

Aspendale Gardens Primary School

Newsletter—Thursday 16th 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 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
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

APRIL

Sunday 2 DAGS & Kids Working Bee from 9am
\$5.00 per person for BBQ afterwards
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

FROM OUR ACTING PRINCIPAL

It has been a fabulous week of weather and the teachers and students have been making the most of it. The Year 3s went on a local community walk to investigate how our community provides us with a sense of belonging. They identified signs and symbols which are used to show that we are part of a community and looked at the uses of community buildings and spaces in our neighbourhood. Tomorrow, the Year 4s will be visiting the Royal Botanical Gardens. This visit is linked to their central idea, 'Our connection with the environment impacts our physical, spiritual and emotional wellbeing'. What a fantastic place to investigate this central idea further!

The Foundation students took part in a fun, team building incursion with the Supreme Incursions service. This incursion encouraged the students to work together and collectively problem solve.

NAPLAN

The Year 3 and Year 5 students have settled into their NAPLAN assessments well this week. By the end of this week, they will have completed the Writing and Reading tests and will have the Language Conventions and Numeracy assessments next week.



Parent Information Sessions

This morning our Learning Specialist teachers led an information session for parents whose children are in Foundation, Year 1 and Year 2. The session went through some key areas of how parents can support their children with their learning of English, Maths and PYP. The parent feedback of the session was positive. The slides from the presentation can be found here:

<https://drive.google.com/file/d/1SsMHo6FNpTiBL5vmtcZLZSB4yyDi91VE/view?usp=sharing>

Next week there will be a similar session for Year 3 – Year 6 parents. This will be held in the library on Thursday 23rd March @ 9.05am.

Sunflower Competition

The planting of our sunflower seeds was done 2 ½ weeks ago by the competing classes. Each competing class had 6 seeds to plant. These seeds germinated quickly and have benefitted from the sun, rain and watering. Already they are showing excellent signs of growth. Students and teachers are tending their area fastidiously with the intention to give the seedlings the best opportunity of growth. The sunflowers will be judged using the categories – the tallest, largest diameter head, most heads on one stalk, most unique and the best photo taken with a sunflower.



Extra-Curricular Activities

Most of you would have seen a number of news headlines over the past month or so about school camps being cancelled. Following the latest industrial agreement, teachers are to work a 38-hour week at school and hours beyond this accrue 'time in lieu'. This decision is to acknowledge and repay teachers for the hours of activity they used to do on a voluntary basis. Although this decision was supported by a majority of teachers, it has not been supported by additional funding. Over the past few months we have had to look at the meetings, activities and events we used to schedule beyond the 38-hour week, review our current practices and reflect on possibilities moving forward. Thought has been put into how we will run our parent information sessions, parent / teacher meetings, productions, fundraising activities, special events and camps. We understand the importance and benefits of our camp programs, and at this stage still plan to run 2-night camps. Our Year 5s will be attending their camp early in Term 2.

Due to these changes and their implications, we will not be able to run the Snow Camp that we have provided in previous years.

Peer Support Program

This week, selected students from Year 5 commenced their roles in the Peer Support Program. This program aims to help create a schoolyard environment that is safe, friendly and caring for all students. Peer Support Team Members are working in groups of 2 or 3 towards developing their communication, problem-solving and conflict management skills, to help other students in the playgrounds. This may take many forms, from helping students who cannot find anyone to play with, to assisting in resolving low-level conflicts with younger students by leading discussions and helping them to come to a resolution. Of course, our teachers are there and still manage any higher-level issues that may arise.

Students wear a **PURPLE** vest, which is easily recognisable to all students as it ties in with our Buddy Bears and our Friendship Seat.

We look forward to seeing the Peer Support Program in full swing for 2023 here at AGPS!

Enjoy your weekend.

