

# AVENEL PRIMARY SCHOOL

## OUR MISSION:

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

Newsletter No: 12

8<sup>th</sup> May 2024



### 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

**Jackson Harland** – For his enthusiasm with converting mixed numbers and improper fractions. 😊

**Ella King** - For her enthusiasm towards her personal learning goals. 😊

**Nellie Van Horen** - For persisting with her work on arrays to assist with her understanding of multiplication. 😊

**Opal Wheeler** – For applying herself in mathematics, showing an increase in confidence, taking risks in her learning. 😊

**Harrison McMaster** - For being a responsible learner by staying on task and by making sure all equipment is packed up. 😊

### Be A Mate

**Nate Merritt** - For being a cooperative, active and encouraging team member during reciprocal reading. 😊

# Ross' Report



Congratulations to all the students who put in a fabulous effort at our Junior and Senior Cross Country events last week. Both events were run smoothly and had a positive feel with lots of cheering and encouragement from students, staff, parents and family members. We need quite a few helpers to ensure a safe run so thank you to all those who assisted at the events. A big thank you to the Avenel Golf Club who allow us to run the senior cross country on their course. It is a great venue and makes our organisation very easy, so thanks for your support.

We had a committed group of parents, students and family members who attended our working bee on Monday afternoon. We were able to get many jobs completed and the school looked great afterwards. We had people working around the oak tree, the chook pen, in the sheds, cleaning gutters, the stage, the student toilets and more! Thanks to David Wheeler, Lauren and Sam Hull, Michelle McMahan, Vicky Lippert, Scott Jeffery, Ivan Dean, Lauren Shiels, Shane Chiswell, Jess Daniel and Anthony Newlands for all your effort. These working bees make a big difference to our school.

It is great to see families making use of the Before and After School Care service at our school. We appreciate the support of our service and look forward to it being able to continue so that families have this very necessary option for their children. It is now running before and after school 5 days a week so please make use of this service and book your children in as required.



On Friday we have our traditional Mothers' Day Stall. There will be a variety of gifts available for students to purchase to celebrate their Mums and other special people in their lives. I would like to wish all of the Mums in our school community a very happy Mother's Day and I hope you have a special day on Sunday.

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



*Congratulations to Mila Kelly for being this week's Principal Award winner.*



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
May	Thursday 9 <sup>th</sup>	School tour - 10.00am
	Friday 10 <sup>th</sup>	Mother's Day/Special Person stall – helpers required
	13 <sup>th</sup> – 17 <sup>th</sup>	Education Week
	Tuesday 14 <sup>th</sup>	District Cross Country – Seymour School Council – 5.30pm
	Monday 20 <sup>th</sup>	Report Writing Day – Pupil Free Day
	Friday 24 <sup>th</sup>	Division Cross Country - Yea
	27 <sup>th</sup> – 31 <sup>st</sup>	Reconciliation Week
June	Monday 10 <sup>th</sup>	Kings Birthday Holiday
	Tuesday 11 <sup>th</sup>	School Council – 5.30pm
	Friday 14 <sup>th</sup>	Regional Cross Country - Winton
	Friday 28 <sup>th</sup>	End Term 2
July	Monday 15 <sup>th</sup>	Start Term 3
	Friday 26 <sup>th</sup>	Enrolment for 2025 Foundation Students close
September	Friday 20 <sup>th</sup>	End Term 3
October	Monday 7 <sup>th</sup>	Start Term 4
December	Friday 20 <sup>th</sup>	End Term 4

**HAPPY BIRTHDAY** – Olivia Van Dyke and Mia Stockman



**Gr- 5-6 students enjoying the Seymour College Experience Day as part of their transition program.**



# Wellbeing

## Respectful Relationships @APS

Respectful Relationships education is a core component of the Victorian Curriculum from foundation to year 12. It is all about embedding a culture of respect and equality across the entire school community.

