



## *Achievement, Confidence & Pride*

Thursday, 7 May 2020.

Dear Parents and Carers,  
Our teaching in the online learning environment is progressing well.

### **Student well-being**

No doubt you are reaching the stage where you have exhausted a lot of the 'in house' activities to keep your children occupied. You should not feel they should be entertained and active all the time. We all need to encourage students to find things to do for themselves and to persevere with that task. They may need to learn to enjoy their own company and to tolerate a level of boredom or silence.

In this electronic age they may be used to watching television, playing electronic games or, watching YouTube clips or listening to music. Some of this provides a 'full-on' attack on the senses so adjusting to 'quiet time' may be a new thing.

### **Student learning**

Teachers are starting to gather the data for assessments so it is important for all students to be working on the tasks set by their teachers. The students need to submit their work for teachers to provide feedback and record learning progress.

Reminder to Parents; if you need to communicate with a teacher please do so via Compass

Teachers are gradually expanding the time they communicate with students so that they can gain data on student learning progress. Many teachers will have small group conferencing to establish some benchmarks.

### **Supporting Learning at Home**

#### **7 Top Tips to Encourage Reading at Home**

1. **Concentrate on reading Quality.** In addition to reading books students should be encouraged to read recipes, instruction sheets leaflets and any writing as you encounter it.
2. **Ask questions.** As your child reads ask lots of questions using the Who, What, When, Where and Why lead in.
3. **Ask your child to make predictions.** As your child reads ask what you think will happen next.
4. **Summarise.** Ask your child to explain what has happened so far in the story or what happened during that chapter?
5. **See if they can remember the flow of events or the actions of one character.**
6. **Share family reading.** Tell your child what you are reading or ask them to explain to their grandparents if they are doing a phone call or video meet.
7. **Maintain their motivation.** Talk about how books provide enjoyment, facts or information. Provide opportunities for them to select a story.

*Adapted from Australian Education Foundation*

Dr Bette Prange

**Acting Principal**

#### **Inspirational Quote:**

*"Make each day your masterpiece." – John Wooden*



### Reminder; Grade 6 Transition forms

All forms must be filled in, signed and returned to Avondale Primary School by **Friday 29<sup>th</sup> May, 2020(extended)**.

### Your child's responsibilities during remote learning

You should change these responsibilities according to the age, stage and individual needs of your child.

Your child's responsibilities include:

- Regularly monitor digital platforms for announcements and feedback from their teachers
- do their best work by completing tasks with integrity and academic honesty
- do their best to meet timelines and due dates
- communicate openly with their teachers and tell them if they have any concerns or issues
- collaborate and support their classmates
- continue to abide by their school's behaviour guidelines.

### Mother's Day

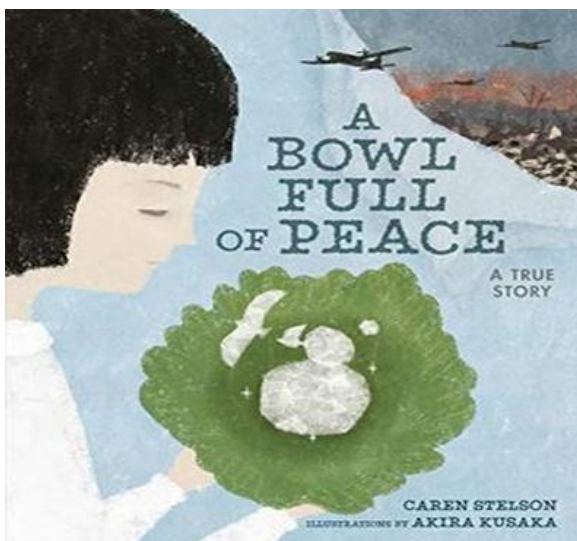
Mother's Day, as we know it today, with breakfast in bed, cards and maybe a present, is a relatively recent thing. If your Mum is not with you to celebrate, you can still use this day to honour a special person in your life. This could be a relative, a family friend or someone else special to you.

We encourage all students to show their mother or special person their appreciation.

## Book Review - Tried and Treasured

**A Bowl Full of Peace. - A true story.** Written by: Caren Stelson. Illustrated by: Akira

Kusaka



A heartbreaking, beautiful and true story about the bombing of Nagasaki, Japan in 1945 towards the end of WW2. The story details the life and traditions of a family in Japan and the aftermath of the atomic bomb. One of the family's traditions, is a bowl, passed from mother to daughter which graces the family table and begins the family meal with a blessing "Itadakimasu", meaning "we humbly receive this food". Over the years the consequences of the Atomic bomb has a heartbreaking effect on the family and the remaining family members use this bowl to remember and pray for peace. This book

teaches children the realities of war and the importance of families. Most relevant to children

5+.

by Liz Oruba



## **Saving (Y)our World Instalment 7: You Are What You Eat by: Morigan R**

Hi Everyone! It's me again with another instalment of Saving (Y)our World. Today we will explore the food industry and why we should all try to eat sustainably. Not many people know that you can be sustainable in your food choices, too. So, what is sustainable eating, why is it relevant, what are some choices you can make to help everyone out and how can you tell the difference between sustainable and unsustainable food? Find out in this week's version of Saving (Y)our world.

Sustainable eating. It is something that many people overlook. But this is a big problem! Unsustainable food choices are very bad for the environment and can be bad for you too. Now our first topic: Meat. It may seem like just a thing that you eat, but meat is very bad for the environment. One reason is that rainforests are being cleared around the world to make way for cattle farms. And just so you can eat that extra burger? Not only are our planet's precious rainforests being cleared, but cows emit methane gas that accounts for 15% of the world's greenhouse gas emissions. So, they are contributing to climate change in a major way. And, most livestock probably aren't even treated well. Factory farms raise their livestock in tiny cages so small that they can't even turn around, so animals live short, unhappy lives and then are slaughtered. Most scientists and nutritionists agree, most people eat far too much meat and not enough fruit and vegetables. One last fact I will add might really make you think: one acre of land can produce 25,000 kg of tomatoes or potatoes, 18,000 kg of carrots or about 100 kg of beef! If we moved away from beef, we could help solve world hunger!

Whether you choose to eat meat or not, it is important to consider sustainable options for your food choices. So, how can you tell if your food is sustainable? Meat and eggs will have a free-range label on the packaging, meaning that the animals live in large, open paddocks and get to live a good life before they die. Fruit and vegetables will have an Organic label on them to signal that the food is grown without the use of sometimes deadly chemicals. Chocolate can be marked UTZ and that means that the chocolate is grown sustainably, and fair prices are given to the farmers that grow the Cocoa beans. Always look for any of those labels before you buy food. Also, if possible, food should be bought from local farmers markets that sell local, sustainably sourced food.

Vegetarianism and veganism are good sustainability choices; however, they are not for everyone. Vegetarianism is to give up all meat (and fish). Veganism is to give up all products from animals (eggs, milk, cheese, meat). They are options for people who really care about sustainability. I became a vegetarian three years ago and have not eaten a single piece of meat or any meat products (like marshmallows or gummi lollies as they contain gelatine, derived from animals) since.

Now you know about the problem with food. Hopefully, it means that you will be careful what you pick up (or order) from the supermarket and you will make more informed decisions about your food choices.

Morigan R signing out. I hope you join me next week for another instalment of Saving (Y)our World.

***"We are, quite literally, gambling with the future of our planet – for the sake of hamburgers."***

***-Peter Singer***