

Aspendale Gardens Primary School Newsletter—Thursday 10th September



**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.



FRIDAY 18th SEPTEMBER—END OF TERM 3 SCHOOL FINISHES AT 2:30^{PM}



FROM OUR PRINCIPAL

Dear Parents,

Return to School

As most of you would have heard the Foundation to Year 2 students are due to return to school on Monday 12th October which is Week 2 next term. Week 1 will still be remote learning for the Foundation – Year 2 students. We do not have a firm date regarding the Year 3 – 6 students as yet. We certainly hope it is sooner rather than later. We will let you know as soon as we hear.

Film Festival

We have our very first Film Festival next Thursday 17th September. We have had quite a few budding producers send in some very creative short videos. Information on how to join in the Film Festival will be passed on via class Dojo. Thank you to Mr Cracknell and Mr King for bringing this together. We are looking forward to it, so pop the popcorn and fluff up the bean bags ready for a night of entertainment.



Well Done Rochelle and Clarence Lewis

Congratulations Rochelle and Clarence Lewis our very talented and dedicated school cleaning staff. Recently Rochelle and Clarence along with their children, spent a lot of time and money personally hand crafting pamper packs for frontline Health Care workers. They are so selfless, so appreciative of others, yet they are also front-line workers protecting the health and safety of our school children and staff. They are very modest and feel it is others doing the hard work fighting COVID. A big shout out to Rochelle and Clarence for their unwavering contribution to our school and our local community.

Also, a little bird has informed us that on Wednesday 2nd September they celebrated their 25th wedding anniversary and to not let others down they were cleaning the school on their anniversary evening!

CONGRATULATIONS Rochelle and Clarence you are amazing!

Thank you Lisa, their beautiful neighbour, for letting us know this information.



Today is RU OK? Day.

R U OK? Day is a national day of action dedicated to reminding people to ask family, friends and colleagues, 'Are you ok?'. The purpose is to inspire and empower everyone to meaningfully connect with people around them on a regular basis to make a difference to anyone who might be struggling. It is a way for us to reach out and demonstrate that we genuinely care.

We can all make a difference by having regular, meaningful conversations about life's ups and downs with our families, friends and colleagues. Remember, you don't have to be an expert to have a caring, meaningful conversation.

If you notice that someone's not travelling well, take the time to ask how they're going.

Follow the **R U OK? four steps:**

Ask R U OK?

Listen with an open mind

Explore options and encourage action

Check in

Be respectful - there might be some who may not want to have that conversation with you, and that's ok.

In this instance, your role might be about ensuring that they are accessing supports and offering practical solutions around workload and time off to assist them.

Empathise - we all go through times when we might be struggling to cope with the multiple demands placed on us at home and at work.

To build your confidence, rehearse conversations using the [R U OK? Conversation Guide](#)

Hats

To keep in line with our Sunsmart Policy, hats are now compulsory to be worn at school.

Instrumental Music

At this stage keyboard, guitar and violin will continue in Term 4 using the on-line format. Further updates regarding drumming and singing will be provided next term. Please look out for Term 4 enrolment forms, which will be sent out via Compass by the end of this week.

Have a lovely weekend everyone.

Cheryle Osborne

FROM MR BAKER ASSISTANT PRINCIPAL

National eSmart Week (6th – 12th September)

This week is eSmart week, so we want to educate and remind parents and students about ten Cyber Safety Tips from the Alannah and Madeline Foundation. This Foundation provides a lot of excellent wellbeing and valuable resources and eSmart programs that we integrate into the curriculum at AGPS.

Use tech to make life better

We can use technology to learn things, create things, connect with friends and family, reach out to people who are having a hard time, enjoy great entertainment, and even boost our fitness and mental health. Or we can use tech to make ourselves and other people feel lousy. Which would you rather do?

Keep your balance

Technology is incredible. Gaming, networking, apps ... online shopping! But relying too much on tech can mess with your sleep and make you feel exhausted, stressed or lonely. Make time for the other things that matter to you: family meals, playing with pets, kicking a ball around, reading, cooking, art or just sitting out in the sunshine.

Boundaries, people

Sure, you're fascinating, but you don't need the world watching your every move. Regularly check your privacy settings on apps and social media, and make sure people can't track your location. Don't share passwords (no, not even with your best friend), and always think before you post. Photos that show your school uniform or the outside of your house might make you a little too easy to find.

