

AVENEL PRIMARY SCHOOL

OUR MISSION:

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

Newsletter No: 30

9th October 2024



Contact Details:

Web: www.avenelps.vic.edu.au

Email: avenel.ps@education.vic.gov.au

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

After Hours Number - 0403 565 119



‘Show Your Colours’ Fun Day End of Last Term



Ross' Report



Welcome back to the best, busiest and most exciting school term of the year. Teachers will work extremely hard with students to explore new concepts, consolidate understandings for the year and assess and report on your child's progress they have made throughout 2024.

There is a lot of extra curricula activities in term 4, so have a look at the calendar and get the dates into your diary before it quickly fills up! Some of the highlights are the major excursion for the Preps, the excursion and sleepover for grades 1 and 2, the 3/4s have their camp, 5/6 Bike Hike, the Energy Breakthrough Challenge, transition for our Kinder students and grade 6s, and our traditional end of year activities including Graduation, Christmas Concert, the Triathlon and Grade 6 v Staff Water Fight.

Congratulations to our students who represented Avenel PS at the Division Athletics Championships in Shepparton at the end of last term. The 21-strong team competed with great effort and passion, while we had a very enthusiastic cheer squad of parents, grandparents and students. Well done to Caspar and Charlotte who have qualified for the Regional Championships to be held in Albury on Friday 18th October.



We have had great support from our local businesses with donations for the upcoming trivia night, as well as our families in booking tables. We currently have 1 table left to fill if you are still gathering your group together. The class hampers are starting to fill up, but we will take items up until Friday - it would be great if every family was able to make a small donation - it adds up to a great auction item. Please look out in the future newsletters where we will acknowledge and thank all our sponsors.

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

CALENDAR OF EVENTS

MONTH	DATE	EVENT
October	Saturday 12 th	Fund Raiser - Trivia Night – Fowles Winery
	Tuesday 15 th	Cricket Clinic
	Friday 18 th	Regional Aths
	23 rd – 25 th	3 Day Bike Hike
	Friday 25 th	Kinder transition
November	Monday 4 th	Report Writing day – Pupil Free Day
	Tuesday 5 th	Melbourne Cup public holiday
	Wednesday 6 th	State Aths
	Friday 8 th	Kinder Transition
	12 th – 15 th	Gr 3-4 15 Mile Creek Camp
	Tuesday 12 th	School Council Meeting
	20 th – 22 nd	Energy Breakthrough
	Friday 22 nd	Kinder Transition
December	Thursday 5 th	Gr 6 Graduation
	Friday 6 th	1/2 Excursion and Sleepover
	Monday 9 th	School Captain Speeches & Interviews
	Tuesday 10 th	Statewide Transition Day
	Thursday 12 th	Volunteer Morning Tea
	Friday 13 th	Gr 6 Bid Day Out
	Saturday 14 th	Singing Group Avenel Market
	Wednesday 18 th	Christmas Concert/Awards night
	Thursday 19 th	Triathlon
	Friday 20 th	End Term 4 – 1.20pm dismissal

HAPPY BIRTHDAY – Sophie Pitman, Charlotte McMaster, Alex Bull and Blake Ackerley



Table left for our

TRIVIA
Night

BOOK NOW
YOU DON'T WANT TO MISS THIS ONE!



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.

Wellbeing

Screen Time and Online Gaming

Advice from the eSafety Commissioner: <https://www.esafety.gov.au/>



Online safety for parents and carers

As parents and carers you know your child better than anyone and have the best opportunity to support and guide them to have safer online experiences. This guide covers some of the key online safety issues for young people and includes a range of practical tips and advice on what to do if things go wrong. You can also find a list of important services that can offer extra support.

[eSafety.gov.au/parents](https://www.esafety.gov.au/parents)



Time online

Help your child achieve a healthy balance in their online and offline activities.

How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Signs to watch for:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family.

Reducing your own screen time sets a positive example.



Time online

Help your child manage their online time

- **Stay engaged and encourage balance** — keep an eye on the games, apps and devices your child uses by sharing screen time with them. Help them stay aware of their important offline activities, like hobbies and sports.
- **Create a plan** — involve your child in creating a family plan that balances time spent sitting in front of screens, with a variety of offline activities.
- **Use the available technologies** — parental controls and tools to monitor online time allow you to measure and set time limits on device use or internet access. But be honest and open with your children about why you want to use these technologies.



Online gaming

Online games can be great fun for your child, but make sure you can help them manage the risks.

What are the benefits and risks?

Many games can improve your child's coordination, problem-solving and multi-tasking skills, as well as help build social skills through online interactivity with other players. But it is important to understand what might go wrong.

