



# Albert Park Primary School

Bridport Street Albert Park Vic 3206  
www.albertparkps.vic.edu.au  
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16 June 2017

## The **Albert Park** News

### *Welcome to the Albert Park News!*

*A showcase of events and news across the whole school community. We also have **Konnective** for day to day notifications, the **Parent Classroom Reps** emails for class specific and general social and fundraising news and you can follow your student's classroom activities via **Seesaw**!*

If you are not receiving communications from any of these sources please contact the office for help.

### Important dates:

#### **Friday 23 June**

Grades 3 – 6 Sports Day – No Assembly  
Volunteers needed

7.30pm – **PARENTS GALA** "Love Boat" theme

#### **Friday 30 June**

Last Day of term – school finishes at 2.30pm with assembly at 2.00pm

#### **Monday 17 July**

Start Term 2

#### **Monday 7 August**

Curriculum Day – No school

KONNECTIVE: All parents wishing to receive notification of school events and alerts should now be signed up to Konnective via the smartphone App. Remember to answer yes to push notifications.

#### MUSIC NEWS -Term 2 dates:

- Combined schools Winter Concert: June 21<sup>st</sup>. This involves the APPS choir and a gr 6 marimba group at the South Melbourne Town Hall from 2 pm, with a public performance at 5pm. **For audience tickets @ \$5 each please contact the APPS office.**
- Composing festival. Some Children have chosen to perform their own compositions. Parents are welcome to attend the performances. These will be held in the music room or the hall depending on performer numbers. Performances are at the following times:
  - gr 4 and 5 Thursday 22<sup>nd</sup> June at 1.50pm
  - gr 6 and gr3 Tuesday 27<sup>th</sup> June at 1.50pm
  - gr 2 Tuesday 28<sup>th</sup> June at 1.50pm

#### Term 3 Performance dates:

Wednesday 6<sup>th</sup> September **Gr3, 4, 5 concerts**. All children in Gr 3, 4 and 5 will be participating in one of two concerts in the school hall.

- Concert 1: 6pm-6.40pm - all gr3 + gr4 Karly
- Concert 2: 6.50pm-7.30pm - gr4 Leah and gr4 Jeremy + all gr5

Wednesday 13<sup>th</sup> September: **Gr6 Arts Festival**. All gr6 students will be involved in a one hour multi-arts performance at 6pm in the school hall.

Be Kind and Fair

Act Safely

Respect Everyone's Rights

One Voice at a Time

Keep Trying



## Student Photo Gallery

### PYJAMA DAY – May 19



Albert Park Learner certificates



Prep R received a special award from Dora for their outstanding work in French



APW Band recipients



Paper Plane Making led by the Grade 6 students



Sports star of the Lesson awarded by Kate



Musical assembly (with Elaine in her PJs!)



Prep JSC members



Pyjama Day assembly



## Student Photo Gallery

Friday 26 May 2017



Albert Park Learners



APW Band recipients



2Z – Art Class of the Week



Choir performing for Reconciliation Day

### FAREWELL ANNA!

Wishing Anna (Prep M) and her partner, Lachie, all the very best with the birth of their first child due in a couple of weeks.

Replacing Anna will be Melody Feder and Sarah Psomotragos. Both Melody and Sarah are well known to the children as they have each spent time with them in the grade this year.

Melody was previously teaching in Prep before she left to have her two children and has returned from Family Leave this year. Sarah has been working in the school as a Casual Relieving Teacher (CRT) for several years and has been the successful applicant for the position of Prep Teacher for the remainder of this year.

## The Dispositions Explained !

We have introduced the APPS Learner Awards to replace the Principal's Awards.

The Learner Awards cover several dispositions – they are: CREATE, REFLECT, SELF-REGULATE, COLLABORATE and PERSIST.

A disposition is a person's qualities of mind and character. Educational research identifies that positive learning dispositions enhance a child's ability to engage with their learning. While we have been on the journey of making learning more 'Visible' for every student, it became apparent that the students needed clear and explicit descriptions of how they could best learn and work effectively toward achieving their learning goals and outcomes. The dispositions grew out of many discussions at staff and student level. Whilst they deal with learning (and the Albert Way deals with interactions) we chose five to complement the APW system.

