

# NEWSROUND

## Principals Message

*Dear Parents and Community Members,*

It has been a challenging few weeks for me on the health front, causing me to take more than a week of medical leave, which I assure our school community is very unusual for me! Thankfully it was a non-contagious skin condition that was confined to my face and has been all but cleared up by a brutal course of antibiotics and lots of sleep.

While on sick leave, I was able to do bits and pieces behind the scenes, but it is my colleagues who truly deserve a shout out.

I want to thank our new acting SEIL, Brendan Bicknell, for his swift and effective response to my call for help – on his first week in the job, no less. I also want to thank the two teachers Brendan organised for us, Matt and Leanne, who so capably led the school in my absence. My most sincere thanks goes to my colleagues, Mrs N, Mr Turner, Mrs Caiafa and Miss Ralph, who stepped up to ensure all students remained safe and learning. How lucky we are to have such committed staff at our school.

## NAPLAN

Year 3 and Year 5 students completed their Writing and Reading tests this week, and next week will be Numeracy and Language Conventions. Please remember that these four tests are “one and done” within around an hour, and feedback from the tests will be sent to families after they have been assessed by ACARA. I remind families that **NAPLAN results are not included in school reports**, and are communicated to schools and families separately.

## Athletics Day

We have briefly started to practice for our small schools athletics day which is set for Monday the 24th at McEwen Reserve in Shepparton. We are set to continue with the practice of the events next week.

Please note that like previous years, students are to be dropped off and picked up from the venue.

Permission slips will be sent home at the beginning of next week.

## DreamCity Incursion

On Tuesday the 25th we are set to head to Harston PS for the day as we will be participating in a incursion which will be ran by Dream City Education.

DreamCity incursions have been designed by experienced teachers to provide quality, hands-on science, technology, engineering, the arts and mathematics (STEAM) learning experiences which is aligned to the curriculum.

Permission slips will also be sent out at the beginning of next week.



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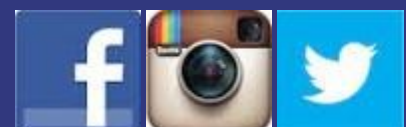
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## Children's Wellbeing

At Ardmona PS we are committed to providing and maintaining a safe and orderly learning environment. Close contact between school and home, and consultation with specialist services from Regional office, are just a couple of the ways we work to ensure our students' wellbeing. It seems that the children have greatly benefited from this attention in terms of their experience at school this term, and the positive interactions staff and students have had with our visitors from Region have contributed to this.

Staff have been keeping a close eye on students' energy levels during the recent hot weather, as we know how difficult it is to get a good night's sleep in these temperatures! Some students have indicated to us on occasion that they had a poor sleep the previous night, which does happen and is generally not too much of a worry.

However, at times students have revealed that they didn't sleep well because they got to bed very late. We understand that there are many different reasons for this, and sometimes they are unavoidable, but if it becomes a pattern this can be a concern. Of particular concern is when extended screen time is the reason, as this can have a detrimental effect on children's health and wellbeing. Often this also affects a child's behaviour and capacity to engage at school. As a school, we endorse the position of most Departments of Health around the country, which is that screen time should be limited and, most importantly, avoided in the lead up to bed time.

The scientific research is very clear on children's sleep. One study, for example (<https://www.nih.gov/news-events/nih-research-matters/children-s-sleep-linked-brain-development>), divided a sample of children into two groups: one that had a normal amount of sleep and another that had insufficient sleep.

The outcomes were staggering:

- *children in the insufficient sleep group at the start of the study had more mental health and behavioural challenges, including **impulsivity, stress, depression, anxiety and aggressive behaviour.***
- *They also had impaired cognitive functions such as **decision making, conflict solving, working memory, and learning.***

In this study, they also pointed to the science that shows **children's brains do not develop properly** if they have **prolonged periods** of insufficient sleep. I invite you to read the study (linked above) to find out more, or to reach out to me at the school if you have any questions or concerns.

