

Aspendale Gardens Primary School Newsletter—Thursday 10th February



**INQUIRER THINKER BALANCED RISK-TAKER KNOWLEDGEABLE
REFLECTIVE PRINCIPLED CARING 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.

2022 DIARY

FEBRUARY

Thursday 10 Foundation Parent Info Session
6.15pm

Monday 14 Notice of Election and Call for
School Council Nominations

Wednesday 16 District Swimming Student Try-outs
4.30pm—6.30pm @ Pines Aquatic
Centre, Frankston (Years 3 - 6)

Thursday 17 Fundraising 'Wine & Nibbles'
Evening Get Together @ 7:00pm

FEBRUARY

Monday 21 Closing Date for School Council
Nominations @ 4.00pm

Friday 25 Year 3 Chinese Museum Excursion

MARCH

Friday 4 District Swimming Carnival

Monday 7 Year 6 Canberra Tour Begins
Year 4 Royal Botanical Gardens
Excursion

Friday 11 Year 6 Canberra Tour Returns

FROM OUR ACTING PRINCIPAL

Our students have been enthusiastic about their learning this week, with a particular interest in the new Inquiry Units being introduced. I was fortunate to visit our garden area this week where the students were busy maintaining our garden beds, ready to plant and harvest our next crops. The corn plants are growing high and the small corn kernels are starting to develop. The Year 3 students experienced their first kitchen session. It was a valuable lesson which involved familiarising themselves with some of the dangers within the kitchen area and a discussion around safe practice and hygiene.



Notice of School Council Elections



School Council's play a key role in Victorian government schools and being a member of the school council is a rewarding experience. The School Council supports the Principal to provide the best possible educational experiences for the students.

On Monday 14th February all families will receive a notice of election and call for nominations for our School Council. Notices will be sent home via the youngest in the family. All information required can be found in the documentation sent out. Please contact the school office on 9587 0877 if you have any queries.

School Photographs

Our school photo day ran very smoothly. All students had their class and portrait photos taken. All pre-paid sibling photos were taken too. It is not too late to purchase school photos, so if you still wish to purchase school photos please go to the link provide by MSP Photography on your child's Compass feed. For those students who missed out on photos we are still trying to tee up another day for the photographers to return and take portrait photos.



Thank you to The Department of Education

All of our Foundation students were presented with a 'Welcome to School' bag from the Department of Education this week. The bag contained items to give the students a great start to school which included a frisbee, Sunsmart stickers, a ruler and five picture story books. The pack also included an informative parent booklet "Literacy and Numeracy Tips to help your child every day." It is a wonderful gift to start school from the government, which I know the students will really enjoy.

Meeting up with Buddies

Our Foundation students met up with their Year 5 Buddies this week and were supported out in the school yard. These older Buddies will assist the Foundation students as they settle into school. In coming weeks, the students will meet each fortnight and participate in a shared activity.



The Buddy Program is an initiative from The Alannah and Madeleine Foundation to teach respectful values and behaviours. You will see some visual reminders around our school of Buddy Bear. If you have a moment, take a look at The Alannah and Madeleine Foundation website. Here is the link:

<https://www.amf.org.au/>



Celebrating Chinese New Year

Last Thursday Miss Chu and Mr Fang organised for some of our Year 5s and 6s to parade through the courtyard to celebrate Chinese New Year. The drummers set the beat for the dragon and lion dancers to move through the students. We hope the Year of The Tiger will be a good year for us all.

Happy Chinese New Year! "Xīnnián hǎo" (新年好)

Internet Upgrade

The last two years have proven to us that our internet bandwidth at school is too low. This has been particularly evident when hosting live WebEx lessons. The Department of Education have been planning upgrades with our internet provider and this week have significantly increased our internet capacity.

Parent Information Sessions

Thank you to our parents who attended the WebEx information sessions this week. I hope they were useful in being able to hear from the year level teachers about the learning and events that are planned for the year and to cover some of the expectations.

