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Date: Friday 21st October 2022

Issue No.16 2022

Key dates for Term 4

25th Oct – F-2 Scienceworks Excursion
28th Oct – 9.15am Foundation 2023 first transition session
1st Nov – Melbourne Cup Day (**Student-free**)
2nd Nov – Curriculum Day (**Student-free**)
6th November – Maroondah Festival (Choir Performance & School Stall)
7th Nov – SSG meetings commence (selected students)
7th Nov – School Council Meeting
9th Nov – 2.30pm Foundation 2023 second transition session
10th Nov – Whole school & graduation photos
18th November – Community Coffee with Jane C
18th November – Free dress day for chocolate!
21st November – Common PPD (**Student free**)
23rd Nov – Foundation 2023 Information Evening
1st Dec – 9.15am Foundation 2023 third transition session
2nd Dec – Twilight Market
3rd Dec – Maroondah Carols (Choir and Music Performance)
5th–7th Dec – Year 5/6 Camp
5th Dec – School Council

13th Dec – Year 6 State-wide Transition Day
13th Dec – 9.15am Foundation 2023 transition session 4
15th Dec – Year 6 Graduation
16th Dec – Final assembly and End of Year concert
20th Dec – Last Day Term 4 –1.30pm finish

From the Principal

Dear APPS Community,

Foundation Enrolments 2023

Our first transition session for our 2023 Foundation students will be next **Friday 28th October 2022 at 9.15am**. If you have not yet done so, please hand in your enrolment form at the office at your earliest convenience.

Melba College

We love to have the opportunity to develop our relationship with Melba College. Last week, we had their Year 11 psychology class (which was made up of some of our former students!) come to work with our Foundation students on Piaget's theory of cognitive development. It was a great experience for our former and current students!



Eastland Wellbeing Hub

On Friday, Years 3-6 students had the opportunity to go to the Eastland Wellbeing Hub. Students engaged in wellbeing activities, such as yoga and meditation, our friendship skills program “Friendology” crafts and lessons, including the importance of honesty. Eastland also provided some time for our students (and teachers!) in Timezone. Thank you to Edwina, the Communities of Wellbeing team and Eastland for a fantastic day!



Twilight Market

Our Community Engagement Team are doing a brilliant job in preparing for the best Twilight Market, to be held at APPS on Friday 2nd December. The work that has gone into the organisation and advertising is phenomenal. We are so grateful for your hard work and thoughtful preparation!



World Teacher's Day

Next Friday 28th October, is World Teacher's Day (Aust). We will be celebrating our amazing, dedicated and caring teachers, who ensure that our students have the best possible social and academic learning experiences.



Basketball Clinics at Melba

A big thank you to Mitch, who today ran basketball clinics with all year levels. Melba College very kindly agreed to allow us to use one of their inside courts for our Year 3-6 students, and our F-2 students used our hall. Lots of skills were practiced and the session was enjoyed by all!



Working Bee

Well, the weather held off and we were able to enjoy an afternoon together as a community, spreading mulch at school. A big thank you to Jane H, the teachers and families that came to help:

Ben & family
Isaac C & family
Jacob & family
Charlotte, Marshall & family
Miles & family
Ruby & family
Siena C & family
Isabelle T
The Constable family
The Coutts family



Planning for 2023

To assist with our planning for 2023, we would like to hear from families who are moving. If you have children who are not returning to APPS in 2023, please let the office know as soon as possible.

Please put hats in school bags

The new SunSmart Policy indicates that hats should be worn on days where the UV rating is 3 or above. We have already had some days in August where this is the case. So please make sure that your **child has their hat in their bag every day.**

We can't do it without you!

At APPS, we are so lucky to have a wonderful parent community to support our children. If you have always wanted to be involved, but not quite sure where to start, please contact the office. There are lots of ways to help our school – even if you have limited time.

Have you visited our Facebook Page?

The Ainslie Parklands Primary School Facebook page has regular updates and information about events and celebrations occurring across the school. Along with Compass, it is a great way to see what is happening. [Ainslie Parklands Primary School | Facebook](#)

Mobile Phones – reminder – Repeat

As per the current Ministerial Order, students are NOT permitted to have a mobile phone at school. If phones are deemed necessary by parents for travel to and from school, they must be stored at the office on arrival and can be collected from the office at the end of the school day. Students will have privileges removed if they refused to surrender their phone. For more information, please see our Mobile Phone policy

at: [Mobile-Phones-Student-Use-Policy-.pdf](#)
(ainslieparklandsps.vic.edu.au)

Rapid Antigen Tests - Repeat

Rapid Antigen Tests (RATs) will continue to be available from school. The ongoing supply of RATs to families in our school will ensure that parents and carers will have them should they need them if their child is a household contact or has symptoms. **Should you require more RATs, please do not hesitate to contact the office.**

Face Masks - Repeat

The Victorian Department of Health **strongly recommends** that face masks are worn in indoor settings. As a result, the Department of Education is **asking all students, aged eight and over, and all staff in schools across Victoria to wear masks** in class from now until the end of winter. We all appreciate how important it is for students to be back at school. This action will help make sure as many students and staff as possible are protected from COVID and other winter illnesses.

