

# AVENEL PRIMARY SCHOOL

## OUR MISSION:

To inspire academic excellence, social and emotional growth and community contribution in a collaborative environment.

Newsletter No: 37

30 November 2022



### Contact Details:

Web: [www.avenelps.vic.edu.au](http://www.avenelps.vic.edu.au)

Email: [avenel.ps@education.vic.gov.au](mailto:avenel.ps@education.vic.gov.au)

Facebook: <https://www.facebook.com/Avenelprimary>

After Hours Number - 0403 565 119



## Students of the Week

Recognising and celebrating achievement of our values.



### Be a Learner

**Thomas Canobie** - For following the Writing Process and taking risks in his recent biography writing. 😊

**Alex Bull** - For demonstrating organisation and word voice to sequence life events chronologically and to create tone when writing a biography. 😊

**Conrad Brown** - For great focus when working through maths investigations by problem solving. 😊

**Charlotte Jeffrey** - For her focus and efforts in mathematics instruction time. 😊

**Nick Lynch** - For his ability to use a range of strategies when solving subtraction problems. 😊

**Blake Sheean** - For his improved focus and effort during all learning tasks. 😊

### Be a Mate

**Alice Cram** - For being a mate and noticing when a friend needs cheering up or a helping hand. 😊

### Give Something Back

**Karla Tepania** - For showing leadership skills and initiative in the classroom. 😊

**Mac Van Horen** - For working efficiently and being helpful to the teacher. 😊

# Ross' Report



Our 5/6 students headed off on the Bike Hike today, thanks to a fabulous effort from Carrye and the senior team, after the recent flooding made it almost impossible to go ahead. With some creative planning, and a lot of persistence we have ensured that these students will be able to participate in this much anticipated three day event. It does require a lot of support, so a big thanks to our parent volunteers who have been able to commit to assisting throughout the event.

The Colour Run was a fantastic success last week There was a large number of families in attendance with lots of children (and a few adults!) getting into the fun of the event. A huge thankyou to our families who helped out with the BBQ which was very popular and was running hot throughout the Run. We will finalise the money raised before the end of the year and announce the donation to support emergency relief in Avenel.

Last week the Euroa Secondary College band performed for the whole school. It was great to have some more music in our school curriculum and expose the students to a wide variety of instruments. We also value the close association we have with all of the Secondary Schools in the local area.

17 very enthusiastic students heading to Mooroopna last Friday to represent our school at the Regional Cricket Championships. It was a very big commitment with the Championships falling on our school Curriculum Day. It was a high standard of competition, with our students competing hard against much larger schools. In the end, the teams won several games and the Boys team finished 3<sup>rd</sup> out of 8 teams and the Girls finished 4<sup>th</sup> out of 8. Well done on a fabulous effort.

On Saturday we used the election to capture our local market by having a Cake and Produce Stall to raise money for the Junior School Council. The stall was very popular with everything selling out by lunchtime. Thanks to all the families who made donations and the JSC students who helped on the stall. The fundraiser made \$417.20 for the JSC.



Your feedback is always welcome at [ross.davis@education.vic.gov.au](mailto:ross.davis@education.vic.gov.au) or 0403 565 119.

## CALENDAR OF EVENTS

MONTH	DATE	EVENT
November	30 <sup>th</sup> November – 2nd December	3 Day Bike Hike
December	Friday 2 <sup>nd</sup>	Transition 9.00 – 11.30am Bookclub closes
	5 <sup>th</sup> – 7 <sup>th</sup> & 9 <sup>th</sup> & 12 <sup>th</sup>	Swimming Program
	Thursday 8 <sup>th</sup>	Gr 6 Graduation
	Tuesday 13 <sup>th</sup>	Statewide Transition
	Thursday 15 <sup>th</sup>	Concert – 6.00pm – Christmas Raffle drawn
	Monday 19 <sup>th</sup>	Triathlon – 12.00pm
	Tuesday 20 <sup>th</sup>	Last day Term 4 – 1.20pm dismissal

**HAPPY BIRTHDAY** – Audrey Pitman, Logan Tepania and Conrad Brown



**1/2T  
Learning  
About  
Time**



*Avenel Primary School acknowledges Aboriginal and Torres Strait Islander peoples as the traditional custodians of the land and acknowledges and pays respect to their elders, past and present.*

# Education

## Avenel Primary Staff Professional Development

We pride ourselves on our commitment to innovation and curriculum development here at APS and our staff commit to numerous hours of professional development each year. Last Friday, staff completed an online course focused on our Positive Education curriculum. This program is called Butterfly Body Bright and is about teaching children about positive body image as well as developing a school community that promotes positive body image. Our staff agreed the program would fit in beautifully with our current Positive Education Curriculum, covering numerous outcomes related to health and we have made it a part of our Pos Ed Scope and Sequence set to be implemented in 2023.

