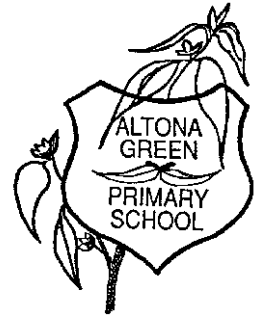


# Altona Green Primary School

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## NEWSLETTER

Issue 11/09  
30 April, 2009

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### *A Message From Karen...*

#### School Assemblies

Thank you to the many parents who regularly attend our Friday assemblies held each fortnight. We encourage as many parents/caregivers as possible to attend, and your child/children get a buzz out of you attending, even if they are not performing or running the event that day. Students who have parents who engage with their child's school and its activities are subjected to positive messages about valuing education and this assists to set them up as lifelong learners. You may recall that our school vision statement is – "Altona Green PS.....developing lifelong learners who value themselves and others"

#### Good news stories!

Well done to Jessica Wood from SB who so wonderfully read a poem at school assembly to acknowledge Anzac Day.

We heard great news about Kyle Gray in Senior H. Kyle has been selected into the Victorian Primary Schools State Rugby team. What an achievement.

Thanks to Adrian, Marcus' dad in MLR who spent yesterday in our new orchard area working with staff and students to lay bricks as this area continues to near completion.

#### Lack of Sleep?

Dealing with children who don't or won't sleep is one of the most daunting and unwelcome challenges of parenting. If children sleep poorly, their parents are likely to do the same, resulting in irritability, grumpiness and general misery.

So what can desperately tired parents do about this? Don't despair - there are tried-and-true ways to establish a healthy bedtime routine, so both you and your child can get some rest. Healthy sleep patterns start early, so try to get your baby into good habits from the get-go:

- Establish a bedtime routine early in the first few months. A soft toy, quiet music and dim lighting may help when settling your child.
- Do not play with or excite your baby just before bedtime.
- Be aware that sometimes babies wake and cry several times during the night, but then go back to sleep. It may not be necessary for you to attend to every little noise.

**But what can you do if your older child launches a full-blown battle of wills the moment you utter the word "bedtime"? There are ways to prevent that unwelcome patter of little feet on the floor after lights out:**

- Get tough on bedtime. Letting children stay up late, even on weekends, isn't doing them any favours. Children need a sleep routine.
- Make sure your child winds down an hour before bedtime. Turn off the television and computer games, and stop any play that's too stimulating.
- Get your child up at the same time every morning. This establishes a good sleep habit and also resets their body clock.
- Ensure your child is getting enough exercise. This is vital for restful sleep and good general health.
- Check to see if there is too much light in the room at night. Block out street lights and make sure any LED displays on clocks are not too bright.
- Reading or listening to relaxing music can help your child wind down. Children love a bedtime story. It relaxes them and can be part of the bonding process between you both.
- Minimise noise near bedrooms. Some children can sleep through the AFL grand final while others wake up at the slightest noise. Try to ensure background noise isn't disturbing your child.

*Karen O'Dowd*

### Health Update

The Department of Education and Early Childhood Development has issued the following advice regarding swine influenza. Information is included about the level of alert in Australia and what to do with specific concerns about swine influenza.

- On 24 April 2009, the World Health Organization (WHO) (<http://www.who.int/en/>) advised the Australian Government of an outbreak of swine influenza in Mexico and the United States. Cases have since been confirmed in Canada, Britain, New Zealand and Spain.

No cases of this strain of swine influenza have yet been identified in Australia.

- Commonwealth and Victorian health authorities are currently monitoring the issue, including increased international border controls, and have alerted doctors and hospitals. The Commonwealth will determine whether and when to escalate the level of response.
- Concerns about swine flu should be referred to any of the following:

Call the Swine Influenza Hotline Tel. 1800 2007 - for the general public and people returning from the Americas with flu-like symptoms

Call Nurse-on-Call Tel. 1300 606 024 - for expert health information and advice (24 hours, 7 days)

- Standard good general health hygiene practices should be in place as per usual care. If staff or children are unwell, they should seek medical attention and avoid public places and close contact with others.