Respect others

Before taking and sharing photos or videos of other people, always ask first if it's OK with them. Before you talk about someone online, stop to think: how might this make them feel? It's not all about you, am I right?

Keep everything updated

Any idea what causes the most security breaches on the internet? Software that isn't up-to-date. Seems crazy simple, but it's true! Be vigilant about updating software, including apps, anti-virus and even the humble browser.

Spam, Spam, Spam, Spammidy-spam

Even with the best anti-spam and malware software – that's up-to-date – spam is the modern version of junk mail. It's everywhere! Beware of emails and messages from people you don't know, especially if they are misspelled, say weird things, or urge you to click on hyperlinks or open files.

Keep your cool

When someone's behaving badly online, the temptation is to shoot back something equally harsh – but is that really how you want to spend your time? If it's an annoying one-off, you might decide to let it go and do something fun instead. But if someone's behaviour online is making you scared, anxious or miserable, it's time to talk to someone you trust and block or report whoever is bothering you.

Keep your friends close and strangers at arm's length

Do you know how many true friends most people have? Three. Yup, those four thousand and fifty-two social media 'friends' are a combination of acquaintances, people-you-met-once, people-you-can't-remember-meeting-once and, probably, some 'randoms'. How much do you want them to know about you? And if someone you don't know contacts you asking for photos, videos or personal info, or if they ask you to meet them in private or keep your conversations a secret – red flag! Tell a trusted adult straight away.

Be the hero

Have you seen someone being bullied or treated badly online? You have a chance to change the story. Think about reaching out to them and saying something kind and supportive, reminding them that they deserve to be treated with respect, and encouraging them to report abusive behaviour to the website, the [eSafety Commissioner](#), or a caring adult.

Ask for help if you need it

Online dramas getting you down? Talk to someone you trust, like a friend, family member, teacher or mentor. Abusive behaviour online can also be reported to the eSafety Commissioner. Remember: you can chat for free to counsellors at [Kids Helpline](#), [eheadspace](#), [Beyond Blue](#) or [Lifeline](#). They are open 24/7 and offer web and text counselling, as well as over the phone.

Jonathan Baker

SUPPORTING YOUR CHILD AS THEY START HIGH SCHOOL THROUGH COVID

Please see below for details on an online seminar that Year 6 parents might be interested in. It is being held on Tuesday 15th September and there is an opportunity for a Q&A session. A DET School Nursing Program's Secondary School Nurse will be joining the Q&A panel.

There's still time to register today:

<https://www.eventbrite.com/e/supporting-your-child-as-they-start-high-school-through-covid-tickets-116545232929>

Once you have clicked on the website above, click on 'register' and complete your registration.

