



Ainslie Parklands Primary School
Hinkley Ave, Croydon 3136
Ph: 9870 1566 Website: ainslieparklandsp.s.vic.edu.au

ISSUE 16 | FRIDAY 20TH OCTOBER 2023

THE AINSLIE UPDATE

DATES TO REMEMBER

Term 4

- 24th Oct - Foundation Transition #1
- 27th Oct - F2 excursion Twisted Science
 - World Teacher's Day
 - Assembly
- 2nd Nov - 3/4 excursion Ricketts Point
- 3rd Nov - Professional Practice Day
(Student Free Day)
- 6th Nov - Curriculum Day
(Student Free Day)
- 7th Nov - Melbourne Cup Day
(Student Free Day)
- 8th Nov - Community Coffee
- 9th Nov - Foundation Transition #2
- 10th Nov - Assembly
- 12th Nov - Maroondah Festival
- 16th Nov - Whole School & Graduation photos
- 20th Nov - Foundation Transition #3
- 24th Nov - Assembly
 - Twilight Working Bee
- 1st Dec - Twilight Market
- 5th Dec - Foundation Information night
- 7/8th Dec - 5/6 Big Day out, sleepover & camp day
- 8th Dec - Assembly
- 12th Dec - Statewide transition day
 - Foundation Transition #4
- 13th Dec - Volunteer thank you morning tea
- 19th Dec - Year 6 Graduation
- 20th Dec - Last day Term 4 - 1.30 finish

Year 3/4 Camp to Clifford Park

Our year 3/4 students got off to a very soggy start to camp, but luckily, the weather improved quickly. The children had an amazing time away (and I think the staff even got some sleep!) I have heard that the activities were great fun and the food was pretty good, too. Thank you so much to Wendy, Emma and Laura A for looking after the children and ensuring that the students had a great time!



Nude Food changes to Wednesdays!

The Student Voice Team cares about our environment. As Fridays are now our lunch order day (where the number of wrappers will be hard to control), the team would like to have a wrapper free lunch day on **Wednesdays**. Each Wednesday, the team will be counting the wrappers in student lunches and the Studio with the **least** wrappers will get the **Environment Trophy** in their Studio for that week.

From the Student Voice Team

Friday Lunch Orders

If you are able to help with lunch orders on a Friday (taking the orders across and bringing the lunches back from Melba College), **please let the office know if you are able to help**. Thank you!

Ainslie Pantry

We currently have need in our community for our "Ainslie Pantry - take what you need and leave what you can". If you are able to **donate any goods to the pantry**, it is much appreciated. Thank you!

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

Apply now to enrol your child in Foundation (Prep) for 2024

The Department of Education has released a new statewide timeline for enrolling in Foundation (Prep) for the 2024 school year.

If you have a child starting primary school in 2024, it's time to enrol. Make sure to submit your enrolment application as soon as possible. If you are enrolling the sibling of a student at our school for Foundation in 2024, and both children will be attending our school at the same time, your child is prioritised for a place at our school as per the department's Placement Policy.

It is important to follow the statewide timeline to enrol your child in Foundation. Enrolling your child in line with the timelines allows us to plan our classrooms, staffing and transition activities and ensures your child has the best start to school.

For more information, please read about when and how to enrol your child in Foundation at vic.gov.au/enrolling-foundation-prep.

If you are seeking to enrol your child into Foundation next year, please contact our school office on 9870 1566 to request an application form / enrolment form.

Don't forget your hat!

The UV rating is now well above 3 everyday, so we remind students to ensure that they have a hat for outdoor play. Sunscreen and sunglasses are also encouraged at this time of year. Please see brochure later in the newsletter for more information.

Thank you!

Thank you to our wonderful team of gardeners below for helping with the pruning on Fridays after school and over the holidays. (Also, a big thank you to Natalia, Dayna and Jo!)



If you would also like to help us with our grounds and gardens, please speak directly with Jane H, who coordinates the garden work needed to keep our school looking great. We are always very appreciative of anyone who can offer some time to help us maintain our beautiful grounds and gardens.

