



Aspendale Gardens Primary School Newsletter—Thursday 6th November



**INQUIRER THINKER BALANCED COURAGEOUS 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.

2020 DIARY

DECEMBER

Monday 7 School Council Meeting via Zoom
Tuesday 8 2021 Foundation Orientation Day
Year 6 to Year 7 Orientation Day
(Government Secondary Schools)

Year

DECEMBER

Thursday 10 Year 6 Graduation
Friday 11 Final Assembly for 2020
Friday 18 End of Term 4—early dismissal @ 1.30pm

**SCHOOL CANTEEN OPEN ON THURSDAY & FRIDAY
LUNCH ORDERS ONLY (Please order via QKR)
THERE WILL BE NO COUNTER SALES**

FROM OUR PRINCIPAL

Dear Parents,

Year 6 Graduation Photo

Next Monday, the 9th November, MSP Photography will be visiting the school to take our Year 6 Graduation photo. This will happen at 9.00am so please ensure that your Year 6 student is at school on time.

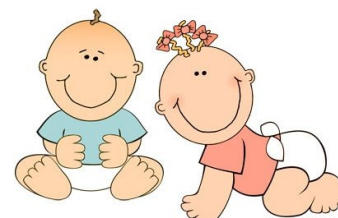


Yearbook Front Cover Competition

Thank you to all the students who entered our 2020 Yearbook Front Cover competition. We had some fantastic entries. The winning entries will be announced at assembly tomorrow. This year, Annie has posted all entries in the newsletter so that all students are given recognition for their efforts. As always the decision was tough due to so many amazing entries.

Congratulations Mrs Gill & Mrs Itkin

Over the past weeks, we have had the wonderful news that Mrs Gill and Mrs Itkin have both had their babies. Congratulations to Mrs Gill on the arrival of her little girl Charli, and to Mrs Itkin on the arrival of her little boy Mason.



Punctuality

It is really important to learn good habits from a young age. Please ensure your children arrive at school on time as it is the foundation for a relaxed and happy start to the school day. The yard is not supervised until 8:45am so please ensure your children arrive between 8:45am and 8:55am.

Cheryle Osborne



STARS OF THE WEEK

Week 4 – Term 4



Foundation

Year 1



Year 2



Year 3



STARS OF THE WEEK

Week 4 – Term 4



Year 4



Year 5



Year 6



Specialists



Aspendale gardens P.S

2020
Dream, Believe, Achieve



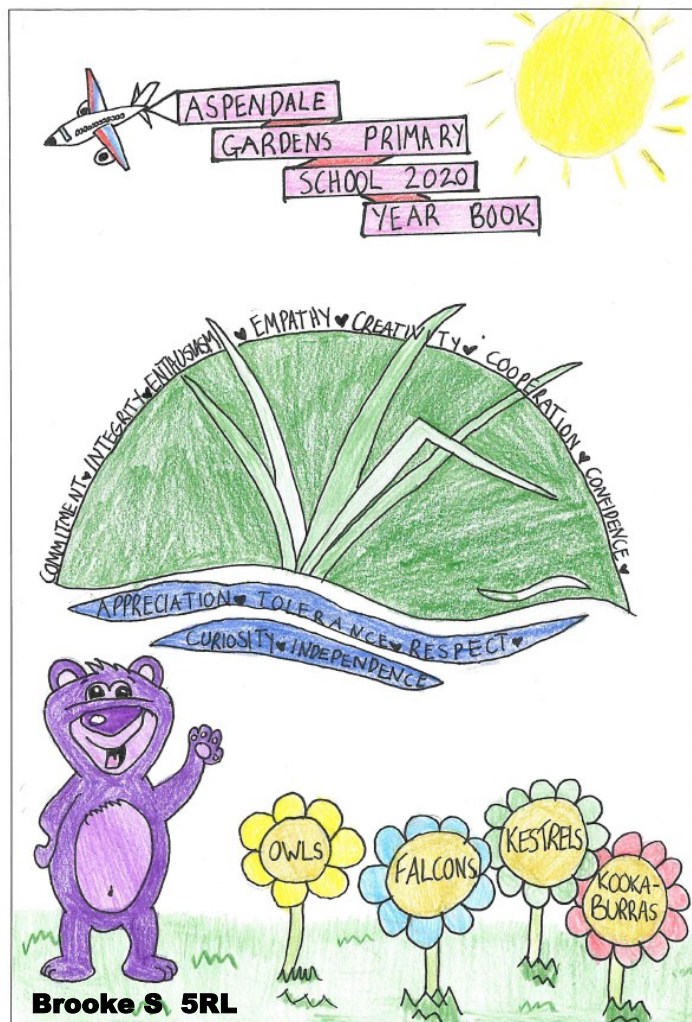
Jessie F 3DB

2020 YEARBOOK FRONT COVER COMPETITION

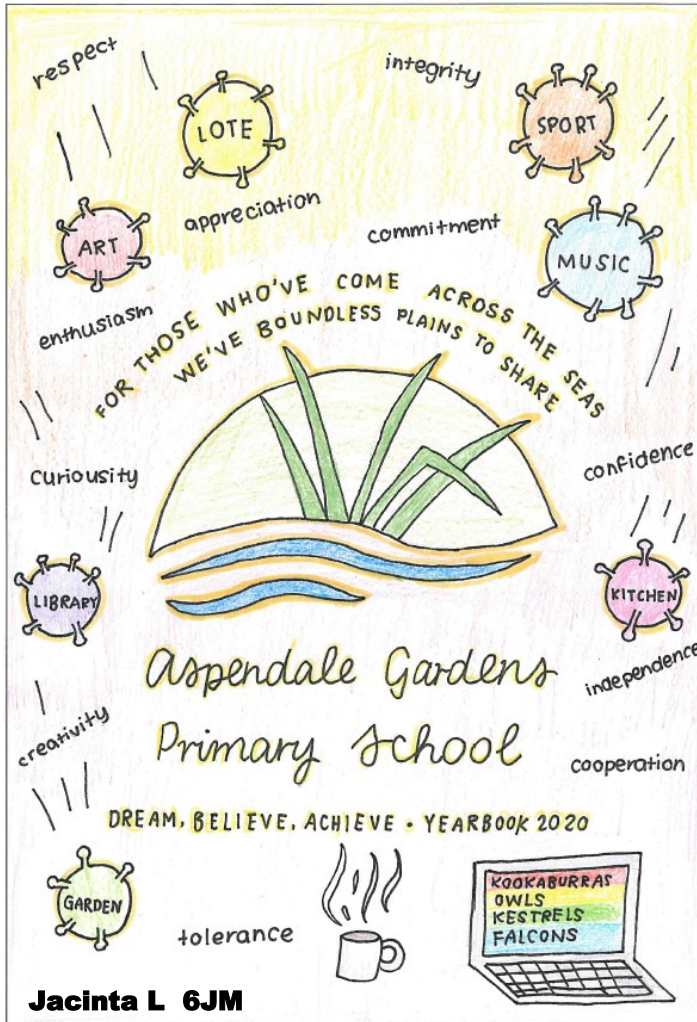
Thank you to all the students who entered in this year's Yearbook Front Cover competition—there were so many wonderful entries!

