



Contact Details:

Web: www.avenelps.vic.edu.au Email: avenel.ps@education.vic.gov.au Facebook: <u>https://www.facebook.com/Avenelprimary</u> After Hours Number - 0403 565 119

Be A Mate

Avenel Primary School Values



Recognising and celebrating achievement of our values



Be a Learner

Jack Stirling - For his work with positive and negative integers on a vertical number line. Layla Smith - For her focus and engagement when working independently. Layla Manning - For the focus she is showing on all learning tasks. Be a Mate

Georgie Gurkin - For always showing kindness and using her initiative in class. **Alesha Thomas** - For assisting Mr D around the school to improve our learning spaces in an organised and efficient manner.

Give Something Back

Murphy McMillan - For giving something back and always offering to help. 😊

Ross' Report

We were lucky with the weather on our second attempt at the Swimming Sports yesterday with warm sunshine for the whole day. There was a lovely vibe at the school with our students joined by a large number of family members supporting and cheering on our students. Thanks to all the parents who assisted with jobs on the day, it helped to make everything run smoothly. Well done to Danielle who coordinated the event for the school. We now have a team of 19 students who have qualified to compete at District level in Seymour tomorrow.



Our School Council nominations have closed and as the number of nominations in the parent category matched the number of vacancies there is no need for an election. Thanks to our new nominees Sarah Van Horen and Kasey Chiswell who will start their two year term this year. I would like to thank Grant Eagles and Sonya Waters whose 2 year terms just came to an end and express my appreciation for the time they have given the school in their role as council members.

The four school captains travelled to Melbourne to participate in the National Young Leaders Day at the Melbourne Convention Centre last Friday. The students listened to speakers discussing leadership and giving them tips for their role in 2024. The captains will prepare a report for next week's newsletter.

After the sudden power outage last Tuesday evening the Prep Information Night for all prep parents has been rescheduled to occur next Monday 26th February commencing at 5:30pm. We hope to see lots of families in attendance where we will explain all about how our school teaches, what a typical day looks like and how you can help your child at home. There will be an opportunity to ask questions to the staff also.

Your feedback is always welcome at ross.davis@education.vic.gov.au or 0403 565 119.





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.

CALENDAR OF EVENTS

MONTH	DATE	EVENT
February	Thursday 22nd	District Swimming - Seymour
	Monday 26 th	Prep Information Evening
	Wednesday 28th	No Preps School Council AGM – 6.00pm
March	Wednesday 1 st	Division Swimming - Wangaratta, No Preps
	Tuesday 5th	School Photos
	Wednesday 6 th	Regional Swimming – Shepparton No Preps
	Monday 11 th	Labour Day Public Holiday
	Wednesday 13 ^h	Preps at school
	13 th – 15 th	NAPLAN testing Gr 3 and Gr 5
	Thursday 21st	Family Night – Colour Run
	Thursday 28 th	Last Day Term 1 – 2.20pm dismissal. Drawing of Easter Raffle

HAPPY BIRTHDAY – Audrey Doherty, Kevin Traynor, Aspa King and Harrison McMaster





Uniforms from our old stock which we desperately need to get rid of. Please come into the office and collect.

> 3 2

> 2

2 1

	Red Windcheater		Skorts
2	Size 16	1	Size 6
1			Size 8
5	Fleece Jackets		Size 10
5	Size 16Y	1	Size 12
	Size Sm	3	Size 14
	Size Med	2	
1			
10	Vests		
6	Size 4	1	
8	Size 6	7	
3	Size 8	3	
4	Size 10	1	
4	Size 14	6	



Trackpants

Size 8

Size 14 Size Sm

Size Med

Size 4 Size 6 Size 8 Size 10 Size 12 Size 14 Size 16

Cargo Pants



Butterfly Body Bright: because every child deserves to feel bright in their body.

Butterfly Body Bright is a strength-based, evidence-informed program developed by Butterfly Foundation. Designed to be integrated into Australian primary schools, it provides resources and support to teachers and their broader school community. The program aims to promote healthy attitudes and behaviours towards the body, eating and physical activity in children, so they can thrive at school and in life.

It takes a village to raise a child! Butterfly Body Bright takes a whole school approach to supporting positive body image in children.

