



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

ISSUE 18 | FRIDAY 17TH NOVEMBER 2023

THE AINSLIE UPDATE

DATES TO REMEMBER

Term 4

- 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

Maroondah Festival

It was perfect weather to be out in our community last Sunday at the Maroondah Festival. It was wonderful to see our past students (we even saw some of them perform) as well as our present students and their families. We had lots of families participate in our activities of either making a badge or planting a seed and talking to us about our fantastic school. Huge thanks to Laura A, who did all of the behind the scenes organisation, (and also to her husband, who helped with the set-up and pack-up!). Thanks also to Jane H and Wendy, who gave up their time on the weekend to help man our stall.



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.

Twilight Market

We are looking forward to the Ainslie Twilight Market 2023, Friday Dec 1st (4-8pm).

The Ainslie Twilight Market is an event for APPS families and the wider community. It is a great fundraising opportunity for the school to assist with purchasing some fantastic resources. We thoughtfully planned the event to be a family friendly night with free face painting and bubble performances. We set the market up so that children can enjoy the playground and sandpit and everyone can enjoy the live music and market stalls. APPS students will participate on the mainstage (more information to come).

A big thanks to everyone who has been helping behind the scenes, from face painters, co-ordinators, sound technicians and to people who continue to like and share social media posts. We really appreciate your efforts to work together on the event.

The event link can be found here:

<https://www.facebook.com/events/1454363958656272>

Please like and share the event on social media. This helps get the event out into the community.

We will soon release some sign up sheets for help on the night. We will need help with set up, BBQ, games and pack up. We will also be looking for families to help leaflet drop to local streets, kinders and daycare centres.

If you would like to get involved or have any questions, please email: janebennettsbrown@gmail.com

Police targeting School Zones

Particularly during the month of November, local police will be actively checking speed in school zones. Please make sure that you check signs and reduce your speed between 8am-9.30am as well as 2.30-4pm on school days.



Kitchen Garden Program



Thank you!

A big thank you to Katherine S for successfully accessing an EACH grant to purchase new equipment for our Kitchen Garden program. Thank you also to Jane H, for acquiring the equipment that students need!

Year 6 to Year 7 Transition sessions for parents

It is that time of the year when we are preparing our Year 6 students for their transition to secondary school. There are a couple of transition webinars coming up (both Kate and Rod are great speakers)

Wednesday 22 November, 7pm - 8.30pm

- Yarra Ranges Council in partnership with Maroondah City Council are hosting Kate Wilde from The Human Development Workshop who will provide parents/carers with tips and tricks to help their child prepare for a positive and smooth transition to secondary school. Information provided will include basics like routines, public transport, homework, friends, bullying, anxiety, managing technology and supporting your child's mental health and resilience.

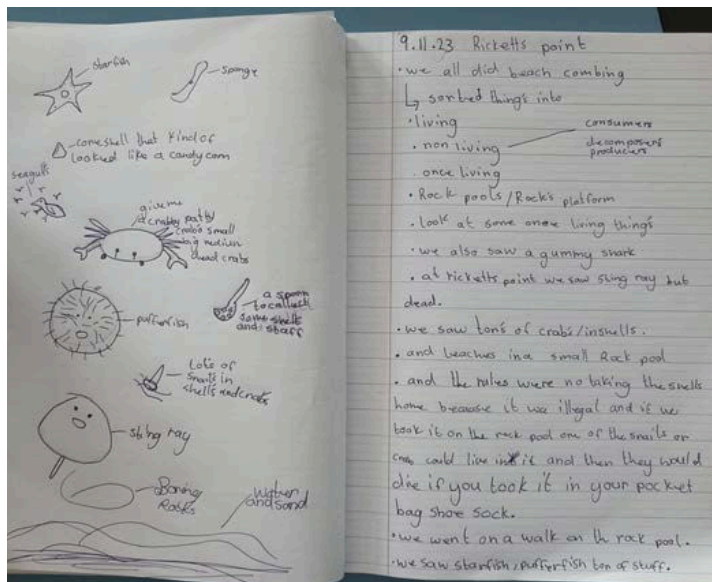
- This webinar is FREE but registration is essential. Flyer attached has a QR code to scan and register. Social Media tile also attached.

Tuesday 28 November, 7pm - 8.30pm

Knox City Council Youth Services are hosting Rod Dungan, Director Thriving Youth Australia who will be providing information to parents/carers on how to support their child with the transition from primary to secondary school. Topics included: routines, homework, friends, transport, bullying, anxiety, workload, managing technology, school refusal and supporting your young person's mental health and flourishing in school.

3/4 Excursion to Rickett's Point

Our students had a wonderful, hands-on learning experience at Rickett's Point on Thursday 2nd November. They have been able to continue to draw on their learning back in the classroom. More information later in the newsletter.



