



Achievement, Confidence & Pride

Thursday, 3rd September 2020.

Dear Parents and Carers,
Congratulations to all Preps and their parents on reaching **100 days in prep.**

Thank you

The feedback provided by Prep families was really appreciated. We will use it to review the Prep/Foundation Transition Process. Also a big thank you to the students who completed the Attitudes to School Survey. That data will be collated by the Department and returned in a format that allows the school to measure progress and highlights areas for improvement.

Health and well-being.

As teachers and parents we all have to juggle many competing demands in our daily lives, especially in a time such as this. In challenging times we can easily put other people's mental health and wellbeing needs ahead of our own. However, it is important that we take the time to prioritise our own mental health and wellbeing, for the benefit of our children, colleagues and that of the whole school community. This is something staff have been looking at over the past week or so.

We have been reminded to take regular breaks away from the computer, to make sure we include exercise in our day and to establish a routine

A fun family activity

I encourage you all to get involved in the expansion of the Spoon Village initiated at the local Kindergarten. This is a fun activity that shows off the Avondale Heights community.

One Hundred Days of prep

The students had a great day of celebration in recognition of their 100 days of learning. Preps who attended school dressed as a 100 year old and many Preps at home joined in dressing up as you can see by the photos on the next page. During the day the students focussed on the number 100 and their writing task for the day was *'What will you be doing when you are 100?'*

New Build Update

Over the last few months we have developed an Asset Management Plan to ensure our building plans support our educational direction and long-term vision for the school. This plan helps to ensure the upcoming project supports both our educational directions and long-term vision for the school.

Our school has been allocated \$9.2 million in the 2020 State Budget. This will ensure that our school can prepare our students for opportunities in the 21st century and enable them to thrive.

We want to thank the Avondale PS community for their involvement and interest in the upcoming project so far. We are very excited about our upgrade and will continue to keep you informed as the project progresses.

Dr Bette Prange

Acting Principal

Inspirational Quote:

"The purpose of education is to replace an empty mind with an open one." – Malcom Forbes.



100 Days of prep

On Friday the 28th of August, the Prep children celebrated 100 days of school. The children participated in an online class celebration where they dressed up as 100-year-old people and played games with their classmates. The preps spent the rest of the day completing fun activities like making a crown and playing race to 100. We would like to thank parents for helping us make this day special. Congratulations preps on completing 100 days of school!

Prep Team







The Art of Isolation – Grade 1

Following on from the poem... Creativity is not cancelled either. Creativity is vibrant and strong amongst the Grade 1 artists.

This term, the art program and classroom interdisciplinary program have been woven together to explore 'What's Under the Sea?' It's been a great way to harness the mind and imagination to escape the confines of our walls. Grade 1, your enthusiasm for this topic, and for your learning, is inspiring!

In art, we have:

- ❖ created an underwater mixed-media collage, and in so doing, have learnt about the three layers of landscape: foreground, mid-ground and background. Isn't it amazing what you can do with a little food dye, salt and collage materials from around the house?
- ❖ created sea creatures using leaves, and
- ❖ explored printmaking (using the crayon transfer method) – this was a little frustrating given that many of us did not have access to the right materials. But the Grade 1's persisted and dealt with this limitation brilliantly.



Here's just a few of the beautiful artworks – I wish there was room for more! Mrs Farrell



Marcus



Natasha



Santiago

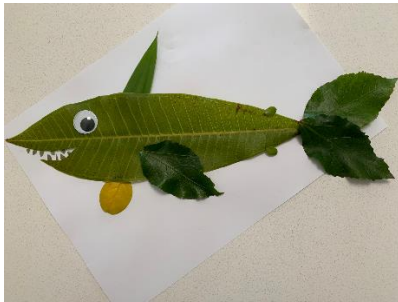




Elijah

Taylor

Billy



Sophia



Nicholas

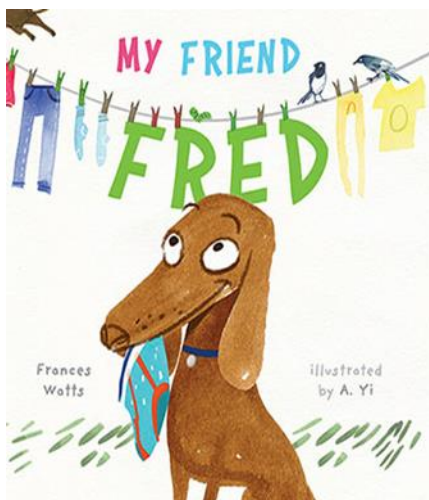


Ben

Book Reviews – Tried and Treasured

My friend Fred.

Written by Frances Watts and Illustrated by A. Yi



'My friend Fred' is a happy and engaging tale about an endearing dachshund named Fred. Told from the perspective of Fred's best friend who often has different ideas about Fred's likes such as sniffing trees and digging holes and dislikes such as climbing stairs. There are little hints along the way as to who Fred's best friend might be. All is revealed on the last page. The illustrations are beautiful textured water colours and the short sentences would easily engage most toddlers through to 6 year olds. *By Liz Oruba*



Saving (Y)our World instalment 20: Looking to the future 7: Carbon explained by: Morrigan R

Carbon dioxide (CO₂) is well known as a greenhouse gas fuelling dangerous climate change, but did you know that Carbon is also the basic building block of life and life on Earth would likely not be possible without CO₂ being present in our atmosphere? How can one thing be both? How can the gas that is causing us so much trouble be one of the reasons that there is even life on Earth? These questions will all be answered in this week's instalment of Saving (Y)our World.