INTRODUCING BUTTERFLY BODY BRIGHT

Butterfly Body Bright is an Australian first, whole of primary school, body image program that promotes positive attitudes and behaviours towards the body, eating and physical activity. The program has been developed by Butterfly Foundation and is strength-based and evidence-informed, supporting our staff,

students and families. Early research into the program has shown positive improvements in children's body image.

We are excited to have registered for Butterfly Body Bright and look forward to working towards being more Body Bright as a school community so that together we can support our students to feel confident and *bright* in their bodies.

In future newsletters we will highlight some tips for being Body Bright at home from the 6 Body Bright themes. In the meantime you might be interested in the <u>FREE resources at www.butterflybodybright.org.au/families</u>

Butterfly Body Bright

Body image starts developing during childhood. Body image is the thoughts, feelings and attitudes we hold about our body and how we look, and it is influenced by many things.

> Butterfly Body Bright is a program of Butterfly

For more information about the program visit <u>www.butterflybodybright.org.au</u>

is for BRAVE

Butterfly Body Bright has 6 themes, with each theme targeting an important factor that contributes to the development of children's body image. The first theme is BRAVE against appearance teasing.

Research shows that receiving negative comments about appearance and being the target of appearance-related teasing and/or bullying can have negative and serious consequences on a child's body image and selfesteem. It can also increase their risk of experiencing disordered eating and eating disorders.

Butterfly Body Bright helps children to be BRAVE in their bodies, by empowering them to stand up for their own bodies and for others. It's never OK to tease or make negative comments about another's appearance.

Butterfly Body Bright

What can you do at home? Adopt a zero tolerance to appearance teasing or bullying, including any negative comments about appearance. Challenge and call out language, comments, teasing and nicknames that are appearance-based.

> Butterfly Body Bright is a program of

Butterfly

For more information on how to help your child to be BRAVE in their body check out the BRAVE tip sheet at <u>www.butterflybodybright.org.au/resources</u> For more information about the program visit <u>www.butterflybodybright.org.au</u>

Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The second theme is RESILIENT to unhelpful media messages.

The images and messages children are exposed to in media can be taken on board and influence their thoughts and attitudes, particularly when it comes to body and appearance stereotypes and ideals. Research shows that the more a child is exposed to media that presents appearance ideals (such as thin for girls and muscular for boys), the more likely they are to use these ideals to judge their own appearance and make negative comparisons, which can increase body dissatisfaction.

Butterfly Body Bright helps children to be RESILIENT by strengthening their media literacy skills, by helping them to deconstruct and challenge the messages and images they hear and see.

For more information on how to help your child have a positive experience with media read the RESILIENT tip sheet at <u>www.butterflybodybright.org.au/resources</u> For more information about the program visit <u>www.butterflybodybright.org.au</u>

of all bodies.

Attitudes and beliefs about body shape, weight and appearance develop

early. When these attitudes and beliefs are stereotypical or negative, it can reinforce weight stigma. Studies have shown that weight stigma in children can

present as positive attitudes towards people with thinner bodies (e.g., that they

are kind and clever) and negative attitudes towards people with larger bodies

(e.g., that they are mean or have no friends). Such attitudes have been linked

Butterfly Body Bright helps children to be INCLUSIVE of all bodies and know that bodies looking and functioning differently is something to celebrate - so

that everyone feels like they belong in the world and our school community.

to body dissatisfaction and appearance-related teasing in children.

Butterfly **Body Bright**

What can you do at home? Ensure your child is viewing content that is age appropriate (including social media) and do your best to role model positive and kind language around appearance and body shape/size when viewing media yourself.



Butterfly Body Bright

What can you do at home? bodies as valuable and deserving size or any aspect of appearance. Remind your child that bodies grow, develop and change and that this is natural, necessary and

Butterfly Body

Bright is a program of Butterfly

For more information on how to help your child to be INCLUSIVE of all bodies check out the INCLUSIVE tip sheet at <u>www.butterflybodybright.org.au/resources</u> For more information about the program visit www.butterflybodybright.org.au

Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The third theme is INCLUSIVE



Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The fourth theme is **GRATEFUL** for their bodies.

Promoting body confidence, acceptance and appreciation from childhood can help to set up a positive lifelong relationship with the body, with the hope to reduce or avoid significant body dissatisfaction, disordered eating, and clinical eating disorders in life.

Butterfly Body Bright helps children to be GRATEFUL for their body, focusing on the things it can do and appreciating themselves for their inner qualities and strengths so that they can see their worth and value, beyond their body shape and appearance.

