



# Alfredton News

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**RESPECT RESPONSIBILITY RELATIONSHIPS**  
**EVERY CHILD WILL FLOURISH WITH TIME, EFFORT AND SUPPORT.**

## Principals Report -13th 2023

Dear Parents and Carers,

While I always look forward to this holiday period, I cannot believe how quickly this term has flown by. I love this time of the year because the weather is always beautiful and footy finals time is always a highlight. I know many of you will be looking forward to holidays and maybe being a little less rushed, some sleep-ins, and quality family time. Holiday time is also a time children may find themselves hanging out 'online' a bit more, and it may be timely to revisit the expectations in your home about online interactions and safety.

### Social Media and Online Behaviours: Be respectful

How we interact with others online is the same as the way we should interact with people face to face. Building positive and respectful relationships is a very important life skill. I would ask parents to read this carefully so we can work together to support, our children to be respectful and safe.

There are many positive aspects of social media because it helps children build positive connections outside of school hours with friends from school. If children are being unkind or disrespectful, then it's time for parents to intervene. Saying 'no' is an important boundary-setting safety strategy parents are responsible for.

There may also be negative outcomes for children growing up with social media. It creates an increasing pressure to be 'liked' and validated because this validation has become such a public affair.

Children often judge themselves and others based on how many 'likes' they get or 'followers' they have, which gives them the impression that other people's opinions should dictate how they feel about themselves.

It's also easy to look at social media and think that other people have perfect lives because that is what they are posting. This is no one's reality. This can lead to children feeling negatively about themselves, especially as they reach adolescence, and begin comparing themselves to others even more. It's also common for children to feel negatively about the way they look because it's hard for them to conceptualise that what they see in airbrushed images is not reality. Another negative impact of social media is that it creates a constant source of distraction which makes it harder for children to know what they feel and what they care about.

Continued.....

### We RESPECT:

Individual differences

Ourselves

Cultural diversity

Others' opinions

Property

Others' feelings

### We take RESPONSIBILITY for:

Our behaviour

Our actions

Our attendance

Our learning

Our belongings

Our dress code

Our school

Our environment

Doing our best

### We build RELATIONSHIPS with each other by:

Being honest & trustworthy

Caring about the  
feelings of others

Treating others fairly

Being well mannered

Resolving differences calmly



We recognise the Aboriginal and Torres Strait Islander peoples as the first custodians of the land. We acknowledge the Wadawurrung people and extend respect to all Indigenous peoples of this continent recognising their cultures as the oldest continuous living cultures in human history.

### TIPS FOR HELPING YOUR CHILD USE SOCIAL MEDIA POSITIVELY:

#### 1. ESTABLISH TIMES AT HOME WHEN NO ONE IS ON A DEVICE

Have a daily check-in where you are giving your child your undivided attention and focusing on their world, thoughts, and interests. For instance, you could all sit at the dinner table for the evening meal, or play a game that doesn't involve a screen, or do something together outside. This helps them learn to value this personal connection, so they are less impacted by the forms of connection and validation they experience on social media.

#### 2. SHOW AN INTEREST IN WHY THEY LIKE SOCIAL MEDIA

Get curious by saying: "Tell me about that game - what do you like about it?" or "are you talking to friends on social media?" Primary aged students should not be talking to people they have not met. They should not be on chat rooms until the age of 13. They should not be talking to their peers. Showing your curiosity, not your judgement, will help your child feel safe to share their online experiences. As a parent you should be guiding them with their interactions. If your child has a negative experience online, help them brainstorm ways that they would like to respond, so it can become a learning experience in setting boundaries.

#### 3. ASK YOUR CHILD HOW SOCIAL MEDIA IMPACTS THEM

You can say: "When you are on a device for a long time, I notice you can become a bit aggressive. I wonder what you're feeling that makes you act that way? I get how important technology is to you, and I also really care about you and I want to make sure you are OK, so if it is impacting you negatively we need to discuss cutting back or using it differently until it doesn't have that impact any more.

#### 4. CHECK DEVICES

As a parent of children under the age of 13 years, you have a right to check their devices. It's also a great idea if at night devices are left stored in a family cupboard away from bedrooms. This is about ensuring your child is safe online and respectful.