The entry with the most votes will be placed on the front cover and the next best four entries will be placed on the back cover.

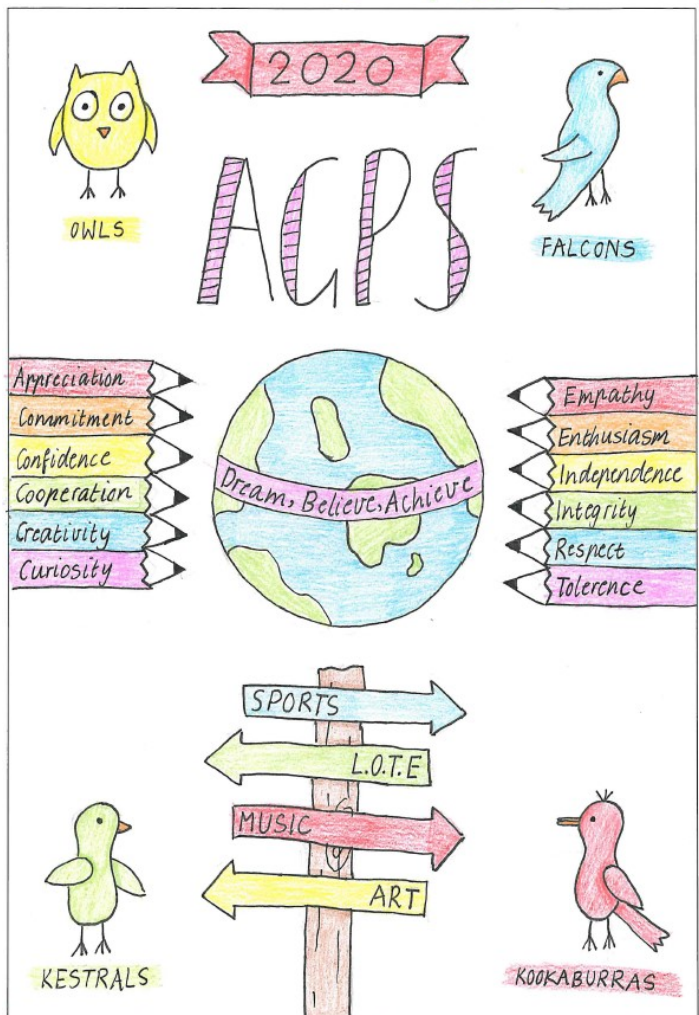
This year's winners will be

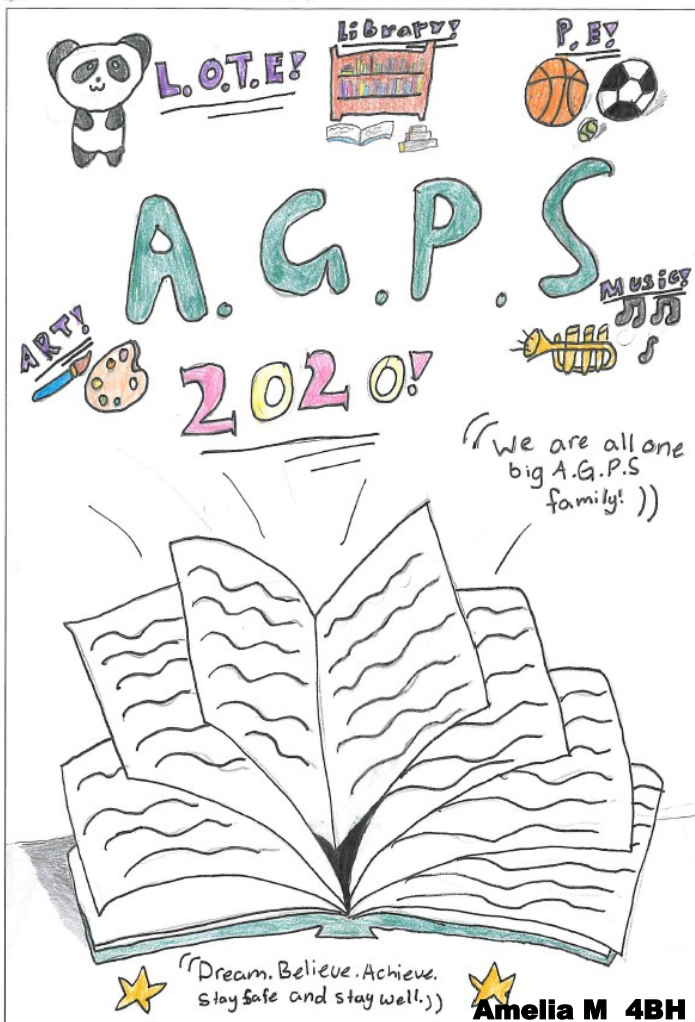
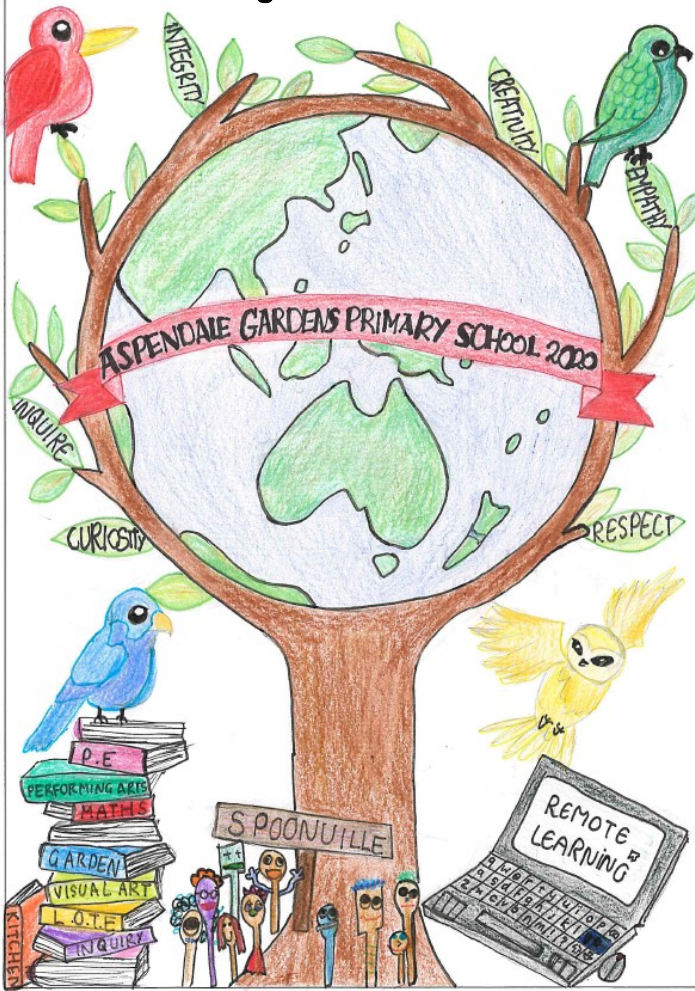


