

Newsletter

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

Dear Parents,

Welcome back to school to students, staff and parents. I hope everyone enjoyed the term 2 holidays. The children and staff look refreshed and ready for another exciting term. Term 3 promises to be a very busy term with planned experiences such as incursions, excursions, Book Week, Literacy & Numeracy Week, Father's Day fundraiser, Athletics Carnival and many more... Of course teaching and learning remains our highest priority.

Parent Opinion Survey 2019

WE WANT OUR PARENTS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour and student engagement. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

Approximately 30 per cent of parents will be invited to participate in this year's survey. All responses to the survey are anonymous. This year the Parent Opinion Survey will be conducted from **Monday 22nd July to Sunday 11th August**.

The survey will be conducted **online**, only takes **10-15 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

The survey results will be reported back to our school at the end of September. The survey results will be communicated to parents through our annual reporting cycle and support the school to improve teaching and learning for our students.

For further information, please visit: <http://www.education.vic.gov.au/school/teachers/management/improvement/Pages/performsurveyparent.aspx>

As a thank you to families who complete the survey this year, we will be awarding them with an Albanvale PS Canteen Voucher (one voucher per family). The voucher can be obtained from the office when proof of survey completion is presented to the office. Proof of survey completion can be obtained by taking a photo or screenshot of the screen showing you have successfully completed the survey.

Healthy Eating

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.

As part of the DET *Healthy Canteens and Food Services Guidelines* there is a ban on schools supplying confectionary to students, thus birthday treats supplied by parents for the grade will be divided amongst the children at the end of the day and sent home for consumption. Likewise, we ask that parents do not send birthday cakes to school as we have a number of students with allergies and hence have a no food sharing policy. Student safety is paramount and needs to remain at the forefront. We thank you for your understanding.

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 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 will have missed more than a year of school. Arriving to school late can also affect students' learning. At Albanvale PS students should arrive at school between 8.45-9.00 am.

Student Absences

It is important for parents to notify the school by phone in the event of children being absent from school, and follow up with a note so that the office may maintain accurate absence records. All unexplained absences will be followed up with a phone call to parents via our office.

Prep Enrolment 2020

We are hoping to finalise our prep enrolments for 2020 so that we may begin to plan the prep transition program. If you have any children, or know of any friends or family, who will be attending Albanvale in 2020, please call or visit the school to receive enrolment information as soon as possible.

Mrs Vermezovic
PRINCIPAL



Term 3:
**Being responsible for your thoughts, words and actions and
the consequences that follow**

Thursday, July 18th 2019

Albanvale

Attendance News

School Starts at 9am

TIPS FOR BEING ON TIME:

- Go to bed early
- Set out your clothes, shoes and school bag the night before
- Prepare your lunch the night before
- Set an alarm in the morning
- Leave home on time everyday



Remember Every Minute Matters

Attendance Requirements

If your child is sick or absent, you are required to notify the school as soon as possible on the day of absence, either via phone call to the office or through the **Compass Parent Portal**. Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility.

Notification of student absences to parents:

- Notifications of your child's absence will occur at 9.30am via SMS.
- If parents have not responded to the SMS or notified the school of their child's absence you will be contacted via phone by the Attendance Officer.

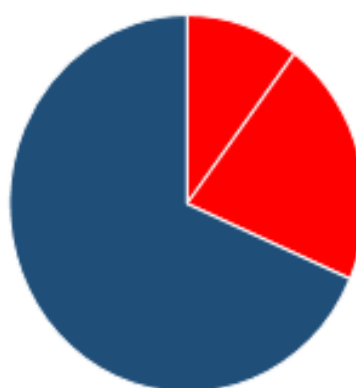
This system promotes daily school attendance. Going to school every day is the single most important part of your child's education – missing school puts them behind.

Parent Responsibility

The school must be notified by a parent or guardian if your child is absent from school

Please call
9367 2197 or enter the
absence
into your
Compass App

Student Attendance Chart 11/7/19- 18/7/19



■ Late ■ Absent ■ Total Student



eSafetyparents and carers

Tips and advice on helping your child have safe and enjoyable experiences online



CYBERBULLYING — Supporting your child online

Childhood bullying used to be face-to-face physical and verbal behaviour in the playground, classroom and on the way to and from school. Now online technology and constant connectivity has allowed bullying to harm children through often anonymous contact or actions. Cyberbullying can happen at any time and leave a child feeling unsafe and alone.

Cyberbullying commonly occurs through:

- ❖ Comments posted in an open online environment such as Facebook.
- ❖ Direct text, email or instant messages online or on a mobile phone.
- ❖ Private features on social networking services such as Snapchat and Facebook Messenger.

Children can manage cyberbullying with your support by taking the following action:

- ❖ Blocking the person cyberbullying and changing privacy settings. Retaliating or responding to the perpetrator only gives them the attention and power they want.
- ❖ Reporting the bullying. Most websites have online safety centres and reporting facilities. Online abuse is in violation of the Terms of Use of most social networking sites. The Office of the eSafety Commission can take complaints and provide assistance in relation to serious cyberbullying material that is directed at a particular child with the intention to seriously embarrass, harass, threaten or humiliate.
- ❖ Collecting the evidence. Keeping mobile phone messages and printing emails or IM conversations.
- ❖ Talking to someone they trust like parents or a teacher.
- ❖ Visiting iParent for a list of sources of professional support including the Kids Helpline on 1800 55 1800, eheadspace on 1800 650 890 or parentline.
- ❖ Taking the cyberbullying quiz. There is also a quiz for parents.
- ❖ Watch the "Chatterbox" video and listen to the podcast about cyberbullying



Visit esafety.gov.au for more information

FOR A HEALTHY LUNCHBOX **PICK&MIX** SOMETHING FROM EACH GROUP 1-6!



