Aspendale Gardens Primary School Newsletter—Friday 20th March



INQUIRER THINKER REFLECTIVE PRINCIPLED CARING

BALANCED RISK-TAKER

OPEN-MINDED COMMUNICATOR



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.

Harmony Day Assembly, Year 5 Camp & **End of Term Assembly CANCELLED**

2020 DIARY

MARCH

Monday 23 Year 5 Camp—CANCELLED

Monday 23 School Council Meeting—6:00pm

School Council AGM—6:30pm

End of Term Assembly—CANCELLED Friday 27

Easter Raffle drawn in-house—winners will

be notified by phone

End of Term 1—dismissal at 2:30pm

APRIL

Tuesday 14 Term 2 Begins! **APRIL**

Thursday 16 Year 1 Aboriginal Incursion Friday 24 Year 4 Wetlands Excursion

Tuesday 28 2021 Foundation Parent Information

Evening 7pm—8pm in our Library

Thursday 30 **School Tour**

MAY

Friday 1 **Numeracy Curriculum Day**

NO STUDENTS at school on this day

NEXT WEEK CANTEEN IS OPEN

Wednesday for over the counter sales at lunchtime Thursday for lunch orders and counter sales CANTEEN IS CLOSED FRIDAY 27TH MARCH

FROM OUR PRINCIPAL

COVID - 19

Firstly I would like to sincerely thank our wonderful community and staff at AGPS for being supportive and understanding in this very difficult time. We are dealing with many uncertainties which we are managing as they arise. We will continue to inform you of any updates from the Department of Education. Thank you to the parents who have been dropping their children at the gate rather than entering the school. The smaller the crowds in the school grounds the better, particularly in reference to the social distancing recommendations. At this stage schools will not close next week so it is business (mostly) as usual next week. We are taking extra measures regarding hygiene and cleaning to ensure the safety of our students, staff and community.

The school staff have been busy working through options for the possibility of remote learning in the future. Our goal is to provide opportunities to learn from home that will maintain continuity in the students' learning. In preparation for this, we will be sending out a survey to gauge each family's capacity for online learning.

Extra cleaning allocation from the Department of Education.

The DET have brought in new cleaning measures that will mean extended and additional cleaning in all government schools through to the end of term. This will include progressive cleaning throughout the day to ensure that risks of transmission are reduced. At AGPS, this will mean:

- Allocated extra hours to sanitize and wipe down all tables and touch points on a daily basis in the
 evening shift.
- Allocated additional shift during day time to sanitize toilets and touch points.

Ride to School

It has been wonderful seeing so many students riding or scooting to school. This is fantastic and we hope this trend continues to rise.

Harmony Day Assembly

Unfortunately, due to our current climate, our 'Carnivale' assembly has been postponed to a later date which will be advised.

Year 5 Camp

Again, due to the COVID-19 we have postponed our Year 5 Camp to Cave Hill Creek. We are hopeful that we can secure another date later in the year.

School Council AGM & Meeting

At this stage, our School Council meeting will go ahead on Monday evening, 23rd March, with a revised starting time of 6pm. Our Annual General Meeting (AMG) will be held at 6:30pm. All community members welcome at the AGM.

Easter Raffle Draw and Final Assembly for Term 1

Our Easter Raffle draw will now take place in-house due to our final assembly for the term being cancelled. All winners will be notified by phone.

End of Term 1

Term 1 finishes on Friday 27th March. Students will be dismissed at 2:30pm.

Term 2 begins on Tuesday 14th April, the day after Easter Monday.

Have a wonderful weekend.

Cheryle Osborne

Safari Chess Awardees



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



Week 7 – Term 1



Foundation – Year 2



Year 3 – Year 6



AGPS SENIOR INTERHOUSE CROSS COUNTRY RESULTS

The wetlands were a buzz of excitement last Friday morning as we held the annual AGPS Senior Interhouse Cross Country Carnival for 2020. The students were pumped up and ready to run from the energetic house chants and motivational music. Every student is congratulated on their efforts of running the 2km and 3km courses, with everyone aiming to gain valuable points for their House in an attempt to take home the illustrious shield. However it was the <u>Falcons</u> house that dominated the top rankings finishing in 1st place for the 3rd year in a row!

FINAL HOUSE RESULTS

1st Place – Falcon 2nd Place – Kookaburras

3rd Place – Kestrels 4th Place – Owls

The Thursday morning running group has certainly paid off with many students recording fantastic results, completing the course in good times and without stopping. A huge thank you to all of the parent helpers and staff who assisted on the day, your assistance was greatly appreciated. Congratulations to the following students who placed in the TOP 10 for their respective age groups and will now represent AGPS at the Chelsea District Cross Country Carnival at Cornish College on Monday 18th May.

