

# Altona Primary School Newsletter



26th May 2023: TERM 2 WEEK 5



## Principal's Report

It is hard to believe that we are already halfway through the school term. As we approach winter, we have seen an increase in absences due to illness amongst our students and our staff. We are fortunate to have a number of familiar casual staff who are able to cover grades in the absence of teachers, however when we are unable to have a replacement teacher, grade splits will be actioned. This is always the last option we explore, however students are split across similar year levels and engage in work posted by their teacher or with the grade they are working with. The principal team is working to cover classes at times too, so please understand that if we are not readily available, it is most likely because we are working with students.

### EDUCATION WEEK

Last week, Education Week was celebrated in Victoria. Our school and house captains did a fabulous job at running a House Games Day for the whole school. Along with this, they ran activities at recess and lunch breaks with the goal to get everyone moving. It was wonderful to see our students take on this leadership responsibility and successfully plan and deliver this experience for their peers.

### UNIFORM

As the weather gets colder, a reminder to everyone that our school uniform has a variety of winter options, including a jacket and beanie. Items can be purchased from DCS uniforms located at CC Jeanery in Laverton. Pants, shorts, skorts and tights should be a dark grey colour and can be purchased from any store that supplies them (there are a number of reasonably priced tracksuit pant options). Black or light grey pants are not part of our school uniform and should not be worn to school. Maintaining our school uniform evokes a sense of pride, cohesion and belonging and your anticipated cooperation with this is appreciated.

## Dates to Remember

29th May - 31st May  
Grade 4 Camp

30th May  
Grade 5 Science Incursion

31st May  
Divisional Cross Country

5th June  
Prep Zoo Excursion

6th June  
FFC AGM meeting at 9am

12th June  
King's Birthday Public Holiday

15th June  
Grade 2 late stay

16th June  
CANTEEN DAY

23rd June  
Last Day of Term 2: 2:30 Dismissal



## ZONES OF REGULATION

We have recently introduced Zones of Regulation across the school to develop students' emotional intelligence and self-regulation skills. Christine Sperling, our Inclusion Learning Specialist, is working with teachers across the school to implement this program. Information has been posted to Compass for families and is also further in this newsletter.

## FUNDING FOR GROUNDS UPGRADES

I am pleased to share that I received confirmation from the Hon. Natalie Hutchins MP and Melissa Horne MP, that Altona Primary School will receive \$1.2 million for external upgrades to playgrounds and fencing. This funding was confirmed as part of the Victorian Government 2023-2024 State budget. This is an exciting time for our school community, and I will seek consultation and keep you all updated as we progress through the project.

Have a great fortnight  
Sarah

## FRIENDS AND FAMILIES COMMITTEE

The APS Friends and Families Committee's re-scheduled Annual General Meeting will be held on Tuesday 6th June, at 9am in the APS Staffroom.

As well as electing a President, Vice-President, Treasurer and Secretary, we'll be discussing term 2 events, including the Canteen Day, and the Welcome West Wagon donation drive. Any ideas welcome!

If you are interested in taking on one of these rewarding roles within the FFC, please keep in mind that they only require approx 1-2 hours of work per month.

Some of the requirements of the roles are:

### President:

Chair the committee meetings, oversee the planning of FFC events, communicate with the Leadership team and School Council, and set up the Facebook event page for meetings.

### Vice-President:

Support the FFC Committee President, chair the committee meeting if the President is unable to attend, and assist in moderating the APS FFC Facebook page.

### Secretary:

Taking the minutes for the FFC meetings, preparing the finalised minutes and agendas for the upcoming meetings in pre-made templates, and assist in moderating the APS FFC Facebook page.

### Treasurer:

Prepare the monthly financial report from transactions sent by the APS Business Manager into an Excel template, and present the report at the monthly FFC meetings.

Any event organising or volunteering at fundraisers is not an obligation of these roles, but we always love any extra help!

A full handover and support is available to any new office bearers. These roles are not as scary as they may sound!

