



South Thornlie Primary School

20 Ovens Road, Thornlie WA 6108 | (08) 9232 3600

Finalist - WA Education Award 2022 | Australian Education Awards 2023 | Susan Ryan Family Engagement 2023



Souththornlieps



South Thornlie Primary School




www.souththornlieps.wa.edu.au

Newsletter: Term 1, Week 5

Friday, 7 March 2025

Term 1 Planner

WK	Monday	Tuesday	Wednesday	Thursday	Friday
6	10 MAR 	11 MAR Y3&4 Junior Robotics 2.30-3.45pm	12 MAR Y3&5 NAPLAN Lego Club 2.30-3.30pm	13 MAR Y3&5 NAPLAN	14 MAR Y3&5 NAPLAN B5 Assembly 8.30am & Y6 Aussie of the Month P&C Disco – Arts Centre K-Y2 4-5pm Y3-6 5.15-6.15pm
7	17 MAR Y3&5 NAPLAN	18 MAR Y3&5 NAPLAN Y3&4 Junior Robotics 2.30-3.45pm	19 MAR Y3&5 NAPLAN	20 MAR Y3&5 NAPLAN	21 MAR Y3&5 NAPLAN P&C AGM 8.45am Community Room Y5&6 Interschool Summer Carnival

Principal's Message

Dear parents and caregivers, welcome to the week 5 newsletter. The term is now in full swing, and students have settled into their routines. We have some exciting events on the horizon so be sure to keep an eye on the newsletter for the latest updates. Below, you can get a glimpse of what's coming up.

- P&C Disco - Friday, 14 March 2025
- Y5/6 Interschool Summer Carnival – Friday, 21 March 2025
- Harmony Day Dress Up Day – Friday, 28 March 2025
- Obstacle-A-Thon – Friday, 4 April 2025
- Olden Day Dress Up Day – Tuesday, 8 April 2025 (K-Y6) & Thursday, 10 April 2025 (Kindy B Groups)



Staff News

We are excited to welcome Mr Mandu Mazalevskis to South Thornlie Primary School! Mr Mazalevskis will be teaching in B2 on Thursdays and Fridays throughout 2025. We look forward to the positive contributions he will make to our school community.

Parent / Teacher Interviews – Save the Date

Parent and teacher interviews will be held on Wednesday, 2 April 2025 (week 9). Please note that school will conclude at 11.30am this day. More information will be provided in the coming weeks.



School Improvements

We are always looking for ways to improve our school for students, staff and the wider community. We recently had external lights fitted to the C Block stage patio including 2 flood lights that go onto the oval. Great for our Open Night and End of Year Concert! To view our school improvements, visit our website by clicking on the link. <https://www.souththornlieps.wa.edu.au/school-improvements>

Megan Barnett
Principal

UNIFORM SHOP

Uniform items can be purchased from the front office daily between 8am-3pm. We currently do not have size 6 or size 8 polos. We will advise via SMS once new stock has arrived.

Order forms are in the office and on our website: souththornlie.ps@education.wa.edu.au. We accept cash and EFTPOS payments.



Week 4 Honour Certificates Awarded – Well done!



ECC1	Chloe S	Hussain A	B3	Monica S	Finn B
ECC2	Evie F	Nymeria M	B4	Ian S	
A1	Isabel G	Kenny H	B5	Bailey H	Haki L
A3	Remy B		C2	Jackson F	Kodee H
A4	Mairi M	Mustafa A	C3	Rachel L	Kyson B
A6	Connor G	Henry W	C4	Noah B	
B1	Lilly C	Kaley R	C5	Rital A	Jaxon S
B2	Chanuki A	Jason P			

The Obstacle-A-Thon is coming!

Students in Kindy to Year 6 will participate in our much anticipated Obstacle-A-Thon on Friday, 4 April 2025 (Week 9).



