



Achievement, Confidence & Pride

NEWSLETTER #20 – Friday June 25, 2021

Hi to our Avondale Community,

Celebrating student achievement with families through our Semester One Reports and Parent Teacher Conferences this week has been a highlight of Term Two. Early next term, we will send out a survey to gain feedback from our families about our new reporting format.

Thank you for your support during the COVID-19 restrictions. It has been great to see how well our students have adapted to pick up and drop off arrangements, as their independence has grown. These arrangements will continue into Week 1 of Term Three and we will review and communicate any changes for Week 2.

Thankyou to 5/6A for sharing their Lockdown Laughs, a book they created to demonstrate their positive mindset through challenging times. Here are two to make you laugh.

What do you call a fake noodle?

A. *An Impasta!*

The more you leave behind, the more it follows you. What is it?

A. *Footsteps*

Our Foundation students have also shared their learning with us, engaging in watching a video of the unicorn/tiger playing with blocks, reading books in the reading corner and playing with toys on the tables. They drew a picture and wrote about the unicorn/tiger’s adventures in our

classroom. See their creative responses below.

PREMIER’S READING CHALLENGE

Students at Avondale Primary have a challenge to complete over the holidays. To date, our students have finished reading a total of **321** books.

Can we double that number over the holidays?

I look forward to sharing our new grand total in Week One of Term Three.

WELLBEING SUPPORT FOR STUDENTS DURING THE SCHOOL HOLIDAYS

The Department of Education has provided a guide with tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed. Please read the guide and access the resources as required.



Mrs Jill Benham Principal

Mr Joe Scarfo Assistant Principal

On Tuesday night a unicorn/tiger came to visit our Prep classrooms! It left behind streamers, glitter and a note on our whiteboard. We had quite a surprise when we came into the classroom the next morning.

'Why is our classroom so beautiful?' Elijah Prep C

'Did the unicorn fly into our classroom?' Mira Prep C

'How did the unicorn get into the classroom?' Aaron Prep/1

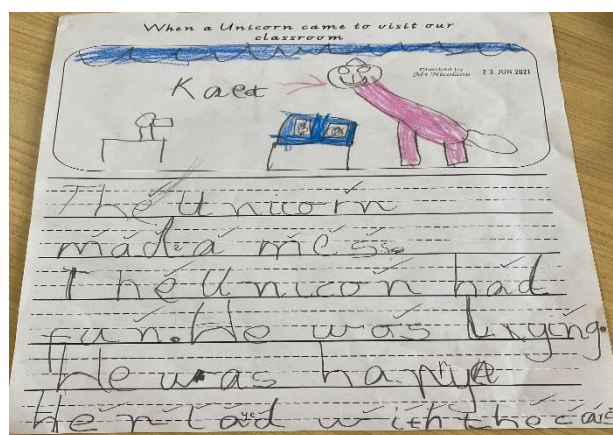
'A tiger came to our class and made a big mess!' Ajay Prep A

'I thought fairies spread the glitter so was surprised to see a tiger!' Elke Prep A

'I was surprised! I have never seen a tiger make such a big mess!' Cora Prep A

"She is not even real" Jaya Prep B

"The unicorn liked our classroom" Selina Prep B



Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

- Exercise boosts mood and mental health – make it fun!
- Eating healthily to improve mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk – and remember they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: mindfulness resources and activities for senior secondary students: Smiling Mind gives tips on self care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2 3}

¹ headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

² headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

³ headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>

Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

Mental health support

- **Your local GP**
- [headspace Counselling](#): Victorian Government secondary school students including those who have just finished schooling can access **counselling services from headspace**. During the holidays, students can self-refer by calling their local headspace centre. Students can self-refer by calling their [local headspace centre](#).
- **eheadspace**, online and phone counselling for young people aged 12 to 25 and their families: [1800 650 890](tel:1800650890) www.headspace.org.au/eheadspace
- **Kids Helpline**, online and phone counselling for young people aged 5 to 25: [1800 551 800](tel:1800551800) www.kidshelpline.com.au
- **Lifeline**, crisis support and suicide prevention for all Australians: [13 11 14](tel:131114) www.lifeline.org.au
- **Beyond Blue**, online and phone support service for individuals experiencing depression and anxiety and their families: [1300 224 636](tel:1300224636) www.beyondblue.org.au (including [translated resources to help parents and families support young people's mental health](#)).
- **Head to Help**, digital mental health resources from Australian organisations: [1800 595 212](tel:1800595212) www.headtohelp.org.au/
- **Suicide Call Back Service**, online, phone and video counselling for anyone affected by suicidal thoughts: [1300 659 467](tel:1300659467) www.suicidecallbackservice.org.au
- **contacting 000** if you are in an emergency, or at immediate risk of harm to yourself or others.

