

# 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 13th Feb.  
Term 1.  
Week 3.**

## Coming Up

- Feb 17 – School Council Election Nominations open.
- Feb 18 – Grade 5/6 Camp
- Feb 25 – House Athletics
- Mar 3 – 3:30pm – Parents Group AGM.

**Join our Parents Group  
or School Council -  
more information on  
pages 5 & 6.**

**Grade 5/6 Camp -**  
Can all students please arrive at  
8.45 for a 9.00am Departure.

**Art Room** is looking for small  
plastic containers with lids.  
Eg. 250ml deli containers.

**Prep Families - Please note.**  
If your child would like to have a lunch  
orders can you please bring them on  
Tuesday.  
The lunch orders will be delivered for  
your child on a Friday.

# House Captains

Congratulations to our 2025 house Captains.  
You all made fantastic speeches.



**Harry Winch & Hannah Dean  
Garrang (Wattle)**

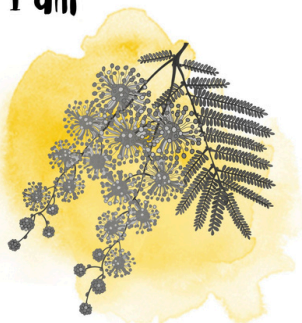


**Charli Stephens & Liesse Hogan  
Warrack (Banksia)**



**Jake Aromataris & Annie Barker  
Yirrip (Stringybark)**

I am



**Garrang  
(wattle)**

I am



**Warrack  
(Banksia)**

I am



**Yirrip  
(Stringybark)**

# Interview with Tracey

## By Sem and Griff

**How long have you been working at this school?**

1 month

**What brought you to APS?**

A fun and friendly working environment and the kids!

**What is your favourite thing about this school?**

The friendly kids

**What is your favourite job to do at school?**

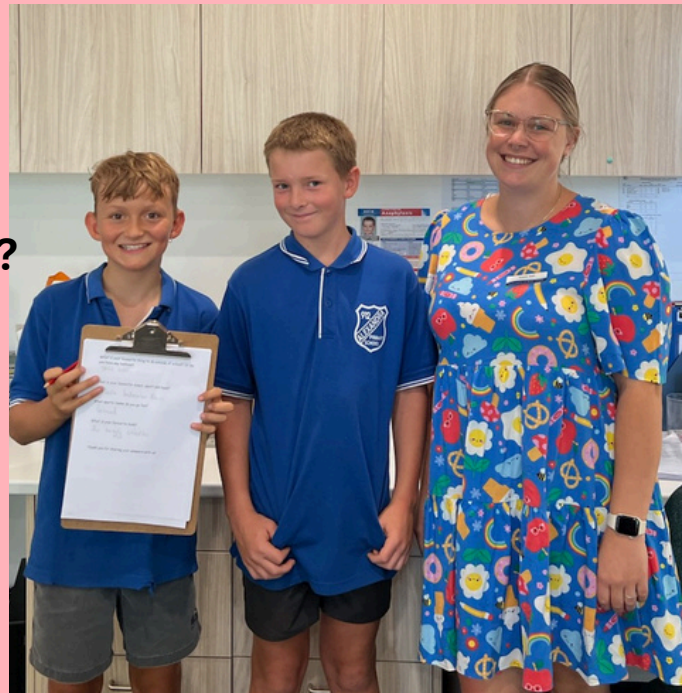
First aid

**What Primary School did you go to?**

Alexandra Primary School!

**What have your previous jobs been?**

A nurse and owning my own business.



**What is your favourite thing to do outside of school?**

Watching Netflix

**What is your favourite colour, sport and food?**

Purple, Badminton, Parma

**What ALF team do you go for?**

Richmond

**What is your favourite book?**

The Very Hungry Caterpillar by Eric Carle

# Star of the week!

## Hannah Fegen - 3/4A

Hannah consistently shows the school values. She approaches every day with a positive attitude and a big smile. She is kind and is always up for fun! We are proud to have you in our learning community, Hannah. You are a STAR!



