

# Aspendale Gardens Primary School

## Newsletter—Thursday 18<sup>th</sup> May



**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

#### MAY

Friday 19 Year 6 ISS vs Edithvale P.S.—away  
 School Assembly @ 2.30pm in Gym

Monday 22 Year 1 Mrs Sargood Incursion

Tuesday 23 School Tour @ 2:30pm

Wednesday 24 **Senior House Athletics Carnival**

Thursday 25 Kingston Junior Mayor Competition

Friday 26 Year 6 ISS vs St Louis P.S.—away

Tuesday 30 School Tour @ 9:15am  
 Division Cross Country

Wednesday 31 Kingston Division Cross Country  
 Foundation Moonlit Sanctuary  
 Excursion

#### JUNE

Friday 2 Year 6 ISS vs St Josephs P.S. @ Home  
 School Assembly @ 2.30pm in Gym

#### JUNE

Monday 5 FCH Parent Teacher Meetings  
 2:30pm—4:30pm

Tuesday 6 Years 3 & 4 Swimming Begins  
 Year 5 Immigration Incursion

Friday 9 Year 6 ISS vs Chelsea P.S. @ Home

Monday 12 **King's Birthday Holiday—NO School**

Tuesday 13 **NAIDOC WEEK CELEBRATIONS**

Wednesday 14 Regional Cross Country Carnival

Thursday 15 Last Running Group for Term 2

Friday 16 Years 3 & 4 Swimming Finishes  
 Year 6 Winter Lightning Premiership  
**Special NAIDOC Week Celebrations @  
 School Assembly @ 2.30pm in Gym**

Monday 19 Year 3 Prof Bunsen Burner Incursion  
 School Council Meeting @ 6:30pm

### FROM OUR ACTING PRINCIPAL

Last Friday we welcomed our Mums, Grandmas and special friends to our Mothers Day breakfast. We were fortunate that the weather was good and so many of our families were able to join us. There was a lovely atmosphere around the courtyard as families mixed together and the choir entertained.



#### **Open Evening**

On Tuesday, we hosted our Aspendale Gardens Primary School Open Evening. The classrooms were open for our families to visit from 5:00pm - 6:30pm. The students showed great pride in sharing their learning with their parents. There were a range of things on show which demonstrated the diverse programs and learning opportunities we provide. These included programming Bee-Bots in Foundation, sharing the



writing process in Year 3 and stretching the students understandings in Year 6 as they designed their own use of renewable energies.

The evening was further enhanced by the presentation of student artwork in the library and entrance area, singing from our junior and senior choirs and a tinkling performance. We thank all our families for taking the time to come along and share in this event, and to the Benson family whose chooks provided plenty of entertainment throughout the evening.

## Volunteers Week

This week is National Volunteers Week, where we celebrate and show our appreciation for all the people who volunteer in so many different ways within our community. Our school programs and events are all enhanced by the amazing amount of time and effort our families give to our school.

From help with the School Council, Fundraising Team, PMP, Kitchen Garden, assisting in the classrooms, sporting events, excursions and camps. We appreciate all the volunteers who support our school and hope that it brings a greater purpose and connectedness to your lives.

Should you wish to volunteer at AGPS, please read the information on our website and complete the required reading and forms. <https://www.agps.vic.edu.au/volunteeringatagps>



## Therapy Dog

Over the past few weeks Ruby our therapy dog has been making more regular visits to our school (with Simone). Ruby will be walking around the school to meet students. We are also setting up a space in the Gallery where Ruby will be making herself comfortable for visitors.

Ruby is a wonderful asset to our school.



## SRC visit to Aspendale Gardens Kinder

This year the SRC (Student Representative Council)

students have the aim of involving themselves more within the community. Throughout the year all SRC



representatives will have the opportunity to assist children in the 3-Year-old and 4-Year-old rooms over at Aspendale Gardens Kindergarten. On Monday 15<sup>th</sup> of May the Year 5 SRC students were the first to involve themselves in this wonderful opportunity. Throughout the session the students were able to assist a 4-year-old group with their activities. They were asked to demonstrate leadership and confidence during this session, and it was great to see their enthusiasm while achieving this.

All the SRC students are looking forward to working with the kindergarten and developing their leadership skills throughout the remainder of the year.