As always, if you would like to contact me directly, please catch me in the yard or email me directly on Jane.Capon@education.vic.gov.au

Regards, Jane.

Thunderstorm asthma — be prepared this pollen season

Grass pollen season, which runs from October to December each year, brings an increase in asthma and hay fever symptoms. It also increases the risk of thunderstorm asthma. For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

Ainslie Parklands Primary School will implement a range of measures to keep our school community safe when the risk of thunderstorm asthma increases.

Many of our staff are trained in asthma first aid, and we will monitor the VicEmergency app to receive thunderstorm warnings, and, where appropriate, keep students indoors when weather forecasts identify greater level of risk.

How you can prepare

During pollen season, there are some things you can do to prepare and protect yourself and your family:

- *If your child has ever had asthma:* talk to your doctor about what you can do to help protect your child from the risk of thunderstorm asthma, including updating your asthma action plan. Taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- *If your child has hay fever:* see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer. These are available from a pharmacy without a prescription.
- *If your child has hay fever and experiences wheezing and coughing:* it is important to make sure they don't also have asthma. Speak to your doctor about an asthma action plan.
- Where possible, avoid being outside during thunderstorms from October to December, especially during the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.

Protect yourself this pollen season – managing asthma and allergies matters.

Remain vigilant for COVID-19

It is important for students to manage any hay fever or asthma symptoms, as these conditions can produce symptoms such as fever, chills, cough, sore throat, shortness of breath, runny nose, and loss or change to sense of smell or taste, which are similar to COVID-19 symptoms.

If your child experiences these symptoms in different or worse ways to their usual hay fever or asthma symptoms, medical advice should be sought.

Find out more: For more information, visit your general practitioner (GP) or visit the Better Health Channel [Thunderstorm asthma - Better Health Channel](#)

“Friendology” at APPS

URSTRONG’s whole-school friendship strategy has improved the social climate in schools around the world, connecting over a million kids, parents, and teachers with a common language of friendship. We are in week two of introducing URSTRONG and Friendology to our students at APPS and are committed to empowering your children with friendship skills.

You are invited to take advantage of a [FREE Parent Membership](#) to access hundreds of resources – including an 8 session video series. This will allow you to learn the same language & strategies being taught in the classroom through the Friendology 101 curriculum. We hope that, as a URSTRONG Family, you will reinforce the important messages of empowerment, self-compassion, & kindness at home.

As a next step, we would recommend:

- [Click here](#) to view an overview of URSTRONG.
- Activate your [FREE Parent Membership](#) and explore all the resources available to your family.
- Explore the hundreds of resources available to you!

We believe that empowering our students with these skills will create a culture of kindness at our school and we hope that, together, we can support your children to have healthy, feel-good friendships.



If you have any queries about the Friendology program at APPS, please contact Fiona.

FROM THE YEAR 6 STUDIO

In preparation for our Working Bee afternoon tea, our Year 6 students made some delicious carrot cake muffins. Everyone who was at the Working Bee thanks you! They were amazing!



FROM THE OFFICE

PEOPLE OUTDOORS

CAMPS FOR PEOPLE LIVING WITH DISABILITY

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- Overnight Camps
- Weekend Camps
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All meals, activities, transport and accommodation included. Central pick up point.

We are a Registered NDIS Service Provider. NDIS plan not required to attend.

Kids, teens and adults welcome.

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www.peopleoutdoors.org.au



I support the
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Parenting from Preschool to Prep

A 6-week Parents Building Solutions Program
for parents of children starting school in 2023

Take some time out to:

- Discover how to prepare your child to start school in 2023
- Develop your child's resilience to cope with change
- Understand why children behave the way they do
- Set boundaries with your child
- Deal with your own frustrations and anxiety as a parent

When: Tuesdays (6-afternoon sessions)

Tues 11th October to 22nd November

Excludes Melb Cup public holiday

Time: 1:00 to 3:00pm

Where: Box Hill South Family Centre

Corner Station St & Riversdale Rd

Box Hill 5th Vic 312 Free to attend

Registration: [click here](#) (limited places)

Email: sharon.muir@anglicarevic.org.au

PARENTZONE



anglicarevic.org.au

BETTER
TOMORROWS

ALL ABOARD SKATEBOARDING SESSIONS

RINGWOOD SKATE PARK

4:00pm - 6:00pm

Tuesday 4 October

Tuesday 8 November

Tuesday 11 October

Tuesday 15 November

Tuesday 18 October

Tuesday 22 November

Tuesday 25 October

Tuesday 29 November

Tuesday 1 November

Tuesday 6 December

8 Seymour Street, Ringwood

FREE sessions, equipment provided | All ages and abilities welcome

Book Here



Education
and Training



Register using the QR code or at skatepark.ymca.org.au/all-aboard

JUNIOR X

*Fun modified games!
No previous AFL experience required to join.
Bring your friends along and come and play!*



October 12th - November 30th
4pm - 6pm
Knox Park



Ages - 8-14 years old
8 week competition
Social Football - Modified Rules



Contact: Kodey Logan
Email: kodey.logan@afl.com.au

Go to play.afl/afix to register now!

AFL play.afl