

ARDEER PRIMARY SCHOOL NEWSLETTER

THE PURPLE PULSE

CONTACT US

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April 6th, 2023

Key Dates

Last Day Term 1
Thursday 6th April
Early Dismissal
2:15pm

First Day Term 2
Monday 24th April

ANZAC Day Public Holiday
(No school)
Tuesday 25th April

Author Workshop
Grade 1- 3
Wednesday 3rd - 4th May

Colour Explosion Fun Run
Thursday 11th May
9:00am – 10am

Learning Through Lunch
Excursion
Grade 4/5 & 6
Monday 22nd May

PRINCIPAL'S MESSAGE

Dear Families,

It's hard to believe that we are almost at the end of Term 1. We have had lots of exciting events throughout the term and Term 2 promises to be filled with many varied learning experiences across all year levels.

Several excursions are planned for next term, so please keep an eye out for important information regarding these learning experiences. We also have some incursions throughout the term planned including the Stories in The Wall program for the Grade 6 class, which commenced this week and will continue on a Wednesday afternoon into Term 2.

Our 2023 school photo day is scheduled for May 25th, please refer to the information about photo day arrangements in this newsletter. Also in this newsletter are some practical Maths activities from our Numeracy Learning Specialist, Arife Halil, the activities can be completed by your child at home to boost their numeracy skills. Be sure to check out the 'Maths Corner' in this edition. On the literacy front, Mary Sanelli, our Literacy Leader has included some information about some exciting literacy programs these holidays taking place at your local library.

Just a reminder that Term 1 will conclude at 2.15pm next Thursday 6th April, please ensure that pick up or OSHC arrangements are in place for this early dismissal.

Wishing all of our wonderful Ardeer Primary School community a restful holiday break, I will look forward to seeing you all back at the commencement of Term 2.

Christopher O'Brien

Acting Principal



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2023 HARMONY DAY

It was fantastic to see so many students and families support such an important event on our school calendar. Harmony Day represents inclusiveness, respect and belonging for all Australians, regardless of our cultural background. It's about being proud of your cultural heritage, to understand it and celebrate all the good things about it. The food, culture, history, and traditions. We are really blessed to have such a diverse school community here at Ardeer Primary School. With 51 students speak a language other than English at home. This is nearly 40% of the student body. A special thanks to Mark, Dianne and Ganga for all your support in making the morning such a memorable one.



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2023 SCHOOL COUNCIL

It is a real pleasure to announce that **Ruth O' Reilly** has been elected as our 2023 School Council President. Ruth has been an incredibly strong advocate for our school and the Ardeer community for a very long period of time. Ruth's extensive School Council experience and knowledge of our school and community is a real asset. Congratulations to **Louise Rasic** who was elected as the 2023 Vice President. I would also like to extend my immense gratitude to all past staff and parent representatives for your commitment and the support that you have shown to the school.

President: Ruth O'Reilly

Vice President: Louise Rasic

(Parent Reps)- Florence Escobar, Soula Singh, Tania Sweetman, Roxene Beech & Alia Richardson

(DET Reps)- Chris O'Brien, Arife Halil and Paul Gatt

(Community Rep)-Kristy Bartley



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2023 COLOUR EXPLOSION

Thank you to all the families that have already contributed to our major fundraising event of 2023. The countdown is on for our Colour Explosion School Fun Run! Keep fundraising, there are lots of prizes up for grabs! **All students who wish to participate in the Colour Explosion event must bring along a white shirt to partake on Thursday May 11th, 2023.**



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CHILD SAFE STANDARDS- PROMOTING POSITIVE SLEEPING PATTERNS FOR CHILDREN

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel.



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We are thrilled to share with you some updates on our students' learning journey this term. Our prep to year 6 students have been focusing on learning key sign themes on "Jobs" and "Personalities" with simple sentences, such as "I want/have to be a baker".

In addition to learning sign language, students have also been exploring what it means to be Deaf and lipreading. While lipreading can be a useful skill for communicating with individuals who are deaf or hard of hearing, it is important to recognise that it is not a foolproof method of communication. Some students who used headphones to block out sounds expressed how it felt frustrating and challenging as without hands-on experiences, it can be difficult to fully understand the impact of hearing loss without experiencing it firsthand. However, it's important to approach this learning with an open mind and a willingness to learn, in order to gain a deeper understanding and appreciation of the deaf culture and community.

As part of their learning journey, our students are preparing to sign songs for Harmony Day which is coming up next month as part of their performance.

I wanted to take a moment to share with you some of the wonderful work our year 4-6 students have been doing in their Art/Auslan classes. As you can see in some of the photos, the students have been working on drawing pictures of hands with the corresponding signs, and the results are truly impressive.

