

FRIDAY 15<sup>th</sup> FEBRUARY 2019

**INQUIRER**  
**REFLECTIVE**

**THINKER**  
**PRINCIPLED**

**COMMUNICATOR**  
**CARING**

**RISK-TAKER**  
**OPEN-MINDED**

**KNOWLEDGEABLE**  
**BALANCED**

*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.*



## FRIDAY 29<sup>TH</sup> MARCH

### CURRICULUM DAY – SMART Spelling PD

### NO Students Required at School on this Day

#### DIARY

##### FEBRUARY

- Monday 18 Year 6 Canberra Tour Begins
- Wednesday 20 Life Education Van Concludes
- Thursday 21 Foundation 'Home Learning' Information Session (5.00pm – 6.00pm)
- Friday 22 Foundation 'Home Learning' Information Session (9.15am – 10.15am)
- Year 6 Canberra Tour Returns
- Monday 25 'Meet the Teacher' Sessions 3.40pm – 6.00pm
- Wednesday 27 District Swimming Carnival @ Pines Swim Centre, Frankston
- 'Meet the Teacher' Sessions 3.40pm – 7.00pm

##### MARCH

- Tuesday 5 'Think U Know' Cyber Safety Presentation 6.30pm – 8.00pm in the Library
- Wednesday 6 COLOUR FUN RUN (2.30pm - 3.30pm)**
- Thursday 7 FREE DRESS DAY – Chocolate Donations or Gold Coin Donation for Easter Raffle**
- Parent Helpers Information Workshop 9.00am – 10.00am in the Library

##### MARCH

- Monday 11 LABOUR DAY HOLIDAY**
- Tuesday 12 Whole School Hip Hop Incursion Begins
- Wednesday 13 Division Swimming Carnival
- Friday 15 Whole School Hip Hop Display at Assembly @ 2.30pm
- Monday 18 Year 4 Moonlit Sanctuary Excursion
- School Council Meeting 7.00pm in the Staffroom
- Tuesday 19 Foundation Team Building Incursion
- Wednesday 20 Years 1 & 2 Swimming Program Begins
- Friday 22 Senior House Cross Country
- Harmony Day Assembly @ 2.30pm
- Wednesday 27 School Cross Country 9am – 11am
- Friday 29 CURRICULUM DAY – NO Students at School**

##### APRIL

- Monday 1 Year 5 Cave Hill Creek Camp Begins
- Friday 5 Easter Raffle Drawn at 9.00am Assembly
- Year 5 Cave Hill Creek Camp Ends
- End of Term 1 – early dismissal at 2.30pm

### FROM OUR ASSISTANT PRINCIPAL

Dear Parents,

#### Running Club



The 2019 Running Club started on Thursday 14<sup>th</sup> February for students in Years 3 – 6. It was wonderful to see a huge number of students participating. The 96 students were joined by 20 parents and staff members. We all know the benefits of regular exercise and it is excellent to see such a commitment from students and adults starting their day with exercise and building up their fitness levels. If your child would like to attend and has not already completed a form, please collect a form from the office and hand it in with payment.

### Kiss and Go

Our 'Kiss and Go' area on Kerr Cres is a way in which we can decrease the traffic congestion around our school. We just ask parents to ensure they **do not double park** in the area leading up to the Kiss and Go area and that the drop off and pick up is done quickly. Parents should remain in the car whilst parked in the Kiss n Go area.



### Foundation Home Learning Sessions

The Foundation students have settled excellently into our school and are enjoying their new experiences. Last week they had a week of firsts – having full access to the school yard, meeting their Year 5 Buddies and attending their first assembly. Check out this link to the Foundation students entering the gym for their first assembly: [R:\Newsletters\2019\Term 1\February 15\IMG\\_0112.MOV](R:\Newsletters\2019\Term 1\February 15\IMG_0112.MOV)

On **Thursday 21<sup>st</sup> February starting at 5.00pm** there will be a parent information session run by the Foundation Team giving some advice on how to assist your child with their reading, writing and maths at home. This session will be repeated again on Friday 22<sup>nd</sup> February starting at 9.15am for those parents who cannot attend the evening session.

### School Council Parent Nominations

There are a number of ways in which parents can get involved in our school community whether it be in one-off events or as a member of an ongoing team. A notice went out this week to call for nominations for parent and staff representatives on the 2019 School Council. These nomination forms can be collected from the school office. **Nominations close at 4.00pm on Monday 18<sup>th</sup> February.**

### School Photos – Please return any envelopes by Monday.



The photographers from MSP Photography were in school on Tuesday for a busy day of individual and family portraits. There may be some families who have not yet returned their envelope, so please ensure it is handed in to the office by Monday 18<sup>th</sup> February. We look forward to seeing the photos when they are delivered in the next few weeks.

