

THE AINSLIE UPDATE

DATES TO REMEMBER

Term 1:

6th Apr - Thursday - Last day
Term 1. Assembly at
2pm for a 2.30pm finish

Term 2:

24th Apr - School Resumes
25th Apr - ANZAC Day
2nd May - Minikids at 2.30pm
8th May - Curriculum Day
16th May - Minikids at 2.30pm
17th May - Whole School Photo
22nd May - Education Week
30th May - Minikids at 2.30pm
- Nurse Visit Foundation
12th Jun - King's Birthday holiday
13th Jun - Minikids at 2.30pm
23rd Jun - Last day Term 2
2.30pm finish

Term 3:

10th July - School Resumes
18th July - Minikids at 2.30pm
1st Aug - Minikids at 2.30pm
15th Aug - Minikids at 2.30pm
29th Aug - Minikids at 2.30pm
6th Sept - Music Themed Concert!
Melba College Theatre 7:00pm
11th-15th Sept - Swimming
Program
15th Sept - Last day Term 3
2.30pm finish

The Student Voice Team Friend Spot

At Ainslie Parklands PS, students having a voice in their school environment, activities and learning is extremely important. As the first project for the year, the team thought about having a "buddy seat" for students who couldn't find a friend. Anyone could sit on the seat and a Voice team member would help them. The problem was that at each recess and lunch, students were using different parts of the school, and the buddy seat may not be accessible. So, the students decided to do a Student Voice Team Activity tub instead, which would serve the same function, but could be moved around the school. Team members are rostered on at recess and lunchtime to take out, organise and bring in the activities, and we think you will agree, there is demand for this service!



Thank you to our families who kindly donated games and puzzles to the activity tub. Very much appreciated!

Resilient Youth Australia Years 3-6

Resilience and wellbeing are key factors to ensure a happy and fulfilling future for our young people.

This year we have chosen to partner with Resilient Youth Australia who have surveyed more than 350,000 Australian school students aged 8-18 over recent years.

We will administer the Survey this year online in **class time next week**. Students typically take 20-25 minutes to complete the survey.

The data from the survey will be reported in aggregate descriptive form only, by year level and gender, and no individual student responses can be identified.

The Survey is completely voluntary and anonymous. The survey collects the self-reported resilience and wellbeing of students and will provide valuable information to assist us create and maintain the best culture of wellbeing and resilience that we can.

If you have any questions or concerns regarding your child's participation in this survey project, please contact Jane Capon on Jane.Capon@education.vic.gov.au

We thank you for your support.

Bunnings BBQ & Bake Sale

What amazing support from our community in the organisation and participation in our Bunnings BBQ & Cake Sale on Saturday 25th March. So many parents, friends and staff gave up part of their weekend to help out, raising funds for our wonderful students!! Thank you so much to everyone involved!! There are too many people to mention, but huge thanks to those who organised the day: Jane B, Daniel S and Lisa K.



Minikids!!

Minikids this week was all about the Easter Bunny!! Thank you, Jess, for organising a program that clearly, everyone enjoyed!!



Let's come together to celebrate our cultural diversity.

Harmony Day



Harmony Day was celebrated during Cultural Diversity Week, on the 21st March. The message that Harmony Day wants to convey is that 'everyone belongs'. Student discussed the huge positive contribution that diversity makes to our lives, and celebrated their own heritage through this air balloon art activity.

Does your child like soccer?

We are seeking to gauge interest from parents about weekly soccer training after school. This would be run by an outside company, and would be a parent-pay service. Please contact the office if you are interested.

Community Engagement Team

We are incredibly lucky to have such an amazing Community Engagement Team. To express an interest in being part of the team, or to make some suggestions please email:

janebennettsbrown@gmail.com

The Importance of good sleep

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to Kids Helpline - Why sleep is so important and Sleep Explained, from the Better Health Channel.

Celebrate Mooroolbark Festival

We were expecting a very hot and windy day, however, the wind did keep the temperature down and we had a lovely day at the Celebrate Mooroolbark festival, talking with the local community. We had lots of children planting a seed and talking with us about our fabulous school. Hugh thanks to Andy & Simone for supporting our school on a Saturday, as well as Laura W, who also came along.



