

Aspendale Gardens Primary School

Newsletter—Thursday 17th August



INQUIRER THINKER BALANCED COURAGEOUS KNOWLEDGEABLE
REFLECTIVE PRINCIPLED CARING OPEN-MINDED COMMUNICATOR



Primary Years Programme

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

AUGUST

Friday 18 Year 6 ISS vs Aspendale P.S.—Away
NAIDOC / Book Week Assembly

Monday 21 Year 4 Gould League Excursion

Tuesday 22 Foundation Swimming Begins

Friday 25 Year 6 ISS vs Patterson Lakes P.S. Away

Monday 28 PRODUCTION WEEK—Years 5 & 6

Tuesday 29 Fathers' Day Stall in Gallery
9:00am—1:30pm

Thursday 31 PRODUCTION Matinee Performance
2:00pm in our Hall

Thursday 31 PRODUCTION Evening Performance
6:30pm in our Hall

Tickets are available on Compass.
The link to purchase tickets is
<https://www.trybooking.com/CKLTL>

SEPTEMBER

Friday 1 Foundation Swimming Ends

Sunday 3 Fathers' Day

Thursday 7 FOOTY DAY—Gold coin donation to
State Schools Relief

Environmental Leaders' Workshop

Friday 8 District Athletics Carnival

Monday 11 Year 6 Campers depart for The Summit

Tuesday 12 Year 3 Eco-centre Excursion

Wednesday 13 Year 6 Campers return to School

Friday 15 End of Term 3—2:30pm Dismissal

OCTOBER

Monday 2 Term 4 Begins

Tuesday 3 Year 6 Graduation Photo @ 9:30am

Friday 6 Kingston Division Athletics Carnival

Wednesday 11 Year 3 Campers depart for Mt Evelyn

UPCOMING DATE FOR YOUR DIARY

Thursday 31st August

SENIOR PRODUCTION

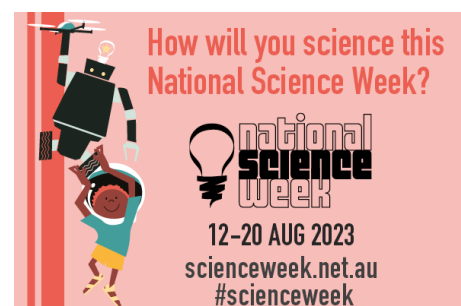
FROM OUR ACTING PRINCIPAL

New Learning for the Teachers

Whilst the students had a day off last Friday, the teachers were engaged in some excellent, professional learning. The focus was to improve our knowledge of how to achieve the greatest impact from our teaching of reading. This allowed us to reflect on our current practices and identify key areas for improvement. There was a key focus on engagement and motivation. The staff will be working through some of the areas for development over the coming weeks and months. This will include further sessions with Mardi Gorman, who will visit our school and model teaching sessions to our teachers.

Science Week

The Year 3 students have been working hard on their Science Expo presentations over the past few weeks. This is linked to their Central Idea, which is 'Different reactions occur when everyday substances interact.' The students have worked on presentations showing their understandings linked to this Central Idea. They had an opportunity today to present to visiting students and to the Year 3 parent group. The range of experiments and information was excellent and the students did an amazing job in being able to explain their scientific thinking. Thank you to the parents who were able to support their students with the resourcing of the activities and in encouraging their children.



There have been a number of other Science activities going on this week within the classrooms and during lunchtimes. The classroom activities for all year levels was based around designing a house for the future out of LEGO. The students started by watching a video to stimulate their creative thinking. The students then worked in groups constructing their futuristic house out of LEGO. These will be displayed as a whole school village next week.

We received a Science Week grant which we used to purchase LEGO, but were also kindly donated LEGO from the following families; Zinzopoulos, Hamilton, Hunter, Robb, Fersterer and Westley. We appreciate these kind donations.

