

# Aspendale Gardens Primary School Newsletter—Thursday 11<sup>th</sup> August



Aspendale Gardens  
Primary School

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.*

## 2022 DIARY

### AUGUST

**Friday 12** **NO CANTEEN TODAY!!**  
Tuesday 16 Year 2 Twisted Science Excursion  
Thursday 18 Running Group—7.30am start  
Thursday 18 Senior Science Expo (Years 4 - 6)  
Friday 19 Junior Science Expo (Fdn—Year 3)  
Monday 22 Year 4 Melbourne Zoo Excursion  
Tuesday 23 Foundation Swimming Program Begins  
Wednesday 31 Fathers' Day Stall Fundraiser

### SEPTEMBER

Friday 2 District Athletics

### SEPTEMBER

Monday 5 Year 6 Campers depart for The Summit  
Foundation ACMI Excursion  
Finance Meeting—6:00pm  
School Council Meeting—6:30pm  
Tuesday 6 Foundation ACMI Excursion  
Saturday 10 Trivia Night Fundraiser  
Tuesday 13 Maths Curriculum Day—**NO students  
at school on this day**  
Friday 16 Term 3 Finishes  
**Early Dismissal @ 2:30pm**

**NO CANTEEN TOMORROW—Friday 12 August**

**Sorry for any inconvenience**

**SENIOR SCIENCE EXPO—Yrs 4—6**

**THURSDAY 18<sup>TH</sup> AUGUST**

**JUNIOR SCIENCE EXPO—Yrs F—3**

**FRIDAY 19<sup>TH</sup> AUGUST**

## FROM OUR ACTING PRINCIPAL

### PJ Day – Thursday 11<sup>th</sup> August

The School Representative Council (SRC) organised today's PJ Day. It was fantastic to see so many students and staff members involved, having fun and raising money towards the costs of the SRC projects they are working on. The SRC will update us later on in the term about some of the improvements they have made.

Today we raised \$683 which is just amazing! Thank you to everyone who contributed.



### The Parent / Carer / Guardian Opinion Survey

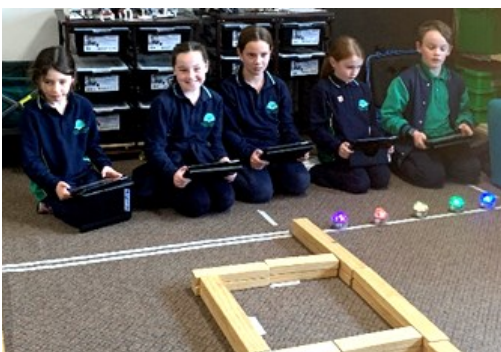
Our school is conducting the Department of Education's annual survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. We encourage all families who receive the invitation to participate in this survey. Our school will use the survey results to help inform and direct future school planning and improvement strategies. A random sample of approximately 30 per cent of parents/caregivers/guardians has been selected to participate in this year's survey. The Parent/Caregiver/Guardian Opinion Survey will be conducted from **Monday 15<sup>th</sup> August to Friday 16<sup>th</sup> September**. Each year we use these survey results, in conjunction with the students and staff survey results to set goals and develop linked actions to drive improvement at our school and to celebrate the areas that are reported on positively.

### Year 6 Point Nepean Excursion

The Year 6 cohort had a beautiful day to visit Point Nepean for their provocation linked to their unit on 'Where we are in place and time'. The students will be inquiring into personal histories; homes and journeys; the discoveries, explorations and migrations of humankind; the relationship between and the interconnectedness of individuals and civilizations, from local and global perspectives. The students visited the quarantine station and made connections to their mentor text 'The Year the Maps Changed', by Danielle Binks.

### Science Week. On your marks, get set, GO!

Science Week is being celebrated next week at school. There have been a good number of students who have handed in their applications to present at the Science Expo next Thursday and Friday. To introduce the week, Mr Cracknell and the Year 6 STEM Leaders have been organising lunchtime Sphero races in the library. The students use an iPad to steer a Sphero around a circuit, designed by our student STEM Leaders. This activity has caused great excitement and engagement. We are looking forward to introducing our students to more science next week and for our students to share their interests and expertise at the Science Expo.



