



Ainslie Parklands Primary School
Hinkley Ave, Croydon 3136
Ph: 9870 1566 Website: ainslieparklandsp.vic.edu.au

ISSUE 17 | THURSDAY 2ND NOVEMBER 2023

THE AINSLIE UPDATE

DATES TO REMEMBER

Term 4

2nd Nov - 3/4 excursion Ricketts Point

3rd Nov - Professional Practice Day

(Student Free Day)

6th Nov - Curriculum Day

(Student Free Day)

7th Nov - Melbourne Cup Day

(Student Free Day)

8th Nov - 9.15am Community Coffee

9th Nov - Foundation Transition #2

10th Nov - Assembly

12th Nov - Maroondah Festival

16th Nov - Whole School & Graduation
photos

20th Nov - Foundation Transition #3

24th Nov - Assembly

Twilight Working Bee

1st Dec - Twilight Market

5th Dec - Foundation Information night

7/8th Dec - 5/6 Big Day out, sleepover
& camp day

8th Dec - Assembly

12th Dec - Statewide transition day
Foundation Transition #4

13th Dec - Volunteer thank you
morning tea

19th Dec - Year 6 Graduation

20th Dec - Last day Term 4 - 1.30 finish

World Teachers' Day - 27th October

We want to recognise and thank the fantastic teachers at Ainslie Parklands Primary School. Our teachers ensure that our students have the literacy and numeracy to fulfil their dreams for their future, support our student's mental health and wellbeing, ensure that all students are included and supported, and provide the opportunity for students to pursue their interests in sport, music, art, and so much more.

On World Teachers' Day, we sincerely thank our teachers for teaching, supporting, encouraging, and believing in our students - every. single. day.



Nude Food changes to Wednesdays!

The Student Voice Team cares about our environment. As Fridays are now our lunch order day (where the number of wrappers will be hard to control), the team would like to have a wrapper free lunch day on **Wednesdays**. Each Wednesday, the team will be counting the wrappers in student lunches and the Studio with the **least** wrappers will get the **Environment Trophy** in their Studio for that week.

From the Student Voice Team

Friday Lunch Orders

If you are able to help with lunch orders on a Friday (taking the orders across and bringing the lunches back from Melba College), **please let the office know if you are able to help**. Thank you!

Ainslie Pantry

We currently have need in our community for our "Ainslie Pantry - take what you need and leave what you can". If you are able to **donate any goods to the pantry**, it is much appreciated. Thank you!

Community Engagement Team

We are incredibly lucky to have such an amazing Community Engagement Team. To express an interest in being part of the team, or to make some suggestions please email:

janebennettsbrown@gmail.com

Apply now to enrol your child in Foundation (Prep) for 2024

The Department of Education has released a new statewide timeline for enrolling in Foundation (Prep) for the 2024 school year.

If you have a child starting primary school in 2024, it's time to enrol. Make sure to submit your enrolment application as soon as possible. If you are enrolling the sibling of a student at our school for Foundation in 2024, and both children will be attending our school at the same time, your child is prioritised for a place at our school as per the department's Placement Policy.

It is important to follow the statewide timeline to enrol your child in Foundation. Enrolling your child in line with the timelines allows us to plan our classrooms, staffing and transition activities and ensures your child has the best start to school.

For more information, please read about when and how to enrol your child in Foundation at vic.gov.au/enrolling-foundation-prep.

If you are seeking to enrol your child into Foundation next year, please contact our school office on 9870 1566 to request an application form / enrolment form.

Don't forget your hat!

The UV rating is now well above 3 everyday, so we remind students to ensure that they have a hat for outdoor play. Sunscreen and sunglasses are also encouraged at this time of year. Please see brochure later in the newsletter for more information.

New Foundation Students 2024

We were thrilled to welcome our new Foundation students for 2024 to our first Foundation transition Session. Our current Year 4 students (who will be their buddies next year) did an outstanding job of making our future Foundation students feel welcome and helping them if they were a bit shy. It was great to see that connections have already started to be formed.



