

AVENEL PRIMARY SCHOOL

OUR MISSION:

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

Newsletter No: 34

6th November 2024



Contact Details:

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After Hours Number - 0403 565 119



Students of the Week

Recognising and celebrating achievement of our values



Be a Learner

Hunter Freidrich - For consistently seeking feedback on his learning tasks to ensure he completes his work to a high standard. 😊

Hudson O'Brien - For using a range of sentence types in his narrative. 😊

Marc Gipson - For approaching all new maths challenges with enthusiasm. 😊

Oliver Hogan - For his enthusiasm in all maths lessons and eagerness to extend his understanding of division. 😊

Finn Pendlebury - For his focus in recounting the steps in preparation for writing a recount of our excursion to the Bendigo Science Discovery Centre. 😊

Be a Mate

Max Day - For leading the co-operation between learners of his Maths Investigation group. 😊

Ross' Report



The teachers had a productive day on Monday working on student reports for semester 2. Staff put in a lot of time to accurately report on the progress your children have made this semester, using assessments and observations to accurately show their level of achievement and writing detailed comments to give families a full understanding of their achievements and milestones attained. Teachers will continue to work on reports as our students continue to achieve over the remaining 6 weeks of the school year.



Good luck to Caspar who is competing in the State Athletics Championships today at Albert Park in Melbourne. Caspar is in the 12 year old Hurdles and we know he will represent us proudly.

Our 3/4 students are heading off to 15 Mile Creek for camp next week, where they will participate in 4 days of outdoor education adventures and experiences. For many of our students, this will be their first school camp experience and we know they will have a fabulous time.

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

CALENDAR OF EVENTS

MONTH	DATE	EVENT
November	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 Big 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 – Ingrid Croxford



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

Friendship Fire or Mean-on-Purpose?

Conflict is tricky! How can we tell the difference between Friendship Fires, Mean-on-Purpose, Mean-by-Accident, and Bullying?

We classify conflict into just two categories to keep things as easy as possible for kids: *Friendship Fires*® (normal conflicts between friends) and *Mean-on-Purpose* behavior. By making this distinction and establishing a common language, we can better coach and guide our children towards healthy friendships.

Is it a Friendship Fire or Mean-on-Purpose?

Kids and their parents sometimes mistakenly believe that any conflict with a friend is “bullying” (a word that is typically misused and misunderstood). Instead, however, we want to use simple, kid-friendly language. Here are a few common questions:

So, how can we tell the difference between a Friendship Fire or Mean-on-Purpose?

The difference really lies in *intent*—was it a misunderstanding or were they really trying to hurt your feelings? From the data we’ve collected so far, the majority of conflict that exists in schools are Friendship Fires (approx. 90%).

Can a friend be Mean-on-Purpose too?

Yes, absolutely, and it really hurts!

Can a friend be Mean-by-Accident?

Yep, this is a Friendship Fire.

Can a Friendship Fire escalate into Mean-on-Purpose?

Definitely. This is why we teach kids that timing is important when we put out our Friendship Fires. Sometimes we’re not ready or our friend isn’t ready to put out the Fire. If we continue to try and Talk-it-Out when the time isn’t right, we will inevitably make the Fire bigger.

Can we de-escalate a Mean-on-Purpose moment into a Friendship Fire?

For sure. Sometimes we misinterpret someone’s behavior as Mean-on-Purpose. When we respond with a Quick Comeback, the person knows we felt it was mean. This then allows that person to respond in a way that explains that their *intent* wasn’t to be mean. By doing this, they move into the Talk-it-Out phase on the Friend-o-Cycle and, thus, it’s downgraded to a Friendship Fire.

Here’s a scenario that demonstrates our step-by-step friendship strategy in-action:

Your friend starts calling you the nickname, “Sweatpants,” because you always wear comfy pants to school. At first, you think it’s fun and it makes you feel closer to your friend. You both laugh about it and think it’s cool.

After time, it feels less funny and more like your friend is making fun of you. You start to feel offended and it’s really bugging you. **THIS IS A FRIENDSHIP FIRE®.**

In URSTRONG, we teach kids to

- *Retell the situation, and*
- *Explain how it made you feel. This is a conversation.*

You ask to talk to your friend and let them know that the nickname is actually making you feel bad. Through the conversation, you explain how you feel and you respectfully ask your friend to not call you “Sweatpants” anymore. The next day, your friend continues calling you the nickname, fully knowing you don’t like it. **THIS IS MEAN-ON-PURPOSE.**

In URSTRONG, we teach kids to say their Quick Comeback in a strong voice and then walk away. This is not a conversation.

When your friend calls you the nickname again, knowing it’s hurtful, you say your Quick Comeback: “Stop.” You walk away and try to keep your focus on something that makes you happy.

At this point, we would let kids know that if this is a healthy friendship, your friend would respect you enough to stop calling you the nickname. If your friend continues calling you the name, trust and respect (Friendship Fact #3) break down, and this friendship would be in the unhealthy (red) zone of the Friend-o-Meter.

The URSTRONG advice: Spend less time with this friend. You deserve healthy, feel-good friendships and remember Friendship Fact #4: Friendships change...and that's okay.

If your friend continued to be *Mean-on-Purpose*, despite standing up for yourself and communicating it's not okay (through your Quick Comeback), then **THIS IS BULLYING**. (We describe bullying as ongoing, Mean-on-Purpose behavior.)

This requires the support of adults to provide deeper interventions. We encourage URSTRONG Schools to follow our Bullying Prevention Plan that outlines the procedure for both the victim and the perpetrator.