An example of how we are using these dispositions on a daily basis in every classroom: Student leaders in 6B led a group of students from the junior grades in making paper planes – students had to CREATE a plane, COLLABORATE with students from the senior grades to make it, had to PERSIST when things weren't going as expected, SELF-REGULATE their behavior throughout the process (being a supportive friend, having a positive mind-set, turning up at lunchtime to create the planes) and finally to REFLECT on the whole event (what they enjoyed, what they could do differently next time).



## INTRODUCING THE PARENTS CONNECT GROUP

As part of the Kids Matter initiative at APPS, a group of parents has come together to create the **Parents Connect Group**. The aim of this group is to strengthen relationships within our school community.

Current Members of the PARENTS CONNECT GROUP are

Name	Children's Names / Grade
Liv Downing	Noah (2H)
Jedda Reidy	Office Manager
Sue Pattison	Assistant Principal
Alison Hamilton	Lucy (2H) / Sophie (Prep A)
Sarah Hughes	Daisy (3I) / Esme (1P)
Paolina Hunt	Jack (4K)
Julie Maegaard	Harry (6B) / Freddie (3I)
Anna Ross	Lucie (2J)
Talya Samuell	Anna (3B) / Lucy (6A)
Trine Simpson	Daniel (2C)

One of the initiatives of this Group that will be rolled out in 2017 is **Parent Class Meetings**.

Last month, Grade 2 was selected to pilot the Parent Class Meeting initiative. Parents met in their child's classroom to positively discuss key areas related to their children's social and emotional wellbeing such as fostering kindness and compassion/understanding differences/use of electronic devices at home.

These meetings will become an important part of the APPS culture as they will also help us to foster stronger connections between families in a class, year level and broader school community.

The overwhelming feedback from parents is that these sessions were excellent and that they would like these class meetings to be on an ongoing basis at least twice a year.

### SOME COMMENTS FROM PARENTS WHO ATTENDED Grade 2 CLASS MEETINGS:

"Great to get an understanding of what other parents are thinking about the everyday issues you face with kids of this age..."

"Comforting knowing how much support and advice parents have"

"That there is a common need. And not all have established some community"

"I loved listening to the caring, intelligent way others are teaching their children"

"I met new people and feel motivated to engage more!"

"Interesting to share ideas on different topics"

"Openness to share approaches and be collaborative as a group of parents"

"Inclusiveness, looking out for other children"

"Connection with other parents sharing similar issues"

"The importance of working together to grow a beautiful community of young people"

"Need for more parent connectivity"

"Reaching out to other parents for help / friendship..."

"Everyone came with open minds"

"Very interesting and thought provoking"

*"I thought I knew most of the parents in Oliver's class until I arrived at the class meeting. I was shocked to see so many faces I hadn't seen before. It was a really enjoyable and valuable hour spent making new connections, building stronger connections and sharing ideas and advice. To me it just makes sense to bring people together who are travelling very similar paths." - Clare Jones*



**PARENT CLASS MEETINGS – What are they about?**

Parents are encouraged to share ideas and any issues specific to their child and family that will benefit the wellbeing of their child within the class group and the APPS community.

Social and emotional learning can help children develop the understanding, strategies and skills that support a positive sense of self, promote respectful relationships and build a child's capacity to recognise and manage their own emotions and make responsible decisions.

Parent Class Meetings will run twice a year. It is an expectation that all families will be represented. Children do not attend. You will be contacted by your class rep via email with more details and dates/times.

The meetings will be facilitated by a member(s) of the Parents Connect Group.

We will be rolling out the Class Meetings to Grade Prep and One during terms three and four this year. Please make sure you are receiving emails from you class rep.

**OTHER INITIATIVES OF THIS GROUP****Family Mentoring**

New families join APPS all the time. The Family Mentoring Program has been created to make new families feel as welcome as possible. Volunteers will meet with new families and help them to settle into our community.

**Staff Mindfulness Program and Smiling Mind for Students**

Staff is currently participating in a mindfulness program facilitated by Liv Downing. This program will take staff on a personal mindfulness journey which will place them in a stronger position to support children in the classroom as we introduce them to mindfulness (via Smiling Mind, a free online resource).

Mindfulness is a scientifically proven technique that can support our children to become more clear, more calm and more connected. Mindfulness enables our children to have more mental space for learning, co-operating and embracing the Albert Park Way.

Sessions for parents will also be facilitated later in the year.

**Calm Corner**

A weekly space for quiet mindfulness practices – held on a Monday at lunchtime. During each session, a Smiling Mind meditation will be played using the free app and parent volunteers will facilitate a brief discussion to support children to debrief on their experience.

