



Achievement, Confidence & Pride

NEWSLETTER #27 – Friday October 29, 2021

Hi to our Avondale Community,

Throughout the first two weeks of Term 4, we have continued on our Flexible and Remote learning journey, with staff planning a range of learning experiences to engage all students. Live teaching sessions continue to be a highlight for staff and students, connecting on the screen and setting up engagement in learning.

100 DAYS OF SCHOOL

Our Foundation students and staff were so excited last Wednesday as they entered the school gates. We had to look twice to see if it really was our Foundation students, as they had seemingly added about 95 years to when they left school on Friday. The photos below tell a great story. Thank you to our Foundation Teachers for engaging our students in learning all about 100 and for our families for supporting this great day.

WORLD TEACHERS' DAY



Today, Australia celebrates and thanks the teaching profession on World Teachers' Day.

Teachers, with support from parents and carers, have ensured education continues

across the country this year, despite major challenges. It's reinforced the significant role teachers play in the lives of children and students, their families, and communities.

Today, Friday October 29, you can say a big thank you to teachers by posting a photo in your sunglasses on Twitter or Facebook, either on your own or with family or friends. Use these tags: #BrightFuture @aitsl

THANKYOU TO ALL OUR AMAZING TEACHERS FOR EVERYTHING THEY DO FOR ALL OF OUR AVONDALE COMMUNITY

CANTEEN

We will continue to keep you updated with Canteen arrangements. According to DET guidelines, we are currently unable to have volunteers in the Canteen. Without this support Di is able to provide a limited service.

The Canteen will be:

- open for Flexischool orders for **Foundation – Grade 2** students on **Thursday, November 4** and **Thursday, November 11**
- open for Flexischool orders for our **Grades 3 – 6** students on **Friday, November 5** and **Friday, November 12**

Please note, the canteen will be closed on closed on Monday, November 1 and Monday, November 8.

BE SUN SMART – NO HAT, NO PLAY

All students onsite need to wear a school hat to protect the face, neck and ears when outdoors. Peak caps and visors are not considered as suitable alternatives.

Students not wearing appropriate hats will be asked to stay in an area protected by the sun. At Avondale Primary School, students have access to sunscreen in classrooms. Students are also encouraged to bring sunscreen in their school bags to apply before recess and lunch time. If your child needs a new hat, please call the school office as we have a limited number of school hats available from the front office for \$10.



CURRICULUM DAY

We have our student free Curriculum Day on **Monday November 1**, with a focus on continuing our staff teaching and learning journey. We look forward to sharing our learning with you in the coming weeks.

To enrol your child/children or if you require any additional information, please contact Sonya on 0405529972.

SAFETY AT AVONDALE PRIMARY

Just a reminder with all students returning to onsite learning next Wednesday, to stay safe on our roads and when parking around our school. There is additional information included below, from the

Moonee Valley Council, which unpacks this further.

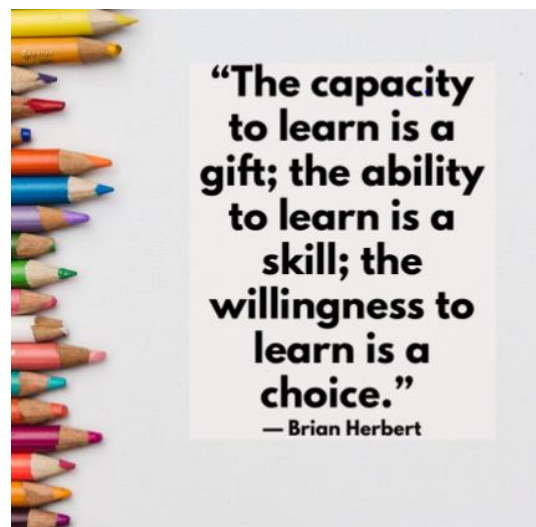
The traffic lights in Milleara Road, outside McDonalds, no longer has a crossing supervisor before and after school. Please be extra careful when crossing at these lights and ensure that traffic has stopped before you cross.

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, sporting venues and local businesses (masks for children)

Please take the time to consider these.

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



Mrs Jill Benham
Mr Joe Scarfo

Principal
Assistant Principal

100 + DAYS OF SCHOOL CELEBRATION!

Our Foundation students finally celebrated 100+ days of school/learning on Wednesday the 20th of October.

The day was filled with fun and exciting activities. The students dressed up as 100 year old people, created 100 year old self-portraits, played maths games and shared what they will be doing when they are 100 years old.

