

Aspendale Gardens Primary School

Newsletter—Friday 16th August

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.

2019 DIARY

AUGUST

Monday 19 Years 3 & 4 Swimming Begins
 Year 2 Scienceworks Excursion
 Tuesday 20 Resilience Project—all students
 Thursday 22 Foundation Frankston Arts Centre
 Excursion—"Revolting Rhymes"
 Monday 26 **Scholastic Book Fair Begins**
 Wednesday 28 Fathers' Day Stall
 Thursday 29 Scholastic Book Fair Ends
 Friday 30 Last Day of Years 3 & 4 Swimming

SEPTEMBER

Sunday 1 Fathers' Day
 Monday 2 School Council Meeting @ 7.00pm
 Tuesday 3 Whole School Production Rehearsal
 11.30am—1.30pm
 Friday 6 Year 4 Wetlands Excursion
 Tuesday 10 Year 1 Gould League Excursion
 Wednesday 11 Whole School Production Rehearsal
 11.30am—1.30pm

Thursday 12 School Production—Dress Rehearsal (am)
Matinee Session—12:30pm
Night Session—7.00pm
Robert Blackwood Hall—Monash Uni
 Friday 20 Footy Day—assembly at 9.00am today
 End of Term 3—early dismissal @ 2.30pm

OCTOBER

Monday 7 Term 4 Begins!

REMINDER:

**Please remember to write your
 child's name and grade clearly on
 any notices/payments returned to
 school .
 THANK YOU**

FROM OUR PRINCIPAL

Science Expo

What a fantastic week it was celebrating Science at Aspendale Gardens Primary School. It was inspiring to see so many students involved, from all year levels, at our Junior and Senior Science Expos. What really stood out this year was the level of knowledge students had and their ability to explain their chosen experiments or research projects. They understood the Scientific processes involved and did a fantastic job of communicating this on the day.

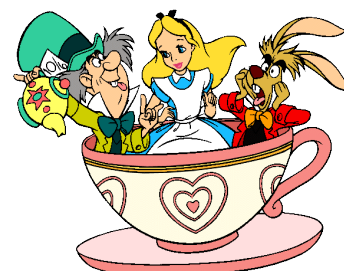


Resilience

The Resilience Project for staff and students takes place next week. Staff will receive training on Monday evening and students will participate in the project next Tuesday. A parent information session will be held in term 4.

Production

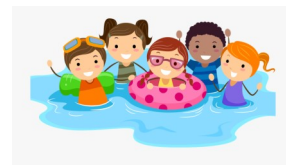
Excitement is building as the Production gets closer. Recordings were done this week and costumes and props are well under way. Thank you so much to parents, grandparents, students and staff who have been helping the performing arts team.



Year 3/4 Swimming Program

We have our Year 3/4 swimming students partaking in the very important swimming program starting next Monday and continuing for 2 weeks. We know this program helps to teach survival skills, water confidence and improve the swimming abilities.

Cheryle Osborne



ART ROOM REQUEST

The Art-room is in need of 20 wooden chairs. If you have a wooden chair that you can donate to the art-room that would be fantastic. Please bring to the Art-room opposite the library. Thanking you in advance.

Julie Lach



TAKE HOME READERS

The take home reader boxes in the junior areas are looking a bit sparse. Can we please remind parents to make sure these are returned daily.



Performing Arts @ AGPS

Production: COUNTDOWN: 4 weeks until production! Fabulous effort from all Levels at our recording this week and the Year 6 DET Drama assessment on Friday was superb. This is the last week everyone has to sort costumes. I would like to see them all next week. If anyone is having trouble finding anything please come and see me and I may be able to help you. A HUGE thank you to all the school mums and school staff who have helped with sewing, your contribution is greatly appreciated. Tickets go on sale online in a fortnight. The link to book tickets will be found on Compass, Dojo and the Newsletter. Performance is *Week 9* Thursday Sept 12th at 12.30 midday and 7pm in the evening. If there are students who will not be attending either performance please notify your classroom teacher in writing.

