



Achievement, Confidence & Pride

Thursday 14 November

Dear Parents and Guardians,

Avondale is transitioning into the Compass Learning Management System. We started this term using the **student attendance** module. The 'kiosk' by the office allows parents to enter student late arrivals and early dismissals directly into the database.

When you download the app the following modules will be available:

Personal details you are able to access information about your own child / children.

Attendance You are able to enter date / time of absences due to illness or appointments, directly into the database from your phone.

News feed you can view important information about school events and activities. The news feed is customised showing only the events that are relevant to you and your children.

Calendar You will have access to the school calendar and will be able to view the school term planner and upcoming events.

From the beginning of 2020 we will open the **Parent payment** module. *Bpay will be closed from 1st January 2020.* From mid-January student supplies can be paid via Compass using your phone app. With this method, parents will not need to visit the school to collect their child's supplies as these will be taken directly to the classroom ready for their first day.

The traditional methods of payment by cash or EFTPOS will be available on Friday 24 January, but this method of payment requires a trip to the school.

Avondale Primary School – Zone questions clarified

A new, state-wide school zone map is available at findmyschool.vic.gov.au for interested community members to identify the zone boundaries for schools in the Melbourne area.

In determining eligibility for a student to attend Avondale Primary School, parents are asked to provide proof of residence. Where a property is wholly inside or partially inside our zone, we will accept the enrolment request. Where a section of a multi-apartment building falls within the zone, the school will accept the enrolment even if the actual apartment is outside the zone.

Where several buildings form a complex, the statement above applies – that is, eligibility for enrolment applies if part of the building in which the actual apartment is located falls wholly or partially within Avondale's school's zone.



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Parents and community members can use the website to enter a residential address and find their designated neighbourhood school.

Does the school have your current email address?

This semester the school will distribute **student reports** as a PDF file attached to an email on **Friday 13th December**. Please ensure that the school has your current contact details and **email address**. Parents who would like a printed copy of the report can request this at the office.

New Starting process for 2020 prep students

Traditionally Prep students attended school four days a week for the first five weeks. The Wednesday was used for Prep testing, where students spent an hour with their class teacher to assess their entry knowledge.

While this assisted students adapt to the school day, the real purpose of the testing was compromised by the fact that some students were tested a month after starting school. In 2020, we will try another approach whereby Prep students will have their one hour assessment with their teacher before starting school full time.

Each Prep student will be given an hour to meet their teacher during the first six days of Term One. The assessments will be an accurate indication of students' beginning competencies and allow teachers to more accurately structure learning activities for their grade.

Prep students will start their full time attendance on Thursday 6th February.

Dental van booked to visit 2nd -6th March 2020

Dental Health Services Victoria (DHSV) aims to improve the oral health of all Victorians, including school aged children, through providing access to public dental care. Avondale primary will continue to use *North Star Dental Services* to provide free, on-site inspection of students.

This is an optional service requiring parent approval. More details will be provided early in the 2020 school year.

Schools may wish to promote the more than 80 community dental clinics located throughout metropolitan Melbourne and rural Victoria, where many children are eligible to receive free public dental care.



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Moonee Ponds Decoration Design Project

As part of the Moonee Valley Council Decoration Design Project, students from Avondale Primary School were invited to design a decoration to celebrate the holiday season.

Some of our grade 3, 4 and 5 students decorated a large cardstock Christmas circle which will be specially printed and hung in two locations in the coming weeks:



- The Christmas Tree on Mount Alexander Road and
- On the front of the stage at Corals in Queens Park on Saturday 7th December.

I encourage everyone to go and see the display and hopefully we will have more students participate and have their work on show next year.

Michelle Portelli, Arts Teacher

The following article is taken from: *Generation Next* <https://www.generationnext.com.au/>

Too much screen time hinders brain development in preschoolers

It's fairly settled by now that too much screen time isn't good for kids, but for specifics we have to turn to science.

A new study from researchers at the Cincinnati Children's Hospital Medical Center may have filled in some of the blanks, finding that preschool-aged children had lower levels of white matter in their brains the more they deviated from the American Academy of Pediatrics' recommendations on screen time.

This is concerning because white matter is the type of brain matter that supports language, literacy and cognitive skills, and develops most rapidly in early childhood. Tests of the children's language use and cognition also showed that the earlier and more frequently they had been exposed to screens, the worse they performed.

