



Achievement, Confidence & Pride

NEWSLETTER #05 – Friday, February 26, 2021

Hello to our Avondale Community.

We hope you enjoyed our **2021 PARENT INFORMATION SESSIONS** that were posted on Compass yesterday. If you have not yet watched the presentation, please take the time to do so, to gain insights into the classrooms of your children. If you have any questions, please email your child's classroom teacher through Compass. All questions will be combined into a Q and A document to be shared with families.

A VERY BIG thank you to members of our school community for their generous donations to support families who are currently experiencing financial hardship. We really appreciate your kindness and thoughtfulness in reaching out to offer your support and respect your privacy in remaining anonymous.

SAFETY @ AVONDALE PRIMARY

Thank you to our families for dropping your children at the gates in the morning and picking them up from the gates in the afternoon. We understand that it is a different experience for our families to say goodbye at the gate in the morning and not enter the school grounds, however, we are committed to keeping our community safe. Our Foundation and Grade 1 students are really enjoying being delivered to their lines by our Grade 6 Student Leaders, while others are loving 'showing off' their independence.

It is important to ensure children are safe on our roads. Children act on

impulse, if this happens while walking, riding bicycles or playing near traffic there is a risk of injury or even death. While children are vulnerable on their own, with the help of parents they can learn about safety on the roads and how to avoid dangerous situations from an early age. **Children have difficulty judging** - speed and distance, seeing objects in side vision and identifying direction of speed, as well as estimating speed timing.

MAKE EVERY DRIVE A GOOD EXAMPLE

Research from the Transport Accident Commission (TAC) highlights that children learn more from your behaviour than you may realise. How you drive can have a huge influence on your children, and the type of driver they will be in the future. Children begin absorbing their parents' or carer's driving behaviour from a very early age and they learn how to drive long before they get their learner's permit.

Positive role modelling by parents has a huge influence on how children drive in the future and instilling safe practices and attitudes from a young age is a key factor in achieving our long-term goal of no serious injuries or lives lost on our roads.

<http://www.tac.vic.gov.au/road-safety/safe-driving/parents>

It has been great to see so many of our students ride their bikes to school. Some important considerations to talk to your children about include:

BICYCLE HELMETS- THEY'RE VITAL!

Every bicycle rider, and passenger, and scooter rider must wear an Australian Standard (AS/NZS2063) bicycle helmet. Research indicates that bicycle helmets greatly reduce the risk of head injuries,

which are the major cause of death and injury to bicycle riders. It is important everyone wears a helmet that is the correct size and fits firmly and comfortably when cycling both on and off roads. You are the best role model for your child so ensure you lead by example. A helmet that does not fit correctly is unsafe, as it may move or slip off in a fall or crash.

COURTESY ON PATHS

When riding on paths there are rules designed for everyone's safety:

- keep to the left of the path
- don't ride too fast or do anything unexpected
- let others know that you are approaching by using your bell or calling out
- give way to pedestrians
- obey signs along the path and ride in single file, especially on shared paths and footpaths
- ride side by side only when the path is wide enough and when it is safe

BE ALERT ON PATHS

There are many things to watch out for when riding on paths, including:

- other path users - be extra careful near small children, older people and people with vision impairments
- dogs or other animals
- driveways, laneways or places where the path crosses a road
- hazards such as changes in the surface of the path, steep hills, puddles, pot-holes, blind corners and broken glass.

If a road has to be crossed, the rider should stop, dismount and walk across carefully!

CANTEEN NEWS

I would like to acknowledge the outstanding work that Di, our Canteen Manager does each day the Canteen is open and for the volunteers who support this. We are continuing to promote the use of Flexi Schools to order lunch and recess. We do appreciate families continuing to use this on-line service.

SCHOOL COUNCIL ELECTION

The process of calling for additional nominations has enabled us to

successfully form our new School Council. The number of nominations received was equal to the vacancies on council, so a ballot was not required. Congratulations to Kerry Gribbin, Isabelle Sawtell, Joe Kersh, Dina Carranza and Carli Cutterham for your acceptance of these positions. We look forward to having you join/continue School Council in 2021.

We extend our gratitude to those School Council members whose term of office concludes at the end of the AGM in March. I would like to acknowledge the commitment, dedication and enthusiasm that Jenna Heywood, Jac Coleman and Sally Stevens have demonstrated throughout their time on School Council, THANKYOU!

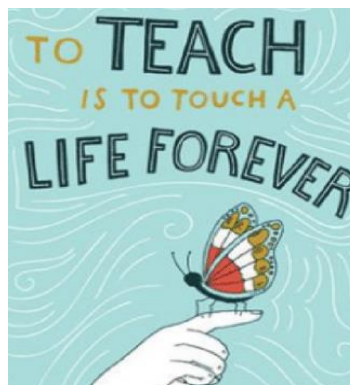
TERM 1 SUN SMART REMINDER

Continue to bring your hat to school every day this term. Term 1 is **No hat, No play**, so please name your school hat and put it in your school bag ready to wear each day.

ART NEWS – WINNING ENTRY



Last week we celebrated Olivia's amazing effort at winning first prize in the Moonee Valley Council Christmas Card Competition. Congratulations Olivia on demonstrating amazing creativity.



