



ASCOT NEWS

11th August, 2009

Volume 3, Issue 5

Website: www.avps.vic.edu.au

Newsletters are available online

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Term 3 Key Dates (Please keep for future reference)

12 August	Unit 3 Assembly
17 August	School Council & Sub-Committee meetings
18 -21 August	MVIMP Camp
19 August	Unit 4 Assembly
26 August	Unit 5 Assembly
28 August	Parent Rep meeting/ Special Lunch Day
1 Sept	NO HATS, NO PLAY begins again today.
2 Sept	Whole School Assembly
4 Sept	District Athletics Carnival
9 Sept	Unit 1 & 2 Assembly
15 Sept	AVPS MVIMP Concert
16 Sept	Unit 3 Assembly
18 Sept	Last Day Term 3- early dismissal at 2.30 pm

School Assembly Wednesday mornings 9 – 9:30am

Yard supervised between 8:45 - 9:00am before school and 3:30 – 3:45pm after school

IT'S NOT OK TO BE AWAY

From The Principal

Michael and I have been busy recently taking school tours for new Prep students for 2010. This work is very pleasurable and our numbers for next year are about 30 Preps at this stage. We are now thinking ahead and planning for 2010. We will need to design a new class structure that best meets the learning needs and developmental stages of the children and the numbers of students within each year level as our current P/1, 2/3/4 and 5/6 class structure will not accommodate the growing number of children we now have in the early years of schooling. To help us complete this work, please

hand in all Prep 2010 enrolment forms to the office as soon as possible. Copies of birth certificates and immunisation documentation are required with the enrolment form please. If you are moving house at the end of the year, I would appreciate this information too. Please give the school a ring, drop into the office or email me to let us know your plans, even if only tentative at the moment. Finalising our enrolment numbers for the following year as early as possible always helps us considerably.

The documentation for our building and refurbishment project was completed yesterday and the plans go out to tender today. Once our builder has been selected, work is expected to begin end of August. Early works site development equipment and storage space for workmen will come onto the grounds with temporary fencing placed around the first building sites.

The week is Education Support Officer week and the staff celebrated this occasion yesterday with a morning tea for the integration aides, literacy support and office staff. Their work at the school is diverse and they fill important caring, teaching and administrative roles across the school. All of these staff members are committed to their role and the children they support and they are often the first to volunteer when an extra pair of hands is needed in the office or the sick bay. I thank them sincerely for the valued work they do for us all.

School Council meetings and sub-committee meetings will be held next Monday evening. Visitors to these meetings are most welcome.

Joanne Roberts

Principal

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From the Assistant Principal

Information from the DEECD – Parent Update

Parent Update is a free email newsletter provided by the Department so that parents can keep in touch with what is happening in the Victorian education system so they - and their children - can get the most out of their schooling experience. Find out what is happening in Victorian government schools and how you can participate in your child's education. Subscribe at:

<http://www.education.vic.gov.au/aboutschool/participation/parentupdate/subscribe.htm>

Healthy sleep patterns for children

The following article is taken from the July edition of Parent Update. Dealing with children who don't or won't sleep is one of the most daunting and unwelcome challenges of parenting. If children sleep poorly, their parents are likely to do the same, resulting in irritability, grumpiness and general misery.

So what can desperately tired parents do about this? Don't despair – there are tried-and-true ways to establish a healthy bedtime routine, so both you and your child can get some rest.

Healthy sleep patterns start early, so try to get your baby into good habits from the get-go:

- Establish a bedtime routine early in the first few months. A soft toy, quiet music and dim lighting may help when settling your child.
- Do not play with or excite your baby just before bedtime.
- Be aware that sometimes babies wake and cry several times during the night, but then go back to sleep. It may not be necessary for you to attend to every little noise.