Scholastic Book Fair

We will be hosting the Scholastic Book Fair Monday 26th August through to Thursday 29th August. This will complement the announcement of the Children's Book Council of Australia 2019 Awards. The theme this year is Reading is my Super Power. Follow the link below for a full list of the books shortlisted this year. <https://cbcacloud.blob.core.windows.net/documents/National/BookOfTheYear/2109/2019%20Short%20List%20no%20embargo.pdf>.

We will have shortlisted titles on display in the library over the coming few weeks for teachers to share with their grades. After this they will be available for students to borrow.

Thank you

Thank you to those mums and grandmums who come into the library to help out. I would like to give a special mention to one of our lovely grandparents Kathy Tindal who has been a fabulous help this year.

Glenys

Year 6 Girls Southern Metropolitan Region

AFL Match Report

On **Wednesday 7th August** at King George Oval, Bentleigh East, our Year 5/6 Girls AFL team competed in sunny conditions, taking on girls from schools within the Southern Metropolitan region for the **2019 Southern Metropolitan Region Primary AFL Girls Finals**. The girls once again showcased their sleek skills over 4 games, showing fierce determination, strong tackling abilities and a very impressive display of team-work. The 18 girls had a fantastic day loving every minute of play, eager to outclass the next opponent. All the girls represented AGPS extremely well, showing extraordinary teamwork, sportsmanship and respect in all of the games they played. At the end of the tournament the AGPS girls finished **2nd overall** out of the 8 teams who competed making the girls **RUNNERS UP** of the **Southern Metropolitan Region Finals**. Well done on a fantastic effort at the district, division and regional stages girls. The whole of AGPS are proud of your efforts and Mr. King is an extremely proud coach. Thank you also to all of the wonderful parents and family friends who came down and supported the girls.

GO GIRLS!! GO AGPS!!

Results:

<u>Game 1: WON</u> AGPS 5.8.38 Berwick Fields PS 1.1.7 <u>Goal Kickers:</u> Cha Boutagef (2), Zoe Berends, Tahlia Dainty & Grace Pearson.	<u>Game 2: WON</u> AGPS 4.4.28 Pearcedale PS 0.1.1 <u>Goal Kickers:</u> Jess Dobbie, Grace Pearson, Charlotte Hay & Zoe Berends.	<u>Game 3: WON</u> AGPS 3.2.20 St. Peters PS 1.2.8 <u>Goal Kickers:</u> Grace Pearson, Charlotte Hay & Cha Boutagef.
	<u>Grand Final: LOST</u> AGPS 2.2.14 Red Hill PS 3.4.22 <u>Goal Kickers:</u> Grace Pearson (2)	