The **Resilience, Rights and Respectful Relationships** learning materials have been designed for teachers in primary and secondary schools to develop students' social, emotional and positive relationship skills. Efforts to promote social and emotional skills and positive gender norms in children and young people has been shown to improve health related outcomes and subjective wellbeing. It also reduces antisocial behaviours including engagement in gender-related violence.

The Resilience, Rights and Respectful Relationships (RRRR) learning materials cover eight topics of Social and Emotional Learning across all levels of primary and secondary education: Emotional Literacy; Personal Strengths; Positive Coping; Problem Solving; Stress Management; Help Seeking; Gender and Identity; and Positive Gender Relationships.

### Program background:

- The Royal Commission into Family Violence identified the critical role that schools and early childhood education have in creating a culture of respect to change the story of family violence for future generations.
- In 2016, respectful relationships education became a core component of the Victorian Curriculum from foundation to year 12 and is being taught in all government and Catholic schools and many independent schools.
- Everyone in our community deserves to be respected, valued and treated equally.
- Respectful Relationships is about embedding a culture of respect and equality across our entire community.

This term at Avenel Primary we will be teaching the RRRR curriculum focusing on Topic 1: Emotional Literacy, Topic 2: Personal Strengths and Topic 3 Positive Coping. All learning materials can be accessed online at:

<https://arc.educationapps.vic.gov.au/learning/resource/2JZX4R?fuse=1> or alternatively use this QR code to access the website.



Below are some ways you can engage your children in some of the concepts that we are covering this term:

### Emotional Literacy

LEVEL	GOAL	ACTIVITY
FOUNDATION	Understanding our emotions	With your child, name the different emotions that characters in your favourite TV show or story book are feeling. How many can you name? Ask: How can we work out what emotions other people are feeling?
LEVEL 1 - 2	Understand our emotions	Play emotional charades with members of your family. Each person acts out an emotion and family members guess the emotion/ feeling.
LEVEL 1 - 2	Understand situations that can trigger different emotions.	Your child asks a family member how they would feel if: They were starting a new school or job Their friend had told everyone a secret they shared with them They had won a prize.
LEVEL 3 - 4	Develop language to identify and describe emotions.	Name and describe the emotions of a character in your favourite TV show. Take turns in doing this with your child.
LEVEL 3 - 4	Name positive and negative emotions	Name three positive and three negative emotions you experienced today. Ask your child to name three positive and three negative emotions they experienced. Ask: How did it look, sound and feel?
LEVEL 5 - 6	Understand our emotions.	Go around the dinner table and have each person share three emotions that they felt that day and why.
LEVEL 5 - 6	Understand others' emotions.	Encourage your child to tell a person in your family about their day. The listener tries to guess what emotions your child would have felt during their day.



## Personal Strengths

LEVEL	GOAL	ACTIVITY
FOUNDATION	Recognise our strengths by talking about things we are good at	With your child, take turns at drawing a portrait of each other. Around the portrait write all the things you think each other is good at.
LEVEL 1 - 2	Describe how we use our strengths to be a good family member.	With your child, discuss what each of your character strengths are. Draw a picture of yourselves using one of these strengths at home.
LEVEL 1 - 2	Describe how we use our strengths in daily life	With your child, watch a TV show or read a story book together and identify how a character showed any of these strengths (honesty, fairness, patience). What would the opposite of these look like?
LEVEL 3 - 4	Recognise our personal strengths	Personal strengths are our positive qualities. Ask your child: What are your personal strengths? What do you think are my personal strengths? Swap!
LEVEL 3 - 4	Identify how you can use personal strengths in daily life	Kindness is a personal strength. Being kind means you do things for others without expecting anything in return. Encourage your child to do something helpful for a family member. Ask them to share their acts of kindness with your family.
LEVEL 5 - 6	Demonstrate character strengths.	Encourage your child do something to make life easier for someone else at home.
LEVEL 5 - 6	Demonstrate character strengths	With your child, plan to do something kind for a neighbour, friend or family member. HINT: You might like to: • Check to see if an elderly neighbour needs help with grocery shopping. • Call a family member you don't live with such as an uncle, aunt or grandparents to say hello. • Write a letter or send an email to a friend and post it to them.