Kind regards,

Yvonne Ess

Visiting Primary School Nurse /Primary School Nursing Program

Department of Education and Training, SEVR - Bayside Peninsula

Phone: 0417 032 754

Email : yvonne.ess@education.vic.gov.au

PLEASE NOTE: Working Days/Hours: Mondays/Wednesdays/Fridays – 8:30am-4:36pm



STARS OF THE WEEK

Week 7 – Term 3



Class	Student	Reason
FCH	Charli P	For your growing confidence in our Webex meetings and the fantastic effort you put into all learning tasks.
FTA	London C	For the continuous effort you put into all of your work this term! You are a superstar!
FEC	Zephyr G-Br	For the amazing work you have been uploading to your portfolio! You are so committed to your learning!
FMC	Chloe M	For the fantastic effort and enthusiasm you put into all tasks! Keep up the outstanding work!
FLB	Eddison Z	For your enthusiasm during small group reading sessions and when completing portfolio tasks!
FDA	Jia R	For staying focussed during remote learning writing sessions with Sarah, keep it up!
1 RP	Theo F	For your enthusiasm in sharing your amazing ideas during guided reading sessions!
1 NA	Grace W	For the effort and commitment you have shown throughout remote learning. You always try your best in all learning tasks!
1 KA	Eli O	For the fantastic effort you are putting into achieving your reading goals. The number of readers you have completed this term is very impressive!
1 SH	Maya D	For the enthusiasm you bring to all Webex class meetings and small group sessions. Your passion, joy and efforts are impressive Maya!
2DM	Emily H	For the improvement you have made with your reading this year! We are proud of you Emily!
2LC	Sofia C	For her participation and enthusiasm during all Webex class meetings and small group sessions. We are proud of you Sofia!
2RG	Bella L	For enthusiastically participating in our Webex meetings this week.
2LK	Vihaan B	For writing amazing power sentences this week. Keep up the wonderful work!
2RK	Emmanuel V	For his continued dedication towards making the most out of remote learning. You are producing great work, keep it up superstar!
3LG	Scarlett G	For displaying commitment towards all of the learning areas. You're a star!
3DB	Darcy T	For always posting your work and participating in meetings. Superstar!
3KB	Emmitt M	For always enthusiastically engaging in all online sessions during remote learning.
3MK	Kaelan R	For showing increased confidence in small group sessions by sharing your amazing ideas. Keep up the great work!
4CT	Leighton S	For your amazing effort and positive attitude towards your learning. You are doing such a great job during remote learning!!
4BH	Amelia M	For consistently giving 100% in everything you do. Keep up the great work superstar!
4OM	Sunshine H-H	For always asking questions when you are unsure and trying your hardest with all pieces of work. You are amazing!
4HB	Scarlett F	For the way you lead and engaged in our discussions about 'The One and Only Ivan'. You are a superstar!
5LW	Cassandra E	For your outstanding standard of work and commitment to home learning tasks, including your artistic pieces of work which are magnificent!
5RL	Paige S	For sharing your entertaining and amusing writing pieces with me during remote learning. Great work!
5AA	Jayda V	For working hard on your remote learning tasks and for your fantastic writing pieces. You are a superstar!
5JI	Ayva K	For being so positive in your attitude to learning during remote learning!
6JB	Matilda R	For your self reflection and courage to take more risks in your learning to understand yourself better as a learner.
6KC	Kate E	For always attending meetings with a positive attitude and a big smile. Keep it up!
6JC	Ryan W	For your awesome writing piece for our inquiry learning this week.
6JM	Jensen S	For your ongoing care and consideration to your learning. Fantastic work Jensen!
LOTE	Sanjay P (5AA)	For demonstrating fluent Mandarin speaking skills and your high achievement in completing each week's tasks.
P.E.	Jack D (3KB)	For your commitment and hard work during PE each week. Keep up the awesome work in PE Jack!
Visual Arts	Joshua D (2RG)	For always submitting amazing artwork during remote learning. Fantastic effort, well done!!
Music	Hayden W (4HB)	For consistently submitting works of a very high standard and showing huge enthusiasm for all activities.



Physical Education & Sport

With Mr. King & Mr. Murphy

This week students enjoyed playing the brand new eye-foot kicking games of Quick Kicks, Skittle Kicks & Foot Golf. Students also continued to work on their fitness levels during our live PE sessions...well done to everyone who wore a HEADPIECE during last week's workout!

Well done to our Buddy Bear winners from last week in Ewan Wadeson (2RK), Cameron (FCH) & Declan Dewar (2RG). Remember to keep an eye out for Buddy Bear to be in the running for a prize when school returns! Can you find him? Keep up the awesome work AGPS.... only 1 more week to go!

