

# Appin Park News

LEARNING  
FOR LIVING  
I SHOW RESPECT  
I AM RESPONSIBLE  
I CARE

7th September, 2023

## Save the Date

### September

- 11 Assembly
- 14 F-2 Sleepover
- 15 Footy Day
- 15 End of Term

### October

- 2 Term 4 begins



Hello All,

We were treated to some up and down weather for our Athletics day this week. Thank you to Mrs Martin for her organisation of the event and for all those who could help or support in some way. It was great to see student participation and encouragement on show throughout the day.

Just a reminder that next Friday is our sports teams colours day. Students are encouraged to come dressed in sport team colours and bring along coins for their team's coin line (I do believe that the Bell boys brought along numerous bags of coins last year to help make Hawthorn Hawks the longest line)! Junior students who bring along some coins can give these on the night of the sleepover to their teacher in a labelled bag. All money raised will go towards some new levelled reader books.

Thanks to those who had a go at last week's brain teaser which was **What do all the animals weigh together?** The correct answer was 27. Our lucky winners were Chester, Chase, Imogen R, Charlotte and Braxton. Here is this week's question to try and solve at home:

**What are the next two letters in this?**

W, A, T, N, T, L, \_ \_ ?

- A) T, N
- B) A, W
- C) I, T
- D) Z, Q

Don't forget to come to the drive through tomorrow morning and put your answer in the mailbox. Have a great week,



Craig Kerlin—Acting Principal

## Principal's Award

**Bonny Febvre** for consistently demonstrating care and friendliness towards her peers. Bonny is an admirable role model for other students and demonstrates all the values of what it takes to be a great Appin Park student.

## Certificates of Recognition

\*Lucas Hart\* \*Ellie Flynn Lucantoni\*  
\*Owen Miskin\* \*Declan Cox\* \*Jimi Pell\*

## A note from CASEA - Limit Setting

Household rules let everyone know behavioural expectations and also help children and teenagers to feel safe and secure. Young children (often until mid-to late primary school) need supervision and support to follow rules as they may forget or become easily distracted.

- Give one request at a time
- Make requests positive and polite
- Whenever possible, give children (limited) options- "we can do X or Y, but not Z"
- Give helpful reminders. eg, "In 2 minutes we'll have to pack all this away and go brush our teeth."
- Use 'First... then...' directions. eg "When you put away your clothes, then we can go to the park". This makes the requested behaviour and its consequence clear. First you get the behaviour you want, then you give a positive consequence.
- Rules should tell children what to do rather than what NOT to do eg: "Hands and feet to yourself" rather than "no hitting", or "speak kindly" rather than "no name calling".
- Praise children when they follow limits.

Adapted from the Raising Children Network and Carolyn Webster-Stratton

This week, try including some "First... then..." directions and requests. Remember to keep things clear and simple- don't be too wordy.

If you would like support regarding limit setting and other parenting approaches, contact the CASEA team on [casea@awh.org.au](mailto:casea@awh.org.au)



# Sports News

## Athletics Results

On Tuesday students walked to the Appin Park Athletics complex to participate in our annual athletics carnival. We were fortunate with the weather; although a cold wind blew across the ground, it didn't stop students keenly participating in a variety of events. It was great to see so many students participating in all the events with focus and determination.

The morning began early for some older students who elected to complete the 1500m event before the whole school arrived. These participants should be congratulated on their commitment to pushing themselves to do a little bit extra on an already physically tiring day.

When all the events were underway the encouragement and support shown, not only from parents and family members, but amongst the students as well, was fantastic to see and hear. It was good to see that winning wasn't always a priority but rather helping others out with positive praise featured often.

There were many students who had a go at all their events to the best of their ability and even though they couldn't all place first they were pleased with their personal results; running faster or jumping further than they have done before. The efforts of everyone meant that all achieved success in some form.

With the tally of the individual results, the teams were close, however the relay results altered the final scores:

Fraser - 712 points    Freeman - 668 points    Clarke - 572 points    Bradman - 552 points

Congratulations to the students in Fraser, taking out the Athletics Shield. Well done to everybody for a great day. A special thank you to all the teachers and parents who offered to help on the day; without parent assistance (whether it be helping with age groups or helping at an individual event) it would be difficult for the day to run smoothly. Shout out to Jimi Pell who arrived early to help set up the equipment and then offer assistance at the end of the day to make sure that the whole area was clean before we left the ground.

District Athletics Day will be held on Friday 6<sup>th</sup> October for Grade 4/5/6 students who have qualified for events. Information will be sent home with these students as soon as names are finalised.



## Italiano at Appin...

All grades have been learning about the seasons and weather in Italian. They have been learning to say, spell and write the seasons as well as weather phrases. Children have also been discovering the differences between when the seasons are in Italy compared to Australia. **Benvenuti alla primavera** - welcome to spring! Please enjoy the window display of their magnificent work.

*Grazie, Lisa Gardner*