Jonathan



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

THE IMPORTANCE OF SLEEP

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12 to 15-year-olds and half of 16 to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- **low mood and irritability during social interactions**
- **reluctance or arguing about getting off devices and going to bed**
- **falling asleep during the day**
- **difficulties waking up for school and sleeping in late on weekends to catch up**
- **changes to communicating or interacting at home.**

You can help your child to improve their sleep by:

- **establishing a regular sleep pattern and consistent bedtime routine**
- **supporting them to avoid using electronic devices such as smartphones before going to bed, and in bed**
- **encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep**
- **encouraging them to wind down and relax before going to bed.**

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- **[Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation**
- **[Why sleep is so important](#), from the Kids Helpline's**
- **[Sleep explained](#), from the Better Health Channel.**

SECOND HAND UNIFORMS

\$5.00 per item—uniforms are available to purchase during office hours: 8:30am — 4:30pm

If you have any school uniforms that are still in good condition, please consider donating it. All donations can be left at the school office.

District Swimming Carnival Report

Congratulations to the **28 students** who swam terrifically on **Friday 3rd March** at the Pines Forest Aquatic Centre, representing AGPS in style for the **Chelsea & Patterson District Swimming Carnival**. All 28 students are applauded on their efforts after they swam terrifically against students from six other schools in the Chelsea District. It was evident that they all swam to the best of their ability with AGPS finishing as the **top ranked school** from the **Chelsea District**!

Results from the Carnival

Name (Class)	Placing à Event
Zac D (4DG) Archie F (4OM) Charlie F (4OM) Tullov D W (4RG)	1 st Place → 9/10 YO (Boys) Freestyle Relay
Tullov D W (4RG)	1 st Place → 9/10 YO (Boys) Freestyle 1 st Place → 9/10 YO (Boys) Backstroke
Morgan B (3KA) Kenzie C (4DG) Emel K (4RG) Makenzie P (5RK)	1 st Place → 9/10 YO (Girls) Freestyle Relay
Kenzie C (4DG)	1 st Place → 9/10 (Girls) Butterfly
Jonah D W (5LW)	1 st Place → 11 YO (Boys) Breaststroke 1 st Place → 11 YO (Boys) Butterfly
Alison Y (5LW)	1 st Place → 11 YO (Girls) Butterfly
Hugo H-H (6AK)	1 st Place → 12/13 YO (Boys) Freestyle
Jonah D W (5LW) Hugo H-H (6AK) Qianyi S (6AK) Ethan D (6BH)	1 st Place → Open Boys Medley Relay
Charlie F (4OM)	2 nd Place → 9/10 YO (Boys) Breaststroke 3 rd Place → 9/10 YO (Boys) Freestyle
Morgan B (3KA)	2 nd Place → 9/10 YO (Girls) Butterfly
Layla K (4OM)	2 nd Place → 9/10 YO (Girls) Breaststroke
Makenzie P (5RK)	2 nd Place → 9/10 YO (Girls) Backstroke
Ishak A(5BM) Emmanuel V (5BM) Jonah D W (5LW) Leon K (6KC)	2 nd Place → 11 YO (Boys) Freestyle Relay
Ishak A(5BM)	2 nd Place → 11 YO (Boys) Breaststroke
Hugo H-H (6AK) Qianyi S (6AK) Ethan D (6BH) Ben H (6BH)	2 nd Place → 12/13 YO (Boys) Freestyle Relay

Ethan D (6BH)	2 nd Place → 12/13 YO (Boys) Freestyle
Anika K (5BM) Leah P (5BM) Alison Y (5LW) Sara C (6AK)	3 rd Place → 11 YO (Girls) Freestyle Relay
Qianyi S (6AK)	3 rd Place → 12/13 YO (Boys) Backstroke 3 rd Place → 12/13 YO (Boys) Breaststroke

Well done to the following students who were part of the AGPS District Swimming Team for 2023