Some of the current roles are filled with Grade 6 parents, who will be leaving the school at the end of 2023, but are happy to work alongside the new office bearers for the next 6 months.

Please let us know if you are considering a role, and have any questions.





# VALUES AWARDS

WEEK 4 and WEEK 5



## DISTRICT CROSS COUNTRY

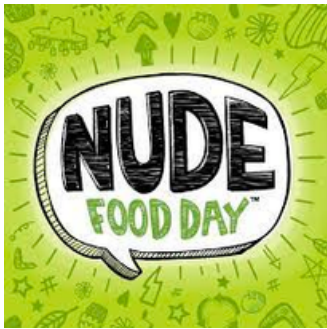
On Tuesday the 9th of May, we had 24 talented cross country runners attend our District Cross Country event in Yarraville, McIver Reserve.

Our children have been training hard before school and all showed great progress and were committed to improving their running fitness.

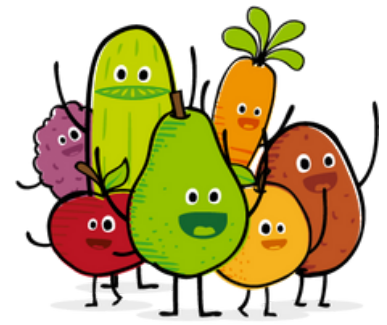
Our school finished 3rd overall out of 8 schools which is a terrific effort. I was very impressed in how they cheered, supported each other and how they showed great persistence while running, despite the wet and soggy conditions.

Half of our squad qualified for the Hobsons Bay Divisional Cross Country event, held later this month. The squad was: Jack C, Rory, H, Iris J (inj), Angus K, Tannah K, Rion K, Riley M, Ryan N, Eloisa O, Ethan C (inj), Dean T, Charlotte T, Rowan W, Maddie W

Good luck to the 12 students who progress: Aaden A, Myra B, Syra B, Bella C, Chiyoka K, Kalani K, Kiki M, Felix M, Spencer M, Sophie V, Finn Y and Zoe M.

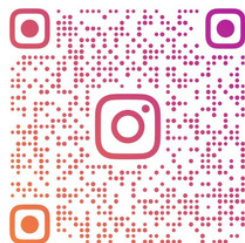


This term, our student voice leaders are initiating **Nude Food Wednesdays**. Students are encouraged to bring a rubbish free lunch box every Wednesday. Each class will then record how many students have a Nude Food lunch box and voice leaders will track whether this supports to eliminate waste and rubbish in our school yard. Nude Food is food that does not need packaging or food that can be placed in containers.



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@altonaPrimaryschool



ALTONAPRIMARYSCHOOL



# Introducing Zones of Regulation at APS

Recently your children have begun learning about **The Zones of Regulation** in their classrooms.

**The Zones of Regulation** is a well known program used in many schools to assist in teaching students how to identify and regulate their emotions.

The Zones are broken into the following 4 categories:

## The ZONES of Regulation®

<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Mean Terrified Yelling/Hitting Out of Control



Students are encouraged to acknowledge how they are **feeling (all feelings are valid and important)**, identify which zone these feelings fall into and access **regulation tools** to support them if they are feeling dysregulated.

Teachers will work with students to **develop regulation strategy tool kits** in their classrooms. E.g., breathing exercises, movement breaks, quiet space, talking about it etc.

We are excited to work on **building student's emotional intelligence and self-regulation skills**. You may notice visuals around the school to support this.

We encourage you to chat to your children about the Zones. We hope this opens up an opportunity for common dialogue around feelings and self-regulation at school and beyond.







# ALTONA PRIMARY SCHOOL PREP 2024

## Enrolments are now open

School tours are being run for prospective families.  
Times and dates are advertised on our  
school website.

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

Enrolment forms are  
available online or  
at the school.