Footy Clinic

On Friday 17th March, we had the East Ringwood Junior Football Club conduct Footy Clinics at school. Student took the opportunity to wear their footy gurnseys, as it was a SWPBS whole school reward free dress day too! The children loved the clinics, and went away with footys, stickers and great memories!



Shade Sail Construction Started

It has seemed a long time coming, but finally work has started on our two new shade sails – one over the library deck and one over our new amphitheatre. We look forward to the children enjoying these new sun smart outdoor learning spaces.



New signage

Thanks to Simon O'Halloran, you may see some new Ainslie Parklands Primary School signage around, and it looks great!! We would also like to thank and acknowledge Kevin at Croydon Car Sales, who has kindly allowed us to put our sign on his fence on the corner of Clegg Road and Mt Dandenong Road.



Thank you Marshall!!

We just love it when our students are excited about books! Marshall loved these Dr Seuss classics so much that he wanted to make a donation to the school. We appreciate it, Marshall - thank you!



The Year 3/4 Studio

The 3/4 Studio have been having a great time competing in the Potato Olympics! Today's event was Diving. Our little athletes took the plunge and the students worked out how much water was displaced with each dive. The students worked cooperatively carefully measuring the capacity and comparing results. We also got active and played a game of 'Smasharoo' during our PE session. The students got to practice their skills in batting, bowling and fielding, as well as being a good sport and teammate.



The Year 5/6 Studio

As the 5/6 Studio approaches the end of term, students are preparing for an end-of-term celebration. Because students have been studying democracy, government, and elections, the studio will be hosting an election to decide on the end-of-term celebrations. Students have formed parties, decided on values and policies. They have developed an election campaign, including speeches, video advertisements, and posters. On Monday, students will engage in a preferential vote to decide, democratically, which celebration to do.



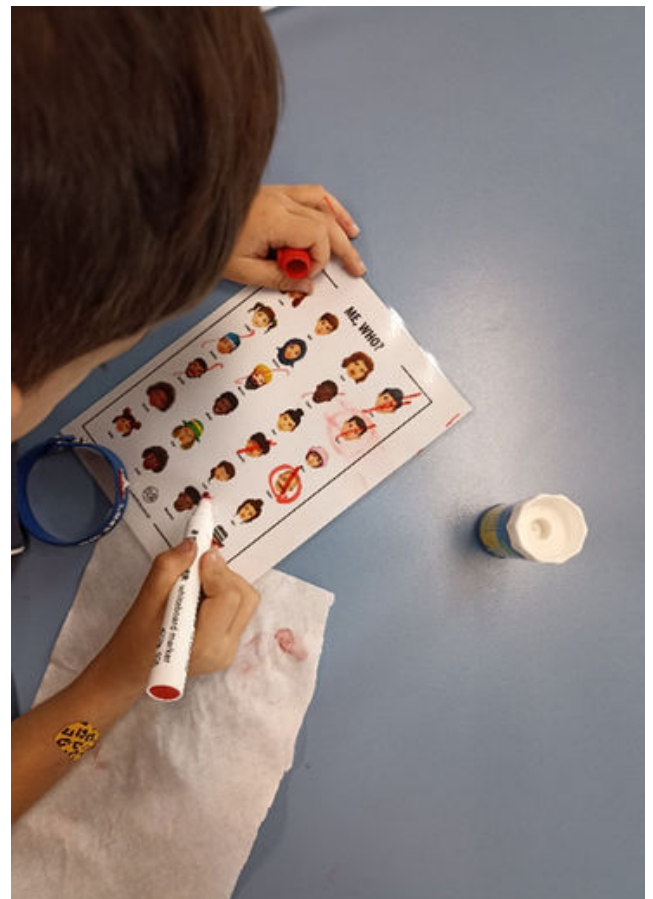
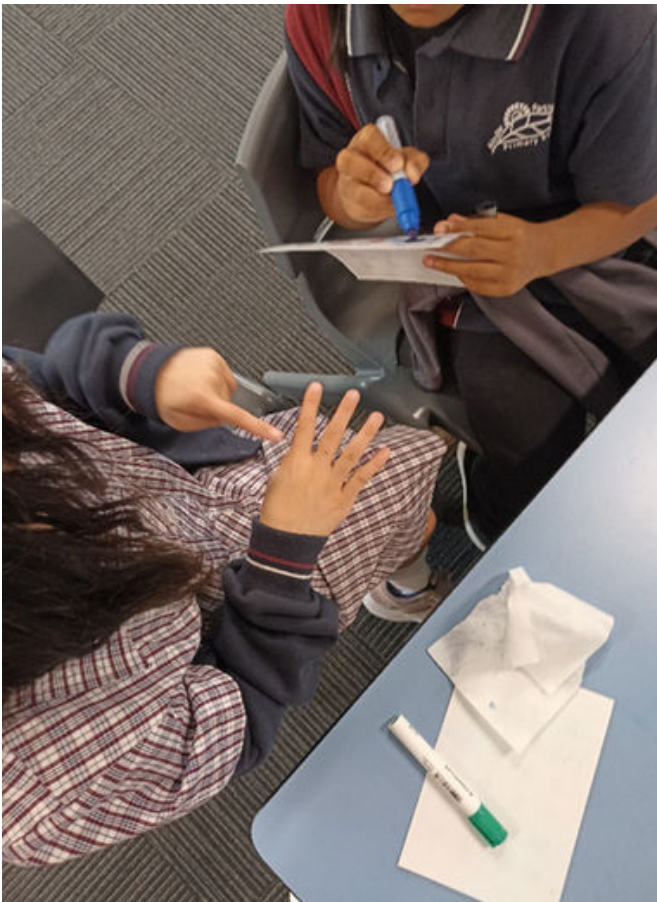
DISCO PARTY