During recess and lunch times, the Year 6 Tech Leaders and supporting students (Malachi, William, Larah, Tyler, Clara, Stefano and Josh) organised Sphero races. They designed a course for the students to navigate a pathway through using the controls of an iPad to direct the Sphero.

The fastest students were able to pass through the obstacles in around 6 seconds. The students had a fun time competing against each other and enjoying watching the racing.



NAIDOC Week Reschedule

This week, we had the rescheduled NAIDOC Week dance workshops. The Foundation to Year 4 students each had sessions with either the Bandok Tati or the Djirri Djirris dance group. The Djirri Djirris will be performing for us at our assembly which is being held in our hall **tomorrow afternoon starting at 2:30pm**.

Foundation Swimming

Next Tuesday our Foundation students will travel to Mentone Aquatics pool for their 8 day swimming program. This will be an important program for our Foundation students as they become more confident in and around water and start to develop floating techniques and swimming strokes. I know that they will have lots of fun, but will need a good rest at the end of the week.

Farewell Mrs Cracknell

We farewelled Malory Cracknell this week, who leaves us to start her family leave. We appreciate the contribution that Malory has made to the lives of her Foundation students, in developing the students' independence, wellbeing and academic skills. We also greatly appreciate the impact Malory has had on the wider aspects of school life. We welcome Melissa Moore to AGPS. Melissa will be teaching FMC for the remainder of the year.



Reminders

Feel free to join us for our NAIDOC Week assembly **TOMORROW** (Friday 18th August). Please note the date for our Fathers' Day Stall has been changed to **TUESDAY 29TH AUGUST**.

Have a relaxing weekend and stay warm,



Jonathan

NAIDOC WEEK

AT ASPENDALE GARDENS PRIMARY SCHOOL

Wednesday 16th August - Friday 18th August

We will be celebrating more than 60,000 years of history, culture and achievements of Aboriginal and Torres Strait Islander peoples and overseas. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.



The 2023 National NAIDOC Week theme is *For Our Elders*. 'Across every generation, our Elders have played, and continue to play, an important role and hold a prominent place in our communities and families.'

We are so excited to welcome Indigenous performers BANDOK TATI to our school for our NAIDOC WEEK celebrations.

They will be running workshops with our Foundation to Year 4 students throughout the week.

BANDOK TATI will also be performing for us at our NAIDOC WEEK ASSEMBLY on Friday August 18th at 2.30pm in the gym. **EVERYONE IS WELCOME!**



PYP Focus in Year 1

In Year 1 our ongoing unit of Inquiry into 'Who We Are' began with a whole year level collaboration in the library where the students developed their Essential Agreement using the PYP Attributes and Learner Profiles.

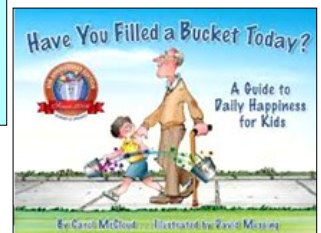
In their classrooms, children then shared their prior knowledge to the IB learner profile and how their positive and negative choice can make a difference. They then unpacked the central idea and how their words and actions can impact others after reading "Have you Filled a Bucket Today?" The children were given different scenarios and they decided if this action was that of a 'bucket filler' or 'bucket dipper'.

Transdisciplinary theme:

Who we are

Central Idea:

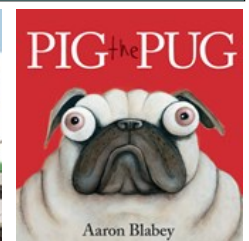
Our words and actions impact others perspectives.



Students read the books 'Pig the Pug' and 'King Pig' which they linked to the learner profile attributes of being caring. They wrote a letter to Pig the Pug giving him advice of how to be a 'caring' friend to Trevor.

After reading King Pig the students discussed how King Pig was not a very 'caring' King and did not show empathy to the sheep. They then discussed and wrote about ways he could have shown more empathy and how this would have made him a more empathetic King.

Books that assisted students into understanding how the positive and negative choices we make impact others.