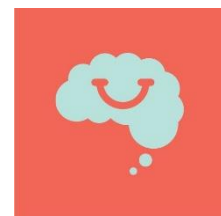
We want to congratulate our Foundation students on completing 100 + days of school. You have shown great resilience this year and your teachers are so proud of you all.



100 Days of School



MINDFULNESS How did your family go with using these Smiling Mind tips?



Smiling Mind have created some simple ways for our families to build mindfulness into every day. Remember to start small. Mindfulness is called a practice because you need to practise. Do your best to stick with it and observe the positive changes it has on your children, yourself and those around you.

1. Carve out time in your day to meditate

Finding and taking the time to sit down and incorporate meditation into your daily routine is the first step in your family's mindfulness journey. Taking a moment to pause, sit down and have mindful control of your breath is a great way to calm the nervous system and make you aware of your surroundings. Carving a short amount of time per day to do this is a step in the right direction. It can be as simple as taking three big sighs — and pausing after the third one. This is a simple technique that everyone in your family can use and it is a great tool to take forward into everyday life.



2. Create mindfulness routines before bed

Sleep is extremely important for growth, development and helping the brain function. It's a good idea to have family rules around phones and other electronic devices being switched off at a reasonable hour and kept out of bedrooms to encourage better sleep patterns. This is especially relevant for teens who more often than not are pulled into the virtual world of social media.



To help your child unwind at the end of a busy day, you could play a bedtime meditation and all meditate together. Settling their minds in this way will increase their chances of falling to sleep quicker and more deeply. It's also a great way to incorporate mindfulness into everyday life and for the whole family.

3. Make time to create quiet moments

It is important to create a feeling of quiet and calm in the home, allowing children to feel comfortable in their own company and lower the stress levels in their growing bodies. The fast-paced nature of modern life often means that hours on end are mindlessly spent scrolling and watching screens. Setting regular times where the whole house has "quiet time" involving the whole house consciously turning down the volume, switching off all digital devices and distractions. Moments like this encourage everyone in the family to have some time to just appreciate the moment and enjoy living.



4. Practice gratitude as a family

The past year has been a difficult time for us all, both across Australia and around the globe. With a constant news cycle of bad news, job losses and Coronavirus fears it can seem hard to find the positives around us. Despite all this turmoil, it is important to remember what we do have rather than what we don't and what we are grateful for in our lives. A good way to do this in the evening, sit down with your children and ask them to write down three things they are grateful for. Repeating this every night or once a week, will help your kids recognise the positives around them and feel secure and safe by the goodness in their lives. It can also be a nice experience for you to hear them share their stories and thoughts in an open way!



5. Connect to Nature

Spending time in nature and in the fresh air has immense benefits for us all. The fresh air, natural light and vitamin D help improve not only our mood but also allow us to become naturally more mindful. You could try a picnic in your back garden, a walk around the park or a visit to the beach.

A fun and mindful activity can be to ask your children to find objects in nature that have different qualities and textures (e.g. smooth, rough, nice smell) using their senses to engage in the present moment.



Children's masks age 4-10



Age 11-12
Adult small
sizes are
available
Message
Megee for
details or
check social
media for
pictures of
sizing

MEGEE'S MASKS



CONGRATULATIONS TO OUR STUDENTS OF THE WEEK

Week 4: Monday 25th - Friday 29th October

GRADE	STUDENT NAME	AWARDED FOR
Foundation A	Roy N	For his improved reading skills! Keep up the great work!
Foundation B	Jaya T	For his excellent retell of Goldilocks and the Three Bears. Keep up the awesome writing!!
Foundation C	Quinn C	For showing persistence when solving subtraction problems. Well done!
Foundation/1	Maximiliano	For showing persistence when writing about a superhero named Jack
1A	Shelby	For being a curious learner and posing super wondering questions about "Light and Sound". Well done Shelby!
1B	Ava V	For the positive way she returned to onsite learning.
1C	Zack H	For confidently returning to onsite learning. Its awesome to see you always challenging yourself in your learning! Well done Superstar!
2A	Khadija K	Her neat and organised approach to all learning tasks. Khadija loves to help around the classroom too. Well done!
2B	Ella D	For producing a fabulous handwriting piece on our Inquiry topic: Light and Sound. Amazing job!
2C	Hayley C	For showing an improvement in her weekly spelling test. Well done, keep up the great work!
3/4A	Jack W	For being able to convert remainders in fractions and decimals confidently. Well, done Jack!
3/4B	Eleni K	For pushing herself to achieve her 'personal best'. Well, done Eleni you are smashing it!
3/4C	Arren P	Participating enthusiastically in our online meetings and being a positive member of our class!