Butterfly Body Bright

What can you do at home? Encourage your child to show self-compassion and kindness to themselves and their bodies as they grow and develop. Celebrate who they are and all the amazing things their (and your) body can do.

For more information on how to help your child to be GRATEFUL for their body checkout the GRATEFUL tip sheet at www.butterflybodybright.org.au/resources





Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The fifth theme is HAPPY from joyful movement.

We know that there are many physical and mental health benefits to be gained by engaging in physical activity. It is important that children are supported to develop a healthy and balanced relationship with movement, as their interests and bodies change and develop. Doing too little, or too much, physical activity can impact health negatively, so it's important to help children find movement and activities that bring them joy and that help them to feel good in their body.

Butterfly Body Bright aims to help children to be HAPPY in their bodies by engaging in fun and joyful movement, regularly.

For more information on helping your child to be HAPPY through joyful movement check out the HAPPY tip sheet at <u>www.butterflybodybright.org.au/resources</u> For more information about the program visit <u>www.butterflybodybright.org.au</u>

Butterfly Body Bright

What can you do at home?

Explore ways to move that are non-competitive and fun for your child and help your whole family feel good in their body. Celebrating how bodies function, rather than how they look can help build a positive body image.

> Butterfly Body Bright is a program of Butterfly



Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The sixth theme is THOUGHTFUL with their eating.

For more information on helping your child develop a positive relationship with food read the THOUGHTFUL tip sheet at <u>www.butterflybodybright.org.au/resources</u>

We know that messaging around health and nutrition can be incredibly confusing. We also know that establishing positive and balanced attitudes towards eating can be a protective factor, reducing the risk of developing disordered eating and more serious eating issues. There is an enormous focus on 'what to eat', but sadly, children are not always supported on 'how to eat'.

Butterfly Body Bright helps children to be THOUGHTFUL with their eating by helping children to learn to listen to their body cues, be mindful when eating, and to be curious and non-judgemental towards foods. These approaches can help to build a positive relationship with food and eating.

For more information about the program visit www.butterflybodybright.org.au

Butterfly Body Bright

What can you do at home? Avoid shaming foods or food groups and strive to speak in a neutral way about food. Label food by its name (e.g., 'fruit and vegetables' rather than 'healthy foods' or 'lollies', rather than 'sugary treats'). This can help reduce shame, guilt and anxiety around certain foods and support a balanced and positive relationship towards eating.

> Bright is a program of Butterfly

Are you worried your child is struggling with their body image or eating?

Butterfly Body Bright is a prevention focused program that helps to foster positive attitudes and behaviours towards the body, eating and physical activity. Unfortunately, children can and do develop more serious eating and body image issues. Through the online Body Bright Staff Training, staff have been supported to better understand how to identify more serious

eating and body image issues and how to intervene if they are noticing a child who may be struggling. This would of course involve speaking with parents/guardians and families.

If you are concerned about your child (of any gender) it is important to trust your instincts and seek further information and support. The <u>FAMILIES</u> section of the Butterfly Body Bright website has more information to support families to be Body Bright, including information around what to do if you are <u>Concerned</u> <u>About A Child</u>. We also encourage you to speak with school staff to share any concerns and let us know how we may be able to help.

For more support information visit <u>www.butterflybodybright.org.au/concerned</u> For more information about the program visit <u>www.butterflybodybright.org.au</u>

Butterfly Body Bright

Body image starts developing during childhood. Body image is the thoughts, feelings and attitudes we hold about our body and how we look, and it is influenced by many things.