Brooke S. 5RL

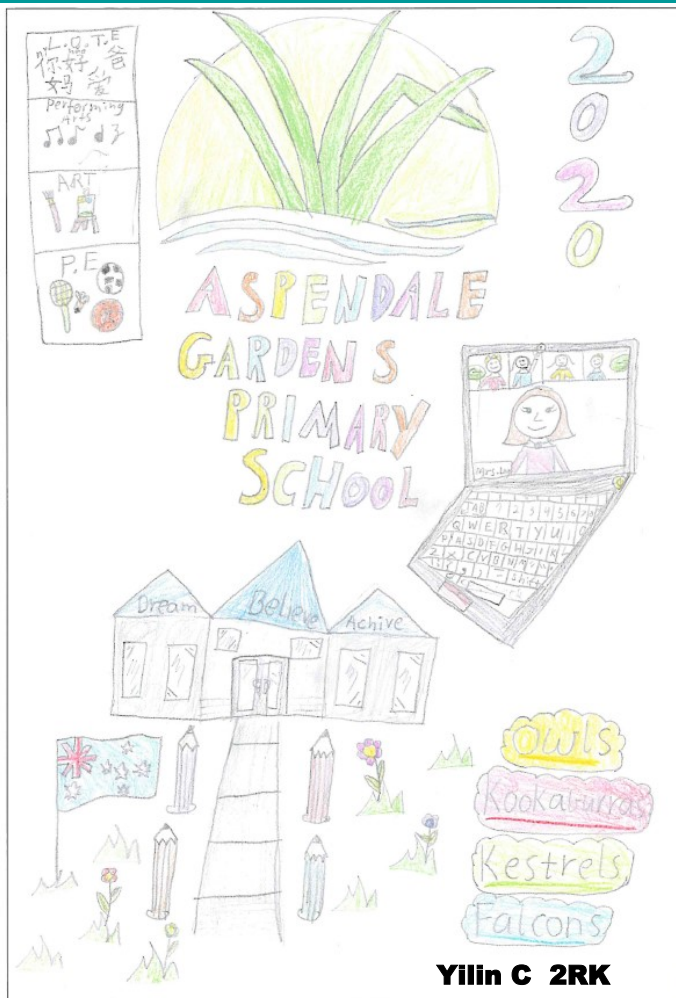


Jacinta L 6JM





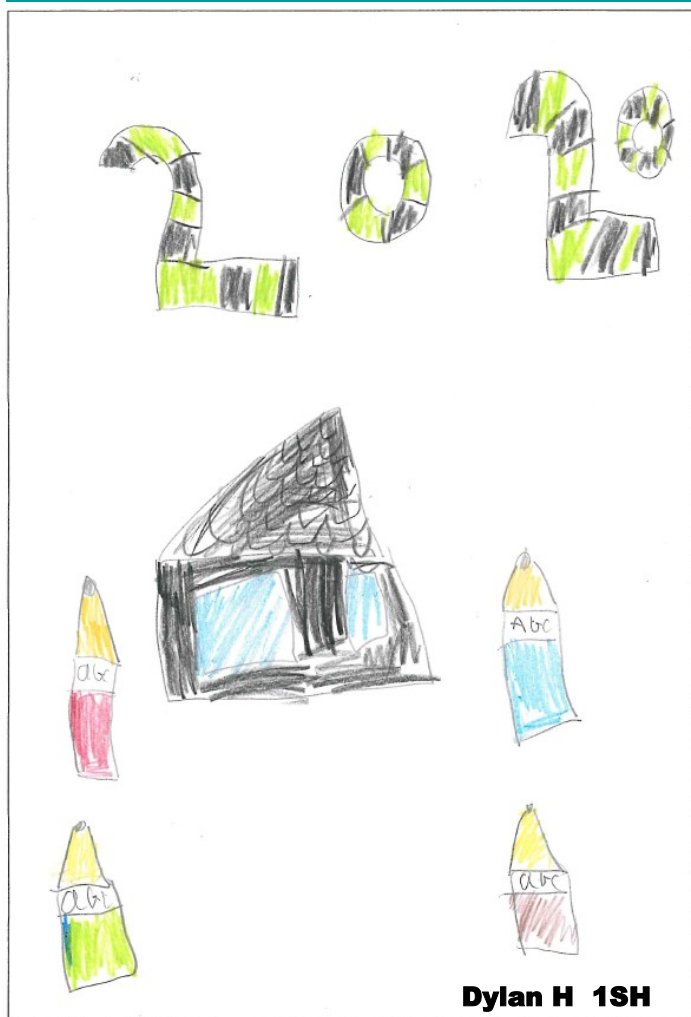
Sarah M 6JC



Logan H-I FEC



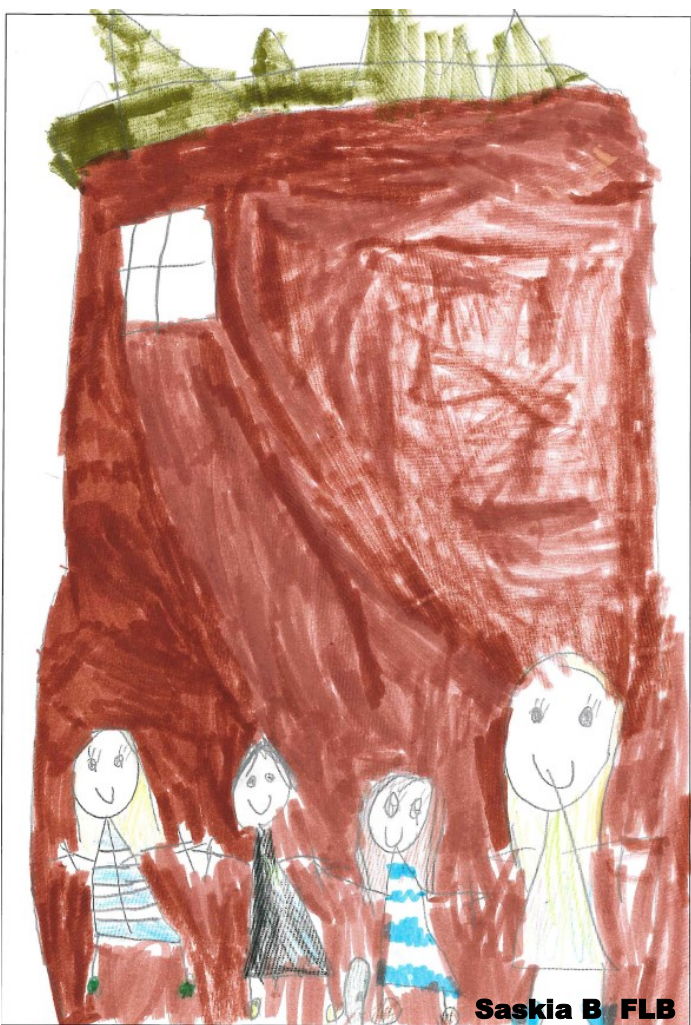
