

## 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**

30<sup>th</sup> MARCH 2022

# NEWSletter

**BULLYING IS NOT ACCEPTABLE AT ARPS!**

## SPECIAL INFORMATION AND CALENDAR EVENTS

**PLEASE do NOT send  
sick children to school**

### TERM 1

28<sup>th</sup> January – 8<sup>th</sup> April

### TERM 2

26<sup>th</sup> April – 24<sup>th</sup> June

### TERM 3

11<sup>th</sup> July – 16<sup>th</sup> September

### TERM 4

3<sup>rd</sup> October – 20 December

## PUBLIC HOLIDAYS

Queen's Birthday: 13<sup>th</sup> June  
Melbourne Cup: 1<sup>st</sup> November

**STAY SAFE!**



From the Principal's Desktop

## SCHOOL FINISHES at 2.30pm FRIDAY, 8<sup>th</sup> APRIL

**PLEASE BE ON TIME TO PICK UP YOUR CHILD/REN**  
***Remember: Children NEED to be booked into OSHC***  
***Contact the school on 9547 1224***

### 2022 SCHOOL REVIEW

#### THANK YOU to:

- Families who provided feedback in the parent/carer survey and/or Family Reflection task.
- Students who completed the student surveys
- Staff who completed the analysis of student data, surveys and meetings
- Kindergarten parents who completed the kindergarten survey
- Kindergarten staff who provided their insights
- Kindergarten students who responded to the guiding questions

It is amazing how something that is a positive for one person/family is a negative for another! This is always the challenge in making decisions because it is not possible to please everyone. Reading the kindergarten children's responses to the questions they were asked made me smile so I thought I would share a few with you.

Question: If you were a teacher at kindergarten, what would you change? New things?

- I would change into a boy
- I don't want to be a teacher
- Change the blocks into cars
- Nothing, I want to go to Foundation
- Why are there no swings?
- Working like my dad. We need drills and goggles. We need a thing to cut the grass like my dad's one

They are priceless! I just love their innocence. It will be interesting to repeat this question at the end of the year and compare the responses!

*A school where 'Every minute matters'*

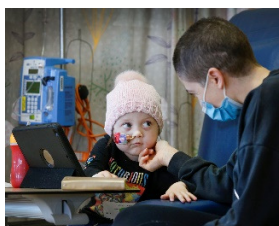
### 2022 ROYAL CHILDREN'S HOSPITAL APPEAL RAFFLE REMINDER

**THANK YOU** to all families who have supported the Royal Children's Hospital Appeal raffle. NOTE: All tickets **MUST** be returned for auditing purposes whether sold or not.

The 2022 Athol Road Primary School RCH Appeal has raised an AMAZING \$4 600.00 to date, thanks to the generosity of so many of our families. This is an amazing amount of money which will support the continuance of the great work being done at the Royal Children's Hospital. Families who have accessed these services know and understand the importance of this annual appeal. **YOU ARE ALL ARPS SUPERSTARS!**

RAFFLE WINNERS will be listed on Sentral, following the draw on Wednesday, 6<sup>th</sup> April.

**GOOD LUCK, EVERYONE!**



### REMINDER: YEAR 5/6 SOVEREIGN HILL CAMP DEPOSIT

Wednesday, 24<sup>th</sup> – Friday, 26<sup>th</sup> AUGUST 2022

**\$50.00** deposit for Sovereign Hill camp is required to be paid by the end of Term 1.

COST for parents: \$300.00 which covers bus travel, meals, accommodation, Sovereign Hill entry, Red Hill mine entry and the sound and light show.

### GOODBYE AND GOOD LUCK, MRS WHITE



Mrs White has worked at Athol Road primary School for the last four and a half years as an integration aide, supporting students with language development. After many years in education, she has decided to put her pens and pencils in the drawer and enjoy some quality family time as she looks forward to the birth of her first grandchild.

**THANK YOU, Mrs White, for your amazing contribution to ARPS!**

### SCHOOL PHOTOGRAPHS

School photographs will be on Wednesday 6<sup>th</sup> April. Payment envelopes were sent home with students on Monday this week. Payments can either be made online or by sending CORRECT cash in the provided payment envelope on the day (hand directly to the photographers).