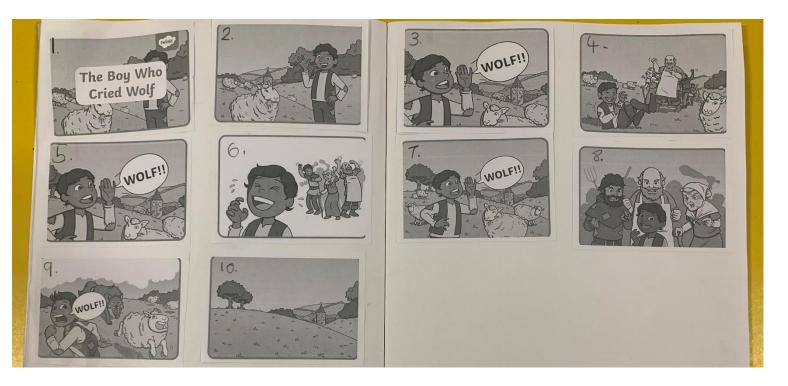


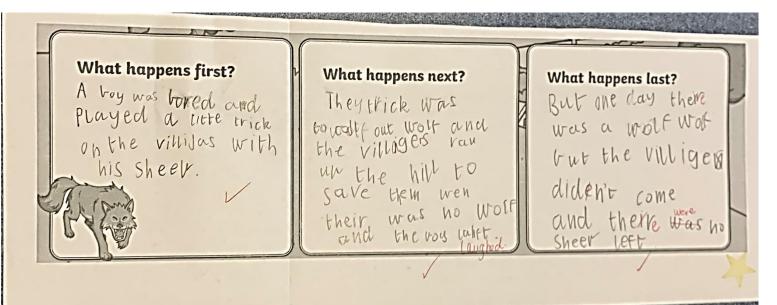
Student Reports

Reading and Text Response

This week in 12WB, we have been focussing on the traditional tale of 'The Boy who Cried Wolf'. After reading the story as a class, we sequenced the story using a variety of different illustrations as prompts. We discussed some of the key words from the text that were important to use as part of a sequenced retell. We were then able to respond to the text through drawings and writing, the beginning, middle and end.

Traditional stories are an excellent tool for nurturing imagination and creativity through their plots, characters and settings. Passed down through generations, they foster a sense of intergenerational connection. Traditional stories offer a wealth of vocabulary, varied sentence structures and an array of storytelling techniques. Children can make connections with traditional tales, understanding the morals or lessons within them.





General Information

SCHOOL PHOTOS – A reminder that our school photoshoot will take place on Tuesday 5th March. Photos will be taken from 9 am onwards, ensuring that those well-brushed locks remain as pristine as they can possibly be. Please note that payments are made directly to the photographer (online or on the day) and the school does not handle any money or process any payments.



Students have received an envelope with their own unique code on it. <u>Every student must return their</u> <u>envelope even if they are not buying photos</u>. There are some spare envelopes available from the office in case your child happens to miss place theirs. <u>Those families wishing to purchase a family photograph can</u> <u>obtain a family envelope from the office.</u>

WANTED FOR THE VEGIE GARDEN – We have a group of parents interested in reviving the vegie gardens. They are looking for donations of poo or garden mulch. If you can assist please contact the office.

2024 TERM DATES

Term 1 - 29 January (teachers) (31st January Gr 1-6 students start &1st Feb Preps) - 28 March Term 2 - 15 April - 28 June Term 3 - 15 July - 20 September Term 4 - 7 October - 20 December



SUBJECT CONTRIBUTION – School Council have set the Subject Contribution for this year at \$245 per student This amount is usually paid in Term 1 but other arrangements can be made if you are still recovering from Christmas and holidays! The subject contribution payment covers the cost of subject expenses and classmaterials which have been purchased by the school and will be distributed to students throughout the year. This contribution can be paid either by cash or EFPOS at the school or by direct deposit to the school account BSB 063 545 Account No 10076513. Please insert 'sub cont' and family name in the reference field.

CAMPS, SPORTS & EXCURSIONS FUNDING (CSEF) - FOR NEW FAMILIES ONLY

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities. If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families. Payment amounts this year are \$150 for eligible primary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

CONVEYANCE ALLOWANCE – Students who live 4.8 kilometres or more (closest point of property boundaryin relation to the stop) from school or their bus stop, may be eligible for a conveyance allowance. Applicationsforms are available from the office and must be lodged with the School by Friday 16th February.

CHANGE OF CONTACT DETAILS AND STUDENT INFORMATION – If your contact details or emergency contacts have changed from what was previously advised please contact the school office to that we can update our records.

VISY RECYCLING CENTRE at Avenel Café. At school, students place the containers collected from lunch and snack time into the red container provided outside the big building which will then be taken to the shop, with the funds going into the school's bank account towards Junior School Council fund raising.



We are again raising money for the Royal Children's Hospital Good Friday Appeal. We are asking our families to please donate an Easter item for our Easter raffle which will be drawn at our final assembly on Thursday 6th April at 2:00pm. Donated items can be left at the office up until Thursday afternoon of the last week of term 1. Raffle books will be sent home shortly.



