

Newsletter

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



Dear parents and carers,

Thank you for all your support during these past few weeks of remote and flexible learning. Following the advice this week from the Chief Health Officer, the Victorian Government has advised that schools can begin a phased return to on-site schooling from Tuesday 26th May.

Albanvale Primary School students in grades Prep, Grade 1 and Grade 2 will return to school from **Tuesday 26th May** and students in grades 3, 4, 5 and 6 will return to school from **Tuesday 9th June**.

For those students who cannot be supervised at home and vulnerable children, the existing model of on-site schooling will remain in place during the two-week period from Tuesday 26 May to Tuesday 9 June. If you require this you will need to email the school at Albanvale.ps@education.vic.gov.au.

I will be communicating with the community via Compass as the information becomes available through the Education Department. You may also wish to access information about the return to school and coronavirus (COVID-19), which can be found on the Department's website:

<https://www.education.vic.gov.au/about/departments/Pages/coronavirus.aspx>

Curriculum Day Monday 25th May

To support all school staff to prepare for the transition of returning to school, **Monday 25th May** will be a pupil-free day. Students are not required at school on this day.

Resource Packs

A reminder that the school will be open this **Friday 15th May** for families to return the **'White'** student work pack. This process is extremely important as this will ensure students have their timetable, new reading materials as well as any tasks and assessments teachers set. Teachers will be reviewing the returned packs and providing feedback to students on their work.

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.

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.

Student attendance will be marked for students as per normal procedures. Attendance is determined by a student's interaction via Seesaw and Google Classroom, coupled with verbal communication with students and families. We will be contacting parents when a student is absent from online classes. If your child is unwell and will not be attending their online class please log the absence on Compass or notify the office on 9367 2197.

Thank you for your continued support and patience during this time. We look forward to welcoming our students back to the classroom.

Sue Vermezovic
PRINCIPAL



Term 2:
Valuing and accepting others' differences and respecting the right to learn

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, 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/nut/nut bar, biscuits, chips, cakes, muffins, slices) 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.



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





How to notify the school of a Student Absence

If your child is going to be absent, it is important to communicate this to the school either via COMPASS or via calling the school before 9am.



Compass website:

albanvaleps-vic.compass.education

Outstanding absences can be approved from the home screen: click on the link at the top of the news feed. (Note: if there is no link, there are no outstanding absences). You will be redirected to a page showing any unapproved absences for your student. Each lesson is displayed on a separate line, so if your student is absent for a full day there will be five separate lines for that day. You can approve any absences by selecting the Relevant lines, then clicking on the "Parent Approve" icon following the prompts. If you want to enter an approval for a future absence (eg: a medical appointment or family commitment), this can also be done from the home screen.



Parent Approve

Click on the "Add Parent Approval" link and follow the prompts.



School Absence Line 9367-2197

Select Option 1 and provide details:

- Students full name
- Class
- Date of absence
- Reason of absence



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 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**

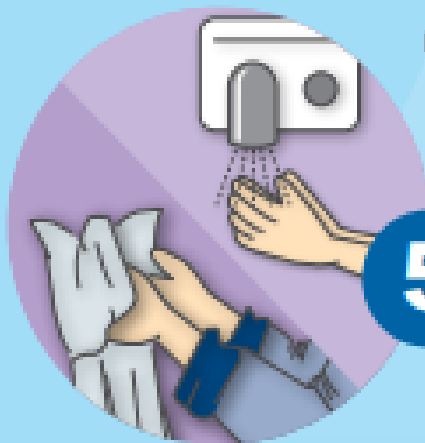
Rub the soap over all
parts of your hands for
at least 20 seconds.



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