Please feel free to contact the classroom teacher by Class Dojo or phone to keep them informed or to organise a meeting.

REMINDER - NO dogs allowed in the school grounds please.

Have a good weekend everyone,

Jonathan



PARENT
information
NIGHT
PRESENTATION

District Swimming Trials (Years 3 - 6)

Swimming trials for the AGPS District Swimming Team will be held next **Wednesday 16th February** from **4.30pm – 6.30pm** at **Pines Forest Aquatic Centre, Forest Drive, Frankston North.**

Students selected from the upcoming swimming trials will compete at the CPDPSSN District Swimming Carnival held at the **Pines Forest Aquatic Centre, Forest Drive, Frankston North** on **Friday 4th March.**

The swimming trials are open to any student in **Years 3 – 6** who are interested in trying out for the **AGPS District Swimming Team** for 2022. If your child is interested in attending the trials, information on the requirements for your child to be considered for the **AGPS**

District Swimming Team was sent out earlier week. If you require further information for the trials, please contact **Mr. King.**



Performing Arts @ AGPS

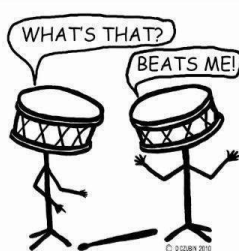
Welcome to Performing Arts for 2022!

During Term one we will be exploring songs & dances from different cultures and genre, including traditional music of our native indigenous peoples of the Torres Strait Islanders.



YEARS 4, 5 & 6 BAND UNIT

Our Years **4, 5 & 6** will develop skills in ukulele, bass ukulele, drums & keyboard during our "Band" unit. Students were excited this week to try out our new 'Bass' ukuleles. Students would benefit even more from music classes if they have their own instruments to practice on at home. Keyboards & ukuleles are available from all music stores.

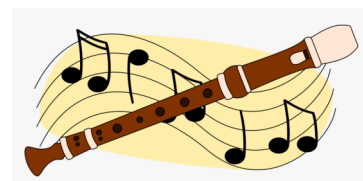


RECORDERS FOR TERM TWO

All Year **3's, 4's, 5's & 6's** will need their **OWN** recorders for Term Two in 2022.

Recorders can be purchased at Big W, Officeworks, and Cranbourne & Nepean music stores. We have a number of 2nd hand recorders left behind by past students. If any student has an older brother or sister who has left the school please come and claim their recorder.

Unclaimed 2nd hand recorders will be given away. Please see me soon if you would like one – preference will be given to current Year 3 students.



Mrs Nicolson



STARS OF THE WEEK



TERM 1 WEEK 1



Year 1



Year 2



Year 3



STARS OF THE WEEK

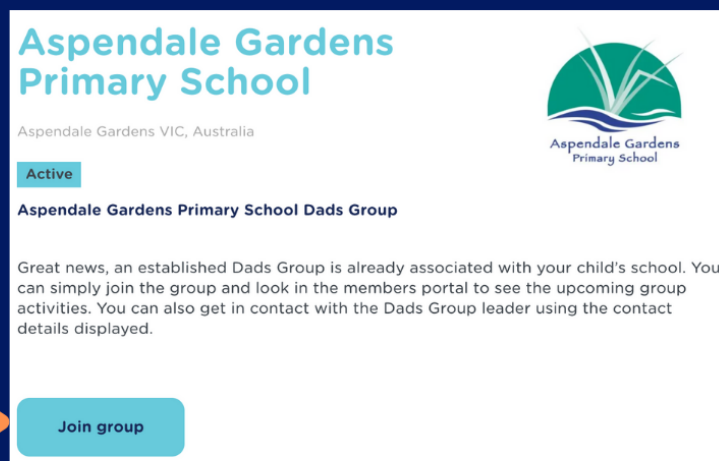


TERM 1 WEEK 1



How to join our dads' group: DAG's

Step 1: <https://thefatheringproject.org/dads-group/aspendale-gardens-primary-school/>



Aspendale Gardens Primary School

Aspendale Gardens VIC, Australia

Active

Aspendale Gardens Primary School Dads Group

Great news, an established Dads Group is already associated with your child's school. You can simply join the group and look in the members portal to see the upcoming group activities. You can also get in contact with the Dads Group leader using the contact details displayed.