Risks of online gaming include:

- spending too much time gaming, which can have negative impacts on your child's health, ability to study, and social and emotional wellbeing
- bullying and grooming through online or in-game chat
- games with gambling-like elements can normalise gambling for young people
- costs of in-game spending.

How to create a safer gaming environment for your child

- **Prepare** — locate the computer or games console in an open area of your home and use available parental controls and safety features for devices, browsers and apps.
- **Build good habits** — help your child protect their personal information by using a screen name that does not reveal their real name. Teach them not to click on links provided by strangers, like 'cheat' programs to help with game play, which can contain viruses or malware.
- **Agree on strategies to help them switch off** — like a timer that signals game time is nearly over, with consequences for not switching off.
- **Stay involved** — talk regularly with your child about their gaming interests and who they play with online. Play alongside your child to get a better sense of how they are handling their personal information and who they are communicating with.



Online gaming

- **Be aware of what they are playing** — games vary in their level of violent or sexual content, and may contain themes, language and images that are unsuitable for your child.
- **Empower your child** — wherever possible, help them make wise decisions for themselves, rather than tell them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.



For more information about the apps children are using visit: <https://www.esafety.gov.au/key-topics/esafety-guide>

TRIVIA Night

Class Hampers

Donations
Appreciated

Prep – Camping, Outdoor and Travel Hamper

Gr 1-2WB – Wellbeing and Self Care Hamper

Gr 1-2PS – Sports and Games Hamper

Gr 3-4W – Family Night In Hamper

Gr 4-5T – Gardening Hamper

Gr 6WM – Gourmet Picnic Hamper



Junior School Council

One of the biggest jobs each term (and the most enjoyable) is when the Junior School Council members organise the end of term Activity Day. The elected JSC members follow the same process at their meeting to organise a successful day.

Step 1: All ideas for an end of term activity day theme are raised at the meeting. These ideas come from the students, and may have been suggestions raised at individual class meetings.

Step 2: After discussing the possible themes and ideas, the JSC vote on what the theme will be. The idea with the most votes wins!

Step 3: Once the theme is decided, the JSC has to then come up with seven different activities to complete on the day. When planning, the students need to consider how long the activity will take, how many resources will be needed for the whole school to participate, how engaging it will be with groups of about 15 students taking part and if it is suitable for students of all ages.

Step 4: The seven final activities are then chosen by the students as to which one they would like to lead. With a partner or in a group of 3, they then have to write out a plan for their activity, which includes a warm-up, main activity and an early finish activity (just in case!) The leaders also have to make a list of the resources required.

Step 5: On the day before the activity, the leaders collect all the materials they need and have a quick run through their plan with the other JSC members to make sure their activity is ready to go.

Step 6: On the day, the leaders set up their activity, and the whole school rotates through each activity. There is a teacher at each activity, but the students take the lead and explain the activity. At the end of the day, they are required to pack everything up.

At the end of last term, our JSC followed these steps in brilliant fashion and organised a fabulous Sports Activity Day for the whole school. They had pickleball, netball, sitting volleyball, American Football, Basketball, Cricket and Touch Football.



General Information

2024 TERM DATES

Term 4 - 7 October - 20 December

LUNCH ORDER – TERM 4 - Attached the Term 4 lunch order form which should be used when placing lunch orders next term. **Please make sure you ring lunch orders through before 10.00am.** If you have any concerns, please direct these to Shaun at the Cafe on 57962536 or avenelcafe@gmail.com.

PIE WARMER – A reminder that the Pie Warmer will not be available for student use to heat lunches THIS term.

SCHOOL SAVINGS BONUS UPDATE - As shared with you previously, parents and carers of every child enrolled in a Victorian government school in 2025 will receive the one-off School Saving Bonus \$400 support. Soon the Department of Education will send you 2 email communications for each of your children enrolled in Victorian government schools.

By Friday 18 October 2024, please ensure that your child's 2025 enrolment is completed and that your contact information is up to date. The 2 emails from the Department of Education will:

- Confirm your email address between mid-October and late-November.
- Provide you with your unique \$400 School Saving Bonus code by the end of November.

If you do not receive a confirmation email from the department by late-November, please check your spam or junk folders and contact the school office if needed. You can read more about the [School Saving Bonus](#) on the Department of Education website.

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.

SOCIAL MEDIA SAFETY - Parents and carers play an important role in supporting their children to be safe online and on social media. You can help your children safely navigate their digital world and educate them to avoid harmful online experiences. You can explore websites, games, apps and social media together and set some rules and boundaries.

Your support and guidance can give your children the knowledge to make sound decisions online and confidence to ask for help when they need it. It is also important to stay informed about online safety. The Department of Education recognises this important issue and has developed fact sheets about supports to help keep students safe online and what to do if they are involved in an online incident.