9/10 Year Olds			
Boys	Girls		
1. Ben Tubb (4HB)	1. Eloise Wadeson (4CT)		
2. Hunter Foster (40M)	2. Myra Cicoria (4CT)		
3. Joel Dean (4BH)	3. Isobel McCaffrey (4BH)		
4. Aaron Van Haaster (4BH)	4. Hazel Owen (40M)		
5. Mitch Beckman (4BH)	5. Matilda Wagstaffe (5RL)		
6. Emmett Bowler (3KB)	6. Clover Dunn Whitney (40M)		
7. Noah Kerswell (4CT)	7. Stephanie Vella (4BH)		
8. Travis Brennan (4HB)	8. Eva Hannah (3LG)		
9. Nathan Poppett (3MK)	9. Emerson Lay (4BH)		
10. Henry Whitney (4HB)	10. Victoria Akhramenko (4CT)		
	ar Olds		
Boys	Girls		
1. Eden Honan (6JM)	1. Brooke Sweatman (5RL)		
2. Elijah Bowler (5JI)	2. Charlotte Jones (5AA)		
3. Logan Gray (5LW)	3. Jemma Mok (6JC)		
4. Archer Scaife (5JI)	4. Naomi Eecen (5LW)		
5. Archer McCarthy (5LW)	5. May Spink (5JI)		
6. Ethan Hannah (5LW)	6. Hayley Warren (5JI)		
7. Kai Seedeen (6JC)	7. Hannah Ross (5JI)		
8. Anishka Subhawickrama (6JM)	8. Brady Hargrave (5AA)		
9. John Ronke (5AA)	9. Emma Wright (5RL)		
10. Oliver Anset (5LW)	10. Myla Morrison (6KC)		
12/13 Y	ear Olds		
Boys	Girls		
1. Charlie Dean (6KC)	1. Billie Ross (6JC)		
2. Lewis Sinclair (6KC)	2. Milana Wickramage (6JB)		
3. Aidyn McLachlan (6KC)	3. Jessica Dobbie (6JB)		
4. Sam Taylor (6JC)	4. Sharon Dubinovski (6JM)		
5. Jaxson Murphy (6JC)	5. Riley Young (6KC)		
6. Lucas Merheb (6JC)	6. Jacinta Li (6JM)		
7. Ethan Simons (6JM)	7. Jessica Vuong (6JM)		
8. Ezekiel Thorneycroft (6JC)	8. Ayva Quinlan (6JC)		
9. Tyson Geer (6JB)	9. Anuki Udawattha Arachchige (6JB)		
Spencer Whitney (6KC)	10. Teagan Lay (6JC)		

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YEAR 6 SUMMER LIGHTNING PREMIERSHIP RESULTS

On Friday 6th March the Year 6 students participated in the CPDPSSN District Interschool Summer Lightning Premiership and finished with some fabulous results. We had the Lawn Bowls team travel to Carrum Bowling Club with Ms. Cornelius, the Cricket and Walla Rugby teams travel to Tatterson Park with Mr. King and Mr. Cracknell and the Basketball and Volleyball teams travel to Springers Leisure Centre with Mr. Briones and Ms. Morrison-Woolcock. It was a fun filled day of sport with all students who participated show-casing their fantastic sporting skills and demonstrating a high level of sportsmanship which Aspendale Gardens Primary School prides itself on. Well done to all students and teams!

Thank you to all the teachers, Simone Kenington, Ryan Laxton and parents who helped coach/umpire on the day.

Congratulations to Mr. Cracknell's Walla Rugby Boys A team who won their final and are the Chelsea District champions. While Mr. King's Cricket Boys A and Girls teams also won their finals and are also Chelsea District champions and will now compete at the Regional Finals in Term 4.

