



Achievement, Confidence & Pride

Thursday 8 August 2019

Dear Parents and Guardians,

The curriculum day on Monday was very instructive for all staff. The morning was spent on developing a School Wide Positive Behaviour Support approach. This framework assists schools to improve social, emotional, behavioural and academic outcomes for children and young people. When implemented, teachers and students have more time to focus on relationships and classroom instruction. Students and staff benefit from:

- increased respectful and positive behaviour
- increased time focused on instruction
- improved social-emotional wellbeing
- positive and respectful relationships among students and staff

The afternoon was focussed upon music education. Teachers were introduced to online resources that provide rich activities in the Arts. More information will be published about these initiatives during the semester.

Sheltering students from inclement weather

We are entering the final month of the winter season; this week nature seems to be singularly enthusiastic in demonstrating its ability to provide cold, wet and windy weather. With that in mind, I would like to remind parents of our school's inclement weather policy.

If the temperature is 35C or higher or if the *apparent temperature* is 5C or lower, an inclement weather timetable is declared. This means that students are supervised inside their classrooms except to visit toilets or the canteen.

The school uses readings taken by the Bureau of Meteorology at Essendon airport for determining the temperature. The bureau publishes weather statistics on the half hour. You can view the readings at: <http://www.bom.gov.au/products/IDV60801/IDV60801.95866.shtml> .

Message from School Council President, Isabelle Sawtell – Principals' day

On behalf of the parents, we would like to say a special thank you to our amazing Principals at Avondale Primary: Paul & Joe.

Many of us would agree, the reason we chose Avondale Primary is because of the warm welcome we received from them. As the children progress, you gain an understanding as parents how much Paul and Joe do for this school.

Being Principal and Assistant Principal is more than just a job to them. They genuinely care about every single child who attends Avondale. You will often see them walking around to check everyone is ok, thinking about how to help the students be more successful and how to manage the expectations of students, teachers and parents. Their day consists of meeting with teachers, discussing lesson plans or goals that we are trying to achieve for the school. Paul and Joe always have time to say hello and both are extremely approachable to the wider community. They are here in the holidays, after hours and at the weekends and are



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thinking about the school from the second they wake up until they go to sleep. You may not see what they do behind the scenes but they have dedicated many years to make this school great!

So the parents would like to say how grateful we are to you both and this school is very lucky to have you! Happy Principals Day Paul & Joe!

Fire safety lessons for Preps

Officers of the Keilor East Fire Brigade will visit our school next Monday and Tuesday to instruct Prep students on fire safety. During these sessions, students will learn about the need for care with fire and how to safely leave a room filling with smoke. Students will also see the inside of a fire truck and become familiar with equipment that fire officers use when extinguishing uncontrolled fire.

If you hear a fire truck siren sounding next Tuesday afternoon, it is probably for the benefit of our Prep students.

Students play at Ron Conn centre today

Maxine Shell and Michelle Portelli are accompanying eight students to the Ron Conn Centre to play for residents. 'This is a real treat for our residents,' said one of the nurses recently, 'the children bring back memories and their playing is always appreciated.'

I congratulate students: Xavier D, Scarlett R, Lauren V, Mikayla B, Julie N, Charlotte E, Lexi K, and Deanna L for making the lives of residents a little happier through music.

Parent Opinion Survey

Each year the department holds a parent opinion survey. Families are randomly selected by the administrative software to participate in the survey. The closing date for the online Parent Opinion Survey has been extended to **Sunday 18 August 2019**. Parents can submit completed online surveys until 11:59PM Sunday 18 August 2019.

As at 10:00am on Wednesday 7 August, our records indicate that 41 responses have been completed for your school.

Questions?

- Should you have any technical queries regarding the "Your School, Your Say" portal, please do not hesitate to contact ORIMA Research on 1800 654 585 (toll free), or by email: pos@orima.com
- Should you have any participation or general survey-related queries, please contact the Department by email: parentopinion.survey@edumail.vic.gov.au

Book Week celebrations

This year we will celebrate **Book Week** from 16th to 20th September (last week of Term 3). Once again we seek your support for the book week parade. You are most welcome to attend. We are looking for costumes that reflect student design and fabrication. Simple costumes with everyday things found around the home. More information will be sent home nearer the date.

Mon – Cross-age reading – students share reading with a class at a different age group.



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Tues – Book Parade in the MVCC gymnasium starting about 9:15 am

Wed – Meerkat Productions Performance at school

Reminder: Prep CSEF Uniform Package 2019

I would like to remind Prep 2019 families that if their child qualified for CSEF funding this year, they will need to provide the correct sizing details in order to have their 'uniform pack' finalised by *State Schools' Relief*.

Currently they have a huge amount of applications *pending*, waiting on for families to supply sizing details, which means these students will not yet have received their 'Winter Warmer' pack.

Prep applications close at the end of Term 3. Please contact Mrs Broadhurst for more details.

NAIDOC mural mounted in library alcove



Zachary (Zac) Bennett-Brook of *Saltwater Dreamtime*, completed our three panel mural last week. Students from every grade visited Zac on several occasions while he painted the mural.

During each visit, Zac stopped to explain the meaning of the mural and answer the many questions that students asked.

I thank Zac for his wonderful work and invite parents to view the work now located on the eastern wall of the library alcove. If you are unable to visit the school in person, you can see a photo of the mural on the newsletter page of our school's website: <https://www.avondaleps.vic.edu.au/>

Zac said the mural is about travelling. He was born and raised in Dharawal country and the word for travelling in that language is **Yanma'o**.