## Positive Coping

LEVEL	GOAL	ACTIVITY
FOUNDATION	Identify positive ways to cope with negative emotions.	Come up with five things we can do to feel better when we are sad.
LEVEL 1 - 2	Discuss ways we can cheer up and calm down.	Discuss with your child: • When I feel lonely, I can... • When I feel angry, I calm myself down by... • When I feel sad, I can... • When I feel bored, I can...
LEVEL 1 - 2	Talk about fears and how to cope with fear	Talk about: • Things that make me afraid are... • When I feel afraid, what are some things we do to help us manage our fears.
LEVEL 3 - 4	Try a self-calming technique to calm down when we feel hurt or angry.	Try the Robot to Rag doll technique with a family member. Scrunch up tight and hard like a robot, then slowly let go to turn yourself into a floppy rag doll.
LEVEL 3 - 4	Reflect on the impact our actions can have on others and learn how to make a meaningful apology.	Talk to a family member and ask them: What is an apology? What does it feel like when someone apologises to you? What are the ingredients of a good apology?
LEVEL 5 - 6	Think positively	Encourage your child to leave a positive note for someone at home to find.
LEVEL 5 - 6	Practice positive coping strategies.	Choose an activity to do with your child. • Draw a picture together • Listen to soothing music • Give each other a hug • Do a favourite hobby. Reflect on how it made you feel to do this together.



# Cross Country

Last week we held both our junior and senior cross-country events. Our juniors competed at school, with our preps running 400 meters and our year 1 and 2 students running 800meters.

Prep Boys- 1<sup>st</sup> Riley Williams, 2<sup>nd</sup> Easton Martin, 3<sup>rd</sup> Harrison McMaster

Prep Girls- 1<sup>st</sup> Layla Manning, 2<sup>nd</sup> Alice Golightly, 3<sup>rd</sup> Marli Shiels

Grade 1 Boys- 1<sup>st</sup> Murphy McMillian, 2<sup>nd</sup> Teddy Manning, 3<sup>rd</sup> Archie Shiner and Ragnar Ekberg

Grade 1 Girls- 1<sup>st</sup> Olive Butler, 2<sup>nd</sup> Ella Fowles, 3<sup>rd</sup> Ivy Hender

Grade 2 Boys- 1<sup>st</sup> Marc Gipson, 2<sup>nd</sup> Rome Smith-Williams, 3<sup>rd</sup> Jimmy Lynch





Our seniors competed at the Avenel Gold Course with our under 9s and 10s running 2000 meters and our under 11s and 12s running 3000 meters.

Under 9 boys- 1<sup>st</sup> Clancy Hull, 2<sup>nd</sup> Max Day, 3<sup>rd</sup> Mac Van Horen

Under 9 Girls- 1<sup>st</sup> Zara Harding, 2<sup>nd</sup> Marlee Eagles, 3<sup>rd</sup> Layla Smith

Under 10 Boys- 1<sup>st</sup> Jameson Baxter, 2<sup>nd</sup> Nate Merritt, 3<sup>rd</sup> Adian McMahon

Under 10 Girls- 1<sup>st</sup> Alesha Thomas, 2<sup>nd</sup> Charlotte McMaster, 3<sup>rd</sup> Ruby Hannigan

Under 11 Boys- 1<sup>st</sup> Neelix Newell, 2<sup>nd</sup> Rayden Hannigan, 3<sup>rd</sup> Sebastian Croft-Papi

Under 11 Girls- 1<sup>st</sup> Abby Eagles, 2<sup>nd</sup> Charlotte Jeffery, 3<sup>rd</sup> Tilly Eagles

Under 12 Boys- 1<sup>st</sup> Alex Bull, 2<sup>nd</sup> Archie Butler, 3<sup>rd</sup> Caspar Leunig

Under 12 Girls- 1<sup>st</sup> Maggie Aldridge, 2<sup>nd</sup> Wren Malone, 3<sup>rd</sup> Bailey-Rose Lippert

Congratulations to students who placed in the event and to everyone who competed, cheered their house on and made the extra effort to support competitors! The students ran 179km over the two events. What an achievement! A huge shout out to all the families who were able to assist on the day. It was a wonderful day filled with community spirit!

