

Aspendale Gardens Primary School

Newsletter—Thursday 9th June



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

JUNE

Friday 10 NAIDOC Week Special Assembly
Last Day for Chocolate Drive Forms

MONDAY 13 QUEEN'S BIRTHDAY HOLIDAY

Tuesday 14 Last Day for School Disco Payments

Friday 17 Years 3 & 4 Swimming Ends
Year 6 Winter Lightning Premiership
SCHOOL DISCO Fundraiser
Foundation—Year 2 5:45pm—7:15pm
Year 3—Year 6 7:30pm—9:00pm

Monday 20 Year 4 Wetlands Excursion
Chocolate Drive Begins
Parent / Teacher Meetings
3:45pm—6:15pm

JUNE

Monday 20 Finance Committee Meeting 6:00pm
School Council Meeting 6:30pm

Wednesday 22 Parent / Teacher Meetings
3:45pm—7:15pm

Thursday 23 Year 6 Girls' AFL
Year 1's Olden Day Dress Up Day

Friday 24 Term 2 Ends
Early Dismissal at 2.30pm

JULY

Monday 11 Term 3 Begins

Thursday 14 Year 3 Mr Bunsen Burner Incursion
Year 1 Coal Creek Excursion
Year 5 Immigration Incursion

Tuesday 19

FROM OUR ACTING PRINCIPAL



Winter has certainly set in this week, with heavy rain, strong winds and cold weather. We remind students to wear warm clothes to school, so that they feel comfortable when out in the yard. School beanies are available from our school wear provider PSW who are located at 22/13 Gateway Drive, Carrum Downs. It is wonderful to see some staff and students wearing these when outside in the cold. The weather has not stopped the learning experiences continuing.



The Year 5s had an amazing excursion to ACMI and LUME on Wednesday. This was an excursion which demonstrated our transdisciplinary approach to learning, with the Visual Arts focus linking with the classroom focus of 'how media uses a variety of strategies to influence thinking'.



End of Semester Reports

Student reports are completed at the end of each semester. The end of Semester 1 reports will be available through the Compass portal on Thursday 16th June from 2.30pm.

Parent / Teacher Meetings

Parents will have the opportunity to meet with the classroom teachers to discuss their child's progress in the last week of term on Monday 20th June and Wednesday 22nd June. The meetings will be held onsite in your child's classroom and will be scheduled for 15 minutes. The booking portal is open now through the Compass portal.

NAIDOC Week

The school is once again looking amazing for our NAIDOC Week celebrations. There have been a number of special events at school to celebrate NAIDOC Week.



These have included: aboriginal stories being read by the Year 6 students, a 'living books'

session presented by a young aboriginal friend of our school, a staff lunch using indigenous ingredients and a Welcome To Country / Smoking Ceremony. There will be an article featuring the Indigenous celebrations in next week's newsletter. The students have been introduced to NAIDOC Week at school and we encourage our families to look out for other celebrations happening around the



National NAIDOC Week (3 – 10th July), which is in our school holidays.

School Review

We have our School Review coming in Term 3, which is the culmination of our 4-year improvement cycle. As part of this process we are collecting viewpoints from our teachers, students and parents on a number of key areas. The School Captains have been assisting Mr Cracknell and I to create suitable questions to ask the students. Over the next fortnight they will be carrying out these surveys with groups of students from the various year levels.



At the Parent/Teacher Meetings we encourage parents to complete a short feedback survey, to enable us to be reflective on our school programs, procedures and culture.

Year 3 / 4 Swimming Program



The Year 3 and Year 4 swimming program commenced this week. The students travelled to Mentone Aquatics to participate in the program. We know the students will enjoy this time and hope that they will become more confident and improve their swimming strokes.

Cyber Safety Night

The school hosted a Cyber Safety Evening on Monday night in the library. There were a number of parents who were planning to attend, but could not due to the terrible weather and illness. The evening was presented using the resources from the 'Think U Know' program. There are some good resources for parents on their website which gives advice about how to educate and protect your child.

Here is the link to their website: <https://www.thinkuknow.org.au/>

The top 5 tips they give to parents are:

- **Have open conversations, often**
The most important tip we can give you is to start talking to your child regularly about their online activities and interactions.
- **Supervision is essential**
This means [knowing what your child is doing online](#), who they are interacting with and what platforms, apps or games they are using.
- **Be approachable if your child needs help**
Coming forward isn't always easy and your child may feel reluctant to tell you about online issues if they believe they will be punished or have their devices taken away. This also makes children more secretive about device use and at greater risk of exploitation.
- **Check privacy settings**
We recommended that you research and understand app settings, including [privacy settings](#). This could include turning off location settings, setting profiles to private, or turning off chat functions.
- **Know how to report**
If something goes wrong online, it is critical your child is supported. You need to know how to take action and [report](#).