Congratulations on the following results:

Cricket							
Girls		Boys A		Boys B			
<u>Game #1</u>		<u>Game #1</u>		<u>Game #1</u>			
AGPS	114	AGPS	160	AGPS	164		
Aspendale PS	65	Aspendale PS	95	St. Joseph's PS	127		
<u>Game #2</u>		<u>Game #2</u>		<u>Game #2</u>			
AGPS	127	AGPS	256	AGPS	200		
St. Joseph's PS	70	Chelsea Heights PS	59	Chelsea Heights PS	50		
<u>Game #3</u>		<u>Game #3</u>		<u>Game #3</u>			
AGPS	147	AGPS A	268	AGPS B	82		
Chelsea Heights PS	96	AGPS B	82	AGPS A	268		
<u>Final (1 vs 2)</u>		<u>Final (1 vs 2)</u>		<u>Final (3 vs 4)</u>			
AGPS	159	AGPS	157	AGPS	100		
Aspendale PS	83	Chelsea PS	83	Aspendale PS	130		

Basketball				
Boys		Girls		
<u>Game #1</u>		<u>Game #1</u>		
AGPS	0	AGPS	2	
Aspendale PS	43	Aspendale PS	14	
<u>Game #2</u>		<u>Game #2</u>		
AGPS	20	AGPS	8	
Chelsea PS	4	Chelsea PS		
<u>Game #3</u>		<u>Game #3</u>		
AGPS	12	AGPS	16	
Chelsea Heights PS	10	Chelsea Heights PS	2	
<u>Game #4</u>		<u>Game #4</u>		
AGPS	2	AGPS	0	
St. Joseph's PS	26	St. Joseph's PS	30	

Volleyball				
Girls		Boys Mixed		
<u>Game #1</u>		<u>Game #1</u>		
AGPS	2	AGPS	0	
St. Joseph's PS	0	St. Joseph's PS	3	
<u>Game #2</u>		<u>Game #2</u>		
AGPS	2	AGPS	1	
Chelsea Heights PS	0	Chelsea Heights PS	2	
<u>Game #3</u>		<u>Game #3</u>		
AGPS	0	AGPS	0	
Aspendale PS	2	Aspendale PS	2	
<u>Game #4</u>		<u>Game #4</u>		
AGPS	0	AGPS	2	
Chelsea PS	2	Chelsea PS	1	

Walla Rugby				
Boys A		Boys B		
<u>Game #1</u>		<u>Game #1</u>		
AGPS	4	AGPS	0	
Aspendale PS	0	Chelsea Heights PS	8	
<u>Game #2</u>		<u>Game #2</u>		
AGPS	2	AGPS	0	
St. Joseph's PS A	0	Aspendale PS	3	
<u>Game #3</u>		<u>Game #3</u>		
AGPS	5	AGPS	0	
St. Joseph's PS B	1	St. Joseph's PS A	3	
<u>Game #4</u>		<u>Game #4</u>		
AGPS	0	AGPS	1	
Chelsea Heights PS	2	St. Joseph's PS B	0	
<u>Game #5</u>		<u>Final (1 vs 2)</u>		
AGPS A	3	AGPS A	1	
AGPS B	1	Chelsea Heights PS	0	

Lawn Bowls				
Girls 1				
<u>Game #1</u>		<u>Game #2</u>		
AGPS	4	AGPS	3	
Aspendale PS (B)	0	Aspendale PS (A)	2	
Girls 2				
<u>Game #1</u>		<u>Game #2</u>		
AGPS	5	AGPS	0	
Aspendale PS (B)	0	Aspendale PS (A)	5	
Boys				
<u>Game #1</u>		<u>Game #2</u>		
AGPS	4	AGPS	1	
Aspendale PS (B)	1	Aspendale PS (A)	4	





PYP focus: The Learner Profile

The Learner Profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities.

All of our classes have been discussing the Learner Profile attributes as they set up the learning culture in their classrooms, ahead of a successful year at school.

You can help support the development of these characteristics at home too ... here are a few easy ideas:

INQUIRERS: You could visit a library to borrow books that are about their interests and hobbies.

<u>COMMUNICATERS</u>: You could encourage your child to get in touch with relatives or friends via writing letters or e-mails.

THINKERS: You could support your child to think through different solutions to their problems.

OPEN-MINDED: You could try eating different kinds of traditional, cultural foods.

<u>BALANCED</u>: You could discuss the food groups (carbohydrate, protein, fats, vitamin etc.) and discuss ideas about the balance of the foods at meal time.

- Nadia Walker - Assistant Principal & PYP Coordinator -





Performing Arts @ AGPS

Term 2

What's happening......

Looking forward to learning Bucket drumming for our 'Band' unit in Term 2 in line with our PYP inquiry into 'music created from the children's environment and sustainable resources' for Years 3 and 6 and the Recorder for Year 4 focusing on PYP inquiry 'air as a force to make sounds and music with a simple machine'.