Laps for APPS

As a fitness promotion, the Student Voice Team have decided to initiate "Laps for APPS". This will be held at 8.45am on Wednesdays and Fridays before school. A team member will do an announcement at this time to inform students and parents where the laps will be counted for that day, and students are free to walk or run as many laps as they can before the music starts. The number of laps will be recorded and the Studio with the most laps will be announced as the Champions for the week. It's a fun way to do some early morning exercise and get those brains ready for learning!!

Distressing content online

The eSafety website:

<https://www.esafety.gov.au/parents>

has resources for parents and carers about online safety. These include information on extra precautions you can take to protect your children from seeing disturbing content online. eSafety encourage parents and carers supporting young people who may be more vulnerable to check in with them. If they are presenting with signs of distress, support is available through external services including:

- headspace: 1800 650 890
- Kids Helpline: 1800 551 800
- Lifeline: 13 11 14
- Beyond Blue: 1300 224 636

Term 4 Wellbeing classes

With the increase in administrative work as we head towards the end of the year, Jane C will hand the Wellbeing classes over to Kate Wood for the remainder of the year. Kate is already creating strong teacher / student relationship with our students, and has a lot of previous experience in teaching the Wellbeing Curriculum. Welcome Kate!





Parent help wanted!

On Sunday 12th November, we will once again have a stall at the Maroondah Festival to talk to the community about our wonderful school and run the "plant a seed" and badge making activities. If you are able to offer an hour or two to help out, please let the office know. Thank you!

Thank you Simon!

You may have noticed some new signage around the school and on Maroondah Hwy. Thanks so much, Simon, you've done a great job!!
Simon O'Halloran Design:
SOHD.com.au



Referendum BBQ

Thank you to all of our fantastic parents and bakers who helped with the BBQ and the Cake stall at the Referendum voting last Saturday. We had some amazing parents do double and triple shifts - thank you to Dan, Jason & Asha, Querida & James, Natalia, Justin, Sera, Rachel, Elissa R, Jodie T, David J, Ian B, Suzy S and Jono. Business was slow and steady, but we had a great result of raising over \$700 dollars for the school. Thank you to Jane B for coordinating the BBQ, Jo VdB for overseeing the cake stall, and to Laura A for arriving at set up and staying right until the end.



From the Foundation to Level 2 Studio

Our F-1 students keenly await their fortnightly Friday catch-ups with their buddies. Outside the official catch-ups, the program means there's always a familiar face in the playground for our younger students and a reminder that their example really matters. Our last buddies session was a celebration of F-1 learning. For our early readers, the Little Learners Love Literacy program takes students through an alphabet journey leading to Milo's the Monkey's Birthday Surprise. Our youngest and oldest students celebrated together with biscuit decorating, activities and fantastic photo booth fun.



From the 3/4 Studio

The 3/4s had an amazing time at Clifford Park on Monday and Tuesday! Some of the highlights for our students were the rope swing, archery, bush boards and, the very aptly named, Challenge Valley!

"The rope swing was really fun! The wildlife was absolutely spectacular." -Siena C

"The mud pit was awesome!" -Savannah

"It was hard to see in the water tunnel, but it was great fun." -Lucas

"It was really hard to hit the target in archery." -Aidan

"The log walls were hard, but I managed to get over." -Billie

"There were spiders in the cabins!" -Jacob

"The rock climbing was fun but hurt your arms a lot." -Skyler





From the 5/6 Studio

The 5/6 studio has continued to think about and explore geography, including weather and climate. Students have explored the difference between weather and climate, and have noted on their maps the average annual temperatures of many different places around the world.

We have also recently completed a unit on narratives. Check your student's Seesaw to see what they've been working on!





What to do if you see distressing content online

Online spaces should be safe for everyone, but you may sometimes come across content that is distressing – for example, because it depicts harm or violence.

Violent or pro-terror content may also be illegal.

Under Australian law, the eSafety Commissioner can issue a takedown notice to a platform to remove the content, or block access to protect Australian users from viewing this content.

If you see violent or terrorist content posted in a public place online, don't share it further – even if your intention is to help or raise awareness. You may cause distress to others.

Report

If you see violent, distressing or harmful material, make a report to the platform or service where it is available. Reports to the service help get the material removed quickly. Your actions could protect you and others from seeing that content again.

If the material is not removed, or if it's seriously harmful, you can make a report online by visiting '[eSafety - how to make a report](#)'.