The Parents Connect Group (PCG) meets regularly throughout the terms. Please contact Jedda or any member of the group if you are interested or would like more information.

[reidy.jedda.m@edumail.vic.gov.au](mailto:reidy.jedda.m@edumail.vic.gov.au)

**THE VICTORIAN LITERACY PORTAL**

The Victorian Literacy Portal is the Department of Education and Training's source for all things related to reading, writing, speaking and listening.

It brings together a range of literacy resources, activities and programs, helping early childhood educators, teachers, principals, students, parents and carers to access the information and services they need quickly and easily.

The Victorian Literacy Portal will continue to be updated as new initiatives and programs are rolled out.

PARENT LINK [HERE](#)

**VISIT BY MILLIE TAPPER PARALYMPIAN**

Millie, an Australian Paralympian competing in Table Tennis, visited our students on Wednesday 24 May.



To find out more about this amazing young woman visit her website:

<http://melissatapper.com/about-milly/>

# heartlinks

Sharing, Learning, Building



## Would parenting be easier if you were on the same team? Could your communication do with some focus?

Relationships require regular tuning to help couples stay connected, assist each other in understanding differences, and manage conflict while continuing to cooperate as a team.

The aim of the Better Relationships Workshop is to encourage participants to identify strengths in their relationship while fostering attitudes of respect, trust and positive partnership communications.

Over the course of four weekly sessions facilitated by an experienced family relationship practitioner, this interactive program will encourage participants to learn, develop and practise positive relationship skills in a supportive group environment.

### Topics include:

- Building trust, commitment and emotional closeness.
- Re-discovering and focusing on the positive in your partner.
- Understanding and managing conflict.
- Creating shared meaning, life goals and dreams.
- Sharing appreciation and fondness for each other.

Investing a few hours now, will support improved well-being for yourself as an individual, as part of a couple, and for the benefit of your whole family.

### Best suited to:

All couples - same sex and heterosexual, long term de-facto or married, new, engaged or starting again, later in life couples.

### When:

The Workshop runs across four Thursday evenings

Thursday 8th June 7pm to 9pm

Thursday 15th June 7pm to 9pm

Thursday 22nd June 7pm to 9pm

Thursday 29th June 7pm to 9pm

Light refreshments provided.

### Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

### Cost:

\$390 per couple (\$350 concession)

## Bookings and more information:

To book or for more info, visit us at [heartlinks.com.au](http://heartlinks.com.au)  
Email [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) or call (03) 8599 5488



Social Enterprise

ALBERT PARK COLLEGE  
**LITFEST**

Friday 23 June

**CLEMENTINE FORD**  
**OMAR MUSA**

Saturday 24 June

**HELEN GARNER**  
**GEORGE**  
**MEGALOGENIS**  
**JAMILA RIZVI**

TICKETS  
AVAILABLE  
NOW

Plus  
**ROTARY CLUB**  
**ANNUAL BOOK FAIR**

Albert Park College, 83 Danks St, Albert Park

**Authors, Poets, Creatives**  
Join us for our annual festival of the  
written and spoken word.

Tickets available now!  
<https://www.trybooking.com/PZWT>

ALBERT PARK COLLEGE  
**LITFEST**

Friday June 23

**Clementine Ford 7pm**

Clementine Ford's take on social issues is bold, brave and entertaining. She inspires and challenges people of all ages in equal measure. Clementine is a Melbourne based writer, speaker and feminist thinker. Her first book *Fight Like a Girl* was published in 2016, and she is a columnist for Fairfax's *Daily Life* and a regular contributor to *The Age* and the *Sydney Morning Herald*. Her ability to use both humour and distilled fury to lay bare ongoing issues affecting women has earned her a huge and loyal readership amongst both women and men. Clementine's work has radically challenged the issues of men's violence against women, rape culture and gender warfare in Australia, while her comedic take on casual sexism and entertainment has earned her a reputation as an accomplished satirist.