Mia P 3KB



Dylan H 1SH



Charlotte F 2RK

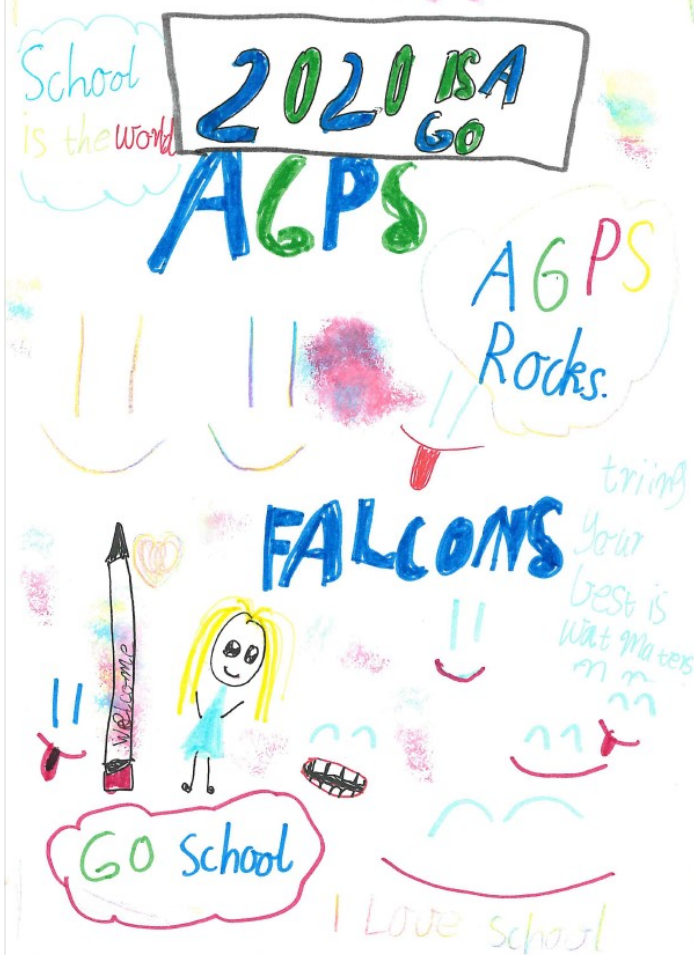


Saskia B FLB

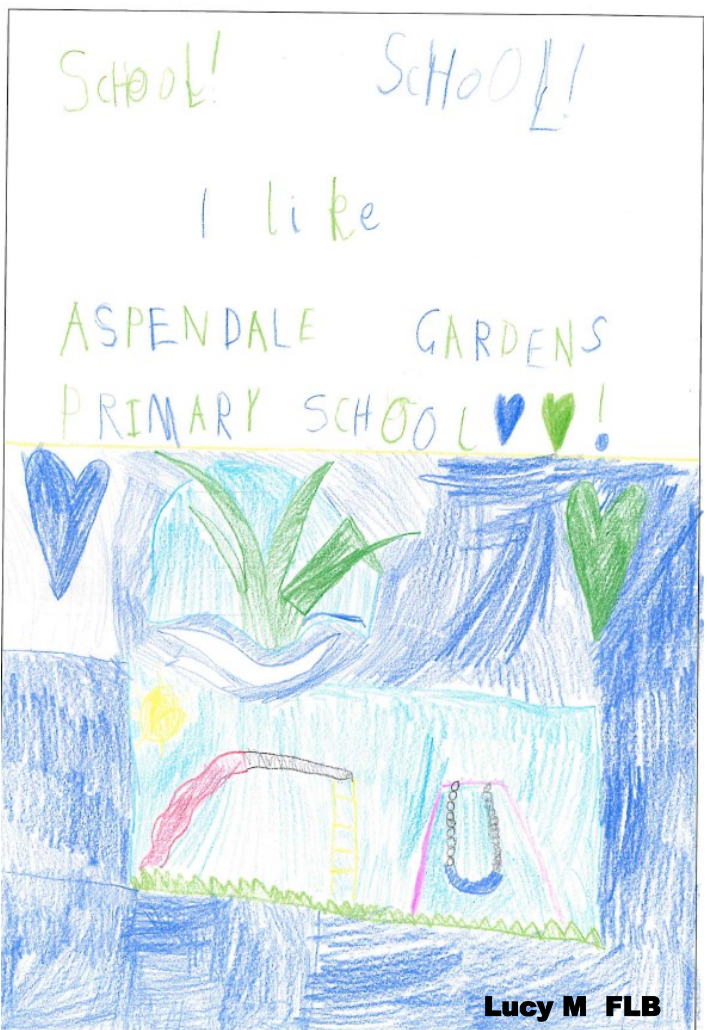
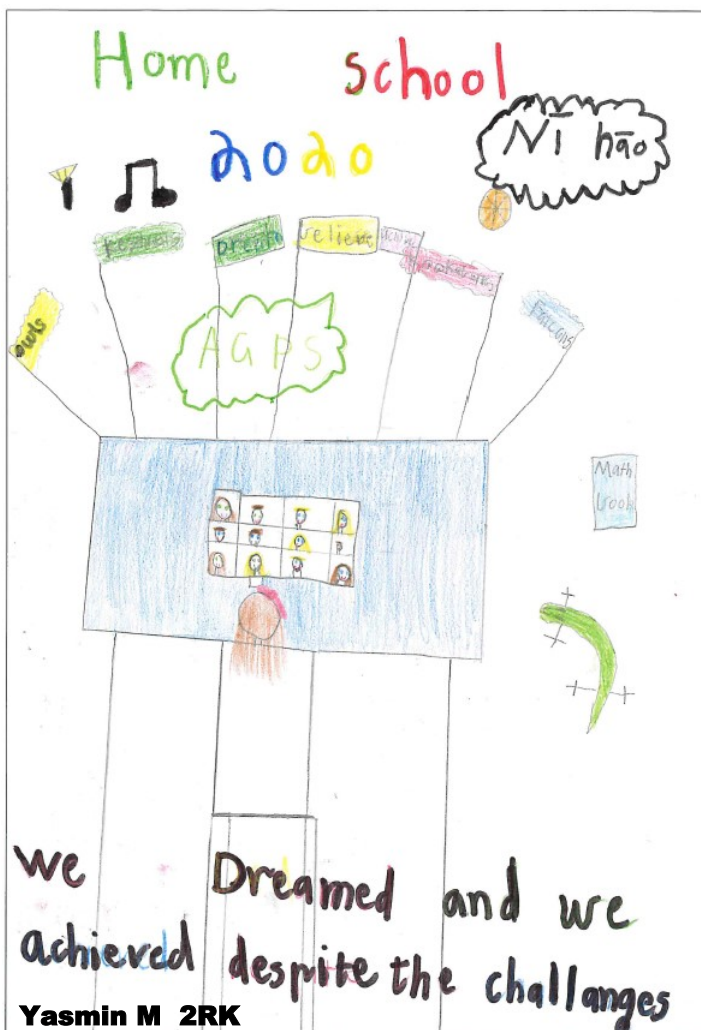


