



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

ISSUE 19 | FRIDAY 1ST DECEMBER 2023

THE AINSLIE UPDATE

DATES TO REMEMBER

Term 4

- 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
- 15th Dec - End of Year Concert
- 19th Dec - Year 6 Graduation
- 20th Dec - Last day Term 4
 - 12.45pm - Assembly
 - 1.30 finish

Term 1 2024

- 30th Jan - First Day Term 1
- 11th Mar - Labour Day holiday
- 28th Mar - Last Day Term 1 -
2.30pm finish

Twilight Market

Preparations are in full swing for the set up of our Twilight Market! Thank you to the amazing Jane Bennetts for all of her work, to our brilliant and flexible staff, and to our fantastic parent community, who are always on board to pitch in and help.



Twilight Working Bee

A huge thank you to staff, parents and students who braved the weather and helped out at our Working Bee last Friday afternoon, to ensure our oval was looking fantastic for our Twilight Market. Thank you to the Constable family, the Hawksworth family, Asha & Jason, Dayna, Sandra, Suzy, Elissa, Natalia and Liz. It is much appreciated! Thank you also to Laura Weatherall for weeding in the rain, Laura Annakin for cooking the BBQ and feeding the team, and to Jane Humphrys, who coordinates our gardens and grounds throughout the year.



Dropping Off Students

Please be reminded that students should not be dropped off or be arriving at school before 8:45am, unless accompanied and supervised by an adult. Supervision in the school yard commences at 8:45am every morning. Students must also be collected by no later than 3.45pm at the end of the school day. Thank you for your understanding and cooperation.

Nude Food changes to Wednesdays!

The Student Voice Team cares about our environment. 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



Staff Changes for 2024

As we are adding another class next year, we are thrilled to welcome Emily O'Callaghan as a new classroom teacher to Ainslie Parklands Primary School.

Emily says:

Hello Ainslie Parklands Primary School! My name is Emily and I am so excited to be working at APPS in 2024! I have spent a number of years teaching at a different school but I have heard so many lovely things about you all at Ainslie Parklands Primary School and I simply cannot wait to get to know you all.

This is my 9th year living in Australia as I grew up in a different country called Canada. My mum is from Australia and my Dad is from Canada so I am lucky enough to have 2 passports, how cool! I grew up with very cold weather and lots of snow, so I absolutely love the summer weather in Australia. I have a lovely family here in Melbourne and can't wait to spend Christmas with them in a few weeks! My husband and I have a cute and cuddly Groodle puppy dog named Teddy! We like to go on big adventures together like camping up in New South Wales! My favourite colour is eucalyptus green, I love coffee, chocolate, Thai food, music, playing team sports, and learning new things!

I am really looking forward to getting to know you and your families next year. I can't wait to hear about all the things that you are interested in, and all the adventures you got up to in the holidays. When you see me around, please come up and introduce yourselves, I always love to chat!

Thanks everyone! Have a lovely Christmas and can't wait to meet you!



We are sad to say, however, that Bec Russell, who has been our amazing Music teacher for a number of years, will be moving on to another school next year. We thank you so much for your huge contribution to our school and wish you all the best, Bec - please come back and visit us!

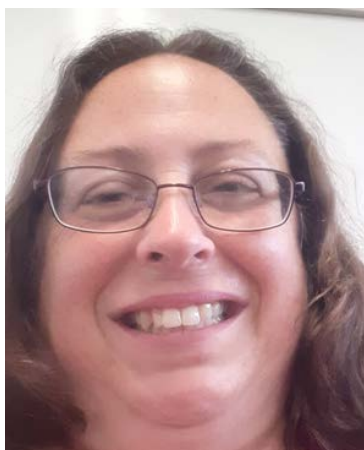
In her place, we are thrilled to welcome Jayne Setford to our school, to continue the tradition of Music and Performing Arts at APPS.

Jayne says:

I am thrilled to be starting at Ainslie Parklands Primary School in 2024 as the Performing Arts Teacher. This school has a special place in my heart as my two teenagers attended the school in their primary school years.

I love bike riding on trails, going kayaking and going on 4 wheel driving adventures with my family.

I play a variety of instruments, including the saxophone, clarinet, piano, ukulele. I have two cats and three chickens. I am looking forward to having a lot of fun in our activities in the Performing Arts classes.



Jess Smith has also been part of the APPS community for many years now, but will be taking a break from regular teaching next year, so we will not be seeing her on a weekly basis. Thank you so much for your hard work and huge impact at APPS, Jess! However, I am pleased to say that Jess will be taking on some special projects for us throughout the year in 2024, so we will look forward to still seeing her around!

End of Year Concert

We are looking forward to our end of year celebration on Friday 15th December from 5pm-7pm. Our students will be performing their items from Music classes. Families are invited to bring a picnic dinner or grab a sausage, connect with our community and enjoy the entertainment! Word has it that we might also be joined by a special visitor.....

Student Market Stalls

Some of our students were unable to have Market Day stalls at our Twilight Market, so we are also having small **APPS student-only** market stalls set up at the End of Year concert. If you are interested, please contact the office. More information coming soon!

