

Aiming For Excellence In Education

School Values:

RESPECT, ATTITUDE,
CO-OPERATION, ENVIRONMENT

Mission Statement:

Airly Primary School commits to a respectful, co-operative, safe and inclusive learning environment.



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SCHOOL EVENTS: Term 3 - Dates to remember

7-9 September - Grade 5/6 Camp (Gelantipy)

13th September - **Student Free Day** (Staff Professional Development Day)

15th September - Pyjama Day

16th September - Last Day of Term

This week in The Arts, students drew their second or third butterfly and the improvements due to feedback were truly remarkable. What is all this about? When you have a spare few minutes watch 'Austin's Butterfly'. It's an amazing example of how to improve following feedback. Wendy displayed our first two drafts on The Deck. It was nice to see students discussing the changes. I can't wait to see their next draft.



Trepidation and excitement are two words that definitely define how we are feeling about heading off to camp next week. Having missed two years of camps due to the 'c' word, Mr Bennett's kids, are both shy and eager to merge others in our cluster from Cowwarr, Seaspray, Cobains, Bundy, Loch Sport and Wurruk.

After meeting at the Gippsland Regional Sports Complex on Cobains Rd at 9am, we will head off to Karoonda Park, Gelantipy via Buchan Caves. The Caves are impressive for their unique geography. They are also highly significant to the Gunai Kurnai People. After working out the difference between Stalagmites and Stalactites, Students will head in a Northerly direction through the Snowy River National Park to Gelantipy.

There, we will play Gaga Ball, have a go at the climbing wall, ride horses, abseil, complete a tree ID course, and ride an amazing Flying Fox so long you need to get clipped on and off twice. There's also a trivia night and low ropes course.

While the Seniors are at Gelantipy, the Junior and Middle grades will have their last week of Swimming Lessons. Check out these pics from the last session where students practiced safety by entering the water with their clothes on.



Congratulations to our ACE card award winners. Well done for demonstrating our school values.

29th August	Ava	Reading the newsletter.
30th August	Birdie	Packing up the classroom at the end of the day.
31st August	Dom	Taking down the flags.
2nd September	Maddix	Ignoring disruptive behaviour during mini lesson.

Following the Covid experience, The State Government has given schools funding for 'wellbeing'. We are using our money to develop understanding of 'healthy eating for a healthy headspace'. The link between diet and mental health (not to mention physical health) has long been evidenced. Being mindful about our diet also links in with the Wellbeing Project's focus on: gratitude, mindfulness and empathy. This is from the Headspace website:

ASK AN EXPERT: How can I eat for a healthier headspace?

Professor Felice Jacka is director of the Food and Mood Centre. Here are her tips to eating a well-balanced, nutritional diet for your mental health.

- Often we turn to snacks that aren't nutritious when we are stressed. So it's good to develop coping strategies that are not related to food - like exercise or mindfulness.

- We know that some foods are very good for a healthy mind. Make sure your diet includes things like fruits and vegetables, foods high in fibre (wholegrain cereals, and bread, beans, chickpeas, lentils and nuts), fermented foods like unsweetened yoghurt, olive oil, and fish (tinned is fine).

- Make small changes that are easy to stick to. Start by swapping processed afternoon snacks for nutritious ones, like fruit.

- You don't have to be perfect, and don't be too hard on yourself. A burger or a chocolate bar are fine every now and then (say, once on the weekend). But it's important to make sure your diet includes a variety of nutritious foods, most of the time.

While we are thinking about gratitude, empathy and mindfulness, I'd like to thank the drivers who take care and slow down when there are other drivers passing. They are protecting me from stone chips, so thank you. We'd like to ask all our families to be mindful of our community and slow down on our narrow winding road with loose stone edging.

NAPLAN results are back and if you have a student in years 3 or 5 who sat the tests, you should have received a report showing how your child went. It is important to remember that NAPLAN is a snapshot of what your child did on one particular day of testing in May. Much of the test is multiple choice and we noticed that typing speed affected writing scores! We congratulate those who sat the tests and our spelling and grammar data was impressive. We are linking this to our use of Systematic Synthetic Phonics, SSP.

This week's garden harvest was radishes. These radishes were so much fun to grow. They were quick and colourful. Some students liked the 'juicy', 'crispy', 'peppery' vegetables. Then we tried slow roasting the leftover radishes. Despite the fact they give off a particular odour as they cook, (similar to sulphur according to those using the office), they actually roasted up nicely and were described as 'like potato' and 'sweet' by those with an open attitude who were willing to try. It is important for students to challenge themselves at Aairy and try new things in a safe environment. Many of our students eat a very large amount of processed food including 'fruit' wraps, 'lollies', and 'chips' with high sugar, high salt, and high plastic packaging. Some foods are sneaky. They are merchandised as healthy fruit, which they are, however condensing fruit down into lolly format means there is a huge amount of fruit sugars being condensed down too. Better idea: eat fresh fruit – it even comes with no wrappers! Thanks to Food Bank's Breakfast Club Program, we usually always have apples and oranges. We can't wait till we get our own oranges from two freshly planted trees.



4th September - Andrea

*Regards - Geri, Mitch, Sarah, Jody,
Wendy, Emily, Kerrie, Mary,
Caitlin, Leonie and Teena.*