#### *How can I follow up with my child if I am concerned with their online behaviour?*

- Holding them accountable for their actions online.
- Treating cyberbullying as seriously as bullying in the playground. If you see your child participating in cyberbullying, 'roasting', or other anti-social behaviour online, talk to them face to face about their actions, and the impact this has on others.
- If your child is being bullied online, show them how to block the individual and report it offline, with their school or the police.
- If you are friends with your children online, bring up things you have seen them engage with in the online space, to remind them that their online actions impact people in the real world too.
- Have a conversation with them about how easy it is to link a profile back to an individual person, even if a fake name is being used.

Don't forget Tomorrow is R U OK? Day This is our national day of action when we remind Australians that every day is the day to ask, 'Are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.

Thank you for your support with this. Have a wonderful holiday.

Nadia



**17 TERM DATES 2023 17**

- TERM 1:** Wed 1st Feb – Thurs 6th April
- TERM 2:** Wed 26th April – Fri 23rd June
- TERM 3:** Mon 10th July – Fri 15th Sept
- TERM 4:** Mon 2nd Oct – Thurs 21st Dec

**KEY CALENDAR DATES:**

**Thursday 14th September**

RU OK Day?

**Friday 15th September**

Footy Colours Day

House Spirit Games

Last Day of Term 3

Students Dismissed at 1.30 pm

**Monday 2nd October**

Students Return

**Monday 16th October**

Foundation Swimming

Commences

**Thursday 19th October**

Healthy Minds Parent Session

**Monday 23rd October**

Grade 1 Swimming Commences

# Athletics Update

Congratulations to the students who represented Alfredton Primary School last Tuesday 5th September at the Ballarat Regional Athletics Centre. I'd Like to congratulate these students for their outstanding effort and for competing with passion while upholding the school values of Respect, Responsibility, and Relationships.

A second congratulations to Rhys (800m), Lachlan (shot put), Ruby (1500m), and Max (200m and 1500 m) who will now represent Alfredton at the Western Region athletics championships on Friday 6th October!

**6A**

Riley - 12/13 year girls high jump 6th

Rhys - 11 year boys 800m 2nd and 4 x 100m relay 2nd

**6B**

Lachlan - 11 year boys shot put 1st

Ruby - 12/13 girls 1500m 2nd and long jump 3rd

Evie - 12/13 girls 100m 7th and 200m 7th

Hudson - 11 boys discus 4th, 100m 3rd and 4 x 100m relay 2nd

Abby - 11 year girls 200 metres and 800 metres running

**6C**

Daniel - 12/13 boys shot put 5th

**5A**

Addison - 9/10 girls shot put 5th

**5B**

Max - 11 year boys 200m 1st, 1500m 2nd and 4 x 100m relay 2nd

Mayo - 10-year girls 200m 3rd and 800m 3rd

Nate - 12/13 year boys triple jump 5th

Asher - 11-year boys 80m hurdles 5th and 4 x 100m relay 2nd

**4B**

Stella - 9/10 girls long jump 3rd

**Child safety and wellbeing at Alfredton Primary School:**

Information for families and the school community

The Victorian Government has Child Safe Standards to further strengthen child safety across organisations, including schools. The standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Alfredton Primary School regularly reviews and updates our child safety policies and procedures to ensure they meet the requirements of the standards. These are available to view on our school's website, or at the school's front office on request.

We welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures, and practices. If you have any suggestions, comments, or questions, please contact the Principal by emailing

alfredton.ps@education.vic.edu.au



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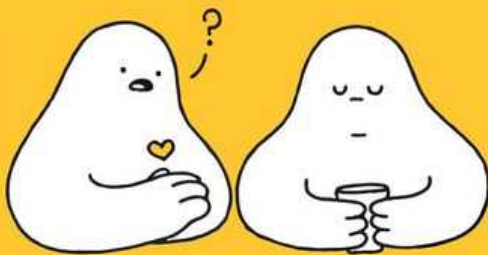
# Ask

## RUOK?™

### Have a conversation using these 4 steps

No qualifications needed

# 1



How are you travelling?

You don't seem yourself lately - want to talk about it?

### Ask R U OK?

# 2



I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

### Listen

# 3



What do you think is a first step that would help you through this?

Have you spoken to your doctor about this?