Academic Extension Program

We are in the process of developing our Academic Extension Program for 2024, aimed at students exceeding the expected level according to PAT (Progressive Achievement Tests) data in Years 3-6. We will be able to announce more information about this program soon.

We also want to ensure that our students who need further support are catered for, and are developing structures and supports in this area for 2024.

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.

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.



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

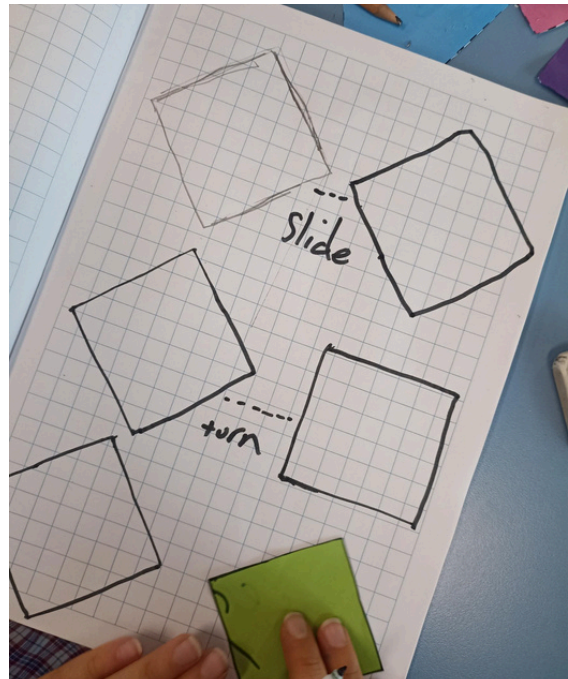
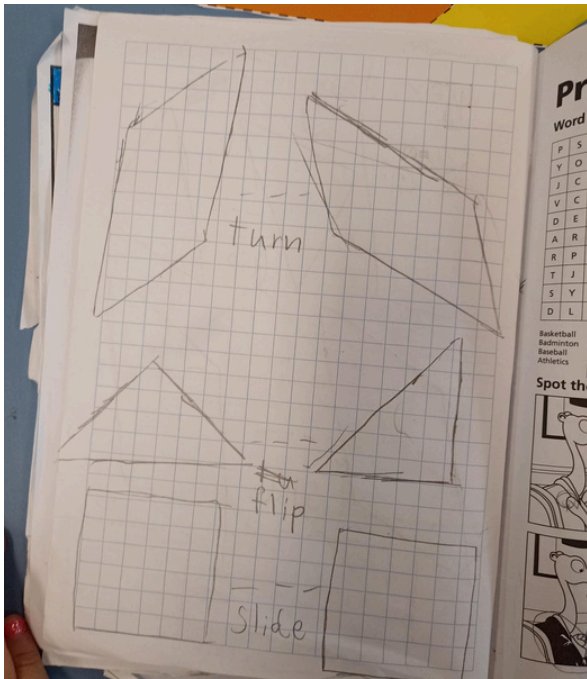
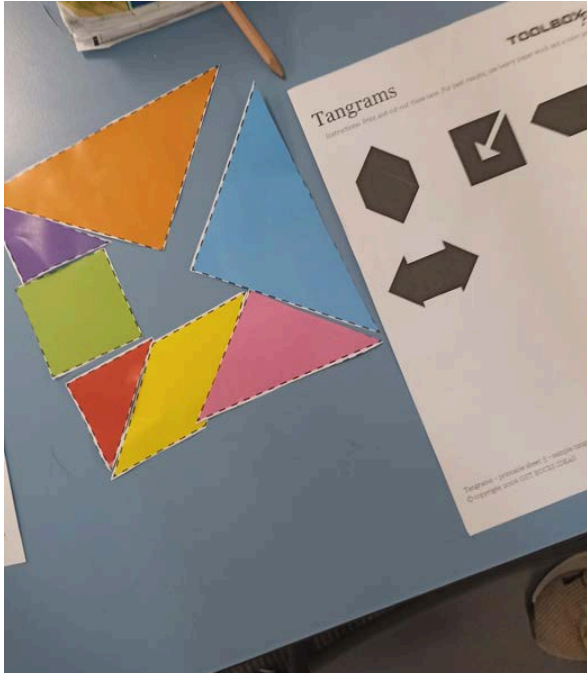
From the Foundation to Level 2 Studio

Our current focus for Maths is fractions, so fairy bread was an obvious choice for some hands-on maths last week. Today F-2s are measuring, making and tasting 'Chocolate Golf Balls'. As well as support maths, recipes are a meaningful procedural text, turns must be taken and cooperation is key. Also, delicious food eating together is always a highlight for everyone.