**Omar Musa 8:15pm**

Omar Musa is a Malaysian-Australian rapper and poet from Queanbeyan. A former winner of the Australian Poetry Slam and Indian Ocean Poetry Slam, he has performed extensively around the country, and has been a featured guest internationally. His international hip-hop tours have included supporting legendary poet/singer Gil Scott-Heron in Germany. Omar has released three hip-hop albums and two poetry books, including *Parang*, 2013. He was a panellist on ABC's *G&A* in 2012, performing a poem for its conclusion, and was a star performer at the TEDx Sydney event in 2013 at the Sydney Opera House. Omar has also run creative workshops in remote Aboriginal communities, youth centres and rural schools. His critically acclaimed debut novel *Here Come the Dogs* was long listed for the Miles Franklin Literary Award and he was named one of the *Sydney Morning Herald's* Young Novelists of the Year in 2016.

Saturday June 24

**Helen Garner 10am**

Helen Garner is an Australian novelist, short-story writer, screenwriter and journalist. Garner's first novel, *Monkey Grip*, was published in 1977, and immediately established her as an original voice on the Australian literary scene. She is known for incorporating and adapting her personal experiences in her fiction, something that has brought her both praise and criticism, particularly with her novels, *Monkey Grip* and *The Spare Room*. Throughout her career, Garner has written both fiction and non-fiction. She attracted controversy with her book *The First Stone* about a sexual harassment scandal in a university college. She has also written for film and theatre, and has consistently won awards for her work.

**George Megalogenis 11am**

George Megalogenis is an author and journalist with three decades' experience in the media. *The Australian Moment* won the 2013 Prime Minister's Literary Award for Non-fiction, and formed the basis for the ABC documentary series *Making Australia Great*. He is also the author of *Faultlines*, *The Longest Decade*, and *Balancing Act - Australia Between Recession and Renewal*. His latest book is *Australia's Second Chance*.

**Jamila Rizvi 12pm**

Jamila Rizvi is a writer, presenter and commentator. She is a weekly political columnist for News Life Media and hosts 'The Schmunday Show' with Jamila Rizvi on Fox FM. Jamila previously worked as Editor-in-Chief of the *Hamam Women's Network*, leading the website to a coveted Media Brand of the Year title in 2013. Before entering the media Jamila worked as a political staffer in the Rudd and Gillard Governments, advising on media, women's policy, child care and employment issues. She was named as one of Australia's 100 Women of Influence by the *Financial Review* and is an Ambassador for CARE Australia and Welcome to Australia. Jamila's first book, *Not Just Lucky*, will be published by Penguin in July 2017.

Albert Park College, 83 Danks Street, Albert Park  
Tickets: [albertparkcollege.vic.edu.au/litfest](https://www.trybooking.com/PZWT)

**CAN YOU HELP YOUR CHILDREN  
TO FLOURISH?**



Research is discovering parents can have a positive impact on their children's stress levels, helping them to cultivate wellbeing and buffer against ill-being.

Strengths-Based parenting provides practical, evidence-based approaches to parenting supporting you to improve your child's ability to:

- Be more **RESILIENT**, open, accepting and driven by purpose
- Develop **GOOD MENTAL HABITS** and a growth mindset
- Nurture more **POSITIVE RELATIONSHIPS**
- Set meaningful goals and **BUILD SELF-CONFIDENCE**
- Get the **BEST FROM THEIR BRAINS**
- Cultivate **KINDNESS**, **HOPE** and an attitude of **GRATITUDE**

Some studies suggest these strategies may also inoculate children against depression and anxiety and boost their academic achievement by as much as 11%.

Marie McLeod offers Strength Based Parenting workshops, and coaching. Marie is qualified in social work, adult education, positive psychology. Marie has 3 children, including twins, one with Aspergers and another with ADHD. Marie lives to share the hard won knowledge of building and sustaining a flourishing family (most of the time!)

Strengths Based Parenting Overview Workshops (2 times and locations available) \$49.00

Middle Park Primary School Hall

19th June 7.30 - 9.00pm

Book on [www.trybooking.com/QCXJ](http://www.trybooking.com/QCXJ)

Bubup Naik St Kilda

30th May 8.45 - 10.15am

<https://www.trybooking.com/QDQW>

If you want practical parenting support that's no bullshit, no judgment, no guilt and builds on your family's unique strengths, then PoPsy Parenting is for you.

[WWW.POPSY.COM.AU](http://WWW.POPSY.COM.AU) [INFO@POPSY.COM.AU](mailto:INFO@POPSY.COM.AU)





## Pennyroyal Otways Retreat (near Lorne)

**Come and visit Daisy the Alpaca** and all her friends over the school holidays or any weekend – turn off the iPads, pop on your gumboots, toast marshmallows on a pit fire and get cosy at one of 3 cottages on our 60 acre property in The Hinterland.

