

Aspendale Gardens Primary School

Newsletter—Thursday 28th 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.

FROM OUR PRINCIPAL

Dear Parents,

Welcome Back to Our Students

It was absolutely brilliant to see our Foundation, Year 1 and Year 2 students back at school on Tuesday. There were many very excited students who were so happy to be back at school. The drop off and pick up went extremely well. Thank you to all parents who arrived at the correct entrance and said goodbye outside the gate. All students happily headed to their classrooms ready to commence their day, and pick up also went very smoothly with parents arriving on time to collect the students. These arrangements are expected to be in place until at least the end of Term 2. It was wonderful to see so many students confidently saying goodbye at the gate and heading into school.



Student Reports

A modified mid-year student report will be sent out via Compass on Thursday 25th June. The reports will only have a general comment due to the remote learning. Parent teacher meetings will be scheduled early in Term 3.



Borrowed School Devices – Please return

If your child is in Foundation, Year 1 or Year 2, and borrowed a school device whilst remote learning, please ensure you return the device to school by tomorrow. They are needed back at school. Years 3 – 6 are due back on Tuesday 9th June when those students return to school.

Enrolments Foundation 2021

Foundation enrolments for 2021 are now open. Thank you to the parents who have already sent in their application. If you have a child commencing school next year please send in your form. If you know someone who has a child who intends to commence school with us next year please ask them to collect an enrolment pack from the office.

Year 7 Enrolment Forms

All Year 7 Secondary School placement applications are now due. The extended date is tomorrow Friday 29th June. Please deliver your form to school if you have not already done so.



School Photos

The school photos have arrived. All Foundation, Year 1 and Year 2 should have their photo by now as they were distributed this week. If you ordered one and did not receive it please contact the school. The remaining Year 3 – 6 photos will be distributed on Tuesday 9th June.

Friday's Assembly

Don't forget to log into our assembly. The link will be on Compass tomorrow. Thank you to all our wonderful contributors once again—you have been brilliant!



Cheryle Osborne

VISUAL ARTS

MORE Foundation to Year 6 RAINBOW ART



Ashley P



Ella M



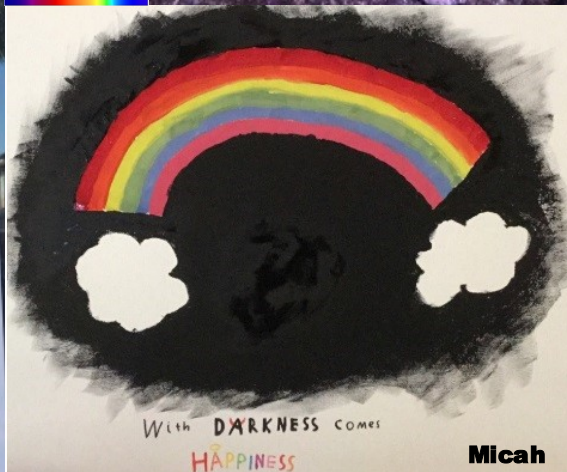
Mia



Stephanie



Tahlia



Micah



Ethan H



Holly



Koby

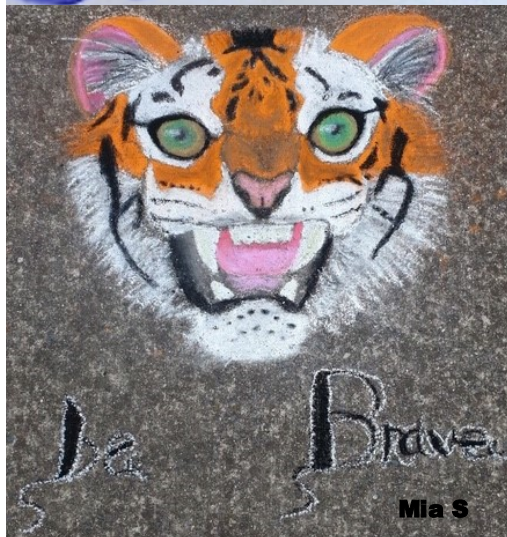


Sarah Y



Talo

RAINBOW ART



Mia S



Sienna's Family



Jiya



Harley B



Eva



Tiana



Samantha W



Jorden



Neena & her Mum



Zara



Zac M



Murray H



Tom W



Belle W



Joel



Zara Z



Linkin & Chevy



Max & Chris



Lewis



Sammy



Teah & Cooper



Nivaan



Lylah



Rhianna



Raf T



Physical Education & Sport

With Mr. King & Mr. Murphy

Library News

New Online Book by JK Rowling

JK Rowling has published a new book **online for free.**

To begin reading 'The Ickabog' by JK Rowling follow this link. <https://www.theickabog.com/home/>

Excerpt from JK Rowling:

"The Ickabog will be published for free on this website, in instalments, over the next seven weeks, a chapter (or two, or three), at a time. It isn't Harry Potter and it doesn't include magic. This is an entirely different story.

The most exciting part, for me, at least, is that I'd like you to illustrate The Ickabog for me. Every day, I'll be making suggestions for what you might like to draw. You can enter the official competition being run by my publishers, for the chance to have your artwork included in a printed version of the book due out later this year. I'll be giving suggestions as to what to draw as we go along, but you should let your imagination run wild.