Community Information

AVENEL GOLF CLUB NEWS

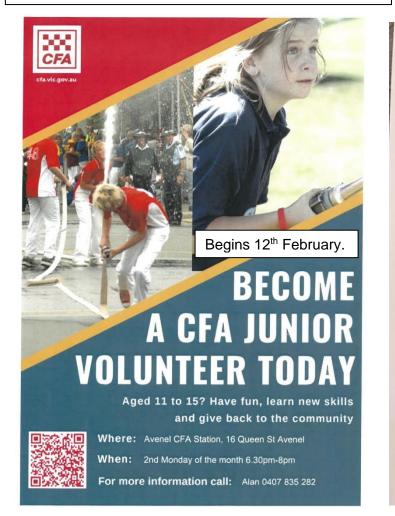
Attention Juniors - Our Saturday morning junior 6 hole competition has returned for 2024. Please arrive by 9:30 for a 9:45 tee time. Cost is only \$2. All welcome.

Hi everyone, if you haven't been playing golf it's time to dust off the clubs as **Opening Day** is fast approaching - **Saturday April 6th.**

Needless to say, we need to have a few working bees to get the course ready and also the fellas have a home pennant match on Sunday the 24th March - the week before opening day.

Working bees have been set for **Sunday 25th Feb**, **Sunday 3rd March and Sunday 17th March** from 9.00 am onwards. We'll have a sausage sizzle lunch and refreshments. If you are unable to help on the appointed days - feel free to go out to the course at any time and do what you can to help.

There's been a bit of tree damage from the last storm so if anyone is able to get out there with a chainsaw and trailer that would be fabulous. There's always cleaning up to do under the trees and around the tee signs and markers- anything you can to do assist will be much appreciated. The front garden needs a good weed. The sands need to be refreshed and oiled and the surrounds chipped and tidied.





NAGAMBIE PRIMARY SCHOOL GATES OPEN 3:00PM | SHOW 3:30PM-6:30PM ONLINE TICKETS: ADULT: \$40 | SENIOR: \$35 | STUDENTS (6-17YR): \$25 | KIDS (5YR6U): FREE | FAMILY: \$117 COMPANION CARD ACCEPTED | 'SMALL ONLINE BOOKING FEE | DOOR TICKETS \$10 MORE | DOOR FAMILY: \$135 FOOD AND DRINKS AVAIL | BYO CHAIRS | OUTDOOR EVENT

TICKETS: WWW.TOMCURTAIN.COM.AU



Digital Drop-in

Drop in and see a library staff member for some device help on a range of topics.

- Topics include: Computers
- Smartphones and tablets
- Email and social media
- eLibrary resources

Bring your own device to these sessions.

Avenel Library Wednesday 28th February 2.00pm

Bookings are preferred. Email avenel@gvlibraries.com.au or call 1300 374 765.

Libraries Change Lives

Tel: 1300 374 765 www.gvlibraries.com.au

goulburn valley libraries





Come together with other Avenel residents to enjoy a relaxed BYO picnic event with fun & games for the kids and a free BBQ. Welcome newcomers to our great town.

BYO Picnic Free BBQ & Super Doopers! Kids Games Try a new sport 6



Other sponsors: Woolworths Seymour Goulburn Valley Water

ponsor



Proudly organised by Avenel Active Inc

Junior Football & Netball TABILK JUNIOR

Register now!

Football

- https://www.playhq.com/afl/register/5dc499 Under 9's (born 2015 - 30/04/2017)
 - Under 10's (born 2014)
 - Under 12's (born 2012)
 - Under 14's (born 2010)

Netball

https://registration.netballconnect.com/appRegistrationForm

- Under 11's (born 2013)
- Under 13's (born 2011)

Training is set to start at the beginning of March.

Follow our Facebook page for important updates.

LONGWOOD FOOTBALL NETBALL CLUB

JUNIOR INFORMATION **NIGHT & SEASON LAUNCH**

February 15th - 5.30pm

Event Program

- 30pm All Junior Netball
- 5.30pm U/10's kick around and games
- 5.30pm U/15 Football training commences
- 6.45/7pm Information and Registration

7pm - BBQ Dinner and Drinks @ JC Bar



Club Information

- **BBO Dinner**
- Membership Info
- **Active Kids Grants**

Contact President Ricki Shiner 0411 152 536

FEBRUARY COMMUNITY **CHOICE WINNER IS:**

PG

WISH

Saturday 24 February, 8pm & Sunday 25 February, 4pm

All tickets \$12 ea | under 5 years old free Bookings:

https://events.humanitix.com/wish-ecc

[PG] Mild themes and fantasy violence | Adventure, Animation, Comedy, Musical | 95 minutes

Walt Disney Animation Studios' "Wish" is an all-new musical-comedy welcoming audiences to the magical kingdom of Rosas, where Asha, a sharp-witted idealist, makes a wish.