*Rochelle Keulen & Amy Kelly*

There will be a whole school assembly **tomorrow** (Friday 19<sup>th</sup> May). We extend a welcome to our parents and friends of the school.

Next week we look forward to our **Senior House Athletics Day** for our Years 3 - 6 students. A reminder that canteen meals **will not be available** for students who will be participating in the House Athletics on Wednesday 24<sup>th</sup> May. We also wish our School Captains the best of luck as they present at the Junior Mayor competition on Thursday 25<sup>th</sup> May.

Have a wonderful weekend—stay warm!

*Jonathan*







## PYP FOCUS IN YEAR 3

### Wominjeka

On Thursday the 4th May, the Year 3 students visited Willum Warrain gathering place on Bunurong country on the Mornington Peninsula.

The purpose of our visit was to gain an understanding of Australian history and strengthen our appreciation of Indigenous perspectives. We began our visit with Aunty Sammy, Aunty Justine and Uncle Peter leading a yarning circle. Students were shown the map of Indigenous Australia and learnt that Australia is made up of many different and distinct Indigenous groups, each with their own culture, customs, language and laws. We learnt about the Boonwurung walert cloak which was made with the pelt of possums, native wattle bark and stitched with kangaroo sinew. A lucky few even got to try on the walert!



Next, we walked through the wetlands and along the Koorie bush tucker trail, sampling saltbush, and learning about traditional huts, native flora and fauna. We were shown scar trees and learnt that Bunurong people removed bark from stringybarks to make canoes, baby bassinets and shields.

We finished the day in the Ngargee area listening to dreamtime stories about Bunjil (the ancestral wedge-tailed eagle) and Waa (the ancestral crow). Aunty Sammy led an acknowledgement of country and we all danced and participated in a smoking ceremony. It was a privilege to learn more about the world's oldest living culture and we came away with a deeper understanding of the diverse history, culture and heritage of Aboriginal and Torres Strait Islander people.





## District Cross Country Carnival Report

The **Chelsea & Patterson District Cross Country Carnival** was held on **Friday 5<sup>th</sup> May** at Cornish College. We took a squad of **59 students** to the event who all ran superbly on the day, representing Aspendale Gardens Primary School in tremendous spirit. The hard work which students had put in since last term was clearly evident. Each student is commended on their fantastic running efforts. A huge congratulations to the following students who have either progressed through to the **Kingston Division Cross Country Carnival** OR is an emergency for the event which will be held on **Tuesday 30<sup>th</sup> May** at Karkarook Park, Heatherton:

Name	Class	Event	Place
Charlie F	4OM	9/10 (Boys)	3 <sup>rd</sup>
Zac D	4DG	9/10 (Boys)	5 <sup>th</sup>
James P	5AA	9/10 (Boys)	8 <sup>th</sup>
Jonah D W	5LW	11 (Boys)	4 <sup>th</sup>
Soren S	5AA	11 (Boys)	6 <sup>th</sup>
Jade P	5BM	11 (Girls)	6 <sup>th</sup>
Olivia M <sup>c</sup> C	4DG	11 (Girls)	10 <sup>th</sup>
<b>Emergencies</b>			
Jordan B	5LW	11 (Boys)	12 <sup>th</sup>
Anika K	5BM	11 (Girls)	11 <sup>th</sup>
Emmett B	6KC	12/13 (Boys)	11 <sup>th</sup>
Gemma G	6AK	12/13 (Girls)	12 <sup>th</sup>

The following students were part of the **AGPS District Cross Country** team for 2023:



### **9/10 YO (Boys)**

1. Ari W (5LW)
2. James P (5AA)
3. Lexi Z (4DG)
4. Flynn W (4OM)
5. Archie F (4OM)
6. Zac D (4DG)
7. Charlie F (4OM)
8. Elijah O (4DG)
9. Jimmy Z (3LB)
10. Sebastien R (4RG)



### **9/10 YO (Girls)**

1. Layla K (4OM)
2. Morgan B (3KA)
3. Saskia B (3JB)
4. Georgia W (3JB)
5. Alisha H (3RP)
6. Ayla N (3RP)
7. Cleo T (4RG)
8. Ivy L (4RG)
9. Caitlin B (5LW)
10. Vienna N (5RK)





