

# Newsletter

School Website: [www.albanvaleps.vic.edu.au](http://www.albanvaleps.vic.edu.au)



Dear Parents,

Albanvale PS is holding School Council Elections for 2020, and I hereby extend an invitation to all parents of our school to nominate for a position. Parents may nominate themselves for a position, or nominate another parent of the school.

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.

There are 3 positions under the Parent category available for the 2020-2021 office. Nomination forms are available at the Nexus Hub.

**Nominations close on Monday the 17<sup>th</sup> of February at 4pm.**

## Updating Family Information

Last week families received a copy of their Student Enrolment Information to be reviewed and updated. It is very important that our school has the most up to date information for all of our students and families in the event that we should need to contact them in an emergency. Therefore, we ask that parents make any changes to personal details and phone numbers on these forms, and that they are returned to the office as soon as possible.

## Prep Students

Our prep students have had a very positive start to school this last month. A reminder to parents that prep students will continue to have Wednesdays off until the 28<sup>th</sup> February.

## Student Absences

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every 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'll have missed more than a year of school. **There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.**

If your child is going to be absent due to illness, please contact the school on the morning of absence via the absentee line, 9367-2197 or input the absence on the COMPASS app. If their absence is greater than 3 days please supply the classroom teacher with a medical certificate. All family holidays should be taken during school holiday times.

## Early Arrivals

Students should **not** be arriving to school prior to 8:45am and left in the school yard unattended. Teachers are not required on duty until 8:45 am thus; we do not have anyone on duty until 8:45am. Parents are requested to book children into before school care or make other arrangements if care is needed before or after school. Student safety is our main priority and we thank you for your understanding in this matter.

## Home / School Partnership

Improved student learning occurs when parents, teachers and students work together in partnership. We maintain an open door policy here at Albanvale PS and welcome and encourage parents to come in and discuss your child's learning or to address any concerns you may have by appointment. We ask that you assist us in building an environment where mutual trust and respect is valued.

Should you wish to speak to your child's teacher please make an appointment to see them, as often before school at 8:45 am or straight after school at 3:15pm are not good times due to teachers preparing for instruction or attending meetings. Thank you for your understanding in this matter.

## Uniform

School uniform promotes a sense of identity, pride, cohesion and good order in a school. It allows students to feel equal and enhances individual student safety and group security, as well as enhancing the profile and identity of the school and its students within the wider community. The School Council Policy of Albanvale PS states that uniform is compulsory for the students of Albanvale. It is important that parents are vigilant in ensuring students' appearance reflects the expectations of the school community. We would appreciate your assistance in ensuring that a high standard of uniform is maintained.

**Please note: Leggings are not permitted to be worn at any time and head scarves must be in the school colours.**

Please refer to the uniform list that is attached to this newsletter for further information.

Mrs Vermezovic  
PRINCIPAL

## **IMPORTANT DATES** **Term 1**

**Prep Free Days**

**Wed 12th Feb**

**Wed 19th Feb**

**Wed 26th Feb**

**Interschool Sports 5-6**

**Fri 21st Feb**

**Deer Park Nth Curriculum Day**

**Fri 6th March**

**Labour Day Public Holiday**

**Mon 9th March**



## **SUNSMART POLICY**

**No Hat!  
No Play!**

**Hats must be worn at all times when**

Thursday, February 13<sup>th</sup> 2020

# Albanvale

## Attendance News

### Welcome to the first edition of Attendance News.

Each week we will provide you with ways that you can help increase our whole school attendance and improve our students' education.



Missing  
3 weeks  
of school  
per year =  
missing half a  
year  
of school  
by the end of  
year 6.  
Family holidays  
should be  
planned for  
school holiday  
times.

**'Day off'**-  
Think twice before  
letting your child have a  
'Day Off' as they could  
fall behind their  
classmates-  
Every Day Counts!

Please advise the  
school when your  
child is going to be  
absent.

