Aspendale Gardens Primary School
Newsletter—Thursday 23rd March

INQUIRER THINKER BALANCED RISK-TAKER KNOWLEDGEABLE
REFLECTIVE PRINCIPLED CARING OPEN-MINDED COMMUNICATOR

Aspendale Gardens is an IB World School that strives to be internationally minded.
Our purpose is to provide a supportive safe and dynamic learning environment. We promote inquiry, curiosity, creativity and individuality. We aim to develop a resilient, open-minded school community where all students become independent, emotionally intelligent and socially competent as they strive to achieve their potential as global citizens.

2023 DIARY

MARCH

Friday 24	Year 6 Summer Lightning Premiership
Monday 27	1st 2023 School Council Meeting @ 6:30pm in the Staffroom
Tuesday 28	Environmental Leaders' Workshop Peaceful Kids Parent Info Session (via Zoom with Lisa Webber)
Thursday 30	Last Running Group for Term 1
Sunday 2	DAGS & Kids Working Bee from 9am FREE BBQ afterwards for workers
Monday 3	Regional Swimming Carnival Easter Raffle Draw Assembly—2:45pm

APRIL

Wednesday 5	Year 6 'The Briars' Excursion
Thursday 6	End of Term 1 Early Dismissal at 2:30pm
Monday 24	Term 2 Begins
Tuesday 25	ANZAC Day Holiday
Friday 28	Year 1 Resilience Incursion Year 4 Wetlands Excursion

MAY

Monday 1	Year 1 MOPA Excursion School Council Meeting @ 6:30pm in the Staffroom

FROM OUR ACTING PRINCIPAL

Harmony Week

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. In your child's class this week, there would have been discussions and activities for students to gain a better understanding of the statement 'Everyone Belongs'. These celebrations create opportunities for all of us to think, talk about and recognise how our differences make Australia a fantastic place to live.

Did you know?

- The parents of students attending AGPS were born in 56 different countries.
- 13% have an additional language spoken at home.

- Nearly half (49 per cent) of Australians were born overseas or have at least one parent who was.
- We identify with over 300 ancestries.
- Since 1945, more than 7.5 million people have migrated to Australia.
- 85 per cent of Australians agree multiculturalism has been good for Australia.
- Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.
- More than 70 Indigenous languages are spoken in Australia.

These facts are taken from ABS 2016 Census Data. Check out the Australian Bureau of Statistics website:

https://www.abs.gov.au/

Easter Raffle

There are 12 Easter baskets that have been made up by the Fundraising Team, with a variety of different sized Easter eggs in. The raffle tickets are now on sale for $2 each. Please try to sell as many raffle tickets as you can, to raise funds for our school.

We wish everyone the best of luck with the draw, which will happen on Monday 3rd April at 2:45pm.

Courtyard

We have had a number of students getting hurt by running around in the courtyard. We are reminding students that they need to keep themselves safe and others safe by just walking in the courtyard area. We ask our families to also be considerate of others in the courtyard during drop off and pick up times, by reminding children not to run, play with large balls or ride scooters in the courtyard. We appreciate your support.

Parent Information Sessions

Following on from last week's parent information session for Foundation – Year 2 parents, we had our Year 3 - Year 6 'How to support your child with their learning – English, Maths and PYP' session this morning. The slides from both of the sessions can be found in the links below:

Foundation - Year 2
https://drive.google.com/file/d/1SsMHo6FNpTiBL5vmtcZLZSB4yyDi91VE/view?usp=share_link

Year 3 - 6
https://drive.google.com/file/d/1BYlC9DVzCrYph2Cp7saTXh_LtpV2rzOx/view?usp=share_link

These slides are also available on our school website.

Year 6 Garments

Our special Year 6 garments arrived this week. It was lovely to see the excitement of the students receiving their polo shirts and hoodies. I am sure they will be well used as the winter months commence.

Earth Hour 2023

On Saturday 25 March at 8:30pm, millions of people across the globe unite to show that they care about the future of our planet, by switching off for one hour.

Families may want to participate in Earth Hour on Saturday evening and share ways in which they can more regularly change their behaviours / routines so that they have more of a positive impact on the health of the earth.