## Upcoming Dates

Please take note of the various events taking place as we head towards the end of term, and reach out to the school if you have any questions. We now have access to the voicemail function on the school phone, so if you leave a message it does get through to us!



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# CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29 Foundation Rest Day	30	31
February 3	4	5 Foundation Rest Day	6	7
10	11	12 Foundation Rest Day	13	14
17	18	19 Foundation Rest Day	20	21
24	25	26 Foundation Rest Day School Council Meeting	27	28
March 3	4	5	6	7
10 Labour Day Public Hol	11	12	13	14
17	18	19	20	21
24 Athletics Day	25 Dream City Incursion	26	27	28
31 Pupil Free Day	April 1	2	3	4 End of Term



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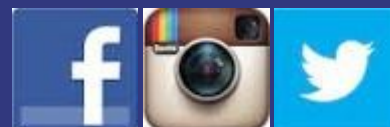
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# Star of the Week

Stars of the Week!



*Well done to Indiana who has continued to demonstrated exceptional enthusiasm in all sports session.*

*She continues to be a great role model for the other students as she gives 110% and always follows the rules of the games.*

*Keep up the great work Indi!*

## AWESOME ARDMONA AWARD

Awesome Ardmona



**Be Safe, Be Respectful and Be A Learner.**

The Week 7 AAA recipient is Fletcher.

Fletcher was nominated for Being a Learner as he continues to display great knowledge in our writing sessions. He has also done a fantastic job with his recount writing and narrative stories.

**Keep up the incredible work Fletcher!**



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# Child Safe Standards

## Child Safe Standards

### Child safety and wellbeing at Ardmona Primary School: Information for families and the school community

The Victorian Government has announced new [Child Safe Standards](#) to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Ardmona Primary School has reviewed and updated our child safety policies and procedures to ensure they meet the requirements of the new standards. These are available to our school's website and available at the school's front office upon request.

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices.

Our child safety and wellbeing policies outline the measures and strategies we have in place to support, promote and maintain the safety and wellbeing of our students:

- Bullying Prevention Policy
- Child Safety and Wellbeing Policy
- Child Safety Code of Conduct
- Child safety Responding and Reporting Obligations Policy and Procedure
- Complaints Policy
- Digital Learning Policy
- Student Wellbeing and Engagement Policy
- Visitors Policy
- Volunteers Policy

If you have any suggestions, comments or questions, please contact David Perry or Nathan Turner.



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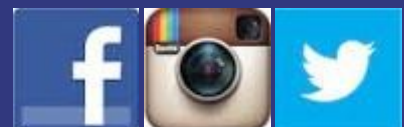
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# activities in the park

## WHAT'S ON - FEBRUARY 2025

### Aqua Aerobics

Date: Saturday 1 February  
Time: 11.00am – 1.00pm  
Where: Outdoor Swimming Pool, Tatura

### Aqua Aerobics

Date: Sunday 2 February  
Time: 11.00am – 1.00pm  
Where: Outdoor Swimming Pool, Murchison

### Stand Up Paddle Board\*\*

Date: Saturday 8 February  
Time: 1.00pm – 4.00pm  
Where: Victoria Park Lake, Shepparton

### Stand Up Paddle Board\*\*

Date: Sunday 9 February  
Time: 1.00pm – 4.00pm  
Where: Victoria Park Lake, Shepparton

### Splash in the Park

Date: Sunday 9 February  
Time: 4.00pm – 6.00pm  
Where: Bunbartha Recreation Reserve, Bunbartha

### Messy Play & Giant Games

Date: Wednesday 12 February  
Time: 9.00am – 11.00am  
Where: Kidstown – Sprout Edible Garden, Mooroopna

### Aqua Aerobics

Date: Saturday 15 February  
Time: 11.00am – 1.00pm  
Where: Aquamoves Outdoor Pool, Shepparton