Discovery Time Presentations into Who We Are and what fills our buckets.

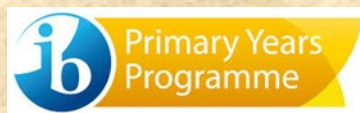


Team Building Incursion:
Children worked on collaboration and being thinkers.



These learnings linked to the Learner Profile Attributes of Thinker, Communicator, Principled & being Open Minded.

PYP Focus in Year One

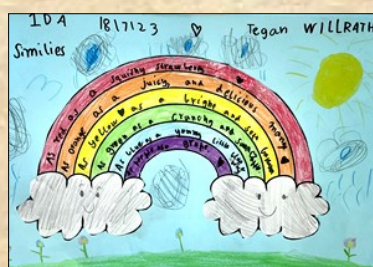


Our Central Idea for our current unit is 'Food is a basic necessity that sustains people everywhere.' We have been learning about where food comes from and how the food we eat impacts our health and our environment.

Our buddies helped us design a healthy lunchbox



EAT a Rainbow
We have been counting the colours of healthy food we have been eating daily using a table.



We have learnt about the healthy eating guide and different food groups.



Some beginning questions the students had to drive our Inquiry.....

Why do we need food?

Where does sugar come from?

Why does tomato sauce and paste have sugar?

How long does food grow for?

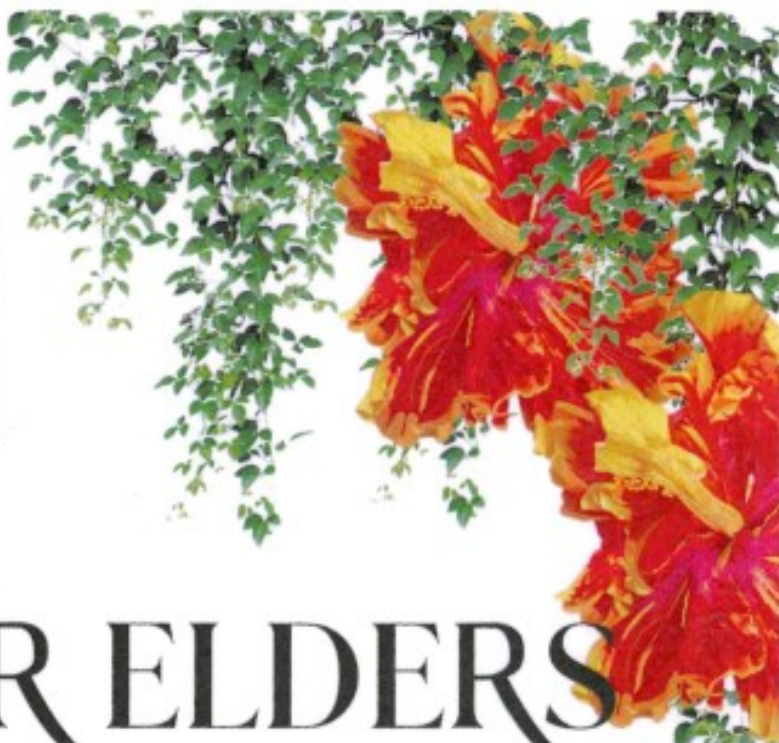
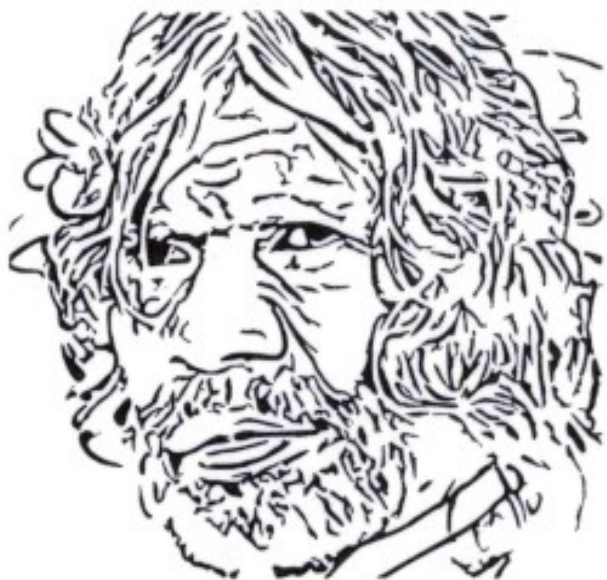
Why do we need healthy food?

