

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 September 7th Term 3 Week 9

Coming Up

- Lunchtime Mountain Bike Program on Wednesdays for the rest of Term
- Sep 12 - ELF Reading Day
- Sep 14 - Googabinj Incursion
- Sep 15 - Footy Day
- Sep 15 - Early finish 2.30pm
- Oct 2 - Term 4 begins
- Oct 4 - Division Athletics Epping
- Oct 6 - School Concert

Next Friday (15th Sep) there are NO normal lunch orders. We are doing party pie orders as part of Footy Day instead. Party pies are \$1 each and orders must be handed in **tomorrow** to your class.

Notes went home this week to people who have not pre-paid for 2023 incursions for the Googabinj performance on Thursday Sep 14. All students will attend.

Sports!- P2
Drumming - P3
Skiing - P5
Achievement awards - P6

The Rebels!

Congratulations to our fab footballers and netballers! Our school community is very proud of our skilled sports people. I have loved hearing the football and netball stories throughout the season.

We have been impressed by all those who participated; from the little footy players showing off their Aus Kick medals through to the Grand Final winners!

Our appreciation also to the coaches and others who are instrumental in getting these kids on the field and court. Thank you for giving your time and expertise to benefit our community.

Why play sport?

Developmental benefits

Development from sport goes beyond learning new physical skills. Sport helps children develop better ways to cope with the highs and lows of life.

When kids are playing sport, they learn to win and lose. Being a good winner and loser takes maturity and practice. Losing teaches children to bounce back from disappointment, cope with unpleasant experiences and is an important part of becoming resilient. Winning helps children develop humility, gratitude, and self-belief. Playing sport helps children learn to control their emotions and channel negative feelings in a positive way. It also helps children to develop patience and understand that it can take a lot of practice to improve both their physical skills and what they do in school.

Emotional benefits

Physical activity has been shown to stimulate chemicals in the brain that make you feel better. So, playing sport regularly improves children's overall emotional wellbeing. Research shows there's a link between playing sport and self-esteem in children. The support of the team, a kind word from a coach, or achieving their personal best will all help children to feel better about themselves.

Social benefits

Playing in a team helps children to develop many of the social skills they will need for life. It teaches them to cooperate, to be less selfish, and to listen to other children. It also gives children a sense of belonging. It helps them make new friends and builds their social circle outside school.

An important part of playing in a team is accepting discipline. Playing sport means children are expected to follow rules, accept decisions and understand that they could be penalised for bad behaviour. It teaches them to take directions from the coach, referees and other adults. Sport also teaches them about team work.

Fathers' Day!



It was amazing to see such a great turnout of Dads and special people early on Friday morning. We love having our school community gather together on occasions like this!

A huge thank you to all the mums who helped with the breakfast and stall – we couldn't have done it without you!

Parents' Group have raised an incredible \$5,087 for our school this year so far.

If you have a Working with Children Check, and are free between 10-11am Tuesday 12th September, we would love your help with ELF reading day! We need adult helpers to take small groups of students around the main street of Alexandra.

If you can help us, please speak to your classroom teacher, or Alice in the Office.

Grade 6 Drumming



We wrapped up our Grade 6 'In The Groove' drumming program with a lunchtime concert, where our talented drummers showed the rest of the school what they have been learning!

There was lots of clapping and dancing along – thanks Grade 6s for sharing your skills with us!



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 |

Ski Day at Mt Buller



Star of the Week

Savannah McCashney - 3/4B

Savannah is a kind student who always shows the school values. She is always willing to lend a hand to teachers and students. She is a caring, thoughtful friend and a conscientious learner.

We are proud to have you in our learning community, Savannah. You are a STAR!

