

ARDEER SOUTH PRIMARY SCHOOL NEWSLETTER

Term 3 - Week 8, 31st August 2023

Principal: Andrea Markham

Assistant Principal: Olivia Sinclair-Thomson



WHATS ON

SEPTEMBER CALENDAR

14th September
Thriving Thursday (whole school day of Wellbeing activities)

Friday 15th September
Jump Rope for Heart
Last day of Term 3

12:30 pm Special assembly
for
1:30 pm Finish

Ardeer South Primary School acknowledges the Wurundjeri people of the Kulin Nation as the traditional custodians of the land the school is located upon, and pays respect to Elders past, present and emerging.



Highlights in this edition:

- Curriculum Day
- Book Week
- Thriving Thursday
- Active Schools
- Sovereign Hill Excursion
- School Wide Positive Behaviour
- Smile Squad

A MESSAGE FROM THE PRINCIPAL

2 weeks to go! The countdown to holidays is on but the busyness is ramping up. So much happening but as they say, time flies when you are having fun!

We work hard to keep you informed and up to date with the latest news and happenings around school. The newsletter seems to be the cumulation of lots of news from additional areas such as Compass, Dojo, or Facebook so it might feel repeated. Happy Reading if this is the place you come to for the school news!

Andrea.

CURRICULUM NEWS

Book Week

Our Book Week parade was a huge success with all students actively participating in sharing their passion for book characters. Thank you to all parents and teachers for helping make this event a fun day for our students.



Curriculum Day - August 25th

Our Curriculum Day was jam packed with teacher learning. Our morning was spent with an intensive focus on Reading Instruction, with the afternoon updating our First Aid and CPR qualifications. We are always seeking to deepen our understanding of current teaching practices and of course ensuring our staff are up to date with departmental health and safety training.



Sovereign Hill Excursion

I know what you all want to find out!!

Did we find gold on our Sovereign Hill excursion? You will need to read to find out.

On Tuesday morning all students from G1 - G4 went to Sovereign Hill in Ballarat. This trip supported the learning in History that our students have been doing over the past term.

We had a smooth trip to Ballarat, pulling in at around 10.30. We moved into four different groups and began the activities. During the day we got an opportunity to pan for gold, see lollies being made, watch gold being poured into a mold (that was amazing!!) and play on an amazing playground.

The students were incredibly well behaved and we had a lovely day. The raspberry drops made the return journey all the more enjoyable. Thanks very much to the teachers and parent helpers.

Who found gold?? Well all I'll say, is he's a Grade 3/4 teacher and there's no U in his name.





School Wide Positive Behaviour - Social Skill Focus - Week 8: We use an appropriate voice level

Over the next two weeks at school we will be practising using the right level of voice at the right time.

Appropriate - Means the right thing at the right time.

Voice - the sound that comes out of our mouths when we speak or sing.

Level - sound can be very quiet, or very loud.

Why? - Our school is a space for learning and voices that are too loud, or too quiet make this difficult for others.



Smile Squad - Free Dental Van - Back in Term 4

HAVE YOU CONSENTED TO YOUR CHILD ACCESSING SMILE SQUAD?

The Smile Squad team from Cohealth are coming to our school soon.

Smile Squad is the Victorian Government **free** school dental program. This means all students can get a free dental check-up, preventive services, and treatment at school.

How to access free dental care

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

OR use the below QR code:



COMMUNITY ENGAGEMENT / ANNOUNCEMENTS




FOUNDATION 2024 ENROLMENTS NOW OPEN



If you have a child that you wish to enrol to begin school in 2024 please contact the office for a form to submit as soon as possible.

Our School Readiness Program begins next term and we are excited to meet all of our new foundation students and their families.
Details are below with dates and times.



**Ardeer South Primary School
Pre Foundation
School Readiness Program 2023**

Term 4 Sessions



October - 9am - 10am
Friday 6th / Friday 13th
Friday 20th / Friday 27th

November 9am - 10:30am
Friday 3rd / Friday 10th
Friday 17th / Friday 24th

December 9am - 11am
Friday 1st - 9-11am
Friday 8th - 9 - 11am

Contact Details
ardeer.south.ps@education.vic.gov.au
Phone 9363 2768



CLASSROOM CUISINE

We have begun trialling Classroom Cuisine and the feedback has been positive. Tanya will finish up on the last day of Term and moving into Term 4 we will use this service on Monday and Wednesday's. If you have not already looked at the menu it is available on their Website where you can also register your child.



COMMENCING a trial at ARDEER SOUTH PRIMARY on MONDAY'S
Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED
INGREDIENTS, ALLERGEN INFO ETC ARE ON OUR MENU PAGE OF WEBSITE

LUNCH ITEM ONE

SALADS

- Greek Style Salad with Feta and Olives (V, GF)
- Pic(k)nic Box – Vegetarian (V, GF)
- Pic(k)nic Box with Ham (GF)
- Pic(k)nic Box with a Whole Egg (GF)
- Mexican Inspired Salad (V, GF)
- Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)
- Main course of Fresh Fruit Salad (V,GF)

SUSHI

- Teriyaki Chicken Hand Rolls (2)
- Cooked Tuna Hand Rolls (2)
- Avocado Hand Rolls (2)
- Cucumber Hand Rolls (2)
- Vegetarian Hand Rolls (2)
- Tofu Hand Rolls (2)

BAKERY

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll (w/m)
- SCROLL with Ham & Cheese
- Semi Dried Tomato and Olive ROLL
- Topped with Only Cheese Roll
- GOZLEME - Lamb & Beef (H)
- Mushroom Vegan– GOZLEME (NO CHEESE)
- GOZLEME - Spinach and Cheese (V, H)

BAKED FRESH PIZZAS

(PLEASE NOTE: Baked this morning -Served at room temp)