Have a great long weekend everyone. A reminder that there will be no school on Monday, as it is the Queen's Birthday public holiday.

Jonathan

*that
three day
weekend
feeling*

MS HUNT IS 'GOING PINK IN JUNE'!

You may have seen that I have been wearing more pink than usual. This is because I am taking part in the National Breast Cancer Foundation of Australia 'Go Pink in June' challenge. If you would like to donate to this valuable cause (where funds will go towards game changing breast cancer research and help save the lives of those who are our nearest and dearest), then please follow this link:

<https://fundraise.nbcf.org.au/fundraisers/SusanHunt85239/go-pink>

Remember to look out for me at school – I'll be the one in Pink!

Susan Hunt



OUR CANTEEN IS OPEN!
WEDNESDAYS, THURSDAYS & FRIDAYS

Currently there are

NO over the counter sales

Please place Lunch orders via QKR

QKR closes at 9:00am on day of delivery



STARS OF THE WEEK

TERM 2 WEEK 6



Foundation



Year 1



Year 2



STARS OF THE WEEK

TERM 2 WEEK 6



Kingston Division Cross Country Carnival

On **Tuesday 31st May** there were ten highly motivated, determined and fit endurance runners that donned the blue, emerald and white to represent Aspendale Gardens Primary School at the **Kingston Division Cross Country Carnival** at Karkarook Park in Heatherton.

The following students ran the course in a fantastic time, bracing the cold weather and competing against children from other districts in the Kingston region. Well done to the following students:



Name	Class	Event	Place
Charles F	3AT	9/10 YO Boys	23 rd
Zac D	3JB	9/10 YO Boys	22 nd
Vienna N	4RP	9/10 YO Girls	66 th
Emmett B	5AA	11 YO Boys	DNF Injured
Ethan D	5AA	11 YO Boys	46 th
Eloise W	6BH	11 YO Girls	29 th
Hunter F	6JC	12/13 YO Boys	21 st
Joel D	6JM	12/13 YO Boys	20 th
Victoria A	6JM	12/13 YO Girls	5 th
Emerson L	6BH	12/13 YO Girls	6 th

These students should each be extremely proud of their efforts as they performed exceptionally well on the day. Mr. King, Mr. Murphy and the rest of AGPS are certainly blown away with their results and dedication to the early morning trainings.

A huge congratulations to **Victoria A (6JM)** and **Emerson L (6BH)** who have both progressed through to the **Southern Metropolitan Regional Cross Country Carnival** on **Wednesday 15th June** at **Hasting's Fore-shore, Hastings**. We wish you all the best for the next stage of competition.

Thank you to the parents, grandparents and special friends who came and supported the runners on the day. Your help and support are greatly appreciated! **GO AGPS!**

Mr. Braden King



FUNDRAISING NEWS

Thank you to all our families who continue to support our fundraising endeavours. All funds raised this year will be put towards the upgrade of our senior playground equipment.

So far this year we have raised:

FUNDRAISER	PROFIT
Easter Raffle	\$5,430
Mothers' Day Stall	\$1,339
Election Day BBQ	\$1,316
TOTAL to date	\$8,085

Our School Disco is being held on Friday 17th June—tickets may be purchased via Compass. Please ensure you complete the consent component for the Disco on Compass too.

We have our Chocolate Drive starting on Monday 20th June—thank you to those families who have already ordered their box/es and those who have made a donation. Please return order forms by tomorrow—Friday 10th June.

Thank you—the Fundraising Team

FEELING BLUE THIS WINTER? KEEP TRAINING!

As the days get colder and the mornings get darker, it can be hard to stay motivated to keep pushing towards your health and fitness goals. Sometimes the last thing we want to do is be physically active, and all we want to do is curl up on the couch with a blanket and the heater on. However, training consistently during the winter months has some profound benefits for our bodies and minds – let's look at a few physical and mental benefits of getting to the gym this winter:

1. Increase your blood flow and circulation – stoke your internal fire

Getting your heart pumping during a workout increases blood flow and circulation throughout your body, especially towards your extremities. This can help prevent feelings of coldness in your fingers and toes, as well as provide a calming effect on your body. Swap out the hot bath for a training session and you'll be warm in no time.

2. Boost your immune system

Regular exercise strengthens your immune system. This is especially important in winter, the height of cold and flu season. With increased circulation comes increased protection from infection, as immune cells can travel more quickly throughout the body and provide better protection from incoming threats.

3. Enhance your mood and productivity

The mental health benefits from exercise are numerous and can help combat those winter blues. After a bout of exercise, your brain produces chemicals such as dopamine and serotonin, also known as your 'natural high'. The more frequently these chemicals are produced, the better you feel! Regular exercise also helps to reduce stress and anxiety as well as improve focus and productivity.

