

Newsletter

School Website: www.albanvaleps.vic.edu.au



Dear Parents,

Parent Teacher Interviews will be conducted via phone conferences on **Tuesday 23rd of June and Thursday 25th of June 2020**, between the times of **3.30pm-6.30 pm**. Bookings for Parent / Teacher Interviews are now open until 18th June. All parents requesting a parent/ teacher interview must book via Compass; teachers will not be allocating an interview time to families who have not booked a meeting.

To access COMPASS log onto: <https://albanvaleps.vic.compass.education>. All families have a unique log in code and password to access PASS. If you should require this information or need help to book an interview time, please contact our office staff for assistance.

In our endeavour to ensure sustainability of our environment and reduce paper usage, we will only be printing hard copies of students' reports on request. Whilst the reporting process and parent-teacher interviews provide a formal opportunity for parents to meet with their child's teacher, please note that we have an open door policy at Albanvale Primary School, whereby parents are welcome to make a time to speak with teachers after school at any point throughout the year. Please note at present, all contact should be via email or phone.

Thank you to all teaching staff for the time and effort they have put into collating reports for each student.

Grade 3-6 Return to School

This week we welcomed our grade 3 to 6 student's back to school. The transition for our students has been very successful with lots of excitement and happy smiles. Thank you to all of our families for adhering to the drop off times and accessing the correct gate. Just a reminder of the staggered times:

Prep students - 9 am - 3 pm **GATE A**

1/2 students - 9:15 am - 3:15 pm **GATE B**

3/4A, 3/4L & 3/4M - 9 am - 3 pm **GATE C** Dover Street near office

5/6M, 5/6T & 5/6S - 9:15 am - 3:15 pm **GATE D** Dover Street near synthetic turf

**** Siblings may all enter together through the gate of the child with the earliest start and be picked up from the gate of the child with the latest finish.**

Parents are requested to contact the school via phone and email for all communication prior to attending on-site.

We thank you for your cooperation in support of the health and wellbeing of all members of our community.

Illnesses

A reminder to parents that children who are unwell should not attend school. If your child is absent due to illness, it is a requirement that you advise the school via the COMPASS app or by calling the office with an explanation regarding the absence. Where a child presents ill at school, they will be appropriately isolated and parents called to collect them.

School Council Vacancy

Parent involvement in school contributes to positive learning outcomes for students. Whilst you may be involved in your child's learning at home, you can also contribute by participating in the school council. School Councillors hold a very important role in schools as they are involved in setting the key

direction of the school. Parents are given an opportunity to influence the quality of education the school provides through being an active member of School Council.

Albanvale Primary School currently have **one** parent vacancy for School Council that needs to be filled. If you are interested in becoming a School Councillor please see the office.

Canteen

Our canteen facility is expected to re-open at the commencement of term 3. Please ensure your child has a packed healthy snack and lunch. A reminder to families that the school **will not be accepting lunches** to be dropped off at the office due to the current restrictions for parent access to the school grounds. To ensure that students have an ample and healthy lunch for the school day, we recommend preparing your child's lunch the night before. We encourage children to eat food that is good for their brain development. Please assist us by providing healthy food for children's snacks and lunches each day. This will help their brain function for thinking and learning.

Attendance

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school on time each day. Missing school can have a major impact on a child's future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they will have missed more than a year of school.

Please be reminded that all family holidays should be taken during school holiday times.

Victorian Premiers' Reading Challenge

The 2020 Victorian Premiers' Reading Challenge has been announced.

As you know, reading helps ensure children develop important foundational skills - setting them up for school and for life. Just as importantly, reading also helps our kids imagine, explore and learn more about the world around them. This year, everyone who completes the Challenge will receive a Certificate of Achievement - and with more than 12,000 titles on the Challenge's reading list, there really is a book for everyone. For students from Prep to Year 2, the Challenge is to read or experience 30 books. For students in Years 3 to 10, the Challenge is to read 15 books.

Your child will receive a unique log in code for the challenge on their 'yellow' work pack this week.

Prep Enrolment 2021

We are beginning to take prep enrolments for 2021 so that we may begin to plan the prep transition program. If you have any children who will be attending Albanvale in 2021, please call the school to receive enrolment information as soon as possible.