Parents & caregivers are welcome to spectate:

- 11.30am-12.30pm – Year 3-6
- 1.30pm-2.20pm – Kindy – Year 2

Don't forget your sun safe bathers, towel, hat, sunscreen & water bottle for the event.

Collect sponsors and raise money for our school.

Receive a raffle ticket for every dollar raised!

Great prizes to be won!



Money raised must be in by Friday, 2 May 2025 (Week 1, Term 2).

Major Prize Draw - \$500 Bike Voucher
Friday, 9 May 2025 (Term 2, Week 2) at assembly.

NAPLAN – INFORMATION FOR PARENTS

See below for the NAPLAN test schedule for 2025. There is another catch up day scheduled for Monday, 24 March 2025.

To give your child the opportunity to not be stressed and do their best, please make sure they sleep well the night before their test and eat well in the morning. Remind children that they only need to do their best: take time to read carefully and don't rush, use their paper for working out, and they shouldn't worry about the test.

If you have any questions please contact me prior to Wednesday, 12 March 2025 by contacting 9232 3600 or email paula.vardy@education.wa.edu.au.

Paula Vardy
Deputy Principal / NAPLAN Coordinator



Week 6	Mon 10 Mar	Tue 11 Mar	Wed 12 Mar	Thu 13 Mar	Fri 14 Mar
			Writing	Reading	Reading
				8:30 – 10:30	
				Year 5	9:30 – 10:30
					Year 3
Recess					
			10:50 – 12:00		
			Yr 3 & Yr 5		
Lunch					

Week 7	Mon 17 Mar	Tue 18 Mar	Wed 19 Mar	Thu 20 Mar	Fri 21 Mar
	Conv of Language	Conv of Language	Numeracy	Numeracy	
	8:30 – 10:30	8:30 – 10:30	8:30 – 10:30	8:30 – 10:30	
	Year 3	Year 5	Year 3	Year 5	Catch Up
Recess					
					Catch Up
Lunch					

ATTENDANCE

Did you know?

- Missing half a day of school each week equates to one month of missed learning each year.
- The attendance habits set by children when they first start school continue throughout their school life.
- If children miss half a day of school each week between Pre-Primary and Year 10, they will miss almost one full year of learning.
- Learning is cumulative – if children miss a day, it is harder for them to catch up.

You can help by:

- Arriving and collecting your children on time.
- Making sure they eat nutritious meals and have enough sleep.
- Making appointments with doctors, dentists and specialists outside school hours.
- Making holiday plans during school holidays and not during the school term.



Every Student, Every School, Every Day

SCIENCE NEWS



The students from Year 1 – Year 6 are all learning about Physics this term. Physics is all about forces and the effects that they have on things. It includes pushes and pulls, sinking and floating, sound, light, heat, magnetism, friction, electricity, gravity and motion. The different classes are learning different aspects from this list. We have discovered that we use Physics all the time, especially when we are doing sport or music. Ask your child why these subjects are actually Physics! Talk with your child and look at how often we use Physics in our daily lives.

You may have heard about our resident skeleton, Mr Funny Bones. He is very cheeky and changes each week. We never know what he is going to be doing each week when we come into the science room. Make sure you ask your child what he was up to this week and why!

Have fun exploring.

Larissa Waghorn
Science Teacher

STUDENT LEADER INSIGHT



Neale Daniher - Ambassador for Motor Neurone Disease

Born: 15th February 1961

Most Famous Achievement: Developing awareness of Motor Neuron Disease and research to prevent it in others

Famous Quote: “When all is said and done, more is said than done”

Why they inspire me: As a high-profile AFL player he has encouraged and inspired people to raise money for research to prevent this disease.

This leader best demonstrates the STPS school value of: Care

They demonstrate this by: Caring for others into the future

Charlize Paton & Paxton Liew
School Captains



NOONGAR WORD OF THE WEEK

Our students learn an Aboriginal word from the Noongar Language each week to celebrate Aboriginal Culture. The Noongar Language is the spoken language of the Aboriginal people from the Southwest region of WA.