4. Prevent injuries by maintaining your strength

Consistent weight training has considerable physical benefits not only for the strength of your muscles, but for the health of your bones, joints and connective tissues. Maintaining a baseline level of strength and functionality of these tissues significantly reduces your risk of developing injuries, both acutely and over the long term. Strength gains have been shown to decrease after only two weeks without training – if you don't use it, you lose it!

5. Reduce those cold weather cravings

Whether it's hot chocolate, cookies or cheesecake, we all crave some comfort food when the cold weather sets in. Training helps to regulate your appetite and hunger signals to reduce the chances of you overindulging on your favorite treats. Not only are you burning calories with exercise, but you're crushing your food cravings at the same time.

You've probably heard this before, but consistency and enjoyment are the most important factors when it comes to your training. So even when it's pouring rain outside, jump off the couch and into your best activewear. I promise you won't regret it.

David Hoare
PHYSIOTHERAPIST (DPT)
BACK IN MOTION, ASPENDALE GARDENS
1 Forbes Drive, Aspendale Gardens, 3195
Phone: 9580 1985
Email: aspendalegardens@backinmotion.com.au



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School Disco

WHEN: Friday 17th June

WHERE: School Gym

TIME: Foundation to Year 2 - 5.45pm to 7.15pm

Years 3 to 6 - 7.30pm to 9.00pm

ADMISSION: \$10 per student
(pre-SOLD tickets only)

Please bring a named water bottle.

Chips and chocolate: \$1 each

Buy disco glow
products on the night

**DANCE
NON STOP**

**let's
party**

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

Step 3:

→
Select NO



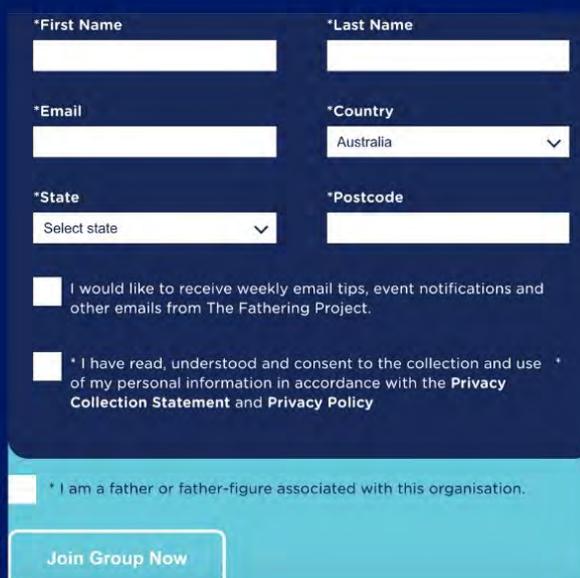
*Are you a member of The Fathering Project?

Yes

No

Step 4:

Enter your details and select "Join Group Now"



*First Name

*Last Name

*Email

*Country

*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

PEACEFUL KIDS PARENT INFORMATION SESSION



**DATE
CHANGE!**

A great opportunity to learn what the the program is all about!
Including what the children will learn and how you can support
your child at home throughout the program.

**Details:
Monday 20th June
9am
Library**

**Enrolments for
Term 3 are open
for F-6!**

Program Outline:

Years F-1:

5 x 60 min sessions. \$180

Years 2-6:

8 x 60 min sessions. \$250

**Can't make it? Please
email me for more
information.**

From a Parent:

The peaceful kids program has been fantastic for my daughter so far. She is expressing her emotion more, identifying her worries and asking to use meditation practice in times of high stress and worry. Lisa is brilliant with her concepts and the explanation she provides the children with. Parents are kept updated and informed. I couldn't recommend higher.

lisawebber@outlook.com.au

JUNE SCHOOL HOLIDAY PROGRAM

Bookings Essential!



103-105 Kearney Drive,
Aspendale Gardens
03 9587 5955



Storytime & Craft

FREE – all ages
Mon 27th June
10:30am – 11:30am



Family Art Class

\$35 – 6–12 years +
parent/guardian
Mon 27th June
1:00pm – 2:30pm



Yoga for kids

\$5 – primary aged
Tues 28th June
10:00am – 10:45am



Young Engineers Bricks Challenge

FREE – primary
aged
Wed 28th June
10:30am – 11:30am



Music & Movement with Deb

\$30 – preschool –
primary aged
Wed 29th June
1:00pm – 3:00pm



Kids Art Class

\$30 – 6–12 years
Thurs 30th June
10:00am – 12:00pm



Become a Dolphin Researcher for the afternoon

\$25 – 5–12 years
Thurs 30th June
1:00pm – 2:30pm

For More Information
www.agcsinc.org.au

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