AGPS will be participating in our own Earth Hour during next week. Each class will 'switch off' and do something positive for our planet for an hour, at some stage during the week. This may include but is not limited to, switching off the lights or not using the IWB or devices for the duration of the lesson. It will be a wonderful opportunity to have some lessons outside or take some time to explore nature with their students and discuss the importance of looking after our planet.

Please refer to the following websites for more information:

https://www.wwf.org.uk/earth-hour https://www.earthhour.org/

Parent Online Workshop – "Creating Confident Kids"

Family Life has teamed up with Stride Education to deliver Creating Confident Kids…

Do you worry about your Kids' Anger and Anxiety?

Would you like:

- Some strategies to help your Child with their feelings of Anger & Anxiety?
- To know more about Resilience & tips to build resilience in your Child?
- To know more about Emotional Intelligence & tips to raising an emotionally intelligent Child?
- Strategies to support healthy friendships & tips to talk to your Child about Bullying?
- Strategies to build your child's self-esteem and deal with setbacks?
- Strategies on how to talk and connect with your children?
- Top tips for taking care of yourself?

- Online via Zoom
- Date: Wednesday 3rd May 2023
- Time: 7:00pm to 8:30pm
- Cost: **FREE** but bookings are essential and spaces limited
  Creating Confident Kids Workshop Tickets, Wed, May 3, 2023 at 7:00 PM | Eventbrite

DAGs Working Bee

We hope to see our DAGs and children at the working bee which will be held on Sunday 2nd April, commencing at 9am. The tasks that we are aiming to achieve during the time will be:

- Clearing dead shrubs and mulching the plantations on either side of the oval.
- Removing clumps of lomandra from the garden area.

We hope you can come and help out at this event and join us for some food afterwards, with a free BBQ provided for all who help.

Have a wonderful weekend,

Jonathan

SECOND HAND UNIFORMS

$5.00 per item—uniforms are available to purchase during office hours: 8:30am — 4:30pm

If you have any school uniforms that are still in good condition, please consider donating it. All donations can be left at the school office.

2023 SCHOOL TERM DATES

TERM 1: Monday 30 January (students) to Thursday 6 April

TERM 2: Monday 24 April to Friday 23 June

TERM 3: Monday 10 July to Friday 15 September

TERM 4: Monday 2 October to Wednesday 20 December

Year 2 Wetlands Excursion

The Year 2 students went on an excursion to the Wetlands where the students built forts, explored the natural environment and meditated. It was an exciting and educational experience for all. The wetlands provided an ideal setting for the children to connect with nature and learn about the ecosystem, which tied in nicely with our unit of inquiry.

Building forts was a fun activity that enabled the children to use their imagination and creativity while also learning about the importance of shelter in the natural environment. While exploring the wetlands, the children had the opportunity to see different types of plants and find animals in their natural habitat. This hands-on experience was a great way to teach the students about how many factors can help with our well-being.

Edithvale Wetlands

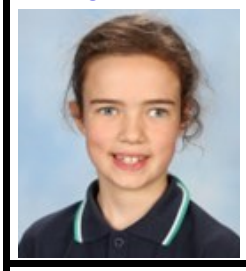
Meditation was also an essential part of the excursion, allowing students to take a break from their busy lives and reflect on nature's beauty. This meditative aspect of the trip provided an opportunity for the students to relax and interact with the environment on a different level.

Overall, the excursion to the wetlands was an enriching experience for the students. It allowed them to understand and appreciate the importance of nature and the environment. It was an excellent opportunity to build skills such as creativity, teamwork, and mindfulness, which will benefit students throughout their lives.

