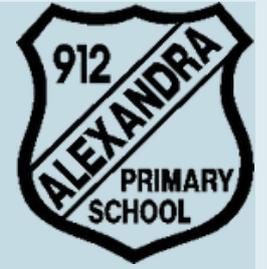


# Alexandra Primary School



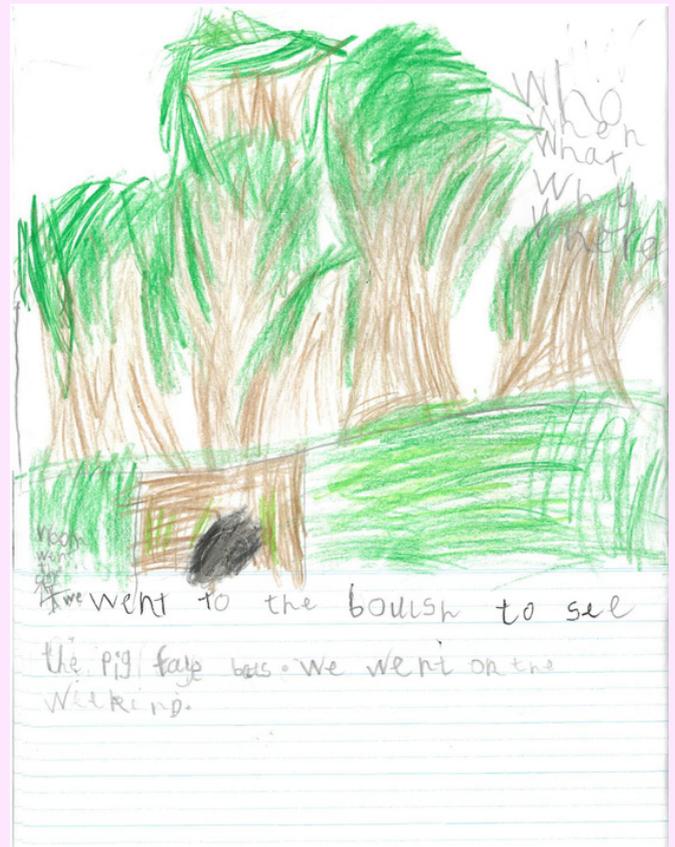
Our purpose is to build a learning community that challenges and supports young minds to develop as independent and lifelong learners, continually striving for excellence.

RESPECT CARE INTEGRITY ACHIEVE

**Thursday October 26th**  
**Term 4 Week 4**

## Wonderful Writing!

Harry in Prep came to the Office to show us some wonderful writing this week - we thought we would share it with everyone!



## Coming Up

- Oct 31 - School as normal (no power)
- Nov 1 - Kinder Transition begins
- Nov 2 - Pink Day
- Nov 7 - Melbourne Cup Public Holiday
- Nov 24 - Family Picnic and Colour Run
- Nov 27 - Swimming program starts

3/4A Writing - P2

Gardening - P3

Achievement awards - P5

# 3/4A Writing

Our Scriibi Writing Program helps students to understand the 6 + 1 traits of writing and develop their writing skills within each trait. As part of this program we read 'Mentor Texts' and analyse them, so that we can use skills and writing techniques to imitate how Author's write. Recently 3/4A studied *Walk of the Whales* by Nick Bland to incorporate real world problems into a creative writing piece, to highlight the importance of keeping our oceans clean of rubbish. This is Summer's finished piece.

## The depths of the ocean

'Splash splash' the sound of my swimming was echoing under the water. No one was to be seen besides me. "HELLO, HELLO" No response.

It was dark and quiet, had I just discovered a new place or even a new world? Slowly I kept swimming until I arrived at these 'Plastic Rings'. I slowly swam closer and closer towards it, until the top part of my fin was tangled in the plastic! The plastic was unbreakable.

My throat started to close up with fear. "HELP, HELP" I wheezed. No response. I started breathing heavier and heavier as my eyes closed. Something bad was about to happen. Would I ever awaken again. I tried my best to not shut my eyes but couldn't push through. I could hardly breathe.

I slowly sank to the depths and my body went limp.

We also studied *Farmhouse* by Sophie Blacknall to improve our ability to write using description. We focused on the settings element of a narrative. Here is Griff's finished piece.

Over a hill,  
at the end of a road,  
by a big old tree  
that spreads it's branches,  
on the ground,  
lies a leaf



Over a hill,  
at the end of a road,  
by a glittering stream  
that twists and turns,  
stands a house

# Gardening Goodness!

On Monday, the Grade 5/6 discussed the importance of outdoor activity for physical, mental and community health. We were proud to see how active our students are and the wide variety of outdoor activities they do.

After our discussion, we enjoyed some outdoor time helping our school community by planting seedlings and weeding some garden beds.



Last Friday, the Preps and their buddies also did some gardening, planting some vegetable seedlings in our garden beds. We received these seedlings through a Victorian Schools Garden Program grant!

# PINK DAY

On November 2nd, we will be running a pink day to support people who are effected by Breast cancer.

Can everybody please wear their pink clothes in support.