- URSTRONG'S -

FRIENDSHIP FIRE OR MEAN-ON-PURPOSE?

HAVE YOU GOT A FRIENDSHIP FIRE? OR WAS YOUR FRIEND MEAN-ON-PURPOSE?

Did you Talk-it-Out?

1. Explain how you felt
2. Retell the situation

Did you say your Quick Comeback? Did you use a strong voice and immediately walk away?

The infographic is set against a light blue grid background with a darker blue border decorated with stars. It features two main paths: a pink path for 'Friendship Fire' and a blue path for 'Mean-on-Purpose'. The 'Friendship Fire' path includes a list of two steps: '1. Explain how you felt' and '2. Retell the situation'. The 'Mean-on-Purpose' path includes a question: 'Did you say your Quick Comeback? Did you use a strong voice and immediately walk away?'.



Congratulations to
Arlo Newlands for being this week's
Principal Award winners.

Prep Excursion

On Tuesday 29th October the preps enjoyed an excursion to the Bendigo Science and Discovery Centre. We had a fabulous day and the Preps are reading and writing a recount of their day. Here are some of their thoughts about the excursion.

- I liked it when it was so dark in the Planetarium. **Alexander**
- I liked when I went down the vertical slide. I was brave and I just went down. **Alice**
- I liked it when I had to steer the fish through the ocean and not get eaten by sharks. **Arlo**
- I enjoyed all of it and especially the vertical slide. I didn't go down it. **Aysha**
- I liked the Planetarium best because I learnt about planets. **Harry**
- I liked travelling on the bus and singing songs. **Finn**
- My favourite activity was the shadow activity when we made poses on the wall. **Willa**
- My favourite was everthing but especially the Planetarium. **Levi**





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.

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.

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 - \$15.00
- Hybrid Hat - \$17.00

Kelly Club News

 KELLY CLUB				
THEME: Wheels Week Term 4 Week 6 11 November 2024				
Weekly Activities Plan Kelly Club Avenel				
	Monday	Tuesday	Wednesday	Thursday
7:00 - 8:30 am	Structured Free Time	Structured Free Time	Structured Free Time	Structured Free Time
8:30 - 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	Intro & Afternoon Tea Fresh fruit	Intro & Afternoon Tea Fresh fruit	Intro & Afternoon Tea Fresh fruit Sandwiches
3:45 - 4:30 pm	CRAFT Make your own Car or finish line flag 	COOKING Pizza Muffins 	GAMES Cops and racers 	DISCOVERY What is the best surface? 
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

Community Information

Members of the Avenel community and surrounds are invited to the 2024 annual local music students

Christmas Concert.

When: Wednesday 11th December @ 6.00pm
Where: Avenel Hall
Dress: Your Christmas best!
Entry Free.

Families of performers to bring a plate please.



BECOME A LIFEGUARD

Choose a job that makes a difference. Join our team as a Lifeguard.



Avenel Market

Sunday 10th November

9.00am – 1.00pm

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

The Avenel Market
Make it Bake it Grow it

Enjoy working in a rewarding, purposeful role whilst contributing to the safety of the community. No experience? No worries. We can help you to become a qualified lifeguard.



SCAN THE QR CODE TO APPLY TODAY OR VISIT:
belgravialeisure.com.au/become-a-lifeguard/

- Free Training
- Free Venue Access
- Discounts & benefits
- No CV? No Stress!



We would appreciate your help to prepare our pool ready for opening on 1st December. 😊

Working Bee

Avenel Pool
Saturday 16th November
From 10.00am onwards.

AIR FORCE CADETS

The Air Force Cadets are now RECRUITING!

FROM 01 OCTOBER 2024
TO 31 MARCH 2025

APPLY ONLINE

airforcecadets.gov.au

@airforcecadets

The Australian Air Force Cadets No. 419 Squadron in Shepparton are now recruiting for their 2025 intake. There will be an information evening in Shepparton on Friday 29th Nov 24 .

If you're between 12 - 15 (must be in high school and turning 13 in 2025) and have an interest in aviation, drones, STEM, leadership and personal development, fieldcraft, a career in the Australian Defence Force, or just want to make new friends, we're keen to have you join our ranks. You'll learn many new skills and have a lot of fun along the way.

We are sponsored by the Royal Australian Air Force and you will have the opportunity to fly and visit Defence Bases in Victoria, and so much more

To register to attend the information evening or for more information email:

co.419sqn@airforcecadets.gov.au

Expressions of interest to join can be completed at:

www.airforcecadets.gov.au/how-to-join



Get up to \$500 extra in the bank to lighten the load of education expenses



Count me in.

Commit to saving up to \$50 a month for 10 months and we'll double it.

saverplus.org.au
1300 610 355



Save \$500 and ANZ will top up your bank account with another \$500.

Yes, it's true. No catch, no scam.

Just real knowledge and information for real people that's easy to understand... It's just, down-to-earth money talk - and a \$500 incentive to build your savings!

Join Saver Plus and get



Free financial education



Your savings doubled (up to \$500)

What can the \$500 be spent on?



Textbooks and tablets



Uniforms and shoes



Vocational education



Lessons and activities



Reading and e-books



Gear and assistance

Can I join Saver Plus?

To be eligible, you need to meet these requirements:



Be 18 years or older



Have a current Health Care or Pensioner Concession Card



Have a child in school, starting school next year, or finishing year 12



Have regular income (yours or your partner's)



Agree to join in free online financial education workshops

Ready to start saving? Let's talk.

saverplus.org.au | saverplus@bsd.org.au | 1300 610 355

*This financial advice is provided for general information only. It is not intended to be a recommendation or offer of financial products.

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.

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