Either contact the  
office on

9367 2197 or enter  
the absence into

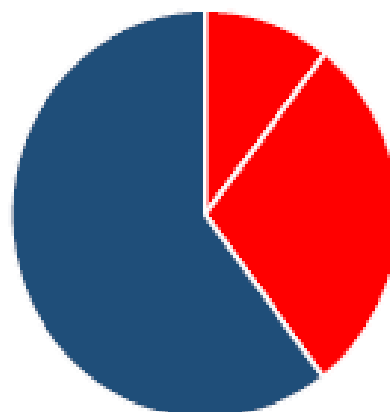
the

**Compass Parent  
Portal**

[albanvale-vic.compass.education](http://albanvale-vic.compass.education)

Ask the office how.

Student Attendance Chart 5/02/2020-13/02/2020



■ Late ■ Absent ■ Total Student



# 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.

Nutrition Australia

VICTORIA  
State Government

# 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 fritters
- 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, white 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.



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

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





## 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



Dear parents and families,

As you may be aware, the situation regarding the emerging outbreak of novel coronavirus has continued to evolve.

Over the weekend, the Commonwealth's Chief Medical Officer and Victoria's Chief Health Officer recommended a stronger precautionary approach to managing coronavirus for travellers returned from mainland China (not including Hong Kong, Macau and Taiwan) from 1 February 2020.

This recommendation is that parents/guardians/carers should ensure that any children returning from mainland China (not including Hong Kong, Macau and Taiwan) who were in mainland China on or after 1 February 2020 is isolated at home and should not attend school until 14 days after they were last in mainland China.

This recommendation does not apply retrospectively. It applies only to students who were in mainland China on or after 1 February 2020.

The existing advice remains that parents/guardians/carers of students should ensure that any student is isolated at home and should not attend school for 14 days:

following exposure to any confirmed novel coronavirus case;  
or

after leaving Hubei Province.

If you think your children are showing relevant symptoms, please call the Department of Health and Human Services (DHHS) to discuss further actions on 1300 651 160.

DHHS has developed [fact sheets](#) in English and Simplified Chinese which include the latest information and advice.

Additional advice and information on the steps to take can be found on the [coronavirus web page](#) which also includes advice on:

- continuity of learning for students who are not attending school
- international students and families hosting
- international travel
- maintaining good health hygiene at school
- health promotion posters and materials

information, resources and contacts related to coronavirus.

Thank you for your cooperation.

## School Council Elections - Information for Parents

### WHAT IS A SCHOOL COUNCIL AND WHAT DOES IT DO?

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students

### WHO IS ON THE SCHOOL COUNCIL?

For most school councils, there are three possible categories of membership: A mandated elected Parent category – more than one-third of the total members must be from this category. Department of Education and Training (DET) employees can be Parent members at their child's school as long as they are not engaged in work at the school.

- A mandated elected DET employee category – members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional Community member category – members are co-opted by a decision of the council because of their special skills, interests or experiences. Department employees are not eligible to be Community members.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

### WHY IS PARENT MEMBERSHIP SO IMPORTANT?

Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school. Those parents who become active on a school council find their involvement satisfying and may find that their children feel a greater sense of belonging.

### DO I NEED SPECIAL EXPERIENCE TO BE ON SCHOOL COUNCIL?

Each member brings their own valuable life skills and knowledge to the role. Councilors may need to develop skills and acquire knowledge in areas that are unfamiliar to them. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

### HOW CAN YOU BECOME INVOLVED?

The most obvious way is to vote in the elections, which are held in Term one each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might consider

- standing for election as a member of the school council
- encouraging another person to stand for election.

### WHAT DO YOU NEED TO DO TO STAND FOR ELECTION?

The principal will issue a Notice of Election and Call for Nominations following the commencement of Term one each year. All school council elections must be completed by the end of March unless the usual time line has been varied by the Minister. If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category. Department employees whose child is enrolled in a school in which they are not engaged in work are eligible to nominate for parent membership of the school council at that school. Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination. Generally, if there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

**Contact the principal for further information.**



**St Albans Sweet Sounds**  
Early Learning Centre

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

 **9310 8955**

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

### **PAYMENTS USING ENVELOPES**

Please ensure following  
details are completed when mak-  
ing payment.