SCIENCE WEEK

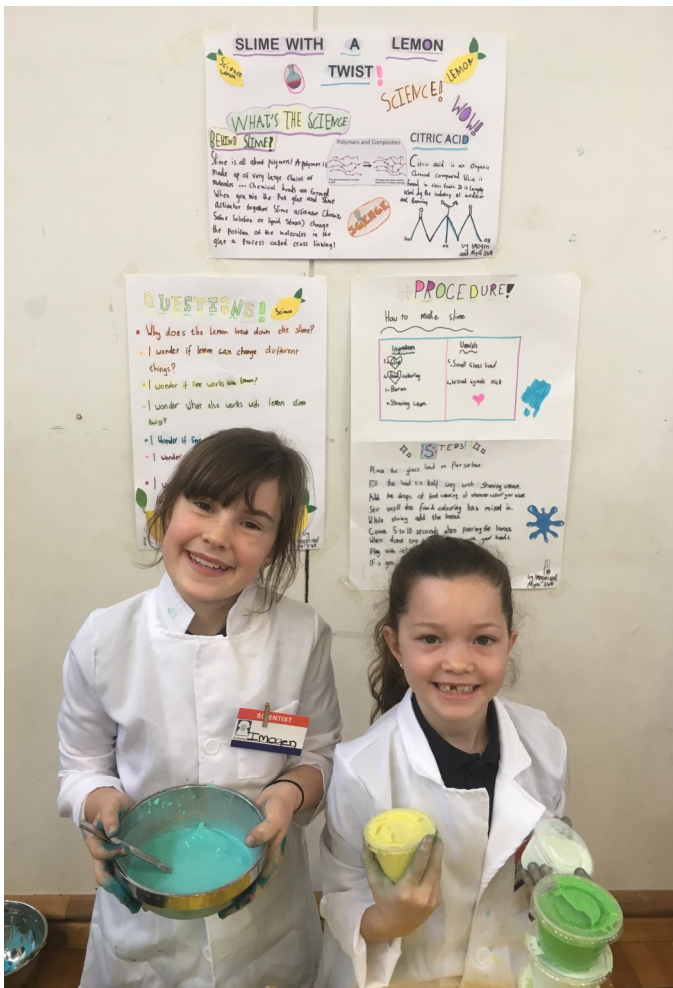
Wow! What a fabulous way to celebrate Science at Aspendale Gardens Primary School. The annual Science Expo was another highlight in our school calendar and it didn't fail to impress!

The Science Expo was a real highlight but there were many other marvellous activities happening at lunchtimes and inside the classroom.

Each level had the opportunity to participate in Sphero Races. Combining our ICT program with a fun exciting event helped students to understand just how far technology has come and brought about a heap of excitement.

A bridge making and design competition also run with the objective to create the strongest bridge that could hold the most weight over a gap of 20cm. Students liked working in teams throughout this process and some of the best designed were showcased at Assembly.

Finally it was great to see all the different classes around the school partake in their own Scientific experiments to help educate our students and help understand what it means to be a Scientist.





Week 2 – Term 3



Foundation – Year 2



Year 3 – Year 6





BONBEACH ST CHAD'S BASEBALL CLUB

LOOKING FOR JUNIORS + T-BALLERS

(TBALL, U12, U14, U16, U18)

Come and Try Days

Sun 25/8: 9:30am

Sun 1/9: 9:30am

Sun 8/9: 9:30am

BONBEACHSTCHADS@GMAIL.COM



Do You Want to Play **CRICKET** Like the **STARS** ?

PARKDALE UNITED

Cricket Club

Are Recruiting

GIRLS and BOYS

For The Coming Season

Mixed - U14, U12 & Rookies

For Boys and Girls, 7 to 13 years old
U12 & Rookies played Saturday morning.
U14 played Friday evening

All Girls – 13 and Under

For Girls, 7 to 14 years old
Played Wednesday evening

Masters Blast

For Boys and Girls, 6 to 9 years old
Played Saturday morning

Junior Registration

Friday 16th Aug between 5:00 and 7:00pm
Jack Grut Reserve Governor Road, Mordialloc
Enquires: Graeme Stewart (m) 0421 407 643
Email: juniors@parkdaleunited.com
<http://www.parkdaleunited.com>



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WHAT'S ON SPRING

ASPENDALE GARDENS PRIMARY

Sept 23 - Oct 4 | HOURS 7:30 AM - 6:00 PM

BONUS

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RayWhite

ASPENDALE GARDENS AUSSIE RULES BBQ

**WEDNESDAY THE 21ST OF AUGUST, 4:00PM
AT ASPENDALE GARDENS RESERVE (at the
back of Aspendale Gardens Primary School)**
Come and grab a free sausage and have a kick
with a few surprise AFL players!

Nathan Wright
Ray White Mordialloc





Edithvale Netball Club

NET SET GO – TRAINING AND DEVELOPMENT PROGRAM.

Players Requested

If you are interested in joining a Netball team and developing new friendships and having fun come and play with the Edithvale Netball Club. Net Set Go training is held on Monday's at Chelsea Sportswomen's Centre, Sturdee Street, Chelsea from 4 pm.