Year 5 PYP unit will take a look at the influence of 'media' on our lives through music, song and dance. We will also continue ukulele and keyboard with Years 4 to 6 and Djembe with Year 3. All students must have their own recorder in Term 2 in a recorder sleeve/bag. I have spare bags if required. Recorders can be purchased via 'Student Management' on our Compass portal, or from Big W and music stores - Nepean Music and Cranbourne Music.

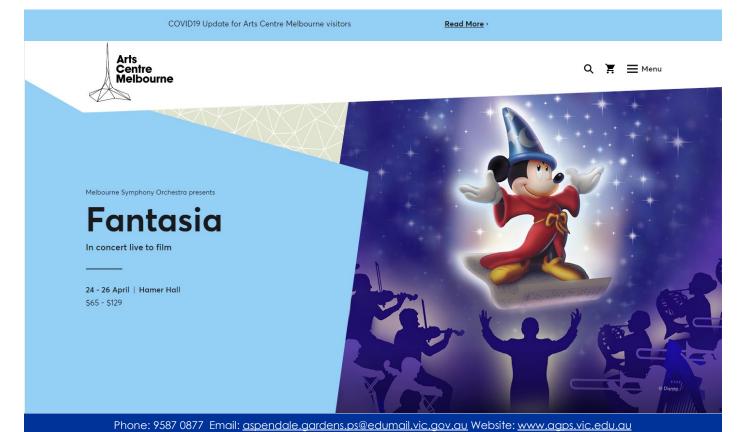


Merry music making

Mrs Nicolson

PERFORMING ARTS

"Media: This year, in Performing Arts, as part of our Unit of Inquiry — 'Media' senior students will be looking at music used in cartoons, specifically Disney's "Fantasia". This would be a fantastic orchestral experience for AGPS students."



How to Guard Against the Coronavirus?

There is a lot of information coming at us on the Coronavirus (CoVID-19), and this information seems to change by the hour. We have heard from a lot of politician's and social media experts about the virus, but we haven't heard much from our medical minds as to how to best manage. The best resources are from the Australian Medical Association and the Department of Health – so please check these sources first. This has information on spread, prevention, diagnosis and management. It is also the information that we are using in clinic, in addition to our normal procedures. But the overwhelming advice from the medical profession is to stay calm.

Whilst, we aren't doctors, and we don't profess to be, there are some simple things that we can advise you on to make sure that you are in best condition to manage. The main things are:

Sleep: Sleep is super important! Less than 7 hours sleep per night is associated with a higher risk of falling sick (not specific to the Coronavirus, but illness in general). Sleep is the time that we recover – our body can rest and systems can restore. Getting up to 10 hours sleep per night is fantastic – with improved performance and energy in the day! If your body has lots of energy, then you will be able to use some of that extra energy to fight off unwanted illness – if you are deprived of energy – you don't have much reserve. There is a wealth of evidence for sleep – from elite sports teams to school children.

Exercise: Exercise helps to boost your immune system! This can be any type of exercise, but the point is to be moving, fit, healthy and well – and your immune system will be in a better position to fight off bugs. Joseph Pilates (after who Pilates is named after) started his exercise regime in POW camps, and his students were the only ones not to get sick!

There is an increase in blood flow, the muscles perform better, endorphins float around the brain and there is an increase in your capacity to withstand the day – and whatever you need to encounter! It is also important to get outside – get some fresh air and Vitamin D. If you are worried about catching the Coronavirus, just stay more than 1 metre away from others and don't touch things like handrails and door knobs that have been found to be a source of infection.

The World Health Organisation recommends at least 150 minutes of moderate intensity exercise on most days in the week – or 30 minutes 5 days a week. There is also a recommendation for some strength sessions (2 x per week) for everyone – from children to adults to the elderly.

Eat well and stay hydrated: Everyone knows that you need to eat well, and drink plenty of water. This all keeps the body systems in balance and once again, gives you the capacity to deal with additional challenges. Without this reserve, we succumb quicker to illness.

These are 3 simple and actionable things that you and your family can do to stave off illness. As mentioned above, please check out the appropriate resources to learn more on how to protect yourself. If we do these 3 things well – and practice great hand hygiene, we are better placed to get through any illness.

If you have any questions about these steps, please feel free to contact us on 9580 1985 and we would be more than happy to help and develop exercise programming or Pilates for you. If you are ill or have returned from recent travel, please consult with your GP or the relevant hotlines.



