young people experiences significant anxiety and fearfulness that affects their daily life. The NSW Department of Education has engaged the Centre for Emotional Health at Macquarie University to offer free access to online treatments for school students who have significant anxiety disorders.

### WHAT IS ANXIETY?

There are a range of different types of anxiety experienced by children and teenagers including finding it difficult to be away from parents, being extremely shy, worrying about what others think of them, avoiding social and school activities, or worrying a lot about everyday matters, potential dangers and the future. Sleep difficulties, headaches, nausea and difficulty breathing can be part of these feelings. Many children experience more than one type of anxiety.



### BENEFITS OF COOL KIDS ONLINE

- Families can access Cool Kids Online in the comfort of their own homes
- The interactive online format is easy to navigate and engaging for children and young people
- Families receive professional telephone support throughout the program from qualified, experienced therapists
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.



## WHAT DO THE ONLINE PROGRAMS INVOLVE?

There are 8 modules that contain text, videos, exercises, and illustrations – to teach the youth (and parent) clear and practical skills to help the young person manage their fears and worries and overcome their anxieties. The modules will cover:

- a. Learning about feelings and anxiety
- b. Fighting fear by facing fear
- c. Detective thinking, and learning to think more realistically
- d. Building assertiveness and dealing with teasing
- e. Helpful ways of coping when upset

Families also receive four, 30 minute-telephone sessions with an experienced therapist during the program. These sessions enable parents or youth to **ask questions** about program content and help them **apply the skills** to their fears and worries.

For children in primary school, the program is mostly delivered to their primary caregiver, who then uses it to help their child. For adolescents in high school, the program is directly delivered to the teenager, with some additional support from their caregiver

## WHAT DO WE NEED TO DO?

- Eligible families who are referred by a their school counselling team contact Cool Kids team at **02/ 9850-6393** or **CKOschools@mq.edu.au**
- You will first speak to an intake officer who will ask a few basic questions.
- Next you will be given a link to a website where you will receive a series of detailed questions for both the caregiver and the young person to complete. This is an extremely important assessment that tells us whether the program is suitable for your child.
- If the program is suitable, you will receive a call from your allocated therapist who will provide you with a personal login. Four therapy sessions will also be scheduled.
- You and your child will work through the program with support from your therapist over the next 12 weeks.
- At the end of 12 weeks, you will once again be asked to complete the online assessment so that we can see how much your child has improved.

## ABOUT US

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

The Cool Kids Programs have been developed and evaluated at the CEH over the past 25 years. Cool Kids is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Many scientific studies show that most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.



FIND OUT MORE  
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Macquarie University NSW 2109 Australia  
T: +61 (2) 9850 0693  
E: [CKOschools@mq.edu.au](mailto:CKOschools@mq.edu.au)  
W: [mq.edu.au/ceh-clinic](http://mq.edu.au/ceh-clinic)  
CRICOS Provider 00002J



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