3/4D	Harrison M	For demonstrating how much he has grown this year through completing quality pieces of writing and best effort during assessment.
3/4E	Milla L	For her fantastic explanation writing about COVID 19
3/4F	Venecia H	For producing an outstanding personal poem on how covid19 has affected our lives.
56A	Arad P	For accepting advice and continuing to strive to improve his work.
5/6B	Rima M	For demonstrating great expression, fluency and confidence when performing a script in front of the class.
5/6C	Hiyab T	A great performance in a class play.
5/6D	Taylan C	For listening attentively and asking clarifying questions.

Week 3: Monday 18th - Friday 22nd October

GRADE	STUDENT NAME	AWARDED FOR
Foundation A	Addi B	For displaying a positive attitude when returning back to onsite learning. Well, done Addi!
Foundation B	Lucah B	For his improvement of his letter and sound knowledge. Keep it up superstar!
Foundation C	Melorin G	For writing an interesting sentence about what she will do when she is 100 years old.
Foundation/1	Aaron C	For his improved reading skills and trying his hardest.
1A	Pearl B	For bouncing back into onsite learning with a growth mindset. Keep it up superstar!
1B	Alex T	For writing interesting facts about the Australian Owl.
1C	Sebastian B	For challenging himself to complete puzzles during learning through play. Well done Puzzle Superstar!
2A	Cara S	For showing resilience throughout our return to school and being there for her classmates. So proud of you Cara!
2B	Nicola K	For transitioning well on her return back to school and always trying her best! Well done Nicola!

2C	Lynton F	persisting and trying his hardest in all areas of his learning. Well done, superstar!
3/4A	Taylor Q	for extending himself to complete his set work as well as trying all the tasks in mathematics. What a huge effort! Well done!
3/4B	Xavier T	For consistently completing work to a high standard during remote and flexible learning. Well Done!
3/4C	Ethan H	Being such a positive and supportive member of our class!
3/4D	Lachlan H	For his resilience and work ethic. Always showing up and always giving his best effort.
3/4E	Sienna J	For her improved efforts during Flexible and Remote Learning
3/4F	Tyrone U	for persistence towards completing his numeracy and literacy tasks throughout flexible and remote learning.
56A	Jye S	for having a positive attitude to learning both onsite and at home.
5/6B	Malachi H	Tremendous improvement in the quality and amount of work produced during online learning this term.
5/6C	Joshua D	Consistently working hard at school.

Safety around schools

Providing safe school zones for all children



Keep children safe in a school zone by:

- walking or cycling to school to decrease traffic congestion
- adhering to the 40km per hour zone when travelling in an operated school zone
- checking the restrictions set by the regulations and parking signs in the area and abiding by them
- not stopping or parking illegally – these actions will be noticed and infringements will be issued by Council.

You should:

- always let your child out on the kerb side of the road
- never call your child from across the road – teach them to wait until you walk over to get them or to use the school crossing

- talk to your child about what they should do if you are not there on time.

A children's crossing is a legal crossing when two flags are in place.

Teach your child to:

- always stand one step back from the kerb
- wait for the Crossing Supervisor to go out onto the crossing and blow their whistle (two short blasts), then cross the road
- not ride bikes, bounce a ball, fight, muck around or run across the crossing
- always stay within the lines of crossing and walk in front of the supervisor (never behind them)
- always be alert and listen to what the Crossing Supervisor says.

9243 8888 | mvcc.vic.gov.au



Parking near a school.

- Do not park on or near a school crossing
- Do not double park and let your child out on the road.
- You cannot stay in the drop off/pick up zone for longer than two minutes or you will be issued with an infringement.

Make sure your child is waiting in the zone before you arrive

Infringements

Council regularly patrols schools as part of our School Crossing Program. Council will issue infringements to anyone who does not obey signs or regulations. Infringements can be affixed to the vehicle or posted to the registered owner of the vehicle.