Student ID: \_\_\_\_\_

Class: \_\_\_\_\_

Payment Amount

For: \_\_\_\_\_

**Remember To**

Sign and complete back off  
envelope

*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 4*

**Friday 20th Dec**

**Finish 1.30pm**



A reminder,

that as part of our Sun Smart

Policy, all students are required to wear a hat during recess, lunch and

outdoor activities. Hats are now available for purchase at PSW

uniform shop. Alternatively, they can also be purchased in the office at Best Less, Target or Big W.

**No Hat No Play**



## **SCHOOL BANKING DAY IS THURSDAYS**

Remember, Thursday is School Banking day and students should bring in their weekly deposit.

For every deposit made at school, students will receive a silver Dollarmite token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their regular savings habits.

## **Educational Costs Are Now Due**

Please ensure payments are made by February 21st.

If you would like a payment plan or wish to pay with Eftpos please see Office staff .

## **Camps/Sports/Excursion Fund CSEF**

Dear Parents/Carers,

If you are a current Health Care Card Holder your child is entitled to funding for excursions and sport events in 2020. Please see the office staff for the form and for assistance .If you require any more information.

**Applications close on 26th  
March 2020.**



## ALBANVALE PRIMARY SCHOOL CANTEN MENU 2020

### SANDWICHES & ROLLS

☺ VEGEMITE

(S) \$2.00 (R) \$2.50

\*add cheese 50c

☺ STRAWBERRY JAM

(S) \$2.00 (R) \$2.50

☺ CHEESE

(S) \$2.50 (R) \$3.00

☺ HAM

(S) \$3.00 (R) \$3.50

☺ SALAD (Lettuce, tomato, carrot, cucumber, cheese & beetroot)

(S) \$4.00 (R) \$4.50

\*add on

☺ HAM - \$1.00\*

☺ CHICKEN MEAT - \$1.50\*

☺ TUNA \$1.00\*

\*ALL SANDWICHES & ROLLS ARE WHOLEMEAL

\*SANDWICHES AND ROLLS COME WITH BUTTER. SO IF YOU DO NOT WISH TO HAVE BUTTER PLEASE WRITE IT ON THE ORDER

### SNACKS

☺ POPCORN VARIETIES \$1.50

☺ JJ's VARIETIES \$1.50

☺ JELLY (ASSORTED FLAVORS) \$1.00

☺ \*CARROT STICKS \$1.00 per bag (made to order only)

☺ NOODLE SNACKS \$1.00 (CHICKEN or BBQ)

EACH DAY AT RECESS ONLY THERE WILL BE DAILY SPECIALS AVAILABLE

### EXTRAS

- TOMATO SAUCE 30c

- SOY SAUCE 30c

- LUNCH BAG 20c

- TOASTED 50c

### HOT FOOD

☺ LASAGNE \$4.00 (H)

☺ MACORONI & CHEESE \$4.00 (H)

☺ SPAGHETTI BOLONASE \$4.00 (H)

☺ MEAT PIE \$4.00

☺ SAUSAGE ROLL \$3.50

☺ PASTIE \$4.00 (V)

☺ PARTY PIES \$1.00 each

☺ HOT DOG \$3.00

\*add 50c for cheese

☺ STEAMED DIM SIMS

\$1.00 each OR 4 for \$3.50

☺ CHICKEN BURGER \$4.00 (H) (LETTUCE & MAYO)

☺ CHICKEN WRAP small - \$3.50 large - \$5.00 (H) (LETTUCE & MAYO)

☺ CHICKEN NUGGETS (H) \$1.00 each OR 4 for \$3.50

☺ FISH BURGER \$4.00 (LETTUCE & MAYO)

☺ FISH WRAP \$3.50 (LETTUCE & MAYO)

☺ FISH FINGERS \$1.00 each OR 4 for \$3.50

☺ VEGGIE BURGER \$4.00 (V) (LETTUCE & TOMATO SAUCE)

☺ CHICKEN NOODLES \$3.00

☺ BEEF NOODLES \$3.00

☺ NACHOS \$5.00 (V) (CORN CHIPS, SALSA, SOUR CREAM AND CHEESE)

### PIZZA

☺ MARGARETTA \$4.00 (H)(V)

☺ HAWAIIAN \$4.00

☺ BBQ CHICKEN \$4.00 (H)