### 'Meet the Teacher' Evenings for Parents of Students in Years 1 - 6

The 'Meet the Teacher' Evenings will be held on Monday 25<sup>th</sup> and Wednesday 27<sup>th</sup> February. These 10 minute sessions will give parents the opportunity to meet their child's teacher and share any information that would be useful to ensure for a successful year ahead.

Bookings for our 'Meet the Teacher' sessions opened last Friday and are filling up quickly. Please book through your Compass Account via <https://agps.vic.idlf.com.au/>

Please note that when you 'log in' you will see in the top left hand corner of your screen an icon that looks like this ☰ Click on this icon and then select the 'Open in Browser' option. Meeting dates should then be available for you to select from.

If you have forgotten your password, there is a 'can't access your account' option where you will be asked to give your Compass Username, or alternatively your linked email address or linked mobile phone number. Should you still not be successful please contact the school office.

*\*\*\* Parents of Foundation students will have the opportunity to meet with their child's teacher during their Wednesday assessment session being held in February\*\*\**

### The Pirate Ship

Work has begun on our latest addition to our Kerr Crescent play area. A pirate ship has been beached off Kerr Crescent and is undergoing running repairs. There has been an impressive amount of progress so far, in a short time period. We look forward to the students being able to 'set sail' on her in the near future.



### Year 6 Canberra Camp

The Year 6 Canberra Camp is just 3 sleeps away. We wish the 89 students attending all the best for their exciting week ahead visiting our nation's capital. During the week they will be staying in cabins and learning about our government system and the history and geography of Canberra. The students will be visiting Parliament House, The High Courts, The National Museum, The AIS, The War Memorial, The Australian Mint, The Black Mountain Tower and Questacon. The students will be kept very busy and will have an enjoyable time socialising and sharing the experience together. A reminder to set the alarm early.... **Students need to be at school before 6.45am.**



### Cyber Safety Evening

Within school we work with our children on how to use our technology in a safe manner. With the cyber world evolving so rapidly it is important for us as educators and parents to understand the importance of cyber safety and to have an up-to-date knowledge of how we can support our children to stay safe. On **Tuesday 5<sup>th</sup> March at 6.30pm** there will be a Cyber Safety evening held in our school library for parents. The presentation will be run by a local law enforcement member and an industry volunteer and will be based on the Think U Know program. We hope to see this evening well attended. A classroom will be available for students who need minding during this evening.

Have a great weekend everyone.

**Jonathan Baker**

### SECOND HAND AGPS UNIFORMS

We have second-hand AGPS uniforms for sale. Each garment is \$5.00. Cupboards are located at the end of the Admin building near the staffroom. If you have any uniforms in very good condition that your child has outgrown, please consider donating these items to our second-hand supplies. Just drop your **laundered** items into the lovely office ladies.



### NEWS FROM THE OFFICE

#### CSEF FUNDING – Important Notice!

The Department of Education & Training has an annual payment which replaces the Education Maintenance Allowance. This is known as Camps, Sports & Excursions Fund (CSEF).

**CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school excursions, camps and sporting activities to the value of \$125.00 per student.**



If you hold a means tested concession card or are a temporary foster parent you may be eligible for CSEF. Full annual payments are paid directly to the school from March 2019. This payment can be used to pay for your child's excursion levy, swimming or camp. Please speak with our office staff if you have any queries regarding your payments. Please complete the application form that was attached to student fee letters or alternatively collect one from the school office. The office is required to sight your Concession/Health Care Card before your application can be processed. Please return applications by Friday 28<sup>th</sup> June – end of Term 2.

#### **A few important reminders:**

- ❖ Please remember to send paperwork to the office when making payments by bPay or QKR so that we can marry the payment to the correct invoice.
- ❖ When going on a family holiday please fill in the appropriate form available from the office or download from our website. Any other long absences (three or more days) can be explained in a written note from the parent, or parents can record ALL absences independently on Compass.



- ❖ Please note that QKR Canteen orders must be placed BEFORE 9.00am. Online Canteen orders close at 9.00am. Lunch orders can still be made using the 'old' method of paper bag and money too.



# STARS OF THE WEEK

## Week 1 – Term 1

### Foundation – Year 2



### Year 3 – Year 6





# PYP FOCUS IN YEAR 1

The Year 1's have been exploring their Unit of Inquiry *'Our Words and Actions Impact Others'*.