Sibling photograph envelopes are available at the office – **sibling photos must be booked by 5<sup>th</sup> April.**

### REMINDER: DROP OFF AND PICK UP ARRANGEMENTS

**Students should not arrive at school before 8.45am**

Parents are required to leave students in at the front gate in the mornings.

**Parents are not to enter the school grounds before 3.25pm in the afternoon**

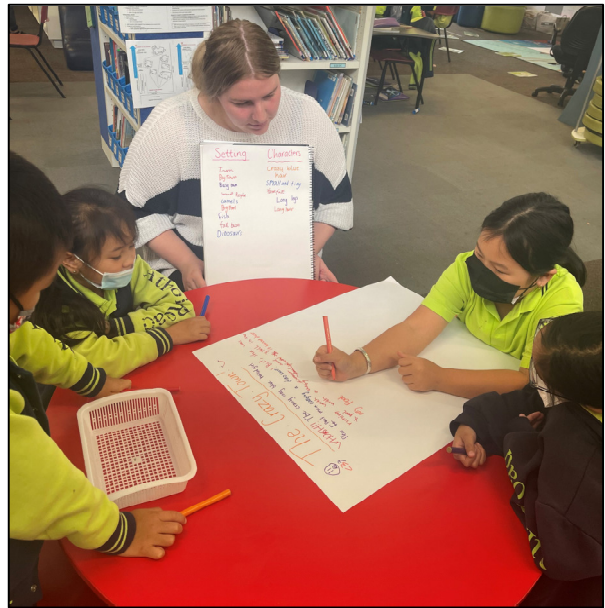
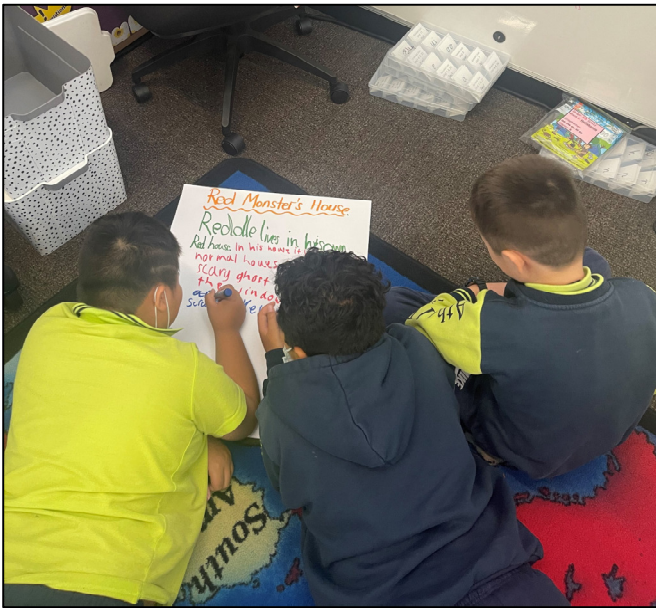
- Where parents/carers can wait outside the school grounds after school, they are asked to please do so.
- Parents/Carers of children in **Year 3 - 6** must wait on the **FRONT OVAL**
- Parents/Carers of children in **Year 1/2** must wait **outside the Year 1/2 building.**
- Parents/Carers of children in **Foundation** must wait on the **basketball court at the front of the school.**
- NOTE: Parents/carers with children in multiple grades must wait in the area designated for the **YOUNGEST** child!

## YEAR 3/4 NEWS

In Literacy, students have been developing their understanding of narrative writing. They learnt how to use descriptive language to effectively build their characters and set the scene, using their five senses, adjectives and personification.

In Maths students are using their place value knowledge to rename numbers and apply this to solve problems including the four operations. Year 3 students are using materials to explore different addition and subtraction problems while the Year 4 students are beginning to look at multiplication.

In Inquiry, students are learning about the significance of Country and Place to Aboriginal and Torres Strait Islander peoples and how it effects their daily lives.



## YEAR 5/6 NEWS

In Literacy Year 5/6 students have explored the structure of narratives and have been adding additional details into their writing. They have built character profiles using guess who characters, their 5 senses and personification to develop strong settings.

Students have begun working on addition and subtraction in Maths, using a new choice board to guide their learning. They have enjoyed estimating and rounding to check the reasonableness of their answers and working with integers.