Recruiting 2012 born boys or girls to train & develop (NET SET GO) in terms 3 & 4 of 2019 and then participate in Saturday competition in 2020.

We will have dedicated training and development coaches working with the children and would love for your child to join. Children born in 2013 are also welcome to attend and participate but will not take the court in 2020 as they are still too young.

We welcome enquiries for all other age groups.

ENQUIRIES

Sarah Foster – 0423 571 585
Secretary - Edithvale Netball Club
Email: edithvale.netball.club@gmail.com
www.edithvalenetballclub.org.au

Or

Sonia McCaffrey (AGPS parent)
Recruitment Co-ordinator
0406 977 470

At Theircare, in Term 3, we have been slowly redecorating our space, full of exciting new art pieces. The children have created a 3D reading corner where they can now read under a tree. We have created a colour tree on the back wall which is looking great as the children add to each paper plate. We have some artwork being created by Johnno up on the wall.

The children who use the Theircare service love to colour, so they have been donating their best colouring-ins for us to display.

We have some exciting news this term, Theircare has a new coordinator who will be helping keep continuity at Aspendale Gardens Primary School Theircare. Jen Cummins graduated from Latrobe University in 2018 with a bachelor's degree in Education Studies and majored in Physical Education.

Don't hesitate to pop in and say hi.

Just a reminder to parents the service hours are 7am – 8:45am and 3:30pm – 6:15pm.



Bookings

To book, login to your account via www.theircare.com.au and head into the bookings tab. Here you will find a calendar where the desired dates can be selected. To ensure it has been added in correctly, you should receive notification via the email linked to the account.

If you have any questions regarding bookings or the operation on the program, please don't hesitate to contact the service phone and speak to one of the staff members. The service contact number is **0439 161 164** or email **aspendalegardens@theircare.com.au**



DOES THAT ANKLE SPRAIN NEED PHYSIO?

An ankle sprain, or a "rolled" ankle, is a common injury seen in many sporting codes that require running, jumping and involve contact with opposition players. This may include football, soccer, netball, basketball, tennis or gymnastics.

The ankle is made up of ligaments on the inside and outside of the ankle joint which help prevent the ankle from rolling. Most sprained ankles occur when the ankle turns in, overstretching and injuring the ligaments on the outside of the ankle. When an ankle is sprained, parts of these ligaments tear, causing an inflammatory reaction leading to swelling and pain at the ankle. Some sprains are minor causing minimal discomfort whereas some are severe causing bruising, ligament tears, cartilage damage or even a fracture!

Assessment of the ankle is required after an ankle sprain to fully determine the extent of the damage. From assessing joint position, stability, strength, range of movement and gait, the severity of the injury can be determined and an appropriate treatment and return to sport plan can be developed. Most players with ankle sprains can get back to playing within 2-4 weeks, but some may take as many as 8-12 weeks.

One study demonstrated that 73% of athletes had recurrent ankle sprains, identifying the need for a comprehensive rehabilitation program to prevent recurrence. This is why treatment is important and if commenced early post injury, the recovery is much quicker and more complete. If a sprained ankle is left untreated however, there is a greater chance it will heal with the ankle joint poorly positioned, or with weakened muscles and ligaments, or poor proprioception; all of which greatly increases the risk of a future ankle sprain.

So does that ankle sprain need physio? Take advantage of our FREE initial assessment and get your ankle sprain, or any other injury, assessed by one of our Physiotherapists.

If you have any questions or would like to book in for your FREE assessment, please give us a call at the clinic on 9580 1985.



Back In Motion Aspendale Gardens
9580 1985
Book online | backinmotion.com.au

NOTICES & PAYMENTS DUE

FATHERS DAY CAMPOUT NOTICES WENT HOME THIS WEEK
SCHOLASTIC BOOK CLUB ISSUE #6 DUE BACK SEPTEMBER 5TH



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