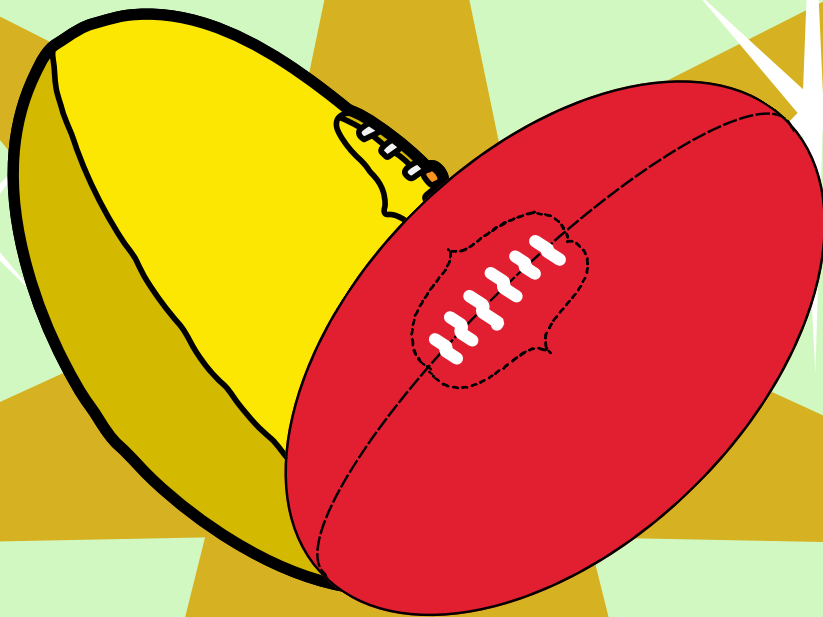


Achievement Awards

| | |
|-------------------|--|
| Foundation | James Munro: For always having a positive attitude! James is a little pocket rocket when it comes to his learning. He is always ready to put his best foot forward with a huge smile on his face. He listens to feedback and is always willing to put in the time and effort it takes to achieve his goals. James you are a learning legend. Keep shining super star! |
| 1/2A | Nate Broadway: Nate, you have a wonderful attitude towards learning and show great enthusiasm across all subjects. This week you made an excellent effort especially with word problems in maths and your informational report on 'The Blue Shark'. Well done and keep up the amazing work! |
| 1/2B | Maverick Fereday: For his persistence when finding a task challenging. Maverick, you made good decisions in Mathematics and I loved seeing you apply yourself to demonstrate your learning. Keep up the good work! |
| 3/4A | Hudson Brooks: For his amazing resilience, attitude and skills skiing at Mount Buller. You're an absolute champion for persevering and learning new skills. |
| 3/4B | Oscar Price: For sharing your camping adventure to Cape York and settling back into our class routine with ease. Oscar, you spoke with expression and passion when you shared your experience about your first Ferris wheel ride, following the dinosaur trail and your visit to the Winton Dinosaur Museum. Well done, and welcome back Oscar, we missed you! |
| 5/6A | Billy Baker: Billy has been very focused in his work this week and has encouraged others to try their best. He has demonstrated exemplary maturity and honesty as well as being a positive influence amongst his classmates. Keep up the good work, Billy! |
| 5/6B | Charli Edwards: Congratulations on an excellent Term 3! Across the board you have been working hard and demonstrating our school values in everything that you do. It has been wonderful to see your pride in your writing and the way you are challenging yourself to improve. I have really enjoyed seeing you working on your performance as part of the Production. You have been practising your lines and growing with each rehearsal. Keep up the great work! |
| Art | Koby Williams: Koby always tries his best with all his Art Projects. He works hard and listens attentively. Koby consistently makes good choices in the Art Room, and is always helpful at clean up time. Well done Koby! |

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)



Join the weekly Alexandra Library Kids Club as we explore a range of craft themes and inspiration pieces! You will be able to continue working on your project at your own pace throughout the month.

Come along this September and explore the art of making creations from clay to create your very own decorative design!

September - Clay

Wednesdays | 3.30 pm

Please RSVP at murrindindi.vic.gov.au/libraryevents



@murrindindilibraryservice
murrindindi.vic.gov.au/libraries
5772 0333



Murrindindi
Shire Council

**Libraries
Change Lives**