If you have any questions regarding enrolment, please contact the school

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

**9398 2925**

109 Blyth Street, Altona

### Term 2 Highlights of (3-4)

Transitioning from Spring and Nature we are jumping right into Winter!!!! From creating flower collages to leaf spray painting, our week really blossomed. Mother's Day activities were in full swing, preparing the children to shower the mums with some homemade crafts and goodies.

### What's on

To start week 4 the theme was Room Display. To help ring in Winter, our activities focused around creating new décor reflecting the Winter season. The children created and helped hang up their creative winter art works. After a noble and generous donation from some parents, the children now have badminton and other sports equipment ready for use. Preparing for the winter, the collaboration has begun on what new and exciting activities and group games we can adopt inside.

### Parent Guardian Information

#### TheirCare Program

Phone: 041 912 6837

Program Email: [altona@theircare.com.au](mailto:altona@theircare.com.au)

TheirCare HQ: 1300072410

#### Program Coordinator

Archana Kumari

#### 2IC

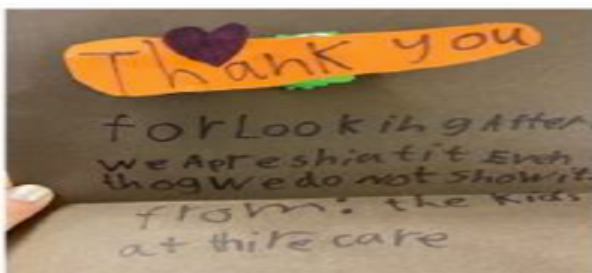
Dominic Frate

#### Program Assistants

Amanda Robinson

Lachlan Khan

Bibiana Guzman



PIC-COLLEGE

### POLICY REMINDERS

If you need to book/cancel, please do so via fully booked 24 hours prior to avoid a \$4 fee. Send us an email, text, or pop in to let staff know if you are collecting, cancelling, or booking your child. There is a \$1/minute fee for each child that is picked up after 6:15pm. Parents/guardians must be present with child on arrival to before and after school care.



### WEEK 5 MENU

	BSC	ASC
<b>MONDAY</b>	Waffles, Croissants, Cereal, Toast with Jam or Vegemite. Variety of milk and alternatives.	Nachos
<b>TUESDAY</b>	Homemade Waffles	Fried Rice
<b>WEDNESDAY</b>	Croissants	Garlic Bread
<b>THURSDAY</b>	Cereal	Yoghurt and Berries
<b>FRIDAY</b>	Toast with Jam or Vegemite. Variety of milk and alternatives.	Homemade Cup Cakes

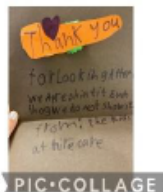


PIC-COLLAGE



### WEEK 5 ACTIVITIES

	BSC	ASC
<b>MONDAY</b>	Winter Cut and Paste Craft	Polar Bear Craft and Display
<b>TUESDAY</b>	Penguin Craft	Snowflake Craft
<b>WEDNESDAY</b>	Winter Hats and Mittens Craft	Marshmallow Snowman
<b>THURSDAY</b>	Snowball DIY	Make a Cloud with Shaving Cream
<b>FRIDAY</b>	Olaf Craft	Winter Collage



PIC-COLLAGE







# RECYCLE, EARN & PLAY



## Our school\* is taking part in the Wonder Recycling Rewards campaign this term.

Help us collect bread bags so we can earn points to redeem on new RHSports equipment.

It's simple! All you need to do is keep your empty bread bags and send them to school\* with your kids! We will then place them in Wonder's pink collection box and post them off to be recycled. The more we collect the more points our school\* earns!

**Collections close 7th July.**

**Tip for collecting:**  
Use one empty bread bag to collect a bunch of other bags.

### Did you know?

Last year, schools collected over **10 tonnes of soft plastic**, that's the weight of an elephant!

## LET'S GET COLLECTING!

\* Includes early learning centres and pre-schools.

Tag @wonder.australia #wonderrecyclingrewards to share all your recycling champion stories!