Read below to find out a bit more about the program:

### Why be a Body Bright school?

**Studies show that children who grow up feeling more confident and accepting of themselves and their body are more likely to:**

- *experience higher self-esteem and body satisfaction*
- *take care of their physical and mental health*
- *participate in school and hobbies*

Butterfly Body Bright is evidence-informed and helps school staff to address the modifiable risk and protective factors associated with body dissatisfaction and disordered eating through the six Body Bright themes (Brave, Resilient, Inclusive, Grateful, Happy and Thoughtful). These themes aim to empower students to be BRIGHT in their bodies so they can thrive socially, emotionally and academically.

The Body Bright curriculum is also mapped to Health and Physical Education curriculum and provides Australian primary schools and their communities with all they need to help foster a healthy body image in children.

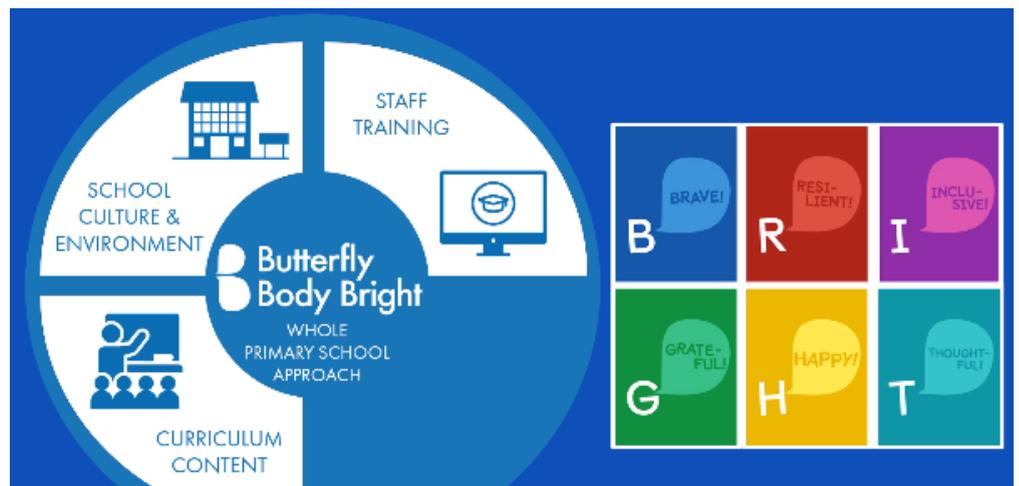
### Why is Butterfly Body Bright important?

Negative body image starts young, with studies reporting body dissatisfaction being experienced by approximately 50% of pre-adolescent girls and, increasingly, pre-adolescent boys.

Body dissatisfaction can contribute to negative physical and mental health, and poor social outcomes, as well as being a significant risk factor to the development of disordered eating and eating disorders.

Butterfly Body Bright can help primary schools - their families and communities – to foster a positive foundation during childhood for:

- body satisfaction
- healthy eating
- physical activity



If you want to know more about the program or see what you can do at home to promote positive body image you can become a Body Bright family @ <https://www.butterflybodybright.org.au/>

# General Information

**VOLUNTARY CONTRIBUTIONS** - Schools provide students with free instruction to fulfil the standard Victorian curriculum and we want to assure you that all contributions are voluntary. Nevertheless, the ongoing support of our families ensures that our school can offer the best possible education and support for our students. We want to thank you for all your support, whether that's through fundraising or volunteering your time. This has made a huge difference to our school and the programs we can offer. School Council has set the Voluntary Contributions for this year of \$240.00. This voluntary contribution can be paid at the office with cash or Eftpos or by direct debit to Avenel Primary School BSB 063 545 Account 1007 6513.

**CHRISTMAS RAFFLE** - We are looking for donations to fill our Christmas hamper. If you would like to donate, please bring a gift to the office. The raffle will be drawn at the End of Year concert.

The proceeds from this raffle will go towards our breakfast program in 2023. Tickets for this raffle will be sent home shortly.