### School Review

After collecting data, evidence and opinions from our students, staff and parents over the past few months, we will commence our School Review next week. The process will include analysing data in relation to the goals that were set 4 years ago and looking at the progress we have made in those 4 years. We will be working alongside a panel made up of a Reviewer, two Principals from local schools, our Senior Education Improvement Leader, our School Council President and staff from school. The group will observe lessons, talk with groups of staff, students and parents. Through an inquiry structure, the days will culminate with the panel setting goals and targets for our next 4 years of school improvement.

### Running in the Courtyard

During school hours we have a 'no running' in the courtyard rule, which reduces the number of injuries with students bumping into each other or bumping into poles. We ask parents to have a chat with their children and to support this particularly at the end of the school day when there are a large number of people exiting the school gates. Thank you for your support.

Have a great weekend

*Jonathan*



# STARS OF THE WEEK

## TERM 3 WEEK 4





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## Year 6 Interschool Sport (ISS) Match Report

Last Friday, the Year 6 students travelled to **Carrum PS** for their 3<sup>rd</sup> round of Year 6 Interschool Sport (ISS) for Term 3. The Year 6 students once again did a fantastic job, representing AGPS in their chosen sport with pride, while also showing lots of sportsmanship throughout their games.

Netball (Boys/Mixed)		Netball (Girls)	
AGPS	31	AGPS	19
Carrum PS	4	Carrum PS	13
Best Player/s:	Isobel McC	Best Player/s:	Alana W

Soccer (Mixed)		AFL	
AGPS	0	AGPS	84
Carrum PS	2	Carrum PS	8
Best Player/s:	Sienna L & Jhumulee C	Best Player/s:	Max T & Magni S

Tee Ball (Boys)		Tee Ball (Girls)	
AGPS	21	AGPS	16
Carrum PS	6	Carrum PS	16
Best Player/s:	Aadi C & Kiaan S	Best Player/s:	Talia N & Vy H

Well done once again to all of the Year 6 students on their efforts last week. Tomorrow students will be competing against **Bonbeach PS**. Venues for this week's games have been posted on Class DOJO. Most games will begin around 9.30am tomorrow. **GO AGPS!**

Mr. Braden King



## WHAT'S BEEN HAPPENING?

Welcome to Week 5! We cannot believe how fast the term is going. As usual, our sessions have been filled with fun and laughter!

### Highlights:

#### **Pancake Faces**

The children were so excited to see a cooking activity in afterschool care! We made pancakes and decorated them with berries to create pancake faces.



#### **Aboriginal and Torres Strait Islander Children's Day**

We did various activities with the highlight being Indigenous art where we used Indigenous colours to create beautiful art pieces on recycled cardboard.



#### **Woolworths Dramatic Play Area**

We have incorporated a Woolworths supermarket area into our dramatic play program. Children have been using this area with their peers to play supermarket.



### **OPENING HOURS**

BSC: 7:00am –8:45am

ASC: 3:30pm– 6:15pm

0439 161 164

[aspendalegardens@theircare.com.au](mailto:aspendalegardens@theircare.com.au)

### **FAMILY FEEDBACK**

We'd love to hear from you. Your thoughts, ideas, and suggestions are valuable to us and assist us in providing a high-quality service for you and your children.

## Heat it up or Ice it down?

You have sprained your ankle! Do you apply ice or heat? There are different views around applying ice or heat to musculoskeletal ailments and injuries. Using ice or heat can depend on the type of injury and the body's natural healing response.

When an injury occurs, whether this is a muscle tear or ankle sprain, the body starts the healing process through an inflammatory response -the body's natural healing response to injury. Typically, inflammation is characterised by heat, pain, redness and swelling. This arises because blood vessels open up to deliver more blood, cells, pain chemical and healing factors to the injury site. Inflammation is normal and needs to occur to promote healing, however, this process makes the injury painful and sore.