### 11 YO (Boys)

1. Jonah D W (5LW)
2. Jordan B (5LW)
3. Colby G (5RK)
4. Josh D (5RK)
5. Maxx M (5BM)
6. Alex W (5RK)
7. Soren S (5AA)
8. Leon K (6KC)
9. Ishak A (5BM)
10. Esperance A (5LW)



### 11 YO (Girls)

1. Yasmin M (5AA)
2. Savannah W (5BM)
3. Teah W (5BM)
4. Alison Y (5LW)
5. Ece B (5BM)
6. Anika K (5BM)
7. Olivia W (5AA)
8. Jade P (5BM)
9. Olivia M<sup>c</sup>C (4DG)
10. Nandu A (5LW)



### 12/13 YO (Boys)

1. Haroon K (6KC)
2. Chevy S (6KC)
3. Kaden E (6AK)
4. Koby F (6AK)
5. Emmett B (6KC)
6. Max S (6KC)
7. Nathan P (6JM)
8. Ethan D (6BH)
9. Edward L (6JM)
10. Will T (6JM) Absent



### 12/13 YO (Girls)

1. Hanna M (6AK)
2. Eva H (6BH)
3. Mia P (6AK)
4. Matilda T (6AK)
5. Alisha H (6BH)
6. Gemma G (6AK)
7. Poppy B (6KC)
8. Leah O-H (6JM)
9. Ruby M-B (6BH)
10. Larah P (6AK)



A big thank you to Jamie Briones who assisted with providing students with some lunchtime training prior to the event. Thank you also to Liam Murphy, Belle Munro, Olivia McKaskill, Sacha Ferguson (student teacher), and Bianca Dodgson (student teacher) for their support on the day of the event. Lastly, thank you also to all of the families and friends who supported students on the day! Your support was greatly appreciated.

Congratulations to all of the students who represented AGPS extremely well, dodging rabbit holes left, right and centre, giving 100% throughout their races. Our students achieved some amazing results on the day, as highlighted by having **7 students** progress through to the Kingston Division Cross Country event. Additionally, we had **20 students** finish inside the **Top 20** and **37 students** finish inside the **Top 30** for their respective age groups. **GO AGPS!**

**Mr. Braden King**



## PERFORMING ARTS @ AGPS

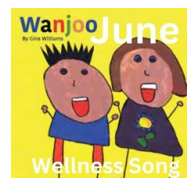
Huge congratulations to all our singers in **School Choir**. They did amazing performances at both Mother's Day breakfast and Open Night. Thank you to all students who participated in our **Flash Mob** dance and the **Tinikling** demonstration on Open Night too. All these students graciously give up their lunch times to rehearse regularly.



### Recorders

**ALL RECORDERS THAT WENT HOME LAST YEAR MUST COME BACK ASAP PLEASE.** Many students still have their recorder at home, others have not purchased one. I have some second-hand recorders that can be gifted to students if they cannot purchase their own. Some students will be performing on their recorders for Chinese Week in Week 6.

Our monthly **Wellbeing** song will be posted on Dojo for those children who would like to practice for assembly performances. This month we are practicing a Welcome to Country song in an indigenous dialect to celebrate NAIDOC week in Week 8.



This term seniors enjoyed playing recorders and keys. Next term we will resume playing the Ukulele and drums, preparing for ensemble work in Term 4.

Senior School **Production** auditions for "It's A Jungle Out There" are well underway and we should be able to announce a cast very soon! Huge thank you to Miss Munro and Miss Archer for assisting with auditions and also to Sarah and Maria for already starting to sort costumes.



*Mrs Nicolson and Mrs McGregor*

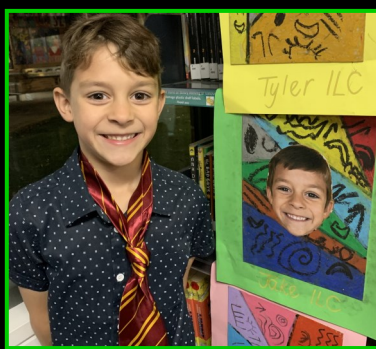
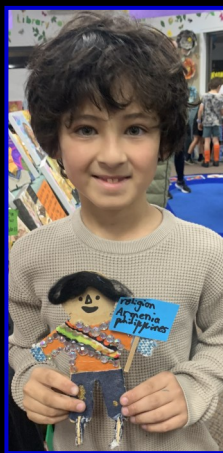