Why does fish give energy to your brain?

Why do we need water?

Why are lollies and other junk food not good for you?

We had a home challenge and were asked to try a new food. Some new tastes, some enjoyed and some disliked!



FOR OUR ELDERS

YOU ARE INVITED TO OUR SPECIAL
ASSEMBLY CELEBRATING
NAIDOC WEEK 2023



AT ASPENDALE GARDENS PRIMARY
SCHOOL ON FRIDAY AUGUST 18th
AT 2:30PM IN OUR SCHOOL
GYMNASIUM.



Thursday Morning Running Group (Term 3)

It has been great to see so many students, teachers and parents of **Thursday Morning Running Group** take on the challenge of seeing how far we can run around Australia over the last 3 sessions.

Across **Terms 3 & 4** we are setting a challenge to anyone who takes part in Thursday Morning Running Group. We are setting the challenge of seeing how far as a group, we can **run around Australia (13,995km)** before our final session of the year.

To keep track of our progress across **Terms 3 & 4**:

<https://sites.google.com/education.vic.gov.au/agps-run-around-australia/running-group>

The 1st stage of the challenge currently involves travelling from **Hobart > Melbourne (720kms)**. Following our 3rd session last week, we have now run **493 kms**, leaving us with only **227 kms** left before we arrive in Melbourne.



The current Top 3 leaders for Year 3 are:

Place	Name	Class	Distance (km)
Boys			
1 st	Hayden F	3RP	11.4
2 nd	Logan H-I	3RP	9.2
3 rd	Felix C	3JB	8.5
Girls			
1 st	Ayla N	3RP	11.4
2 nd	Meryem A	3JB	11.2
3 rd	Chloe M	3KA	8.8

The current Top 3 leaders for Year 4 are:

Place	Name	Class	Distance (km)
Boys			
1 st	Charlie F	4OM	15
2 nd	Elijah O	4DG	14.7
3 rd	Lexi Z	4DG	14.4
Girls			
1 st	Ivanka Y	4RG	7.1
2 nd	Sylvia Y	4RG	6.8
3 rd	Layla K	4OM	6.3

The current Top 3 leaders for Year 5 are:

Place	Name	Class	Distance (km)
Boys			
1 st	Jonah D W	5LW	14.4
2 nd	Ari Wi	5LW	13.8
3 rd	Soren S	5AA	13.7
Girls			
1 st	Kiara C	5RK	5.2
2 nd	Jade P	5BM	3.9
3 rd	Ada W	5AA	2

The current Top 3 leaders for Year 6 are:

Place	Name	Class	Distance (km)
Boys			
1 st	Max S	6KC	9.3
2 nd	Leon K	6KC	8.7
3 rd	Koby F	6AK	4.8
Girls			
1 st	Indi M	6BH	4.8
2 nd	Poppy B	6KC	3.2

If your child would like to be part of Thursday Morning Running Group this term, please ensure that their payment and consent form have been completed via Compass.

Mr. Braden King & Miss Olivia McKaskill

ASPENDALE GARDENS
PRIMARY SCHOOL
PRESENTS

it's a jungle out there!

A musical play by Mary Donnelly & George L. O. Strid.

Orchestrated by Alan Billingsley

Licensed to perform by Hal Leonard Publishing Corporation Milwaukee

Year 5 & 6 Senior Production

Thursday the 31st of August

Matinee
2:00pm

Evening
6:30pm

In the school gym

Book tickets via QR code or on Compass





*D.A.G.S.
Dads of Aspendale
Gardens*

A watercolor-style illustration of a child and an adult from behind, holding hands with their arms raised. The child is wearing a purple dress, and the adult is wearing an orange long-sleeved shirt. The background is a solid dark blue.

