



# Aspendale Gardens Primary School

## Newsletter—Friday 15<sup>th</sup> November

**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.

### MUSIC SOIREE—Drums, Violin & Vocal

**Wednesday 20<sup>th</sup> November—6.00pm**

### MUSIC SOIREE—Guitar & Keyboard

**Wednesday 27<sup>th</sup> November — 6.00pm**

## 2019 DIARY

### NOVEMBER

Monday 18 Swim Squad Begins 7.30am—8.30am  
 Foundation Swimming Continues  
 School Council Meeting –7.00pm  
 Wednesday 20 Year 4 McClelland Sculpture Garden  
 Wednesday 20 Year 5 Mordialloc College Transition  
**Music Soiree 1—Drum, Violin & Vocal**  
 Monday 25 Year 5 & 6 Beach Program Begins  
 Wednesday 27 **Music Soiree 2—Guitar & Keyboard**

### DECEMBER

Monday 2 Year 5 RSPCA Excursion 5AA & 5EN  
 Monday 9 Year 5 Leadership Incursion  
 School Council Meeting & Dinner

### DECEMBER

Tuesday 10 **Year 6 to Year 7 Orientation Day for Government Secondary Schools Only**  
 2020 Foundation Orientation Session (9.05am—10.00am)  
 Wednesday 11 Year 4 Public Spaces Event  
 Year 5 RSPCA Excursion 5BH & 5JI  
 Thursday 12 Year 6 Graduation—7.00pm in Gym  
 Tuesday 17 AGPS Community Christmas Carols  
 Xmas Raffle Draw at 7.30pm  
 Wednesday 18 Year 6 Luna Park  
 Thursday 19 School Reports available via Compass  
 Friday 20 Class Transition 10.20am—11.00am  
**End of the 2019 School Year**  
**Early Dismissal at 1.30pm**

## FROM OUR PRINCIPAL

### Year 3 iPad Information Evening



Thank you to all our Year 3 parents who attended our iPad Program information session on Tuesday evening. The session was very informative and interesting.

Thank you to **Mr Cracknell** who presented the session and to **Mr Baker** for attending.

### Junior Sports Day

This week we hosted our Junior Sports Day for Foundation to Year 2 students. It was wonderful to see so many children wearing their House colours and enjoying participating in the tabloid events. A big thank you to **Mr King** and **Mr Murphy** for their super organisation and to all the parents who came along to cheer on our students. Congratulations to the **OWLS** who were the overall winners on the day.



### CPR Training

Last night we had 31 staff members stay back at school until after 6.00pm to update or be trained in CPR. This is a wonderful commitment from our staff who will be back again in 2 weeks to complete training in Level 2 First Aid. Thank you to **Annie Low** for organising this training.

### Year 2 Sleepover Tonight



The Year 2 students are really excited about their sleepover at school tonight. Thank you to all the Year 2 teachers and other staff members, from other year levels, who will be helping out. We look forward to hearing all about it on Monday.

### Soiree

The first of two Soirees will be held on the evening of Wednesday 20th November at 6.00pm in our gym. Our first Soiree is showcasing drummers, violinists and vocalists. Our second Soiree, being held on Wednesday 27th November will be showcasing our guitarists and keyboard players.



We look forward hearing some wonderful performances from our students who have been working very hard on their musical talent.

### Year 5 Scienceworks



Yesterday our Year 5 students spent the day at Scienceworks to enhance their learning of their current unit of inquiry into the central idea, 'Technology innovation, as a result of space exploration, impacts our daily lives'. The students viewed the 'Solar System Odyssey' show at the Planetarium. The students found the day very educational and fascinating.

### Classes for 2020

We are currently working on creating our classes for 2020. When students are placed into classes there are a number of aspects taken into account. We ensure there is a range of academic abilities, boys and girls balanced, and at least one student from the student's sociograms. We balance the student behaviours which means a spread of quiet students and more exuberant students. We separate students who have not worked well together this year and we ensure there are potential leaders in each class to ensure there are role models.



