



Achievement, Confidence & Pride

NEWSLETTER No. 38- Thursday, December 3rd, 2020

Hello to our Avondale families,

The countdown continues – just two weeks of school left in 2020. My challenge to you all in the last ten school days is to see if we can demonstrate organisational skills to help us be on time to school, so we have minimal late passes distributed each day. We are seeing many students coming through the gates, putting bags on their lines and having time to play before the bell goes at 8.50am. At this time, all gates will be locked, except GATE 2, which will be left open for students to come through the front gate and collect a late pass from the Office.

STAFFING UPDATE

A BIG congratulations to Mr Boffa who has a position with Footscray Primary School for 2021, as an inaugural teacher of the Italian Bilingual Program. We thank Mr Boffa for engaging and immersing our students in the Italian language and we wish him all the very best for 2021.

STUDENT PLACEMENT

Avondale Primary is committed to meeting the educational needs of all students. Much thought, planning and time goes into ensuring we have balanced grades across the school to create the best possible learning environments. This structure is based on the professional judgement of staff, where every student's academic, social and emotional needs are considered.

REMINDERS

Please continue to label all hats, jackets, jumpers, drink bottles and lunch boxes and

remind students to bring all belongings home with them at the end of each day.

To ensure you receive your child's end of year report, could you **please check email addresses** and update where necessary through the **Compass Portal**. Reports are being emailed out to families on Friday December 11.

SAFETY CONTINUES AS OUR # ONE PRIORITY!

To ensure the safety of all students and families at Avondale Primary and respect for our neighbours, PLEASE DO NOT PARK in or across DRIVEWAYS or park in no standing zones. **Police and Local Council are continuing to ensure safety around local schools during student drop off and pick up times** so please be aware that where warnings have previously been issued, fines may now be given. **PLEASE PARK LEGALLY**, so our community is safe, even if it means parking a little further away from the Main gates and walking, enjoying the Summer sunshine together.

Mrs Jill Benham

Principal

THINGS TO REMEMBER

Tomorrow is a new day

Making mistakes is part of life

Saying 'no' is okay

Not everyone has to like you

Beauty & strength come from within

This week the grade 5/6 students participated in a webinar that was run by Moonee Valley Youth. The *Transition Well* workshop talked about healthy habits that students can try to improve their mental health, worries we may have about transitioning into grade 6 or high school, and helpful people and services we can turn to for support.

By Hiyab Tesfamichael and Xavier Dinh 5/6C

Information on ways that parents can support their child/ren with the transition from primary to secondary school can be found on the school website: <https://www.avondaleps.vic.edu.au/page/65/Secondary-school-transition-resources>

Grade 6 Transition insights from Dr. Michael Carr-Gregg

The 10 most important things that we should share with our children:

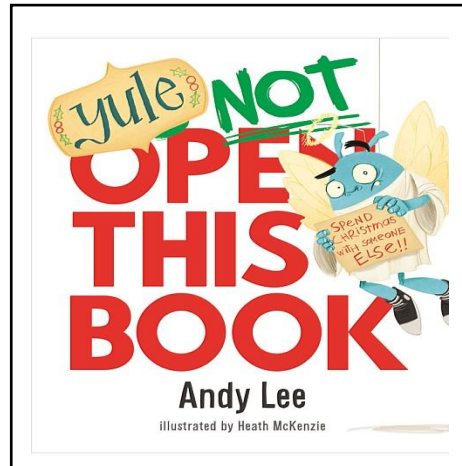
1. Mindset. See life as it is and focus on the good bits/ positive feelings which should be re-experienced on a regular basis. At the end of the day encourage your family to reflect and nominate 3 good things that happened during the day. Research found that after 21 days, one rewires their outlook. Three Good Things – A Happiness Journal (available on the App Store or Google Play)
2. If in life we cannot change something, we can always change the way we think about it. What is important is that we cannot choose what happens to us but we can choose how we respond to it, which has a massive impact on our wellbeing. One of the major findings is that resilience like anything else can be learnt. For example, speak loud your thoughts.
3. Recognise that your child's body and mind is connected and being active makes the whole body works better. Encourage physical activity and proper sleeping patterns.
4. If you want to feel good, do good! Positive psychology tells us that helping others also improve the wellbeing of the person who is doing the act. Giving connects us to other people, and build stronger communities and a happier society. This doesn't have to strictly involve money, it can also be time.
5. When we are together, everything is better. The greatest predictor of wellbeing is not good looking or money, but a rich repertoire of friends. Does your child have the skills to obtain, maintain and retain friends? When they make this transition to school, one of the key skills is the friendship skills and ability to make friends. The broader their networks, the better is their ability to build connections.
6. Mindfulness is about teaching children to push the pause button, learn to get in tune with their feelings and stop them dwelling on the past or future which they cannot manage. Take 10 to be Zen using Smiling Mind (<https://www.smilingmind.com.au/>)
7. A love for learning! Learning impacts the wellbeing of a Grade 6, exposes them crucially to new ideas, helps them to stay curious, gives them a sense of achievement and boost their self-confidence.
8. A sense of meaning and purpose. This leads to happier young people as they are in control and are able to get more out of what they do. Research shows that young people experience less stress, anxiety and depression especially when they feel connected to something than themselves, for example faith, having a role model, sporting club, etc.
9. Set achievable goals to keep them motivated, challenged and excited.
10. Comparisons! Social media has contributed to this and as a result young people compare their insides with other people's outsides. Due to this Grade 6s, find it more difficult to be happy and kind to themselves especially when things go wrong. Slide images from: Action for Happiness (<https://www.actionforhappiness.org/>)