We enjoyed reading the book Have you filled a bucket today? and have been reflecting on ways that we can be 'bucket fillers' at school and at home. We discussed that being a 'bucket filler' can be through words or actions. We thought about how we feel when we have a full or empty bucket.

As we brainstormed lots of ways to be 'bucket fillers', we made lots of connections to the PYP Learner Profile. We especially noticed that being 'bucket fillers' helps us to be *caring* and that when we give and receive kind words and actions we are being *balanced*.



*We fill buckets when we...*

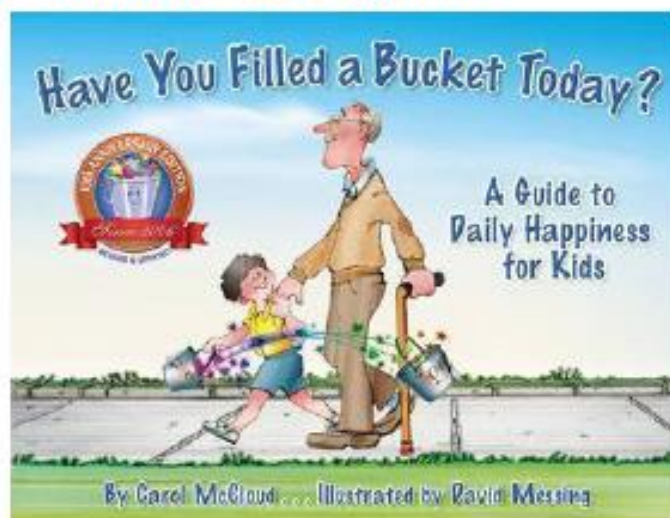
*"Give Mum and Dad a hug and tell them I love them".*

*"Ask people to play with us".*

*"Smile at someone and say good morning".*

*"Help people when they fall over and are sad".*

*What other ways can we be bucket fillers?*



## PYP Transdisciplinary Theme: Who We Are

An inquiry into the nature of the self; beliefs and values; personal, physical, mental, social and spiritual health; human relationships including families, friends, communities, and cultures; rights and responsibilities; what it means to be human.



# CYBERSAFETY PARENT INFORMATION NIGHT A MUST FOR EVERY PARENT!

When: Tuesday 5<sup>th</sup> March  
Where: AGPS Library  
Time: 6.30pm – 8.00pm

Aspendale Gardens Primary School will be hosting a ThinkUKnow presentation on **Monday 5<sup>th</sup> March 2019 from 6.30pm – 8.00pm in the Library** and all parents, carers and teachers are encouraged to attend.

ThinkUKnow Australia is a CyberSafety Education program that educates parents, carers and teachers of how people are using technology, the challenges they may face online, and how to help them overcome these in a safe and ethical way.

ThinkUKnow Australia is a partnership between the Australian Federal Police, Microsoft Australia, Datacom and the Commonwealth Bank. The program is delivered in collaboration with policing partners New South Wales Police Force, Northern Territory Police, Queensland Police, South Australia Police, Tasmania Police, Western Australia Police, as well as Neighbourhood Watch Australasia.

The presentation will be delivered by a local law enforcement member and an industry volunteer. The presentation covers issues relating to children and young peoples' privacy and security online, their relationships with other users and their online reputation. It provides insight into the devices young people are using, as well as the popular websites, apps and social networking sites they're accessing.

This is a fantastic opportunity for you to learn more about young people and the online environment, and how you can help them to be safe and responsible users of technology.

For more information, you can visit [www.thinkuknow.org.au](http://www.thinkuknow.org.au)

or contact **James Cracknell on 9587 0877.**



YOUR DONATION  
MATTERS



# Set Up Your Online Account & Share Away With Family & Friends

Your child received an  
info pack this week  
and the brochure looks  
like this



**3 WEEKS  
TO GO!**  
**6 March**





# Aspendale Gardens Primary School

## 2019 Canteen Menu - Term 1



HOT ITEMS	
Chicken Breast Goujons x 3	\$2.00
Chicken Breast Goujons x 6	\$3.00
Chicken Breast Goujons x 9	\$4.50
Fried Rice with Bacon	\$4.00
Fried Rice with Vegetables (GF)	\$4.00
Noodle Cup (Beef or Chicken)	\$3.00
Lasagne	\$4.00
Macaroni and Cheese	\$4.00
Hawaiian Pizza	\$4.00
Margherita Pizza	\$4.00
Party Pie (minimum 2 – price per item)	\$1.00
Regular Sausage Roll	\$3.00
Skinless Hot Dog	\$3.00
Skinless Hot Dog with Sauce	\$3.20
Dim Dims (minimum 2 – price per item)	\$1.00
Tomato Sauce	\$0.20