<b>Foundation</b>	<b>Georgie Carter</b> - For consistently showing our school value of care this week, ensuring that all her peers are happy at school.
<b>1/2A</b>	<b>Byron Pitts</b> - For showing so much courage in a new school environment. Byron, you should be so proud of yourself for settling into a new learning space, making new friends and going with the flow when there is lots changing around you. We love learning with you!
<b>1/2B</b>	<b>Lawson Ratten</b> - For having such a great start to the year. Lawson continuously shows us his BEST inside and outside of the classroom by trying his hardest and being a good friend. You are a positive role model that others can look up to Lawson, well done buddy!
<b>3/4A</b>	<b>Chase Godden</b> - In recognition, for his wonderful demonstration of our value 'care'. Chase showed great concern for a fellow student when they weren't feeling the best. This thoughtful gesture didn't go unnoticed, and it truly made a difference. Fantastic beginning to the year Chase, keep it up!
<b>3/4B</b>	<b>Abigail Buvari</b> - For setting an excellent example with her behaviour and work habits in class. Abigail always follows instructions carefully and remains focussed on her work. Great work Abigail!
<b>5/6A</b>	<b>Max Bristow</b> - In recognition, for his willingness to have a go. Max you have been taking some big chances in your learning and I am so proud of the effort you have been putting in. Keep up the amazing work.
<b>5/6B</b>	<b>Ashleigh Francis</b> - Ashleigh Francis for being an enthusiastic, efficient and helpful student. This week Ashleigh went out of her way to assist both students and teachers. She showed both care and patience, offering her expertise with kindness. Well done, Ashleigh. Thank you for all your help.
<b>PE</b>	<b>Jayla Sabec</b> - For being a superstar student in PE. Jayla you follow the rules of every game and listen carefully to new instructions. An amazing start to PE. Well done Jayla!
<b>Art</b>	<b>Emerson Fraser</b> - Well done Emerson on your fabulous self portrait! You listened carefully to instructions and produced an outstanding piece of work. Keep up the good work!

# APS School Council

School Council elections commence on Monday 17th February

## School Council Functions include:

- *Oversee management of grounds, facilities and projects e.g. Sensory Garden*
- *Establish broad direction & vision of APS*
- *Generally oversee finances*
- *Generally stimulate interest in the school & wider community*
- *Gain understanding & insight of school operations*

## What's Required:

- *Meetings are held monthly (Monday at 6pm)*
- *Meetings usually run for about 30mins*
- *A typical School Council membership is held for 2 years*

*We have 6 membership vacancies this year.  
You can self-nominate or nominate someone else.*

*Collect a nomination form from the office.*

*Nominations close Monday 24th February*

# Parents' Group Meet n Greet & AGM

Come along and meet our Parents' Group, if you are interested in joining you can sign up on the day or sign up to a particular event!

Parents' Group organise and run fundraising & community events, such as:

Casual Clothes Days

Discos

Mothers/Fathers Day Breakfasts

BBQs & Cake Stalls

Low time commitment and lots of fun!

**Monday 3rd March**

**3:20pm**

THE

# RESILIENCE PROJECT™

## **Mindfulness**

Working on mindfulness gives us opportunities to develop our ability to pay attention to the present moment and our thoughts. Practising mindfulness daily can help us stay focused on set tasks and reduce stress and anxiety.

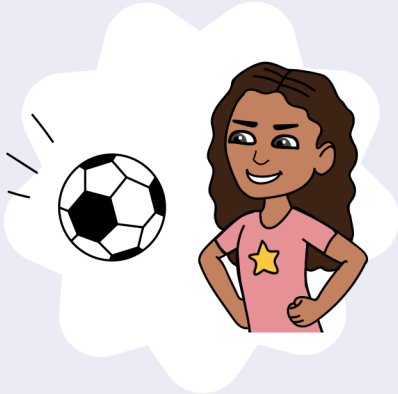
### **Whole Family Activity:**

**Mindful Walk** As a family, go on a walk outside in nature. This might be around your local walking track, at your local park or just around your streets. While walking, tune into your senses and observe what you can see, hear and feel. Or you might choose to focus on one of the senses. Eg: Hear: what are all the noises you can hear on your walk? On your way home or when you return home, share what each person saw, heard or felt.