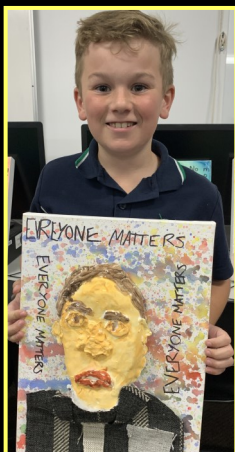
## Mother's Day Breakfast







## Education Week Art Show





## AGPS Senior Athletics Carnival (Years 3 - 6)

A final reminder that our annual **AGPS Senior Athletics Carnival** will be held in **next week** on **Wednesday 24<sup>th</sup> May**. Students in **Years 3 – 6** will be taking part in the event. The event will be held at the **Chelsea Little Athletics Centre (HD Thomas Pavilion, Edithvale Rd, Edithvale)**.

Students will be walking through the Edithvale Wetlands to get to the venue on the day. The event will begin at approximately **10.00am** and will finish at approximately **2.45pm**.

Below is the approximate event schedule for the day:

Time	Information
9.00am - 9.40am	Walk to Chelsea Little Athletics Centre.
9.40am - 10.00am	Welcome and a run-down of the carnival from Mr. King & Mr. Murphy.
10.00am – 2.00pm	Students complete 8 rotations which include 6 athletic events & 2 breaks for snack and lunch.
2.00pm - 2.10pm	Events Pack Up. Assemble on the velodrome for the House Chants.
2.10pm - 2.20pm	Year 6 House Captains perform their House Chants.
2.20pm - 2.35pm	Staff vs Student relay races.
2.35pm - 2.45pm	Announcement of the AGPS Athletics Champions for 2023 by the Year 6 Sports Leaders.
2.45pm - 3.30pm	End of the 2023 Athletics Carnival. Walk back to Aspendale Gardens PS.

Students are encouraged to dress in their **House colours**. Students should ensure that they wear appropriate clothing and shoes to compete in (e.g. shorts, leggings, etc.) and wear a tracksuit to keep warm whilst waiting to compete in their event. **Parents** are **welcome** to come and watch their child compete on the day.

Students will need to bring a backpack with the following items on the day of the event:

- ◆ Drink of water in a plastic container.
- ◆ Fruit, snack and lunch.
- ◆ No iPads (Years 4 - 6 students).

The **Top two** students in each age group for each event will progress through to the **Chelsea & Patterson District Athletics Carnival** on **Friday 8<sup>th</sup> September** (2nd last week of Term 3).

If your child will be attending this event, their consent form and medical information must be completed via Compass by **Monday 22nd May**. If your child's consent form isn't completed by the due date then they won't be allowed to attend the carnival. This event is a **COMPULSORY SPORTS EVENT**. Students **WILL BE REQUIRED** to attend the event.



Lastly, we are still seeking interest from any **PARENTS** who would like to assist on the day in the role of helping teachers to run the athletics events. If you would like to assist at the carnival, please let **Mr. King** know via **Class Dojo** before the carnival. For more information on the event, please contact Mr. King.



**Mr. Braden King**

# Year 6 Interschool Sport (ISS) Match Report

Last Friday, the Year 6 students hosted Aspendale Primary School for their first round of Year 6 Interschool Sport (ISS) for Term 2. Throughout Terms 2 and 3 students will be playing AFL, Netball, Soccer and Tee Ball against schools in the Chelsea District. The Year 6 students did a fabulous 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

Netball (Boys/Mixed)		Netball (Girls)	
AGPS	15	AGPS	10
Aspendale P.S.	21	Aspendale P.S.	19
Best Player/s:	Alice G & Beren U	Best Player/s:	Ruby M-B

Soccer (Boys)		Soccer (Girls)	
AGPS	2	AGPS	4
Aspendale P.S.	5	Aspendale P.S.	2
Best Player/s:	Charlie A & Hugo H-H	Best Player/s:	Eva H & Polina I

Tee Ball (Boys)		Tee Ball (Girls)	
AGPS	6	AGPS	13
Aspendale P.S.	20	Aspendale P.S.	14
Best Player/s:	Emmitt M	Best Player/s:	Ella B-H & Jamie M

AFL (Boys)	
AGPS	13
Edithvale PS	24
Best Player/s:	Will T & Ethan D

Tomorrow we will be playing our first away games of the term against **Edithvale 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







## ASPENDALE GARDENS PRIMARY SCHOOL 2024 FOUNDATION ENROLMENTS

We invite you to tour our school and visit our Foundation classrooms.  
Please feel free to bring any questions you may have. We look forward to meeting you.  
Please phone our office on 9587 0877 to book your tour, or to speak with  
Maddy Chapple or Nat Tangey—our Foundation Transition Coordinators.



