

Aspendale Gardens Primary School

Newsletter—Thursday 9th March



**INQUIRER THINKER BALANCED RISK-TAKER 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

MARCH

Friday 10 Year 6 ISS vs St Louis @ Home
Monday 13 LABOUR DAY HOLIDAY
 Tuesday 14 Foundation Team Building Incursion
 Kingston Division Swimming Carnival
 Wednesday 15 3LB & 3KA Local Community Walk
 Thursday 16 'How I can Help my Child'
 Fdn—Year 2 Parent Info Session
 9:05—10:00am in our Library
 Friday 17 Year 6 ISS vs St Joseph's PS @ Home
 Year 4 Royal Botanic Gardens Excn
 Thursday 23 'How I can Help my Child'
 Year 3—Year 6 Parent Info Session
 9:05—10:00am in our Library

APRIL

Friday 24 Year 6 Summer Lightning Premiership
 Monday 27 1st 2023 School Council Meeting @
 6:30pm in the Staffroom
 Tuesday 28 Environmental Leaders' Workshop
 Thursday 30 Last Running Group for Term 1
 Monday 3 Regional Swimming Carnival
Easter Raffle Draw Assembly—2:45pm
 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

FROM OUR ACTING PRINCIPAL

It has been a busy week with a range of additional things occurring this week. On Monday, our Year 3 students participated in a Values For Life Incursion, based on being inclusive and showing empathy. On Wednesday the senior students participated in the House Cross Country event on the council oval. Today the Year 6 students had an incursion with Coral Vass an award winning children's author and author of 'Sorry Day'. It was also our Term 1 free dress day. There was an excellent amount of Easter eggs brought in and gold coins donated. The Fundraising Team will be putting Easter baskets together, using these donations, to be our prizes for the Easter Raffle. Easter Raffle books will be available for parents to sell, in the coming weeks.

District Swimming Carnival

Last Friday, a group of our students represented our school at the District Swimming Carnival. It was a chilly start to the day, but the weather improved for the students as the morning progressed. The students competed very well in their events. There were some personal bests recorded by some of our students and some District records recorded. 13 of our students will be progressing on to the Division Swimming Carnival next week. A report on both the District and Division Carnivals will be included in next week's newsletter.

Clean Up Australia

This week our students have been caring for our environment and participating in Clean Up Australia. Each year level was given a designated area of our school and our local vicinity to clean.

Parent Information Sessions

Following our volunteering induction session last week, we will be running another two parent information sessions. These will be to assist parents with how they can assist their child/ren with their learning at home.

The first session will be geared towards our Foundation – Year 2 parents. This will be held on Thursday 16th March @ 9.05am in our school library. The second session will be for our Year 3 – 6 parents and will be held on Thursday 23rd March @ 9.05am, also in the library.

Cross Country

There was much excitement and colour on show on Wednesday as our senior students participated in the House Cross Country Event. Depending on the students' ages, they ran a course either 2 or 3 kilometres around the wetlands. It was an amazing event with the students trying their best for themselves and to also earn House points. The morning ended with the **Kookaburras** House winning. Thank you to Mr King, Mr Murphy and our student leaders for their organisation and to the staff and parents for assisting with marshalling, timing and first aid.



NAPLAN

Over the coming fortnight our Year 3 and Year 5 students will be participating in the NAPLAN assessments. The Year 3 and Year 5 parents have been made aware of the timetabling of these assessments. We remind the parents and students to make sure they are well rested, have had a good breakfast and arrive to school on time, so that our students can do their very best.

Congratulations to Alison Y (Year 5)

What an incredible effort! Alison and her brothers, former AGPS students, have used their swimming lungs, strong kicking legs, and powerful arms to swim 81.4 kilometres over the month of February. They are super proud to have completed the super swim challenge fundraising \$1575 for the Starlight Foundation. They have contributed to bringing joy and happiness to sick kids in hospital who are facing difficult times as they undergo treatment.



Assembly on Friday

We welcome our parents to our school assembly this Friday, the 10th March, starting at 2.30pm. We will be handing out certificates to our SRC (Student Representative Council) elected members at this assembly.

Long weekend

A reminder that Monday is Labour Day and as such there will be NO school. We wish everyone a wonderful long weekend and look forward to seeing everyone back on Tuesday.

Jonathan

Acting Principal



PARENT INFORMATION SESSIONS—'HOW I CAN HELP MY CHILD'

Foundation—Year 2 Parent Info Session

Thursday 16th March

9:05—10:00am in our Library

Year 3—Year 6 Parent Info Session

Thursday 23rd March

9:05—10:00am in our Library

2023 SCHOOL TERM DATES

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

TERM 3: Monday 10 July
to Friday 15 September

TERM 2: Monday 24 April
to Friday 23 June

TERM 4: Monday 2 October
to Wednesday 20 December

2024 SCHOOL TERM DATES

TERM 1: Tuesday 30 January (students)
to Friday 29 March

TERM 3: Monday 15 July
to Friday 20 September

TERM 2: Monday 15 April
to Friday 28 June

TERM 4: Monday 7 October
to Friday 20 December

SCREEN TIME AND DIGITAL TECHNOLOGY USE FOR CHILDREN: PART OF A HEALTHY LIFESTYLE

Screen time and digital technology use can be **part of a healthy lifestyle** when they're balanced with other activities that are good for your child's development. These activities include physical play, outdoor play, creative play, reading and socialising. Getting the right balance also includes making sure screen time doesn't interfere with sleep.