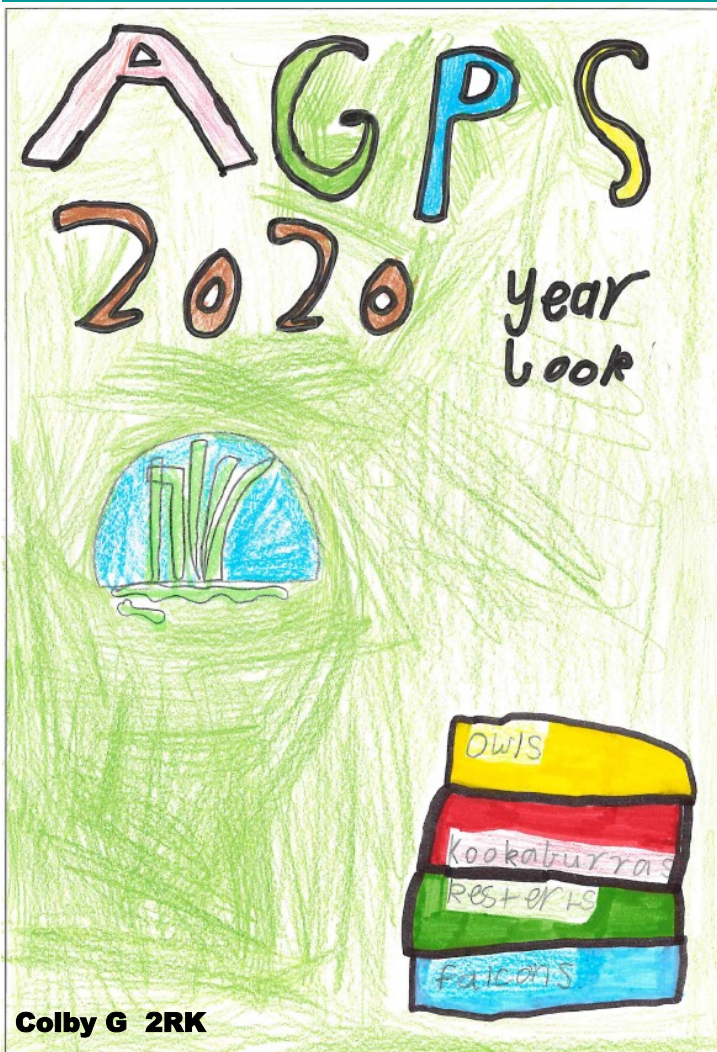
Jessie H FTA

Matilda P 1NA

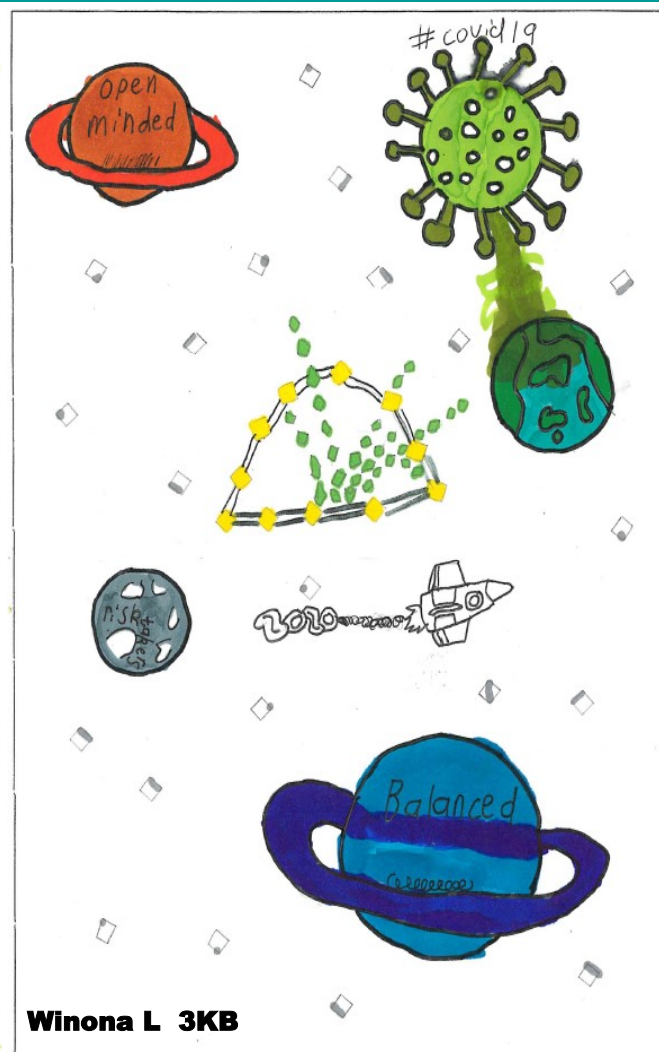


Poppy B 3LG

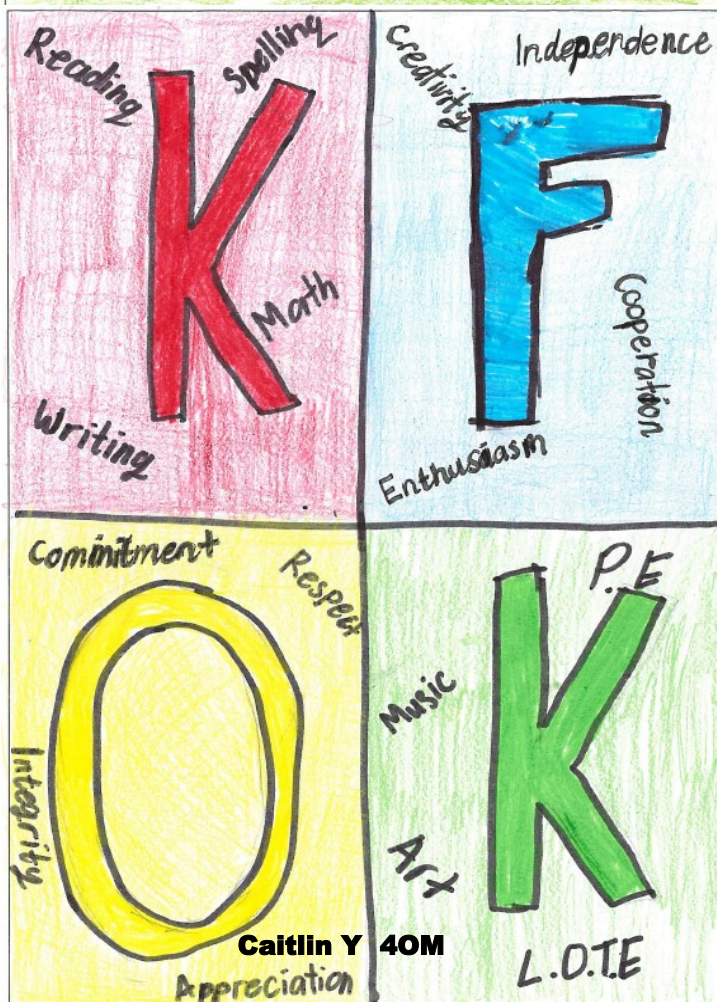




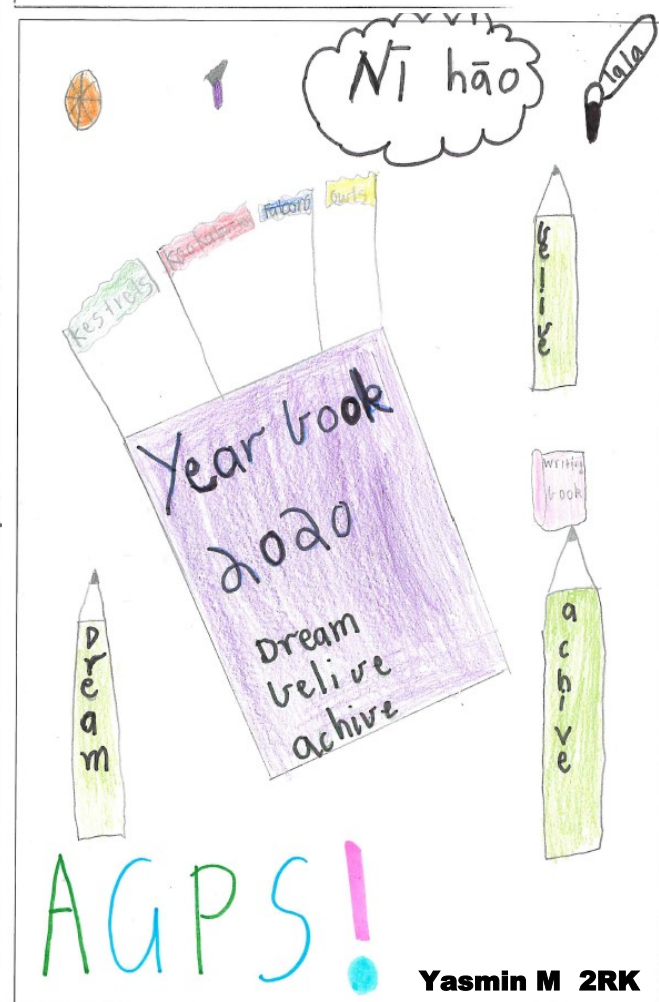
Colby G 2RK



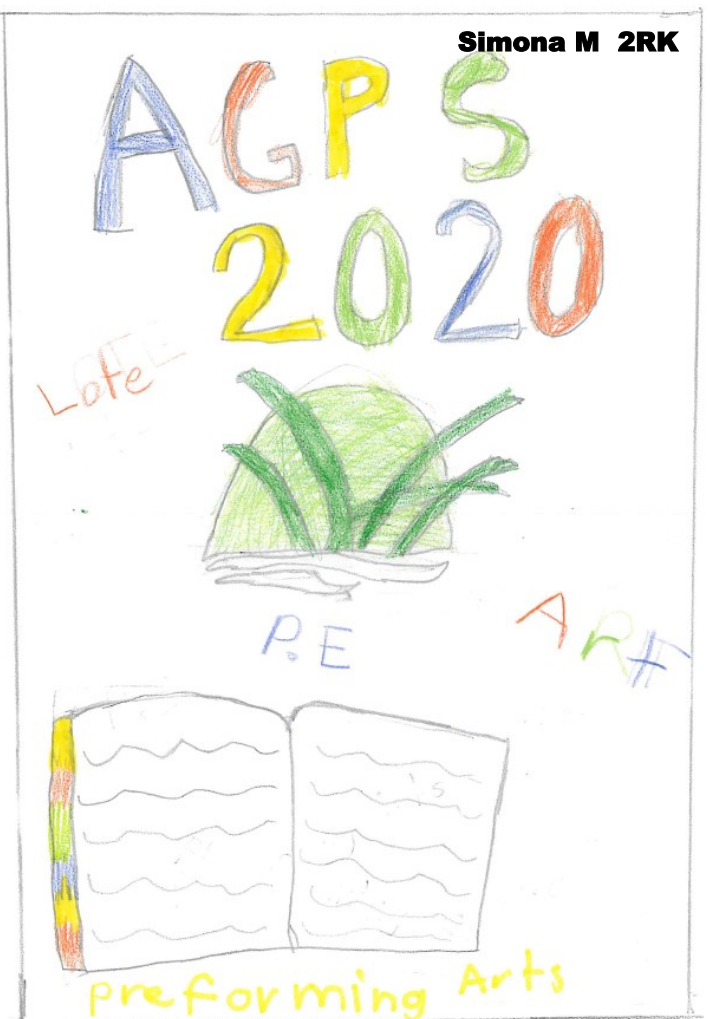
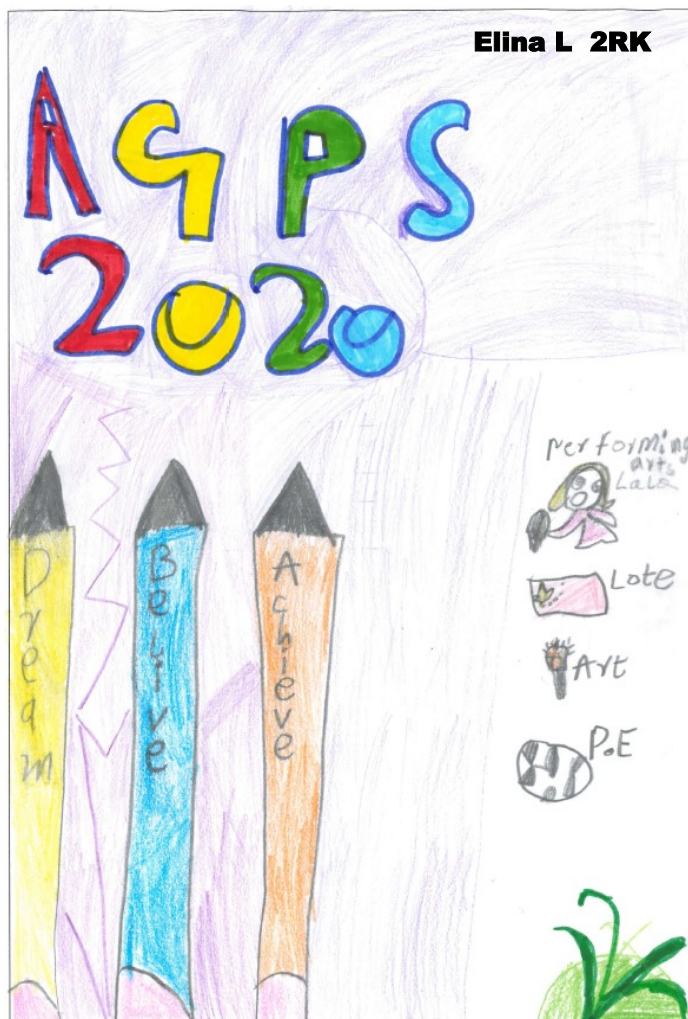
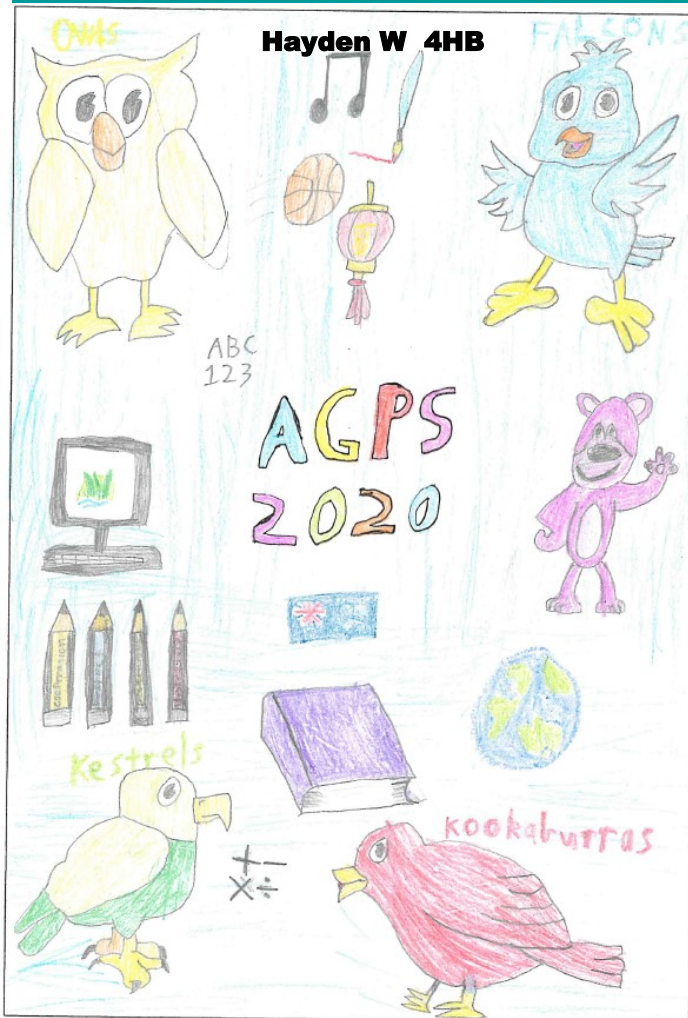
Winona L 3KB



Caitlin Y 40M



Yasmin M 2RK





RECORDERS

Due to Covid restrictions we were not permitted to play recorders this year.

I would prefer to keep recorders safe at school until 2021.

If you wish to take your recorder home over Christmas, I will need a signed consent note from a Parent/Guardian to that effect. Performing Arts.

Performing

Arts @

AGPS



MERRY MUSIC

MAKING

MRS NICOLSON



BACK IN
