



Achievement, Confidence & Pride

NEWSLETTER #25 – Friday September 17, 2021

Hi to our Avondale Community,

Term three has come to an end, with our students demonstrating a sense of community, representing a range of sporting codes and colours during our Live sessions today, with the AFL and Rugby Grand Finals just around the corner.

‘We are in this together’ has been highlighted throughout Term Three, with our students, families and all staff at Avondale Primary demonstrating persistence and resilience alongside of confidence and organisation. I would like to thank you all for your commitment to attendance, wellbeing and teaching and learning each day.

As Term Four arrangements are clarified in the coming week/s, we will continue to focus on attendance, wellbeing and the continuity of teaching and learning, whether on-site or through flexible and remote learning. We will continue to keep you updated with Government announcements and DET guidelines through Compass so our community have clarity for day one of Term Four, Monday October 4.

WELLBEING APP - SMILING MIND

Mindfulness has been one of our wellbeing focuses this term, exploring ways to pay attention to the present moment with openness, curiosity and without judgement.

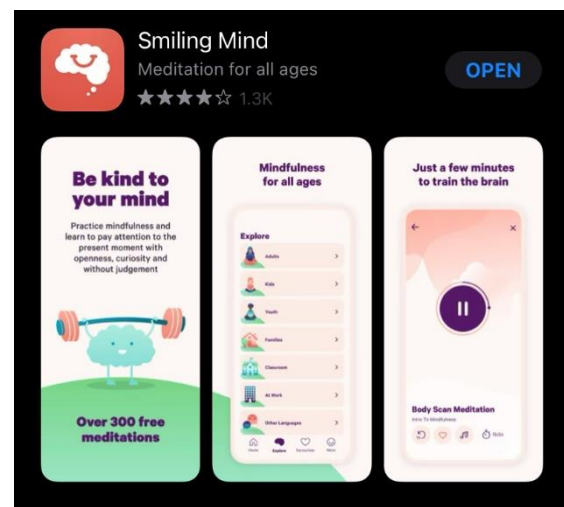
The Smiling Mind app is a FREE mindfulness meditation app developed by

psychologists and educators to help bring balance to your life. Smiling Mind programs are designed to be used for just 10 minutes per day and pause, imagine and create.

Smiling Mind have collaborated with BIC and some Australian artists to help you discover how to support your mind through creativity. Information that can be found on the website, including interviews with the artists are further in the newsletter for you to try at home:

- Create Mindful Moodles with Ben Sanders
- Create a Mindful Journey with Candy Ng

Check out the website over the holidays <https://www.smilingmind.com.au/> and download the free app.



VACCINE AVAILABILITY FOR STUDENTS AGED 12 – 15

As part of the COVID-19 vaccination roll-out, from Monday, 13 September, everyone aged 12 and over is now eligible to receive a COVID-19 vaccine. Victorians aged 12 years and older are eligible to book and receive their COVID-19 vaccine at a state vaccination centre, Commonwealth vaccination centre, participating GP clinics, pharmacies and community health services.

Vaccination is not mandatory, but it is highly encouraged. Getting vaccinated is the best way you can protect your child, your family and our school community from further outbreaks and the spread of COVID-19.

The Victorian Government's aim is to provide an opportunity for all children aged 12 years and older to receive at least one vaccine dose by the end of the school year

How to book an appointment

Bookings for a Pfizer COVID-19 vaccine can be made for children aged 12 years and older via state vaccination centres, Commonwealth vaccination centres, GP clinics, pharmacies and community health services [Australian Government Eligibility Checker](#).

You can book or change a vaccination appointment at a state vaccination centre through the Victorian Government's [COVID-19 vaccine online booking system](#).

For information on what to bring to a vaccine appointment please visit [Checklist: before your COVID-19 vaccination](#).

Engaging with our local community

There are a number of flyers at the end of this newsletter, promoting engagement in a range of local clubs and sporting venues.

Please take the time to consider these when lockdown restrictions ease.

We take this opportunity to celebrate student learning through Flexible and Remote Learning. Please check out the fabulous learning our students have been sharing with us throughout the last fortnight.



Have a safe and relaxing break over the school holidays. We look forward to seeing you on-site or for Flexible and Remote Learning on Monday, October 4. Included in this newsletter are two task boards that you might like to explore over the holidays.

Remember, we are in this together and together our community can do this!

