



Promoting lifelong learning

Newsletter 2019 - #9

Thursday, 28th March 2019

Dear Parents,

I wish to thank families who are supporting the Easter raffle. Tickets need to be returned by 3:30 pm, Friday 29 March to enter the draw. Prizes include chocolates, toys and a voucher for an Uber ride. Seven hampers will be won when the draw is held during the morning assembly on Monday 1st April. Good luck to all our students' families.



Planning Week for teaching teams

This week, the usual timetable for specialist classes was suspended to allow a day for each team of class teachers to plan their term two program together. Teachers shared on-line documents that allow multiple users to type and read their planning documents simultaneously. *Pictured (L to R) are Ms Nicolaou, Mrs Watson, Ms Lo Grasso and Mrs Oliveri*



with their computers and snacks. They spent the day planning Term Two curriculum activities and assessment tasks for students.



Student Wellbeing and Engagement Policy 2019

This policy is being distributed with today's newsletter. It was approved by School Council at the March meeting. The purpose of the policy is to ensure that all students and members of our school community understand:

- (a) Our commitment to providing a safe and supportive learning environment for students
- (b) Expectations for positive student behaviour
- (c) Support available to students and families
- (d) Our school's policies and procedures for responding to inappropriate student behaviour.

I ask parents to read this important document and discuss some of the rights and responsibilities for students. The most effective thing parents can do, is demonstrate that you value your child's education by having your child attend every school day and arrive in a timely manner.

I wish to congratulate staff and acknowledge the work of the Education Subcommittee in developing this document and supporting [Harmony Week](#) with presentations for students, parents and staff from Bully Zero. This was a very practical way of supporting the intent of the policy.

You Can Do It (YCDI) program update

This term students in Preps have been investigating *Introduction to You Can Do It characters and social-emotional skills*

While students in grades 1-6 investigated *Confidence, confident thinking, persistence and growth mindset*.

Accompanying this newsletter are two parent information sheets on teaching your child about confidence and persistence (produced by You Can Do It Education).

You might consider taking one of the parent online programs:

- Positive Parent Program
- Key's to Children's Success & Happiness
- Strengths of Highly Effective Parents
- Bullying- The Power to Cope

Subscription prices start from \$19.95.

Visit <https://youcandoiteducation.com.au/mod/page/view.php?id=287>



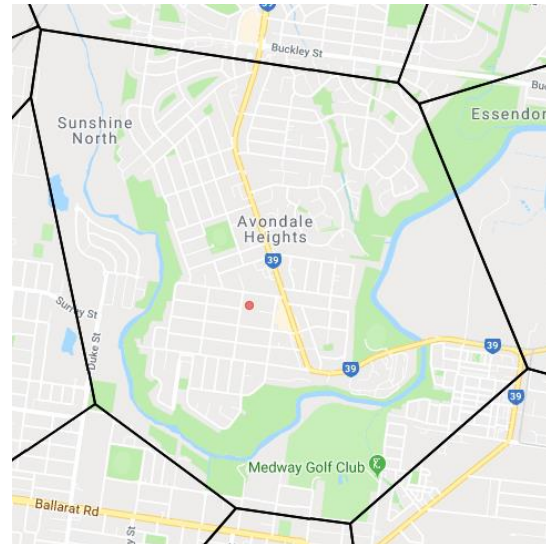
Enrolments for 2020 now being accepted

The school is accepting enrolments for the 2020 school year. Avondale Primary School is a zoned school; families must live within the school zone for their child to be enrolled.

I encourage parents with a younger child who will attend school next year to enrol your child as early as possible.

If you have neighbours whose eldest child will start school next year, please inform them that enrolments are being accepted.

You can check whether you are in this school's zone by visiting <http://melbourneschoolzones.com/schools/avondale-primary-school/>.



School Council News

Membership

Every year, half of the members of the school council reach the end of their two year tenure. I would like to acknowledge the contribution made in 2017 and 2018 by retiring members: Lance Ferguson, Joe Kersh, Jenna Heywood, Morna Ross and Isabelle Sawtell. Several members were successful in seeking re-election.

The newly elected members to school council are: Jaclyn Coleman, Jenna Heywood, Joe Kersh, Isabelle Sawtell and Sally Stevens. I welcome these members whose tenure finishes in March 2021.

New policies

At the last council meeting the following policies were presented by the education subcommittee and approved:

- School dress code (Attached to this newsletter)
- Inclusion and Diversity Policy (Available on the school's website)
- Child safety: Responding and reporting Policy and Procedures (Available on the school's website).

Approvals

The following programs and activities were approved:

- The 2019 5/6 camp to Phillip Island at a cost of \$320 per student
- Staging of the school concert at Moonee Valley Racing Club on 30 October



- Purchase and installation of CCTV to monitor the outside asphalt and play areas 24/7
- The expenditure of \$15,740 of locally raised funds to purchase and install new playground equipment.