DRINKS	
600ml Water	\$1.00
200ml Juice (Apple / Orange / Tropical)	\$2.00
Quench Sparkling Spring Water (Apple Raspberry / Cola / Blue Heaven)	\$2.50
300ml Oak Milk (Chocolate & Strawberry)	\$2.50

SANDWICHES & ROLLS (wholemeal)	
Salad (tomato, lettuce, beetroot & carrot)	\$3.50
Ham	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.50
Ham, Lettuce & Tomato	\$3.50
Vegemite	\$2.00
Vegemite & Cheese	\$2.50
Tuna, Lettuce & Mayonnaise	\$4.00
*Additions for Sandwiches & Rolls*	
Cheese	\$0.50
Ham	\$1.00
JAFFLES (Toasted Sandwiches)	
Baked Beans	\$3.20
Spaghetti	\$3.20
Baked Beans & Cheese	\$3.70
Spaghetti & Cheese	\$3.70
Melted Cheese	\$2.20
Ham	\$2.70
Ham & Cheese	\$3.20

SNACKS	
Ovalteensies	\$1.00
Popcorn	\$1.00
Choc Chip Cookie	\$2.00
Mamee Noodle Snacks	\$1.00
Muffin – chocolate	\$2.00
Jelly Cup	\$1.00
Carrot Sticks	\$2.00
Celery Sticks	\$2.00
Hummus Tub – 65g	\$2.00
Piece of Fruit - Apple or Banana	\$1.00
ICE CREAMS / FROZEN SNACKS	
Mini Calippo	\$1.00
Zooper Dooper	\$1.00
Icy Twists	\$1.00
Frozen Yoghurt (Strawberry or Mango)	\$2.00
Frozen Pineapple Ring	\$0.50
Frozen Fruit Cups – 100% Juice (Apple / Orange / Apple & Blackcurrant)	\$1.00
Frozen Fruit Wedges (Seasonal) Orange or Watermelon	\$0.50

Place orders via QKR App or Place money in paper bag  
(add 10 cents if no bag provided)



# Protect young backs

## Help prevent back pain and postural issues as they grow



Back pain is usually a condition we associate with growing older, however more and more children and youth are reporting discomfort and poor posture. In many cases the cause of back pain is the result of carrying excessive loads to and from school in an ill-fitting back pack.

An Australian study found that heavily loaded backpacks (loaded with more than five kilograms) were responsible for posture problems that may cause neck and back pain and could lead to permanent spinal damage.

Here is a brief guide on how to choose the right back pack, fit it correctly and ensure the load your children are carrying is kept at a comfortable level.

### Choosing the right back pack

If you're looking for a back pack for your child here are some key features to look out for:

- a lightweight pack that doesn't add a lot of weight to your child's load
- two wide, adjustable, padded shoulder straps; straps that are too narrow can dig into shoulders
- a padded back, which not only provides increased comfort, but also protects kids from being poked by sharp edges on objects (pencils, rulers, notebooks, etc.) inside the pack
- a waist belt, which helps to distribute the weight more evenly across the body
- multiple compartments, which can help distribute the weight more evenly

### Choosing the correct size

The top of the back pack should be no more than 3cm (1 inch) higher than the shoulders so that your child can look up at the ceiling without hitting it. The bottom of the bag should sit slightly lower than the iliac crest (that bony part of your waist you can put your hands on top of). If your child's bag has a waist strap, it should wrap around the body just below this crest. It allows some of the bag's weight to be taken by the hips, lightening the load on the back and shoulders.

Some bags may also feature the sternal strap which joins the two shoulder straps. To help take strain off the shoulders it should be positioned 6cm below the collar bone.

### How to fit your child's school bag

Ideally, the centre mass of a pack should be at waist height. It should fit the body comfortably and have adjustable buckles to lower or lift the pack into position once on the wearer's back. There should be a waist belt to keep the load in place when on the move, and separate compartments to allow heavy items to be packed close to the body. The pack should be padded where it touches the back, and should be made of firm material to prevent sagging.



### Adjusting the straps

The straps should be tight enough so that the bag is held against the torso. It shouldn't be leaning away, leaving a gap between the back of the shoulders and the bag, and shouldn't have room to swing around.

It mustn't be so tight that it's uncomfortable or digs in to the underarms.

### Quick Tips

Limit the child's load; plan ahead so they don't carry too much.

They should never carry more than 10% of their body weight.

Pack heavy items closest to the spine.