Mrs Jill Benham
Mr Joe Scarfo

Principal
Assistant Principal

FLEXIBLE AND REMOTE LEARNING HIGHLIGHTS

GRADE 1 PLC:

Today's activity:

Emotion Scavenger Hunt:

- Can you identify objects around your house/classroom/in nature that represent how you are feeling?
- Draw and label.



Jake 's (1A) teddy makes him feel loved and happy.

Foundation - 2 #weallbelong

Learning Intention: We are learning to use a mind map as way of representing what being inclusive at APS means

Success Criteria:

- I can look at a picture prompt and brainstorm words about what inclusion @ APS looks/sounds/feels like
- I can record words about inclusion and illustrate pictures to match
- I can reread and edit my mind map
- I can publish my piece of writing and share it with my class/the community.

Learning Task:

During our live session we will look at the picture prompt of the APS Friendship chair as a class and listen to the story *You are Enough* read by Mr Scarfo.

Together we will brainstorm words about inclusion and create our own minds map with words and pictures.



Pearl 1A writes that inclusion is "love, kindness and [that] it's ok to be different"



Eloise 1A writes that inclusion is "together, helping others, add[ing] others."

GRADE 2 PLC:



2A - Chloe D made herself a safe space on 'R U OK? Day' with all of her favourite things.



Quinn P from 2A made a poster for R U OK day for people to see walking past her house.

Footy Frenzy Matrix

A matrix to celebrate any footy event - AFL or NRL grand finals, the Women's League, plus more!

<p>Create a new theme song, lyrics and music for your favourite AFL or NRL team.</p>	<p>Create a drills routine to practice and fine tune essential skills.</p>	<p>Compare and contrast women's and men's leagues. What is similar and what is different? Why is this the case?</p>	<p>Write a journal article previewing the AFL or NRL Grand Final. Be bold and make a prediction!</p>
<p>Sit with your family and watch a game of footy wearing your favourite team colours.</p>	<p>Write a letter to your favourite team or player explaining why they are your sporting hero.</p>	<p>Design and create a new jersey for your favourite women's footy team. Think about the design, colours, shapes and key symbols.</p>	<p>Find out what social cause and/or community work your favourite club is committed to supporting.</p>
<p>Explore the roles of people who support the club including coach, sports psychologist and physiotherapist.</p>	<p>Design and make a footy themed magazine. What articles will you include, player profiles and statistics?</p>	<p>Find a local club and see if you can get involved. Maybe you want to play or just volunteer?</p>	<p>Host a footy themed celebration for your family. Think about decorations, food and activities you can do.</p>
<p>Learn about the celebrated history of Aboriginal and Torres Strait Islander players.</p>	<p>Create a data card for the season on your favourite player or team. How many tries, conversions etc.</p>	<p>Make a fantasy team with the BEST football team of all time. Compare it with a friends. Could you trade some players?</p>	<p>Make a Footy Banner to celebrate a milestone or include a brief motivational message.</p>

EMPOWERING LEARNING TOGETHER

This activity can be freely used by educators or families. Resource created by Empowering Learning Together

School Holiday Matrix

This matrix can be shared with students and families to complete over the school holiday period - a chance to create memories at home!

<p>Have a backyard picnic! Get out your picnic rug and favourite picnic foods. Maybe theme the event!</p>	<p>Build an obstacle course in your backyard or house. Time your family members to see who can finish it the quickest!</p>	<p>Make a cubby using blankets and pegs and hang over your clothes line or over your dining table!</p>	<p>Build a new planet out of Lego. Create an alien or animal to live there.</p>
<p>Challenge yourself with an Hour of Code challenge on Code.org.</p>		<p>Hide something in your backyard, and create a treasure map for a family member to follow!</p>	<p>Learn to cook something. Read a recipe and then make a delectable delight to share with your family.</p>
<p>Share a phone call or video chat with a friend. Talk about why you like each others' company so much.</p>	<p>Design and make shadow puppets. Put on a twilight puppet show. Create a poster, write a story and pick some snacks for your event.</p>	<p>Research and plant some native flowers to bring mini beasts, butterflies and bees to your garden.</p>	<p>Watch some Little Penguins TV with your family at sunset.</p>
<p>Create your own scavenger hunt and go for a walk. Look for animals, cars, colours, flowers or something else of your choice!</p>	<p>Paint, draw or photograph a garden or landscape. Think about colours and composition.</p>	<p>Mystery Box Challenge! Use recycled materials to create a futuristic animal, vehicle or home.</p>	

EXPLORE MINDFULNESS THROUGH CREATIVITY WITH SMILING MIND

Create Mindful Moodles with Ben Sanders

TIP — Explore your moods and create your own characters in the shapes below. They can be happy, sad, excited, cranky. The choice is yours!