Please bring your lunch to eat at the longest lunch table and a gold coin to donate to a charity chosen by Mrs G.

Zooper Doopers will be on sale for \$1!

Thanks for helping provide this day and making it all possible.

-Cheyanne R and Chloe W

## Lunchtime Mountain Bike Timetable Term 4 2023

Week 5 Wednesday November 1st	Foundation - Grade 3
Week 6 Wednesday November 8th	Grade 4 - 6
Week 7 Wednesday November 15th	Foundation - Grade 3
Week 8 Wednesday November 22nd	Grade 4 - 6
Week 9 Wednesday November 29th	Foundation - Grade 3
Week 10 Wednesday December 6th	Grade 4 - 6

# CAFÉ Strategy: Check for Understanding

Even as an adult reader, there are times when I am reading a story and I get lost and am not sure what has happened. Fortunately, when this happens, I have strategies I use to help me understand the story. The same thing happens when children read. However, with children they often keep reading and do not realize they lost comprehension until the end of the story. They are too concerned with reading accurately, and forget to take the time to think about what they are reading. How can we help them gain comprehension?

We can teach them the comprehension strategy: **check for understanding** because good readers stop frequently to check for understanding or to ask who and what.

## How can you help your child with this strategy at home?

- When reading to your child, stop periodically and say, "Let's see if we remember what I just read. Think about who the story was about and what happened." Do this 3 or 4 times throughout the story.
- When reading to your child, stop and have them practice checking for understanding by saying, "I heard you say..."
- Ask your child the following questions:
  - Who did you just read about?
  - What just happened?
  - Was your brain talking to you while you read?
  - Do you understand what was read?
  - What do you do if you don't remember?

**Thank you for your continued support at home!**

# Star of the Week

## Hannah Carter & Edie Kijlstra - Foundation



Hannah and Edie have shown the values of respect and care. Thank you for collecting litter that others have left around our school. We are proud to have you in our learning community Hannah and Edie! You are STARS!

## Achievement Awards

<b>Foundation</b>	Harry Armstrong: For having a positive attitude towards his learning. This week Harry has really put in the time and effort to improve his learning. He has gone up 2 reading levels and written a recount with an interesting start. Well done Harry, you are a learning legend!
<b>1/2A</b>	Nixon Tasker Stevenson: In recognition of your fabulous learning growth in Mathematics! You have been trying so hard and the effort has paid off. Keep going Nixon, you are a learning superstar!
<b>1/2B</b>	Hamish Anderson: For working hard and listening carefully at all times. Hamish is always eager to share his ideas and contribute to class conversations, as well as listening carefully to other students ideas. Keep up the great work, Hamish!
<b>3/4A</b>	Hailey Coghill: For your phenomenal writing skills. You have been experimenting with many strategies that have been taught this year. to improve your writing. It has made a HUGE impact. Your written words can bring on tears, create joy, spark nostalgia and give goosebumps. Thank you for sharing your special skill with me!
<b>3/4B</b>	Emmett Williams: For your enthusiasm during poetry writing, it has been a pleasure to watch the smile on your face as you create your limerick poetry. Emmett your imagination brings amusing images to our minds, through your thoughtful and hilarious word choices. Keep up the wonderful effort in your writing, we are very proud of you Emmett!
<b>5/6A</b>	Charlie Broadway: You have had an excellent week of demonstrating our school values, Charlie. I have appreciated your hard work in the classroom and your focus. You have shown kindness, caring and respect to your peers and staff at the school. And you have been using your integrity to make good choices. Thank you for the work you have been doing, and keep it up!
<b>5/6B</b>	Chase Wright: For his super improvement in Maths and Reading. Chase has been working hard to improve his mental computation skills and showed some tremendous growth in his achievement level on the recent Maths Assessment. During Reading he did an amazing job answering all the comprehension questions about our novel study 'Rowan of Rin'. Way to Go, Chase!
<b>Art</b>	Chloe Woehl: Chloe is to be congratulated on her wonderful work ethic. She is a caring and thoughtful member of our classroom, who can consistently be relied on to always put her best foot forward. As a result she produces wonderful work with a positive attitude and sunny smile. Well Done, Chloe!



# Australian Childhood Anxiety TREATMENT STUDY

## Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 [cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)

 [griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)



**Australian Government**  
National Health and  
Medical Research Council



Queensland, Australia

GU Ref No: 2019/146





**FRIDAY 24TH NOVEMBER**

**FAMILY  
PICNIC  
AND COLOUR RUN**

**ALEXANDRA PRIMARY SCHOOL**

**5-7PM**

**BYO PICNIC AND PICNIC RUG**

**WEAR APPROPRIATE COLOUR RUN CLOTHING**

**BRING THE WHOLE FAMILY**

**FREE EVENT!**

The background features several stylized Christmas trees with green outlines and yellow dots, and red snowflake-like stars scattered throughout. The trees are positioned around the central text, with some partially cut off by the edges of the page.

Alexandra Primary School

# Christmas

## Carols

Thursday December 14

5pm for 5.30pm start

On the APS school oval.

BYO picnic.

Sing-a-long community carols  
night. Song books provided.

All welcome.

Send off 2023 together!