Police targeting School Zones

Particularly during the month of November, local police will be actively checking speed in school zones. Please make sure that you check signs and reduce your speed between 8am-9.30am as well as 2.30-4pm on school days.



Kitchen Garden Program

We have had some amazing produce from our garden, enjoyed by our APPS community!



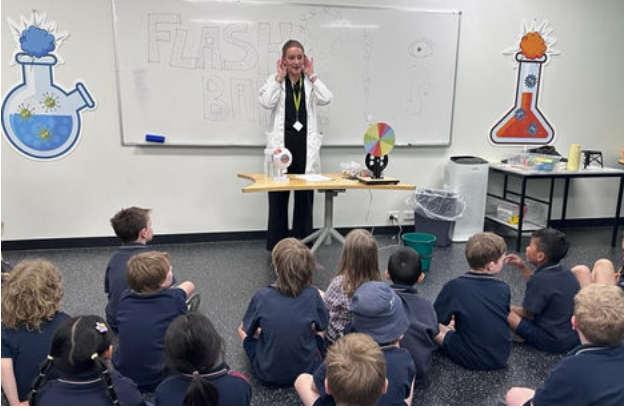
Parent help wanted!

On Sunday 12th November, we will once again have a stall at the Maroondah Festival to talk to the community about our wonderful school and run the "plant a seed" and badge making activities. If you are able to offer an hour or two to help out, please let the office know. Thank you!



From the Foundation to Level 2 Studio

We thoroughly enjoyed our excursion to Twisted Science. Throughout the day we were able to do lots of activities on the exhibit floor that explored scientific concepts including making bubbles, kaleidoscopes and building. We also explored light and sound through the use of refraction glasses and tuning forks.



From the 3/4 Studio

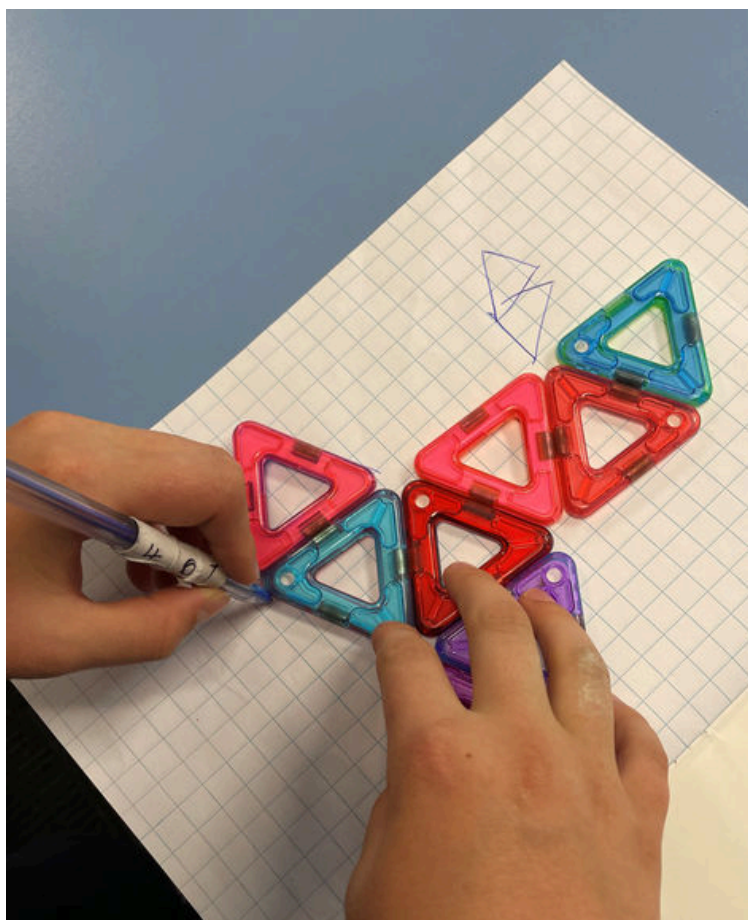
During PE students have been learning the different skills required to play Cricket. We have had lead up sessions practising under arm and overarm throwing / bowling, aiming towards a wicket and batting practise. We had a lot of fun on the oval when the weather was perfect, fielding and fine tuning our skills. Next session we hope to play a match.