The study indicated an association but not causality, meaning that screen exposure may not be directly causing harm but rather taking time from activities that would help with brain development. It also used a small sample of children and measured results only once, so further research will be needed not only to support the results but also to understand the nature of the link.

The study highlights the AAP recommendations, particularly in regards to non-screen playtime and avoiding the use of screens as 'emotional pacifiers'. A list of tips for children and media from the American Academy of Pediatrics is as follows:



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- **Make your own family media use plan.** Media should work for you and within your family values and parenting style. When used thoughtfully and appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep. Make your plan at [HealthyChildren.org/MediaUsePlan](https://www.healthychildren.org/media-use-plan).
- **Treat media as you would any other environment in your child's life.** The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know your children's friends, both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.
- **Set limits and encourage playtime.** Media use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children.
- **Screen time shouldn't always be alone time.** Co-view, co-play and co-engage with your children when they are using screens – it encourages social interactions, bonding, and learning. Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette. Watch a show with them; you will have the opportunity to introduce and share your own life experiences and perspectives, and guidance. Don't just monitor children online, interact with them – you can understand what they are doing and be a part of it.
- **Be a good role model.** Teach and model kindness and good manners online. Because children are great mimics, limit your own media use. In fact, you'll be more available for and connected with your children if you're interacting, hugging and playing with them rather than simply staring at a screen.
- **Know the value of face-to-face communication.** Very young children learn best through two-way communication. Engaging in back-and-forth "talk time" is critical for language development. Conversations can be face-to-face or, if necessary, by video chat with a traveling parent or far-away grandparent. Research has shown that it's that "back-and-forth conversation" that improves language skills—much more so than "passive" listening or one-way interaction with a screen.
- **Limit digital media for your youngest family members.** Avoid digital media for toddlers younger than 18 to 24 months other than video chatting. For children 18 to 24 months, watch digital media with them because they learn from watching and talking with you. Limit screen use for preschool children, ages 2 to 5, to just 1 hour a day of high-quality programming. Again co-viewing is best when possible and for young children they learn best when they are re-taught in the real world what they just learned through a screen. So, if Ernie just taught the letter D, you can reiterate this later when you are having dinner or spending time with your child.



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- **Create tech-free zones.** Keep family mealtimes, other family and social gatherings, and children’s bedrooms screen free. Turn off televisions that you aren’t watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child bedroom to help avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep.
- **Don’t use technology as an emotional pacifier.** Media can be very effective in keeping kids calm and quiet, but it should not be the only way they learn to calm down. Children need to be taught how to identify and handle strong emotions, come up with activities to manage boredom, or calm down through breathing, talking about ways to solve the problem, and finding other strategies for channeling emotions.
- **Apps for kids – do your homework.** More than 80,000 apps are labeled as educational, but little research has demonstrated their actual quality. Products pitched as “interactive” should require more than “pushing and swiping.” Look to organizations like Common Sense Media (www.commonsensemedia.org) for reviews about age-appropriate apps, games and programs to guide you in making the best choices for your children.
- **It’s OK for your teen to be online.** Online relationships are part of typical adolescent development. Social media can support teens as they explore and discover more about themselves and their place in the grown-up world. Just be sure your teen is behaving appropriately in both the real and online worlds. Many teens need to be reminded that a platform’s privacy settings do not make things actually “private” and that images, thoughts, and behaviors teens share online will instantly become a part of their digital footprint indefinitely. Keep lines of communication open and let them know you’re there if they have questions or concerns.
- **Warn children about the importance of privacy and the dangers of predators and sexting.** Teens need to know that once content is shared with others, they will not be able to delete or remove it completely and includes texting of inappropriate pictures. They may also not know about or choose not to use privacy settings, and they need to be warned that sex offenders often use social networking, chat rooms, e-mail, and online gaming to contact and exploit children.
- **Remember: Kids will be kids.** Kids will make mistakes using media. Try to handle errors with empathy and turn a mistake into a teachable moment. But some indiscretions, such as sexting, bullying, or posting self-harm images, may be a red flag that hints at trouble ahead. Parents must observe carefully their children’s behaviors and, if needed, enlist supportive professional help, including the family pediatrician.

Click on this link to read the full article by Eleanor Goldberg Fox: [There’s evidence that high levels of screen time in preschoolers may hinder brain development](#)



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Save money – Label your belongings.