### Encourage action

# 4



Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

### Check in

Learn more at [ruok.org.au](http://ruok.org.au)



# RESPECT RESPONSIBILITY RELATIONSHIPS

## EVERY CHILD WILL FLOURISH WITH TIME, EFFORT AND SUPPORT.

### TERM 3 | CALENDAR

Sun	Mon	Tue	Wed	Thur	Fri	Sat
10 <sup>th</sup> Week 10	11 <sup>th</sup> <b>NO BIN MONDAY</b> <b>FREE DRESS DAY</b>	12 <sup>th</sup>	13 <sup>th</sup> Newsletter	14 <sup>th</sup> <b>Out and About</b> <b>Sports 5/6's</b>	15 <sup>th</sup> <b>Footy Parade</b> <b>House Spirit Games</b> <b>Last Day of Term</b> <b>Students Dismissed at 1.30pm</b>	16 <sup>th</sup>
17 <sup>th</sup> School Holidays	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>
24 <sup>th</sup> School Holidays	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>
1 <sup>st</sup> October Week 1	2 <sup>nd</sup> Students Return	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
8 <sup>th</sup> Week 2	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup> Newsletter	12 <sup>th</sup>	13 <sup>th</sup> Assembly	14 <sup>th</sup>
15 <sup>th</sup> Week 3	16 <sup>th</sup> Foundation Swimming	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>
22 <sup>nd</sup> Week 4	23 <sup>rd</sup> Grade 1 Swimming	24 <sup>th</sup>	25 <sup>th</sup> Newsletter	26 <sup>th</sup>	27 <sup>th</sup> Assembly	28 <sup>th</sup>
29 <sup>th</sup> Week 5	30 <sup>th</sup>	31 <sup>st</sup>	1 <sup>st</sup> November	2 <sup>nd</sup> <b>Summer Sport</b> <b>5-6 Cricket</b> <b>Parent Info Evening</b> <b>Foundation 2024</b>	3 <sup>rd</sup>	4 <sup>th</sup>
5 <sup>th</sup> Week 6	6 <sup>th</sup> Student Free Day	7 <sup>th</sup> Melbourne Cup Public Holiday	8 <sup>th</sup>	9 <sup>th</sup> Newsletter	10 <sup>th</sup> Assembly	11 <sup>th</sup>
12 <sup>th</sup> Week 7	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup> <b>Healthy Minds Parent Session</b>	17 <sup>th</sup>	18 <sup>th</sup>
19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup> Multimedia Screening @ the Regent Theatre	22 <sup>nd</sup> Multimedia Screening @ The Regent Theatre Newsletter	23 <sup>rd</sup>	24 <sup>th</sup> Student Free Day	25 <sup>th</sup>

# Team 1 News

What a fabulous term of learning we have had in Team 1. Children have worked very hard in all areas of the curriculum, where a focus has been on extending and refining fundamental skills and concepts of reading, writing and number sense.

Grade 2 enjoyed a recent visit to Sovereign Hill, where they learnt about the history of Ballarat and how things have changed from the past to the present.

Once again, the annual Footy Parade and House Spirit Games are being held on the last day of this term which will be Friday 15th of September. Children may wear clothing that represents the colours of their favourite footy team, or their house colours if preferred. Friday is our last day of Term 3 and students will be dismissed at the time of 1:30 pm

As Spring has arrived, and the days are beginning to warm up, children must wear the appropriate broad-brimmed school hat from the start of Term 4. Please ensure your child's hat is fully labeled and at school for daily use. To help protect tender skin, we also encourage children to have sunblock applied before they come to school.

## Important Dates:

Friday 15th September: House Spirit Games, Footy Parade, End of term 3

Monday 2nd October: Term 4 Starts.

Kind regards,

Team 1 Staff

**Mark Cottrill, Natalie Neville, Helen Bilson, Kaitlyn Pickersgill, Mary Wood, Nicole Phillips, Keeley Throp, Alex McQueen, Anna Jackson, and Cathy Griffin.**









# Team 2 News

## **EARTH EDUCATION EXCURSION**

Years 3 and 4 had a lovely day at the Earth Ed facility at Mt Clear Secondary College. We learned about the difference between weathering and erosion. After some observations via virtual reality headsets and a wander through the nearby bush, students investigated the impact of weathering on stones and different strategies for reducing erosion.

