

# Aspendale Gardens Primary School

## Newsletter—Thursday 23<sup>rd</sup> February



**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

#### FEBRUARY

Friday 24 Year 6 ISS vs Chelsea Hts PS (away)  
Monday 27 School Council Meeting @ 6:30pm  
Tuesday 28 Year 2 Wetlands Excursion  
Wednesday 1 **MSP SCHOOL PHOTOS**  
Order via link on Compass  
Thursday 2 Running Group @ 7:30am  
Friday 3 District Swimming Carnival  
Year 1 Team Building Incursion  
Monday 6 **Clean Up AGPS Week**  
Year 3 Operation Empathy Incursion

#### MARCH

Wednesday 8 Years 3—6 Inter-House Cross Country (9.00am—11.00am)  
Thursday 9 Running Group @ 7:30am  
Year 6 Coral Vass Incursion  
Friday 10 Year 6 ISS vs St Louis @ Home  
Monday 13 **LABOUR DAY HOLIDAY**  
Wednesday 15 Kingston Division Swimming Carnival  
Friday 17 Year 6 ISS vs St Joseph's PS @ Home  
Year 4 Royal Botanic Gardens Excn

### FROM OUR ACTING PRINCIPAL

As summer draws to an end, I hope our families have been making the most of the beautiful weather. The weather has meant that our students have been able to have recess and lunchtimes outside and have been able to use our school grounds as an extension of their learning. The end of February marks the end of the Foundation students' assessment days, so from next week they will be joining us for the five days. This may be an adjustment for some of our Foundation students, as they may need more relaxation and downtime after school for the first few weeks.



#### **Class Representatives**

Aspendale Gardens Primary School welcomes and relies on parent involvement in the school in many ways. One role that is very important is that of Class Representative. The role of a class representative is to liaise with the classroom teacher and school, to encourage parent involvement in school programs and to organise social events for the class so that parents can get to know each other in a friendly informal environment. It is a great way to get to know other parents in your child's class. An expression of interest has been sent out to our families. Please return the slip or talk to the classroom teacher if you would be interested in the position.

#### **Fundraising Team**

I was pleased to be able to attend the first fundraising team meeting last week. The team looked at the year's fundraising calendar and put some key dates in the calendar. The Fundraising Team will be sending out a 'Just One Thing' sheet to gauge from our parents who would be willing to help out with some of our events throughout the year, to spread the load. If you would like to attend the next Fundraising Team meeting, it will be held at school on Wednesday 15th March



## School Council Nominations

We received nominations for our School Council. The newly elected members of our School Council for 2023 are: James Cracknell, Nat Tangey, Catherine Pinches, Yasmin Attard-Mill, Matt Hill and Rebecca Tolley. These people will join Ash Williams, Adam Willrath, Jono Whalan, Lee Wonnacott and myself who begin our second year. We thank Stacy Mason for her involvement in the School Council over the last couple of years. We look forward to working with the School Council and value their support in making our school the best it can be.

## Secondary School Selections

This week, I sent out an information notice to Year 6 parents to guide them with the process of the important decision of selecting a secondary school for their children. Our local secondary schools will be advertising their school tours and open nights soon, which I highly recommend Year 6 parents attend.

## Assembly on Friday 24<sup>th</sup> February

Due to the expected hot temperatures **tomorrow**, our assembly will not be running as per usual in the gym. If parents would like to attend our assembly they are welcome to come into school and view our online assembly from their child's air-conditioned classroom.

## Volunteers in School

Research has shown that parents who take an active role in their child's school life increase their child's ability to learn and have a positive effect on academic achievement. At Aspendale Gardens Primary School, we encourage parents to actively support student learning by becoming involved in a range of school and classroom activities and greatly appreciate the parents and community members who assist and support our programs.

Programs and activities may include:

- Listening to students read.
- Supporting class activities such as cooking, arts and crafts etc.
- Attending excursions and camps.
- Providing administrative support, such as cataloguing and covering library books.
- Participating in school activities such as Book Week, open mornings, classroom celebrations.
- Sporting activities / running group.
- Supporting fundraising activities. Joining the Fundraising Team or School Council.