### **Family Habit Builder:**

Each night at dinner, ask everyone to take one mouthful of food more mindfully than the rest and think about the flavours they can taste and how it makes them feel. (They can also thank the chef!).

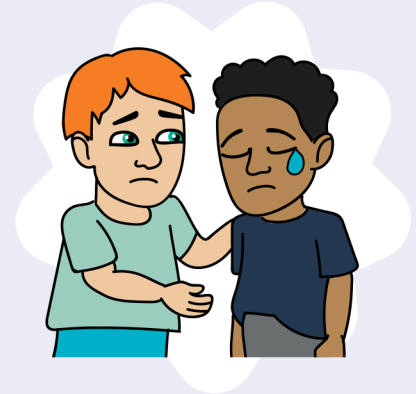
# How I can calm myself down



Exercise



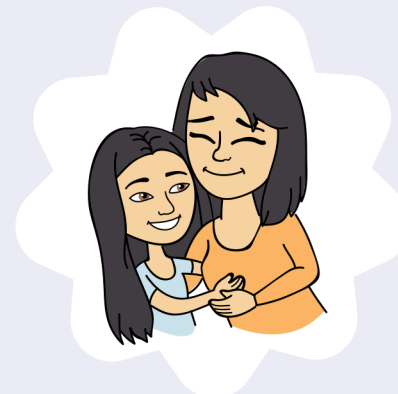
Mindful Breathing



A Good Cry



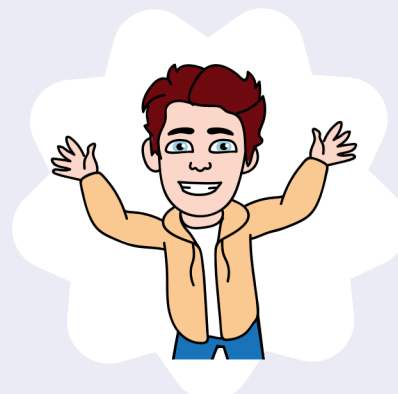
Creative Expression



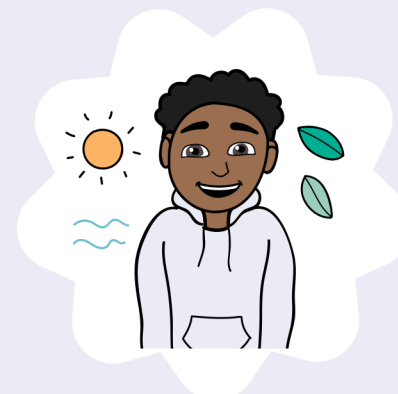
Big Hugs



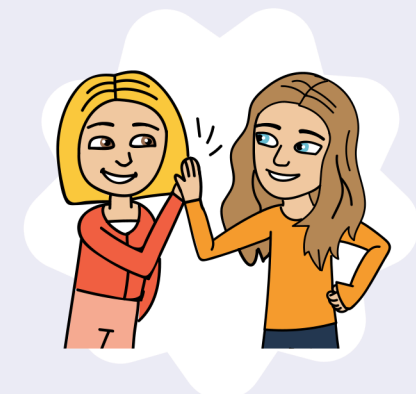
Enough Sleep



Laughter





Be In Nature



Connection



# Term One

	Mon	Tues	Wed	Thurs	Fri
<b>3</b>	17	18 Grade 5/6 Camp	19 Grade 5/6 Camp	20 Grade 5/6 Camp	21 Grade 5/6 Returning Approx. 3.45pm
<b>4</b>	24 Grade 2 Camp forms due School Council meeting 6pm	25 House Athletics 	26	27	28
<b>5</b>	3 Parents Group AGM 3.30pm	4 Grade 2 Camp	5 Grade 2 Camp	6	7
<b>6</b>	10	11 Cluster Athletics. 	12	13	14
<b>7</b>	17	18	19	20	21
<b>8</b>	24 School Council Meeting 6pm	25 Getting to know you interviews 3.30pm - 5pm	26 Getting to know you interviews 3.30pm-6pm	27	28
<b>9</b>	31	1/4	2	3 BMX Incursion Prep-6	4 Term 1 ends School finishes at 2.30pm