But what can you do if your older child launches a full-blown battle of wills the moment you utter the word "bedtime"? There are ways to prevent that unwelcome patter of little feet on the floor after lights out:

- Get tough on bedtime. Letting children stay up late, even on weekends, isn't doing them any favours. Children need a sleep routine.
- Make sure your child winds down an hour before bedtime. Turn off the television and computer games, and stop any play that's too stimulating.
- Get your child up at the same time every morning. This establishes a good sleep habit and also resets their body clock.
- Ensure your child is getting enough exercise. This is vital for restful sleep and good general health.
- Check to see if there is too much light in the room at night. Block out street lights and make sure any LED displays on clocks are not too bright.
- Reading or listening to relaxing music can help your child wind down. Children love a bedtime story. It relaxes them and can be part of the bonding process between you both.
- Minimise noise near bedrooms. Some children can sleep through the AFL grand final while others wake up at the slightest noise. Try to ensure background noise isn't disturbing your child.

Birthdays this week - Happy Birthday to:

Freddie H – Unit 4 – who turns 9 on the 11th August

Jason T – Unit 4 – who turns 9 on the 11th August

James H – Unit 5 – who turns 10 on the 11th August

Kara T – Unit 2 – who turns 6 on the 14th August

Patrick S – Unit 3 – who turns 12 on the 14th August

Michael Downing - Assistant Principal

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Do you have any hang-ups?!!!



Do you or anyone you know, have a sturdy mobile clothes rack that is no longer needed??!! The dress-ups in Unit 2 would love to have somewhere to hang, so if you can help them out, or up, please let Bev, Amanda or Kerry know. Thanks!

Library News

As the library renovations are just around the corner, it will be greatly appreciated if you could encourage your child to bring back any overdue library books. Notices have been sent home this week. Please help your child look for these books and return them to the library as soon as possible.

Writing @ Ascot Vale PS

Here are two particularly fine examples of writing by Grade 1 students. Nick Kilty in Unit 3 and Monte Ross in Unit 1 are both clearly in control of their writing skills and are able to clearly convey their thoughts to the reader. Both have well developed authorial and secretarial skills clearly apparent in both these examples of work. Unfortunately even though Nick has spelt "Richmond" correctly this has not encouraged them to win for this young fan.

Premier's Challenge

This is an appeal to all students who have registered for this year's reading challenge. Many have registered but few have entered their books on their page. We have only until the end of this month. To complete your entries if you are having difficulties with passwords which seems to be an ongoing PRC issue, please come and see me. Marg

Uniform Shop

The next date for the Uniform Shop is **Thursday 6th August** between 3.00pm and 4.00pm. To order online, use the PSW website, www.psw.com.au and follow the prompts. The PSW shop in Deer Park is located at 58 Westwood Drive, Deer Park. Telephone: 9363 8458. Opening Hours are Monday-Friday 8.30am – 5.00pm, Saturday 9.00am – 5.00pm.



LEARN ITALIAN

Debney Park SC and Flemington PS have the pleasure this year of an Italian assistant sponsored by the Italian Government.

If you are *interested in learning Italian* from a "real" Italian -a native speaker- then enrol in the Italian classes to be held at Debney Park SC.

When: Every Monday from 4 to 5:30 pm.

Classes start: August 17

Where: Debney Park SC

169 Mt. Alexander Rd, Flemington

Cost for 5 week course: students: \$20 adults: \$40

To enrol or for more information, contact Angela Khan -93761622

OSHC NEWS THIS WEEK 'we make kids smile'



Monday – AASC Tennis

Tuesday – Soccer

Wednesday – Board games

Thursday – ASSC Multi sport

Friday - Noodles

Next term in our active aftercare program, we have skate boarding. There are limited numbers, so remember to book early – for more information see Peter at OSHC.

We are now well into term 3 and at OSHC we are all having fun with our two AASC sports, Tennis and Multi-sports, as well as our usual program and yummy snacks! So come along and enjoy some fun.

Cancellations or bookings can be made through the school office, the program (9326 0936) or through Camp Australia Head Office on 8851 4160. All enquiries in regard to invoicing, payment or CCB (Child Care Benefit) should be made to the OSHC administration team on 8851 4160.