MOTION®
HEALTH GROUP

PHYSIOTHERAPY
MASSAGE
PILATES

With the COVID-19 restrictions easing people are getting back to sport and personal training. BUT – elite sports saw an increase in injuries (muscle strains, ACL tears, tendinopathies etc) for athletes in the same situation. What can we expect from our community?

What is load?

Load is the work placed on the muscles, bones, tendons and other structures which includes weight lifted, distance, duration, speed/intensity and frequency.

Why is load management important?

Increasing training load by more than 10% per week increases injury risk by 21-49%. Each structure has a capacity to tolerate load – if that capacity is exceeded, injuries occur. If we don't do anything – as in during COVID - our capacity reduces. We have to build this up again in an appropriate way.

Take home messages:

- Elite sports medicine saw an increase in injury post COVID due to poor load management
- Injuries such as muscle strains, ACL tears, tendinopathies will start presenting
- Helping amateur patients with this return to sport is important in reducing this risk
- We can help with managing return to training and injuries in the event of occurrence

1 Forbes Drive, Aspendale Gardens, 3195
Phone 9580 1985 Fax: 9580 1986

Book online | backinmotion.com.au

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

Dads of Aspendale Gardens get involved with our **Dads' Group** (D.A.G.S)



...where dads and father-figures can gather, share,
learn and laugh – with each other and their kids.