As part of our word of the week, each newsletter will feature words of the fortnight which you can practice at home. The words we will be learning this fortnight are:

- Sister (Djook)
- Grandfather (Dembart)



HEALTHY HABITS

S.O.A.R

In term one we discuss and develop students' individual successes. Over the next two weeks students will be working on reflecting on their actions and feelings.

SunSmart Tips

Layer sunscreen on thickly 20 minutes before going out into the sun and reapply sunscreen every two hours. Do not rub it in!

Over exposure to UV radiation leads to sunburn, wrinkling, premature aging, eye damage and skin cancer. So Slip! Slop! Slap! Seek! Slide!

Marieka Rendall
Teacher / Coordinator



Healthy breakfasts

While most children and teenagers in Western Australia eat breakfast every day, 1 in 7 school kids* are regularly missing out.

Benefits of breakfast

- Fuels muscles
- Powers the brain for concentration
- Provides nutrients for growth and development
- Increased energy and motivation
- Builds good habits

Healthy breakfast ideas

	Eggs on wholegrain toast		Fruit and yoghurt
	Fruit toast		Wholegrain toast with baked beans
	Porridge or Weet-Bix with milk and fruit		Mushroom and spinach omelette

Smoothies are a great choice when you are on the run. Just blitz some fruit, yoghurt and milk in a blender, pour into a reusable travel cup, rinse out the blender, and you are ready to go! A jug of this will keep in the fridge for several days.

*Australian Bureau of Statistics, Census@School, 2013. www.abs.gov.au

Crunch&Slip® factsheet #6

POSITIVE RELATIONSHIPS

HOW MY WORRY WORKS

SOMETIMES I WORRY THAT...

AND I START TO FEEL...

CAN EASE MY WORRY BY:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CALMING MY WORRY STORM

START HERE

I'M WORRIED THAT...

ONE SMALL STEP I COULD TAKE TO FEEL BETTER IS...

HOW BIG IS THIS WORRY? 1 2 3 4 5

WHO CAN HELP ME WITH THIS?

WHAT WILL PROBABLY HAPPEN?

WHAT'S THE BEST THAT COULD HAPPEN?

WHAT'S THE WORST THAT COULD HAPPEN?

IS IT TRUE? YES NO MAYBE

IF YOU FEEL LIKE YOUR WORRIES ARE TAKING OVER... **PAUSE & NOTICE**

5	4	3	2	1
THINGS YOU CAN SEE	THINGS YOU CAN TOUCH	THINGS YOU CAN HEAR	THINGS YOU CAN SMELL	THINGS YOU CAN TASTE

STAGES OF MY WORRY

1. WORRY STARTER Something happens that makes me feel worried.	2. CLOUDING UP My mind jumps to "what if" things that might happen.	3. LIGHTNING My worries get louder and harder to ignore.
4. THUNDER I feel overwhelmed, like the worry is too big to handle.	5. RAIN I take deep breaths and talk about it to someone I trust.	6. CLEAR SKIES I feel okay again, and the worry fades away.



Wellbeing Committee



JOIN OUR **SOCCER ACADEMY**

ABOUT OUR PROGRAM

The Lynwood Senior High School Soccer Program is an approved sports specialist program through the Department of Education.

Students in the Soccer Program participate in school and regional competitions. There are opportunities provided to students within the program to achieve coaching and referee licenses as well as attend International Tours.

Three Scholarships are awarded each year to one male student, one female student and one Aboriginal student who display leadership qualities.