### Winter Ills

It has recently come to our attention that in the wider community a 'gastro' virus is going around.

Unlike other 'gastro' bugs, this one is air-borne like the common cold virus and therefore has the potential to spread very quickly. As a precaution, we ask therefore that if your child has been unwell during the day or over-night with vomiting/diarrhoea that you keep your child home until they are completely well in consideration for those around them.



### Westside Arts



Middle students who are participating in Westside Arts are to hand in their form with \$5.00 enclosed by Friday May the 8<sup>th</sup>.

*Michelle Yacoub - Music Teacher*

### Kitchen Garden

Last week saw many visitors and helpers in the garden.

On Tuesday the school was visited by 4 members of the Hobsons Bay Community Fund (including the Mayor), who made a contribution to the school last year towards the water system for the gardens. They were given a wonderful guided tour of both garden areas by William, Krystelle and Katie from Senior D, and then joined the kitchen class for lunch, where Middle L presented them with a thank you card.

Wednesday was a flurry of activity in the orchard area, as 15 volunteers from ANZ bank with the two senior garden classes spent the day "backyard blitzing" the orchard - weeding, laying weed mat and mulching over open areas; mortaring the brick edging in one area; weeding, feeding and mulching the fruit trees; and putting up an improved wind break for the olive tree. The orchard looks heaps better for the attention - have a look the next time you come through. The group also joined SD for lunch and were amazed with the cooking skills of our students. We hope to see them back in the future to see the fruits of their labour.

Big thankyou's go to our regular garden volunteers, the ANZ bank team, Annie Grant from the Council for organising the ANZ group's visit and to the Hobsons Bay Community Fund.

Also - we need some more sturdy 3lt-5lt containers for hand watering in the garden - so if anyone has old large milk containers or anything like that (with a handle), we would love them. Thanks! - *Zanni*

### Notices sent home this week!

- Westside Arts - Info for parents and permission note - Middles
- LPSSA Basketball Round Robin - Seniors
- A.A.S.C Yoga & Basketball - Middles and Seniors



## MAY

1<sup>st</sup> - Junior excursion to Melbourne Zoo  
1<sup>st</sup> - L.P.S.S.A Basketball Round Robin  
8<sup>th</sup> - L.P.S.S.A Cross Country Championships  
13<sup>th</sup> - 7:00pm Parent Literacy Program - 1<sup>st</sup> night  
15<sup>th</sup> - Winter Interschool Sport - 1<sup>st</sup> round  
15<sup>th</sup> - City West Water talks - Seniors  
18-22 - Education Week  
20<sup>th</sup> - **Open Day**  
20<sup>th</sup> - 2:30pm Victoria Police Showband  
20<sup>th</sup> - 7:00pm Prep 2010 Information Night  
21<sup>st</sup> - 7:00pm Parents Literacy Program - 2<sup>nd</sup> night

## JUNE

1<sup>st</sup> - School Council  
5<sup>th</sup> - Middle excursion to Botanical Gardens  
12<sup>th</sup> - Curriculum Day  
16<sup>th</sup> - Westside Arts rehearsal  
19<sup>th</sup> - Westside Arts rehearsal and concert  
26<sup>th</sup> - Last day of Term 2 - 2:30pm finish

### Classroom Clippings

#### Preps

The School Nursing program questionnaire needs to be completed and returned to school by Monday 4th May.

Children attending the Zoo excursion on Friday 1st May will need to bring their lunch and a disposable drink container in a plastic bag. Children will also need to bring their raincoat and wear appropriate footwear.

#### Juniors

Yes - The Juniors Zoo Excursion is on tomorrow! Just a reminder to children that all they need to bring on the excursion is a labelled plastic bag carrying their lunch, drink bottle and snacks/fruit - plus a warm coat/jacket to wear.

The Junior Teachers are aware of the 'weather forecast' and will make the final decision on the morning (Friday) of the excursion as to whether we will be going or not - so all children need to come to school prepared to go!

#### Middles

It has been a busy start to term two introducing students to their new topic which is about plants. We are lucky as we will be able to incorporate our theme into our own garden as well as participate in an excursion to the botanical gardens in early June.