WE ARE ON THE HUNT FOR NEW CHAMPION DADS!

Our team of Champion Dads help put everything together for the DAGs. If you would like to be more involved in your child's school life, please reach out to Mr. Murphy and he will provide more details!

OR

Sign up to join our Dads Group by clicking on the link below

<https://thefatheringproject.org/dads-group/aspendale-gardens-primary-school/>

We acknowledge the Traditional owners of the land, the Wurundjeri Woi Wurrung and Bunurong peoples of the Kulin Nation and pay our respect to Elders, past, present and emerging.



What's on this week?

This week, we are exploring the topic of space! Recently, children have shown curiosity in space, and as a result, the topic of space has come up regularly in conversation.

Children's inherent sense of wonder and curiosity are fostered when they learn about space. Many children find the immensity of the the universe to be fascinating, so beginning with discussing the solar system and planets will stimulate and develop their curious natures.

Week 6 Menu

Monday

Antipasto Savoury Platter

Tuesday

Wholemeal Wraps

Wednesday

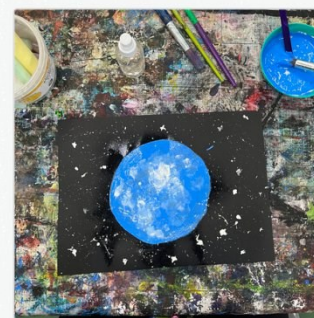
Wholemeal Spaghetti bolognese

Thursday

Spring rolls served with an asian salad

Friday

Salada crackers with dips and veggies



Moon Painting



Spring Holiday Program

TIMES

Before School: 7:00AM - 8:45AM

After School: 3:30PM - 6:15PM

Holidays: 7:00AM - 6:15PM

CONTACT HEAD OFFICE

1300 072 410

info@theircare.com.au

CONTACT SERVICE

1300 072 410

aspendalegardens@theircare.com.au



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Program**



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TERM 4 PEACEFUL KIDS EXPRESSIONS OF INTEREST ARE OPEN!



'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 and fees:

- **Foundation:** 5 week program (60 mins each week). 4-6 students in each group.
- **Years 1-6:** 8 week program (60 mins each week). 4-6 students in each group.
- Sessions are run during class time (not during specialist classes).
- Cost: \$200 (Foundation) \$270 (Years 1-6). This includes all materials for the 5/8 week program and weekly emails to 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, Art Therapist and Mum of 4.

Don't hesitate to contact me for more information and enrolment details.

Keep an eye out for details about the parent information session!



This is me!

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



SECOND HAND UNIFORMS

\$5.00 PER ITEM



Uniforms are available to purchase during
office hours: 8:30am — 4:30pm

ALL donations can be left at the school office.

OUR CANTEEN IS OPEN

WEDNESDAY, THURSDAY & FRIDAY

Counter sales available at lunchtime only

Please place Lunch orders via QKR

QKR closes at 8:59am on day of delivery



COME AND TRY GIRLS CRICKET

SUN 20TH AUGUST & SUN 3RD SEPTEMBER

Bonbeach Reserve Oval 1

9am to 10am

Contact: Mick Smith

Ph: 0431 394 948

Email: president_cricket@bonbeachycw.com.au

AGES 8
TO 16



ASPENDALE GARDENS COMMUNITY SERVICE
SCIENCE

SPECTACULAR GIVEAWAY

**WIN 1 OF 2 SPECTACULAR SCIENCE
PACKS WORTH \$100 EACH!!**



PRIMARY SCHOOL PRIZE PACK

World artefacts excavation kit
Grow your own crystals kit
Grow your own magic terrarium
Lego space shuttle builder
Cosmic storm ball
Sealife learning poster, human body
poster & solar system poster!
& MORE!