Students will visit their 2020 classroom and meet their new teacher on the last day of this term.

### Carols Evening



On Tuesday 17<sup>th</sup> December, we will host our Christmas Carol Evening commencing at 6:00pm. Unfortunately if the weather is unsuitable, they will be cancelled and there will not be an emergency day.

This is a very busy time of the year and both staff and families have other commitments. We are looking forward to a lovely, pleasant evening to celebrate this very special time of the year.

### Departures at the End of 2019

If you know you are definitely moving from Aspendale Gardens Primary School at the end of this year could you please let the office know ASAP. This will greatly assist our planning for 2020 also. Thank you to those families who have already let us know.



Name of Student	Class	Relocating To	New School's Name

Have a fantastic weekend everyone.

**Cheryle Osborne**



# REMEMBRANCE DAY

On Monday the 11<sup>th</sup> of November we got the opportunity to participate in a Remembrance Day ceremony. When we arrived at the Chelsea Town Hall we picked out a red rose that we got to lay at the foundation of the cenotaph. Later that morning, we stood for the soldiers who fought in the wars for our freedom. During the service we reflected on the enormous sacrifice the soldiers made and how lucky we are today to live in a peaceful country. We were so fortunate to attend the ceremony and represent our school. We hope for more great events like this one.







# Week 5 – Term 4



## Foundation – Year 2



## Year 3 – Year 6







Primary Years  
Programme

## PYP in Year 3: How we express ourselves



**S**oldiers went to war

**H**ere we celebrate their hard work and effort

**R**emembering them in our hearts

**I**n our thoughts forever

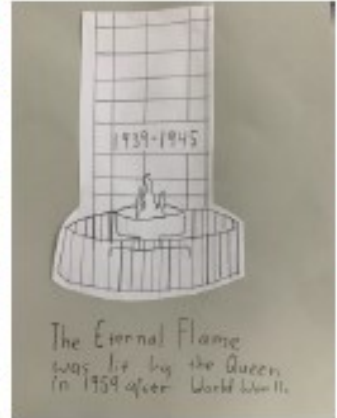
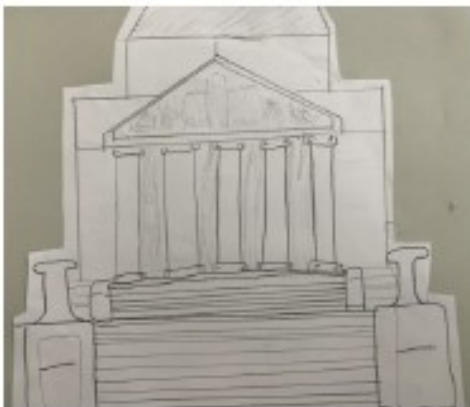
**N**ever will we forget them

**E**very soldier will not be forgotten

by Joel 3MK

**Central Idea:** Celebrations around the world help us appreciate diversity and culture.

This term, the Year 3 students are inquiring into celebrations from around the world. On Friday the 1<sup>st</sup> of November, they went on an excursion to the Shrine of Remembrance as part of this unit of inquiry and in the lead up to Remembrance Day. It was important to highlight those who fought in the war and reflect on their experiences. Throughout the day, they developed an understanding of the significance of the day and why it is internationally recognised.



E ternal flame  
T eam work  
E ngland Queen  
R emember them  
N ew Zealand  
A ustralia  
L oved ones

by Noah 3WR

F ighting to save the future  
L oyal  
A rmy corps  
M ateship  
E veryone effected



Year 3 team

Mrs Walker – Assistant Principal & PYP Coordinator



## **YEAR 5 MELBOURNE**

### **REBELS RUGBY UNION CLINIC**



During Term 4, students in 5AA & 5JI had the opportunity to be involved in a 4 week Rugby Union clinic run by Ray from the Melbourne Rebels. During these sessions students developed their rugby union abilities of passing, catching, try scoring and defending. At the end of the clinics students enjoyed the opportunity to play a



real game of touch 7s, allowing students to combine their rugby union abilities in a competitive setting while enhancing their ability to work as an effective team member at the same time. Thank you to Ray for allowing us to experience such an exciting program!