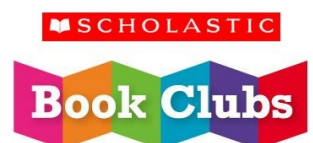
When the book is published in November, I'm going to donate all my royalties to help people who have been affected by the coronavirus. The website will give full details later in the year."

Scholastic Book Club

Book Club issue #4 brochures have been sent out this week with the Foundation-Year 2 students. The Year 3-6 students can browse and order online at:

<https://scholastic.com.au/book-club/book-club-parents>

It has been recommended that all orders be returned to the school by Tuesday 9th June so that orders arrive before the end of term 2.



CANTEEN NEWS

The canteen is open for lunch orders, on our usual days – Thursday and Friday. Please place all lunch orders via QKR so that money does not need to exchange hands. There will be **NO** over the counter sales for the same reason. We do apologize for any inconvenience.



INSTRUMENTAL MUSIC



Instrumental Music lessons will return in Term 3. Enrolment forms for drums, guitar, keyboard and vocal are available for Years 1—6, and violin is available for Foundation—Year 6.

Enrolment forms are available via your Compass newsfeed and also our school website <https://www.agps.vic.edu.au>.

INSTRUMENTAL MUSIC PROGRAM

**Enrol or re-enrol your child in Instrumental Music Lessons
for Term 3 – 2020 (starting Week 1)**

**ENROLMENT FORMS WILL BE AVAILABLE TO
DOWNLOAD AS FROM MONDAY 25TH MAY
FROM COMPASS or SCHOOL WEBSITE**

**DRUMS, GUITAR, KEYBOARD AND VOCAL
AVAILABLE FOR YEARS 1—6 STUDENTS
VIOLIN LESSONS AVAILABLE FOR
FOUNDATION—YEAR 6 STUDENTS**

Getting back into sport!

The post coronavirus trap and playing again (without injuries)!

The restrictions are easing and several sporting codes have instituted plans to get back to playing in the coming months. This is not only at an elite level, but also at a junior level. Elite athletes are worried about the lead in time and are predicting more injuries than ever – and that has to trickle down to junior sports. To remain injury free and to maintain steady training throughout the year (and beyond), it is important to consider and integrate load management.

What is load and load management?

The load that we are talking about here is the work placed on the muscles, bones, tendons and other structures which includes weight lifted, distance, duration, speed/intensity and frequency. Therefore, load management is the process of controlling this load so that it doesn't exceed the capacity of the structure. Tendons, bones and muscles have a capacity or resilience – if the load exceeds this, injuries happen.

Why is load management important?

Load management is important because increasing training load by more than 10% per week can lead to a greater risk of injury. For example, increasing training load by just 15% per week increases the risk of injury to 21-49%, whereas keeping it within the range of 5% or less than 10% minimises the risk of injury to less than 10%. This is because as we get stronger, so does the capacity or resilience of the structure – which means that we can add more load before injury. If we add load too quickly – and the structure can't tolerate it – things go wrong.

But I did some training before this Coronavirus stuff? And I've done a little bit between times?

The training you did prior prepared you for the start of the normal season. The body is very adaptable, but it also adapts to reduced load as well – such as what we have all experienced recently. The capacity of the muscles, tendons and bones have reduced and can't withstand the load of playing a sport at the moment.

That capacity needs to be built up again in order to tolerate the new load. Elite athletes are worried about this as well – they are wanting a longer preseason again.

How can I manage my load?

Keep a log of the activity you are completing including details such as weights/distance and rate how hard you worked for that session (intensity). Consider a section for how much and the quality of sleep you are getting, as research indicates enough and good quality sleep is important for preventing injuries. Importantly – don't progress too quickly.

Rule #1

In summary, stick to increasing training by up to 10% per week to reduce the risk of sustaining an injury. You want to **gradually** increase training in all aspects to allow muscles, tendons and bone to adapt to your exercise. This will allow you continue working towards getting fitter and healthier with fewer or no injuries. Train smarter, not harder.

Respect Niggles, Don't Ignore!

Finally, if you do have niggles, give us a call on 9580 1985 to get some FREE advice. The quicker an injury is addressed the less time there is away from training. Train smarter to get fit and stronger, injury free!



Parkdale

Secondary College

In lieu of Open Night
Please visit www.parkdalesc.vic.edu.au



Welcome Back!

ALL PSW STORES ARE REOPENING FROM
WEDNESDAY MAY 20th

Wed, Thurs & Fridays / 9am-5pm and Saturdays 10am-1pm
(Closed Sundays, Mondays and Tuesdays)

OUR ONLINE STORE IS OPERATIONAL AT PSW.COM.AU
& SHIPPING ORDERS WITHIN 72 HRS!



3YO & 4YO PRESCHOOL 2021

APPLY NOW!

If your child is turning 3 by the 30th April 2021
they can attend our 2021 3YO Preschool program.

Applications are managed at our Centre.

All forms and further information are available on our website.

4YO Applications are managed by the City of Kingston.

Your child must turn 4 by the 30th April 2021 to be eligible to attend.

Visit the City of Kingston website and select "Children's Services"

If you would like any further information on our Preschool programs
please visit our website www.agcsinc.org.au
or contact our Enrolment Officer, Kim Fulton
by email kim.fulton@agcsinc.org.au or call 9587 5955.



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AVAILABLE

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Contemporary, Lyrical,
Tap, Theatrical, Modern-Neo, Hip-Hop
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