From the 5/6 Studio

The 5/6 studio is currently working through a unit on shape. Students have been sorting shapes by their properties, constructing shapes and finding their nets, using isometric dot paper to sketch three-dimensional shapes, and exploring and defining prisms, pyramids, and Platonic solids.

Students were also thrilled to receive replies from their Tasmanian pen pals this week. They have been writing their letters in response which will be sent next week. We have been focusing on ways of writing letters that push the conversations with our pen pals forward. Ask your 5/6 student about their pen pal!





What to do if you see distressing content online

Online spaces should be safe for everyone, but you may sometimes come across content that is distressing – for example, because it depicts harm or violence.

Violent or pro-terror content may also be illegal.

Under Australian law, the eSafety Commissioner can issue a takedown notice to a platform to remove the content, or block access to protect Australian users from viewing this content.

If you see violent or terrorist content posted in a public place online, don't share it further – even if your intention is to help or raise awareness. You may cause distress to others.

Report

If you see violent, distressing or harmful material, make a report to the platform or service where it is available. Reports to the service help get the material removed quickly. Your actions could protect you and others from seeing that content again.

If the material is not removed, or if it's seriously harmful, you can make a report online by visiting ['eSafety - how to make a report'](#).

Reports about terrorist and extreme violent content can also be made over telephone to the National Security Hotline on 1800 123 400.

Protect

Parents and carers may feel that they want to take extra precautions against their children seeing disturbing content online.

The eSafety Commissioner's website has helpful resources on how to get started with [parental controls in social media, games, and apps](#) and [on devices](#). These controls can help parents restrict access to places online where there is a higher risk of seeing disturbing content.

There is also [advice for young people](#) on what they can do themselves.

Get help and support

If you or your child have seen disturbing content online, talking to someone can make it easier to decide what to do and how to deal with its impact.

Some places you can seek help include:

- Lifeline on 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- Beyond Blue on 1300 22 4636 or [beyondblue.org.au](https://www.beyondblue.org.au)
- Kids Helpline, for 5-25 year olds, on 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au) (webchat is also available)
- Headspace, for 12 to 25 year olds, on 1800 650 890 or [headspace.org.au](https://www.headspace.org.au).



More support services, including state-based services aimed at parents, are listed on [eSafety.gov.au/counselling-support-services](https://www.esafety.gov.au/counselling-support-services).



Sunscreen



The sun's ultraviolet radiation (UV) can cause skin and eye damage and skin cancer. You can't see or feel UV. It can be scattered and reflected so can reach you even in the shade. Whatever the weather, when the UV is 3 and above, use all five forms of sun protection.



SLIP



SLOP



SLAP



SEEK



SLIDE

SPF

Sun Protection Factor.
Choose SPF30, 50 or 50+.

Application

Apply a generous amount of sunscreen to any skin not protected by clothing.

Apply sunscreen about 20 minutes before going outdoors and reapply every TWO hours or more frequently if sweating or in water.

AUST L

In Australia, sunscreens are regulated by the Australian Therapeutic Goods Administration (TGA). Always check for the AUST L (Australia Licence) number.



Water Resistant

Four hours water resistance does not equal four hours UV protection. Always reapply after swimming.

Storage

To help keep sunscreen stable, store it below 30 degrees.

Expiry

Always check the date to make sure the sunscreen hasn't expired.

Broad Spectrum

Protects against UVA and UVB radiation.

Even when wearing a hat, apply sunscreen to help protect from scattered and reflected UV reaching the face, neck and ears.

DNA damage that causes skin cancer accumulates with repeated UV exposure. Apply sunscreen daily.