[Check out Ben's tutorial here!](#)

MOODLES
Doodle your moods!

Be Messy!

Start with some basic shapes.
No need to be neat.
Go where your scibbly hand leads.

Be child-like.

There's no such thing as a bad idea!
Don't listen to your critical adult mind...
...perfection is over-rated!

Draw your emotions.

Get your emotions down on paper.
If it helps, look at your expressions in a mirror.

Stay Loose!

Don't lighten up
as you detail your drawings.

Add Extras.

Add some fun accessories.
Enjoy sketching the details.

Know when to Stop!

Finish while the going is good.
Be satisfied with your amazing efforts.



Activity Template



My MOODLES

Let's start with some basic shapes that outline the bodies of your characters.



Create a Mindful Journey with Candy Ng

Put your feelings and thoughts on paper, to create a piece that is unique to you. This self-awareness activity will help you create your own personal visual journey and focus on your goals.

1

Pick a colour palette, choosing a few colours that you are drawn to.

2

You can warm up your hands by colouring in some trees, words and doodling some of your favourite shapes and patterns on the page.

3

The first step is to draw a simple 'Self Portrait' Focus on some of your favourite features of yourself. Make it quick and simple.

4

The second step is to think of something that inspires you. It could be someone or something, use your imagination!

5

The third step is finding yourself 'A Challenge!' This is something you would like to work on such as finding time to meditate or going to bed earlier. Try making a little list first, so you have some options to choose from!

6

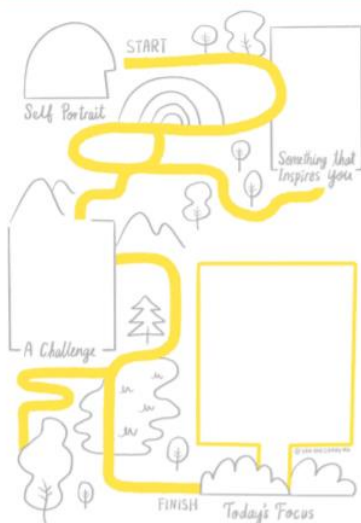
Let's finish by choosing a 'Focus for Today!' Simply jot down a message to yourself as a kind reminder. The best way to prepare for this exercise is by brainstorming anything that comes to your mind, and from there you pick the one that is of the highest priority.

TIP — For your letters, you can try to apply pressure to create thick lines on your downstrokes and then ease up on the pressure as you create your upstrokes. Or else outline your letters and colour them in using the marker.

[Check out Candy's tutorial here!](#)



Activity Template



CONGRATULATIONS TO OUR STUDENTS OF THE WEEK

Week 10: Monday 13th - Friday 17th September

GRADE	STUDENT NAME	AWARDED FOR
Foundation A	Whole class	For their outstanding effort, resilience and persistence during remote and flexible learning. Well done Prep A!
Foundation B	Josie D	For taking on feedback and applying it to her writing. Amazing work Josie, keep it up!
Foundation C	Kevin Z	For using the 5 senses to write detailed sentences with lots of great adjectives. Well done!
Foundation/1	George M	for his fantastic effort at using descriptive language to describe his imaginary pet and focusing during our small group writing lesson.
1A	Christine A	For her appropriate use of Teams and positive mindset during Lockdown 6.0 in Term 3, 2021. I am so proud that you are trying our personal best
1B	Dominic C	For always filling his classmate's buckets by writing positive and encouraging comments about their work.
1C	Oscar D	For sharing his ideas during live sessions and taking on feedback given on submitted work. Great work Oscar!
2A	Sophia F	For keeping a positive attitude through remote learning and always being there to help her classmates.
2B	Dean T	For completing an amazing Reading Task on 'Beyond the Text/In my Head' Questions, with beautiful handwriting and setting out! Well done, Dean!
2C		
3/4A	Whole Class	For being resilient and persistent during lockdown 6.0. I am so proud of you ALL!
3/4B	Abigail K	for your amazing procedure on How to make a drama video. It was outstanding!
3/4C	Rebecca N	For your well-structured and presented narrative 'Don't Let Go'
3/4D	Will W	For engaging and sharing his presentation using a clear and confident voice.