Morgan B (3KA)	Kenzie C (4DG)	Zac D (4DG)
Archie F (4OM)	Charlie F (4OM)	Layla K (4OM)
Tullov D W (4RG)	Emel K (4RG)	Ishak A (5BM)
Anika K (5BM)	Leah P (5BM)	Emmanuel V (5BM)
Beau B (5LW)	Jonah D W (5LW)	Alison Y (5LW)
Makenzie P (5RK)	Sara C (6AK)	Kaden E (6AK)
Gemma G (6AK)	Hugo H-H (6AK)	Larah P (6AK)
Qianyi S (6AK)	Ethan D (6BH)	Ben H (6BH)
Alisha H (6BH)	Jessie F (6JM)	Poppy B (6KC)
	Leon K (6KC)	

Congratulations to the following students who finished in **1st place** in an event/s and progressed through to the **Kingston Division Swimming Carnival** which was held on **Tuesday 14th March** at **Oakleigh Recreation**

Morgan B (3KA)	Kenzie C (4DG)	Zac D (4DG)
Archie F (4OM)	Charlie F (4OM)	Tullov D W (4RG)
Emel K (4RG)	Jonah D W (5LW)	Alison Y (5LW)
Makenzie P (5RK)	Hugo H-H (6AK)	Qianyi S (6AK)
	Ethan D (6BH)	



A special mention & well done to following students who broke previous **Chelsea District** and/or **AGPS** Swimming Records at the carnival:

Student/s	Event	Record/s
Zac D (4DG) Archie F (4OM) Charlie F (4OM) Tulloch D W (4RG)	9/10 YO (Boys) Freestyle Relay	Chelsea District & AGPS
Morgan B (3KA) Kenzie C (4DG) Emel K (4RG) Makenzie P (5RK)	9/10 YO (Girls) Freestyle Relay	AGPS
Ishak A (5BM) Emmanuel V (5BM) Jonah D W (5LW) Leon K (6KC)	11 YO (Boys) Freestyle Relay	AGPS
Hugo H-H (6AK) Qianyi S (6AK) Ethan D (6BH) Ben H (6BH)	12/13 YO (Boys) Freestyle Relay	AGPS
Jonah D W (5LW) Hugo H-H (6AK) Qianyi S (6AK) Ethan D (6BH)	Open Boys Medley Relay	Chelsea District & AGPS
Tulloch D W (4RG)	9/10 YO (Boys) Freestyle	Chelsea District
Layla K (4OM)	9/10 YO (Girls) Breaststroke	AGPS
Jonah D W (5LW)	11 YO (Boys) Breaststroke 11 YO (Boys) Butterfly	Chelsea District & AGPS Chelsea District
Kenzie C (4DG)	9/10 YO (Girls) Butterfly	AGPS





A huge thank you to **Ms. Hunt** and **Mr. Murphy** who attended the carnival and assisted with the tryouts earlier this term. We had a massive turn out of parents and special friends to cheer on our swimmers at the carnival, which was a fantastic way to show off our AGPS pride. Thank you to everyone who cheered us on! **GO AGPS!**



Mr. Braden King





STARS OF THE WEEK

TERM 1 WEEKS 5 & 6



Foundation, Years 1 & 2



Years 3 & 4





STARS OF THE WEEK

TERM 1 WEEKS 5 & 6



Years 5 & 6 and Specialists



Student Representative Council (SRC)



PYP in Year 6 at AGPS

How we organise ourselves

Central Idea: Power can facilitate change.

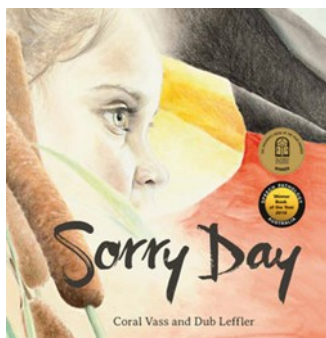
Lines of Inquiry:

- ◆ Government systems and their structures
- ◆ Catalysts for change
- ◆ The impact of decision-making processes on different groups
- ◆ How we can influence and make decisions that have a positive impact on ourselves as well as others.