Lakeview (sleeps 5) Forest (sleeps 8) Farmhouse (sleeps 16)

Email for details [info@otwaysretreat.com.au](mailto:info@otwaysretreat.com.au)

[www.otwaysretreat.com.au](http://www.otwaysretreat.com.au) or text Sara on 0402 074 073

Pennyroyal ... where family time & nature play come first.



Free your imagination these school holidays

Experience the

# Wonder of Winter

at

## Kidko Performing Arts School Performing Arts Workshops

July 3<sup>rd</sup> – B-Boys & B-Girls

July 5<sup>th</sup> – Run-Away with the Circus

July 6<sup>th</sup> – There's a Monster Under My Bed

July 11<sup>th</sup> – Heroes & Villains

July 12<sup>th</sup> – Pirates & Mermaids

July 13<sup>th</sup> – Rockstars

Our full day workshops feature; separate morning and afternoon programs, arts & crafts, heaps of playtime, and an 8:45am early drop off option.

5-11 year olds | \$85 | 9am-5pm

[kidko.com.au](http://kidko.com.au)



31 Victoria Avenue, Albert Park

### Do you have healthy teeth?

Having good teeth is a lifelong advantage that is crucial for:

1. breaking down food properly and absorbing all nutrients in order to have a balanced general health,
2. having a confident and attractive smile and winning hearts well before words are spoken.

Maintaining your 6-monthly check up and clean appointment at the dentist is vital to keep your teeth healthy and to solve any minor issue before it gets bigger.

Special offer Until end of September 2017:

- **FREE** check up for all Albert Park Primary School children
- Zoom whitening on adults- **\$349** (normally \$650)

Also accepting Child Dental Benefit Scheme (CDBS) eligible children

**Happy gas** available

For an appointment, call **8672 7544** or book online at [www.gardenhavendental.com.au](http://www.gardenhavendental.com.au)



Play Soccer with your friends in the Kelly Sports Soccer Clinic. Learn all the skills and have fun playing the World Game. Every Thursday straight after school . We recommend that children bring a snack for after school.

**TRY A CLASS AT NO COST. EMAIL FOR A FREE TRIAL CLASS. GREAT FOR BOYS AND GIRLS**

**COST: Soccer** (\$160) enrol online go to [www.kellysports.com.au](http://www.kellysports.com.au) and search for Albert Park

**VENUE:** school oval **Contact:** [pierre@kellysports.com.au](mailto:pierre@kellysports.com.au)

**WHEN:** Thursday  
**COMMENCING:** 20/7/17  
**CONCLUDING:** 21/9/17  
**TIME:** 3.30- 5.00pm  
**YEAR LEVELS:** P – 4

## POWERHOUSE ST KILDA HOCKEY

### 2017 SCHOOL HOLIDAYS DEVELOPMENT CLINIC



St Kilda Powerhouse Hockey Club is holding fun, active and educational coaching during the school holidays. Beginners welcome!

Cost includes coaching, insurance, Hockey Victoria registration and a Mazon Hockey Stick.

**DATES:**  
 TUESDAY 11 JULY, 2017  
 WEDNESDAY 12 JULY, 2017  
 9.30-2.30PM DAILY

**WHERE:**  
 HOCKEY DRIVE (OFF AUGHTY DRIVE)  
 ALBERT PARK

**COST:**  
 U10s- \$62.50 FOR 1 DAY  
 OR \$87.50 FOR 2 DAYS

U12s - \$75 FOR 1 DAY  
 OR \$100 FOR 2 DAYS



**FOR ENQUIRIES OR TO BOOK CONTACT  
 ANNE.CERCHE@BIGPOND.COM**





# Do you believe that your family is **Australia's Greatest Food Family?**

Do you love cooking **delicious family recipes**  
that have been passed down  
**from one generation to the next?**

Do you or your extended family  
relish in **cooking together**  
then coming together for a lavish feast?

Endemol Shine Australia are looking for families from all over Australia that pride themselves in the kitchen. We are after families who are lovers of various cuisines and who have a passion for their own culinary heritage.

It's time to share your love for food and show the nation how good your family is in the kitchen.

**FIND OUT MORE BY CONTACTING**

[mounya.wise@endemolshine.com.au](mailto:mounya.wise@endemolshine.com.au)



**EndemolShine  
Australia**