

Alexandra Primary School



Our purpose is to build a learning community that challenges and supports young minds to develop as independent and lifelong learners, continually striving for excellence.

RESPECT CARE INTEGRITY ACHIEVE

Thursday August 31st Term 3 Week 8

Coming Up

- Lunchtime Mountain Bike Program on Wednesdays for the rest of Term
- August 31 – Foundation Fun Night
- Sep 1 – Fathers' Day Stall and Breakfast
- Sep 7 – Ski Day Mt Buller
- Sep 12 – ELF Reading Day
- Sep 15 – Footy Day
- Sep 15 – Early finish 2.30pm
- Oct 2 – Term 4 begins
- Oct 4 – Division Athletics Epping
- Oct 6 – School Concert

We have some plates left from Grade 1 Sleepover. Please collect if they are yours!



HATS need to be worn from tomorrow onwards! See page 7 for more information about why hats are important for sun safety.

Outdoor Learning – P2
Achievement awards – P5

Outdoor Learning!

Our Foundation students have been soaking up the sunshine this week by doing their maths outside! They have been learning about data collection through asking questions that have yes and no answers.



Butter Making in 5/6

How to make butter

Ingredients/Materials:

- 300mL Thickened cream
- Jar.

Method:

- 1: Pour the cream into the jar
- 2: Close the lid tightly
- 3: Shake the jar for about 15 minutes
- 4: When the butter and buttermilk have separated, pour the buttermilk into a bowl.
- 5: Shake the jar for 5 more minutes
- 6: Eat your butter.

Note: The butter will need to be cleaned and wrapped to keep it from going bad.



The Grade 5/6 students made butter this week as part of their procedural writing unit.



They enjoyed tasting it on bread after a good arm workout, shaking for 20 whole minutes!



Recipe Call-Out

The Grade 3/4s and 5/6s have been working on their procedural writing at school, and we would love for them to be able to practise their writing at home and show off their skills!

If you have a family recipe that shows off procedural writing talents, please submit it to the school! We will turn them into a digital booklet, and distribute to all our APS families.

Father's Day – Tomorrow, Friday 1st September

A Father's Day BBQ breakfast will be held on Friday 1st September. Bring along Dad, Grandpa or a special person between 8 – 8.45am, for a yummy egg and bacon roll and cuppa.

The Father's Day gift stall will be held in the morning, during school hours. There is a great selection of gifts priced between \$1 up to \$5. If you would like to purchase a gift, please send along money in a named envelope to your child's teacher on the day.

Mountain Bike Track

In Term 3 the mountain bike track will be open at lunch times, only to those people who have returned signed permission slips in Term 2. A note has gone home if you are one of those people.

Lunchtime Mountain Bike Timetable Term 3 2023

Week 9 Wednesday September 6th	Grade 5/6 Boys
Week 10 Wednesday September 13th	All Girls