3/4E	Othniel S	For his improving his organisational skills. Thanks for your consistent effort during remote learning.
3/4F	Sienna P	For delivering a great procedural video of 'How to make a bed' to the class. Well done!
56A	Aysel R	For contributing enthusiastically to all team meetings and making great test to self-connection
5/6B	Hayden	For continually revising and editing his writing based on feedback to improve the quality of his picture book.
5/6C	Jaiden N	For great participation in reading and writing activities.
5/6D	Yianni P	For making a great effort to complete his learning tasks during the term.
PE F-2 Mr Cleary	Jenson 1C	For keeping fit at home and riding his cool bike!
PE 3 - 6 Mr Cleary	Victoria V 34A	For keeping fit and doing her best during online learning.

Week 9: Monday 6th - Friday 10th September

GRADE	STUDENT NAME	AWARDED FOR
Foundation A	Poppy B	For always contributing to class discussion and showing a positive mindset towards her learning!
Foundation B	Maximus P	For working hard with all tasks whilst learning on-site.
Foundation C	Hajra A	For writing an interesting 'Who Am I?' about a shark and including adjectives in her clues.
Foundation/1	Anouk. M	For confidently contributing to discussions and being an attentive listener during online learning.
1A	Jake A	for working hard in maths and for having a go at extension tasks too Jake. Super work!
1B	Arya S	For confidently contributing to classroom discussions and for being an attentive listener.
1C	Fia C	For confidently asking her peers questions during Show and Share sessions. Great job Fia!
2A	Chloe D	For always participating in a positive way in our live sessions and keeping a fantastic attitude through remote learning. Well done, Chloe!

2B	Layla C	for producing a fabulous persuasive writing piece on why learning from school is better than learning from home. Well done, Layla!
2C	Violet P	for challenging herself with her writing tasks this week. Keep up the great work!
3/4A	Vivian L	<i>for always asking for assistance when she doesn't understand something. Well done!</i>
3/4B	Audrey K	For taking on teacher feedback to make improvements in all areas of her learning. You are learning so much, well done!
3/4C	Mia M	For being such a positive and supportive member of our class.
3/4D	Nathan L	For your effort and growth this term to smash your goal of explaining and justifying your thinking.
3/4E	Milla L	For persisting and overcoming obstacles to complete work tasks during remote learning.
3/4F	Maneli G	For responding to teacher feedback and improving her literacy and numeracy tasks this week.
5/6A	Chloe D	for being a conscientious worker who always tries her best
5/6B	Ava. S	For always contributing positively to class discussions and helping her peers navigate online materials.
5/6C	James V	For his supportive comments in our RU OK discussion.
5/6D	Charlotte	For asking lots of questions and working so well on her maths tasks.



Avondale Heights Cricket Club ~ Season 2021/2022

AHCC this year, will field an U10, U12 & a new U14 team.

The season will commence Friday October 8th, with training to commence Tuesday & Wednesday early evening, early September.

Please keep an eye on our Facebook page for updates:

Avondale Heights Cricket Club

Head over to www.playcricket.com.au to register.

- U10 - \$130
- U12 - \$160
- U14 - \$160

(Note, U12 & U14 will have a weekly umpire fee built into their fees).

For further information on the season, please contact:

- Dean Campbell – 0431 924 968
- Michael Moretti – 0412 472 333
- Shannvn McLeod – 0401 396 420

Uniform

AHCC Hat - \$12

AHCC Shirt - \$15



EAST KEILOR CRICKET CLUB ARE LOOKING FOR JUNIORS TO JOIN THIS SEASON



BOYS & GIRLS, COME JOIN IN THE FUN AND PLAY CRICKET

FRIDAY NIGHT MATCHES - U10, U12, U14, U16

GIRLS U12 WEDS NIGHTS – GIRLS U14 MONDAY NIGHTS

MATCHES DUE TO START OCTOBER – MARCH 2022 (TBC)

(NO MATCHES PLAYED OVER X-MAS / SUMMER BREAK)



REGISTER ON PLAYCRICKET WEBSITE

FOR ANY QUERIES CONTACT DONNA: 0422167207



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LOCATIONS: Kensington Banks TC Smithfield Rd • North Park TC Flemington Rd
Gladstone Park TC 18 Elmhurst Rd • St Matthews TC 95 William Rd

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 SEASON STARTS
 OCTOBER

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