ON TUESDAY THE 16TH OF APRIL THERE MIGHT BE A DISCO PARTY IF YOU VOTE FOR APRIL THURSDAY IF YOU VOTE FOR APRIL THURSDAY YOU WILL BE GRANTED WITH A DISCO PARTY WITH MUSIC FOOD DRINKS GAMES AND MUCH MORE OH AND ITS FREE DRESS DAY SO IF YOU WANT A DISCO PARTY VOTE FOR APRIL THURSDAY

The Auslan Studio

Over the last few weeks, the F-2s have been looking at animal signs in Auslan and have been learning about the way Auslan storytellers use their faces and bodies to show how an animal might be behaving. This is called Constructed Action. We have had lots of fun playing games such as cross the circle using animal signs and constructed action. We have also viewed some Auslan texts which use constructed action and have worked together to interpret the story Dear Zoo into Auslan!

The 3-6s have been learning all about how to use size, shape and colour signs to describe features and characteristics of people and objects. We had some fun this week playing Me Who (an Auslan version of Guess Who). This gave the 3-6s a great opportunity to practice their skills at describing characteristics in Auslan.





School Nursing Program

Nicole Joyce, a visiting primary school nurse from the Department of Education, will be attending the school to conduct the Prep health assessments and to see other children as requested by teachers (with parents' consent).

The purpose of the visit is to provide children in their first year of primary school with the opportunity to have a health assessment; to link children, families and school communities to services available in the community; and to provide information and advice that promotes health and wellbeing.

The confidential questionnaire will provide important information about your child's health so the nurse can make an effective assessment. If your child requires further assessment, such as vision, hearing or speech assessments the nurse will see him or her at school.

- If you would like your child to participate in the Primary School Nursing Program please indicate this by ticking the YES consent box (page 5), sign and fill out the questionnaire and return the completed student entrant health questionnaire to your child's school.

- If you do not wish your child to participate in the Primary School Nurse Program please tick the NO consent box (page 5), sign and return the student entrant health questionnaire to your child's school.

Parents are invited to contact the visiting primary school nurse if there are any issues they wish to discuss. The contact number is 0459 873 959.

Once completed, can you please return the questionnaires to your child's school teacher in the sealed envelope by the specified return date.

Thank you

DINOMANIACS



Thursday 13th April

10am & 2pm Shows

Karralyka Theatre, Ringwood East

\$25 Single Ticket & \$88 Family of 4

**School Holiday fun with free arts and crafts
session 45 min prior to show.**

Book now 9870 2888

www.karralyka.com.au



AINSLIE PARKLANDS
PRIMARY SCHOOL

Playgroup

When: Friday 9.15am-10.45am
during the school term

Where: 24-36 Hinkley Ave,
Croydon (in the hall & new
playground)

Contact: 98701566

ainslie.parklands.ps@education.vic.gov.au