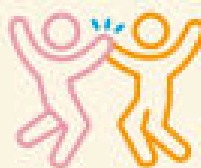
Respectful school communities start with respectful behaviour

Parents, carers, staff and students can help keep our school community safe, supportive and respectful.

Good relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

These behaviours are **not** okay in our school community:

- ⊗ Threats
- ⊗ Violence
- ⊗ Rudeness
- ⊗ Harassment
- ⊗ Discriminatory and derogatory comments
- ⊗ Aggression
- ⊗ Intimidation
- ⊗ Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online platforms.

For more information ask your school about the **Respectful Behaviours within the School Community Policy**.

AINSLIE PARKLANDS PRIMARY SCHOOL CANTEEN MENU

Please ensure that lunch orders are written on a brown paper bag with the exact money enclosed. Where possible we use recycled and sustainable packaging. If you use your own sealed container for the pasta/salads we offer a 20c discount. Your child's order needs to be clearly marked with their name and grade. Please note: A charge of 10 cents will be added to your lunch order if a brown paper bag has not been supplied. Whilst every endeavour will be made to provide exactly what is ordered there maybe occasions where this is not possible. As an external provider we will provide the closest alternative (at a discount) to ensure no one misses out on their lunch! I can be contacted on 0414257524 if you ever have any questions. Regards Brad

Sandwiches & Salads

Salad	\$2.50
Ham or Chicken & Salad	\$3.50
Ham or Chicken & Cheese	\$3.00
Sweet Chilli Sub (w lettuce, chicken tender)	\$2.80
Salad Tray (meat \$1.00 extra)	\$4.00
Fruit Salad (Term 1 & 4)	\$3.50
Homemade Soup (Term 2 & 3)	\$2.00

Extras

Burgers

Cheese Burger (w lettuce, tomato, cheese, sauce)	\$3.40
Parma Burger (w lettuce, cheese, mayonnaise)	\$5.20
Chicken Burger (w lettuce, cheese, mayonnaise)	\$4.40
Vegie Burger (Pattie vegan/gluten free \$2.20)	\$4.40
Egg and Bacon Roll	\$3.40

Snacks

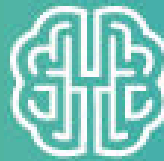
Crunch Pack (carrot, apple, Cheese, Biscuits)	\$2.00
Popcorn	\$0.80
Hot Jam Donut	\$1.50
Homemade Slice of the week	\$2.00
Jelly Tub	\$1.00
Choc Balls (3)	\$1.00
Giant Choc Chip/M&M Cookie	\$2.50

Hot Food (Tomato Sauce extra 20c)

4n20 Pie	\$3.40
Chicken Snitzel Wrap	\$3.00
Party pies	\$1.00
Sausage Roll -Jumbo	\$3.40
-Regular	\$2.00
Pizza- Ham, Cheese & Pineapple	\$2.50
- Margherita	\$2.50
Dim Sim (Steamed- request soy sauce/no charge)	\$1.10
Corn on the Cob	\$1.30
Hot Dog (cheese 20c extra)	\$3.00
Puppy Dog (cheese 10c extra)	\$1.70
Garlic Bread	\$1.80
Nachos (w Salsa and Cheese)	\$3.20
Chicken nuggets (4)	\$2.40
Vegetarian Spring Roll	\$1.10
Bolognaise Pasta (w/Cheese) small	\$3.00
(20c discount for own sealed container) Large	\$4.00

Drinks

Bottled Water	\$1.00
100% Juice (Apple, Blackcurrant, Orange)	\$1.90
Oak Milk (vanilla, strawberry, chocolate) Small	\$3.20
Large	\$4.20



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council



GU Ref No: 2018/148



AINSLIE PARKLANDS
PRIMARY SCHOOL

Playgroup

When: Friday 9.15am-10.45am
during the school term

Where: 24-36 Hinkley Ave,
Croydon (in the hall & new
playground)

Contact: 98701566

ainslie.parklands.ps@education.vic.gov.au