<https://sites.google.com/education.vic.gov.au/kingandmurphype/home>

Mr. King & Mr. Murphy



Allison Y 2RG



Carter S 2DM



Amelia R 1SH



Ryan L 2RG



Rita P FTA



Allen J FEC



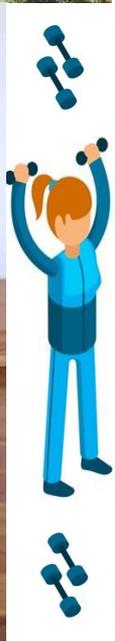
Linkin S FMC



Dewar Family



Sam JVV 1NA



MacdonaldFamily



Sarah P FEC



Carla A 1RP



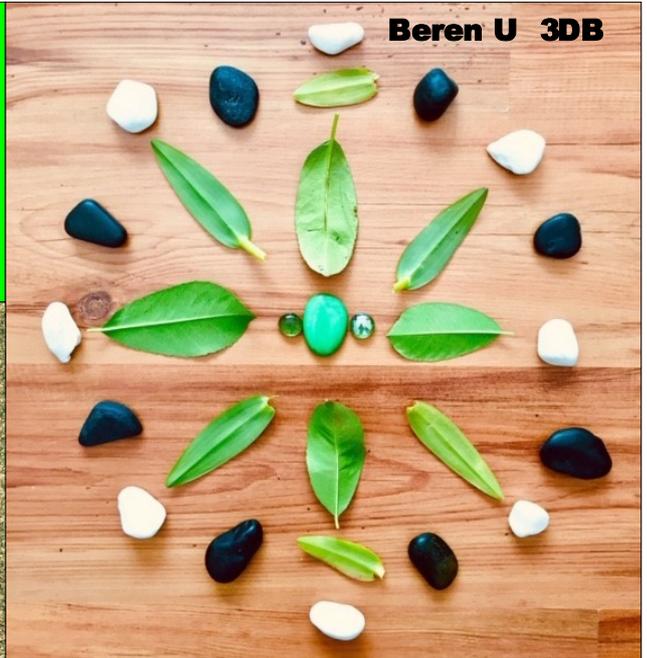
Olivia W 2LC

LAND ART ACTIVITY

Years 3—6 Students celebrated the start of Spring by creating sculptures and mandalas using a variety of natural materials that they found outdoors.



Cooper S 6JB



Beren U 3DB



Hazel O 40M



Sanjay P 5AA



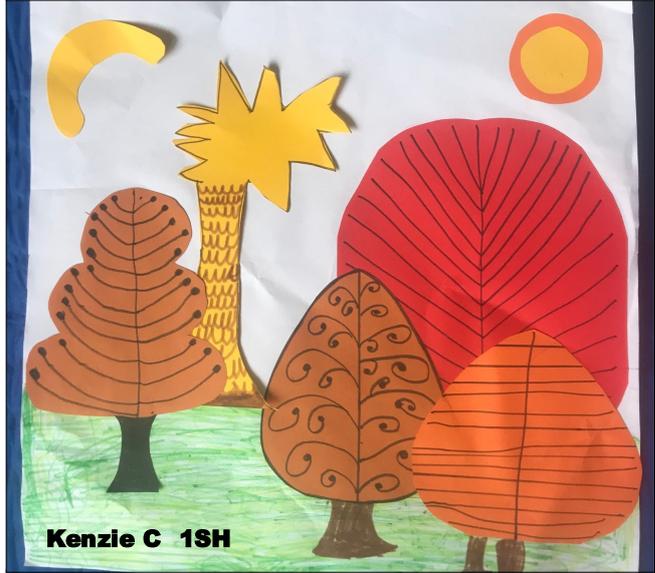
3MK

VISUAL ARTS

Ece B 2RG



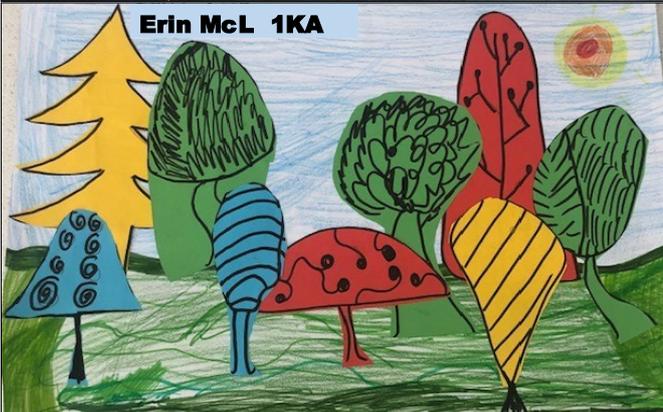
Students used the Visual Art elements of line, size and colour to create a landscape collage. They overlapped different shapes, sizes and patterns of trees to create depth in an artwork.



