



## Avondale Primary School Philosophy

The philosophy of Avondale Primary School is based upon the premise that every student can attain high levels of academic achievement and be a responsible community member. We aspire for students:

- To have an enthusiasm for learning
- To develop a broad and strong base of knowledge and skills
- To think and act with competence, objectivity and creativity
- Through their experience in living in a learning community, show respect and sensitivity to others
- Show a capacity to lead, to share and cooperate with others
- To accept responsibility and discipline
- To find reward in participating and doing one's best.

## Principal's Report

Thursday September 13, 2018

Dear Parents,

### Good bedtime habits help learning

The amount of sleep your child requires depends on their age: three to six year-olds need 10–12 hours and seven to 12 year-olds need 10–11 hours. Changing your routine to ensure children get the hours required can be challenging. The Royal Children's Hospital has some great advice for parents at: [https://www.rch.org.au/kidsinfo/fact\\_sheets/Bedtime\\_problems\\_Preschool/](https://www.rch.org.au/kidsinfo/fact_sheets/Bedtime_problems_Preschool/)

A good night's sleep is important for every child to be healthy, active and fully attentive at school. Digital device screens emit blue light. While this is fine during the day, of an evening it reduces levels of the sleep-inducing hormone melatonin. This makes it hard for children to go to sleep. We suggest that digital devices are collected for charging overnight at least 30 minutes before bedtime. Books are a great way to prepare for sleep. To read more about the effects of blue light on sleep, you can read the article: <https://www.scientificamerican.com/article/q-a-why-is-blue-light-before-bedtime-bad-for-sleep/>

### Sports Day – Friday

This is a fun day that students enjoy each year. It is an opportunity for multi-age groups to cooperate together to get high scores in skill building activities. The sports start at 9:20am, each activity will last 20 minutes followed by a five minute transition. After the fourth rotation, students return to their grade to collect their doughnut or play-lunch. At 11:30, students start the second round of rotations. Lunch recess: 1:30 to 2:10. 2:15 Year 6 marking competition followed by the drawing of raffle at 2:30pm. Parents are warmly welcome to attend and assist with the activities if desired.

### Garden Club news:

Students in the Garden Club today spread their homemade compost into the soil of the garden in preparation for planting. The gardeners have been perfecting their compost mix by adding organic green matter, straw, paper and water on a weekly basis. We are using it to add nutrients into our soil!



### School Uniform Survey

Our school council has a five year contract with Lowes High Point to supply school uniforms. This contract will finish in 12 months. It is timely therefore to survey parents so that council can identify parent views on the quality and convenience offered by Lowes. You are invited to participate in this online survey via this link: <https://goo.gl/forms/sawEFhWc7VrT6YBs1>

### Book Week Parade on Wednesday 19 Sept.

Students, teachers and parents enjoy our annual book week parade. This year it will be held in the gymnasium on Wednesday 19<sup>th</sup> from 9:15am. Teachers will award prizes to costumes that are based on a book character and are: imaginative, homemade, simple and colourful. Prizes will be decided in class before the parade and distributed to the winner in each class after the parade.



### Semester Two reports to be emailed.

I wish to give you advanced notice that the end of year reports will be emailed to parents in December. They will be PDF files that can be stored digitally or printed. Parents will be provided with a printed copy if requested. Please ensure your current email address is provided to office staff.

Have a good week



# Mark Your Calendar

» UPCOMING EVENTS



## Sep

Fri 14 Annual Sports Day  
 Tue 18 Second hand uniform sale 8:30-9:00  
 Wed 19 Book week parade  
 Thurs 20 Meerkat productions book week performance \$8.00  
 Fri 21 Last Day Term 3. *Students finish at 2:15pm*

## Oct

Mon 8 First Day Term 4  
 8-10 Grade 3/4 Sovereign Hill Camp  
 9-17 Somers Camp  
 Tue 9 Second hand uniform sale 8:30-9:00  
 Tue 16 Second hand uniform sale 8:30-9:00  
 Fri 19 Grade Prep Zoo Excursion \$30  
 Grade 3/4 Cricket Day  
 Final Day for 5/6 Canberra Camp payment  
 Tue 23 Italian Day \$5  
 School Council Meeting 7:30pm  
 Fri 26 Grade 3/4 Cricket—Fairburn Park  
 Mon 29 Grade 5/6 Canberra Camp departs 7:15am

## Nov

Thurs 1 Grade 1/2 ACMI Excursion  
 Fri 2 Grade 5/6 Camp returns 5pm

### Pupils of the week on Friday 17/08

Prep A - Mason G  
 Prep B - Tiffany L  
 Prep C - William W  
 Prep D - April B

1/2 A - Isaac T  
 1/2 B - Eliza S  
 1/2 C - Lachlan D  
 1/2 D - Olivia V  
 1/2 E - Lua K

3/4 A - Abbey J & Luke V  
 3/4 B - Oscar C  
 3/4 C - Regis U  
 3/4D - Alex W

4/5A - Matt S  
 5/6 A - Ashmit A  
 5/6 B - Charlotte L  
 5/6 C - Aidan S  
 Italian - April B - Prep D



## Nelson Alexander

**FOR ALL YOUR REAL ESTATE NEEDS**  
 24 Centreway, East Keilor, Vic. 3033  
 Phone: 9331 6200  
 sam@nelsonalexander.com.au  
 SAM CARBONE



## Current Email Addresses

If you need to update your email address please email the school at :

[avondale.ps@edumail.vic.gov.au](mailto:avondale.ps@edumail.vic.gov.au)

Thank you.

## Step up to the Buddy Run and say no to bullying!

Sunday 21 October 2018  
 Alexandra Gardens from 10am

Visit [www.buddyrun.org.au](http://www.buddyrun.org.au) for more information.

Every Thursday is Student Banking day, don't forget to bring along your bank book to deposit to your account



### Notice to Parents

*The school yard is supervised by a teacher on duty until 3:30pm. Students are expected to be picked up by this time.*

Help at the canteen and see your child smile!



### School Office Hours

8:30am to 9:30am  
 2:30pm to 3:15pm  
 Please limit visits to office to these times only.