The fact sheets contain links to evidence-based information on supporting positive and safe online experiences, signs a child or young person might need support, what to do if something unsafe happens online, and where to reach out to for more support.

To access the fact sheets, refer to the [Safe Socials webpage](#). The government is also launching public consultation on age limits for social media. You and your children can share your experiences to inform proposed changes via an online survey, before 5 pm on Friday 1 November 2024. For more information on the survey and to take part, refer to [Proposed changes to social media age limits](#) on the Engage Victoria website.

If you have any queries about this information, you can contact the department by email: bullystoppers@education.vic.gov.au

SCHOOL HATS – With the warmer, sunny days and higher UV levels students are reminded to bring their hats to school. Please note that hat prices are as follows:

- Slouch Hat - \$14.00
- Hybrid Hat - \$16.00

Kelly Club News

Welcome back to Term 4. Reminders we need a spare hat for ASC as its a No Hat No Play policy in place. If UV reaches between 3-8 we will need to apply sunscreen. Anything over 8 on the UV rating we need to stay inside until it goes below 8 on the ratings. I will be checking ratings daily.

This week we have had a Radical robot week making robots with marshmallows and toothpicks. We tried flying a robot, we will be trying to make a robot and playing Robot tag.

Next week we will 'mind body and soul' week so we will be making some soul rocks, brain biscuits, what's in the box?, an obstacle course.

Again thanks for your support. I'm hoping to run a fun program in Term 4.



 THEME: Mind Body and Soul Weekly Activities Plan Kelly Club Avenel				
Term 4 Week 2 15th October 20				
	Monday	Tuesday	Wednesday	Thursday
7:00 - 8:30 am	Structured Free Time	Structured Free Time	Structured Free Time	Structured Free Time
3:30 - 3:30 pm	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 Fresh fruit Health snacks	Intro & Afternoon Tea Fresh fruit Health bars	Intro & Afternoon Tea Fresh fruit	Intro & Afternoon Tea Fresh fruit Pop corn
3:45 - 4:30 pm	SPORT Mini Obstacle Course 	DISCOVERY TIME What's in the box 	COOKING Brains on biscuits 	CRAFT Soul Stones 
4:30 - 4:45 pm	Tidy Up	Tidy Up	Tidy Up	Tidy Up
4:45 - 5:15 pm	Outside play Snack	Outside play Snack	Outside play Snack	Outside play Snack
5:15 - 6:00 pm	Quiet play	Quiet play	Quiet play	Quiet play

FROM THE ARTROOM

Gr 1-2 students had a great time working with clay for the first time in their art lesson today. Working with clay gives students the freedom to explore and express themselves. Whether they're rolling it into balls, flattening it into pancakes, or creating intricate sculptures, each action reveals something unique about them. We can't wait to see their final creation.



Community Information

ANNUAL GENERAL MEETING



Avenel Active's 2023-24 Annual General Meeting is on Monday 14 October from 7.00pm at Avenel Memorial Hall.

All residents welcome.

All committee positions will be open for election. Members may vote or stand for election to committee.

Membership is free

- join online at www.avenelactive.au/join-us or
- email avenelactive@gmail.com



Find out more about Avenel Active at www.avenelactive.au



Email: tunerstennistraining@hotmail.com
Mobile: 0427 522 132

15 Mason Street
Whittlesea VIC 3757

TENNIS COACHING AT AVENEL TENNIS CLUB

Please note that the last class for Term 3 will be held on: Tuesday 17th September

COACHING WILL COMMENCE ON: Tuesday 8th October

Fees for Term 4 in 2024 are as follows:

Single	\$150.00
2 in the same family	\$280.00
3 in the same family	\$400.00

ALL FEES ARE DUE AND PAYABLE BY THE COMMENCING DATE

To enable classes to be arranged for Term 4 2024 please complete and return the section below A.S.A.P. Alternatively you can reply by email as above.

Forms available from the School Office or @

Keith Turner <https://play.tennis.com.au/aveneltennisclub/Services>

Reg. T.C.A. T.P.A.A

PLEASE COMPLETE AND RETURN THIS FORM A.S.A.P.

Name School Currently Attending.....
Address.....
E Mail Address.....
Phone No.....
Date of Birth *if Junior.....

I will/will not be attending next term. If returning please list any other activities.

	DETAILS	TIME	DAY
Example A	Netball	5.00-6.00pm	Tuesday
1.
2.

I enclose cheque/cash for \$.....
Or pay into BSB 083-964 A/C no. 52-572-3041

Signed

See you at

The Avenel Market

Make it Bake it Grow it

Sunday 13th October - 9am - 1pm

Come along and bag a bargain from our many stall holders who are only too happy to serve you from their array of treats.

NEW RESIDENTS MEET and GREET



Who: Residents who have moved in to Avenel in the past 4 years or less. Established residents bring along someone new to your street.