What's Your Issue?

Students will be writing a proposal highlighting an issue that they are passionate about as well as determining which relevant governing body they need to write to. Students will have a choice to actually send their proposals to the relevant recipient.

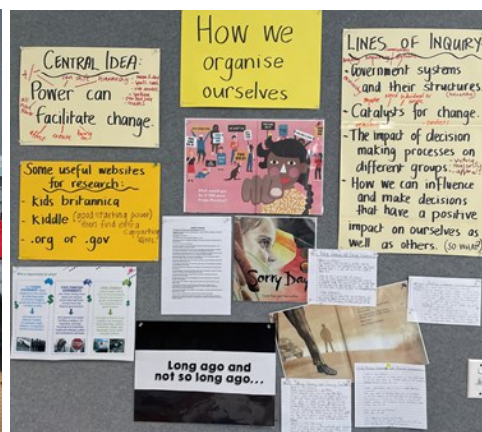
Author Coral Vass came to visit us!



Coral Vass, 'Sorry Day' author came to visit us to share her story about how this beautiful picture story book came to be, and why she chose to be a voice for Aboriginal and Torres Strait Islander peoples through the story.

We have had an extremely productive start to Year 6 and our UOI— 'How we organise ourselves'. We have been integrating our reading, writing and research learning about government systems and how the concept power is connected. We have also been researching into how ordinary people can be the catalyst for change, an **advocate** and a **voice**.

We can make a change!



Aspendale Gardens Primary School

AGPS Senior Cross Country Carnival Results

The wetlands were a buzz of excitement last **Wednesday 8th March** as students in Years 3 – 6 took part in our annual **AGPS Senior Cross Country Carnival** for 2023. Each student is to be congratulated on their efforts of running the 2km and 3km courses, with everyone aiming to gain valuable points for their house in an attempt to take home the illustrious shield. However, it was the **Kookaburras** house that dominated the top rankings, finishing in **1st place**, and keeping their title as our AGPS Senior Cross Country Champions for a 3rd year in a row!

Final House Results:

1st Place	Kookaburras	1485 points
2nd Place	Kestrels	965 points
3rd Place	Falcons	640 points
4th Place	Owls	510 points



Congratulations to the following students who placed in the Top 10 for their respective age groups:

9/10 Year Old	
Boys	Girls
1. Zac D (4DG)	1. Ayla N (3LB)
2. Elijah O (4DG)	2. Caitlin B (5LW)
3. James P (5AA)	3. Cleo T (4RG)
4. Archie F (4OM)	4. Layla K (4OM)
5. Ari W (5LW)	5. Saskia B (3JB)
6. Sebastien R (4RG)	6. Ivy L (4OM)
7. Flynn W (4OM)	7. Vienna N (5RK)
8. Lexi Z (4DG)	8. Morgan B (3KA)
9. Jimmy Z (3LB)	9. Alisha H (3RP)
10. Charlie F (4OM)	10. Georgia W (3JB)





11 Year Old	
Boys	Girls
1. Soren S (5AA)	1. Jade P (5BM)
2. Jonah D W (5LW)	2. Olivia McC (4OM)
3. Jordan B (5LW)	3. Anika K (5BM)
4. Esperance A (5LW)	4. Olivia W (5AA)
5. Leon K (6KC)	5. Yasmin M (5AA)
6. Maxx M (5BM)	6. Teah W (5BM)
7. Ishak A (5BM)	7. Ece B (5BM)
8. Josh D (5RK)	8. Alison Y (5LW)
9. Colby G (5RK)	9. Nandu A (5LW)
10. Alex W (5RK)	10. Savannah W (5BM)