### Aqua Aerobics

Date: Sunday 16 February  
Time: 11.00am – 1.00pm  
Where: Outdoor Swimming Pool, Tatura

### Aqua Aerobics

Date: Saturday 22 February  
Time: 11.00am – 1.00pm  
Where: Outdoor Swimming Pool, Murchison

### Aqua Aerobics

Date: Sunday 23 February  
Time: 11.00am – 1.00pm  
Where: Outdoor Swimming Pool, Merrigum

### Messy Play & Giant Games

Date: Wednesday 26 February  
Time: 9.00am – 11.00am  
Where: Kidstown – Sprout Edible Garden, Mooroopna

### Aqua Aerobics

Date: Wednesday 26 February  
Time: 11.00am – 1.00pm  
Where: Aquamoves, Shepparton

### Aqua Aerobics

Date: Thursday 27 February  
Time: 11.00am – 1.00pm  
Where: Outdoor Swimming Pool, Tatura



MAKE THE MOST OF SUMMER WITH FREE + LOW COST ACTIVITIES

## FOR MORE INFORMATION



\*\* Activity requires booking

FOR BOOKING CONTACT:

☎ 03 5832 9592

✉ [healthycommunities@shepparton.vic.gov.au](mailto:healthycommunities@shepparton.vic.gov.au)

[ACTIVITIESINTHEPARK.COM.AU](http://ACTIVITIESINTHEPARK.COM.AU)

All activities are drug, vape, alcohol and smoking-free.

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**TOOLAMBA  
RECREATION  
RESERVE**

**LIVE MUSIC  
COFFEE AND FOOD TRUCKS  
SAUSAGE SIZZLE  
RAFFLE ON THE DAY**

**SUNDAY  
6TH APRIL**

**SOD**  
*FUN RUN 2025*

**OFF  
MND**

**CHECK IN  
FROM 9:00AM  
EVENT START  
10AM  
RAFFLE FROM  
12:30PM**

**RUN, WALK, ROLL OR WATCH  
AND CHEER  
AS WE RAISE MONEY FOR  
MND**



**FOR MORE INFO  
AND TO  
REGISTER**

**100% PROCEEDS  
TO MND  
RESEARCH & TRIALS**



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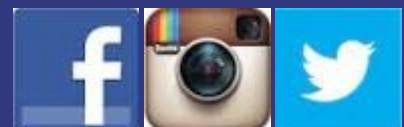
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# Become a Berry Street foster carer

Partner with us and support a local child or young person who is unable to live with their family.

Enquire today  
[berrystreet.org.au/fostercare](http://berrystreet.org.au/fostercare)  
 Ph. 5822 8100



## GSSC EXPO!

COME AND SEE WHAT MAKES US GREAT



5.30PM TO 7.00PM



THURSDAY, 6 MARCH 2025



GREATER SHEPPARTON SECONDARY COLLEGE

31-71 HAWDON ST, SHEPPARTON

Neighbourhood Tours

Interactive 'how to' session for Compass

Meet our wonderful 2025 Student Leadership Team

Info booths on clubs, careers and pathways, hands on learning, wellbeing services, disability support and more

Music, bands and entertainment

Free BBQ (halal)

Domain / Subject area displays

Cultural support staff and interpreters will be in attendance

Find out about camps, excursions, key dates and more

Meet the Teachers and staff

Giveaways and goodie bags

Open to all GSSC students and their families & community members thinking about enrolling with our College in the future



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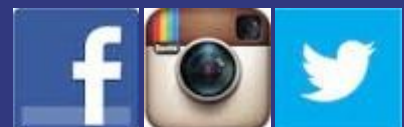
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# Superkick



PLAY

ALL PARTICIPANTS  
RECEIVE \$55.00 OFF  
TERM 2 COMMUNITY  
SUPERKICK  
PROGRAMS



## GOULBURN MURRAY SUPERKICK

Location: Kialla Recreation Reserve  
Starting: Monday 24th Feb - 24th March  
Time: 5:00PM - 6:00PM  
Cost: \$55.00 - 5 weeks

[play.afl/superkick](http://play.afl/superkick)



Participants will receive a ball and pump  
Further Details: [kevin.monaghan@afl.com.au](mailto:kevin.monaghan@afl.com.au)



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# LUNCHBOX TIPS AND TRICKS



It's back to school (hooray) .... but also back to packing lunches! Whether packing the lunchbox is a joy or a chore for you, the dreaded lunchbox fatigue is something we all want to avoid!

