

Alexandra Primary School

Our purpose is to build a learning community that challenges and supports young minds to develop as independent and lifelong learners, continually striving for excellence.

RESPECT

CARE

INTEGRITY

ACHIEVE

Welcome back Prep/1/2 students!

We look forward to seeing your beautiful faces on Friday.

If you require supervision for your older students, please contact Clancy in the front office.

Winding down!

Do you feel it? It is Term 3 wind down. We notice this at school at the end of Term 3 each year. It is hard for us to keep students on track at this time of year; I am sure it is even more difficult for you at home.

Be kind to yourselves. Give yourselves permission to slow down. Here are some ideas to try:

- Make sure you maintain a regular sleep pattern
- Take regular breaks
- Get outside and get active
- Laugh
- Do a mindfulness activity
- Try some stretches
- Have a cuppa with your family
- Listen to music
- Dance!



It is also important to talk about how you feel. 'Emotional Granularity' is the ability to describe how you are feeling using very specific words. The better you are at describing those feelings, the better you can understand the way you feel. This will help you be more aware and be in control of how you respond to your feelings.

At home, you can help by asking your child to use specific words to describe how they feel. They can draw how they feel, act it out, or just talk it through. Sometimes you will need to provide words for them to use. This week, in the learning packs there will be some 'emoticons' and activities that can help you help your child.

If you need more information, please let us know.

Take care of yourselves and each other.

Vicky and the team.

September 2021

Friday 17th Last day of Term 3!

20th - 1st Oct School Holidays

Thursday 9th September 2021

Term 3 Week 9

School News - P2

School & Community News - P3

Community News - P4 & 5

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White Balloon Day!

The last day of Term 3 will be White Balloon Day. Wear white and donate a gold coin to go to Bravehearts.

Those of you at home can pop a gold coin aside to give to us when you get back or...put it in the box in the pack collection area at school during the week.

Bravehearts provide education and support programs to keep children safe.



FACE MASKS!

At APS we have some homemade face masks available for purchase from the front office. \$10 each, available in three different sizes: Small, X Small and XX Small. Many different patterns available and reversible with the colours inside. Ring the front office if you would like to purchase and collect one. Have a look at the photos below to see what we have available!



And the winner is...

Our Footy-a-Thon day was a massive success, and we have some important news to announce. Our winners! We have some exciting prizes to give this year. Our 1st place prize is a Go Pro Hero 7. Second place will receive a V-Tech Smart Watch, and our third prize is a Rubik's Connected Cube. Now, the winners are...

1st prize goes to **Sem Kijlstra** from 1/2A who raised a whopping \$300.

2nd prize goes to **Mak Lansell** from 5/6A who raised a massive \$250.

And finally in 3rd place we have equal winners! **Nathaniel Carter** from Prep and **Ricki Birch** from 1/2B who both raised an awesome \$200 each.

Congratulations to all our major prize winners!

You all did an amazing job with raising money through all your sponsors. Once we return to school, we will be able to organise the incentive prizes.



KIDS RETHINK RECYCLING



This school holidays join us online and take a peek at what happens to your recycling after it's picked up by the truck.

SEPT 30 | 10-11.15AM | FREE

BOOKINGS ESSENTIAL www.kidsrethinkrecycling.eventbrite.com.au



MURRINDINDI LITTLE ATHLETICS 2021-2022 SEASON

Registrations are now open

REGISTER @

<https://lavic.com.au/membership/>

SEASON STARTS

SATURDAY 9TH OCTOBER 2021

UNDER 6 TO U16

Check age grouping at

<https://lavic.com.au/membership/new-member/age-calculator/>



Murrindindi Little Athletics Centre

Current COVID-19 Requirments
must be adhered to

Enquires via:

murrindindi@lavic.com.au



How is **YOUR** head today?
What **THOUGHTS** are taking up most of your headspace?
It's okay not to be **OKAY**.
Remember, **HELP** is just a phone call away.



Beyond Blue
1300 224 636



eating disorders
victoria
1300 550 236



Head to Help
1800 595 212



kidshelpline
Anytime Any Reason
1800 55 1800



Mens Line Australia
1300 78 99 78



MindSpot
www.mindspot.org.au



PHONE & CHAT
1800 184 527
GLIFE.ORG.AU
3pm-12pm
LIFE Everyday



REACH OUT.COM



SuicideLine Victoria
1300 651 251



WellMob
Healing Our Way
wellmob.org.au WellMobAU



Head To Health
www.headtohealth.gov.au

