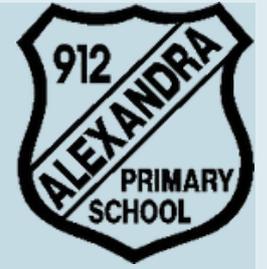


# Alexandra Primary School



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 March**  
**Term 1**  
**Week 7**

## Coming Up

- Mar 14 - Investiture Assembly
- Mar 24 - School Council AGM
- Mar 25 - Cluster Athletics
- Mar 26 - Family Games Night & Picnic
- Apr 3 - BMX Trick Show Incursion
- Apr 4 - Term 1 finishes at 2.30pm

### Cluster Athletics

Tuesday 25th of March.

Volunteer sign up link.

[volunteersignup.org/K9F93](https://volunteersignup.org/K9F93)

### **Easter raffle**

Easter raffle donations can be dropped off to the office and tickets are due back before the 4th of April.

If you'd like more tickets please let the office know.

# Grade 2 Camp!

Stories from the Grade 2's.

Lexy Williams - On Tuesday the grade 2's went on camp, we did fun games, high/low ropes, a fire, made stick houses and played 44 home. We made Pizza's with ingredients from the garden. We went for a walk and put our hats in the river. I put water in my hat and tipped it on me then we went through Pete's gold garden and saw his old tractors, I love them. My favourite part was doing the flint and steel, it was soooooo much fun.

Harvey McNair - Day 1 we got off the bus then we found our cabin, we did low ropes, We did rock wall climbing, We had some smores, then we went to bed.

Edie Kijlstra - Grade Two camp it was so much fun. We made a team poster that said TEAM WOMBATS. We did low ropes and bouldering, We had Chicken and vegetables for dinner and Chocolate moose for dessert. We made houses out of sticks and I made fire with a flint and steel. We made pizza with ingredients from the garden, they were ok. At night I could not go to sleep. The teachers were Mrs Davenport, Miss Bett and Mrs G.

Hamrish Thayananth - On Tuesday and Wednesday us Grade 2's went on camp it was super fun. We got to sleep in cabins, I slept in a cabin with Isaac, Noah D, James, Jedd and Harry. On the first day we put some gaiters on to go for a walk, we did low ropes and Rock climbing. Before bed we had a campfire and had smores. The next day one of the first activities were flint and steel. There was a grand hall. It was a great place we got to use sports equipment. In the cabins there was a bathroom and kitchen, there was heaps of space to play. Dinner was was the best there. We also dipped our hats in the water, it was refreshing.

Hannah Fegen - On Tuesday and Wednesday I was on camp, we went rock climbing. I was in a group with Edie and Ella. The grade 2's and had fire and made smores and sung songs. We put on gaiters and went for a walk and went through a crystal garden. We had roast chicken for dinner.



# Rugby fun in PE

For the next few weeks, we are learning about Rugby with Gus from Rugby Vic. Our first lesson was full of running, dodging and learning how to throw and catch a rugby ball. We are looking forward to transferring these skills into a Tri Tag Rugby game.



# Star of the week!

## Jozsef Towers - 3/4B

Jozsef has been working hard to show our school values.

We are proud of how many strategies you have developed to assist you in becoming the best you can be. We are proud to have you in our learning community, Jozsef. You are a STAR!



<b>Foundation</b>	<b>Willow Harding-Bourke</b> - for having an outstanding positive attitude to her learning! She has been working hard this week to constantly show our school values and try her best in everything she does. What a fantastic start to the year Willow, keep up the great work!
<b>1/2A</b>	<b>Rhylee Robben</b> - For adopting a Growth Mindset in your learning. Rhylee you always approach challenging learning situations with a positive, and "can do" mindset, ensuring you always achieve your best. You are a learning legend!
<b>1/2B</b>	<b>Kris Ingle</b> - for kindly helping his teachers and students in class. It also makes us so happy to see you try your very best to get along with others and play cooperatively. Keep working hard and asking for help when you need it. Well done, Kris!
<b>3/4A</b>	<b>Penny Timbury</b> - In recognition for Penny's remarkable ability to adapt and thrive in a new school environment. Over the past couple of weeks, Penny has shown resilience, positive attitude, and determination in settling in at A.P.S. Well done Penny!
<b>3/4B</b>	<b>Logan Heard</b> - For being a calm and consistent learner. Logan is a natural leader with his thoughtful and enthusiastic attitude to learning. Keep up the great work Logan!
<b>5/6A</b>	<b>Liam Coghill</b> - In recognition, of his concentration in class. Liam you have been doing some fantastic work and working so hard to ignore distractions. Thank you for all the effort, keep it up!
<b>5/6B</b>	<b>Hudson Brooks</b> - for consistently showing the school values. Hudson works hard in class, listens attentively and assists others to do their best as well. He is developing some great leadership skills; showing respect, caring for others, working co-operatively and following expectations. Fabulous work, Hudson! Keep working hard!
<b>PE</b>	<b>Ryan H.</b> - For working cooperatively with his group to come up with an excellent Target Game. Ryan you were respectful and kind to your teammates. Awesome job!
<b>Art</b>	<b>Jake Brewer</b> - Jake has settled well into the Art Room routine. He has a natural flair for art, and is always willing to share his thoughts and ideas with his peers. He is a pleasure to teach!