Mrs Vermezovic
PRINCIPAL



Term 2:

Valuing and accepting others' differences and respecting the right to learn

Thursday, June 11th 2020

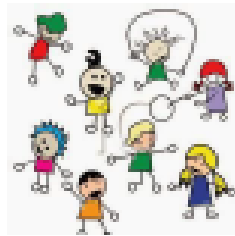
Albanvale

Attendance News

There are always times when students need to miss school, such as when they are **ill**.

It is vital that they're only away on the days they are genuinely sick.

Setting good sleep patterns, eating well and exercising regularly can make a big difference.



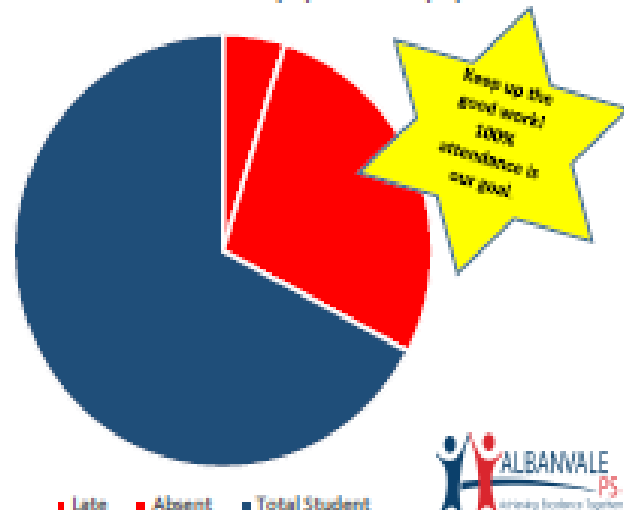
EVERYDAY COUNTS
And every minute matters

IMPORTANT REMINDER FOR PARENTS

Please avoid making routine medical and dental appointments during the school day or planning family holidays during the term so that your child's learning is not impacted.

Please contact the office when your child is away from school on **9367 2197** or enter the absence into your **Compass App**
Ask the office how

Student Attendance Chart 3/6/2020-10/6/2020



7 WAYS PARENTS CAN HELP THEIR KIDS WITH MATHS

FROM ONE MEDDLING, MATHS-MAD MOTHER TO ANOTHER *By Danijela Draskovic*

I'm a mother of a cheeky, curious and gorgeous 1-year old boy. Naturally, his first toy was a wooden abacus much to his mummy's delight. At the moment, he picks up his abacus, rattles it around, and throws it onto the floor with a shriek of delight when it makes the crashing sound. I have to practice my patience with my desire to show him the beauty in mathematics, as perhaps he's just a little bit too young.

However, I have been thinking about it for a while now. A lot of the time parents assume that their children will learn mathematics almost exclusively from school. I completely disagree and, in fact, wholeheartedly believe that both school and home learning are equally as important and should complement each other as best as possible.

Now you don't need to be 'good at maths' yourself to foster mathematical thinking in your children. In fact, you don't even need to have any of the answers. Parents need to just recognise opportunities for mathematical exploration and need to practice asking good questions. It is up to the child to discover the answers.

So here are my tips for parents. Parents should try to involve their children in as many life decisions and day-to-day 'adult' tasks as possible. Notice, throughout helping them with their mathematical reasoning, parents will be simultaneously helping their children with life skills. Surprise surprise! Maths really is all around us.

1 Give your young children some pocket money and encourage them to manage it. You may even lend them some support in creating a budget. Do they have a goal to purchase a certain item? Let them save for it! How much should they put aside each week so they can buy their item in 3 months' time? How much general spending money do they need? The discussions around their budget could be very powerful and could reveal some interesting areas for exploration. If the child is a bit older, you may discuss with them budgeting for a household. Perhaps let them create a weekly or monthly budget for running the entire house based on what they think

the expenditures are. Then reconvene and have a discussion once they have finished. You may be surprised as how much they underestimate, and they may need to readjust the figures. A teenager may also be ready to consider borrowing or investing. This is a wonderful opportunity to discuss interest rates and make comparisons between different types of loans or savings accounts.