12/13 Year Old	
Boys	Girls
1. Emmett B (6KC)	1. Gemma G (6AK)
2. Chevy S (6KC)	2. Hanna M (6AK)
3. Ethan D (6BH)	3. Eva H (6BH)
4. Nathan P (6JM)	4. Leah O'M-H (6JM)
5. Edward L (6JM)	5. Larah P (6AK)
6. William T (6JM)	6. Poppy B (6KC)
7. Max S (6KC)	7. Ruby M-B (6BH)
8. Haroon K (6KC)	8. Alisha H (6BH)
9. Koby F (6AK)	9. Mia P (6AK)
10. Kaden E (6AK)	10. Matilda T (6AK)



A special mention and congratulations to **Zac D (4DG)** from the 9/10 YO Boys and **Soren S (5AA)** from the 11 YO Boys who both broke previous AGPS Cross Country School Records for their respective age groups.

A huge thank you to all of the **parent helpers** and **AGPS staff** who assisted on the day. Your assistance and support were greatly appreciated. Well done to all students who took part in the AGPS Senior Cross Country Carnival, we were extremely proud of your effort and commitment! **GO AGPS!**

Mr. Braden King



Year 6 Interschool Sport (ISS) Match Report

Last Friday, the Year 6 students hosted St Louis de Montfort's School and a number of students travelled to Chelsea Bowling Club for their third round of ISS for Term 1. The Year 6 students did a fantastic 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

Basketball (Boys)			Basketball (Girls)	
AGPS	51		AGPS	42
St Louis	14		St Louis	5
Best Player/s:	Ethan D		Best Player/s:	Chloe H

Cricket (Boys)			Cricket (Girls/Mixed)	
AGPS	63		AGPS	111
Edithvale PS	230		Edithvale PS	171
Best Player/s:	Riley B		Best Player/s:	Lia S & Archie B

Kickball (Boys)			Kickball (Girls)	
AGPS	18		AGPS	28
Edithvale PS	29		Edithvale PS	25
Best Player/s:	Darcy T, Malachi D & Tyler S		Best Player/s:	Zoe B

Volleyball (Boys)			Volleyball (Girls)	
AGPS	1		AGPS	1
Edithvale PS	2		Edithvale PS	2
Best Player/s:	Oliver R & Beren U		Best Player/s:	Ruby M-B & Tiffany K

Tomorrow we will be playing at home against **St. Joseph's 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





D.A.G.S
Dads of Aspendale
Gardens



Working Bee

CALLING ALL DAGS AND KIDS
to Join us

Sunday 2nd April - from 9am

Get involved in helping our
school look even better!

There's plenty to do, so come
along and get your hands dirty.
Please bring \$5pp for a BBQ
afterwards!



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

Autumn Twilight Fete

CHELSEA HEIGHTS
PRIMARY SCHOOL

SATURDAY 25 MARCH

3PM - 8PM

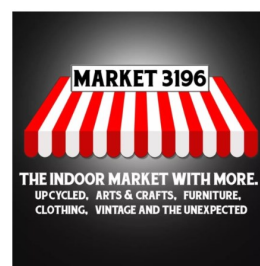


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acrokids GRAND OPENING

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ACRO KIDS BRAESIDE

4 JARRAH DR, BRAESIDE
SUNDAY 2ND APRIL, 10AM-12PM
REGISTER VIA [ACROKIDS.COM.AU](https://www.acrokids.com.au)

<https://app.iclasspro.com/portal/acrokids/products/product/acro-kids-braeside-grand-opening?viewMode=grid>