For further information about practical skills to overcome challenges around transition, please visit <https://au.reachout.com/>

You can also find more information about Dr Michael Carr-Gregg and other relevant resources on his website <https://michaelcarrgregg.com/>



The last day for Avondale Primary School Library book returns is Friday 11th



Book Reviews – Tried and Treasured

Yule NOT open this book by Andy Lee

Wizz is preparing for a visit from Santa. He's been good but every time the page is turned more mess appears in his room. Is he getting naughtier and will this effect Santa's visit? Fearing the worst, Wizz goes into a mad cleaning spree hopefully in time for Santa's visit. This is Andy lee's fifth book in the series and I have to say, my favourite. All children from 3 to 10 will giggle along as Wizz gets himself in a flap in preparation for Santa.

Reviewed by Liz Oruba

TERM 4 – SCHOOL CALENDAR

DATES TO REMEMBER:

Friday 11 December	Student Reports EMAILED to families
Thursday, 17 December	Student's last day of school - students dismissed at 1.15pm
Friday, 18 December	Curriculum Day for staff

Saving (Y)our World instalment 31: Amelia Telford

By: Morrigan Raven

Welcome to my fourth influential figures discussion. In this instalment, we will look at the activist Amelia Telford, founder of the climate network called Seed. Let's learn more about her and what her organisation is doing!

Amelia is a Bundjalung woman who grew up on the north coast of New South Wales. Amelia initially wanted to be a doctor but after learning about climate change at school she started to become active in the Australian Youth Climate Coalition (AYCC). However, the more she worked within the AYCC the more she realised that Indigenous young people (like herself) were not being listened to about standing up for their Country. Indeed, she was concerned that "...the climate movement was being led by non-Indigenous people and people who weren't on the front line in terms of impacts." She wanted to do something about this and after finishing high school in 2012 postponed her university studies to create a program that was an offset of the AYCC, which is called Seed.

Seed is an Indigenous youth climate network that supports young Aboriginal and Torres Strait Islanders to fight for climate justice alongside the AYCC. The organisation works towards a fair and sustainable future powered by renewable energy with strong cultures and communities. On their website (<https://www.seedmob.org.au/>), they have information about their latest projects and opportunities to sign petitions on movements you agree with. Through Seed, Amelia hoped to create a whole network of young people all over Australia to stand up for Country and for sustainability.

Even though Amelia is now twenty-five, she still fights for young Indigenous people all over the country. She works in a busy office in Melbourne where she gives advice to young people who want to do something but don't know how. Amelia was awarded National NAIDOC Youth of the Year in 2014, Bob Brown's Young Environmentalist in 2015 and Australian Geographic Young Conservationist of the Year in 2015. Through these awards she is commended for her commitment to building a fair and sustainable future for everyone.

Although she is now an adult, Amelia has never stopped caring for her people and the environment. She continues to work to ensure that the climate change movement reflects a diversity of voices and encourages people to become involved. "It's not enough to wait for others to take a stand and for others to follow through...we have to look at what our own role is and get out there and start doing it." — quoted on the Australian Women's Trust website (<https://www.vwt.org.au/amelia-telford-is-sowing-the-seeds-of-climate-action/>)

Amelia is another wonderful example of a young Australian who is working hard to change our world.

"Climate change is one of the greatest threats facing humanity, but we also know it is an opportunity to create a more just and sustainable world." - Amelia Telford, Seed website



CONGRATULATIONS TO OUR STUDENTS OF THE WEEK



Week 9 - 27/11/2020

Prep A	Luka M
Prep B	Harvey K
Prep C	Rohan S & Ethan T
Prep D	Martina F

1A	Odessa E
1B	Aarush E
1C	Dante Q

2A	Luna S
2B	Lola D
2C	Shaylee B
2D	Isabel S

34A	Arad P
34B	Catherine L
34C	Venecia H
34D	Greta G

45A	Nishab R
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56A	Lucas C
56B	Norvelle L
56C	Ceyenne C
56D	Diana S

ART JNR	Kristina G
ART SNR	Mia R
LOTE	Nicholas T
PE	Taylan C

This is a COVIDSafe school

This school has a COVIDSafe Plan to maintain the safety of all staff and students during Term 4.

The four pillars of the COVIDSafe Plan are:



The available evidence suggests that the risk to staff and students remains low when recommended health and safety strategies are followed and that schools do not pose a greater risk of infection than other locations.

For detailed information visit:
www.coronavirus.vic.gov.au