Community issues

Celebrating student success. If your child has achieved a significant award from a community or sporting group, please let the school know so it can be celebrated with his / her classmates.

Some viruses such as *Slap Cheek* are potentially dangerous to pregnant women. Parents are asked to contact office staff when a family member is diagnosed with a contagious disease. It is also worth noting that some students are not considered fully immunised, that is they are not immunised against all of the following:

Hepatitis B, measles, mumps and rubella haemophilus influenza type B, Diphtheria, tetanus, acellular pertussis (whooping cough) and polio

The school will issue a Flexibuzz notice to all parents and staff.

Use of fundraising monies

Apart from the purchase of soon to be installed playground equipment, mentioned above, did you know that locally raised funds have been used to acquire the following resources over the last five years?

- Senior Adventure Playground
- Watering System on Oval
- Music Room
- Musical instruments
- Junior & Senior Readers
- Student Garden & Sandpit
- Replaced Furniture in Library

Stick Insects rule the roost

Ms Collins Grade 1 students are learning to breed stick insects. Lachlan and Tess (not pictured) informed me that insects have six legs and two antenna. Some insects are small and some are big like our stick insects. Insects lay eggs usually on the leaf of a plant. The eggs sometimes change colour.

Stick insect eggs also look like seeds. Ants carry the eggs of the Spiny Leaf Insect down into their nests and protect them from





predators. When they hatch, the babies look and behave like ants until they can escape the nest.

OHSC holiday program to be run at Avondale primary School

The holiday program is usually run out of St Martin de Porres Primary School, however the building that houses the program is undergoing repair. The BER will be used as the base of the holiday program from 8 to 19 April.

New school fence by music room.

The installation of a new school fence is now expected to be erected during the holidays. This sturdier structure will be similar to the fence at the front of the school. The current fence is 19 years old and has been vandalised recently. The new fence should restore stronger security to our school.



Former Avondale student Simon Seddon tops VCE score in state

With his mum a part-time carer and his dad working as a cleaner, Simon Seddon says the prestigious Melbourne University scholarship he has been awarded thanks to his 99.9 ATAR score will genuinely help him.

The Buckley Park College student was among 43 high-achievers offered a highly sought-after Melbourne Chancellor's Scholarship on Friday after earning an ATAR of 99.9 or above.

The scholarship awards the student a HECS-exempt place in a Melbourne University undergraduate course, along with a \$5000 annual allowance for their entire degree.



Simon Seddon and his mother Mary, one of the top VCE students offered Melbourne Chancellor's Scholarship. EDDIE JIM

"I actually can't tell you how much it's going to help me," he said.

Education in the Media

The following article was published in the online Herald Sun on 11 February, It is reprinted here with their permission.

Learning and memory experts give their tips to studying smarter

Published in the Herald Sun, by Elissa Doherty

February 11, 2019 1:51pm



WANT to join the brainy bunch?

Understanding the inner workings of the brain could hold the key to supercharging your studies. Increasingly, researchers in education, neuroscience and cognitive psychology are working with educators to improve the way students learn, develop effective new tools and processes, and decode common myths.

And while exams may seem like light years away, it's important to adopt good study habits early. So try these science-based study tips and tricks to boost your brainpower and send your scores soaring.

KICK YOUR CRAMMING HABIT

It's a common trap to fall into. You've procrastinated for weeks, it's the eve of exams, and there's no other option but to burn the midnight oil and cram, cram, cram.

Nothing wrong with that, right? Wrong.

[HOW TO INCREASE YOUR EMPLOYABILITY](#)

[WHAT TO KNOW ABOUT O-WEEK](#)

[HOW TO MANAGE STUDY STRESS](#)

Cramming is one of the worst things students can do, experts say, as the vast amounts of information absorbed during a mammoth session will just as quickly evaporate.

"It will be there the next day, for the exam, which is why some students will say it works," says Professor Ross Cunnington, of The University of Queensland's Science of Learning Research Centre.

"But the brain will quickly dump that information, meaning it won't be there in the long term."

Another problem is that students who cram will inevitably bury their heads in the books until the wee hours, leaving them groggy, sleep-deprived and less focused.

Instead, Prof Cunnington says one of the keys to successful study is "spacing out" learning over a series of weeks and months in the lead-up to exams.

"Start early and spread out your learning for an upcoming exam," says Prof Cunnington.

"Space it out over a few days instead of cramming it all into a night."

Another important tip is to mix up subjects every hour or so, rather than studying one subject in a big block of time.

"What we know about neuroplasticity is that when we learn something, there are physical changes that occur in the brain," he says.

"We are strengthening and forming new connections in the brain. The more often we revisit something and retrieve that information, the more we use that pathway, reinforcing those connections and consolidating the information.

"It enables the information to move from short-term to long-term storage in the brain."