## 2023 TERM DATES

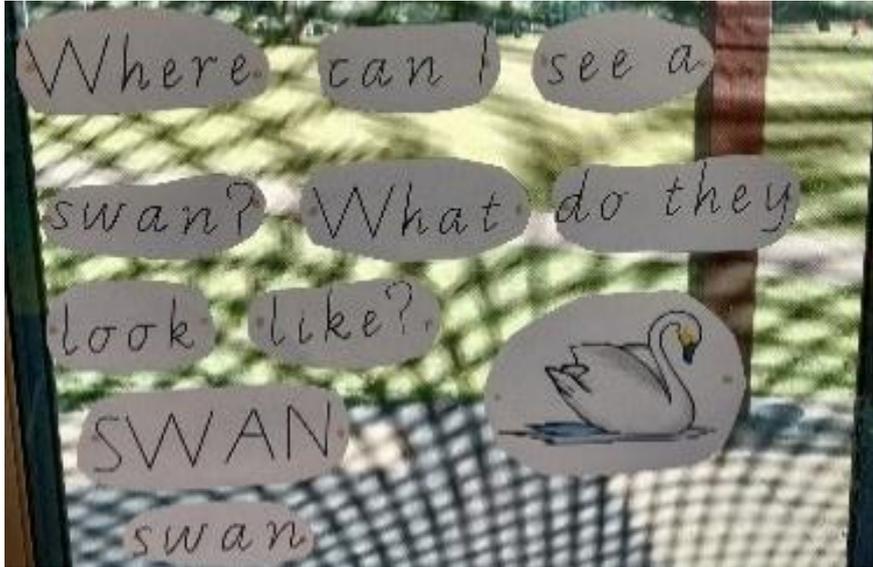
- Term 1 - 30 January students start in government schools - 6 April
- Term 2 - 24 April - 23 June
- Term 3 - 10 July - 15 September
- Term 4 - 2 October - 20 December



# Student Reports

## Fun in Prep

Each week the Preps look at a new word of the week. We investigate the sounds we hear in the word, the letters used to make those sounds, whether they are graphs or digraphs (one or two letters to make one sound) and identify what we know about the focus word to build on our vocabulary. This week's word is SWAN. We looked at the letter 'a' being an alternative way to spell the short /o/ sound when it follows a /w/ sound.



To help consolidate children's knowledge of each word and the sounds and letters that make up those words, we also complete a craft activity. This week we made beautiful 3D swans out of handprint templates.



**Yani** – Swans can swim and fly.

**Annabel** – I know that swans like to swim and catch fish. They put their heads underwater to catch fish.

**Opal** – Sometimes swans drink yucky water.

**Makenleigh** – Swans are a type of bird. They can be black and white.

**Ingrid** – The letter a makes an o sound in swan.

**Rome** – Swans can be black or white.

**Bodhi** – Swans can duck their head in the water to get fish.

**Tyler** – A baby swan is grey.





# Euroa Secondary College Band visit



# Community Information

## Avenel Christmas Carols 2022

**Sunday 4<sup>th</sup> December 6.30 p.m.**

At the Avenel Memorial Hall , Queen Street Avenel.

Come and enjoy carol singing, items and readings.  
If you're able, please bring a plate of supper to share.



**@ 6p.m. Come and hear some local primary school students play their carols before the main event.**

**Christmas tree giving.** This year our giving will be directed to the Salvation Army in Seymour. As they currently have a good stock of practical everyday foodstuffs they have particularly asked for Christmas treats. e.g. puddings, cake, nuts, snacks, lollies (whatever you might have on your Christmas table) to add to their hampers.

### Community Invitation

Come along to the official opening of the  
Queens Jubilee Tree Planting Project  
At Avenel Jubilee Park  
Commencing 10.30am.

A great community event to commemorate  
a wonderful legacy for our town.

Light refreshments available.

Contact Anne Douglas 0400 594 838  
for further details.

### Euroa Community Cinema

3<sup>rd</sup>/4<sup>th</sup> – The Woman King  
9<sup>th</sup>- Elf – 6.30pm screening  
10<sup>th</sup> -11<sup>th</sup> – Armageddon Time

Adults: \$10

Children: \$10

Children (under 5 years): free

Pre-paid tickets: \$8 (cannot be used for charity screenings)



Tickets can be purchased at the ticket box prior to the screening, or online until 4pm on the Friday before the screening.

*The Euroa Community Cinema will be closed for a short break from 12 December until January. Keep an eye on our website and social media for a reopening date.*

<https://www.strathbogie.vic.gov.au/things-to-do/euroa-community-cinema/>

***We hope you have a safe and happy Christmas and New Year.***

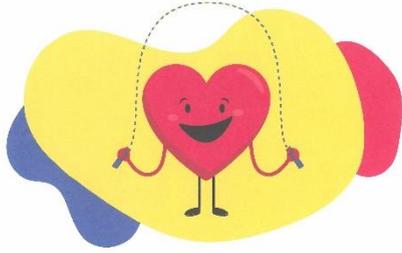


**SANTA IS VISITING  
AVENEL  
TWILIGHT MARKET!**

**Saturday 10th Dec.  
4-8:15 pm.**

**LIVE MUSIC, FOOD VANS, LOCAL  
WINE/ BEERS & GREAT STALLS!**

A festive graphic featuring a cartoon illustration of Santa Claus in his red suit with white trim and a yellow belt. He is smiling and looking towards the left. The background is a mix of red, white, and blue patterns, including a checkered pattern at the top right. The text is overlaid on the image in white and black boxes.