Cast: Alan Tudyk, Victor Garber, Chris Pine, Angelique Cabral, Ramy Youssef, Natasha Rothwell, Ariana DeBose, Harvey Guillén, Jon Rudnitsky, Della Saba, Niko Vargas, Jennifer Kumiyama.





GOULBURN

VALLEY WATER













Dine In or Take Away

School Lunch Orders Term 1 2024

Grade:

Name:

Sandwiches Wrans and Bolls	lle	Eried Food (ERIDAY ONI V)		
Wran chicken ham or End & calad	7 50	Hot Chine (Small)	6 00	
			0.0	
Roll chicken, ham or Egg & salad	7.50	Dim Sim	1.50	
Sandwich 1 filling	4.50	Potato Cake	1.40	
Sandwich 2 fillings	5.00	Dino Nugget each	1.00	
Sandwich 3 fillings	5.50	Battered hot dog	3.50	
Sandwich Ham/chicken and salad	7.00	Cheese Burger	8.25	
Sandwich Schnitzel and salad	10.00	Kids Pack (Ext Sml Chips & 3	6.20	
		Nugs)		
Toasted Sandwich 1 filling	5.50	Kids Pack (2 Potato Cakes & 3	5.00	
		Nugs)		
Toasted Sandwich 2 filling	6.00	Gravy	1.20	
Toasted Sandwich 3 filling	6.50	Tomato Sauce	0.35	
		Iced Donut (Limited Numbers)	2.50	
Pie (Avenel Newsagency)	4.90			
Sausage Roll (Avenel Newsagency)	4.50			
		Icy treats		
Fruit		Frozen Zooper Dooper	1.00	
Piece of fresh fruit	1.50	Lifesaver Ice Cream	2.60	
(Banana/apple/pear)		(Avenel Newsagency)		
		Icypole (Avenel Newsagency)	1.50	
Dairy		Drinks		
Chocolate milk	3.00	Water	3.00	
Strawberry milk	3.00	Apple juice	2.80	
TOTAL			Ş	
Amount enclosed			Ş	

Available Wednesday, Thursday and Friday in Term 1 2024.

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.

Chip Shortage: This has extended longer than expected. As a result of the price of chips has increased.

Feel free to keep this copy at home and just simply write your lunch orders

on an envelope with your money for order.

Avenel Cafe

Dine In or Take Away

School Lunch Orders Term 1 2024

Grade:

Name:

1.403.50 1.50 1.00 6.00 Fried Food (FRIDAY ONLY) Dino Nugget each Battered hot dog Hot Chips (Small) Potato Cake Dim Sim 5.50 4.50 7.50 5.00 7.50 Sandwiches, Wraps and Rolls Wrap chicken, ham or Egg & salad Roll chicken, ham or Egg & salad Sandwich 2 fillings Sandwich 3 fillings Sandwich 1 filling

	Ş			Amount enclosed
	Ş			TOTAL
	2.80	Apple juice	3.00	Strawberry milk
	3.00	Water	3.00	Chocolate milk
		Drinks		Dairy
	1.50	Icypole (Avenel Newsagency)		
		(Avenel Newsagency)		(Banana/apple/pear)
	2.60	Lifesaver Ice Cream	1.50	Piece of fresh fruit
	1.00	Frozen Zooper Dooper		Fruit
		Icy treats		
			4.50	Sausage Roll (Avenel Newsagency)
_			4.90	Pie (Avenel Newsagency)
	2.50	Iced Donut (Limited Numbers)		
	0.35	Tomato Sauce	6.50	Toasted Sandwich 3 filling
	1.20	Gravy	6.00	Toasted Sandwich 2 filling
		Nugs)		
	5.00	Kids Pack (2 Potato Cakes & 3	5.50	Toasted Sandwich 1 filling
		Nugs)		
_	6.20	Kids Pack (Ext Sml Chips & 3	10.00	Sandwich Schnitzel and salad
	8.25	Cheese Burger	7.00	Sandwich Ham/chicken and salad
_	0000	המונרו כמ ווסי מספ	2	

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