Ice and heat can be used to manage injuries. However, they have different effects on the healing process, thus are usually used under different circumstances.

### **What does ice do?**

Icing counteracts some parts of the inflammatory process. Ice will close the blood vessels around the area of injury, therefore, reduce the amount of blood, cells, pain chemical and healing factors being delivered to the site. Ice is a doubled edged sword in the initial stages (first 2 days of injury) – it provides effective pain relief, however, may also slow down the inflammatory/ response. This is why you may have heard to avoid icing for injuries. Despite the effect of ice on the inflammatory process, our elite athletes will still apply ice for the initial stages of injury and it is considered best practice to ice in the first 48-72 hours post injury.

### **What does heat do?**

Heat does the opposite to the ice. Heat on the body promotes blood vessels to open up, therefore, leading to more blood and an inflammatory response. Applying heat in the first few days of injury, may sound like it is promoting healing, however, applying too much can lead to an intense/over the top inflammatory response leading to more swelling and pain in an acute injury. Thus, heat is generally avoided with acute injuries.

Heat, however, is useful for managing muscle and joint tightness or stiffness. This is because heat 'softens' tissues – think of how butter is spreadable sitting at room temperature or how a car's engine is runs more smoothly after a warm-up – the muscles/joints become less tight with heat.

### **Bottom Line**

Ice in the initial stages of injuries for pain relief – first 48-72 hours

Heat after 48-72 hours or for muscle and joint tightness/stiffness





# Performing Arts @ AGPS



Glee Club members will be performing in the Mornington Peninsula Choral Festival TONIGHT at 7:00pm at the Peninsula Community Theatre located at 91 Wilsons Road, Mornington. If you would like to support our students, and attend the performance, tickets will be available only at the door from 6.30pm. Adults \$10, Concession \$7.50. Children and students have free admission.

Senior students are enjoying learning to play keyboard, ukulele, bass and bucket drums during our 'Band' unit and have made great progress on the recorder in Term three so far. Some students have formed their own bands. I will supervise Band rehearsals in the Performing Arts studio during lunchtimes on Tuesdays and Thursdays from Week 6.



## Band rehearsals

Tues's & Thurs's at lunchtime  
for years 4, 5 & 6 in Perf Arts studio

### PYP RECYCLING UNIT

We need lots of plastic containers with lids to recycle into shakers in Performing Arts. Any size will do. If you have any beads or necklaces that you no longer want, they make great fillers for our containers too.

HAPPY MUSIC MAKING!

*Mrs Nicolson & Mrs McGregor*

## SECOND HAND UNIFORMS

ALL items are \$5.00 each.

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

Thank you to those families who have donated second-hand uniform to the school. If you have any school uniforms that your child has outgrown, and it is still in good condition, please consider donating it.

All donations can be left at the school office.







WEDNESDAY  
31<sup>ST</sup> AUGUST

GIFTS RANGE FROM  
\$2.00 - \$10.00

Each child will have the opportunity to purchase one gift for their dad, step dad/special person in their lives. If there's enough gifts, the children will have the opportunity to purchase a second.

All gifts will be gift wrapped.  
On the day, children will need to bring cash in a zip lock bag/purse/wallet.

Thank you for your ongoing support  
*The Fundraising Team*



Aspendale Gardens  
Primary School

**Donations Needed**  
*for our upcoming*

**TRIVIA**  
*night*

We are asking for your support of the  
**AGPS fundraising Trivia Night.**

We are seeking **both prize donations** and **sponsorships** to help make this an amazing social event for all AGPS families & friends (adults only) and to raise money directly for AGPS.

So if you want to donate, either as a family or a business, please contact **Catherine Pinches** at **[agpsfundraising.team@gmail.com](mailto:agpsfundraising.team@gmail.com)** for further information.

**Saturday**  
**10th September**



## DISABILITY SUPPORT WORKERS WANTED!

### Interested in a rewarding and eligible career?

We are seeking passionate, kind hearted and caring Disability Support Workers to assist people living with disability to engage in activities and meet their individual needs, goals and interests.