Join group

Step 2: → Join Group

Step 3: → Select NO



*Are you a member of The Fathering Project?

Yes

No

Step 4:
Enter your details and select "Join Group Now"



*First Name

*Last Name

*Email

*Country

Australia

*State

Select state

*Postcode

I would like to receive weekly email tips, event notifications and other emails from The Fathering Project.

* I have read, understood and consent to the collection and use of my personal information in accordance with the Privacy Collection Statement and Privacy Policy

* I am a father or father-figure associated with this organisation.

Join Group Now

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If you require further information on the trials, please contact **Mr. King**.

OUR CANTEEN IS OPEN!
WEDNESDAYS, THURSDAYS
& FRIDAYS

Currently there are

NO over the counter sales

Please place Lunch orders via QKR

QKR closes at 9:00am on day of delivery

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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95801985

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Aspendale Gardens Community Service Inc
ABN 23 496 583 216

103 – 105 Kearney Drive
Aspendale Gardens VIC 3195
9587 5955

enquiries@agcsinc.org.au
www.agcsinc.org.au

We have some great programs in 2022

Come and Try a FREE Pound Fitness Class with Michelle - NEW

Thursday 10 February - 6.00pm to 6.45pm

Art For Adults - NEW

Wednesdays 2 March - 10.00am to 12.00pm

Messy Play - NEW

Friday 11 February - 10.00am to 11.00am
then every 2nd week

Playgroup - NEW TIME

Each Tuesday and Thursday - 9.15am to 11.15am

Junior Giants is back - NEW TIME

Monday 7 Feb - 5.30pm to 6.15pm

First Aid Course, Level 2 (inc CPR)

Tuesday 22 February & Tuesday 1 March - 6.00pm to 8.30pm

Occasional Childcare

Wednesdays - 8.30am to 1.30pm

Thursdays - 8.30am to 11.45am

Bollywood

Wednesdays - 7.30pm to 8.30pm

Kogo - Knitting & Crochet Group

Tuesdays - 12.30pm to 2.00pm

JKA Karate

Wednesdays - 6.30pm to 7.30pm

Saturdays - 2.30pm to 3.30pm



**For more information about all programs and events
please refer to our website - www.agcsinc.org.au**

Aspendale Stingrays Soccer Club



Over 150 women and
girls played at the
Stingrays in 2021.
Come and join us!



Girls teams in all ages, U9 - U16.

Contact us for more information
about joining our family friendly
club.

aspendalesc.com



Join the Carman's Fun Run on
Sunday 20 February 2022 at Elsternwick Park!

**Use the friends and family code to sign up for a
half-marathon, 10K or 5K.**

It'll be a day of good vibes, smashing personal goals and making an impact for Aussies affected by breast cancer by raising much-needed funds for the Breast Cancer Network Australia (BCNA).

**Enter code CFRfriends&family2022 at checkout
to enjoy 15% off the signup fee.**

Sign up here:

<https://solemotive.com/pages/carman's-fun-run-home>

2022 SCHOOL TERM DATES

- TERM 1: Monday 31 January to Friday 8 April
- TERM 2: Tuesday 26 April to Friday 24 June
- TERM 3: Monday 11 July to Friday 16 September
- TERM 4: Monday 3 October to Tuesday 20 December



SOCCER

CRICKET

AFTER SCHOOL SPORTS

FREE TRIAL SESSION

5:30pm-6:30pm

Mondays & Wednesdays

5-7 year olds | 8 - 11 year olds

Tel: 9547 2555

\$10 sessions

INDOOR SPORTS

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springvaleindoorsports.com.au/junior-sports

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