Our focus is Earth Sciences at the moment. The students have been delving into the causes and effects of volcanoes, tsunamis, earthquakes and droughts. They looked into greenhouse emissions and human impacts on the environment.

Congratulations to all the participants in District Athletics. The students showed amazing sportsmanship and dedication to their events. The teachers are very proud of the way you represented our school. Coming home with lots of 1<sup>st</sup> - 4<sup>th</sup> place medals was a great bonus too.



## PHYSICAL EDUCATION

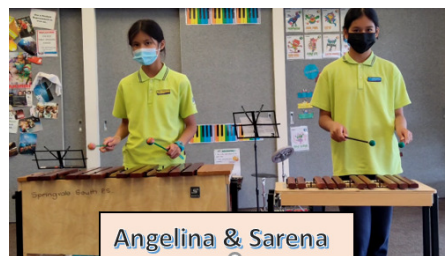
On Friday, 18th March selected students from Year 3 - 6 competed in the Springvale District Athletics Carnival. They competed in Track and Field events of 100 metres, 200 metres, 800 metres, Hurdles, Discus, Shot Put, High Jump, Long Jump, Triple Jump and 4 x 100m Circular Relay. All ARPS students competed to the best of their abilities and represented themselves and their school extremely well. A list of results can be seen below. Well done to all who participated!



## PERFORMING ARTS

The students have made a great start to the year in Performing Arts. Foundation students have been learning how to dance safely and to sing the song, Skidamarink. The Year 1/2 students have been learning an Australian style bush dance called the 'Banana Peel' and Miss Brewer was most encouraged when students asked her to put the song up on Seesaw so that they could practise it at home. Some students even decided to submit videos of themselves performing the dance even though they are no longer doing remote learning!

Year 3/4 have been singing and playing instruments and a highlight of the term has been the students in Year 5/6 learning how to compose their own songs on our fantastic school xylophones.



## VISUAL ARTS

This term Foundation students have drawn a royal portrait of themselves, learning about the primary colours and looking into the elements of art.

Year 1/2 students have been working on drawing skills, completing a monster drawing, producing a cozy hibernation bear involving steps to follow the drawing guide and completing a happy flower art lesson.

Year 3/4 students completed a self paper collage portrait showing amazing skills in using paper, scissors and glue. Students also drew a festive water dragon using water coloured paints.

Year 5/ 6 students have developed their drawing skills this term through drawing their cultural background, including their religion, food, temples, costumes, masks and flags. They have also made sketches of the desert cacti farm that is located outside the Art/Environmental Rooms.

# MANDARIN

In Term 1, the Year 3/4 and 5/6 students have learnt traditions about Lunar New Year. They have engaged in a lot of hands-on activities such as saying special New Year blessings, making Chinese couplets (Chun Lian), watching videos about Lunar New Year legends, making lanterns and practising Chinese calligraphy. Through learning this unit, students have developed a thorough understanding of the basic structure of Chinese characters and reflected on differences and similarities between Chinese and Australian language and culture.

The Year 1/2 students have explored Chinese legends such as 'The story of Nian' and 'The story of Dragon' and experienced traditional Chinese Art including painting and music.

Foundation students have learnt numbers in Term 1 and they are now able to count and write numbers from 1 to 10 in Chinese and sing a Mandarin number rap.



# ENVIRONMENTAL EDUCATION

Term 1 has been all hands on deck in the school urban farm with students helping with weeding, watering and planting.

Foundation and Year 1/2 students have focused on the parts of plants such as roots, leaves and seeds. They have observed and sketched different leaves and discussed the purpose of leaves on trees.

Year 3/ 4 students have been learning about different gardening techniques such as pruning, grafting, espalier and plant cuttings. They helped to ready many of our fruit trees for the upcoming winter and created a variety of new plants from the learning.

Year 5/6 students have chosen one aspect from the urban farm to become an expert in. Students have chosen everything from different plants to a variety of insects and birds that have been observed in the garden.