# Performing Arts @ AGPS



## Recorder Club

Recorder Club is held on Thursdays first half of lunch time in the Performing Arts studio Room 1. Year's 3 to 6 are welcome to attend. Don't forget to bring recorders back to school. We will start our Christmas repertoire next week!

## Glee Club

**Performances:** Aspendale Gardens Community Day  
Saturday 30<sup>th</sup> November at 12 noon,  
at the Aspendale Gardens Community Centre  
Please return permission slips ASAP.

Aspendale Gardens Community Centre Christmas Concert  
Tuesday 10<sup>th</sup> December at 2.30pm.  
Choir member families welcome. No Charge.

## Bands

New Bands are forming at AGPS after last week's amazing debuts from our Year 5 & 6 bands. YEAH!

## Christmas CD

Our very first Christmas CD would be a fabulous Christmas gift for Nan & Pop! Get your orders in ASAP. Order forms will be sent home today via the youngest in the family.

## **FROM OUR OFFICE**



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. Please also ensure your child's NAME and CLASS are clearly written on all notices.

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.

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 now record ALL absences independently on Compass.



## **2020 TERM DATES**

<b>TERM 1:</b>	<b>Wednesday 29 January—Friday 27 March</b>
<b>TERM 2:</b>	<b>Tuesday 14 April—Friday 26 June</b>
<b>TERM 3</b>	<b>Monday 13 July—Friday 18 September</b>
<b>TERM 4:</b>	<b>Monday 5 October—Friday 18 December</b>

# A Mindful Classroom

The year 4 students came into last week's session with open minds. We enjoyed discussing what Mindfulness is and how it strengthens our brains.

Many people (adults and children) find mindful meditation extremely difficult. Your mind naturally wanders and it's important to know that it's okay for mind to wander throughout a meditation. Just notice your thoughts, allow them to pass and bring your attention to your breath or the guided meditation you are listening to.

This week the year 4 students have:

- Discussed the difference between formal and informal mindfulness
- Identified where in their lives that they mindful
- Some more helpful mindful meditations

## Formal Mindfulness Practice:

- Mindful meditation. The app 'Insight Timer' is a fantastic free app with many guided meditations for children and adults to follow. Only 5 mins a day can be very beneficial.

## Informal Mindfulness Practice:

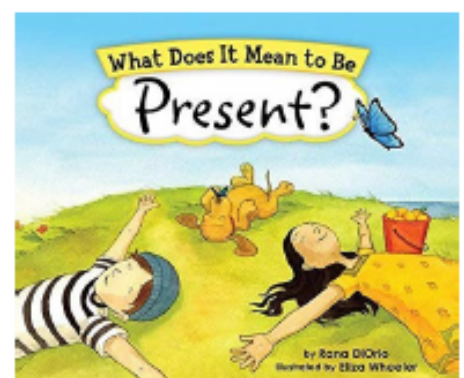
- Being mindful in your everyday life is quite easy. Try to find a task or activity that you do on 'auto-pilot' and instead of simply completing the task (brushing your teeth, having a shower, eating your dinner etc), really focus on that task instead.
- Use your senses whilst completing the task. When brushing your teeth, really look at the tooth-paste, noticing the shine or sparkle of the paste. How does it smell? What does it taste like? How does it feel when brushing your teeth? Try and focus on brushing each tooth.
- It may take a little longer to complete an activity but give it a try!

I'm looking forward to next week!

Lisa Webber– Primary School Teacher and Peaceful Kids Facilitator

## Resources:

- [peacefulkids.com.au](http://peacefulkids.com.au) The meditation tab has some great meditations that the whole family can do!
- Search for "Craig Hassed. 'The Health Benefits of Meditation and being Mindful'". This is a great article about Mindfulness.
- Insight Timer– a great meditation app.
- Smiling Mind– another great meditation app for children.
- 'What Does It Mean To Be Present?' by Rana DiOrio– a picture story book that teaches ways to be present in your everyday life.