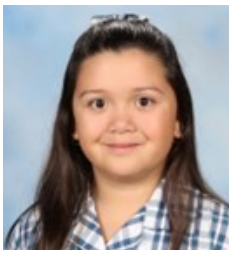
Kingston Division Swimming Carnival

Congratulations and well done to the following students who represented AGPS at the **Kingston Division Swimming Carnival** on **Tuesday 14th March** at Oakleigh Recreational Centre:

Morgan B 3KA

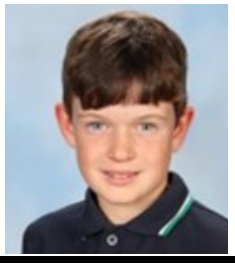


Kenzie C 4DG

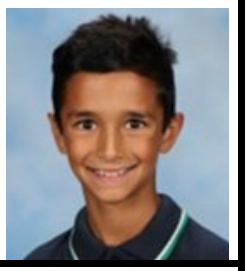


Zac D 4DG

Archie F 4OM



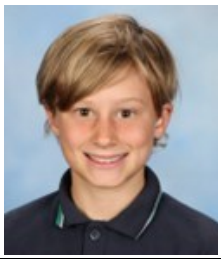
Charlie F 4OM



Tullow D W 4RG

Emel K 4RG

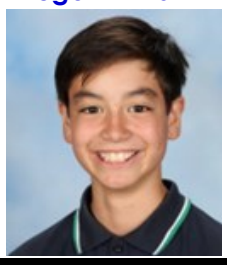
Jonah D W 5LW



Alison Y 5LW

Makenzie P 5RK

Hugo H-H 6AK



Qianyi S 6AK

Ethan D 6BH

All students who competed at the event did a fantastic job, swimming their hardest to try to have the fastest time in their events. A special mention & well done to following students who broke previous **AGPS** Swimming Records at the carnival:

Student/s	Event	Record
Morgan B (3KA) Kenzie C (4DG) Emel K (4RG) Makenzie P (5RK)	9/10 YO (Girls) Freestyle Relay	AGPS
Tullow D W (4RG)	9/10 YO (Boys) Freestyle	AGPS
Jonah D W (5LW)	11 YO (Boys) Breaststroke	AGPS
Alison Y (5LW)	11 YO (Girls) Butterfly	AGPS

Thank you to the wonderful parents and family friends who assisted with taking the students to their event and cheered them along during their races. Your support was greatly appreciated. Well done to all students, we are extremely proud of your effort and commitment! **GO AGPS!**

Mr. Braden King

District Cross Country - Final AGPS Team

Congratulations to the following students who have been selected to represent AGPS at the **Chelsea & Patterson District Cross Country** event on **Friday 5th May** at **Cornish College** in Term 2:

9/10 Year Old	
Boys	**Girls**
Zac D (4DG)	Ayla N (3RP)
Charlie F (4OM)	Caitlin B (5LW)
Elijah O (4DG)	Cleo T (4RG)
James P (5AA)	Layla K (4OM)
Archie F (4OM)	Saskia B (3JB)
Ari W (5LW)	Ivy L (4OM)
Sebastien R (4RG)	Georgia W (3JB)
Flynn W (4OM)	Vienna N (5RK)
Lexi Z (4DG)	Morgan B (3KA)
Jimmy Z (3LB)	Alisha H (3RP)

11 Year Old	
Boys	**Girls**
Soren S (5AA)	Jade P (5BM)
Jonah D W (5LW)	Savannah W (5BM)
Jordan B (5LW)	Olivia McC (4OM)
Esperance A (5LW)	Anika K (5BM)
Leon K (6KC)	Olivia W (5AA)
Maxx M (5BM)	Yasmin M (5AA)
Ishak A (5BM)	Teah W (5BM)
Josh D (5RK)	Ece B (5BM)
Colby G (5RK)	Alison Y (5LW)
Alex W (5RK)	Nandu A (5LW)

12/13 Year Old	
Boys	**Girls**
Emmett B (6KC)	Gemma G (6AK)
Chevy S (6KC)	Hanna M (6AK)
Ethan D (6BH)	Eva H (6BH)
Nathan P (6JM)	Leah O'M-H (6JM)
Edward L (6JM)	Larah P (6AK)
William T (6JM)	Poppy B (6KC)
Max S (6KC)	Ruby M-B (6BH)
Haroon K (6KC)	Alisha H (6BH)
Koby F (6AK)	Mia P (6AK)
Kaden E (6AK)	Matilda T (6AK)

These students were selected based on the times they ran at the AGPS Senior Cross Country Carnival and lunchtime trials during Term 1. Information regarding the event was sent out via Compass this week. We look forward to seeing these 60 students challenge themselves against students from six other schools in the Chelsea District at the event in Term 2. **Go AGPS!**

Mr. Braden King

Year 6 Interschool Sport (ISS) Match Report

Last Friday, the Year 6 students hosted St Joseph's Primary School and a number of students travelled to Chelsea Bowling Club for their fourth round of ISS for Term 1. The Year 6 students did a fantastic job, representing AGPS in their chosen sport with pride, while also showing lots of sportsmanship throughout their games.