## COOKING CLASS

The families at Athol Road are cooking up a storm on Thursday afternoons. From sushi to pasta and many other dishes and flavours from around the world, the parents and children are enjoying the opportunity to work together and learn new skills whilst spending some quality time together after school. It's a win-win for all. Thank you to Foodbank for providing this opportunity for our families. I am enjoying seeing the delight and pleasure of all the families as they cook and sample their meal as well as the wonderful aroma coming from the school staffroom. Can't wait to see what's next on the menu! Ms. Carmel Nigro



# SCHOOL HOLIDAYS

<https://www.springvaleindoorsports.com.au/school-holidays/>

Add: 546-552 Springvale Road, Springvale South | Tel: 9547 2555

**\$10+ / Day with CCS**



- Sports
- Art & Craft
- Laser Tag/Nerf
- Jumping Castles
- Bumper Cars
- Facepainting

## ATHOL ROAD PRIMARY SCHOOL ATHLETICS CARNIVAL RESULTS

EVENT	12/13 Boys	Placing		12/13 Girls	Placing
800m	Jonathan Seng	5 <sup>th</sup>		Sarena Kamerak	1 <sup>st</sup>
Long Jump	Alex Tran	1 <sup>st</sup>		Angelina Kham	2 <sup>nd</sup>
High Jump	N/A	-		Sarena Kamerak	1 <sup>st</sup>
Triple Jump	Lawrence Lim	2 <sup>nd</sup>		Angelina Kham	2 <sup>nd</sup>
Shot Put	Michael Vong	2 <sup>nd</sup>		Aneelia Barker	2 <sup>nd</sup>
Discus	Michael Vong	1 <sup>st</sup>		Aneelia Barker	1 <sup>st</sup>
Hurdles	Alex Tran	3 <sup>rd</sup>		Naomi Khoun	1 <sup>st</sup>
200m	Pitou Outara	1 <sup>st</sup>		Jessie Tran	1 <sup>st</sup>
100m A	Pitou Outara	1 <sup>st</sup>		Jessie Tran	4 <sup>th</sup>
100m B	Lawrence Lim	3 <sup>rd</sup>		Naomi Khoun	1 <sup>st</sup>
100m C	Michael Vong	1 <sup>st</sup>		Sarena Kamerak	2 <sup>nd</sup>
100m D	Alex Tran	2 <sup>nd</sup>		Angelina Kham	2 <sup>nd</sup>
Relay		1 <sup>st</sup>			2 <sup>nd</sup>

EVENT	11 Boys	Placing		11 Girls	Placing
800m	David Hov You	4 <sup>th</sup>		Leanna Hoang	2 <sup>nd</sup>
Long Jump	Iluson Tong	1 <sup>st</sup>		Ellenie Tiv	1 <sup>st</sup>
High Jump	Kingsley Heng	2 <sup>nd</sup>		Nicole Dam	1 <sup>st</sup>
Triple Jump	William Nam	1 <sup>st</sup>		Ellenie Tiv	2 <sup>nd</sup>
Shot Put	Noah Savello	1 <sup>st</sup>		Nicole Dam	3 <sup>rd</sup>
Discus	Iluson Tong	4 <sup>th</sup>		Gargie Anand	3 <sup>rd</sup>
Hurdles	Kingsley Heng	1 <sup>st</sup>		Leanna Hoang	4 <sup>th</sup>
200m	Ashton Ham	1 <sup>st</sup>		Elina Chhor	-
100m A	Ashton Ham	3 <sup>rd</sup>		Elina Chhor	3 <sup>rd</sup>
100m B	David Hov You	5 <sup>th</sup>		Mayra Soebadio	4 <sup>th</sup>
100m C	William Nam	2 <sup>nd</sup>		Leanna Hoang	2 <sup>nd</sup>
100m D	Iluson Tong	-		Nicole Dam	-
Relay		1 <sup>st</sup>			1 <sup>st</sup>

EVENT	9/10 Boys	Placing		9/10 Girls	Placing
800m	Steven Nguyen	6 <sup>th</sup>		Sarah Diep	1 <sup>st</sup>
Long Jump	Emmanuel Johnson	3 <sup>rd</sup>		Julia Phan	4 <sup>th</sup>
High Jump	Emmanuel Johnson	2 <sup>nd</sup>		Olivia heng	1 <sup>st</sup>
Triple Jump	Roger Chhim	-		Sovynna Vann	7 <sup>th</sup>
Shot Put	Roger Chhim	2 <sup>nd</sup>		Tasha Inaina	5 <sup>th</sup>
Discus	Jordan Thach	1 <sup>st</sup>		Tasha Inaina	4 <sup>th</sup>
Hurdles	William Wood	2 <sup>nd</sup>		Chloe Heng	4 <sup>th</sup>
200m	Brian Bou	5 <sup>th</sup>		Sarah Diep	2 <sup>nd</sup>
100m A	Brian Bou	3 <sup>rd</sup>		Olivia Heng	4 <sup>th</sup>
100m B	Jordan Thach	-		Sovynna Vann	4 <sup>th</sup>
100m C	Emmanuel Johnson	4 <sup>th</sup>		Sarah Diep	1 <sup>st</sup>
100m D	Steven Nguyen	4 <sup>th</sup>		Julia Phan	2 <sup>nd</sup>
Relay		3 <sup>rd</sup>			1 <sup>st</sup>