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

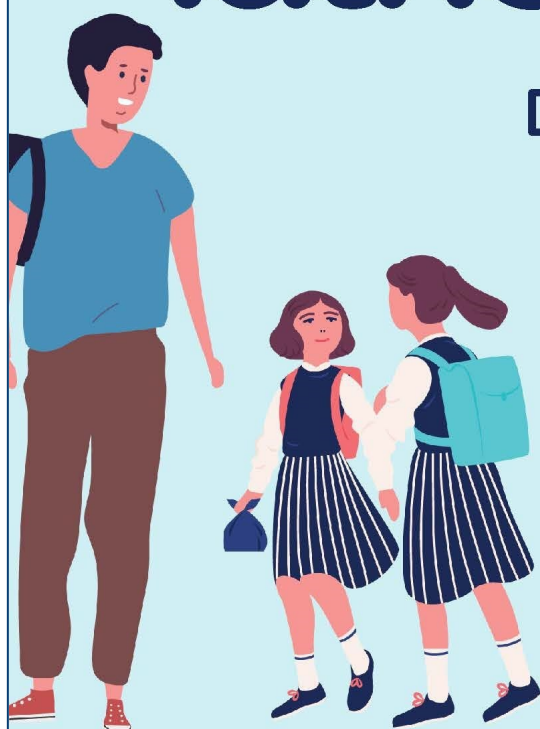
Calling all



**dads and
father-figures!**

Did you know we have a

Dads' Group ?



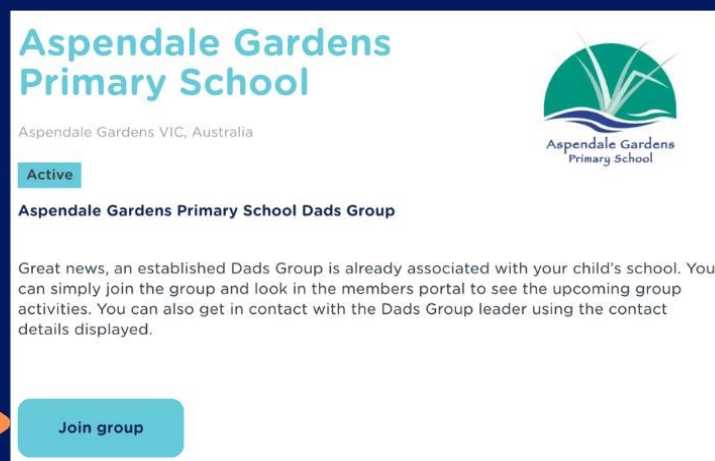

D.A.G.S
Dads of Aspendale
Gardens

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

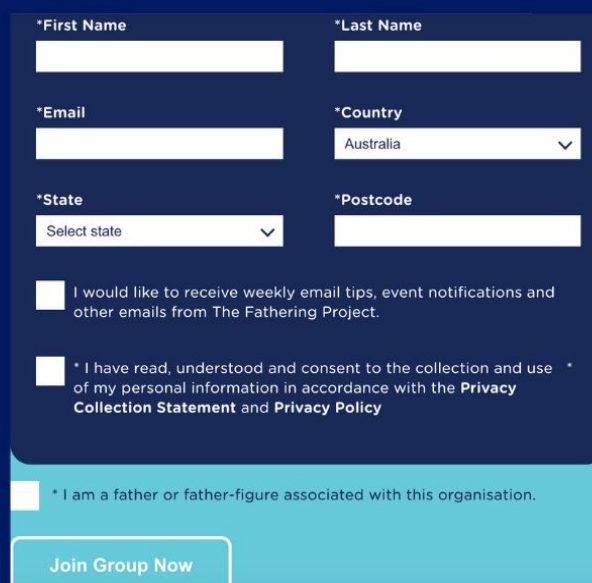
☒ No

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

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

www.agcsinc.org.au



Playgroup - \$6 per family

Tuesdays & Thursdays*

9:30am - 11:00am

No bookings required

*no Thursday session on 30 March



Messy Play - \$15 per child

Thursday 30 March

(replaces playgroup session)

9:30am - 10:30am

Bookings essential



Storytime & Craft - Free

Tuesday 28 March

2:30pm-3:15pm

No bookings required

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



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



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www.dentalharmony.com.au

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dental harmony

17SPVD426831 F/1M/09