These pictures not only demonstrate the students' artistic abilities, but also showcase their knowledge and understanding of Auslan. By visualizing the signs in this way, the students are able to better remember and use them in their conversations. It is also a fun and creative way to learn and practice signing.

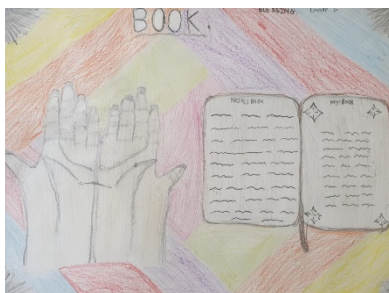
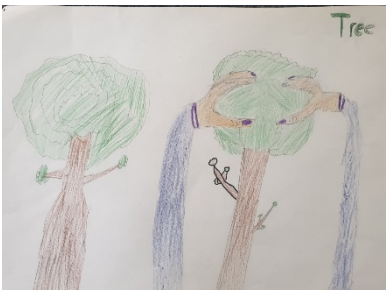
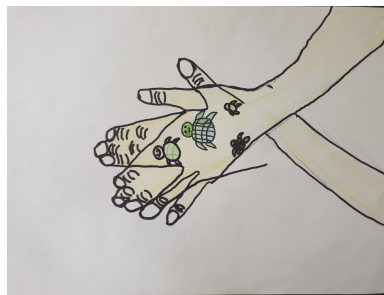
I am so proud of our students and the effort they have put into their Auslan classes. It is inspiring to see how enthusiastic they are about learning sign language and exploring the Deaf culture and community. It is a testament to the inclusive and welcoming environment we strive to create here at Ardeer Primary.

Best regards,

Dianne Herrmann
Auslan teacher



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Numeracy Corner

DOING MATHS TOGETHER AT HOME

Children need lots of experiences in making, counting, drawing and talking about numbers. Make connections for your child by explaining how numbers and counting are a part of everyday life. The activities below will help your child develop these skills.

You may feel that the maths your child is doing at school is different from how you were taught, but you will still be able to support your child in many ways.

Playing shop

Collect food and grocery items and label them with prices written on sticky notes or prices cut out of shopping catalogues.

- 58. Talk about how we pay for items using notes and coins.
- 59. Make paper money or use play money to buy and sell goods from the shop.
- 60. Order the food items by height (tallest to the shortest) or by cost (least expensive to most expensive).
- 61. Introduce kitchen scales to the shop to weigh some foods such as a box of tea bags or a bag of rice and order items by weight.



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Numeracy Corner

ESTIMATION

Estimation is one of the key areas in maths and yet it is often one that we take for granted. It can help us to quickly find approximate answers to problems that often will suffice. For example, if I needed to arrive at work before 9 o'clock and I estimated that it would take me 20 minutes to travel there, leaving my house at half past 8 should mean that I do not arrive late.

Estimation can also help us to check the reasonableness of our solutions. For example, if we are adding three numbers less than 100, we know that our solution cannot be more than 300. This knowledge can help us to notice simple calculation errors.

Even though we do not often say the word (I estimate that...), we use estimation to complete a range of daily tasks.

- Preparing food
- Cooking
- Getting ready in the morning
- Driving the car
- Giving directions
- Stacking a shelf
- Packing a bag
- Telling the time
- Discussing the weather
- Calculating cost (e.g. shopping items or restaurant bill)
- Predicting size
- Making comparisons



Discover Benchmarks

Talk to your child about estimating. Help them become aware of some common benchmarks, including their height, their handspan and the length of a step. For example, a large step is about 1 metre, the length of your arm (from your wrist to your elbow) is about 30 cm (or 1 foot), and the width of your little finger is 1 cm. Use a tape measure to help children discover their own measurements so they can use this information to predict other heights or distances, for example, if I am 160 cm tall then the door is more than 200 cm or 2 metres.

Using Estimation

Before starting to try and solve a problem begin by making a prediction – you can then compare results later. Remember to also **ask children why** they think that. Repeat the process the next day, learning from what you discovered. For example, if you were trying to calculate how many lollies are in a small jar, you may guess 100. Once you have discovered that there were 150 lollies in that jar, tomorrow you might use this information to find out how many lollies fit in a larger jar.



Getting Better

The tip is with estimation is that over time it is something that you get better at with practise. Think about the shop assistant at the deli who can slice exactly 100 grams of ham or the TV chef (or Nona) who can estimate a cup of flour just by feel. We can all improve our estimating skills – we just need to remember that we are doing maths when we use these skills. The website, *Estimation 180*, has a huge range of images to help children develop their estimation and justification skills. <http://www.estimation180.com/>



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FARTY PANTS & FARTY BUM



A COMEDY SHOW ABOUT TWO CAVEMEN
WHO LOSE THEIR ABILITY TO FART.
FOR KIDS AND IRRESPONSIBLE ADULTS.