Carbon dioxide is a greenhouse gas. But why is it called that? It is called a greenhouse gas because of the greenhouse effect. The greenhouse effect is a term used to describe how greenhouse gasses trap heat leaving the Earth and bounce it back to the Earth's surface. This is the same way that the glass walls and rooves of a greenhouse trap the heat leaving the greenhouse warming it up. Without greenhouse gasses, like CO₂, Earth would be too cold to support life. The greenhouse gasses in the atmosphere keep the temperature perfect on Earth, much like how inside the sealed-off world of a greenhouse, we keep plants in perfect growing conditions. However, the balance is delicate and changing the gas concentration in the atmosphere can have very severe consequences.

The effects of greenhouse gasses can be seen on other planets too, though only Earth's atmosphere keeps our planet at a temperature good for sustaining life. For example, the planet Venus has an atmosphere composed of 96.5% CO₂. The average temperature on Venus is 462 degrees Celsius! Venus was named after the Roman goddess of love because of its beautiful coloured atmosphere, but no one knew at that time how horrible the surface of Venus is! What Venus shows us is what can happen if there is too much of one greenhouse gas in a planet's atmosphere. It also shows us what can happen with a runaway greenhouse effect. So if you aren't interested in a 400°C day, I would advise that you be more careful about your CO₂ emissions. Make sure that you know that what you are using in your everyday life is the best regarding CO₂, and make sure you are vigilant about your carbon footprint (the amount of CO₂ emitted by your activities) and keep it as small as you can. Because 40° days are plenty hot in my opinion.

So, you have come to the end of this week's instalment of Saving (Y)our World. Be sure to join me next time for instalment 21 which will look at some of the other greenhouse gasses that are impacting on Earth's climate!

"We're running the most dangerous experiment in history right now, which is to see how much carbon dioxide the atmosphere can handle before there is an environmental catastrophe."
Elon Musk



Avondale Heights Community Spoon Village



We have created a Spoon Village garden next to the kindergarten, alongside the path from the car park. Children and teachers have decorated a wooden spoon each which is now on display in our Avondale Heights Community Spoon Village. Please feel free to add your spoon. Tell your neighbours and friends - the more the merrier!!! Let's see how big we can create our Spoon Village.

Come and visit on your walk, or on your way to go shopping.

You'll need something like a screwdriver to make a hole to put your spoon in the ground.

Thanking you,

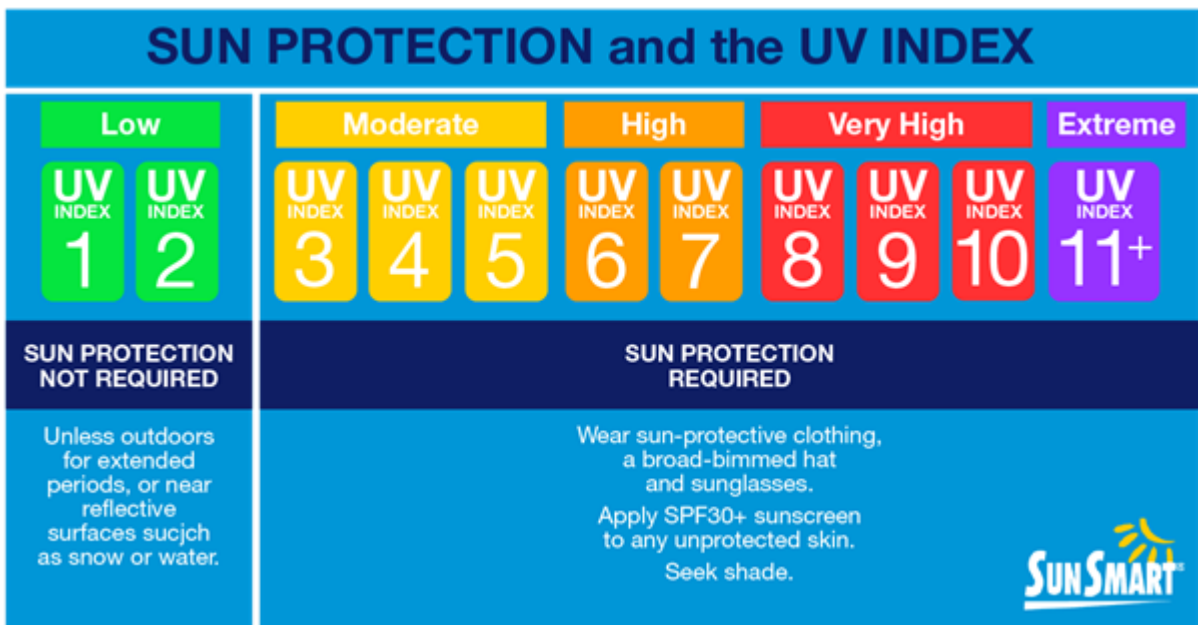
Avondale Heights Kindergarten children and teachers





Friendly reminder - sun protection times have already started

Although it may still be cold, Victoria’s UV levels are on the rise so please check the daily local sun protection times to see when you need to be SunSmart. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher in your location. At these levels, sun protection (hat, clothing, sunscreen, shade and, if practical, sunglasses) is recommended for all skin types.



So please remind your staff, children and families when outdoors, whether that be for the one hour of permitted exercise in metropolitan Melbourne or if you’re lucky enough to be allowed outside for longer, to check the sun protection times and use sun protection accordingly. For more information for families please check out <https://www.sunsmart.com.au/communities/parents>

Cancer Council Victoria