Danielle Pearce  
Sports Coordinator

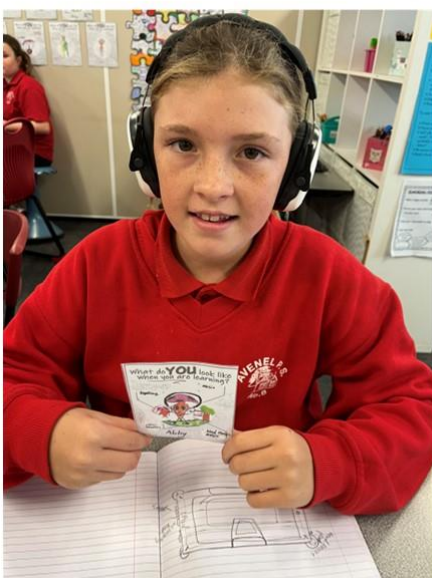
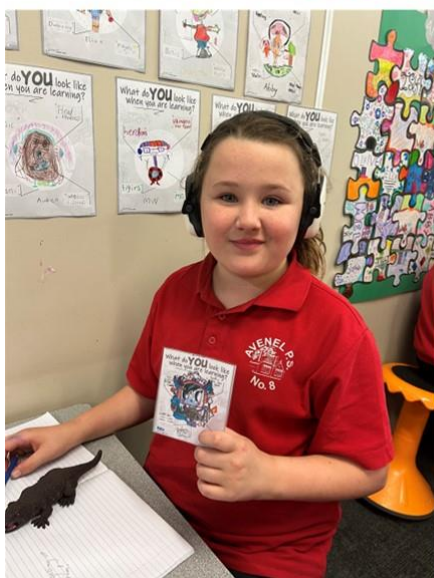
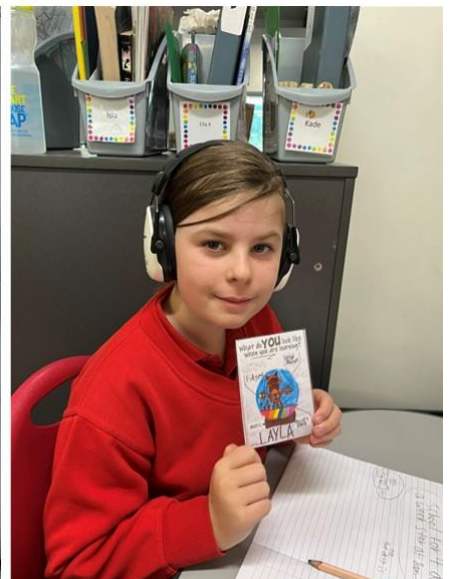
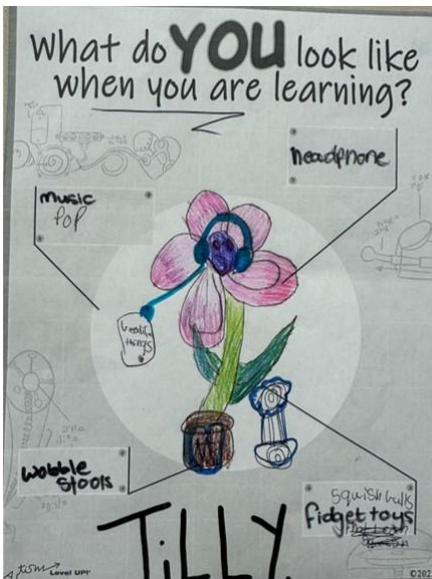
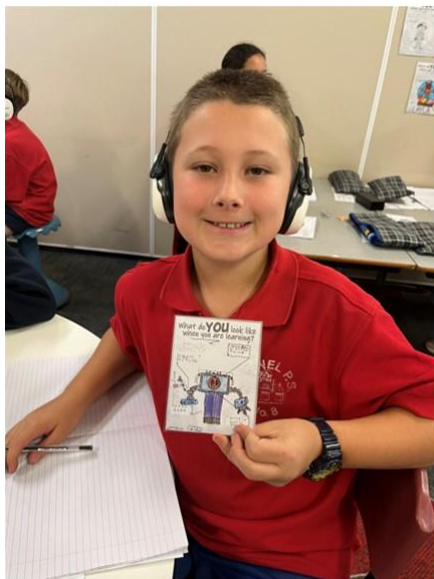