- Windcheaters
- Jackets
- Coats
- Hats
- Lunch boxes
- Drink containers



Please check the lost property boxes if you have missing uniform pieces.



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Remembrance Day commemorated at Avondale Primary

Imogen and Kevin, our school captains read the following report to students at 10:55 on Monday 11th November

Good morning everyone,

Could we please have your attention for the next couple of minutes as we hold a brief Remembrance Day ceremony.

At 11.00am on 11 November each year, people from countries around the world pause to commemorate Remembrance Day, the anniversary of the day that the fighting ended in the First World War. Today marks the 100th anniversary of this event.

After World War 2, the name was changed from Armistice Day to Remembrance Day, to remember the loss of Australian lives from both World Wars. Today, Remembrance Day remembers the loss of Australian lives in all wars and conflicts.

Last Friday the student leaders from our school attended a special ceremony at the Keilor East RSL where we were able to lay a wreath on behalf of the students of Avondale primary School.

We are now going to read *The Ode of Remembrance* which is from the poem, *For the Fallen* by Laurence Binyon. After the Ode we would like students to show respect by remaining silent for one minute until the bell rings.

*They went with songs to the battle, they were young,
They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun, and in the morning,
We will remember them.*

Thank you everyone. Poppies are on sale at the office at the beginning of recess and lunch today.





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November - December Diary

November

- Thurs 14 2020 Prep Transition Session #1 – 9:15-10:15am
- Fri 15 Grade 3/4 campers return
- Grade 2 Stay Late Night
- Second Hand Uniform Sales 8:30-9am
- Mon 18 - Fri 29 10 day Swimming Program (selected students only)
- Tue 19 School Council Meeting 7:30pm
- Thurs 21 Selected Music Students to visit Ron Conn Centre
- 2020 Prep Transition Session #2 – 9:15-10:15am
- Fri 22 & 29 Second Hand Uniform Sales 8:30-9am

December

- Wed 4 Prep Zoo Excursion
- Thurs 5 Music Concerts: 3/4A & B and 4/5A
- Fri 6th Junior Athletics Day
- Tue 10 Transition Day for new students Yrs. 1-6 in 2020 and Year 6 Orientation Day
- Wed 11 Parent Helpers Morning Tea
- Thurs. 12 Music Concerts: 1/2A, 2A & 2B, 3/4C & 3/4D and 5/6s
- Fri 13 Student End of Year reports emailed home **Do we have your email address?*

Dear Parents and Students,

The library will start the annual stocktake soon, Liz Oruba (Library Technician) would appreciate the return of the borrowed library books in the following order:

- **Non-fiction Books** due back **Friday 29th Nov.**
- **Fiction Books** due back **Friday 6th Dec.**
- **Picture Books** due back **Friday 13th Dec.**



*Please note, borrowing from the library will cease
From Friday 29th November 2019.*





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Pupils of the Week – Awarded Friday 8 November

Prep A – Levi K	One A – Mason G	3/4 A – Amiri M
Prep B – Johnny G	One B – Aleen M	3/4 B – Andrea M
Prep C – Bradley F	One C – Zoya K	3/4 C – Seth R
Prep D – Natasha A	Two A – Cooper K	3/4 D – Portia M
	Two B – Saketh N & Rebecca N	
	1/2 A – Neel B	
4/5A – Bronte A	5/6 A – Delcine L	5/6 B – Sofia T
5/6 C – Andrea P	5/6D – Lillian L	LOTE – Mariana (5/6D)

Book Reviews –Treasured and Tried

Wombat Devine. Written by Mem Fox, Illustrated by Kerry Argent.

A unique Christmas story set in Australia. No snow, no pine trees but rather Australian animals. Wombat is finally old enough to participate in the yearly nativity play. He auditions for every role, Wise man, Angel, Shepherd, Mary, Joseph, Innkeeper, but for each he has a problem. Which role will be right for him? We see a positive and encouraging refrain after each page, “Don’t lose heart. Why not try for a different part?” There is one perfect role for him. Can we guess? A delightful ending! Perfect for 4 to 8 year olds. By

Liz Oruba



Attachments:

- *Welcome to Compass A guide for parents and families (PDF)*

I hope you have a great week.

Paul Mulroyan.