Offence	Offence description	Fine
Stopped in a 'no stopping' area	Drivers cannot stop, even briefly.	\$182
Stopped in a bus zone	Only public buses can stop here.	\$109
Parked for period longer than indicated	This is when you have overstayed the time limit indicated on the sign.	\$88
Stopped in a parking area for people with disabilities	You need a special disabled parking permit to park here. The permit number and expiry date must be visible from the outside.	\$182
Stopping on or near a children's crossing	A driver must not stop on a children's crossing, or on the road within 20 metres before, or 10 metres after the crossing.	\$182
Stopped on a footpath	You cannot leave your car standing on a footpath, it obstructs the path of pedestrians and is also very dangerous.	\$109
Stopped on or across a driveway or other way of access	No part of your vehicle can be parked or stopped across a driveway or other way of access.	\$109
Parked/stopped on a nature strip	A driver must not stop on a nature strip as it can obstruct the view of oncoming traffic and cause damage to infrastructure.	\$109

Updated October 2021

Moonee Valley Language Line

العربية	Arabic	9280 0738	Ελληνικά	Greek	9280 0741	Español	Spanish	9280 0744
廣東話	Cantonese	9280 0739	Italiano	Italian	9280 0742	Türkçe	Turkish	9280 0745
Hrvatski	Croatian	9280 0740	Somali	Somali	9280 0743	Việt-ngu	Vietnamese	9280 0746

All other languages 9280 0747





National Relay Service 13 36 77 or relayservice.com.au

This publication is available in alternative accessible formats on request.

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Email council@mvcc.vic.gov.au    

mvcc.vic.gov.au



LEARN BALL SKILLS

- ♦ Easy to join, fun to play
- ♦ Inclusive program for all abilities
- ♦ Outdoors non-contact



JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
- Sign up now for your Starter Kit.
- Returning Junior Blasters score a Returner Kit with a ball, a backpack + one free add-on.



STARTER KIT



RETURNER KIT

MASTER BLASTERS

AGES 7-10 | 90 MINS | 6+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- For kids with basic cricket skills.
- Sign up now for your Master Blasters Kit featuring a drink bottle and cap!



MASTER BLASTERS KIT

HOW TO PLAY FOR FREE!

Eligible Victorian school students (K-12) are entitled to a \$200 Get Active Kids Voucher each year. Learn more at getactive.vic.gov.au/vouchers

JOIN YOUR NEAREST CLUB

ABERFELDIE STJOHNS CRICKET CLUB
TUESDAY 9TH NOVEMBER - 5.00PM
JULIAN SMITH

FAIRBAIRN PARK - ASCOT VALE
asjccjuniors@gmail.com
0415 385 023



 **Play Cricket**

OFFICIAL KIDS PROGRAM





Woolworths Cricket Blast,
Under 10s, Under 12s,
Under 14s, Under 16s



Aberfeldie St. Johns Cricket Club
IS NOW RECRUITING
Boys & girl of all
abilities!

We can offer:

- ✓ High-Performance Coaching
- ✓ A Friendly Atmosphere
- ✓ A COVIDSafe Environment
- ✓ Development, Sustainability, and Long-Term Success
- ✓ Top- Class Facilities at Fairbairn Park, Home of the Two Blues
- ✓ Senior Cricket Opportunities



Get in touch to find out more!



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facebook.com/asjcc



Mick D'Cruz

Junior Assistant Coach
0487 436 749



[aberfeldie.stjohns](https://instagram.com/aberfeldie.stjohns)



asjcc.com.au



We are a family-based club that values:

- Friendship
- Growth
- Fun
- Teamwork
- Success



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 Mixed, U12 Mixed, U14, U16
GIRLS U12 WEDS NIGHTS – GIRLS U14 MONDAY NIGHTS
MATCHES TO START Mid November – MARCH 2022 (TBC)
(NO MATCHES PLAYED OVER X-MAS / SUMMER BREAK)



REGISTER ON PLAYCRICKET WEBSITE
FOR ANY QUERIES CONTACT DONNA: 0422167207

(some Children may be eligible to receive up to \$200 each through Get Active [Victoria](#))



JUNIOR FOOTY STARS

2021 NOV & DEC PROGRAMS



GROUP TRAINING PROGRAMS



Participate in our small group training with up to 5 players and 1 Junior Footy Stars Coach. Even more exciting is that we come to you to run the program. Email us to find out more:

beau@juniorfootystars.com.au

Total Number of Players	Length of Session	Cost Per Player	Total Cost of Session
5 Players	1 hour	\$12.00	\$60.00
5 Players	2 hours	\$20.00	\$100.00
4 Players	1 hour	\$15.00	\$60.00
4 Players	2 hours	\$25.00	\$100.00



Stars Shine Program



Train with one other family member or friend and we come to you. Email Junior Footy Stars for all program information: beau@juniorfootystars.com.au

- One hour fun footy with a Junior Footy Stars coach
- Training with ONE other player & Coach
- Open to all players 7 - 12 years of age
- Cost of the program is \$29.99 per player

For additional information, contact beau@juniorfootystars.com.au