# Student Reports

4/5T ....

This year in 4/5T we have had a big focus on what we all look like and do when we are learning. We all made a "Bumper" of what we look like, they include fiddle toys, headphones when working independently, sitting on the floor, standing, quiet corner to name a few. Each student had to think about what helps them the most in a busy classroom, reflect on that and come up with tools and strategies to support this. The results have been great, students know what helps them to focus when working and the tools they can use to support them.





# General Information

## 2024 TERM DATES

Term 2 - 15 April - 28 June

Term 3 - 15 July - 20 September

Term 4 - 7 October - 20 December



**HOT LUNCHES FROM HOME** – Students can bring along items that can be placed in our pie warmer ie pie, sausage roll wrapped in foil or soup, spaghetti bolognese in an ovenproof container. Please make sure that items are clearly marked with their name. Due to the popularity of hot lunches, days will be as follows:

- **Senior classes –Tuesday and Thursday**
- **Junior classes – Monday and Wednesday**



**WANTED FOR THE ART ROOM** – Ice-cream and margarine containers with lids.



**MOTHER'S DAY/SPECIAL PERSONS STALL** – Students will have the opportunity to purchase a 'special persons' gift on Friday morning. Gifts range in price from price from \$1.00 - \$10.00. Maximum expenditure per child is \$10.00.

If parents can assist on Friday at the stall your help would be greatly appreciated. Please turn up at around 8.45am to help with set up. Thank you.

**A REMINDER TO PARENTS OF YEAR 6 STUDENTS** – Please complete and return the 2025 Yr 7 Application documentation that was sent home last week by 10<sup>th</sup> May so that we can submit the application to the appropriate school to secure your child's placement.

**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.



**We need you to**



**your time to help us plan this year's Avenel Stampede. If you are able to join the organizing committee, please let Mr D or Vicki know. Thank you.**



**ENROLLING YOUR CHILD INTO FOUNDATION (PREP) IN 2025 – Please pass this information on to anyone you know who might have foundation students in 2025.**

Steps to enrol your child in Foundation (Prep) for the 2025 school year

- To start primary school in 2025, your child will need to turn 5 years old by 30 April 2025. Schooling is compulsory for children who have turned 6 years old.
- If your child is starting Foundation (Prep) in 2025, you will be able to apply to enrol your child in a Victorian government primary school from the start of Term 2, 2024 (Monday 15 April 2024).

What you need to do:

- Use [Find my School](#) to locate your designated neighbourhood school (referred to as your local school) and other nearby government schools.
- Contact a government primary school to book a school tour or to learn more about the school and the enrolment application process.
- Obtain a copy of the Foundation (Prep) Enrolment Information Pack for Parents and Carers from the office or our website.
- Submit an enrolment application for Foundation (Prep) by Friday 26 July 2024.
- You will be notified of the outcome of your application between Monday 29 July and Friday 9 August 2024. If you receive an enrolment offer, you should accept the offer by Friday 23 August 2024.
- Take part in information and transition sessions during Term 4, 2024.
- Your child will start Foundation (Prep) from Wednesday 29 January 2025.
- Enrolment applications submitted after 26 July 2024 will be processed by the school as they are received, in accordance with the Department of Education's Placement Policy.
- Your child has a right to enrol at their local school. Your child's local school is determined on the basis of their permanent residential address. Visit [Find my School](#) to locate your child's local school.