**For more information, contact Mr
Murphy via email:
liam.murphy@education.vic.gov.au**



One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

What you need to know

1. If a child is unwell, even with the mildest of symptoms, they must stay at home

If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) they must isolate until they receive clearance from the Department of Health and Human Services. Read the [What to do if you've tested positive for coronavirus \(COVID-19\) factsheet](#) (PDF) for more information.

If a person is a close contact of someone who has tested positive for coronavirus (COVID-19) the Department of Health and Human Services will get in contact to tell them they are a close contact of a person who is confirmed to have coronavirus (COVID-19). A close contact must quarantine at home. Read the [What to do if you have been in close contact with someone with coronavirus \(COVID-19\) factsheet](#) (Word) for more information.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

4. Children do NOT need a medical certificate before returning to school/ECEC

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

Thank you for your support in following these steps, together we can all stay safe.



This advice has been prepared by the Department of Education and Training, Safer Care Victoria and the Department of Health and Human Services



Volunteer Position: Aspendale Gardens Community Service

Are you interested in gaining valuable Board experience? We have exciting opportunities available to provide you with Board experience in the early childhood and community services sectors. We are looking for passionate individuals who are keen to make a difference.

The Aspendale Gardens Community Service (AGCS) comprises both a Community Centre and a Preschool. We receive some government funding for our programs, however, income generation and volunteer participation are vital for the service to remain viable.

The Board of Management encompasses 10 volunteer members who bring a range of skills and expertise together to oversee the management of the service. We are seeking to appoint a secretary, treasurer, and/or general board members who have backgrounds, skills and experience in legal, finances, business development, marketing, change management, early childhood, and/or HR.

Attendance at monthly meetings is expected, in addition to completion of tasks between meetings. Time commitment will vary depending on the role and availability.

The secretary's role includes:

- facilitating communication between the Board, staff, and members;
- scheduling meetings, preparing relevant paperwork, and recording meetings;
- acting as the Public Officer; and
- maintaining accurate documentation and meeting legal requirements.

The treasurer's role includes:

- reviewing monthly financial reports prepared by the office staff;
- working with office staff to prepare the budget; and
- sign off on the yearly audit report.

A general board member's role includes:

- setting and guiding the strategic direction of the organisation;
- monitoring the organisational performance;
- ensuring appropriate stakeholder engagement and good governance; and
- fundraising and marketing.

Successful candidates should have the following attributes:

- Great communication skills
- Passion for giving back to the community as a volunteer
- Commitment to be an ethical and active member of a small dedicated team

If you are interested in supporting our community, please email your expression of interest to: secretary@agcsinc.org.au. Please specify whether you are interested in the secretary, treasurer and/or general board member role.



A Glittery Tapping Wonderland!

Dance classes are back!

9th November

**Fairy dancing,
School-Kids
& Adults!**

“Pay-What-You-Can” for Term 4 fees.

Call Miss Lou Lou - 0420 356 232

mordialloc@glitterytappingwonderland.com

www.glitterytappingwonderland.com

HITZONE tennis

TERM 4
COVID SAFE LESSONS

After school lessons
available at
St Louis Tennis Club
Monday to Friday.

Adhering with the current Covid safe practices
we are able to coach family groups or 2 children
from different families per coach/per court.

***Hotshots program *Group lessons
*Private lessons *Squad lessons**

Hand sanitiser and minimal ball contact
rules are strictly followed.

Come and join us in the fresh air to play
one of the few sports currently allowed.

**New players welcome
For enquiries contact
Trish: 0421 604 849**



TRISH ANGLISS
JNR DEVELOPMENT COACH
Phone: 0421 604 849
E-mail: trish.angliss@gmail.com

St Louis Tennis Club
37 Dolphin Street
Aspendale 3195



Develop the confidence of a winning smile

Crooked teeth? Bad bite? Get professional
advice from a specialist orthodontist today.
Free initial visit. No referral needed.



straight orthodontics
health | harmony | confidence

**MENTONE 9585 8000
FRANKSTON**



Aspendale Gardens Dental Group

8a Springvale Rd, Aspendale Gardens, VIC 3195 www.aspendalegardensdentalgroup.com.au

PH: 97738688

Our family friendly dental team aim to
provide the **best** in modern dentistry

**DR CRAIG JAFFREY
DR ANNETTE LEW**



SERVICES PROVIDED

General Dentistry
Childrens Dentistry
Crowns and Bridges
Dental Implants
Teeth Whitening
Orthodontics (Braces)
Mouthguards
Endodontics (Root Canal Treatment)



**MEDICARE
CHILD DENTAL
BENEFIT
SCHEME
AVAILABLE**

Children under the age of 4 receive FREE dental examinations
PLUS all new patients receive a complimentary welcome pack



Medical *for* Everybody

Shop 15/11 Narelle Drive, Aspendale Gardens

Ph : 9590 9955

www.med4everybody.com.au



We are thrilled to see schools reopen and children playing outdoors and it is encouraging to see that restrictions are able to be eased with the reduction in COVID-19 numbers. Our clinic remains open for face-to-face consultations with all care taken to ensure it is safe for all. We also continue to offer bulk billed telehealth consultations over the phone.

The social isolation caused by this pandemic can take a huge toll on mental health and it is important not to neglect this and to seek help. We are here for you as a clinic to support you through any concerns and we urge you to contact one of our friendly doctors for discussion.

With spring weather we have been seeing more allergic rhinitis (hayfever) and asthma. If you are noticing symptoms such as watery eyes, frequent sneezing, runny nose, shortness of breath or coughing we urge you to discuss this with us for management. These symptoms can overlap with COVID-19 symptoms therefore testing may be required, please call our doctors for advice.

We hope everyone is keeping safe and well and we continue to be here for you.

- From the doctors at Medical For Everybody Aspendale Gardens

FOLLOW us on social media for regular updates



m4e.aspendalegardens



The Studio of Dance



Dance Tuition in: Jazz, Classical Ballet,
Contemporary, Lyrical,
Tap, Theatrical, Modern-Neo, Hip-Hop
Character Ballet, Acrobatics & VCE Dance

All ages welcome 3yrs – Adults - Beginner to Advanced standard
Optional Exam and Competition Work, Local Performances

(100% Pass Rate in Exams, Aggregate Winners in Eisteddfods, Ballet Company Members, All costumes supplied)



Brand new fully equipped

**Dance Studio's
9A Heland Place,
Braeside**

Full Mid-Year & End of Year
Dance Production

0413586230

www.thestudioofdance.com.au

**Principal: Emma Thorneycroft (Diploma of Arts in Dance Instruction and Management, M.D.F.T.A,
Accredited teacher and school with the Acrobatic Dance Association.)**

Leads a small and dedicated teaching team of young, energetic and experienced teachers.