**EDUCATION WEEK**  
Monday 15<sup>th</sup>—Friday 19<sup>th</sup> May

### **OPEN NIGHT**

Tuesday 16<sup>th</sup> May  
5.00pm—6.30pm  
Classrooms open to visit



### **FOUNDATION PARENT INFORMATION SESSION**

in our Library  
Tuesday 9<sup>th</sup> May 6:00pm—7:00pm



### **TOUR DATES & TIMES**

Tuesday 2 <sup>nd</sup> May	2.30pm–3.15pm
Tuesday 9 <sup>th</sup> May	9.15am–10.00am
Tuesday 16 <sup>th</sup> May	9.15am–10.00am
Tuesday 23 <sup>rd</sup> May	2.30pm–3.15pm
Tuesday 30 <sup>th</sup> May	9.15am–10.00am

**APPLICATIONS to enrol OPENED**

Monday 24<sup>th</sup> April

**APPLICATIONS CLOSE**

Friday 28<sup>th</sup> July

*Dream Believe Achieve*

# Wonder Recycling Rewards Program

During Term 2, AGPS will be taking part in the Wonder Recycling Rewards program. This program is coordinated by bread manufacturing company 'Wonder' and is designed to assist with recycling the many tonnes of bread bags that are thrown into landfill each year.

In return for collecting and recycling bread bags, schools participating in the program will be rewarded with a range of brand new sports equipment for students of all year levels to enjoy. **The more bread bags we collect for recycling, the more sports equipment we will earn!**

Our collected bread bags will be returned to Wonder late in Term 3 and our sports equipment will be sent out towards the end of the year.

Here is some further information about the program:



## **Where do I drop my bread bags?**

A collection box will be located in the AGPS office for students, their families and staff to drop off their bread bags from the beginning of Term 2.

## **What is classified as a bread bag?**

The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

## **Do our bread bags need to be clean?**

Bread bags should be as free from crumbs as they can be to keep the recycling process free from contamination (there is no need to wash them).

## **How are the bread bags recycled once we have collected them?**

Our recycling partner APR Plastics manages the recycling process for us. APR Plastics empty the cartons and recycle the boxes. The plastic is then processed into an oil that can be reused to create food grade packaging, creating a circular economy.

Unfortunately the cardboard bread tags are not included as part of the Wonder Recycling Rewards program, but they can be recycled from home. To ensure your bread tags are properly recycled, pop them in a used paper envelope that's folded shut before throwing them in the paper recycling bin.

So let's all do our part to help protect our planet and earn some new sporting equipment for our school. Collect your bread bags at home and bring them to school to drop in the box.

It's as easy as that!

**Amy Kelly** - Environmental Coordinator

## FOUND SCOOTER

Are you missing a scooter? This scooter was found in the Wetlands during our Cross Country event.

Please contact the office for more information or to collect.





## Sleep – Quality Z's for Quality Sleep!

**Sleep is the single best recovery strategy available to anyone. Period.**

**Forget about ice baths, forget about hot cold, forget about wading in the bay. Sleep trumps all else.**

Sleep is so important that in the last 10 years alone there has been a 4000% (I'm not overexaggerating) increase in scientific research on sleep science. This increase likely stems from approximately 52% of team sport athletes reporting sleeping difficulties over the course of a season. Less than 8 hours of sleep per night was associated with almost twice the risk of injury than more than 8 hours of sleep over a 21-month period. Unbelievably almost 60% of team sport athletes report NOT using any strategy to alter the negative effects of lost sleep.

If you wanted a significant advantage over the competition, you just found it!