Mrs Jill Benham

Principal



At Avondale Primary, it is essential for our value of RESPECT to be consistently demonstrated across our community, from students to staff to families. Some principles to consider include:

- *Listen and be present*
- *Be thoughtful of others' feelings*
- *Acknowledge others and say thank you*
- *Address mistakes with kindness*
- *Make decisions based on what's right*
- *Respect physical boundaries*
- *Live and let live*
- *Live with integrity*



Let's see what we can achieve together!

Book Reviews – Tried and Treasured

The Fire Wombat.

Written by Jackie French. Illustrated by Danny Snell

As the bushfire approaches the forest, the animals seek safety and shelter. A little wombat kindly shares her burrow with the other animals of the forest. And, after the bushfire devastation the wombat and her fellow animals bravely and slowly emerge as the forest comes back to life.

A beautiful book about survival, offering hope for the future of our Australian wildlife. Especially suited to lower primary age children.

Reviewed by Liz Oruba



CYBERSAFETY

Avondale Primary School is committed to ensuring the safety and wellbeing of all children and young people in its community. We recognise the importance of teaching children to develop Cybersafe practices at a young age. As such, we recommend that parents too familiarise themselves with practices that are safe, secure and conducive to a safe online environment. This will ensure that education of cybersafe practices is consistent between school and home life; which is essential for consolidation of understanding and skills.

Key strategies to keep kids safe online (*Developed from eSafety and Alannah & Madeline Foundation recommendations*)

Be engaged, open, supportive and inquisitive about your child's digital life

- Get involved. Share online time with your children as part of family life. Play games together. Talk about favourite apps, games or websites.
- Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.
- Reassure your child they can always come to you, no matter what. Let them know you will not cut off internet access if they report feeling uncomfortable or unsafe when online — this is a real concern that may stop your child from communicating with you openly.
- If you notice a change in behaviour or mood, talk to your child about it. If you are concerned, consider seeking professional help — from your GP, a psychologist or school counsellor.
- Encourage respect and empathy. Teach them to avoid sharing or posting things that may upset others.

Set rules and be part of your child's digital life

- Set age-appropriate rules for devices and online access, with consequences for breaking them. Take advantage of parental controls to monitor and control screen time and access to content in ways appropriate to your child's age and experience. See eSafety Commission guide to [taming the technology](#) and [time online](#) and [online gaming](#) if these are of concern

- Keep the computer or device in an area of your home that can be supervised.
- Ensure your child's input — this will help them understand risks. As they get older you can review your rules together.
- Consider creating a family tech agreement (sometimes called a family media plan or family online safety agreement). A family tech agreement is a set of rules about how devices, like smartphones, tablets, computers, TVs and gaming consoles are used in your home. It is written down and agreed to by all family members and kept in a place where everyone can see it, such as on the fridge.
- Your family tech agreement could cover the type of websites that can be visited, time spent online and acceptable online behaviour.
- eSafety has created our own version of a Family Tech Agreement, in collaboration with ABC KIDS, especially designed for families with children under 5. You can download this and fill it in with your family. Another example, from ThinkUKnow Australia, can also be a good starting point for families with older children.
- The consequences for breaking the rules should be clear. Negotiate these with your child when you create your agreement so they mean something to them — Raising Children Network has some useful tips and advice.
- Consider making some 'rules for parents' too — and stick to them! Model behaviour that you would like to see.

Use the available technology

- Get to know the devices you and your children use and set them up for privacy and online safety.
- Choose apps and games carefully, taking age ratings and consumer advice into account. Check the App Store or Google Play, and for games, the Australian Classification Board's online database. Most social media sites require users to be at least 13 years of age before they can register, although some sites are created especially for children under 13.

Further resources can be accessed here:

- eSafety kids <https://www.esafety.gov.au/kids>
- Good habits start young: <https://www.esafety.gov.au/parents/skills-advice/good-habits-start-young>

<https://www.esafety.gov.au/parents/skills-advice/online-safety-basics>

Avondale Primary School eSafety parent resources:

<https://www.avondaleps.vic.edu.au/page/39/eSafety-parent-resources>



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CONGRATULATIONS TO OUR STUDENTS OF THE WEEK

Week 5 - 26/02/2021



Prep A	Marchelle A
Prep B	Fatima S
Prep C	Kira Q
Prep/1A	Noah P
1A	Indigo W
1B	Paige S

1C	Zach H
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2A	Darien D
2B	Mikey R
2C	Luca S

34A	Taylor q
34B	Zoya K
34C	Kaelan K
34D	Sura T
34E	Jimmy W
34F	

56A	James B
56B	Ava V
56C	Jorja V
56D	Benjamin M R

ART JNR	Tiffany Q 1C
ART SNR	Jarrold F 56A
LOTE	Aiden B PrepB / Lucas N 34B
PE	Riria O 34D

This is a COVIDSafe school

This school has a COVIDSafe Plan to maintain the safety of all staff and students during Term 4.

The four pillars of the COVIDSafe Plan are:



Reinforcing
COVIDSafe
behaviours



Creating
COVIDSafe
spaces



Promoting
COVIDSafe
activities



Responding
to
coronavirus
(COVID-19)
risk

The available evidence suggests that the risk to staff and students remains low when recommended health and safety strategies are followed and that schools do not pose a greater risk of infection than other locations.

For detailed information visit:
www.coronavirus.vic.gov.au



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