REGISTER NOW



Apply via QR code

**CLOSING DATE FOR SPECIALIST
PROGRAMS YEAR 7, 2026
APPLICATIONS**

Friday 2 May 2025



Lynwood.SHS.Enrolments@education.wa.edu.au



08 9354 0600

More Information:

www.Lynwood.wa.edu.au



Lynwood
SENIOR HIGH SCHOOL



JOIN OUR

ENVIRONMENT & LIFE SCIENCES PROGRAM

ABOUT OUR PROGRAM

The Environment and Life Sciences Program at Lynwood Senior High School is an academic enrichment program that provides students with access to an accelerated curriculum in key learning areas.

Students in EaLS also participate in cross-curricular projects in school, incursions, community partnerships and excursions. The additional educational opportunities offered in EaLS focus on sustainability, environmental education, STEM skills and increasing the overall academic performance of students.



REGISTER NOW



Apply via QR code

CLOSING DATE FOR SPECIALIST PROGRAMS YEAR 7, 2026 APPLICATIONS

Friday 2 May 2025



Lynwood.SHS.Enrolments@education.wa.edu.au



08 9354 0600

More Information:

www.Lynwood.wa.edu.au

COMMUNITY NEWS




Kids and Anxiety Workshop

Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life.

This course aims to assist parents and caregivers to understand anxiety and provides simple strategies for parents and caregivers to use at home.




Date: Monday 17 March 2025
Time: 12.00pm – 2.30pm
Venue: Child and Parent Centre – Gosnells
 173 Hicks Street, Gosnells (access via Gate 9 in Clara Street)
Register: **BOOKINGS ARE ESSENTIAL**
Free Creche Available
 Call 9398 8720 or email cpcgosnells@centrecare.com.au

FREE

Supported by:




In partnership with

Mindfulness and Self Compassion

South East Metro Parenting Support Service

For anyone parenting children 0-18 years
 Dads, mums, step parents, foster carers, grandcarers all welcome.

1-session

Workshop Overview
 Most of us are hard on ourselves when it comes to parenting.
 Would you like to learn some mindfulness skills and practices to help you be kinder to yourself?
 This workshop will look at mindfulness practice and self-compassion, and why they are vital for our well-being and can enrich our parenting.

DATES
 Thursday
 13 March 2025


TIME
 5.30pm - 7.30pm

LOCATION
 Kalamunda Library
 7 Williams Street
 Kalamunda



COST
 Free

CRECHE
 Unavailable


BOOKING DETAILS
 ☎ 08 9251 5777
 ✉ parenting@communicare.org.au
 🌐 <https://www.trybooking.com/CXGEH>



Supported by:

Supported by




Guiding Behaviours

South East Metro Parenting Support Services

For Parents and Carers of children 1-5 years

1-session program

Workshop Overview
 Most parents and carers would like their children to do the right thing – even when they're not looking.
 A child's brain is a work in progress and is developing at the rate of millions of connections a day.
 The way we respond, as parents and carers, can greatly influence how and what they learn. It can also affect a child's self-regulation, emotional control and decision making.
 Come along to this workshop for tips and strategies that will help guide and teach your children in multiple ways, everyday!

DATES
 Tuesday
 18 March 2025

TIME
 9.30am - 11.30am

LOCATION
 High Wycombe Library
 15 Markham Road
 High Wycombe

COST
 Free

CRECHE
 No - duplo, books and puzzles available for younger children.

BOOKING DETAILS
 ☎ 08 9251 5777
 ✉ parenting@communicare.org.au
 🌐 <https://www.trybooking.com/CXGPI>



Supported by:




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Let's Talk Toilet Training

How and when is the best time to 'take the plunge' into toilet training your toddler?

This interactive workshop will show you how best to approach this process and what skills are needed from both you and your child.

Suitable for children with neurotypical development.



Date: Monday 10 March 2025
Time: 12:30pm to 2:00pm
Venue: Child and Parent Centre – Gosnells
 173 Hicks Street, Gosnells (access via Gate 9 in Clara Street)
Contact: **BOOKINGS ARE ESSENTIAL** – Creche available
 Call 9398 8720 or email cpcgosnells@centrecare.com.au

FREE

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