### CONGRATULATIONS

to all students who participated in events in the Athletics Carnival and gave of their best.

### THANK YOU

to Mr Keleher for preparing the students and teachers for supervising at the track.

## Tips to help children stay calm

1. Quiet time
2. Breathing exercises
3. Draw their feelings
4. Movement & fresh air
5. Eating well
6. Staying hydrated
7. Getting quality sleep
8. Keeping a routine



With all the juggling demands in life, it's no surprise that we typically see some big emotions from the children in our lives – it can be intense for everyone, including the adults! Here are some tips to help with the overwhelm and assist children with staying calm amongst the chaos (keeping in mind that every child is different):

1. Quiet time - carve out some time each day for your child to have some screen-free time to themselves. Perhaps they have a favourite space - a chair to sink into or a tree to perch on.

2. Breathing exercises - this is a very simple way to help children ground themselves and regulate their emotions when things become too much. Get them to close their

eyes or choose something to focus on whilst they slowly breathe in for 3 and out for 3 until they are feeling calmer.

3. Draw their feelings - some children have difficulty articulating how they are feeling or just don't feel comfortable talking about it at any given time. Ask them to draw how they are feeling. Or perhaps you could ask them where they are feeling things in their body.

4. Movement & fresh air - getting children outside and moving their bodies is a great way to help them expend some energy and alleviate any anxiety. If you're in the northern hemisphere, rug up, get outside and take in the crisp, fresh air. For those of us in the southern hemisphere, put on the sprinkler and soak up the sun - and don't forget to smile!

5. Eating well - we all know that what they consumed has a direct effect on children's behaviour. Be sure to add some nutrient-dense goodness to their meals or snacks each day and explain to them why this is important for their minds and bodies.

6. Stay hydrated - plenty of water is a no brainer! Just like our favourite house plant, without water, we start to wilt!

7. Quality sleep - as adults we know how hard it is to function without enough sleep. Our children are still growing, so it's even more crucial for them to catch enough zzz's. If they are too wound up, try some meditation at the end of the day to help them transition to bedtime. And a bedtime story helps too – we have lots to choose from!

8. Keeping a routine - children thrive on structure. They may not realise it, but they like to know what to expect and when. It can be tough staying consistent at times, but keeping some semblance of routine can make a huge difference, even if it's only one part of your day e.g. bedtime routine.

Sometimes things can get too much for our children and meltdowns happen – and that is OK. Once your child has had a chance to calm down, perhaps chat about what happened and why and also discuss some strategies to put in place to lessen the likelihood of overwhelm happening again.



# AUTUMN SCHOOL HOLIDAY PROGRAMS

LED BY SOME OF DBA'S BEST BASKETBALL COACHES!

**FREE  
CLINIC!**

**ALL-GIRLS  
SKILLS CLINIC**

**TUES 12 & WED 13 APRIL  
10:00AM - 1:00PM  
COST: FREE**

**Getting girls on the court  
with other girls!**

**Working on:  
Skills Development  
Team Play  
Physical Coordination**

 **SUPERCAMP**

**WED 20, THU 21, FRI 22 APRIL  
9:30AM - 3:30PM  
COST: \$160 3-DAY CAMP  
\$60 SINGLE SESSION**

**Perfect for those new to the  
game and ready to make some  
new friends on the court!**

**Program includes:  
Team Fun, Games & Prizes  
Skills-Based Activities**

**TO LEARN MORE & REGISTER FOR THESE PROGRAMS VISIT:  
[www.bitly.com/holidaysatdba](http://www.bitly.com/holidaysatdba)**