MELBOURNE
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ALL TICKETS
\$20
SCAN FOR INFO



BEST FART JOKES EVER

WHAT DO YOU CALL A CAVEMAN'S FART?
A BLAST FROM THE PAST.

WHY IS A FART LIKE A NINJA?
THE QUIET ONES ARE THE MOST DEADLY.

WHY IS FARTING IN A LIFT SO BAD?
IT'S WRONG ON SO MANY LEVELS.

WHAT HAPPENS IF YOU EAT ONIONS
AND BEANS TOGETHER?
YOU PRODUCE TEAR GAS.

WHY DID THE CHICKEN CROSS THE ROAD?
BECAUSE COLONEL SANDERS FARTED.

HOW CAN YOU TELL IF A COMEDIAN HAS FARTED?
THE ROOM SMELLS "FUNNY".



Sat & Sun
@ 1.00 pm
Kicks venue
Level 1
450 Elizabeth St



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Save up to 85%
with the Child
Care Subsidy

We're getting ready for FUN!



TheirCare are proud to work in partnership with Ardeer Primary School to provide quality Outside School Hours Care to your school community commencing in 2023.

Learn more at www.theircare.com.au
or call [1300 072 410](tel:1300072410)



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GET CONNECTED



Please follow us on Instagram

Ardeer.PS



All families were sent letters with their own unique code. Please download the Compass app and connect ASAP. Important reminders, updates, letters, notes etc. will be circulated via this platform throughout 2022. Please contact the office if you require a new sign in.



All families should now be connected to their child's 2022 class. This is a wonderful platform to see your child's learning progression as you connect with their learning portfolio. If you have not connected and require a new sign in code, please see your child's teacher ASAP.



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secretary@swimlandswimclub.com

WHAT MAKES PAUL SADLER SWIMLAND DIFFERENT TO OTHER SWIM SCHOOLS?

AT PAUL SADLER SWIMLAND SURVIVAL SKILLS ARE THE FOUNDATION OF OUR LEARN TO SWIM PROGRAM

PLACES
FILL QUICKLY
BOOK YOUR
CLASS
TODAY!

AT PAUL SADLER SWIMLAND WE TEACH SURVIVAL SKILLS AT EVERY LEVEL:
10 minutes per class is spent in deep water, where we teach treading water, deep water recovery (safety circle) and mobility on both front and back until children have achieved 2 minutes treading water.

**ZERO
DROWN**
TOLL IS OUR GOAL!

**LEARN FROM
THE SURVIVAL
SPECIALISTS**



SCAN & BOOK

Paul Sadler Swimland Braybrook
67 Damley Street, Braybrook
(03) 9311 7459
braybrook@paulsadlerswimland.com
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five tuition

Person-centered

- Five Tuition complements school-based approaches by providing personalised help for each student.

Values-driven

- Humility, Helpfulness, Honesty, Hope and Honour – these FIVE values drive everything we do at Five Tuition.

Impact-focused

- We focus on impact because we take our mission of helping students thrive in school and life seriously.

Evidence-based

- Everything we do is informed by academic literature, learning theories and careful consideration of the evidence.

Inclusivity-embracing

- We believe everyone should be entitled to a person-centered, values-driven, impact-focused, and evidence-based approach to learning.

DERRIMUT

Opposite Derrimut Village Shopping Centre

Level 1 Suite 20 1-11 Elgar Rd
Derrimut, Victoria 3030

WILLIAMS LANDING

Williams Landing Shopping Centre

Level 1 Suite 4, 100 Overton Road
Williams Landing, Victoria 3027

OUR WEBSITE:

<https://www.fivetuition.com.au>

Please call 0477 690 323 or email hello@fivetuition.com.au

five tuition

At Five Tuition, we believe learning happens most naturally and effectively when someone you respect sits humbly beside you, helps you with something, speaks honestly to you, has hope for you, and honours their commitment to bring about positive changes for you – in school and life.

Everything we do at Five Tuition supports that learning process. It sounds simple because learning is simple! Learning doesn't require complex programmes, a detailed curriculum, or the latest technology – as helpful as they might be. Learning simply requires someone with the competence to teach, the character to model, and the commitment to pass on their knowledge.

We recruit and train the nicest, brightest, and most talented university students living in Melbourne's West. All our tutors have attained exceptional VCE scores, have a heart for younger people and a passion to share their knowledge, skills, and experiences with others.

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