## **MULTIMEDIA PRODUCTION**

We are getting excited about our multimedia performances. This term has seen us script, rehearse, and shoot our productions. The final touches for editing will be done during the school holidays. We are looking forward to sharing these with you at the Regent Theatre next term. Please keep your eyes open for dates and ticket sales.

## **FINAL DAY OF TERM 3**

Our last day of the Term 3 will be full of fun and celebration. We will begin the day by having our annual Footy Parade from 9:15 am. Students are encouraged to wear the colours of their favourite AFL football team on Friday and will participate in the parade. Parents are also invited to attend this event.

After morning recess, students will be divided into multi-age groups. Each group will have students from Foundation to Year 5, with our Year 6 leaders running the activities under the supervision of teachers. Each multi-age group will rotate through a number of activities, finishing just before 1:30.

## **TERM 4**

We have had a busy term and it looks like Term 4 will be just as busy. Next term, students will be required to wear a broad-rimmed school hat during recess and other outdoor activities. We'd ask that you please ensure your child's hat is very clearly labeled, as the hats have a nasty habit of disappearing and then turning up elsewhere. We would love to return these mischievous hats to their owners!

## **DATES:**

15th September – Footy Parade and House Spirit Games

15th September – Students dismissed early

## **TERM 4 Dates:**

2nd October – Students return

19th October – 5:30 to 6:45 Healthy Minds -Parent Session at school.

2nd November – 6:30 to 8:00 Parent information evening for 2024 Foundation

6th November – Pupil free day

7th November – Melbourne Cup Day

16th November – 5:30 to 6:30 Healthy Minds - Parent Session

21st November – Multimedia Screening at Regent Theatre

22nd November - Multimedia Screening at Regent Theatre

24th November – Reporting day: No students

5th December – Japanese Sushi lunch

18th December – Year 6 Graduation

20th December – Final Day of school for 2024

Kind regards,

TEAM 2 Teachers

**Lynn Schuller, Jess Eddy, Tim Huglin**

**Sharon Simper, Matthew Heinrich, Teresa Wright**

# Grade 3 Earth Ed Excursion



# Team 3 News

## **Grade 5**

In Year 5, we have been exploring 'Asking questions throughout the reading process' which students have identified as an important way to deepen their understanding whilst reading. We have explored the types of questions asked and how to sort these questions into groups – Literal, Inferred, and Evaluative questions.

In Writing, we have continued looking at expositions. Students have enjoyed sharpening their persuasive skills through activities like Line Debating as well as working in pairs to create a persuasive piece of their choice – some students have created some amazing pieces about the pros and cons to having animals in zoos.

In Numeracy, we have finished exploring money and revised the four operations.

Lastly, the Year 5s have almost finished putting together their entry for this year's School Multimedia Project. All Year 5 teachers are extremely proud of the efforts put in by our Year 5 students in our condensed retelling of The Lion King. Students showed great creative skills when making their animal masks as well as responsibility in bringing in their costumes each filming day.

## **Reminders:**

- Homework comprises two elements – Reading for 30 minutes 5 times per week, Numeracy completing the weekly Math Mate sheet.
- Out-and-About sport – last session this Thursday from 11:30 am to 1:30 pm.
- Please ensure your child has the appropriate equipment/ stationary and books needed for their learning.

## **Grade 6**

Over the last two weeks, our grade 6 students have been learning about puberty and the changes that occur in our bodies. Students set ground rules, reflected on physical and mental growth milestones, developed an understanding of physical, emotional, and social changes, learnt about common concerns that arise during puberty and how to seek help, looked at the changes for both males and females. We unpacked some common issues that can make puberty challenging, and developed our understanding of how emotions can affect relationships and how puberty can make us better versions of ourselves.

We have learnt about hygiene and the importance to wash ourselves and our clothes more often during puberty. We are also learning about healthy eating and making good choices for yourself.

We finish off Out and About Sports this week. The students have really enjoyed experiencing the many different sports that are on offer in our community.

A reminder that hats will be required next term. Time to start looking for them.

We hope everyone has a safe and enjoyable holiday and look forward to seeing everyone back re-energised for the final term of Primary School.