Zac's art inspired a students in Grade 34A to try painting in the First Peoples' style. Amiri said he really enjoyed learning about Naidoc Week and his culture. He completed this activity on the aboriginal flag, we spoke about the different parts of it and what they mean.

Flexischools online canteen ordering

The implementation of this smart phone application will be delayed due to technical issues. Our testing has shown that the current Wi-Fi connection to the canteen is not reliable and an alternative connection is required.

Once these issues are fixed we will begin the pilot program for families with students in Grades 5 & 6.



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Reminder: School Insurance and Injuries...

Parents and guardians are generally responsible for paying the cost of medical treatment for injured students, including transport costs. Most medical costs will be refundable by Medicare. If you are a member of an ambulance or health insurance fund, you may also be able to claim transport or other expenses from the fund.

The Department of Education and Training **does not hold** insurance for school students.

Is other insurance available? Yes.

The Department is aware of two insurers, JUA Underwriting Agency Pty Ltd and Wills Australia Pty Ltd that provide accident insurance policies for students. These policies provide specific benefits for students who are injured in accidents for a reasonably low cost. Other insurers may also do so.

When talking is daunting: tips from a psychologist

As a clinical psychologist formerly working in psychiatric crisis teams, **Andrew Fuller** has had more than his share of conversations with troubled young people. Nevertheless, he's aware that most of these conversations don't start with a mental health professional.

So regardless of how ill-equipped you feel to have these conversations, when a young person comes to you to talk this means that they trust you and place value in their relationship with you. This is vitally important to enable them to be open and honest about their experience, Andrew says. You should still give it a go, and it doesn't mean that you have to offer solutions or have all the answers. "You can then think about saying 'well I don't really know how to help. I'm happy to talk to you about it but really, I think I need some help in helping you.' Finding someone you can take them along to, and being part of that changeover process, is a very good way to find help for them." Before reaching this point though, it's important to truly listen to a young person and develop the best understanding you can of what's going on for them. As Andrew said, there's no model or framework that can be applied here, it about learning what it's like to live behind their eyes.

Andrew also stresses that you not try to use shortcuts in trying to understand someone else's behaviour. "Every behaviour, whether it's logical and seems like you can understand it, or whether it's completely bizarre, has its own internal logic within the person's mind. We have to ask, 'how do I learn enough to understand that [internal logic]?', because quite often, we don't."

This is no easy feat, especially when the young person who has come to you for help may still not want to talk about the problem. In these cases, Andrew has often found it helpful to frame the conversation in terms of the young person figuring out who they are.

"This is something that all young people are a bit fascinated about, because it's a bit of a mysterious process. Having someone who becomes curious about that is often the big entry point to working with someone."



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Another crucial aspect of talking to a young person is making sure they're safe. Again, this is all about learning from the young person about their level of safety, and it starts with asking the young person to assess this for themselves, according to Andrew. If you're unconvinced by their response, you can tell them that you still have concerns, and ask what they can tell you to convince you that they can keep themselves safe.

"Young people are pretty loyal really, in terms of telling you about these things and sticking to them. If they don't feel like they can guarantee their safety, they'll tell you. If they say they're a bit on edge but think they'll be okay, you can ask them to call you if things get worse. If they give you their word, they'll generally follow it."

If this all seems a bit daunting, remember that the young person has come to you because of your relationship with them. This, Andrew says, is more important than any expertise or qualifications. "At the end of the day, while we can all use different methods to help young people and it's important that we do so, nothing, *nothing* is more important than your relationship with that young person."

Andrew Fuller will be tackling the topic Conversations with Troubled Young People at the Melbourne Mental Health & Wellbeing of Young People not-for-profit educational seminar on 30 August. Find out more [here >>](#).

This article was originally published in Generation Next

I wish you and your family a great week.
Paul Mulroyan

Pupils of the week on Friday August 2nd

Prep A – Melek B
Prep B – Ramiro V
Prep C – Mohmoud J
Prep D – Alenya D

One A – Keifer T
One B – Aleen M
One C – Sura T
Two A – N/A
Two B – Saketh N
1/2 A – Alexa R

3/4 A – Duc L
3/4 B – Christian B
3/4 C – Benjamin M
3/4 D – Tyler P

4/5A – Jamie K
5/6 A – Adam T

5/6 B – Margaret T
5/6 C – Madison W

5/6 D – Yugo H
LOTE – Liam C 5/6 A



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School Office Hours

8:30 am to 9:30 am

2:30 pm to 3:15 pm

Please limit visits to office to these times.

August Diary

August

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| Thurs 8 | Selected music students to visit Ron Conn Centre |
| Fri 9 | Second hand uniform sale 8:30-9am |
| Mon 12 | Prep Fire Ed Session 1 |
| Tue 13 | Prep fire Ed Session 2 |
| 19-23 | Science week |
| Fri 16 | Second hand uniform sale 8:30-9am |
| Mon 19 | Star Lab incursion
Responsible Pet Ownership incursion – Prep students |
| Tue 20 | Moon Buggy Derby
School Council Meeting 7:30pm |
| Wed 21 | Star Lab incursion |
| Thurs 22 | Selected music students to visit Ron Conn Centre |
| Tue 27 | Grade 1 Excursion to Scienceworks |
| Wed 28 | Grade 1/2A & 2 Excursion to Scienceworks |
| Thurs 29 | Fathers day stall
Selected music students to visit Ron Conn Centre |

The school's web site has a text only copy of this newsletter (published on a Friday) and a translation facility into 100+ languages.

Link: <https://www.avondaleps.vic.edu.au/page/45/Newsletter->