Kenzie C 1SH



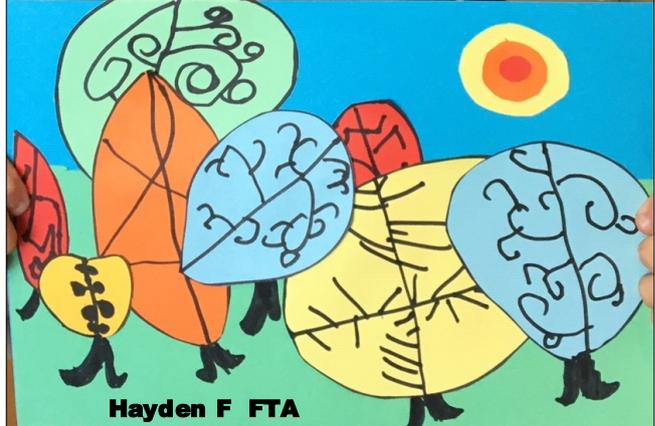
Chloe M FMC



Erin McL 1KA



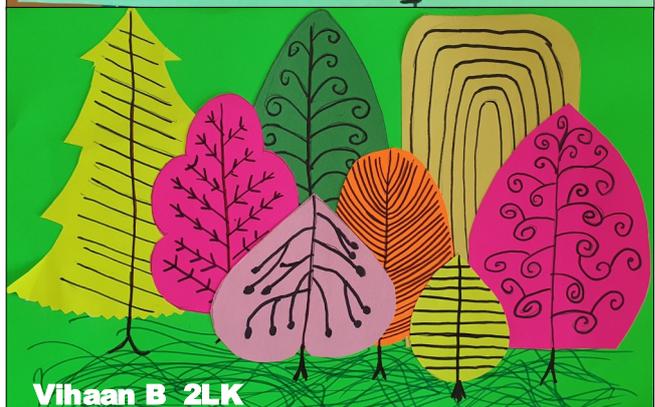
Lucy M FLB



Hayden F FTA



1KA Sammy



Vihaan B 2LK

PERFORMING ARTS

Last week students in Performing Arts celebrated Fathers' Day by writing poetry and creating collages of expressions.

The many expressions of Beren / Berenen aurpegierak



お父さん、愛しているよ～ 爸爸我
E, PÈRE I Love you Dad
TE QUIERO, PAPÁ
 Je T'aime, Père
 お父さん、愛しているよ～
I LOVE YOU DAD
PAPA
PIC•COLLAGE

You are the path,
That guides my way,
Without you,
my heart would decay.

This is for,
A very special dad,
Without you,
I'd be very sad.

You are my father,
You are the best,
Without you,
I'd be distressed.

You are wise,
You are great,
You help me visualise,
The world's state.

You're gentle ways,
Calms me down,
It also turns,
My frown upside down.

You encouraging words,
Means the world to me,
when I grow up,
You will see,
That I will become the man,
That you always wanted me to be!

Anishka S 6JM

Sad	Confused
Surprised	Happy
Sleepy	Annoyed
Scared	Angry

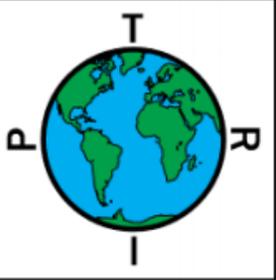
PIC•COLLAGE



**Thank you to all our families and local community
for contributing to our AGPS Spoonville**

FAMILY PUZZLE TIME WITH ANNIE

**Here are a few rebuses for you to try and solve together.
The answers will be in next week's newsletter.**

<p>1</p> <p>STOOD</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 
<p>5</p> <p>Put 2 TO TOGETHER</p>	<p>6</p> 	<p>7</p> <p>WHERE WHERE WHERE WHERE RAINBOW</p>	<p>8</p> 



**NDIS Quality
and Safeguards
Commission**



Delivered by the
**National Disability
Insurance Agency**

EC20-000699

Hello

We wanted to write to you to remind you of the support available through the National Disability Insurance Scheme (NDIS) and the NDIS Quality and Safeguards Commission (NDIS Commission) during the coronavirus (COVID-19) pandemic.

With coronavirus (COVID-19) restrictions still in place in Victoria, we also wanted to let you know where to go to ask questions about your NDIS plan, your providers or the services you rely on.

We understand there is a lot of information in the community and we are writing to all participants in Victoria to share with you what you should expect from your NDIS providers and supports during this time as well as changes to what you can buy with NDIS funding.

This letter also explains what to do if you are concerned about the quality or safety of the supports.

What to expect from providers

Your provider should do their best to keep you safe and protect you from the risk of catching coronavirus (COVID-19). They should keep providing the supports you need to maintain your health, safety and wellbeing.

Because of current physical distancing and self-isolation rules, your provider may need to make some changes to the way they support you. If there are any changes to your supports or services, your provider should explain these to you and seek your views about them. They should ask you what supports are important to you and consider this when they make changes.

Your NDIS provider must tell the NDIS Commission if coronavirus (COVID-19) is having a significant impact on the supports and services you receive.

Protecting yourself and others

The National Disability Insurance Agency (NDIA) has made changes so you can now use NDIS funding to pay for personal protective equipment (PPE) if you receive an average of at least one hour a day of face-to-face daily living supports, and live in Victoria or New South Wales.

If you need personal protective equipment (PPE) items like face masks, face shields or gloves, you can use your core supports budget in your NDIS plan to buy these items. Plan and self-managed participants can purchase PPE and claim their purchases in the usual way. Agency-managed participants must use registered providers.