On Wednesday 1<sup>st</sup> March we will be running a short introductory session for our school volunteers. The information session will be held in the school library commencing at 9.05am. Parents will find out about the opportunities, requirements, expectations and strategies to assist with supporting the students. We would like to welcome parents / carers who have volunteered at AGPS in previous years and those able to help out for the first time.

Later on in the term we will be running an additional session which will guide parents to ways in which they can support their child's learning at home.

## Photo Day

On Wednesday 1<sup>st</sup> March, MSP will be attending to take the school photos. Class photos, individual photos and sibling photos will be taken during the morning. Please remember to login to Compass and select the photo package to place your orders and make your payment.



Have a wonderful weekend.

*Jonathan*

# **Resilience, Rights and Respectful Relationships at AGPS**

## **(Respectful Relationships Program)**

In 2016, Respectful Relationships Education became a core component of the Victorian Curriculum from Foundation to Year 12, and is being taught in all government and Catholic schools and many independent schools.

Everyone in our community deserves to be respected, valued and treated equally. We know that changes in attitudes and behaviours can be achieved when positive attitudes, behaviours and equality are embedded in our education settings.

Respectful Relationships is about embedding a culture of respect and equality across our entire community, from our classrooms to staff rooms, sporting fields, fetes and social events. This approach leads to positive impacts on a student's academic outcomes, their mental health, classroom behaviour, and relationships between teachers and students.

AGPS students will be developing their personal, social and emotional skills through a series of learning experiences. The topics that will be covered include:

1. Emotional Literacy, 2. Personal Strengths, 3. Positive Coping, 4. Problem Solving, 5. Stress Management, 6. Help-Seeking, 7. Gender and Identity and 8. Positive Gender Relations.

The **Resilience and Rights** components of the teaching and learning materials (Topic 1-6) help students develop the essential social and emotional skills, knowledge and understandings they need to have before addressing the concepts in Topic 7 & 8, which is the **Respectful Relationships** component of the program.

Keep an eye out for more information & updates in the newsletter throughout the year.

**Kelly Cornelius and Liam Murphy**

Respectful Relationships Leaders

# **SALE—SECOND HAND UNIFORMS**

## **TWO items for \$5.00—ends Friday 10th March**

### **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.

All donations can be left at the school office.

# Year 6 Interschool Sport (ISS) Match Report

Last Friday, the Year 6 students competed in their first round of Year 6 Interschool Sport (ISS) for 2023. Students took on **Edithvale PS** in their first home game of the year, playing them in the sports of Basketball, Cricket, Kickball and Volleyball. Additionally, some students travelled to **Chelsea Bowling Club** to play some Lawn Bowls. 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	28	AGPS	40
Edithvale PS	12	Edithvale PS	4
Best Player/s:	Max S	Best Player/s:	Hanna M

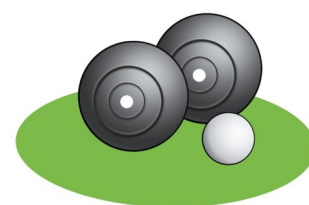
Cricket (Boys)		Cricket (Girls/Mixed)	
AGPS	201	AGPS	25
Edithvale PS	112	Edithvale PS	139
Best Player/s:	Emmett B & Michael W	Best Player/s:	Indi M, Ben H & Spencer B

Kickball (Boys)		Kickball (Girls)	
AGPS	15	AGPS	15
Edithvale PS	20	Edithvale PS	15
Best Player/s:	David R	Best Player/s:	Scarlett W

Volleyball (Boys)		Volleyball (Girls)	
AGPS	2	AGPS	1
Edithvale PS	1	Edithvale PS	0
Best Player/s:	Lewis J	Best Player/s:	Eva H



Lawn Bowls (Mixed)	
AGPS	9
CHPS	12
Best Player/s:	Matthew D & Luke S



Tomorrow we will be playing our first away game of the year against **Chelsea Heights PS**. 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

# AGPS Cross Country Carnival (Years 3 - 6)

A reminder that in **2 weeks**, on **Wednesday 8<sup>th</sup> March**, we will be hosting our **AGPS Cross Country Carnival (Years 3-6)**. The event will be held in the Open Parkland behind the main school ground, (Melbourne Water Reserve), using the existing bike paths. The event will begin at approximately **9.00am** and will finish at approximately **11.15am**.