- Margherita Pita Pizza
- Ham and Pineapple Pizza Slice

SANDWICHES, ROLLS & WRAPS

- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Gluten Free Ham & Cheese Sandwich (GF)
- Simple Salad Roll (V)
- Cucumber & Ham Sandwich (GF)
- Vegemite Sandwich (2)
- Mild Salami and Salad Roll
- Plain Cheese Sandwich (2)
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
- Cheese and Salad Roll
- Wholegrain ROLL with Cheese and Tomato
- WRAP (GF, DF) Ham and Salad
- Wholegrain Ham and Cheese Sandwich
- Chicken MAYO and Lettuce Roll (H)
- Garden Salad Wrap (GF,DF,V)

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

- Freshly chopped Strawberries with Grapes
- Fresh Fruit Combo
- Lightly Steamed Corn wheels & Broccoli pieces
- Celery & Carrot Sticks with Sultanas
- Chopped Carrot, Cucumber, Red & Yellow Capsicum
- Apple pieces with Lemon Juice, Cinnamon & Brown Sugar
- Chia Bowl with Banana, Coconut & Strawberries
- Sugar Snap Peas, Beans & Cherry Tomatoes
- Cantaloupe & Honeydew pieces
- Edamame (Lightly Salted)
- Stewed Rhubarb & Apple with Custard (V)
- Cherry Tomatoes with Tasty Cheese & Rice Crackers
- Freshly chopped Orange Segments
- Whole Fruit – Banana or Mandarin

YOGHURT

- Dairy Farmers - Strawberry Yoghurt
- Dairy Farmers – Classic Vanilla Yoghurt

BAKED GOODS

- Choc Chip Cookie
- Cornflake Cookie
- Finger Bun with Sprinkles
- Hedgehog Slice
- Choc Cup Cake (GF,DF)
- Blueberry Muffin
- Fruit Bun
- Jam Drop Biscuit (GF, NF, H)

DIPS & CRACKERS

- Tzatziki Dip with Rice Crackers
- Avocado Dip with Rice Crackers
- Spring Onion Dip with Rice Crackers
- Spicy Capsicum Dip with Rice Crackers

POPCORN/SNACKS

- Dried Fruit Medley with Yoghurt Sultanas
- Popcorn - Lightly Salted
- Popcorn - Slightly Sweet, Lightly Salted
- Roasted Chick Peas.
- Lime & Black Pepper Chick Peas
- Balsamic & Sea Salt Fav'va Beans

DRINKS

- Nippy's Chocolate Milk
- Full Cream Milk
- Apple Juice
- Orange Juice
- Strawberry (Lactose Free) Milk
- So Good Soy Milk

Healthy, Interesting & Affordable Lunches Delivered to School!

More information about Our Offering including
Pricing, Ingredients and Portion Size is available on the Our Menu Page at

www.classroomcuisine.com.au



Thursday 14th September

ALL PARENTS ARE WELCOME TO ATTEND THE WORKSHOPS DURING THE DAY WITH YOUR CHILD!

Our whole school community day is nearly here. This day will aim to build a sense of connection and we are inviting the wider community to attend wellness sessions.

Workshops will be conducted during the day including,

- Resilience Rights and Respectful Relationships (social and emotional learning)
- Gardening,
- Mindfulness (Tapping, Sound Healing),
- Art
- Healthy Physical Movement

We will also have some healthy additional things on offer for students to try for lunch, such as fruit and vegetables, rice paper rolls and sandwiches.

SUNSHINE HOME RUN HEROES
SUMMER T-BALL & SOFTBALL PROGRAM

WHO?
JUNIORS
5-12 YRS
ALL ABILITY LEVELS

COST
\$60

FUN & INCLUSIVE
SKILL BASED ACTIVITIES AND MODIFIED
GAMES OF T-BALL & SOFTBALL
DELIVERED BY QUALIFIED COACHES
PATHWAY TO JUNIOR SOFTBALL

TUESDAYS 5-6PM
FOR 6 WEEKS STARTING 3 OCTOBER 2023

VENUE: SUNSHINE SOFTBALL ASSOCIATION,
MORE PARK, ESMOND ST, ARDEER

REGISTER HERE:

sunshine.softball2012@gmail.com
www.revolutionise.com.au/sunshinesa/home/

A QR code is located in the bottom right corner of the poster, next to the 'REGISTER HERE:' text.

Jump Rope For Heart



JUMP ROPE
for **HEART**



Parents and Guardians

Dear Parents and Guardians,

I am excited to announce that **Ardeer South PS** are participating in Jump Rope for Heart this year – a fantastic fundraising and physical activity program by the Heart Foundation.

By participating in Jump Rope for Heart this term, I'm expecting to get our students moving. We'll have ropes available on the school grounds and encouraging everyone to help raise funds for lifesaving research and support programs.

Over the coming weeks your child will learn new skills, increase their physical activity, and learn about heart health. And the program will end with our school wide 'Jump Off Day' on **Friday, September 15th at 11:30am** where your child gets to show off their new skipping skills to their friends.

When you register your child [online](#) you'll get access to additional skipping resources to help give your child a great reason to get away from the screens and get outdoors. **Register and create your own secure webpage at jumprope.org.au/parents**

By signing up online, you and your child can:

- **Easily raise funds online**
- **Track skipping skills progress and earn virtual badges along the way**
- **Post updates to your page so family and friends can follow their progress**
- **Access additional skipping resources**

Your child should have a 'fundraising guide' flyer to take home, which includes further information on the program. If you didn't receive this, visit jumprope.org.au/parents for all the information that you need.

Thank you for getting involved in Jump Rope for Heart!

Yours sincerely,

Morgan Belbruno

Jump Rope for Heart Coordinator