So how do alterations in sleep effect athletes? Scientific research has identified multiple changes in performance, including:

- Decreased jump power (and therefore jump height)
- Reduction in exercise capacity (being unable to run as long – or having to work harder to complete the same amount of “work”)
- Reductions in ability to adapt to training stimulus
  - ◊ Decreased ability to build muscle and cardiovascular fitness
  - ◊ Decreased ability to develop skills (like shooting technique / accuracy)
- Reductions in reaction time, decision making and memory
- Slowed recovery from injury
- Reductions in academic performance

Simply, it reduces physical and mental performance.

Research (and common sense) suggests that athletes are exposed to multiple factors that affect sleep.

Travel (even as little as 1-3 hours can negatively influence sleep)

Exercise late in the day (particularly after 8pm)

Repeated exercise exposure (multiple games / trainings / tryouts / school sports days / double headers etc, in short proximity to each other)

These all tend to increase body and brain demands of the athlete. Adding the stresses of winning and losing, an individual's performance, external life and social stresses and many other stresses, you have overload that limits one's ability to gain quality Z's. But before we dive into how to improve sleep, we should know the basics.

Sleep occurs in stages. These are called NREM (stages 1-4), and REM (stage 5). As you sleep you progress through each of these stages (called a sleep cycle), with different brain and bodily functions occurring as you go. Each cycle last around 90-120mins. During these cycles your body undergoes recovery, maintenance and adaptation, with each stage of sleep focussing on different bodily qualities. As a product of this, if you don't complete several sleep cycles during your bedtime you will miss a key opportunity for your body to recover, adapt and improve from your training the day before.

Now onto the good stuff! How do we improve our sleep?

There are three key components of sleep that are changeable, these should be your focus if you plan on improving your sleep:

1. Sleep Duration – Total time asleep (not pillow time with eyes open)
2. Sleep Quality – The effectiveness of your sleep
3. Sleep Phase – Your actual bedtime and associated sleep routine

Any strategy to improve sleep should be target at one or more of these components.

## General Sleep Rules

Classically 6-8 hours of sleep is recommended. Increasing this up to 10 hours per night for basketballers has shown performance improvements in sprint speed and shooting accuracy. If you're increasing physical demands on your body then you'll need a longer recovery period!

If you know a tough schedule is coming you should be prepared. Make sure everything you can manage while awake is in place, including adequate hydration and food intake pre and post-game as well as your sleep routine (more on this later). This is particularly important if you know you're going to be on the road or staying up past your normal bedtime.

## Specific Intervention #1 - Sleep Hygiene

The definition of "hygiene" = a practise conducive to the preservation of health. Sleep hygiene is by far the easiest and best way to make improvements in sleep quality. Develop a consistent routine for bed and structure your bedroom environment "cleanliness" for optimal sleep is what sleep hygiene is all about.

The environment of your bedroom should:

- Be cool (19-21°), dark (blinds / curtains closed) and quiet.
- Technology should be removed (it creates heat and light – blue light is particularly bad).
- Be fitted out for the sole purpose of sleep, so avoid creating other stimuli within the bedroom environment.
  - ◊ Absolutely no working / studying in bed or watching stimulating visuals (including TV) in bed!

Your sleep routine should:

- Include approximately 30mins of wind down time where:
  - ◊ You avoid exposure to bright lights—particularly TV, Smartphones, computers or any other blue lights
  - ◊ You complete any remaining physical hygiene – e.g. cleaning you teeth
- A consistent bed and wake time – 10pm to 8am is classically recommended

Other considerations:

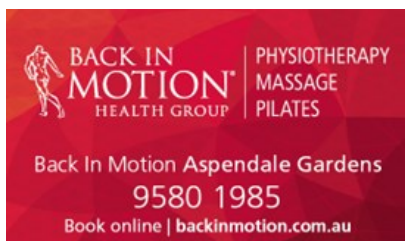
- Using relaxation techniques are recommended if you are alert or aroused prior to bedtime
- Avoid sugar and caffeine drinks later in the day
- Avoid watching the clock – particularly if it is brightly lit
- Organise as much of your next day as possible before bed.
- If unable to sleep after 20-30mins, get out of bed, go and do something boring or calming (avoiding bright lights – including smartphones, TV's and computers), before returning to bed to try again.

## Specific Intervention #2 Napping

Midday napping is useful paying back sleep debt and improving short term performance. 30mins after lunch is currently recommended, particularly if participating in evening matches or training. Be careful though, don't let napping throw your day to day sleep hygiene out of order. If it will effect your evening sleep then aim to improve other areas of sleep hygiene.

