

# ALTONA NORTH PRIMARY SCHOOL

Respect Excellence Acceptance Community Honesty



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## Term 4

### November

#### Friday 9th

1/2 Camp Day In

#### Monday 18th

School Council

#### Wednesday 20th

Teeth On Wheels

#### Thursday 21st

Teeth On Wheels

#### Wednesday 27th

Prep 2025 Parent  
Information Session  
&  
1/2 Melbourne Zoo  
Excursion

#### Friday 29th

House Sports Day

### December

#### Wednesday 4th

Whole School  
Concert Dress  
Rehearsal

#### Thursday 5th

School Concert

#### Tuesday 10th

Whole School Step  
Up Day & Grade 6  
Transition

#### Thursday 12th

3/4 Sea Life  
Excursion

#### Friday 13th

Grade 6 Big Day Out

#### Friday 20th

Last Day of Term 4  
(2:30pm finish)

## REMINDER:

08/11/2024

Dear ANPS Families,

We hope all our ANPS families had an enjoyable long weekend and got to enjoy some family time in the beautiful weather. It was great to see so many of our students coming back to school on Wednesday looking well rested and eager to take on the learning challenges planned for the second half of this term. Our teaching staff were all working extremely hard on Monday analysing student achievement data and began writing their end of year student reports. Have a wonderful weekend and we are looking forward to seeing you all next week.

**Remembrance Day:** On Monday 11th of November our grade 5/6 student leaders will be holding our annual Remembrance Day Ceremony in the hall at 10:30am. Our student leadership team have been working extremely hard with the support of Mr Jaggard, to research and prepare for this very significant event. All staff and students will be attending this ceremony as a mark of respect for all those who sacrificed their lives for their nations in World War 1. Parents and families are more than welcome to come and join us for the ceremony on Monday at 10:30am. We also have a range of badges and poppies for sale at our office, with all purchases going towards the Poppy Appeal to support veterans and their families. The prices of the items range from \$1 - \$5.

**Icy Pole Day:** Get ready to chill every Wednesday with Icy Pole Day! This will run every Wednesday until the end of Term 4, starting next week. Children will be able to purchase icy poles from our office for \$2.00.

**End of Year Christmas Raffle:** We are asking for any suitable donations for our annual Christmas Raffle, this could include chocolates, vouchers, toys, books, art supplies etc. If you can donate, please leave all donations at our office by December 9th. Raffle books will be sent home next Friday 15th to buy or sell. We have received a number of incredible donations so far, including a signed Carlton Football Club guernsey donated by Carlton Football Club. Last year was a huge success with loads of prizes that families and local companies generously donated, hopefully this year is the same! We thank those families who have already donated items at the office.

**Incursions:** As part of the Preps and 5/6 Inquiry topic, Water, Recycling and Energy for Me, students will attend a 'Beyond the Bin' incursion next Tuesday 12th November run by Hobsons Bay. Students will participate in a 45-minute session. A presentation outlining the 4 Council bins - rubbish, recycling, food/garden and glass and much more. This is a wonderful opportunity for the students to combine their learning with their home and community.

**1/2 Camp Day In:** Today the grade 1/2 students were involved in our 'Camp Day In'. The day is aimed at giving all the grade 1/2 students the opportunity to be involved in a camping experience. Some of the camp activities included Orienteering, an Obstacle course, nature Art, a scavenger hunt as well as a BBQ


lunch. The yummy lunch was sausages, which is similar to a lunch they may have on camp. We would like to also say a big thank you to the parent helpers that helped today with the sausage sizzle, Marie (Aria 1/2S), Robert (Louis 1/2S), Vic (Lach 1/2 D & Coop 5/6), Salmana (Eva 1/2A).



Have a great weekend,




**Lee Blunt**  
Acting Principal

  
"Consider Others"  
Altona North Primary School

# Icy Pole Day

## Wednesdays

\$2



Get ready to chill every Wednesday with Icy Pole Day! All funds raised will go towards our playground upgrade.

# Balancing screen time

internet  
matters.org

5 top tips to support children and young people

1

## Lead by example

Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

## Set boundaries WITH your kids

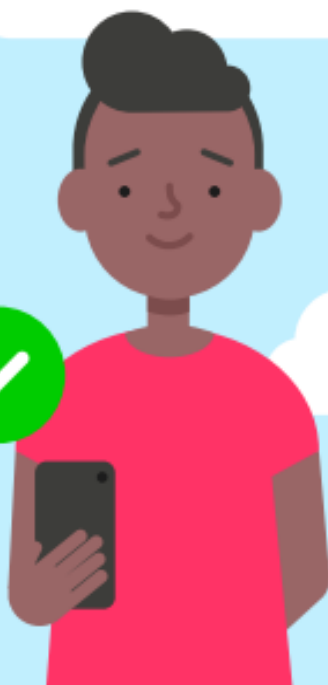
Get them involved in the process of setting age appropriate limits on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.



3

## Ensure a healthy mix of screen activity

Make sure they have a good balance of **screen activities** that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.



4

## Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



5



## Physical activity & sleep are really important

**Make sure screens are not displacing these things** by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.

# Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits.** Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.