SECONDARY SCHOOL PRIZE PACK

Human anatomy model & app
Digital metal detector
Build your own robotic spider
Plasma Ball and Energy Bar
Grow your own crystals kit
Illustrated encyclopedia of
dangerous animals
& MORE!



ENTER HERE!

Visit www.agcsinc.org.au/science-spectacular-giveaway to enter.
Hurry, entries close at the end of National Science Week, at 11:59pm on 20th August!
Note this giveaway is being run by Aspendale Gardens Community Service.

We are very happy to welcome Kate on board as our new physio! Kate has extensive experience in physiotherapy, completing a masters in musculoskeletal physiotherapy, as well as having qualifications in physiotherapy to manage lymphoedema and lipoedema (as well as cancer rehabilitation!)

Please check out below to learn more on Lymphoedema and Lipoedema!

LYMPHOEDEMA

What is Lymphoedema?

Lymphoedema is a type of swelling caused by a blockage or impairment in the lymphatic system. Lymphoedema can often occur as a result of lymph node removal or radiation treatment as part of cancer treatment. Lymphoedema can present as mild, moderate or severe. In mild cases, a person may feel heaviness or tightness. In moderate or severe cases, this sensation may then cause further pain and uncontrolled swelling.

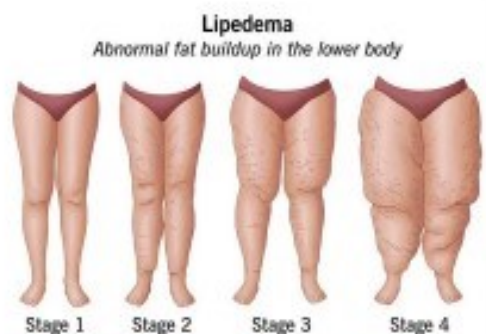
Treatment

Is it important to assess each case individually for the correct treatment, however treatment will usually involve lifestyle modification, exercises and compression. Lymphatic drainage may also be appropriate.

LIPOEDEMA:

What is lipoedema?

Lipoedema is an abnormal build up of fat which is found exclusively in women. It will normally occur in both legs, but can affect your arms as well.



Treatment

There is currently no cure for lipoedema, however correct management of the condition can make it less painful and reduce size.

Treatment will normally involve assessment, measuring, exercise and compression garments.

Booking

If you believe that you would benefit from an assessment and treatment for this area, please contact Kate at the clinic or book online and make the staff aware of your condition so that you can be booked in with the correct staff member to best assess your condition.

WANT TO PLAY CRICKET?

PARKDALE UNITED are looking for girls to play cricket in u14 & u17. Lots of fun and NO previous experience required!



Call Dave Shepard 0409 913 482 or
Graeme Stewart 0421 407 643

SOCCER COME & TRY MORNING

Sponsored by

Chelsea Football Club

**SATURDAY
SEPTEMBER 16TH**



**Special
Olympics**
Australia

Melbourne Southern

*Introductory program; basic skills and
fun games for athletes with
intellectual disability.*

All are welcome!

TIME: 10am – 11.30am

VENUE: Edithvale Recreational Reserve
117 Edithvale Rd,
Edithvale

AGE: 8 years and older

**REGISTER BEFORE
SEPTEMBER 9TH**

Registration Link:

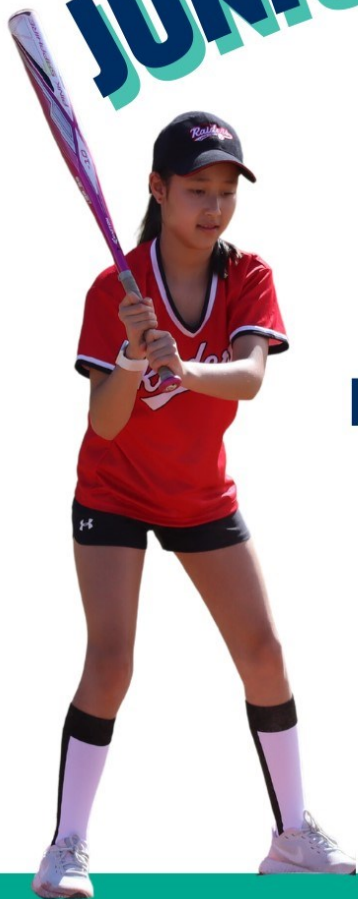
<https://www.chelseafootballclub.com.au/chelsea-fc-come-try-id-program>