For more information, please read about when and how to enrol your child in Foundation at [vic.gov.au/enrolling-foundation-prep](http://vic.gov.au/enrolling-foundation-prep). If you are seeking to enrol your child into Foundation next year, please contact our school office on 57 962264 or e-mail [avenel.ps@education.vic.gov.au](mailto:avenel.ps@education.vic.gov.au) to request an [Enrolment Application](#) form or an [Enrolment Form](#).

**Next school tour - tomorrow  
Thursday May 9<sup>th</sup> @ 10.00am.  
Please tell anyone you know who may be  
looking at enrolling a student at Avenel PS in  
2025.**





# Kelly Club News

At Kelly Club we have been enjoying the afternoon sun, so we have had games of soccer, witch's tag, footy, lions and lion hunters and playing on the playground. The oak tree provided the most enjoyment with the children piling up the oak leaves and then taking turns jumping into the piles, working together piling the leaves up for the next person to have a turn. At the end of the play, they throw the leaves up in the air to spread them over the ground again.

We have been cooking each week. Last week it was scones with jam and whipped cream. The week before it was cheese and vegemite scrolls, next week it will be pizzas. This week we will be making cupcakes on Friday. In the next few weeks, we are going to introduce smoothie Fridays at Before School so come have some Minecraft Lego and a smoothie.

I will be introducing Clubs in the morning as a way of making the morning more inviting. I am hoping to maybe run a Basketball session on a Friday too in the future. So, there is a lot happening in Kelly Club. Next week is a Fab Fashions Program

 <b>THEME: Fab Fashion</b> <span style="float: right;">Weekly Activities Plan Kelly Club Avenel</span>					
	Monday	Tuesday	Wednesday	Thursday	Friday
3:20 – 3:30 pm	Sign In & Structured Free Time	Sign In & Structured Free Time	Sign In & Structured Free Time	Sign In & Structured Free Time	Sign In & Structured Free Time
3:30 – 3:45 pm	Intro & Afternoon Tea Rainbow Fresh fruit Platter Pasta and Beef Sauce	Intro & Afternoon Tea Rainbow Fresh Fruit Platter	Intro & Afternoon Tea Rainbow Fresh Fruit Platter Sao Biscuits	Intro & Afternoon Tea Rainbow Fruit Platter Cheese Biscuits	Intro & Afternoon Tea Rainbow Fruit Platter
	<b>DISCOVERY</b> Tie Dying	<b>COOKING</b> Designer Pizza	<b>CRAFT</b> Button Art	<b>GAME</b> Lucky Jacket	<b>SPORT</b> BASKETBALL
3:45 – 4:30 pm					
4:30 – 4:35 pm	Tidy Up	Tidy Up	Tidy Up	Tidy Up	Tidy Up
4:45 – 5:15 pm	Outside play	Outside play	Outside Play	Outside Play	
5:30 – 6:00 pm	<b>Quiet Time</b>	Quiet time	Quiet time	Quiet Time	Quiet Time

E: Avenel@kellyclub.com.au

kellyclub.com.au/Avenel

P: 0478159 192





# Community Information

## From Diagnosis to OAM

plus a Sibling's Perspective: A Personal Autism Journey

### Seymour

Thursday 23 May 2024  
6:30pm-9:30pm

(3 hour seminar including question time, doors open 6pm)

Daniel and Daniel's Dad (Daryl) will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living life as an Autistic individual.

Daniel's sister (Leash) will also be sharing the sibling perspective and is a qualified educator (may be prerecorded).

Topics include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

There will also be an opportunity for question time.

Early Bird Tickets until 9 May!