Below is a schedule of the morning including a list of the age groups and distances that students will be required to run:  
(NOTE: These times are approximate times ONLY)

Time	Age Group	Distance
9.00am	Walk out to the AGPS Sportsground (behind school grounds) Students sit in their House colours	
9.15am	Welcome and a run-down of the event by Mr. King & Mr. Murphy	
9.25am	Year 6 House Captains perform their House Chants	
9.35am	8/9/10 Year Old (Girls)	2 km
9.40am	8/9/10 Year Old (Boys)	2 km
10.00am	11 Year Old (Girls)	3 km
10.05am	11 Year Old (Boys)	3 km
10.30am	12/13 Year Old (Girls)	3 km
10.35am	12/13 Year Old (Boys)	3 km
11.05am	Announcement of the AGPS Cross Country Champions for 2023 by the Year 6 Sports Leaders	
11.15am	End of the 2023 AGPS Cross Country Carnival	

Please see below which age group your child will be running in for the event

Age Group	Year/s Born
8/9/10 Year Old	2013 - 2015
11 Year Old	2012
12/13 Year Old	2010 - 2011

Students can wear their **House Colours** as well as appropriate clothing and shoes to run in for their event. The Top 10 students in each age group will progress through to the **Chelsea & Patterson District Cross Country Carnival** on **Friday 5<sup>th</sup> May (Term 2)**.

Mr. King & Mr. Murphy are **STILL** looking for **parents** who are able to assist on the day in the **roles of course marshals**. If you are able to assist, please contact **Mr. King** on **Class DOJO** by **Monday 6<sup>th</sup> March**. **You will need to have a current WWCC to be able to assist**. For more information on the event, please look on Compass or contact Mr. King.

Mr. Braden King



## AGPS Sporting Achievement

Congratulations to **Josh D in 5RK** for coming 1<sup>st</sup> in the Regional Little Athletics High Jump!

Josh cleared 135cm, earning himself a first placed medal and the opportunity to compete at the State Carnival soon! Well done, Josh!! We wish you all the best at your next event at States!!



Please send through your child's sporting achievements and a photo to Mr Murphy or Mr King on Class Dojo to feature in future newsletters!

## CHOIR IS BACK NEXT WEEK!

Come along to Ms. McGregor's MUSIC ROOM to learn some great new songs and practise for some fun performances.

Junior Choir F-2: Tuesday lunchtimes from 1:40pm  
Senior Choir 3-6: Thursday lunchtimes from 1:40pm



All WELCOME. See you there!

# Thursday 9th March



Aspendale Gardens  
Primary School

## Free Dress Day

**Please bring a donation of Easter chocolate, gold coins or Easter themed items, so we can make up our amazing Easter raffle hampers\***

*Many thanks  
The Fundraising Team*

★Easter raffle tickets will be sent home soon.

The raffle will be drawn on Monday 3rd April. Extra tickets will be available at the office



# 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](mailto:lisawebber@outlook.com.au) [www.peacefulkids.com.au](http://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 9:00am  
on day of delivery**