Don't forget your hat & sunscreen!

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.



Thank you!

Thank you to all of our amazing volunteers who come in to help our children with reading, Kitchen Garden, PMP, excursions - we couldn't do it without you! Fiona Waterstrom is a retired librarian who comes in each Friday to help in our library, and has also helped in our garden. While she no longer has a connection to our school through students, she loves to give back to the community. Thank you, Fiona - we appreciate you!!



Chocolate!

Thank you to parents, students and staff for the many donations of chocolate blocks through our Free Dress day today! These will help raise money at our Twilight Market on 1st December. And, if you are having a free dress day, you might as well have some fun with it!! Thank you to our amazing Education Support staff for everything you do - Georgie, Samar, Laura A and Elicia.



Amazing Artwork!

Fiona and our students have put together this effective piece to display in our hallway. Thank you to them, and also to Elicia for the finishing touches.



Our new sandpit

Thank you to Elissa for organising sand for the dry river creek bed on the new playground. I know that our students (and the playgroup children!) will love it!



Foundation Transition #2

Our new Foundation students had a wonderful time getting to know their potential buddies - and our playground!



Remembrance Day

Last Friday, our students did some learning around Remembrance Day, held the following day on Saturday 11th November at 11am. Students learnt about the significance of the poppy, with some paper poppies placed at the base of our flags during assembly. Students also incorporated purple poppies in remembrance of animals.



From the Foundation to Level 2 Studio

Our Foundation-1 students did a fantastic job of rolling up their sleeves and cleaning up the Fernery near the music room. There was a huge amount of satisfaction when some weeds that were pulled up were taller than our gardeners! Fantastic Work F-1s



From the 3/4 Studio

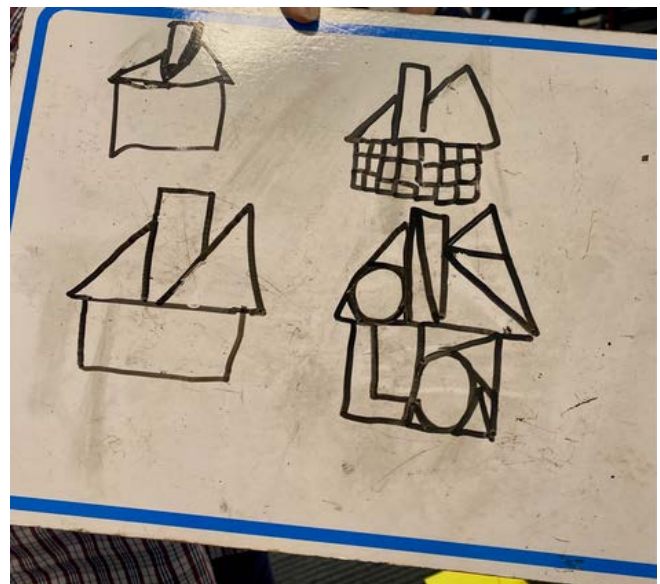
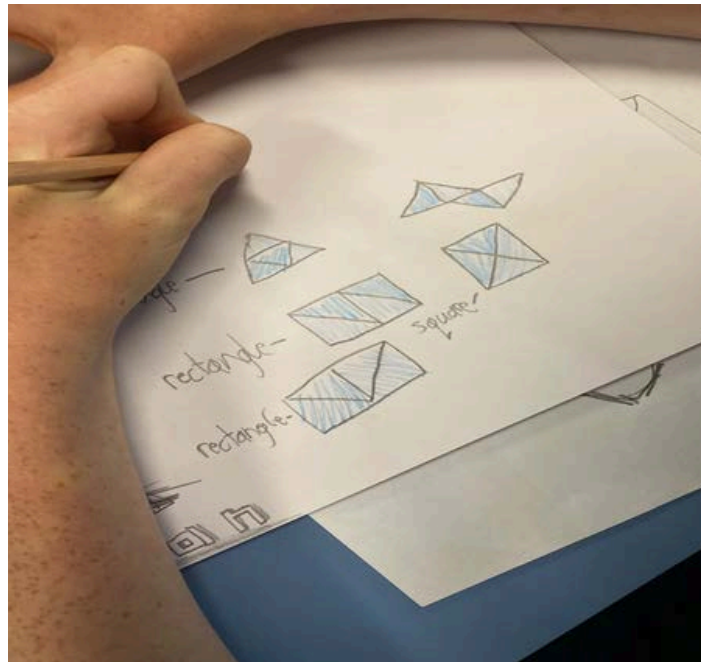
The 3/4s had a fantastic day exploring marine life and habitats at Ricketts Point earlier this month. We had opportunities to group and classify items found on the beach as living, once-living, and never-lived, hold and examine some fascinating once-living artefacts found at Ricketts Point and explore the delicate ecosystems found in the rock pools there.

