

VISION STATEMENT

Create a vibrant learning community where lives are transformed and individuals inspired to achieve beyond what they ever believed possible

**ATHOL ROAD
PRIMARY SCHOOL**

26th August 2020

NEWSletter

BULLYING IS NOT ACCEPTABLE AT ARPS!

SPECIAL INFORMATION AND CALENDAR EVENTS

2020 TERM 3 DATES:
13th July – 18th September

School starts at 8.50am for students attending onsite learning. Parents must drop children at the front gate where they will be temperature checked before being allowed to walk to the admin building where remote learning is taking place.

School finishes at 1.00pm for onsite learners.

School finishes at 3.30pm for students whose parents have completed the necessary paperwork required for approval as working parents.

Parents must wait behind the barrier on the grass, not the path please

Where students will be remaining at school with special permission after 3.30pm, parents must sign them out from Club (up to 3 children only).

PLEASE STAY SAFE!



From the Principal's Desktop

STAGE 4 RESTRICTIONS CONTINUED

THANK YOU to the Athol Road Primary School community for their contribution to reducing the number of positive COVID-19 cases by practising good hygiene and social distancing.

LOOK OUT FOR

the ARPS virtual assembly which is coming your way shortly. Ms Nigro, the staff and students have put together some clips to bring the school community together by showcasing messages from student leaders and some of the great work being done by students during remote learning. You will be provided with a link which you can watch at your leisure.

HARD WORK REWARDED

2020 has been a very difficult school year for everyone within the school environment: staff, students and parents. The old saying, 'What doesn't kill you, makes you stronger' certainly applies in 2020. Those parents and students who have committed themselves to online learning and worked hard to do the best they can are certainly seeing results. Teachers are commenting on the increasing levels of independence being demonstrated by students who have to do much more thinking for themselves. Quality of work is more important than quantity. Doing a little and doing it well is what the teachers want. They do not want a lot of poor work which shows little effort! All the teachers ask is that you do your best!

AUGUST AUSSIE OF THE MONTH AWARD

JULIA SOEBADIO: Year 6

CONGRATULATIONS to Julia who has shown an immense amount of resilience and compassion. She is empathetic and understanding of the struggles that many of her peers may be experiencing during remote learning and checks in with them to ensure that they are okay. She also acknowledges the efforts of her teachers and is appreciative of the work they do. Julia is a community focused, innovative and respectful Year 6 student. Well done, Julia.

2020 EXCURSION PAYMENTS

School Council continues to operate under challenging circumstances, via webex, to ensure that the school runs smoothly and that the important decisions that need to be made are made.

2020 excursion payments will be transferred across to 2021 for students in Foundation – Year 5, thus reducing the amount of fees which parents will have to pay next year! A decision will be made in Term 4 regarding Year 6 excursion payments. Given it is the last year for Year 6 there may be the possibility of an incursion or even an excursion to celebrate the end of their Year 6 year. This would be paid out of the excursion payment with the balance being refunded to parents BUT we will just have to wait and see what restrictions are still in place. Year 6 parents can rest assured that, if this money is not used, it will be refunded to parents by the end of the year.

A school where 'Every minute matters'

SLEEP AND LIVE WELL

Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behaviour, learning, memory, and overall mental and physical health.



6 Tips for parents:

- **Establish a sleep schedule:** Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it — even at the weekend.
- **Establish a bedtime routine:** Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.
- **Help your child wind down:** Busy children need some time to relax. Consider playing soft music or reading to them.
- **Make sure the bedroom is suitable for sleep:** Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.
- **Avoid stimulants:** Make sure your child avoids tea, coffee, chocolate and sports drinks, especially in the afternoon.
- **Turn off technology:** Turning off computers, tablets and television 1 hour before bedtime should help your child sleep better.

Further sleep tips:

<https://www.healthdirect.gov.au/sleep-tips-for-children>

<https://kidshealth.org/en/kids/sleep.html>

<https://www.aboutkidshealth.ca/article?contentid=645&language=english>

Baby News

CONGRATULATIONS to Mrs Altena who is expecting a baby in the new year!
Mrs Altena will be working at the school until the end of 2020.

