

# Appin Park News

LEARNING  
FOR LIVING  
I SHOW RESPECT  
I AM RESPONSIBLE  
I CARE

11th May, 2023

## Save the Date

### May

- 15 Book Club due
- 19 Colour Explosion  
Run4Fun
- 25 School Cross Country
- 26 5/6 Bike Hike

### June

- 9 Report Writing Day
- 12 King's Birthday
- 21 5/6 Sports Carnival
- 23 End of Term

Hello Everyone,

Students and staff are excited about our Run4Fun taking place next Friday. We welcome parents and friends to come along and watch the fun. We thank all our families for the money raised so far in this fundraising effort. Monies raised will go towards post pads for our new sports court hoops and football goal posts, along with landscaping costs around the portable and along the fire tanks to continually improve Appin Park's outdoor spaces.

On Tuesday night the Moyhu Netball Football club tried out the lights on the new sports court in a social netball game for their club. It was great to see the courts being used outside school hours by a local community group. School Council hope that this could be another way to promote the wonderful things Appin Park has to offer.



### Second Hand Clothing

With the cooler weather we are finding our supplies of second-hand clothing, particularly track suit pants is in short supply. If you have any that your children have grown out of, please drop them into the office, they are greatly appreciated.

### News from CASEA

Appin Park has volunteered to take part in the CYMHS and Schools Early Action (CASEA) Program. CASEA is run in partnership between Child and Youth Mental Health Service (CYMHS) and local primary schools. CASEA is a team of allied health professionals who will work with school staff over the year to help support the social and emotional wellbeing of students, and to support staff professional development. Emotional intelligence is an important part of childhood development. Research suggests that a child's academic success is equally due to their emotional skills as it is to their cognitive abilities. (Liff, 2003). Emotional intelligence includes the ability to:

- ◆ Identify and communicate emotions and feelings
- ◆ Manage emotions and interact with others appropriately
- ◆ Self soothe and regulate one's emotions
- ◆ Make and keep friends
- ◆ Manage change and difficult situations better

*Adapted from Tuning into Kids*

This week, take a moment to look out for different emotional 'body cues' in your child and try labelling the emotion that you are seeing in them. For example, "I can see that your **body** has gone **tense** and you are **red in the face**" (body cues); "I wonder if you are feeling **angry** (emotion) about what just happened?"

If you would like any further support regarding your child's social and emotional development, please contact the CASEA team at [casea@awh.org.au](mailto:casea@awh.org.au)



*Fiona Carson - Principal*

**Certificates of Recognition:** *\*Xavier Basset\* \*Jasmine Steele\**

## School Run4Fun Colour Explosion Fundraiser Friday 19th May



Students have received their sponsorship booklet and can create their online profile at [www.australianfundraising.com.au](http://www.australianfundraising.com.au). Big prizes are up for grabs! Unlock your first incentive prize simply by raising \$10 online. The more your child raises, the more prizes they will receive.

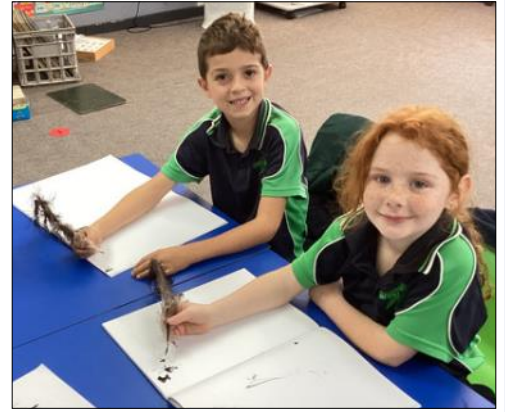
- Students should wear a white T-shirt. Casual clothes can be worn for the entire day. Students are also welcome to wear rainbow accessories on the day.
- \$5 donation on the day which enters students into the run. Students will receive rainbow headbands and sunglasses.
- Canteen will be open at recess - gold coin for a hot Milo & homemade cookies.
- Bus travellers must bring a change of clothing to change into before getting onto the bus.

*A huge thank you to everyone for your amazing efforts so far!*

# Junior Unit Happenings

## 26 Quest

As part of our Past and Present Quest, the Year 2s were learning about how schools have changed over the years. To get a first hand experience, the students had a go at writing using quills!



## Sport

The Junior Unit have been getting ready for the upcoming Run 4 Fun and Cross Country. We have been going for walks/runs along the cross country track. Students are very excited for these two upcoming events!



## Mindfulness at Appin

As part of our work with the Resilience Project, all classrooms have been practicing mindfulness each day.

"Mindfulness makes your mind calm." *Jimmy K*

"We do mindfulness after lunch to keep calm and it helps us be ready to learn. It makes my mind feel clear and relaxed." *Arya T*

"We can draw, read or even just sit and relax to calm down after recess and lunch." *Imogen R*

## 2023 Student Attitudes to School Survey

The Attitudes to School Survey is an annual student survey offered by the Department of Education to assist schools to gain an understanding of students' perceptions and experience of school. Students in grades 4, 5 and 6 will be asked about their thoughts and feelings in relation to their school, their learning, peer relationships, resilience, bullying, health and wellbeing, physical activity, and life in general.

Young people enjoy having a say! This survey has been running for nearly 20 years and is invaluable in helping schools understand student views to plan programs and activities to improve your child's schooling experience. The survey responses also help the Department of Education understand how student's learning experiences can be improved.

Children will be invited to complete the survey **online during class time** using a purpose built secure online survey tool. It is important to note that we are not in any way "testing" your child. Please note student participation in the survey is voluntary and students may withdraw at any time. The survey will take around 20-45 minutes to complete.

The survey results will be reported back to the school in aggregate form throughout the survey period. All survey data that is made available in reports are for groups of students only so that no individual student can be identified. Data suppression rules are used for schools with low student numbers per year level.

If you would like more information, please speak to your child's teacher, or contact [school.surveys@education.vic.gov.au](mailto:school.surveys@education.vic.gov.au).

**Book Club  
Orders due  
Monday  
15th May**