## Specific Intervention #3 Sleeping Extension

Sleeping longer to make up for sleep debt is commonly used in short term bouts when athletes feel tired. However, when it comes to improved performance and sleep, one off increases in sleep have limited benefit. Scientific evidence currently recommends 1-2 hours more at most. This is most beneficial if you can do it ongoing for a couple of weeks. Sleep is an often-overlooked sporting performance enhancing tool for the aspiring athlete. Hopefully the above helps you on your journey to athletic supremacy.



### References:

1. Sleep and recovery in team sport – current sleep related issues facing in professional team sport athletes (Fulgar, Duffield, Skorski, Coutts, Julian & Meyer – 2015)
2. The effects of sleep extension on the athletic performance of collegiate basketball players (Mah, Mah & Kezirian – 2011)
3. Chronic lack of sleep is associated with increased sports injuries in adolescent athletes (Milewski Skaggs, Bishop, Pace, Ibrahim, Wren & Barzdukas – 2014)
4. Clinical Sports Medicine 5<sup>th</sup> edition Vol 1. (Brukner & Kahn – 2017)





Australian Library and  
Information Association

 SCHOLASTIC

LIANZA

# NATIONAL SIMULTANEOUS STORYTIME



## the SPEEDY SLOTH

REBECCA YOUNG  
HEATH MCKENZIE

**When & Where**

**Wednesday 24 May, 11am**

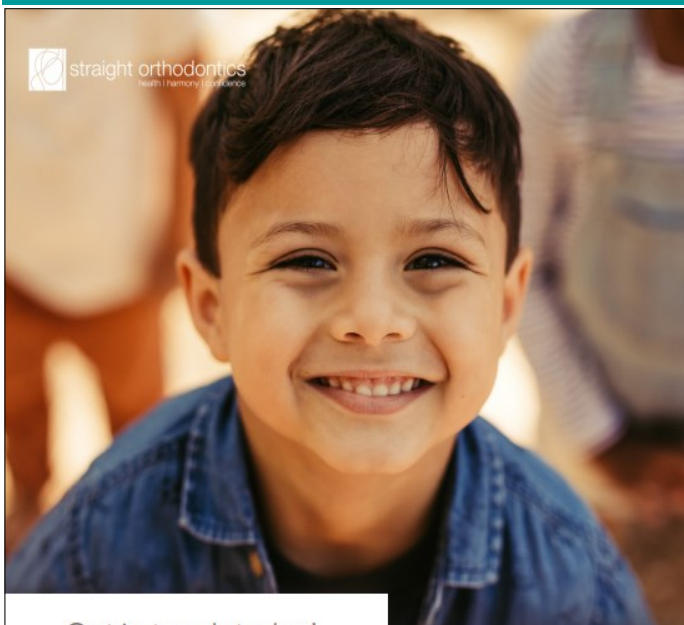
Dingley Village Library and  
Aspendale Gardens Community Service



KINGSTON  
LIBRARIES

[alia.org.au/nss](http://alia.org.au/nss) #NSS2023





Get in touch today!

📞 03 9585 8000

🖱️ [straightorthodontics.com.au](http://straightorthodontics.com.au)

✉️ [info@straightorthodontics.com.au](mailto:info@straightorthodontics.com.au)

📍 MENTONE

39 BALCOMBE ROAD MENTONE VIC 3149

FRANKSTON

30 CRANBOURNE ROAD FRANKSTON VIC 3199

Providing Complimentary Initial Consultations

# Free Trial Session

Saturday Mornings  
Edithvale Primary  
School

Time: 9-10am (5-7yrs)  
10-11am (8-12yrs)

Learn the skills of football  
in a fun and professional  
environment

YOUR LOCAL  
HEAD COACH

Chris 0433209600

[vic3.football@  
sportstaracademy.com](mailto:vic3.football@sportstaracademy.com)



SSA More Than Sport

Discover our programs  
[SPORTSTARACADEMY.COM/FOOTBALL](http://SPORTSTARACADEMY.COM/FOOTBALL)  
1300 372 300



BASKETBALL

SOCCER



AFTER SCHOOL  
SPORTS



CRICKET

## 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](http://springvaleindoorsports.com.au/junior-sports)