Adding dairy foods to the lunchbox can provide energy to power kids through their day, and importantly the nutrients to help build strong bones for life. Depending on their age and gender, children need between one to three and a half serves of dairy every day. Using the school lunchbox is a great option for ticking off at least one daily serve of dairy nutrition. And the kids will love the variety and flavour. It's a win, win!

In most cases, food is stored in lunchboxes for several hours, so to ensure it stays fresh and safe the lunchbox needs to stay cool.

Try these dairy safety hacks to give your kids, and their lunchbox, a dairy boost!



**Freeze flavoured or plain milk – this will keep the rest of the lunchbox cool and will defrost throughout the day and be cold ready to drink by lunchtime.**



Perfect for a refreshing drink at lunchtime (remind kids to shake frozen milk before drinking it to ensure a smooth consistency.)



Pack a spoon and it can be eaten as a slushie.



**A freezer pack and insulated lunchbox is a great way of keeping yoghurt and other dairy foods nicely chilled.**



**Freeze tubs of yoghurt, by lunch or recess time they should be semi-thawed and are a delicious cool snack.**



**UHT milks are a great option to include in the lunch box as they don't need to be kept cold.**



**Always follow the 'Use By' and 'Best Before' dates and storage advice for dairy products.**



**Prepare lunches the night before and store in the fridge or freezer.**

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Dairy Australia Limited ABN 60 105 227 987  
E enquiries@dairyaustralia.com.au  
T +61 3 9694 3777  
F +61 3 9694 3701  
dairyaustralia.com.au

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Ardmona Vic 3629

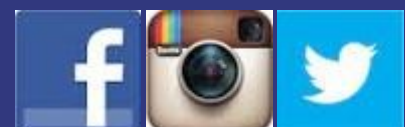
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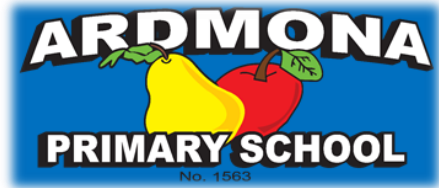
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# UNIFORM ORDER

(Prices Include GST)



STUDENT NAME: \_\_\_\_\_

YEAR: \_\_\_\_\_

ITEM	SIZES	PRICE	ORDER		
			Number Ordered	Size	Total \$
POLO SHIRT – 'Aussie Pacific' – Short Sleeves	6-16	\$35			
POLO SHIRT – 'Aussie Pacific' – Short Sleeves	S & up	\$40			
SHORTS – Red – LWR	6-16	\$20			
Hoody	4-16 & XS—XXXL	\$65			
TRACKSUIT – 'Eureka' – Jacket with Pants	4-16	\$85			
SCHOOL JACKET ONLY	4-16	\$50			
HAT – Bucket	S-M	\$15			
Pom Pom Beanie	One Size	\$20			
				TOTAL	

*\*\*Please note, all uniforms come including embroidery of logos.*

Any enquiries, please phone the office on 5829 0273. A payment plan can be set up for your payment if that would help you out.

Feel free to either email, the school at [ardmona.ps@education.vic.gov.au](mailto:ardmona.ps@education.vic.gov.au)

Please make cheque payable to **Ardmona Primary School** or

Direct Deposit

**Ardmona Primary School**

**BSB:** 063 527

**Acc Number:** 00 906 494



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