Reports about terrorist and extreme violent content can also be made over telephone to the National Security Hotline on 1800 123 400.

Protect

Parents and carers may feel that they want to take extra precautions against their children seeing disturbing content online.

The eSafety Commissioner's website has helpful resources on how to get started with [parental controls in social media, games, and apps](#) and [on devices](#). These controls can help parents restrict access to places online where there is a higher risk of seeing disturbing content.

There is also [advice for young people](#) on what they can do themselves.

Get help and support

If you or your child have seen disturbing content online, talking to someone can make it easier to decide what to do and how to deal with its impact.

Some places you can seek help include:

- Lifeline on 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- Beyond Blue on 1300 22 4636 or [beyondblue.org.au](https://www.beyondblue.org.au)
- Kids Helpline, for 5-25 year olds, on 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au) (webchat is also available)
- Headspace, for 12 to 25 year olds, on 1800 650 890 or [headspace.org.au](https://www.headspace.org.au).



More support services, including state-based services aimed at parents, are listed on [eSafety.gov.au/counselling-support-services](https://www.esafety.gov.au/counselling-support-services).



Sunscreen



The sun's ultraviolet radiation (UV) can cause skin and eye damage and skin cancer. You can't see or feel UV. It can be scattered and reflected so can reach you even in the shade. Whatever the weather, when the UV is 3 and above, use all five forms of sun protection.



SLIP



SLOP



SLAP



SEEK



SLIDE

SPF

Sun Protection Factor.
Choose SPF30, 50 or 50+.

Application

Apply a generous amount of sunscreen to any skin not protected by clothing.

Apply sunscreen about 20 minutes before going outdoors and reapply every TWO hours or more frequently if sweating or in water.

AUST L

In Australia, sunscreens are regulated by the Australian Therapeutic Goods Administration (TGA). Always check for the AUST L (Australia Licence) number.



Water Resistant

Four hours water resistance does not equal four hours UV protection. Always reapply after swimming.

Storage

To help keep sunscreen stable, store it below 30 degrees.

Expiry

Always check the date to make sure the sunscreen hasn't expired.

Broad Spectrum

Protects against UVA and UVB radiation.

Even when wearing a hat, apply sunscreen to help protect from scattered and reflected UV reaching the face, neck and ears.

DNA damage that causes skin cancer accumulates with repeated UV exposure. Apply sunscreen daily.

Respectful school communities start with respectful behaviour

Parents, carers, staff and students can help keep our school community safe, supportive and respectful.

Good relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

These behaviours are **not** okay in our school community:

- ⊗ Threats
- ⊗ Violence
- ⊗ Rudeness
- ⊗ Harassment
- ⊗ Discriminatory and derogatory comments
- ⊗ Aggression
- ⊗ Intimidation
- ⊗ Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online platforms.

For more information ask your school about the **Respectful Behaviours within the School Community Policy**.

TENNIS LESSONS

AINSLIE PARKLANDS PRIMARY SCHOOL

TERM 4 START DATE:
Monday 9th October 2023
(7 week program)

Every NEW Term 4 enrolment receives a **FREE** junior tennis racquet



WHAT DO THE LESSONS INVOLVE?

Each lesson will vary, incorporating different skills, activities and games

Children will learn a range of basic tennis techniques:

- Footwork
- Forehand
- Volley
- Balance
- Backhand
- Serve

Learn tennis skills in a fun environment with friends!

LESSON TIMES

EVERY MONDAY AT LUNCHTIME IN THE HALL

Grades Prep - 6: 1:45 - 2:15PM

7 WEEK PROGRAM = \$120.00

NET INCLUSIVE

Please complete the form below and return to school office in an envelope with \$120 by Monday 9th October. Alternatively, screenshot the form once filled out and send to Daniel - 0421 498 110.

Cash and bank transfer accepted.

Please address cheques and bank transfer to

MATCH POINT TENNIS COACHING

BSB: 063 886

ACCOUNT NUMBER: 1033 6676

Payment description: Child's name APP5

Enrolment only accepted once payment has been received.