Below are the results from last week's games

Basketball (Boys)	
AGPS	39
St Joseph's PS	21
Best Player/s:	Will T

Basketball (Girls)	
AGPS	26
St Joseph's PS	11
Best Player/s:	Ebony R

Cricket (Boys)	
AGPS	155
St Joseph's PS	215
Best Player/s:	Jai E

Cricket (Girls/Mixed)	
AGPS	90
St Joseph's PS	32
Best Player/s:	Polina I, Walter G & Josh S

Kickball (Boys)	
AGPS	18
St Joseph's PS	17
Best Player/s:	Haroon K, Jordan L & Charlie A

Kickball (Girls)	
AGPS	17
St Joseph's PS	22
Best Player/s:	Evelyn T & Clara T

Volleyball (Boys)	
AGPS	0
St Joseph's PS	2
Best Player/s:	Beren U

Volleyball (Girls)	
AGPS	2
St Joseph's PS	1
Best Player/s:	Ella B & Phoebe S

Lawn Bowls (Mixed)	
AGPS	20
St. Joseph's PS	5
Best Player/s:	Declan G & Tiana G

Tomorrow we will be playing at home against **St. Joseph's Primary School.** Venues for each sport have been posted on Class DOJO. Well done once again to all of the Year 6 students on their efforts last week. GO AGPS!

Mr. Braden King

D.A.G.S
Dads of Aspendale Gardens

Working Bee

CALLING ALL DAGS AND KIDS
to Join us
Sunday 2nd April - from 9am
Get involved in helping our school look even better!

There's plenty to do, so come along and get your hands dirty and have a feed on us afterwards!

PEACEFUL KIDS IS BACK AT AGPS!

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program has been created to offer children a developmentally appropriate program that gives them the skills, practice and support to utilise coping strategies that lessen the symptoms of anxiety and stress.

Outcomes of the Peaceful Kids program:

· Lessen symptoms of anxiety and stress in children
· Teaches children to self-calm
· Empowers children to manage their own anxiety and stress symptoms
· Builds emotional resilience
· Develops emotional intelligence skills
· Teaches children life-long skills to manage stress and prevent stress build up
· Supports children so they know that they are not alone with suffering from anxiety

Program structure:

· Peaceful Kids is an 8 week (60 mins each week) program, beginning Term 2 @ AGPS for students in Years 1-6. Small groups with 4-6 students in each group.
· Sessions will run during school time (not during specialist classes).
· Cost: $270. This includes all materials for the 8 week program, including the beautiful new journal and weekly emails with parents. 10% discount for siblings and returning students.

This program would suit:

· Children who get stressed easily and/or have anxiety.
· Children who find controlling their emotions difficult.
· Any child who would like to learn more about mindfulness.
· If you are not sure, please contact me to discuss if the program would suit your child or ask your teacher!

Who is running it?

My name is Lisa Webber and I am an experienced Primary School teacher, Peaceful Kids Facilitator, mum of 4 and soon to be Art Therapist. I'm looking forward to getting started next term!
Don't hesitate to contact me for more information and enrolment details.

This is me!

More information to come!

lisawebber@outlook.com.au www.peacefulkids.com.au

Autumn Twilight Fete

CHELSEA HEIGHTS PRIMARY SCHOOL

SATURDAY 25 MARCH

3PM - 8PM

RIDES · FOOD · GAMES · ENTERTAINMENT · RAFFLES · STALLS

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MORDIALLOC REDBACKS
JUNIOR FOOTBALL CLUB

COME ALONG TO OUR
OPEN DAY

SUNDAY 26th MARCH 12-2pm
BEN KAVANAGH RESERVE, MORDIALLOC

Join us for some fun football drills, check out or facilities, and meet our club officials who can assist with questions and rego's on the day.