USE A MEMORY-BOOSTING FONT

Forget typing up your notes in Arial or Times New Roman. If you want to remember what you've just learned, try using a typeface designed to improve memory.



A team at RMIT have created Sans Forgetica, an obscure-looking typeface lauded as the ‘font that can’t be forgotten’. (Example below).

The gap-filled lettering forces the brain to work harder and linger longer on words, helping students better retain material they’ve read.

The font’s designers recommend **highlighting passages of text that students most want to focus on** and converting it to Sans Forgetica, rather than using it for slabs of writing.

Senior Marketing Lecturer and founding member of the RMIT Behavioural Business Lab Dr Janneke Blijlevens said conventional fonts were familiar to readers and easy to glance over.

“Sans Forgetica lies at a sweet spot where just enough obstruction has been added to create that memory retention,” she said.

AVOID MULTI-TASKING

It’s tempting to have a quick peek of Facebook or Instagram as an escape when poring over the books. But our brains weren’t built to multitask, and research has found that the modern habit stops us from completing tasks successfully, impairs our memory and erodes productivity.

The Queensland Brain Institute says studies into multi-tasking have shown that the brain is not doing tasks simultaneously. Rather, it rapidly switches between them.

"The easiest and most obvious way we can help to focus our attention is by reducing the amount of distractions in our environment," says QBI cognitive neuroscientist Professor Jason Mattingley.

So yes, that means turning your phone onto silent, logging off social media and switching off Netflix. After all, is that Instagram picture of a surfing sausage dog really going to help you get into law?

REWRITE YOUR NOTES

Simply reading through material and highlighting key passages is an oft-used but ineffective study habit.

Instead, rewriting your notes and introducing different elements like charts and graphs will help understanding.

Prof. Cunnington says completing quizzes at the end of chapters in textbooks is another useful tool.

“Active learning is much better than passive learning,” he says. “By reproducing your work or notes, and changing the context a little bit, you are forming those important connections in your brain.”

STRESS-FREE STUDY SPACE

Albert Einstein famously quipped: “If a messy desk is the sign of a cluttered mind, of what, then, is a clean desk a sign?”

But exam time is stressful enough without adding a chaotic study space and bedroom to the mix.

Research has shown a messy desk area can contribute to feelings of anxiety, distract students from their studies and wreak havoc with time-management skills.

WHEN SCHOOLS BAN PHONES

THE BEST AREAS TO AIM FOR JOBS

MAKING THE MOST OF DISTANCE LEARNING



On the other hand, a junk-free study space helps foster a sense of calm, making students feel more positive, focused and better equipped to concentrate on their work. So channel your inner Marie Kondo and rediscover your desk under those piles of books, papers, clothes and chocolate wrappers.

TRY TO RELAX

The last thing you want to hear when your nerves are frayed is to be told: "Take a chill pill". But UK psychologist and author Dr. Gary Wood says employing a relaxation technique can be a magic bullet for harried students, giving their brain some time and space to reboot.

Dr. Wood says moderate amounts of stress can improve performance and fire motivation, but too much stress "gets in the way".

"Overall, we learn better when we relax," he says.

"When stressed we slip into survival mode where non-essential higher-level cognitions switch off. Relaxation helps us to tap into a fuller range of cognitions and emotions, including creativity, critical thinking and problem solving."

I wish every family a great week – Paul Mulroyan

MARCH SCHOOL DIARY

March

Fri. 29 Grade 5/6 Interschool Sport Avondale V Kensington (Home)

April

Mon. 1 *Miles 4 Smiles* dental van visit. Free inspections

Fri. 5 Last Day Term 1, *Students finish at 2:15pm*

Tue. 23 First Day Term 2

Thurs. 25 ANZAC Day Public Holiday

May

Mon 6 Camp Quality presentation to students

Thurs 9 Mother's Day Stall



Pupils of the week on Friday 22nd March

Prep A – Anton
Prep B – William W
Prep C – Elijah H
Prep D – Violet P

One A – Lucas K
One B – Mila B
One C – Dee Jay L
Two A – Chase R
Two B – Rebecca N
1/2 A – Audrey M

3/4 A – Amiri M
3/4 B – Miguel D
3/4 C – Irma A
3/4 D – Portia M

4/5A – Purva P
5/6 A – Hayley S

5/6 B – Sofia T
5/6 C – Syliva L

5/6 D – Liam P
LOTE – Krisha 4/5 A

Notice to Parents

The school yard is supervised by teacher/s on duty every school day during the following times:

*8:40 – 8:50
 11:00 to 11:30
 1:30 to 2:15
 3:15 to 3:30.*

Students are expected to be picked up by parents by 3:30.

Aftercare students remain in the BER until 3:45

School Office Hours

8:30am to 9:30am

2:30pm to 3:15pm

Please limit visits to office to these times only.