Where: Harvest Home garden (enter through side gate)

When: TUESDAY 3rd October

Time: 10:30-12:00



Morning Tea provided.

For more details contact Anne Douglas - 0400594838 or Carol Steers.

Organised by community members and supported by Avenel Active Inc.



★ EUROA JUNIOR ALL-STARS ★

LOCAL BASKETBALL FOR JUNIORS

TUESDAYS | 5:30-6:30 | 2010-2017

DAY | TIME | AGE

EUROA SECONDARY COLLEGE

15TH OF OCTOBER - 10TH OF DECEMBER

ONLY \$8 PER WEEK!

OUR WELCOMING, FUN PROGRAM IS PERFECT FOR BEGINNERS AND YOUNG ATHLETES LOOKING TO IMPROVE THEIR FITNESS. MAKE NEW FRIENDS, AND GROW TOGETHER AS PART OF A SUPPORTIVE COMMUNITY.

JOIN THE EUROA JUNIOR ALL-STARS AND START YOUR BASKETBALL JOURNEY!

NO EXPERIENCE NEEDED—EVERYONE'S A STAR WITH US!

FACEBOOK OR EMAIL TO SIGN-UP!



EUROA BASKETBALL

EUROABASKETBALLASSOCIATION@GMAIL.COM

Avenel Cafe

Dine In or Take Away

School Lunch Orders Term 4 2024

Name: _____ Grade: _____

Sandwiches, Wraps and Rolls		Fried Food (FRIDAY ONLY)	
Wrap chicken, ham or Egg & salad	8.00	Hot Chips (Small)	6.50
Roll chicken, ham or Egg & salad	8.00	Dim Sim	1.50
Sandwich 1 filling	5.00	Potato Cake	1.50
Sandwich 2 fillings	5.50	Dino Nugget each	1.10
Sandwich 3 fillings	6.00	Battered hot dog	3.50
Sandwich Ham/chicken and salad	7.50	Cheese Burger	8.50
Sandwich Schnitzel and salad	10.50	Kids Pack (Ext Sml Chips & 3 Nugs)	6.50
Toasted Sandwich 1 filling	6.00	Kids Pack (2 Potato Cakes & 3 Nugs)	5.50
Toasted Sandwich 2 filling	6.50	Gravy	1.20
Toasted Sandwich 3 filling	7.00	Tomato Sauce	0.35
		Iced Donut (<i>Limited Numbers</i>)	2.60
Pie (Avenel Newsagency)	4.90		
Sausage Roll (Avenel Newsagency)	4.50		
		Icy treats	
		Frozen Zooper Dooper	1.10
Piece of fresh fruit (Banana/apple/pear)	1.50	Lifesaver Ice Cream (Avenel Newsagency)	3.00
		Icypole (Avenel Newsagency)	1.75
		Drinks	
Chocolate milk	3.00	Water	3.10
Strawberry milk	3.00	Apple juice	2.90
TOTAL			\$
Amount enclosed			\$

Available Wednesday, Thursday and Friday in Term 4 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.

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 4 2024

Name: _____ Grade: _____

Sandwiches, Wraps and Rolls		Fried Food (FRIDAY ONLY)	
Wrap chicken, ham or Egg & salad	8.00	Hot Chips (Small)	6.50
Roll chicken, ham or Egg & salad	8.00	Dim Sim	1.50
Sandwich 1 filling	5.00	Potato Cake	1.50
Sandwich 2 fillings	5.50	Dino Nugget each	1.10
Sandwich 3 fillings	6.00	Battered hot dog	3.50
Sandwich Ham/chicken and salad	7.50	Cheese Burger	8.50
Sandwich Schnitzel and salad	10.50	Kids Pack (Ext Sml Chips & 3 Nugs)	6.50
Toasted Sandwich 1 filling	6.00	Kids Pack (2 Potato Cakes & 3 Nugs)	5.50
Toasted Sandwich 2 filling	6.50	Gravy	1.20
Toasted Sandwich 3 filling	7.00	Tomato Sauce	0.35
		Iced Donut (<i>Limited Numbers</i>)	2.60
Pie (Avenel Newsagency)	4.90		
Sausage Roll (Avenel Newsagency)	4.50		
		Icy treats	
		Frozen Zooper Dooper	1.10
Piece of fresh fruit (Banana/apple/pear)	1.50	Lifesaver Ice Cream (Avenel Newsagency)	3.00
		Icypole (Avenel Newsagency)	1.75
		Drinks	
Chocolate milk	3.00	Water	3.10
Strawberry milk	3.00	Apple juice	2.90
TOTAL			\$
Amount enclosed			\$

Available Wednesday, Thursday and Friday in Term 4 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.

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