Contact

Dimity Pollard 0405 615 882
Membership Officer
SO Melbourne Southern

GROW YOUR LOVE OF THE GAME WITH THE

2023 SOFTBALL JUNIOR DEVELOPMENT PROGRAM



8-14 YEARS
BEGINNER TO INTERMEDIATE

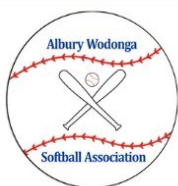
\$70 PER PERSON

SEE WEBSITE FOR TIMES
6 WEEKS
JULY 29 TO SEPT 2



SKILL DEVELOPMENT & GAME SENSE
WITH EXPERIENCED COACHES & STATE PLAYERS

**LOCATIONS: ALBURY WODONGA, CASEY,
MILL PARK, SUNSHINE & WAVERLEY**



Scan the QR
code or visit
the website
to register

www.softballvic.org.au/get-involved/junior-development

Phone: 9587 0877 Email: aspendale.gardens.ps@education.vic.gov.au Website: www.agps.vic.edu.au

2023—2024 SCHOOL TERM DATES

TERM 3: Monday 10 July to
Friday 15 September

TERM 4: Monday 2 October to
Wednesday 20 December

TERM 1: Tuesday 30 January (students)
to Thursday 28 March



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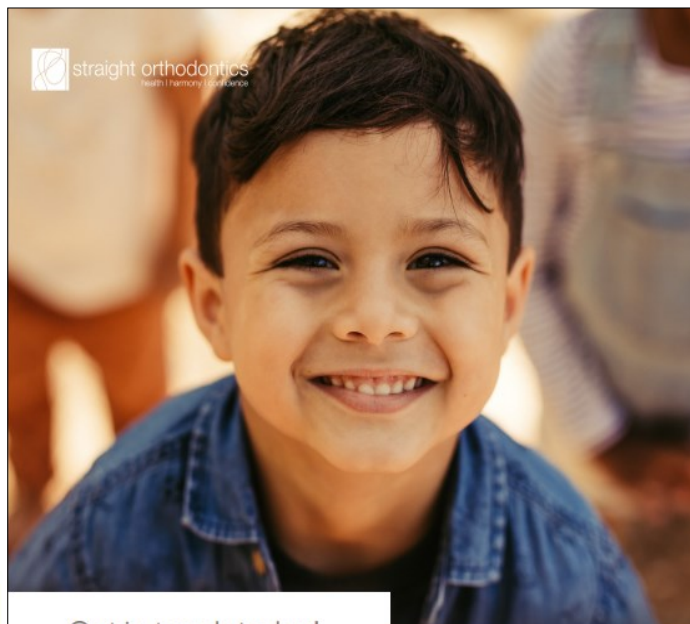
286 Wells Road,
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FRANKSTON

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BASKETBALL



SOCCER



CRICKET

AFTER SCHOOL
SPORTS

Kids Parties

- Space jump
- Sports & jump
- Dodgem cars
- Nerf wars
- Bubble soccer
- Laser tag



FREE
TRIAL
SESSION

5:30pm-6:30pm

Mondays & Wednesdays

5-7 year olds | 8 - 11 year olds

Tel: 9547 2555

\$15/sessions

springvaleindoorsports.com.au/junior-sports

Phone: 9587 0877 Email: aspendale.gardens.ps@education.vic.gov.au Website: www.agps.vic.edu.au