### Presented by

Daniel Giles OAM  
Order of Australia  
Medal Recipient  
& Autistic Self-Advocate

Daryl Giles  
Daniel's Dad

Leash Purcell  
Daniel's Sister  
and Educator



speaking insights

ABN: 11 945 440 100

### Venue

The Seymour Club  
1 Elizabeth St, Seymour VIC

Tickets (\*includes \$0.50 booking fee for online bookings)

Autistic people, family & carers  
\$30.50\* early bird | \$35.50\* regular

Professionals (Educators/Caseworkers/Therapists - incl. CPD cert.)  
\$75.50\* early bird | \$85.50\* regular

[trybooking.com/CQWAH](http://trybooking.com/CQWAH) (or scan QR code)

### Contact

e: [admin@speakinginsights.com.au](mailto:admin@speakinginsights.com.au)  
w: [speakinginsights.com.au](http://speakinginsights.com.au)



Find 'Speaking Insights' on Facebook and Instagram

EDUCATORS - Educators can claim 3 hours of Professional Development. Australian Professional Standard for Teachers at the level of Proficient Teacher 6.4.2

The Avenel Market  
*Make it Bake it Grow it*

Sunday 12<sup>th</sup> May - (Mother's Day)  
Come along and purchase a special gift for mum from one the many stalls offering a wide range of homemade products.

## LAUNCH DATE LOCKED IN



Nagambie Lake parkrun  
SATURDAY 11th MAY  
Buckley Park 8 am Start

WALK, JOG, RUN, VOLUNTEER  
or simply come and watch - it's up to you!

contact: [hello.gonagambie@gmail.com](mailto:hello.gonagambie@gmail.com)

new friends  
are just a kick away!

Register today [play.afl/auskick](http://play.afl/auskick)

We're  
fun first  
and footy  
second.

At NAB AFL Auskick,  
it's your time to shine.

Register to be part of  
the fun at your local  
Auskick center today.

In this club, we're  
teammates for life  
and we're awesome.

See you there.



Join us at  
Nagambie Auskick - \$46



FOR  
the  
KICKS

# Comedy for a Cause

Friday 31 May 2024

Doors: 6.30pm / Show: 7pm / 15+

Featuring comedians from  
Sydney & Melbourne  
International  
Comedy Festivals

Book your tickets at:  
[comedyforacause.net/LPS](http://comedyforacause.net/LPS)

Euroa Memorial Oval  
Function Centre  
2 Dunn Street, Euroa

In support of:

LONGWOOD  
PRIMARY SCHOOL  
"Our School - Our Community"

Longwood  
Primary School  
ROOM FOR MORE FUN!

TICKETS  
\$40





# Avenel Cafe

Dine In or Take Away

## School Lunch Orders Term 2 2024

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

Sandwiches, Wraps and Rolls		Fried Food (FRIDAY ONLY)	
Wrap chicken, ham or Egg & salad	7.50	Hot Chips (Small)	6.00
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 Nugs)	6.20
Toasted Sandwich 1 filling	5.50	Kids Pack (2 Potato Cakes & 3 Nugs)	5.00
Toasted Sandwich 2 filling	6.00	Gravy	1.20
Toasted Sandwich 3 filling	6.50	Tomato Sauce	0.35
Pie (Avenel Newsagency)	4.90	Iced Donut ( <b>Limited Numbers</b> )	2.50
Sausage Roll (Avenel Newsagency)	4.50		
		Icy treats	
		Frozen Zooper Dooper	1.00
		Lifesaver Ice Cream (Avenel Newsagency)	2.60
		Icypole (Avenel Newsagency)	1.50
Dairy		Drinks	
Chocolate milk	3.00	Water	3.00
Strawberry milk	3.00	Apple juice	2.80
<b>TOTAL</b>			<b>\$</b>
<b>Amount enclosed</b>			<b>\$</b>

**Available Wednesday, Thursday and Friday in Term 2 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.**

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