Our NDIS Day Support Services are provided in group and 1:1 settings at our centres, in the community and in clients' homes.

**No experience or qualifications needed - just a passion to help people and a caring nature!**



### Join us today!



- Part-time & Casual work
- Work locally - Parkdale, Edithvale, Cheltenham & Clayton
- Highest Salary Packaging benefits
- Ongoing training & support
- A variety of work; outings & activities
- Staff wellbeing initiatives

**For more information visit:**  
[www.cbchs.org.au/careers](http://www.cbchs.org.au/careers)

## **NEW Zero Waste Living Community Group**

Seeking EXPRESSIONS OF INTEREST to join a new community group that aims to help reduce the waste of Aspendale Gardens (and surrounds) and promote zero waste living in our community.



Members must be:

- Keen to help the environment by reducing the waste we produce
- Community-minded
- Willing to commit ~2-4 hours a month initially
- Ready to take an 'actions over words' approach

Send your expression of interest to Kylie at:

[info@changetozero.com.au](mailto:info@changetozero.com.au).

Include a little about yourself, why you would like to join, what you can bring to the group and a few of your favourite changes you have made to reduce your household waste. You will then be sent some more information.

This group is inclusive and welcomes all people regardless of race, religion, ethnicity, gender, sex, or sexuality. We are LGBTIQ+ friendly.

Member numbers are limited.



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

[www.agcsinc.org.au](http://www.agcsinc.org.au)



### **Playgroup**

Tuesdays & Thursdays  
9:15am - 11:15am



### **Messy Play**

Every 2nd Friday  
10:00am - 11:00am



### **Occasional Childcare**

Wednesday & Thursdays  
Wed - 8:30am - 11:45am  
Wed - 8:30am - 1:30pm  
Thurs - 8:30am - 11:45am



### **Storytime & Craft**

23rd August  
2:30pm - 3:30pm

103-105 Kearney Drive, Aspendale Gardens, 3195  
Tel: 9587 5955 | [www.facebook.com/AGCSinc](http://www.facebook.com/AGCSinc) | [www.agcsinc.org.au](http://www.agcsinc.org.au)

# NEW PLAYERS NEEDED!



The Aspendale Arrows Netball Club are looking for a few more players to fill teams for Season 2 in the following age groups:

- U11 (born 2011-2012)
- U13 (born 2009-2010)

Please contact us on [aanc3195@gmail.com](mailto:aanc3195@gmail.com)



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## Introduce Your Child To **THE MAGIC OF DANCE**



### Charlesworth Walsh Dance Centre

To Dance is Joy

Website: [www.cwdance.com.au](http://www.cwdance.com.au)

Phone: 0423 473 447 or 0431 328 515  
or (03) 9807 2698



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- We can teach your child the fun and beauty of dance, building their self-esteem & confidence

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✦ CONTEMPORARY ✦ KINDY DANCE

**AUGUST  
FREE  
TRIAL**

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or Maths over two weeks**

Find out how we can develop in your child:

- calculation and reading ability
- concentration
- a daily study and reading habit
- the confidence to learn independently.



Limited availability, don't miss out. Enquire now!

**KUMON MORDIALLOC EDUCATION CENTRE**

Sheetal Patel  
0425 414 535  
kumon.mordialloc@gmail.com

\*Scan the QR code to visit website or view T&Cs

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**SOCCER**



**AFTER SCHOOL  
SPORTS**

**CRICKET**



**FREE  
TRIAL  
SESSION**

**5:30pm-6:30pm**

**Mondays & Wednesdays**

**5-7 year olds | 8 - 11 year olds**

**Kids Parties**

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



**Tel: 9547 2555**

**\$10 sessions**

**springvaleindoorsports.com.au/junior-sports**

Phone: 9587 0877 Email: [aspendale.gardens.ps@edumail.vic.gov.au](mailto:aspendale.gardens.ps@edumail.vic.gov.au) Website: [www.agps.vic.edu.au](http://www.agps.vic.edu.au)