Our tips can help you encourage your child to use digital technology in balanced and healthy ways.

1. Make rules about screen time and digital technology use

Your family's rules might cover:

- **where** your child can use digital technology – for example, only in family rooms or not in the car
- **when** your child can use digital technology – for example, mealtimes are free of TV, computers and phones, or no screens before school or until chores are finished
- **how** your child can use digital technology – for example, for making animations or checking a netball shooting technique, but not for playing Candy Crush
- **how** you handle digital technology use for children of different ages – for example, there might be some games that your older child can play only when their younger sibling is out or has gone to bed
- **how** your child can stay safe online – for example, by letting you know if they come across upsetting and inappropriate content, or by checking privacy and location settings and personal data safety.

2. Aim for short screen time sessions

3. Get your child moving, especially outside

4. Imagine and create

5. Encourage play and friendship with others

6. Avoid screen time and digital technology use before bed

7. Keep digital technology out of bedrooms at night

To access the whole article, please click on this link:

<https://raisingchildren.net.au/pre-teens/entertainment-technology/screen-time-healthy-screen-use/healthy-screen-time-6-11-years>

SALE—SECOND HAND UNIFORMS

Extended to Monday 20th March

TWO items for \$5.00

Uniforms are available to purchase during

office hours: 8:30am — 4:30pm

If you have any school uniforms that your child has outgrown, and it is still in good condition, please consider donating it.



Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Aspendale Gardens Primary School is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
 - a modern user-friendly interface
 - rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 8 September 2023.

Children from Foundation to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

For the Foundation to Year 2 students Teachers will keep track of books those student have 'experienced' during the Challenge and books will be entered onto the VPRC data base by the school.

Year 3 – Year 6 students will be given their VPRC username and passcode to access their VPRC page and enter their books themselves at any time. Many students are familiar with the process but we will be instructing them on how to access their page over the next week.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit:

<https://www.vic.gov.au/premiers-reading-challenge>

Please feel free to contact the school if you have any questions regarding the VPRC. Thank you.

Glenys Balik

Library Manager

Aspendale Gardens Primary School

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'.

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.

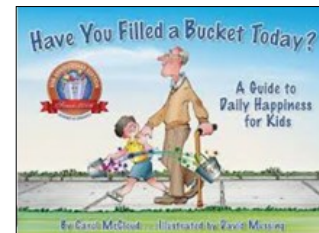
Discovery Time Presentations into 'Who We Are' and what fills our buckets.

Transdisciplinary Theme

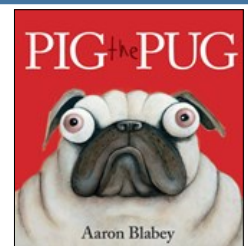
Who We Are

Central Idea

Our words and actions impact others



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



Team Building Incurison: children worked on collaboration and being thinkers.



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

Just One Thing



Volunteers Needed

Dear Parents, Guardians & Friends,

Aspendale Gardens Primary School is a community minded school, focused on the wellbeing and development of the students. To support this the school has a Fundraising Team who raise funds during the year to enhance the learning experiences and the environment for the children.

To raise funds, we run a number of events during the year such as our legendary school disco, Mother's & Father's Day stalls and our now famous Easter Raffle!

As the Fundraising Team is small, we rely on the support of volunteers to make the events a success. Volunteering is a great way to meet people, make new friends within the school community and have some fun along the way!

If you are interested in volunteering to support our events throughout the year, please can you clearly provide your email address and contact phone number below and return this form as soon as possible. The team will then contact you in due course when we need help for an event and what's required.

Also If you have a business that would like to donate a gift card or something from your business this is also greatly appreciated.

Parents name	
Youngest child's name and class	
Parents email address	
Parents contact phone number	

If you have any queries or you have a special skill that could help the fundraising team, please feel free to email us –

agpsfundraising.team@gmail.com

Thanks for your support.

The AGPS Fundraising Team



Aspendale Gardens
Primary School

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.

More information to come!



This is me!

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

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!

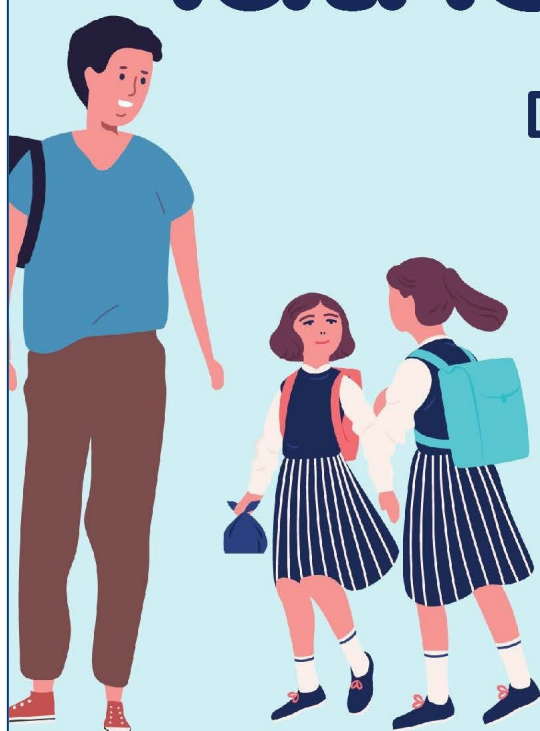
Calling all



**dads and
father-figures!**

Did you know we have a

Dads' Group ?