Kind regards,

Team 3 Staff

**John Saitta, Arlyn Harris, Candice Smith, Gabrielle Mathieson, Tim Smith and Michael Busija**

# Japanese News

As part of the 35th Anniversary celebrations between Ballarat's Sister City Inagawa, Alfredton PS students participated in a postcard exchange. Students decorated 100 postcards with Australian and Japanese-themed pictures and messages to the people of Inagawa. They are currently on display in Inagawa's library. Thank you to the students who participated in this event.

Sensei.



# School Awards

**FA: Raine** - Welcome to Foundation A. Thank you for showing respect and responsibility in our class. We hope you enjoy your time at Alfredton Primary School.

**FA: Hassan** - For making a super effort with your reading and writing. We love your positive attitude to learning. Congratulations on a fantastic term, Hassan!

**FB: Indi** - For becoming an independent worker. Well done on learning your letters and sounds and using this knowledge to have a go at writing sentences on your own.

**FB: Elsie** - For demonstrating respect and positive relationships. Thank you for being a kind and caring member of Foundation B.

**FC: Eli** - For making a wonderful start to your time at Alfredton Primary. We are so excited to have you in our class, Eli.

**FC: Whole Class** - For your hard work and persistence in learning and performing our Multimedia presentation. You should be very proud of yourselves.

**1A: Whole Class** - For a fabulous term of learning. Enjoy your well-deserved holidays!

**1B: Whole Class** - For their fantastic term of learning and encouraging one another in the classroom to create a welcoming and friendly class environment.

**2A: Whole Class** - For demonstrating our school values while on our excursion to Sovereign Hill. Super Job 2A!

**2A: River** - For making an excellent start at Alfredton Primary School. Congratulations on making a nice start and welcome to 2A.

**2B: Charlotte** - For your excellent performance during the filming of our Multimedia Movie. Well done!

**2B: Annabelle** - For your fantastic dancing during the filming of our Multimedia Movie. Well done!

**2C: Whole Class** - For working extremely hard on our Multimedia Presentation. Everyone should be proud of the hard work and dedication that was demonstrated during the filming. Well done!

**2C: Whole class** - For demonstrating our school values while on our excursion to Sovereign Hill. I am extremely proud of students' behaviours, participation and enthusiasm that were demonstrated across the day. Fabulous work 2C!

**3A: Whole class** - For their respect shown to the substitute teacher and staff at the Earth Education center. They successfully maintained school expectations of respect and responsibility.

**3B: Whole Class** - For the hard work and dedication you've shown to your learning this term! We've had a lot to accomplish over the past 10 weeks and you have given everything a go with a smile on your face! Great work, 3B!

**3C: Whole Class** - For your efforts and willingness to become stronger learners during a jam-packed Term 3! You all should be proud of your achievements and accomplishments. Well done, 3C!

**4A: Milly** - For always being a kind and caring friend. We are so lucky to have you in 4A, Milly!

**4A: Keeley** - For the great effort you have put into completing tasks in a timely manner. Keep up the great work, Keeley!

**4B: Class Award** - For a wonderful term of fun and learning. I look forward to our last term together in Year 4. Enjoy the holiday break, 4B!

**4C: Tabish** - For starting Alfredton Primary School with a positive attitude, giving everything a go, and trying your best. Well done!

**4C: Ella** - For taking responsibility towards your learning during maths lessons by practicing to count money efficiently. Well done!

**5B: Whole Class** - For the responsibility you have demonstrated towards our Multimedia project "The Lion King". You should all be proud of your efforts. Well done!

**5C: Whole Class** - For your outstanding efforts this term. You have all been working so hard and taking challenges as they arise. The kindness, perseverance and effort that surrounds our classroom is truly a joy to be around. Thank you 5C, I can't wait for another amazing term.

**6A: Connor** - For your insightful and mature contributions to our health unit this term. You are always eager to share and attempt every task. Well done, Connor!

**6A: Oli** - For your incredible acting skills during the filming of our movie. You jumped into your role with confidence and gave us some funny impromptu scenes! Thanks, Oli!

**6B: Cooper** - For your thoughtful and mature approach to our Health sessions. You considered others and contributed well to class discussions.

**6B: Jamieson** - For your positive contributions in the classroom. You demonstrate our school values and make the classroom a welcoming place.

*Well Done  
to all Students*