**Qkr!**

**Qkr!**

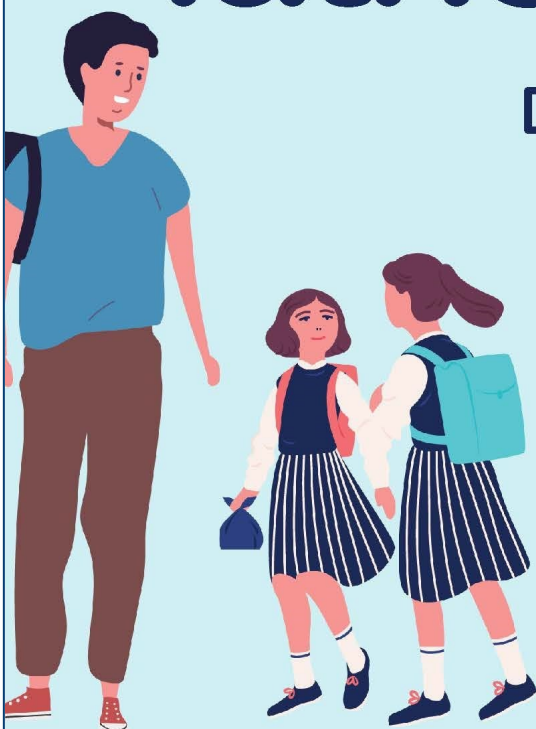
**Calling all**



**dads and  
father-figures!**

Did you know we have a

**Dads' Group ?**

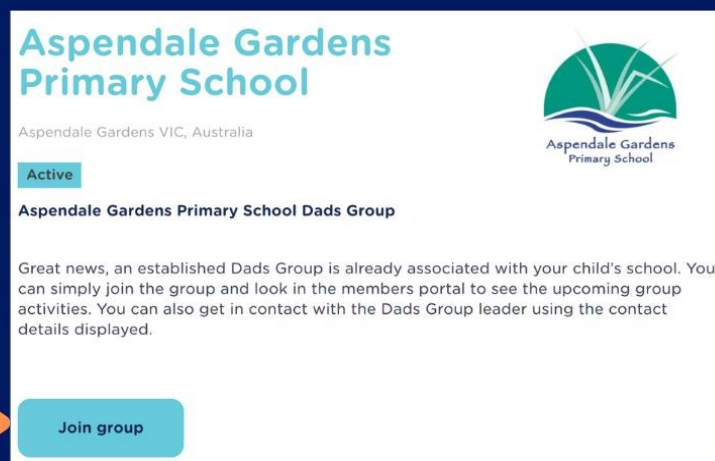


# How to join our dads' group:

## 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

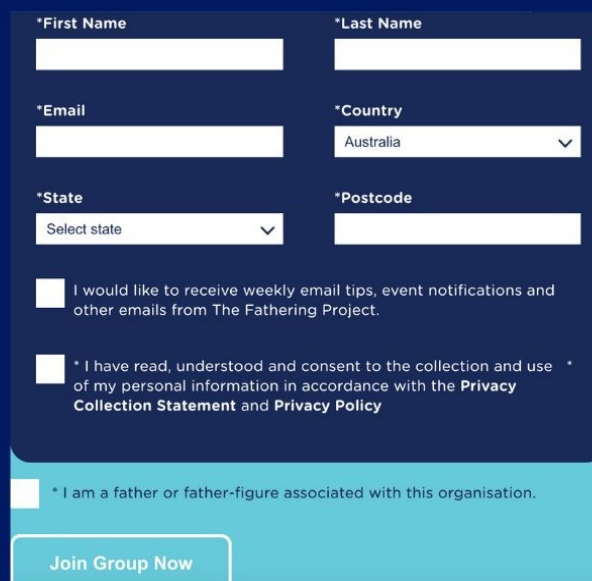
☒ No

### 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**

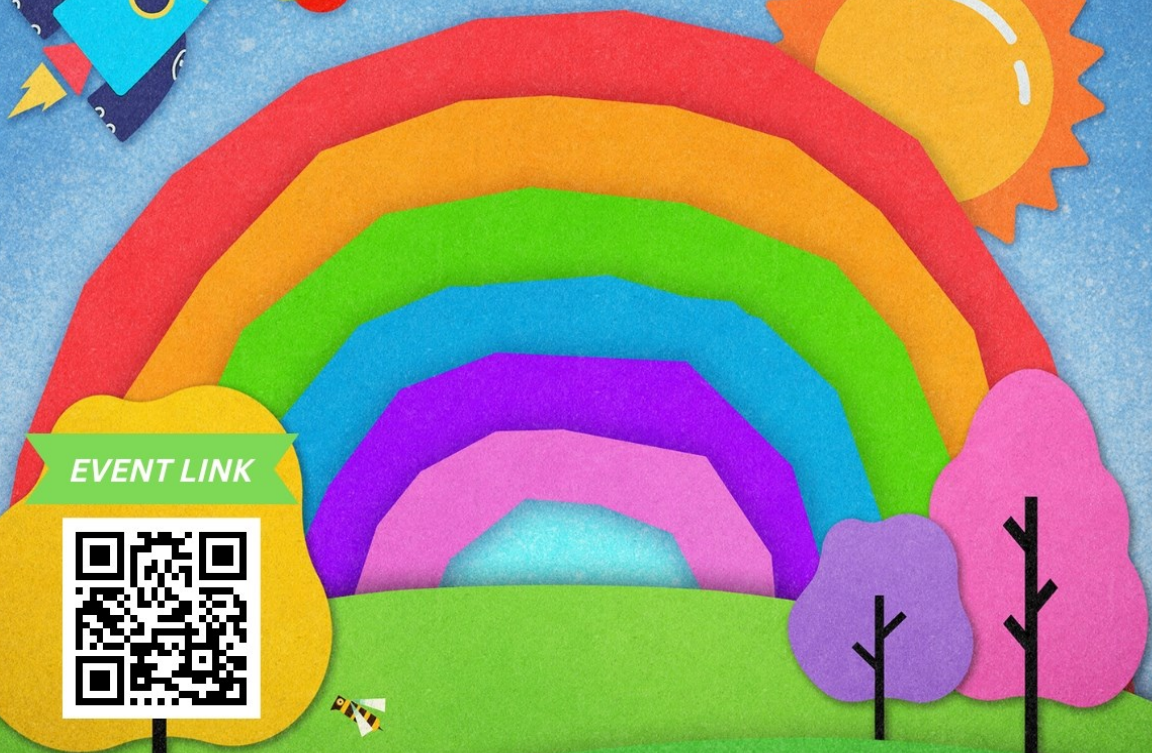
☐ \* I am a father or father-figure associated with this organisation.

Join Group Now



# the biggest Playdate

CARNIVAL FUN DAY TO HELP CHILDREN WITH CANCER



EVENT LINK



## SUNDAY 5TH MARCH 2023

ASPENDALE GARDENS COMMUNITY CENTRE • 10AM - 3PM





# MORDIALLOC



## REDBACKS

JUNIOR FOOTBALL CLUB

# PLAYERS WANTED!

## ALL WELCOME



[mordyregos@gmail.com](mailto:mordyregos@gmail.com)

**0401 699 729**

**PURPOSE. PASSION. BELONG.**

**#REDBACKSREADY**

[www.mordyredbacksjfc.com.au](http://www.mordyredbacksjfc.com.au)

# Messy Play

23rd Feb & 30th Mar

9:30am - 10:30am

**\$15 per session +**

\$15 AGCS annual membership if not already paid

Messy play or sensory play, is a process where children can engage all of their senses as they explore different materials. The play is open ended, and focused on process rather than end result.



## STORYTIME AND CRAFT

Join us at Aspendale Gardens Community Service for stories and craft for young children.

**When:**

Tuesday 14 February 2:30-3:15pm | Tuesday 28 March 2:30-3:15pm | Wednesday 24 May 11-11:45am



**More information:**  
**Online** [library.kingston.vic.gov.au](http://library.kingston.vic.gov.au)  
**Phone** 1300 135 668  
**In person** at any library branch.



A partnership between Kingston Libraries  
and Aspendale Gardens Community Service.

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)



# FREE KIDS & ADULTS CLINICS

Edithvale Golf Course

Register: Kids - [MyGolf.org.au](http://MyGolf.org.au)  
Adults - [Golf.org.au/GetIntoGolf](http://Golf.org.au/GetIntoGolf)

Search for Edithvale Golf Course  
Register under Free Clinics

Or Contact for Queries  
PGA Pro Paul Boxall - 0414 892 535



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