Family violence support and resources

- **Safe Steps**, support for anyone in Victoria who is experiencing or afraid of family violence: [1800 015 188](tel:1800015188) www.safesteps.org.au

- **1800RESPECT**, sexual assault, domestic family violence counselling service (including [information in 28 different languages](#)): 1800 737 732 www.1800respect.org.au
- **What's okay at home**, a domestic violence resources centre: www.woah.org.au
- [Family violence support](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

Mental health resources

- [Mental Health Toolkit](#): contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
- [Raising Learners Podcast Series](#): providing expert advice/information to parents/carers on topics including how to keep your child safe online.
- [Understanding mental health – fact sheet](#) (Orygen)
- [Learn how to handle tough times](#) (headspace)
- [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)

CONGRATULATIONS TO OUR STUDENTS OF THE WEEK

Week 10 - 25/06/2021

Foundation A	Ajay for taking on feedback about his writing and presenting a wonderful piece of writing about the day a tiger came to visit Prep A.
Foundation B	Chloe J for being a kind and awesome member of Prep B! Good luck in Sweden.
Foundation C	Ishi for making a thoughtful prediction before reading a story.
Foundation/1A	Ryan for his fantastic effort at writing extra detail in his recount writing.
1A	Aryan for finding a number of solutions when problem solving in mathematics. Amazing work Aryan.
1B	Enrique for his focussed approach to writing and doing his personal best.
1C	Inaya for confidently retelling a fiction text including all the important events. Great job Inaya.
2A	Ramiro for taking initiative and organising himself for school.
2B	Harry for his continual best efforts and always being a great role model.
2C	Avneet wonderful improvement in spelling oxford level. Jessica wonderful improvement during term 2.
3/4A	Vivian for being able to measure angles.
3/4B	Stella for putting in 100% effort into her spelling, you have achieved amazing results this term. Well done!
3/4C	Sahasra for being a positive and supportive member of 34C!
3/4D	Olivia for her effort & progress in maths this week and starting to trust that she's GOT THIS.
3/4E	India for her enthusiastic & positive attitude towards all her learning.
3/4F	Isabel for her excellent completion of work across the curriculum throughout the semester.
56A	Andy
5/6B	Ava for her excellent leadership skills and dedication to furthering her learning.
5/6C	Taj great improvement in subtraction.
5/6D	Mason for approaching his studies with an excellent attitude.
ART Ms Farrell	Seven (1C) for exploding with creative ideas!
ART Ms Portelli	Kevin (56A) his exceptional oil pastel drawing and colour blending of the rock formation "the Olgas"
ITALIAN Ms D'Amico	Gergia R (P1A) Fantastic singing and dancing in Italian.
ITALIAN Mrs Oliveri	Kaden (56A) for setting a high standard in class.
PE	Alessandra (34F) Amazing striking in T-Ball



FREE Tennis Clinic*

Learn technique & strategy
Get involved with matchplay & have fun
Learn to play & make friends

Limited spots available
To book a place, contact Gabriel

Date: Wednesday 30th of June
Time: 9.30am - 11.30am
Venue: Kensington Banks Tennis Club
Smithfield Rd Kensington

*Program is free for new participants only



ACEFUNTENNISCHOOL.COM

Gabriel 0418 178 328



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Get involved with matchplay & have fun
Learn to play & make friends

Limited spots available
To book a place, contact Gabriel

Date: Thursday 8th July
Time: 9.30am - 11.30am
Venue: North Park Tennis Club
Flemington Rd Parkville

*Program is free for new participants only



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Gabriel 0418 178 328