### DRINKS

☺ 600 ml WATER \$2.00

☺ JUICE \$1.50

☺ QUENCH \$2.00

☺ CHOCOLATE OR STRAWBERRY MILK \$2.00

☺ FOCUS WATER \$2.50

### FROZEN SNACKS

☺ PINEAPPLE UFO 50c

☺ ZOOPEER DOOPER \$1.00

☺ PADDLE POP \$1.50 (CHOCOLATE OR RAINBOW)

☺ SNAP POPS \$1.00

☺ JELLY STICK

30c each OR 2 FOR 50c

☺ ASSORTED ICE CREAMS \$1.50

☺ VANILLA CUP \$2.00

## \$5.00 SPECIALS

☺ 4x Chicken Nuggets + Juice + Snap pop (H)

☺ 3x Party pies + Juice + Icy Pole

☺ 4x Fish Fingers + Juice + Mamee Noodle

IF YOU HAVE ANY INQUIRES FEEL FREE TO CALL OR MESSAGE THE CANTEN MANAGER TANYA ON 0419 392 613. THANKS.

☺ GREEN = EVERYDAY FOODS

☺ ORANGE = IMMODURATION FOODS

(H) = HALAL

(V) = VEGETARIAN

\*PLEASE MAKE SURE ALL LUNCH ORDERS TO BE PLACED IN A CLEAN PAPER BAG WITH NO STAPLES OR STICKY TAPE.

\*A STICKER WILL BE PLACED ON LUNCH ORDER BAG FOR ANY FROZEN ITEM AND CHILD WILL NEED TO BRING THE STICKER TO THE CANTEN TO COLLECT ITEM AT LUNCH TIME.



Your uniform is  
available at the  
**PSW STORE IN  
DEER PARK**

**PSW.COM.AU**  
SAVE TIME, SHOP ONLINE!



Unit 2, 51-53 Westwood Drive,  
Rivershall VIC, 3023  
Phone: (03) 9768 0342

**TECHNICAL SKILLS COURSE\***  
Mon to Fri: 9:00am - 4:00pm  
Sat: 10:00am - 1:00pm

**EXTENSIVE TRAINING COURSE - BACONARY RENOVATION FOR DRYERS**  
BACONARY RENOVATION FOR DRYERS  
Mon to Fri: 9:00am - 4:00pm  
Sat: 10:00am - 1:00pm



\*\*\*The price tag for this uniform is only \$100.00. The price tag for this uniform is only \$100.00. The price tag for this uniform is only \$100.00.

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#### Albanvale Primary School

Uniform Price List  
Prices as at: 10.11.2019

Item	Color	Size	Price	Price
1100115	US Polo - Green/White	Red Navy	1100115	18.00
1100116	US Polo - White/Blue	Red Navy	1100116	18.00
1100117	US Polo - White/Blue	Red Navy	1100117	18.00
1100118	US Polo - White/Blue	Red Navy	1100118	18.00
1100119	US Polo - White/Blue	Red Navy	1100119	18.00
1100120	US Polo - White/Blue	Red Navy	1100120	18.00
1100121	US Polo - White/Blue	Red Navy	1100121	18.00
1100122	US Polo - White/Blue	Red Navy	1100122	18.00
1100123	US Polo - White/Blue	Red Navy	1100123	18.00
1100124	US Polo - White/Blue	Red Navy	1100124	18.00
1100125	US Polo - White/Blue	Red Navy	1100125	18.00
1100126	US Polo - White/Blue	Red Navy	1100126	18.00
1100127	US Polo - White/Blue	Red Navy	1100127	18.00
1100128	US Polo - White/Blue	Red Navy	1100128	18.00
1100129	US Polo - White/Blue	Red Navy	1100129	18.00
1100130	US Polo - White/Blue	Red Navy	1100130	18.00
1100131	US Polo - White/Blue	Red Navy	1100131	18.00
1100132	US Polo - White/Blue	Red Navy	1100132	18.00
1100133	US Polo - White/Blue	Red Navy	1100133	18.00
1100134	US Polo - White/Blue	Red Navy	1100134	18.00
1100135	US Polo - White/Blue	Red Navy	1100135	18.00
1100136	US Polo - White/Blue	Red Navy	1100136	18.00
1100137	US Polo - White/Blue	Red Navy	1100137	18.00
1100138	US Polo - White/Blue	Red Navy	1100138	18.00
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1100162	US Polo - White/Blue	Red Navy	1100162	18.00
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1100168	US Polo - White/Blue	Red Navy	1100168	18.00
1100169	US Polo - White/Blue	Red Navy	1100169	18.00
1100170	US Polo - White/Blue	Red Navy	1100170	18.00
1100171	US Polo - White/Blue	Red Navy	1100171	18.00
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1100182	US Polo - White/Blue	Red Navy	1100182	18.00
1100183	US Polo - White/Blue	Red Navy	1100183	18.00
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1100185	US Polo - White/Blue	Red Navy	1100185	18.00
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1100190	US Polo - White/Blue	Red Navy	1100190	18.00
1100191	US Polo - White/Blue	Red Navy	1100191	18.00
1100192	US Polo - White/Blue	Red Navy	1100192	18.00
1100193	US Polo - White/Blue	Red Navy	1100193	18.00
1100194	US Polo - White/Blue	Red Navy	1100194	18.00
1100195	US Polo - White/Blue	Red Navy	1100195	18.00
1100196	US Polo - White/Blue	Red Navy	1100196	18.00
1100197	US Polo - White/Blue	Red Navy	1100197	18.00
1100198	US Polo - White/Blue	Red Navy	1100198	18.00
1100199	US Polo - White/Blue	Red Navy	1100199	18.00
1100200	US Polo - White/Blue	Red Navy	1100200	18.00