2 Cook with your children. Cooking, as well as being an enjoyable and creative activity, also involves a variety of maths skills. Ask your child to amend the quantities of that pancake recipe that serves 6. How much flour would they now need for 3 servings? Or 2 servings? How about a tricky 7 servings? Through cooking we are forced to consider ratio and proportion, fractions, volume, time, addition, division and many more. Added bonus: your children will also appreciate meals more if they have been actively involved in creating them! Budgeting can also overlap wonderfully with cooking and parents are encouraged to take their children grocery shopping as well.

3 Grocery shopping. The shops are filled with opportunities to ask your children important mathematical questions such as comparing the value of buying items in smaller amounts to items in bulk. For example, which product offers best value for money: 250mL of yogurt for \$1.95 or 1L of yogurt for \$7.50? How much will an entire meal of Pad Thai cost to prepare? What will be the cost per portion? Is it financially more efficient to buy ingredients and cook this meal at home, or is it more economical to have that same meal from a restaurant?

4 Meaningfully involve children in planning for a holiday. Vacations offer rich opportunities to explore mathematical concepts such as distance, time, changing time zones, currency exchange rates, budgeting (again), purchasing travel insurance (comparing different policies), comparing costs of rent-a-car companies etc. Road-trips are great for estimating the time it will take to get from A to B. Do your kids understand the unit of km/h?



With only a couple of questions you will know the answer to that. 'If we drive at an average of 80km/h, how many kilometres will we travel in 3 hours?' 'How long will it take us to travel 120km?'. Speed, distance and time are important concepts in maths/science and need to be understood in meaningful contexts, not just taught out of a textbook.

5 Building? Renovating? Landscaping? Creating a veggie-patch? Whatever hands-on project you may be working on, involve your kids. Get them to draw a floorplan of their ideal family house (give them some restrictions otherwise you may end up with an indoor go-karting hall attached to a 100-seater cinema room right by the indoor wave pool). Discuss scale and proportion, units of measurement, materials, area, perimeter, shape. Allow them to help you make the herb-garden and work out the volume of soil needed to fill it. They can then go to Bunnings to buy that amount of soil. As a parent you can watch to see their delight if they have gotten the quantity right, or if not, watch them revisit the problem and check where they went wrong. Remember, it's not necessarily important to get it right. They will learn more from their mistakes.

6 Incorporate maths-based games, problem-solving activities and puzzles into family time. Make them fun, challenging, accessible at many levels so that everyone in the family can enjoy it. Think 'low floor, high ceiling' which means that it should be easily accessible even with low-level math skills (low floor) and that it can be extended or adapted for those who are mathematically capable (high ceiling). When giving kids riddles or problems to solve, avoid giving away the answer too soon. You are robbing them of discovering it for themselves. Instead of feeling the thrill and accomplished that they have worked on a problem and found a solution, they will feel the let-down of not having had enough patience and determination to reach the solution themselves.

Let the child have ample time to consider, ponder and grapple with the problem. If they start to give up, give them a little clue to nudge them in the right direction. After solving any maths problem, ask the child questions about it: 'How did you arrive at your solution?' 'Could there be more than one answer?' 'Is there another way to solve this problem?' 'Do you see any patterns?' 'Does your answer make sense?'

7 Open the lines of communication. Allow your child to come to you when they do not understand something and empower them to ask for help. Make sure your child understands that nobody is born knowing everything and that marks and grades do not define them. Do not tell your child off for a low grade, instead have a discussion as to why that grade is as it is and how to improve it. Teach them to value the process of learning, and not only that final result on their report cards. If your child embraces learning and develops a love and passion for it, you have set that child up for life. Even when they leave your protective nest and go forth to TAFE or University or the workforce, you will know that they are motivated internally and value education not just the end product.

Finally, I would like to stress that although I believe all people can enjoy mathematics to some degree, not all of us are designed to be mathematicians. Just like not all of us are built to be NBA players, or have the long, dainty fingers to become pianists. Therefore, it's important not to pressure a child to be something that they are not made for. Nurturing mathematical thinking is important for all people. But whether they use that mathematical thinking to become engineers, or use it to become better business owners, or more efficient chefs, or simply more competent members of society, either way, they are better off.

FOR A HEALTHY LUNCHBOX

SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)

VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tzatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pasta/pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (in small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip: Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tzatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in spring water
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silver-side, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kabab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich roll, pita or wrap bread, wholemeal
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable fritтата
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and thyme)
- Homemade pizza with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, whole fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.