Star of the Week

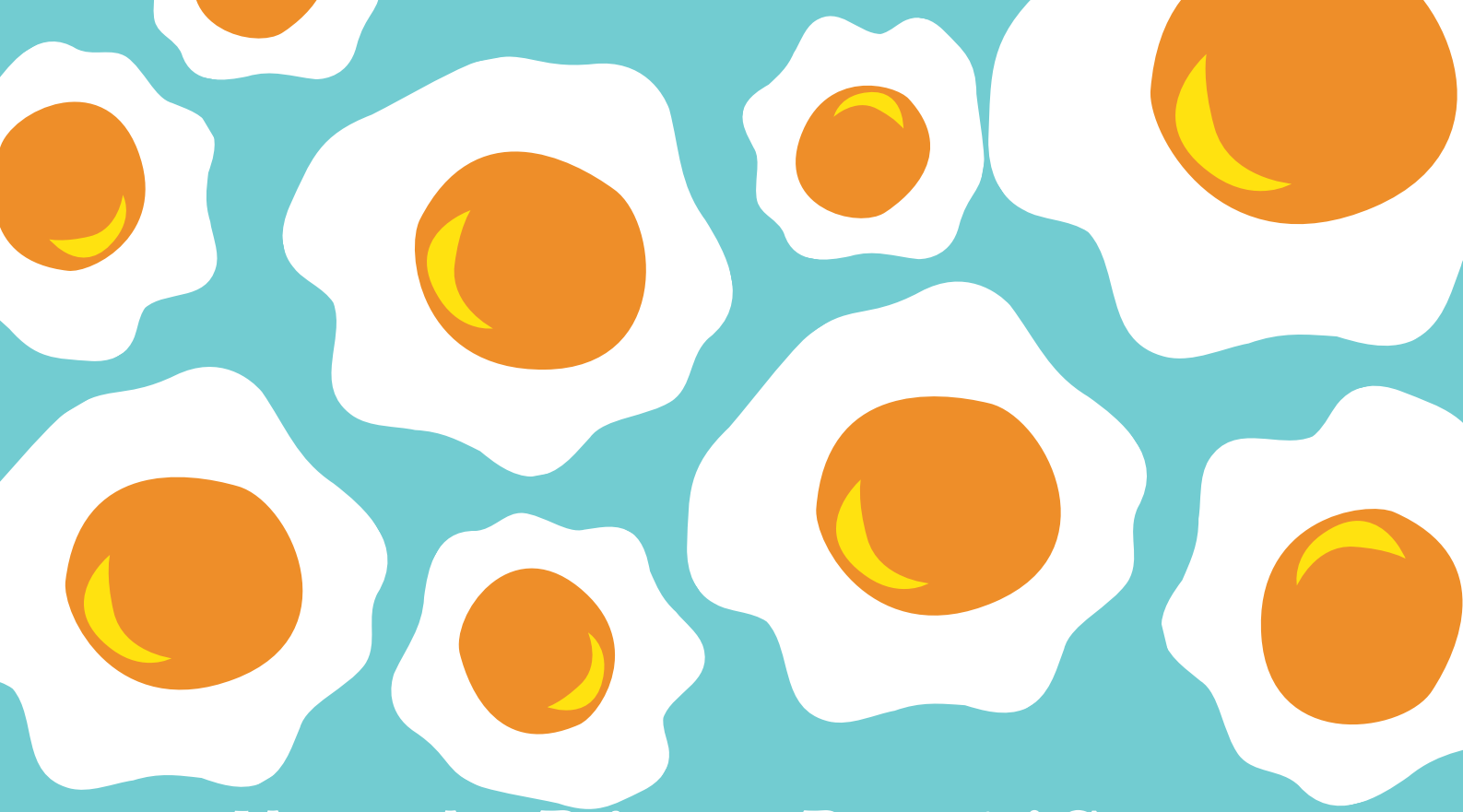
Lola Carpenter – Foundation

Lola consistently shows the school values. She is respectful of our school environment and makes sure that she takes care of our school. She is kind and caring to others and helpful to teachers. We are proud to have you in our learning community, Lola. You are a STAR!



Achievement Awards

Foundation	Harry Armstrong: For his creativity. This week Harry has been working on creating made up characters to use in his writing. Harry drew a very detailed picture of a monster, thinking about the close up details of the monsters personality and characteristics. Well done Harry!
1/2A	Abbey McLennan: For the amazing job you have done at being a team leader for your table. Also, your creativity is to be admired with the fantastic drawings you have been doing alongside your writing this week. Keep up the great work!
1/2B	Tyler Tasker Stevenson: For his outstanding effort in reading. Tyler you are carefully reading all the words and using context clues when coming across a word you are unfamiliar with. Keep up the great work, Tyler!
3/4A	Liam Coghill: For showing integrity and taking the initiative to improve his learning and the tasks he completes. You have really shown a HUGE improvement with the care you are taking to complete assigned work Liam. I am so proud of you and appreciate the effort and care you are showing!
3/4B	Angus Barkley: For bringing your cheeky smile and enthusiasm to school each day. Angus you find the positive in everything you do, especially during mental computation. Keep up with your improved focus, we are very proud of you, Angus!
5/6A	Tilly Miljkovic: Tilly has shown many admirable skills this week, from being a patient and kind friend to her classmates, to working with determination in many subjects. She has been able to laugh at herself when needed as well as striving to do her best. Well done, Tilly!
5/6B	Henry Doherty: It has been great to see you working towards your goals Henry. You took on feedback for your writing and ended up with a detailed and interesting story. In Maths, you have been trying hard to apply the mental computation strategies and develop your addition strategies. And during class you have been more focused and completing more work without distractions. Keep up the excellent work!
Art	Maverick Fereday: Mav has been working at a high standard in the Art Room. He does his best to listen and make sure he understands what is expected of him. Mav is working hard on his projects, finishing in good time and being helpful during cleanup time. Well done Mav!
Japanese	Beau Nash: For excellent behaviour, respect, self control and analytical thinking in Japanese. He was a positive role model for the class.



Alexandra Primary Parents' Group

FATHERS' DAY BREAKFAST

BREAKFAST FOR DADS AND SPECIAL MEN IN OUR LIVES.

SEPTEMBER 1ST • 8 - 8.45AM

PLEASE COME AND JOIN US FOR AN EGG AND BACON
ROLL

ANY MUMS WANTING TO HELP OUT PLEASE CONTACT ALICE IN
THE FRONT OFFICE.

WE WILL NEED HELPERS TO:

SET UP
COOK
SERVE
PACK UP



We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide*!