If you need to buy face coverings or masks to use outside the home, this is an everyday expense and you cannot use your NDIS funds to pay for them.

As the coronavirus (COVID-19) situation changes, the NDIA will continue to review how Personal Protective Equipment (PPE) is funded and provided in areas with significant outbreaks, such as the current situation in Victoria. For the latest information about Personal Protective Equipment (PPE) visit the [NDIS website](#).

If you are concerned about your NDIS budget and your situation has changed you should contact the NDIA on 1800 800 110 so we can discuss your situation and make changes to your plan.

It's OK to complain

If you are unhappy with the quality or safety of your supports and services you can speak to the NDIS Quality and Safeguards Commission (NDIS Commission) about your concerns. Whether or not these issues relate to COVID-19, it is always ok to speak up.

For example, if you don't think your provider is communicating with you properly about changes to your supports, or if the changes are causing you distress, you can complain to the NDIS Commission by:

- calling 1800 035 544 (free call from landlines) or TTY 133 677. We can arrange an interpreter for you.
- [National Relay Service](#) and ask for 1800 035 544.
- completing a [complaint contact form](#).

If you have questions or are worried about your NDIS plan or budget call the NDIS on 1800 800 110.

Find out more

The [NDIS Commission has a dedicated COVID-19 webpage](#) that has links to updates and resources for NDIS participants. There is also a COVID-19 [information pack for NDIS participants](#). Fact sheets are available in Auslan and Easy Read formats, and in 11 other languages. Braille copies are available on request.

The NDIS website has [information about COVID-19 for NDIS participants](#). If you have questions or need advice, call the NDIS on 1800 800 110.

The Victorian Government also has a website with [information for people with disability](#). It includes details about current restrictions, wearing face masks, and where to get more information and support.

If you have a question or concerns about COVID-19, contact the [Disability Information Helpline](#) on **1800 643 787**. If you are deaf, hard of hearing, or have a speech impairment, you can also call the National Relay Service on 133 677.

The [Australian Government Department of Health](#) website has information about protecting yourself from COVID-19, managing your mental health, and getting access to important services like telehealth and prescription medications.

This is a challenging time, but we will keep working with your NDIS providers to support your health, safety and wellbeing, and we are here to help you if you have any concerns.

Yours sincerely



Graeme Head AO
Commissioner
NDIS Quality and Safeguards Commission

21 August 2020



Martin Hoffman
CEO
National Disability Insurance Agency

21 August 2020

T 1800 035 544
Email: contactcentre@ndiscommission.gov.au

PO Box 210
Penrith NSW 2750
www.ndiscommission.gov.au

Hatha Yoga



Would you be interested in joining
Online Hatha Yoga sessions in Term 4 via Zoom?

FIRST SESSION FREE!

Cost: \$5.00 per class

(plus 2019 AGCS annual family membership if not already paid)

Please let us know by emailing:

enquiries@agcsinc.org.au

or calling 9587 5955



AGPS INSTRUMENTAL MUSIC LESSONS — TERM 4

Guitar, Keyboard and Violin
lessons will be available
in Term 4.

ALL lessons will be
taught remotely.

Enrolment forms will be sent out
via COMPASS tomorrow.

If you have any questions
regarding our Instrumental
Music program please
email Annie at:

anne.low@education.vic.gov.au

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MENTONE 9585 8000
FRANKSTON



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- Medical GP clinic located conveniently across from the school at Aspendale Gardens Shopping Centre
- Bulk billing available for all children below 16 years old
- Currently offering bulk billed telehealth consults for all ages during the COVID-19 pandemic

We welcome new patients of all ages and offer a wide variety of services ranging from newborns to elderly

Podiatry services also available

Now also open on Saturdays

Mon: 8:30am to 6:00pm
Tues: 9:00am to 5:00pm
Wed: 9:00am to 5:00pm
Thurs: 9:00am to 5:30pm
Fri: 9:00am to 5:30pm
Sat: 9:00am to 12:00pm

*Influenza
vaccinations
available. Please
call to enquire*

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m4e.aspendalegardens



The Studio of Dance



Dance Tuition in: Jazz, Classical Ballet,
Contemporary, Lyrical,
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Character Ballet, Acrobatics & VCE Dance
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Accredited teacher and school with the Acrobatic Dance Association.)
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