- Pasta dishes
- Rice/quinoa/couscous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable-based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit-based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispbreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pkalets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip: Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli, fruit/nut bars, biscuits, chips, cakes, muffins, scones) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service <http://heas.health.vic.gov.au/>

*Check your school's policy regarding the use of nuts and products containing nuts.



Cyberbullying Tips for parents



Stay calm & open - listen to your child
to understand how they are feeling
before deciding what to do

**Talk to your child about
cyberbullying before it happens**

**Help your child to block unfriendly users
& manage their contact with others**

Collect evidence such as screenshots
& **report cyberbullying** to the social
media service - see eSafety for help

**Contact the school & talk
about what's happening**

Get professional help & support if you notice
any changes in your child that concern you



Education
and Training

Cyberbullying Extra information & support



Parentline
13 22 89

Kids helpline
1800 55 1800



eSafety Commissioner
Bully Stoppers
Bullying. No Way!
ehheadspace





Challenge Competition

Complete our weekly Lego Challenge to be in the running to win a prize!

Each week we will announce the winner on our Brimbank Libraries Lego Challenge Youtube video.

Submit your entries:

- On Facebook via the Brimbank Libraries Virtual Lego group
- Or on Instagram #brimbanklibrarieslegochallenge
- Or Email them to library@brimbank.vic.gov.au

**Lego kits
to be won!**

Week 1 Terrific Tessellations

A tessellation is a pattern made up of flat shapes repeated and joined together. Create your own pattern using Lego Bricks or any other items you may have in your home.

Entries in by Sunday 31 May, 5pm

Week 2 Perfect Symmetry

Reflection Symmetry is when one half is a reflection of the other half of the object. Can you create a perfectly symmetrical build?

Entries in by Sunday 7 June, 5pm

Week 3 Engineering Challenge

Create your own sail boat or your own car and measure how far your object can travel.

Entries in by Sunday 14 June, 5pm

Week 4 Making Movies

Create your own movie using shadows, stop motion or anything you can think of to tell a story with your Lego.

Entries in by Sunday 21 June, 5pm

Week 5 Geography Challenge

Create your favourite landmark from around the world.

Entries in by Sunday 28 June, 5pm



Visit our website for more information: brimbanklibraries.vic.gov.au

Deer Park	4 Neale Road, Deer Park	T 9249 4660
Keilor	704B Old Calder Highway, Keilor	T 9249 4670
St Albans	71A Alfreda Street, St Albans	T 9249 4650
Sunshine	301 Hampshire Road, Sunshine	T 9249 4640
Sydenham	1 Station Street, Taylors Lakes	T 9249 4680



#BrimbankLibraries

Libraries
Change Lives

Notification of Payments made using BPay or Direct Deposit

Families can make payments via internet banking for all camps, excursions, incursions and education costs. To assist you with this the office can print out **your statement**, which **will have your unique BPay Reference and Biller Code** as well as the school **banking details for direct deposit** purposes.

After making payments online, it is important to let the office know what you have paid for by completing the details **below and returning to the school** as soon as possible.

Student Name:

Student ID:

Class:

Payment for:

Amount Paid:

Date Paid by BPay/Direct Deposit:

Receipt No:



 **St Albans Sweet Sounds**
Early Learning Centre

**Enquire about our Before
& After School Care!**

 **9310 8955**

 **27-29 Elizabeth Street, St Albans**

School Day

**8.45 - 9.00 students in
classroom**

11.00 - 11.30 Recess

1.30 - 2.15 Lunch

3.15 School Finishes

End of Term 2

Friday 27th June

Finish 2.30pm

Protect yourself and your family

Wash your hands regularly

**1**

Wet your hands.

Put soap on
your hands.

2**3**

Rub the soap over all
parts of your hands for
at least 20 seconds.

Rinse your
hands under
running water.

4**5**

Dry your hands thoroughly
with disposable paper towel
or hand dryer.

Stay germ free and healthy

Protect yourself and your family

Cover your cough and sneeze



1

COVER your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the rubbish **BIN**.



2



3

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.



4

Stay germ free and healthy