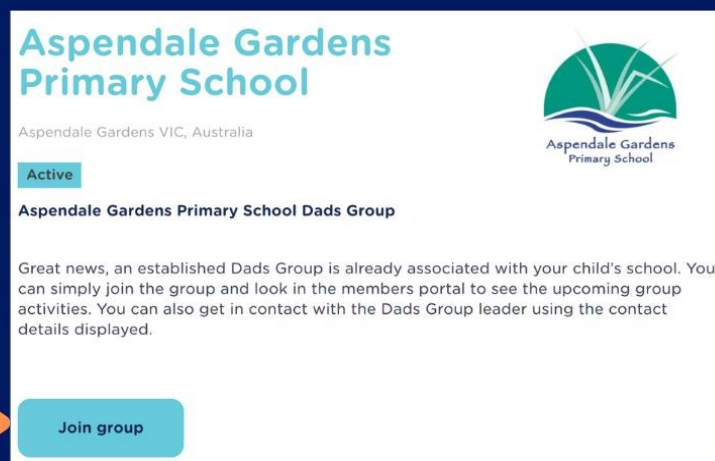


How to join our dads' group:

DAG's

Step 1:

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



Aspendale Gardens Primary School

Aspendale Gardens VIC, Australia

Active

Aspendale Gardens Primary School Dads Group

Great news, an established Dads Group is already associated with your child's school. You can simply join the group and look in the members portal to see the upcoming group activities. You can also get in contact with the Dads Group leader using the contact details displayed.

Join group

Step 2:

Join Group



*Are you a member of The Fathering Project?

☐ Yes

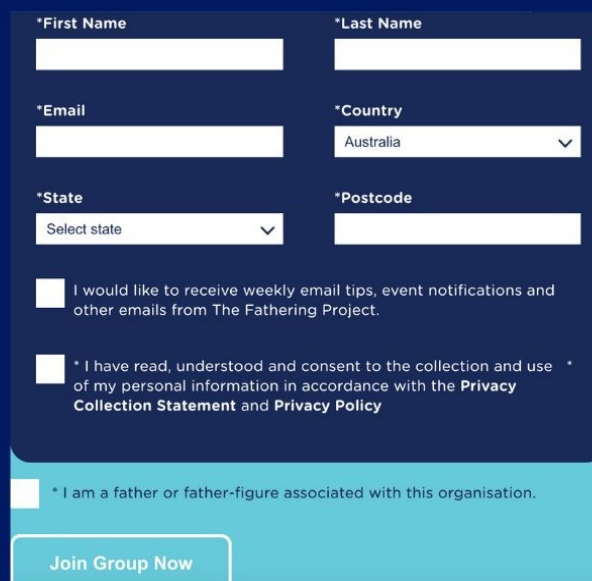
☒ No

Step 3:

Select NO

Step 4:

Enter your details and select "Join Group Now"



*First Name

*Last Name

*Email

*Country

Australia

*State

Select state

*Postcode

☐ I would like to receive weekly email tips, event notifications and other emails from The Fathering Project.

☐ * I have read, understood and consent to the collection and use of my personal information in accordance with the **Privacy Collection Statement** and **Privacy Policy**

☐ * I am a father or father-figure associated with this organisation.

Join Group Now

Provide First Aid including CPR (Level 2)



Facilitated by:
Helen McGrath
Total First Aid Training

Nationally recognised and fully accredited training

Participants can complete *either*:

- **Provide First Aid - HLTAID011**
(inclusive of CPR, attend session 1 & 2) **OR**
- **Perform CPR - HLTAID009**
(refresher recommended every 12 months, attend session 1 in part only)
- **Cost: \$100.00 for entire course or \$50.00 for CPR only**

Book and pay online at

<https://www.trybooking.com/CDAZW>

Once booking and payment is made, an online workbook will be emailed to you for completion before the first class.



Session 1 - Tuesday 21 March
Session 2 - Tuesday 28 March
Both sessions 6.15pm to 8.45pm
CPR only - attend 21 March only 6.15pm to 7.15pm

103-105 Kearney Drive, Aspendale Gardens
www.agcsinc.org.au | enquiries@agcsinc.org.au | 9587 5955



BASKETBALL



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Kids Parties

- Space jump
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- Nerf wars
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- Laser tag

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FREE TRIAL SESSION

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- Bring friends along and we will group you!





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<https://australiansportscamps.com.au>

NOT APPLICABLE TO PARTNER PROGRAMS