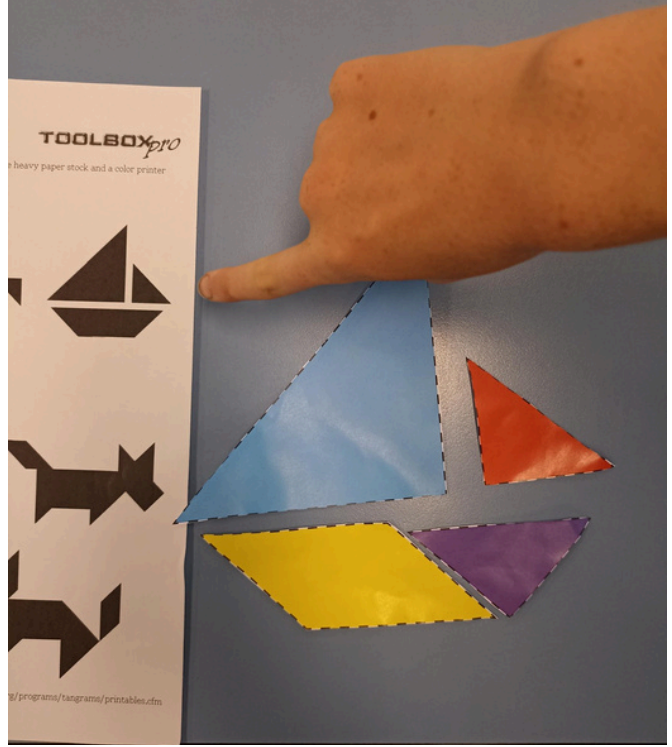
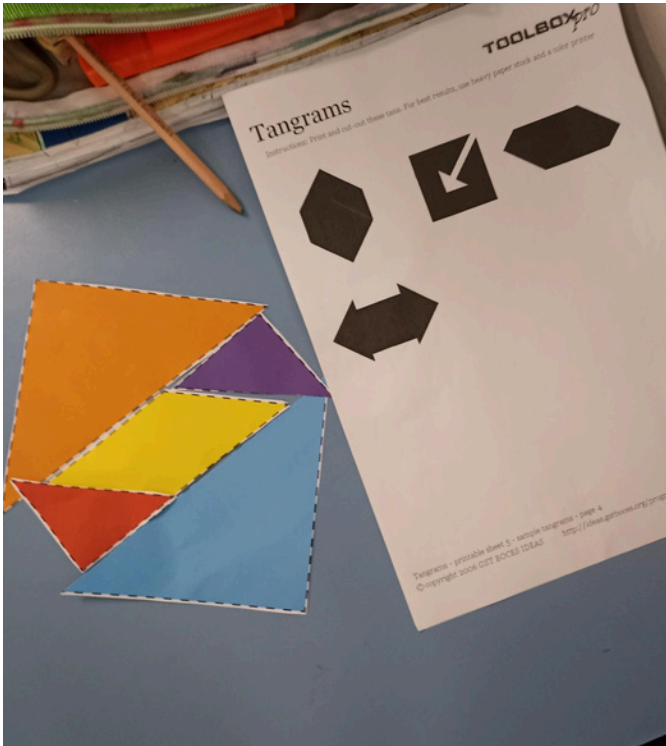
From the 3/4 Studio

In Maths, the 3/4s have been exploring Location and Transformation. This week we spent a memorable lesson creating shapes with tangrams. We had to flip, slide and rotate our shapes to make the images.



More From the 3/4 Studio

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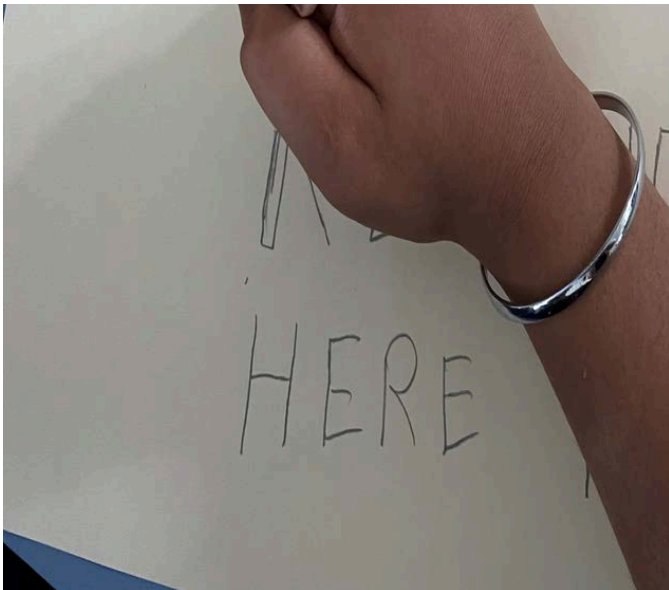


From the 5/6 Studio

5/6 Cans Store

On Friday the 1st of December our school had a twilight market and the five sixes sold \$2 drink cans. The studio did this to fundraise for the sixes graduation and next years sixes end of year art project. In class we made signs for the stall and we collected empty cans to exchange them for extra money to go towards our school. A few students spent some of their afternoon putting up the tent for our stall and they will also be working at the stall to sell the cans.

By Max and Angie



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

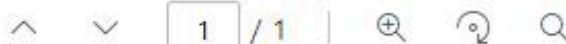
michelle.pascoe@knox.vic.gov.au



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**.



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