# GEM Chats

# Mindfulness

## CREATING WELLBEING HABITS & CONNECTION

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

## HOW TO USE GEM CHATS

**Make GEM Chats a part of your dinner routine to reflect, check in, and practice mindfulness.**

**Try these prompts:**



What **mindfulness tools** did you use today?



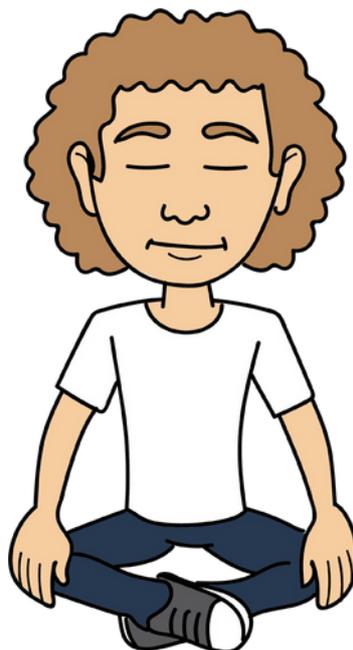
Take a moment to look out the window or around the room.

» 3 things you can see.

» 2 things you can hear.

» 1 thing you can feel.

» Notice how you feel after stopping for a moment.



**TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:**



@theresilienceproject\_\_



The Resilience Project



The Resilience Project



theresilienceproject.com.au

# Term One

	Mon	Tues	Wed	Thurs	Fri
<b>7</b>	10 PUBLIC HOLIDAY	11	12	13	14 9am Investiture Assembly - Gr 6 Leadership & Jumper presentation with Cr Damien Gallagher
<b>8</b>	17 BMX forms due back	18	19	20	21 9am Assembly
<b>9</b>	24 School Council Meeting & AGM 6pm	25 Cluster Athletics 	26 Family Games Night+ Picnic	27	28 9am Assembly
<b>10</b>	31	1/4	2	3 BMX Incursion Prep-6	4 9am Assembly Term 1 ends School finishes at 2.30pm

## Feeling overwhelmed or just need a defrag?

### Parenting Support

Raising Healthy Minds app |  
Raising Children Network for a range of parenting support  
Parentline - 13 22 89  
Medicare Mental Health Service - 1800 595 212

### Domestic Violence Support

1800RESPECT - 1800 737 732  
Men's Referral Service  
1300 766 491  
MensLine Australia  
1300 78 99 78

### Support for First Nations People

Yarning SafeNStrong | Victorian Aboriginal Health Service (VAHS)  
- 1800 959 563  
Brother to Brother | Dardi  
Munwuro - 1800 435 799

### Support for Kids

Kids Helpline - 1800 55 1800

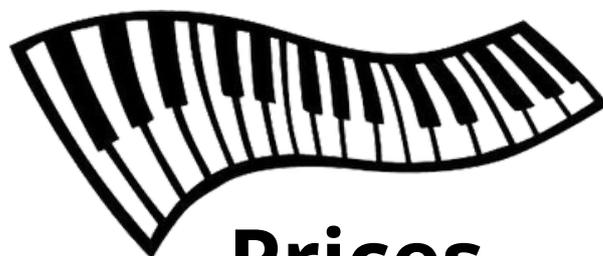
# PIANO/keyboard Music Lessons

Individual one-to-one or two-to-one piano/keyboard lessons.

Site reading, rhythm and technique in a fun way with an experienced qualified teacher.

Skills gained from this programme include

- Focus and concentration - Time management skills - Music for enjoyment and fun - Music literacy skills - Respect encouragement and supporting others



## Prices

Half hour lesson (pairs) - \$25

Private 1:1 half hour lesson - \$40

Theory Book - \$20

Invoices per term.

8-10 lessons per term.

# Book a place for your child in 2025!

Contact Jane

Email [janeyfraga@yahoo.com.au](mailto:janeyfraga@yahoo.com.au) or text 0418 584 119 with your child's first name, age and school.