## STUDENT DRESS CODE

### SHIRTS

Red long and short sleeve polo shirts with Albanvale Primary School(APS) logo (optional)

### WARM TOPS

Navy-blue windcheater with APS logo(optional)  
 Navy-blue polar fleece vest  
 Navy-blue and red bomber jacket with APS logo

### DRESS

School summer dress Princess line with front pleat Or blue & white Gingham (checked)  
 Navy-blue gabardine culottes shorts

### SOCKS

White/blue  
 Navy-blue tights  
 Navy-blue socks

### SPORT/PHYS ED

Runners  
 Navy-blue shorts  
 Navy-blue track pants  
 Red polo shirt

### SHOES

Plain black shoes or runners  
 Appropriate footwear, closed in heel and toe  
 NO bright coloured shoes or shoelaces

### PANTS

Navy-blue track pants  
 Navy-blue rugby shorts  
 Navy-blue gabardine shorts  
 Navy-blue bootleg pants

### COATS/JACKETS

Navy-blue

### GARMENTS WORN UNDER TOPS

Spencers/skivvies in: navy-blue, red, white

### HAT

Navy-blue SunSmart, wide brimmed slouch hat

### HEADWEAR

All headwear to be in line with school colours Navy-blue, Red and White; including head scarfs, headbands and hair accessories

### JEWELLERY

Plain studs and a watch only

### NOT PERMISSABLE

- Make-up
- Jewellery- unless specified
- Hoop earrings

- Open toe shoes
- Leggings
- Nail polish
- Red T-shirts

**UNIFORMS ARE AVAILABLE AT:** PSW DEER PARK at 58 Westwood Drive DEER PARK 3023  
 Order online at [www.psw.com.au](http://www.psw.com.au) or phone: 9363 8458

**Ratified by School Council – DECEMBER 2016**



# GYMNASTICS

*FREE First lesson*

**ALL AGES 2 YEARS-ADULTS**



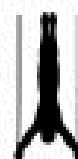
**BEGINNER  
ADVANCED  
COMPETITIVE**

**TRAMPOLINE ACROBATICS**

**KINDER GYM**

**BIRTHDAY PARTIES**

**HOLIDAY PROGRAM**



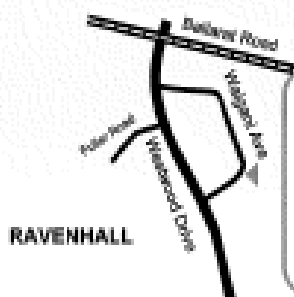
*Gymnastics Unlimited Caroline Springs*

*Gymnastics Unlimited Australia*



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# **Brimbank Writers & Readers Festival**

**19-28 March 2020**