INSTRUMENTAL MUSIC PROGRAM

Enrol or re-enrol your child in Instrumental Music Lessons for Term 2 – 2020 (Starting Week 1)

PLEASE DOWNLOAD ENROLMENT FORMS FROM COMPASS or WEBSITE

DRUMS for students from YEARS 1 - 6

Lesson Options available:

30 minute Group lesson @ \$16.00 per lesson (for beginners)

30 minute Paired lesson @ \$22.00 per lesson

30 minute Individual lesson @ \$28.00 per lesson

\$12.00 Flat Fee for the Term to pay for use of Drum Kits

SINGING for students from YEARS 1 – 6

Lesson Options available:

30 minute Group Lesson @ \$16.00 per lesson

30 minute Paired Lesson @ \$22.00 per lesson



VIOLIN for students from FOUNDATION TO YEAR 6 Lesson Options available:

30 minute Paired lesson @ \$22.00 per lesson

20 minute Individual Lesson @ \$25.00 per lesson

30 minute Individual Lesson @ \$28.00 per lesson

You can hire a violin for your child at the rate of \$4.00 per week.

GUITAR & KEYBOARD for students from YEARS 1 - 6

Lesson Options available:

20 minute individual Lesson @ \$25.00 per lesson

30 minute Paired Lesson @ \$22.00 per lesson



You can hire a guitar (\$5.00 p/w) or keyboard (\$7.00 p/w) for your child

Hurry as placements are very limited - first in best dressed!

PLEASE SEND ENROLMENTS AND PAYMENT TO THE OFFICE
NO LATER THAN WEDNESDAY 25th MARCH
SORRY NO LATE ENROLMENTS CAN BE ACCEPTED
DUE TO TIMETABLING PROCESSES

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AGCS School Holiday Fun



Monday 30th March

Bricks 4 Kidz (5 – 10 years)



Time: 10.00am to 11.30am

Ages: 5 - 10 year olds

Cost: \$19.50 EARLY BIRD (2019 price) per child

\$22.50 per child

Parents: not required to stay

Bookings essential:

https://www.trybooking.com/BIVDT

Tuesday 31st March Basketball Clinic (4 – 7 years)



Time: 10.00am to 12.00pm

Ages: 4 - 7 year olds Cost: \$25.00 per child

Parents: not required to stay

Bookings essential:

https://www.trybooking.com/BISJN

Tuesday 31st March Basketball Clinic (7 – 11 years)



Time: 1.00pm to 3.30pm Ages: 7 - 11 year olds Cost: \$30.00 per child

Parents: not required to stay

Bookings essential:

https://www.trybooking.com/BISJQ

Wednesday 1st April Storytime & Craft

jointly presented by Kingston Libraries and AGCS



Time: 10.30am to 11.30am

Ages: 3 - 10 year olds

Cost: FREE

Parents: required to stay

Bookings essential:

Through Kingston Libraries

https://www.kingston.vic.gov.au/library/Home

Thursday 2nd April Mindfulness with Creative Fountain Expressive Therapies





Time: 10.00am to 12.00pm *Ages:* 5 - 10 year olds

Cost: \$40.00 per child

Parents: not required to stay

Bookings essential:

https://www.trybooking.com/BIVZU







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

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Are you a parent of a child between 4 and 10 years old?





If you would like to learn skills to help manage your child's challenging behaviours, you are invited to a **FREE** parenting program

Online, group and one-on-one programs available in 2020

Location of sessions – Clayton, Hawthorn, Middle Park and Thornbury

TUNING IN TO KIDS may assist you to:

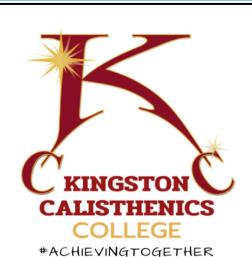
- help your child manage difficult feelings such as worry, sadness, frustration and anger
- build your connection with your child
- better understand what underpins challenging behaviours
- stay calm when dealing with tantrums
- help your child develop social skills and reduce aggression.



For further information contact 9371 0218 or <u>BigTIK-admin@unimelb.edu.au</u>



Programs are being run as part of a research study



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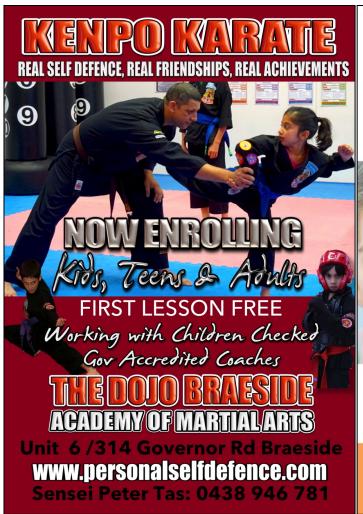
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