#### Seniors

It was nice to see all of the Senior students well groomed for our photos yesterday and the teachers scrubbed up all right as well. Our homework this term will focus on problem solving in maths and will commence next week. Some of our Senior students have been chosen to represent the school in the L.P.S.S.A basketball competition to be held at the Altona Stadium this Friday. Parents are welcome to attend and show their support. Well done to Kyle Gray who has been selected in the State school boy's Rugby team. Next Friday some students will be participating in district cross country championships.

### A reflection from the Kitchen Garden

Dear Diary

Last Tuesday my grade participated in the Kitchen Garden Program. It was fun; we had to do our best because there



were visitors coming from the Hobson's Bay Council.

In the garden I had to do an important job. I had to put worm juice (worm pee) onto the plants in the orchard so they can grow faster. I felt disgusted because every time I tried to get worm juice into the funnel it went all over my hands. Just like it happened to one of my group mates Alex.

In the kitchen I cooked muffins with one piece of chocolate on top. I felt happy because I was sitting next to someone from the council. I tried some of all the food.

*Johari - Middle L*

### Community Notices

Russell Court Kindergarten & Children's Centre is currently taking enrolments for their 3 year old Kindergarten programs for 2010.  
For more information or a tour of the centre contact Marie on 9315 6932.

### Assembly Awards

Congratulations to these children who have received an award at assembly this year.

- SB** Caitlin - her wonderful work ethic.  
Eadith - her extra effort with her wonderful brochure.
- SD** Tayla and Dana - working co-operatively to create an imaginative card.
- SH** Kyle - excellent work in the kitchen.
- SN** Alyjama - goodbye, thankyou and good luck at your new school.  
Jamie - contributing well in teams and small groups this week.
- SS** Fatima- extra effort in maths
- MI** Lloyd - fantastic story writing.  
Jacob - his excellent knife skills in the kitchen.
- MJ** Thomas- improved comprehension skills.  
Marie - your continual help and support with others in our class.
- ML** Melih - showing great dedication in his writing.  
Kristina - always trying her personal best.
- MLR** Georgia - great maths work.  
Erik - interesting general knowledge.
- MS** Ben - enthusiastic participation in joint writing activities.  
Zhaariya - demonstrating mutual respect in all school settings.
- JA** Emily - excellent attentive listening skills and always looking after others.  
Ralph - demonstrating very good handwriting and doing his personal best.
- JC** Zoe - excellent spelling.
- JD** Raven- drawing detailed penguin pictures.  
Marko - contributing interesting information to our discussions.
- JJ** Jelena - being helpful in the classroom.
- JM** Veronika - having a great week and making good choices.  
Nathan - working diligently to improve his reading.

- JS** Spyridon - fantastic use of strategies during addition work.  
Tanya - continued improvement with spelling.
- JV** Jessie-Lee- fantastic effort with writing.  
Aryan- being a responsible class member.

### MUSIC

- Amber (SS) - displayed great singing skills in music, beautiful voice.  
Danill (JV) - showing great confidence and participation in music.
- PE** Daniel (MJ) - being a wonderful role model and leader.

### Happy Happy May Birthdays

1 <sup>st</sup>	Maysa
2 <sup>nd</sup>	Trent, Caleb, Madison, Ben
3 <sup>rd</sup>	Mara
4 <sup>th</sup>	Tyler
5 <sup>th</sup>	Zoe, Maddison, Kimberley, Zhaariya
10 <sup>th</sup>	Taelah
12 <sup>th</sup>	Gabriel, Stefan
13 <sup>th</sup>	Trevor
14 <sup>th</sup>	Isabel
15 <sup>th</sup>	Tyla, DJ
16 <sup>th</sup>	Mackenzie, Bailey
18 <sup>th</sup>	Arabelle, Harrison, Matthew, Beniam
19 <sup>th</sup>	Rhys, Krystelle
21 <sup>st</sup>	Emma, Nicholas
24 <sup>th</sup>	Jake, Montanah, Crista
28 <sup>th</sup>	Nathan
30 <sup>th</sup>	Ella, Miles, Mary Anne
31 <sup>st</sup>	Lochlan