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

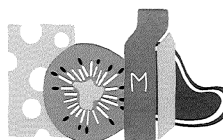
Nutrition Australia

VICTORIA
State Government

FOR A HEALTHY LUNCHBOX **PICK&MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> • 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 <p>MIXED FRUIT</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> • In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn <p>SOUP (In small thermos)</p> <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard <p>Tip:</p> <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • 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, silverside, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hummus dip • Lean meat or chicken kebab sticks • Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> • Wholegrain sandwich, roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad • Vegetable fritтата • Skinless chicken drumsticks • Savoury muffins or scones (e.g. lean ham, cheese and shallots) • Homemade pizzas with lean roast or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> • Pasta dishes • Rice, quinoa or cous cous dishes • Noodle dishes • Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> - Homemade pizzas - Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) - Vegetable based muffins - Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crispbreads • Rice cakes • Corn thins • Wholemeal scones • Pikelets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be <u>limited</u> in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the 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.

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:

Term 3 Educational Costs are now due.
Please ensure payments are made by August 28th. If you would like a payment plan or wish to pay with Eftpos please see Office staff .

PAYMENTS USING ENVELOPES

Please ensure following details are completed when making payment.

Student ID: _____

Class: _____

Payment Amount-

For: _____

Remember To

Sign and complete back off envelope



St Albans Sweet Sounds
Early Learning Centre

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

 **9310 8955**

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

 **SCHOLASTIC**

Read Every Day. Lead a Better Life.

School Day

Scholastic order forms have been distributed.

Please ensure the order form on the back has your child's name, grade and total cost of books.

Please cut off the order form and enclose it in an envelope with the correct money.

**Orders must be returned to school
by**

Wednesday

July 31 st



**8.45 - 9.00 students in
classroom**

11.00 - 11.30 Recess

1.30 - 2.15 Lunch

3.15 School Finishes

End of Term 3

Friday 20th Sept

Finish 2.30pm

Term 4 Begins

Monday 7th Oct



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End of Year Major School Fundraising Raffle

Albanvale Primary School will be having a major fundraising raffle at the end of the year and we need your help!

We are seeking support from families for raffle hamper donations. Parents are asked to make donations of new/ unused items such as chocolates, biscuits, wine, perfume, toys etc to be included in the hampers for the raffle.

Do you have goods or services from a business that can be donated to our school?

If your donation is from a business we will acknowledge the donation your business has made in our newsletter.

Donations can be made in the following ways:

- handed to your child's classroom teacher
- via the office

This fundraiser will generate much needed funds for school improvements.

We ask that all donations be in before the end of term 3 so we can display all the fantastic prizes up for grabs!





ENROL NOW FOR 2020

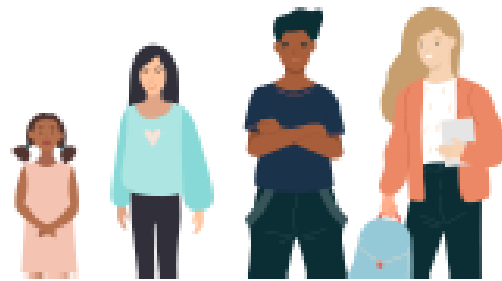
**Dover St, Albanvale
Call Now: 9367 2197**

www.albanvaleps.vic.edu.au



eSafetyparents and carers

Tips and advice on helping your child have safe and enjoyable experiences online



Social networking

Chat and social networking are great ways to stay in touch and find new friends. However, there are some risks meeting people online—especially if you don't know them in real life.

When you share things online you may be sharing with people you do not know or trust. Once a message, photo or video has been shared, you also won't be able to control where it goes.

What do I need to know about safe social networking?

- Limit your friend list: don't 'friend' random people.
- Protect your privacy: don't share your password and set your profile to private.
- Your personal details are valuable: don't share them.
- Protect your reputation: keep it clean and ask yourself, would you want others to see what you upload?
- Be careful who you trust: a person can pretend to be someone they are not.
- Don't use a webcam with people you do not know.
- Think before you post, chat, upload or download.

What are the risks of social networking?

The risks in using social networking sites include:

- Anonymity — It can be easier to say and do things online that you might not do offline.
- Sharing too much information — for example, photos from a party might be okay for close friends to see but can become an issue if shared more widely.
- Not protecting your personal information — account details and location information can be used inappropriately by others to find you or access your online accounts. It is important that you understand the risks associated with disclosing information about yourself online and know how to manage both your privacy and online friends.
- Treating online friends as real friends — It's easy for people to lie online, including those who are seeking children and young people for more than a social relationship. Make sure you are careful about how well you really know your online 'friends'.

What are location-based services?

Many social networking sites take advantage of location-based services, which enable users to report their physical location to others via their mobile phone. By using this function, users can physically locate friends and others from social networking sites. Individuals can 'check-in' from a location to let others know their whereabouts.

On some social networking services the location-based functions are turned on by default. To manage these services, and retain your privacy, review your social networking settings to block the function or to limit who sees your location-based information.

Where do I go for help?