We have been extending our learning in the classroom since the excursion by examining the ways that we can help to sustain these habitats and protect the living things in our oceans.



More From the 3/4 Studio

The 3/4 students have been investigating 2D shapes and 3D objects in Maths. In one activity students identified different shapes that can be created from combining 4 triangles. Another activity was to investigate the 2D shapes that may be put together to create a specific house outline.



From the 5/6 Studio

In Kitchen Garden, the 5/6 class got to use our brand new Kitchen Aid Food Processor (purchased through the EACH grant) with some of the lemonbalm from our orchard. Students harvested and prepared the leaves, then added other ingredients to create lemonbalm pesto. Students were able to enjoy the pesto on baguette afterwards. We're looking forward to using more of our own produce in the future, as well as our new kitchen tools



A CURATED MAKERS, BAKERS AND GROWERS MARKET

Ainslie Twilight Market

Friday 1st Dec 2023

4-8pm

LIVE MUSIC

FOOD STALLS



FREE FACE PAINTING • LOW WASTE

Ainslie Parklands Primary School
Hinkley Ave, Croydon



 Ainslie Twilight Market 2023



www.ainslieparklandsp.vic.edu.au



Free
online
event

Transition from primary to secondary

A free information session for parents and carers

Tuesday 28 November

7pm – 8.30pm

Online Zoom event

**Guest speaker - Rod Dungan,
Director of Thriving Youth Australia**

Transitioning from primary to secondary school may be a significant change for students. The adjustment can feel full of possibilities and yet, fraught with unknown trials. Although most students (and parents) will have a sense of optimism, some may feel a sense of anxiety; and it is a journey of change that can be made positive - with preparation, planning and ongoing support.

What will be covered:

The basic information - routines, public transport and homework

The “tricky” stuff - friends, bullying and anxiety

The important information - workload, getting help and working with your child’s personal and learning strengths

The complex information - managing technology, anxiety, school refusal and supporting your child’s mental health and flourishing in school.

For more information

Michelle Pascoe, Knox Youth Services

9298 8000

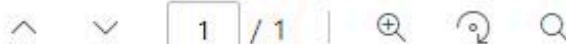
michelle.pascoe@knox.vic.gov.au



Bookings essential, scan the code or visit

https://knox-vic-gov-au.zoom.us/webinar/register/WN_5UHgn_DYR6ipUvOm5Gj42w

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Yarra Ranges Council

Transition from primary to secondary school

**A free information session for
parents and carers in Yarra Ranges
and Maroondah**

Transitioning from primary to secondary school is a significant time of change in the lives of young people. Come along to a free online session and learn some tips and tricks to help your child prepare and make a positive and smooth transition to secondary school.

When: Wednesday 22nd November

Time: 7.00pm– 8.30pm

The information session will be facilitated by Kate Wilde from the Human Development Workshop and will cover:

- The basic information – routines, public transport, homework and more
- The “tricky” stuff – friends, bullying and anxiety
- Managing technology, anxiety and supporting your child’s mental health and resilience

Free Booking. Registration is essential.

Scan to
register



For more information

Emily Vining, Yarra Ranges Council
e.vining@yarraranges.vic.gov.au





ParentZone Parenting Workshops

*Online Parenting Workshops * Free of Charge * Bookings Essential*

Parenting Anxious Children

A Parents Building Solutions Workshop

Tuesday 21st November

12.30pm to 2.30pm

Do you want to feel less overwhelmed and find more positive ways to deal with your child's anxious feelings? Come along to this session to learn strategies and get some tools and tips to help them cope.

Circle of Security Parenting

A single session introduction

Tuesday 28th November

12:30pm to 2.30pm

Circle of Security Parenting looks at how parents can use a simple circle graphic to build their relationship with their children, enhancing relationships, secure attachment, trust and a sense of safety.

To book for any or all of these workshops: [Click here](#)

Questions: Contact ParentZone Eastern on **9721 3646**

Dads Toolkit

A Parents Building Solutions Workshop

Tuesday 28th November

7:00 pm to 9:00 pm

Are you a dad who would like to better understand your importance in your children's lives? To communicate with them more positively so that you can strengthen the your connection and get your head around what they need from you? Come along and share strategies, tips and tools with other dads.

Emotion Focused Parenting

A Parents Building Solutions Workshop

Tuesday 4th December

7:00pm - 9:00pm

Would you like to be able to better deal with their strong emotions such as anxiety and anger and manage their challenging behaviour? Would you like to help your children learn to better manage their emotions and deal with conflict?

PARENTZONE

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**.

AINSLIE PARKLANDS PRIMARY SCHOOL CANTEEN MENU

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

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
Vegie 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