**School Certificate of Appreciation**  
presented to

Avenel Primary School

In recognition of your outstanding efforts  
in Jump Rope for Heart.

You raised \$ 5491.39 which will help fund research  
into the prevention and treatment of heart disease.

*Lachlan Stewart*

Lachlan Stewart  
Program Manager, Jump Rope for Heart  
Heart Foundation

18 November 2022

Avenel Primary School  
40 Anderson Street  
Avenel, Vic 3664

Dear Sir/Madam

I am writing on behalf of the Lions Club of Seymour Goulburn.

Each year our club sells Christmas Cakes and this year we are asking you to consider purchasing a cake or pudding as a gift to your employees and/or friends.

Prices are:

**1.5kg Christmas Cake – \$19**

**1kg Christmas Cake – \$15**

**900gm Christmas Pudding – \$15**

**We can also wrap them for an extra \$5 each.**

Once you have placed an order and we have received the payment we can then deliver your order.

Bank account details:

**GMCU**

**Lions Club of Seymour Goulburn Inc. Activity Acc**

**BSB: 803-078**

**Account No: 100088287**

**REF: Your Business Name**

Looking forward to hearing from you soon.

**VICSWIM 2023**  
BOOKINGS OPEN ON  
NOVEMBER 30TH 2022

**LEARN TO SWIM**  
VICSWIM Summer Kidz Program is a great way for your child to learn how to swim & stay safe in & around water!  
[vicswim.com.au](http://vicswim.com.au)

**ENROL FOR SUMMER**  
VICSWIM summer kidz \$35 p/w  
\*An additional entry cost may apply at some pools.



**Sessions at Avenel Pool**  
Week 1 – 3rd till 6th January

**NETBALL PRE SEASON & TRIALS**

**14TH DECEMBER, 5:30PM (OPTIONAL) -**

Meet the coaches & netball round robin for senior & junior players. BBQ from 7pm.

**19TH DECEMBER, 6PM (OPTIONAL) -**

Pre-season training for senior & junior players.



**NETBALL TRIALS -**

12th Jan, 17th Jan & 19th Jan.

Registration at 5:45pm, 6pm start.



**Avenel Swan**

3d · 🌐

**U14 & U18 FOOTBALLERS WANTED!**

We would love to get our U... See more

*Facebook. Please contact Avenel Football/ netball Club.*

**PLAYERS WANTED!!**

**AVENEL FOOTBALL NETBALL CLUB**

# Avenel Cafe

Dine In or Take Away

## School Lunch Orders Term 4 2022

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Sandwiches, Wraps and Rolls		Fried Food (FRIDAY ONLY)	
Wrap chicken, ham or Egg & salad	7.00	Hot Chips (Small)	4.00
Roll chicken, ham or Egg & salad	7.00	Dim Sim	1.30
Sandwich 1 filling	4.00	Potato Cake	1.20
Sandwich 2 fillings	4.50	Dino Nugget each	1.00
Sandwich 3 fillings	5.00	Battered hot dog	3.20
Sandwich Ham/chicken and salad	6.50	Cheese Burger	7.00
Sandwich Schnitzel and salad	9.50	Kids Pack (Ext Sml Chips & 3 Nugs)	4.50
Toasted Sandwich 1 filling	5.00	Gravy	1.00
Toasted Sandwich 2 filling	5.50	Tomato Sauce	0.30
Toasted Sandwich 3 filling	6.00	Iced Donut ( <i>Limited Numbers</i> )	2.50
Pie (Avenel Newsagency)	4.50	<b>We will update Pie and Sausage Roll prices if the News Agency changes their prices</b>	
Sausage Roll (Avenel Newsagency)	4.20		
<b>Icy treats</b>			
<b>Fruit</b>		Frozen Zooper Dooper	1.00
Piece of fresh fruit (Banana/apple/pear)	1.40	Lifesaver Ice Cream (Avenel Newsagency)	2.50
		Icypole (Avenel Newsagency)	1.40
<b>Dairy</b>		<b>Drinks</b>	
Chocolate milk	2.70	Water	3.00
Strawberry milk	2.70	Apple juice	2.60
<b>TOTAL</b>			<b>\$</b>
<b>Amount enclosed</b>			<b>\$</b>

**Available Wednesday, Thursday and Friday in Term 4 2022.**

**Please note: whether you are paying with cash in an envelope in the office drop off, in store or by phone, payment must be received at 10:00am on the morning of the order to ensure delivery.**

**Feel free to keep this copy at home and just simply write your lunch orders on an envelope with your money for order.**

**Please make sure you phone lunch orders in before 10.00am.**

*Iced Donuts are baked fresh for Friday lunch orders. Orders are predicted however you can ensure delivery by calling the store and booking your child's/children's donut. Failure to do so may result in them missing out.*

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