For further information please contact Daniel Kittelty (Club Professional coach)-0421 498 110

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Ainslie Parklands Primary School Tennis Enrolment Form Term 4, 2023

Student's full name: _____

Parent's first names: _____

Student's grade and room: _____

Any allergies/health conditions: _____

Contact number: _____



ABN 52064 624 0200

RINGWOOD BALLET GROUP

OPEN DAY

SATURDAY 27 JANUARY 2024

BALLET—JAZZ—TAP—CHARACTER—ACRO— CONTEMPORARY—BOYS
10AM—1PM

MEET THE TEACHERS
11AM KINDER TRIAL CLASS
12NOON PREP TRIAL CLASS
MAKE FRIENDS AND JOIN THE COMMUNITY



ENROLMENTS NOW OPEN ONLINE
WWW.RINGWOODBALLET.ORG.AU



CALL 9870 6549 EMAIL office@ringwoodballet.org.au

[FACEBOOK.COM.RINGWOODBALLETGROUP](https://www.facebook.com/ringwoodballetgroup)

[INSTAGRAM@RINGWOODBALLETGROUP](https://www.instagram.com/ringwoodballetgroup)

AINSLIE PARKLANDS PRIMARY SCHOOL CANTEEN MENU

Effective from 26 April 2023

Please ensure that lunch orders are written on a brown paper bag with the exact money enclosed. Where possible we use recycled and sustainable packaging. If you use your own sealed container for the pasta/salads we offer a 20c discount. Your child's order needs to be clearly marked with their name and grade. Please note: A charge of 10 cents will be added to your lunch order if a brown paper bag has not been supplied. Whilst every endeavour will be made to provide exactly what is ordered there maybe occasions where this is not possible. As an external provider we will provide the closest alternative (at a discount) to ensure no one misses out on their lunch! I can be contacted on 0414257524 if you ever have any questions. Regards Brad

Sandwiches & Salads

Salad	\$2.50
Ham or Chicken & Salad	\$3.50
Ham or Chicken & Cheese	\$3.00
Sweet Chilli Sub (w lettuce, chicken tender)	\$2.80
Salad Tray (meat \$1.00 extra)	\$4.00
Fruit Salad (Term 1 & 4)	\$3.50
Homemade Soup (Term 2 & 3)	\$2.00

Extras

50c for bread roll or wrap. Gluten free bread also available; 50c for extras - beefroot, egg, avocado etc. 20c Toasted sandwich; 30c mayonnaise

Burgers

Cheese Burger (w lettuce, tomato, cheese, sauce)	\$3.40
Parma Burger (w lettuce, cheese, mayonnaise)	\$5.20
Chicken Burger (w lettuce, cheese, mayonnaise)	\$4.40
Veggie Burger (Pattie vegan/gluten free \$2.20)	\$4.40
Egg and Bacon Roll	\$3.40

Snacks

Crunch Pack (Carrot, apple, Cheese, Biscuits)	\$2.00
Popcorn	\$0.80
Hot Jam Donut	\$1.50
Homemade Slice of the week	\$2.00
Jelly Tub	\$1.00
Choc Balls (3)	\$1.00
Giant Choc Chip/M&M Cookie	\$2.50

Hot Food (Tomato Sauce extra 20c)

4n20 Pie	\$3.40
Chicken Snitzel Wrap	\$3.00
Party pies	\$1.00
Sausage Roll -Jumbo	\$3.40
-Regular	\$2.00
Pizza- Ham, Cheese & Pineapple	\$2.50
- Margherita	\$2.50
Dim Sim (steamed- request soy sauce/no charge)	\$1.10
Corn on the Cob	\$1.30
Hot Dog (cheese 20c extra)	\$3.00
Puppy Dog (cheese 10c extra)	\$1.70
Garlic Bread	\$1.80
Nachos (w Salsa and Cheese)	\$3.20
Chicken nuggets (4)	\$2.40
Vegetarian Spring Roll	\$1.10
Bolognaise Pasta (w/Cheese) small	\$3.00
(20c discount for own sealed container) Large	\$4.00

Drinks

Bottled Water	\$1.00
100% Juice (Apple, Blackcurrant, Orange)	\$1.90
Oak Milk (vanilla, Strawberry, Chocolate) Small	\$3.20
Large	\$4.20



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety:

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2018/148



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