# CHELSEA YACHT CLUB OPEN DAY

## SUNDAY 24<sup>th</sup> NOVEMBER 2019

### COME AND DISCOVER SAILING



Chelsea Yacht Club will be open to the public on Sunday 24<sup>th</sup> November from 10:00am until 2:00pm with loads of fun activities for the family & people of all ages.

Friendly club members will be on hand and ready to give you a guided tour of our fantastic club facilities, answer your questions about the range of membership options available, and explain the benefits of becoming a member.

We will fire up the BBQ for a sausage sizzle plus there will be snacks and great coffee available.

There will be an opportunity to go for a sail with experienced sailors; try one of our Stand Up Paddle boards; have a go on a windsurfer; get a taste of our learn to sail opportunities for children, teenagers & adults plus our new 'Out There' sessions designed specifically for teenagers and focused on having **FUN**.

Learn about our ongoing 'try sailing' opportunities; find out how to get a 'Sail Pass' for a day, and hear about our events for women and girls.

If the water isn't for you there are plenty of off-water activities on offer at Chelsea Yacht Club; we believe one of the best kept secrets on Port Phillip Bay! Come and hear about the many regular social events and community dinners we hold at the club, or just come and sit on our stunning deck to meet others from your local community. Tell your neighbors to come along for a great time, too.

We look forward to seeing you & we promise that getting involved with Chelsea Yacht Club will be one of the best decisions you and your family will ever make. Stay tuned to our Chelsea Yacht Club website or join us on Facebook to stay up-to-date with the fine details about our OPEN DAY activities/schedule and other club news.

Contact Andrew Ford [manager@chelseayachtclub.com.au](mailto:manager@chelseayachtclub.com.au) with any queries or to reserve a spot for a guided quick sail with one of our experienced members.





# Storytime and Craft



Jointly presented by Kingston Libraries and AGCS

**Friday 22 November**  
**2-3pm**  
**Aspendale Gardens Community Service**  
**Ages 2-5**

Enjoy stories, songs and simple craft at this fun  
Kingston Libraries' story time session.

**No bookings necessary!**

For more information please call  
Kingston Libraries on 1300 135 668  
or AGCS on 9587 5955

Kingston Libraries

☎ 1300 135 668 🌐 [kingston.vic.gov.au/library](http://kingston.vic.gov.au/library) TTY 9581 4506 🗣 TIS 131 450 📘 [kingstonlibraries](https://www.kingstonlibraries.vic.gov.au/)



CITY OF  
KINGSTON



# Come and Try Calisthenics at Chelsea Calisthenics Club!

Saturday  
16th November  
11am - 12  
Sub Juniors,  
Ages 8-10

Ph: 9773 1184

W: [www.chelseacalisthenics.com.au](http://www.chelseacalisthenics.com.au)

E: [enquiries@chelseacalisthenics.com.au](mailto:enquiries@chelseacalisthenics.com.au)  
Sports Women Centre, Sturdee St, Chelsea



## OSTEOPATHY

- back and neck pain
- headaches
- sporting injuries
- pregnancy and children
- upper and lower limb pain

## MASSAGE

- remedial massage
- relaxation massage
- pregnancy massage
- sports massage
- lymphatic drainage

## PILATES

- individualised reformer and mat based private classes
- small group classes (max of 3)

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# Aspendale Gardens Dental Group

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

**PH: 97738688**

Our family friendly dental team aim to provide the **best** in modern dentistry

**DR CRAIG JAFFREY  
DR ANNETTE LEW**



## SERVICES PROVIDED

General Dentistry  
Childrens Dentistry  
Crowns and Bridges  
Dental Implants  
Teeth Whitening  
Orthodontics (Braces)  
Mouthguards  
Endodontics (Root Canal Treatment)



**MEDICARE  
CHILD DENTAL  
BENEFIT  
SCHEME  
AVAILABLE**

Children under the age of 4 receive FREE dental examinations  
PLUS all new patients receive a complimentary welcome pack



## Develop the confidence of a winning smile

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