MEET OUR DIRECTOR OF COACHING AND 2023 TEAM COACHES

ALL AGES AND GENDERS!

Friday Night AusKick in 2023!

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www.mordyredbacksjfc.com.au

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REGISTER VIA ACROKIDS.COM.AU

https://app.iclasspro.com/portal/acrokids/products/product/acro-kids-braeside-grand-opening?viewMode=grid it

OUR CANTEEN IS OPEN
WEDNESDAY, THURSDAY & FRIDAY

Counter sales are available at lunchtime only

Please place Lunch orders via QKR

QKR closes at 8:59am on day of delivery

Qkr!

Qkr!

Calling all

the fathering project

dads and father-figures!

Did you know we have a

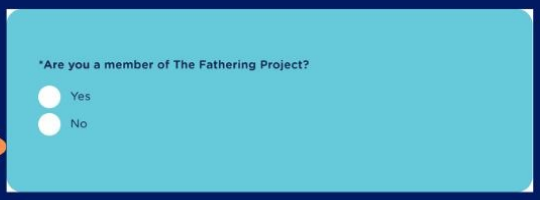
Dads' Group ?

D.A.G.S
Dads of Aspendale Gardens

How to join our dads' group: DAG's

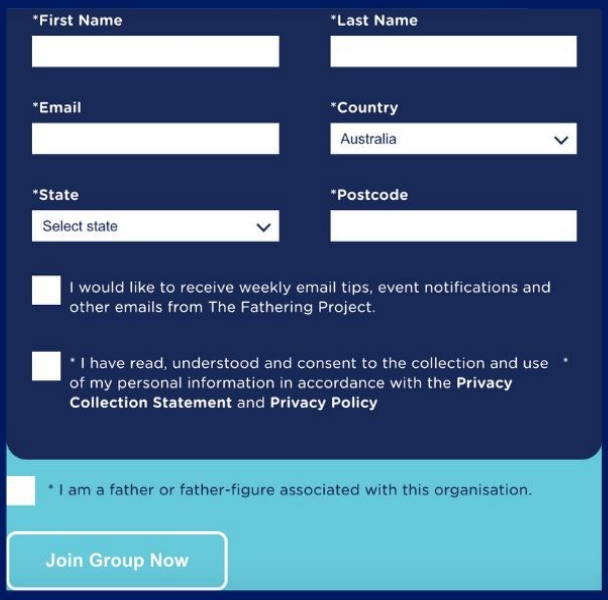
Step 1: https://thefatheringproject.org/dads-group/aspendale-gardens-primary-school/

Step 2: Join Group



Step 3: Select NO

Step 4: Enter your details and select "Join Group Now"



Aspendale Gardens
COMMUNITY SERVICE

See our website for further details on all our programs and bookings details

www.agcsinc.org.au

Playgroup - $6 per family

Tuesdays & Thursdays*

9:30am - 11:00am

No bookings required

*no Thursday session on 30 March

Messy Play - $15 per child

Thursday 30 March

(replaces playgroup session)

9:30am - 10:30am

Bookings essential

Storytime & Craft - Free

Tuesday 28 March

2:30pm-3:15pm

No bookings required

103-105 Kearney Drive, Aspendale Gardens, 3195

Tel: 9587 5955 I www.facebook.com/AGCSinc I www.agcsinc.org.au

INDOOR SPORTS SPRINGVALE

School Holiday Program

(03) 9547 2555

2022-2023

8:30AM-4:30PM
$12+/DAY

APPROVED BY DEPARTMENT OF EDUCATION
CCS APPLIES

Time	Activities
8:30-9:00	Registration
9:00-10:00	Soccer/Dodgeball
10:00-11:00	Basketball/Jump
11:00-11:30	Snack
11:30-12:30	Dodgem/Musical
12:30-13:00	Volleyball/Jump
13:00-13:30	Lunch
13:30-14:30	Laser Tag/Nerf
14:30-15:00	Bubble/Tennis
15:00-16:00	Facepainting/Jump
16:00-16:30	Pick-up

WWW.SPRINGVALEINDOORSPORTS.COM.AU/SCHOOL-HOLIDAYS