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.



SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect children and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **SLIP** on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



2. **SLOP** on SPF30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. **SLAP** on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children protected at home.

4. **SEEK** shade

Choose shady spots for learning and play whenever possible.

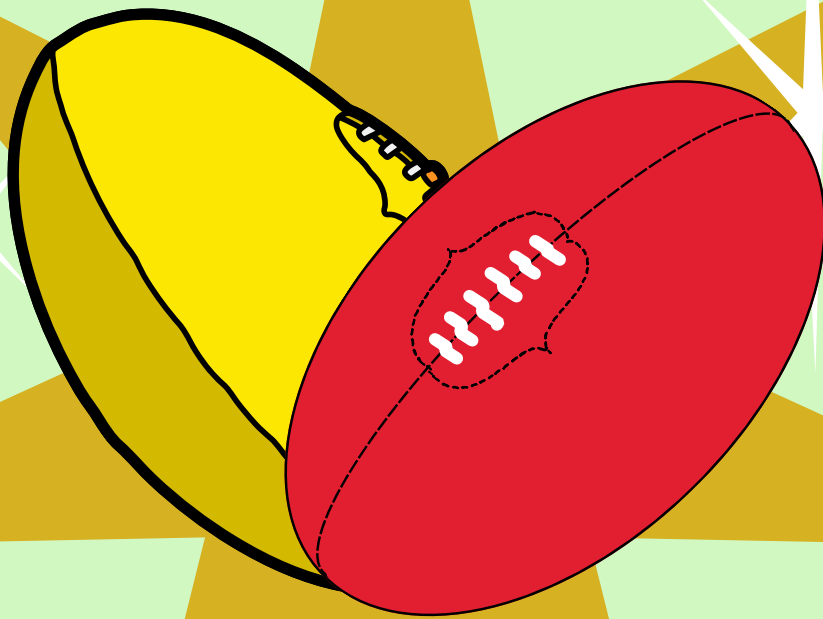
5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language

Alexandra Primary School

FOOTY DAY



FRIDAY 15 SEP

**DRESS IN YOUR TEAM COLOURS, GET SOME
SPONSORS, AND BE READY TO PLAY SOME
FOOTY!**

We are looking for volunteers to help us run footy-focused
activities. Contact Alice for more info!

5772 1006

Alexandra & District Kindergarten 2024

EXPRESSIONS OF
INTEREST NOW
OPEN

OUR SERVICES

PRE- KINDER PROGRAM 3-4YR OLDS

YEAR BEFORE SCHOOL PROGRAM 4-5YR OLDS

Please note to be eligible for either the Pre
Kinder or YBS Program- Children must turn three
years old/four years old by April 30th in the
year of attendance at kinder.

PHONE: 57721387

LODGE YOUR EXPRESSION OF INTEREST AT
WWW.ALEXANDRAKINDERGARTEN.COM.AU

Closing date September 8th



ELF Reading Day is back

Tuesday 12 September 2023

Street parade begins at
10.00 am

Grant Street, Alexandra

For more information or if you'd
like to volunteer to be a reader,
contact Council's Coordinator
Children's Services, Sue Porter
on 5772 0333.



One World, Many Stories

**Shop 1, 2 Bakers Lane
Alexandra @ 7PM**

Parents continue to parent in very challenging environments.

"Do you wish to recover your confidence?"..

The Parent Hope Project is professionally designed to enable parents to be the best resource for their child throughout all stages of their child's life.

This 4 part, six sessions parent course is designed to enable parents to discover things in their control that create change without changing the mood or mindset of their child or parenting partner.



Cost: \$200 for the course and \$30 for your manual

INTERESTED

Bookings are essential. Only 10 places available
Information about the program is given as well as an opportunity for you to ask questions? Call 0427724125 or
Email: mwhitetherapist@gmail.com



EMOTION COACHING FOR DADS

CONNECTING WITH OUR KIDS

A FREE 2 hour online workshop for Dads of children 2-10 years

Help your child to:

- Understand their emotions and be able to communicate how they feel
- Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- Develop problem-solving and social skills
- Develop kindness and empathy towards others

Monday 9 October 2023

6pm - 8pm

Online Session

for any questions contact

FamilyCare Central Intake 1800 161 306

or register online

This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)



A FREE seven session program for fathers of 2 -12 year old children

Dads Tuning in to Kids teaches you how to help your child understand and manage feelings ('emotional intelligence')

Children with good emotional intelligence:

- have better concentration at school
- have greater success with making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry

**Mondays 6.30pm - 8.30pm
starting 16 October to 27 November 2023
Online**

Call FamilyCare's Central Intake 1800 161 306 to register your place or register online here

This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)