They should take regular short rests when carrying a heavy pack.

They should always wear their backpack over both shoulders.

If you would like a physiotherapist to help you with a FREE fitting of your child's back pack contact our practice to make a booking.



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# Provide First Aid including CPR (Level 2)



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Participants can complete *either*:

**Provide First Aid - HLTAID003** (inclusive of CPR, attend session 1 & 2) **or**  
**Perform CPR - HLTAID001**

(refresher recommended every 12 months, attend session 1 in part only)

## Online Booking and Registration essential

Please note – 2 step booking / registration process:

Book and pay online here: [www.trybooking.com/ZYCG](http://www.trybooking.com/ZYCG)

Once you are booked in, an online workbook will be emailed to you.  
You will need to Register and completed this before the class in order  
to attend.

**Cost: \$100 for entire course or \$50 for CPR only**

Session 1 – Tuesday 26<sup>th</sup> February

Session 2 – Thursday 28<sup>th</sup> February

Both sessions – 6.00pm to 9.00pm

(CPR ONLY – 6.00pm to 7.00pm 26<sup>th</sup> February)

**Aspendale Gardens Community Service**

103-105 Kearney Drive, Aspendale Gardens 3195

9587 5955 | [www.agcsinc.org.au](http://www.agcsinc.org.au) | [cathy.wilson@agcsinc.org.au](mailto:cathy.wilson@agcsinc.org.au)



### TERM 1 GROUP FITNESS TIMETABLE

effective Tuesday 29<sup>th</sup> January to Saturday 6<sup>th</sup> April 2019

10 week term – \$158.00 (pro rata)

**BOOKINGS ESSENTIAL – [www.trybooking.com/BASFK](http://www.trybooking.com/BASFK)**

	6:00am	7.15am	9.20am	2.30pm	7.15pm
MON	METAFIT (*CCH) 30 mins				
TUES	BOOTY BLAST (*MPH) 45 mins		CIRCUIT (*CCH) 45 mins	BACK TO FITNESS (*MPH) 30 mins	
WED	BOXING (*MPH) 45 mins		PARKFIT TRAINING (meet at CCH) 45 mins		METAFIT (*MPH) 30 mins
THURS				METAFIT (*MPH) 30 mins	ZUMBA (*CCH) 45 mins
FRI	STRENGTH (*MPH) 45 mins		STRENGTH (*CCH) 45 mins		
SAT		TABATA (*MPH) 45 mins			

\*MPH - Multipurpose Hall \*CCH - Community Centre Hall

**BOXING:** A workout that's a lot of fun regardless of your ability AND a great stress relief!!!

**BACK TO FITNESS:** For those new to exercise or already working out! (30 min class).

**BOOTY BLAST:** A lower body workout.

**METAFIT:** High intensity workout including a series of body weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

**NEW!!**

**PARKFIT TRAINING:** Exercise in the great outdoors. Meet and sign in at the Community Centre.

**STRENGTH:** A weight training program for able bodied people of all ages and fitness levels with traditional exercises using Barbells, Dumbbells and your own body weight.

**TABATA:** One of the most popular forms of high intensity interval training (HIIT). Consisting of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off intervals, your workout will be guided by an energetic sound track. Can be modified to suit individual fitness levels.

**ZUMBA:** Come and shake your groove thing with this fun music/dance workout, based on the principle that exercise should be FUN! No dance experience necessary - just come and have a great time while getting fit!!!

**For more information, contact Tracy on 0422 002 500 or [ktnaismith@inet.net.au](mailto:ktnaismith@inet.net.au)**



# GIVE FOOTY A GO IN 2019

**MIXED TEAMS** - U8, U9, U10 & U11 **BOYS TEAM** - U13

## FLY WITH THE EAGLES IN 2019



## EDI-ASP JUNIOR FOOTBALL CLUB

2019 Registrations are now open.  
U8-U17 and Under 10, 12,14,16,18 Girls

**OPEN DAY - FEBRUARY 17, 2019**

Glen Street Oval -10am - 12pm  
Junior football clinics, Q&A, mouthguard fittings, apparel sales  
Be part of a best in class Football Development Program

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





# Aspendale Gardens Dental Group

8a Springvale Rd, Aspendale Gardens, VIC 3195 [www.aspendalegardensdentalgroup.com.au](http://www.aspendalegardensdentalgroup.com.au)

**PH: 97738688**

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**DR CRAIG JAFFREY  
DR ANNETTE LEW**



## SERVICES PROVIDED

General Dentistry  
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Children under the age of 4 receive FREE dental examinations  
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## MORDI BRAE SEASON 2019



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