

Appin Park News

LEARNING
FOR LIVING
I SHOW RESPECT
I AM RESPONSIBLE
I CARE

7th May 2020

Hello Everyone,

It was great to see families collect their week 4 Learning Packs yesterday. Again packs have been modified and updated based on your feedback which we are pleased to say has been overwhelmingly positive. We continue to urge you to keep in touch with your child/children's classroom teachers if you have any questions or wonderings about what is being offered, via Class Dojo or email, or by calling the office. If you were not able to come in packs can be collected from the office

Many families are asking when we will be returning to school. At this stage the message has not changed, schools are to use remote and flexible learning arrangements for the remainder of term 2. If the message changes we will let you know as soon as possible. Parents are also commenting that their children are missing their friends and the social aspect of school or their motivation to learn is low. This is not a reason to come to school. We appreciate that everyone is missing seeing people, children and adults alike, but we ask that you continue to follow the advice that has been given by the Victorian Government and Department of Education as follows:

"All students who can learn from home must learn from home. Students who can't learn at home will be able to attend on-site at their school. On-site school attendance is available as a last resort where parents and carers are not able to put in place arrangements to supervise children at home."

We have been hearing from some families that they are using Skype or Zoom to set up video calls with friends with great success. So maybe this is something you could try. As I've said in earlier newsletters encourage your children to take plenty of movement breaks, eat well, change the order in the schedule and to help their siblings by reading to them or playing a game.

The link for registering attendance was made available on Tuesday afternoon. We ask that you complete the registration as soon as you possibly can so we can meet the requirements around staffing for next week.

Collection and return day: Wednesday 13th May

Times: Families with surname A-G, 9:15—9:45

Families with surname H-O, 9:45—10:15

Families with surname P-Z, 10:15—10:45

Collection will be held in the multi purpose room from now on. The library will be available on this day. Don't forget to make sure any work returned or letters written need to have names clearly written on them.

Happy Mother's Day to all our Appin Park mums, nanas, grandmas and special friends.

Fiona Carson - Principal

REMOTE LEARNING ATTENDANCE

If your child is unwell, or for some other reason is unable to complete their remote learning session, could you please complete an attendance note on Compass as you normally would, or email Nicole so that we can continue to accurately record attendance. Children who are learning at home are still considered to be present at school.

If you require your children to attend school, a link will be published each week on Compass and Facebook to the form where you can let us know which days your children will be at school. This form must be completed by 5pm Thursday so that we can ensure we have enough staff available to supervise students for the following week. Please remember, if your children can learn at home, they **must** learn at home.

School Email Contacts:

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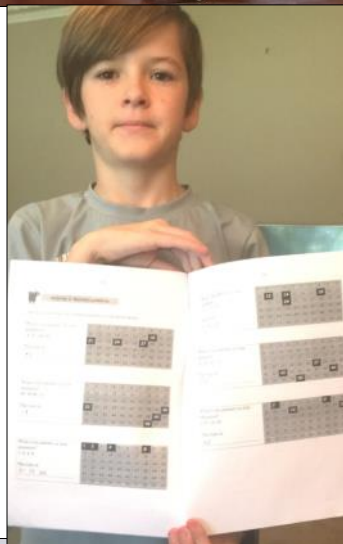
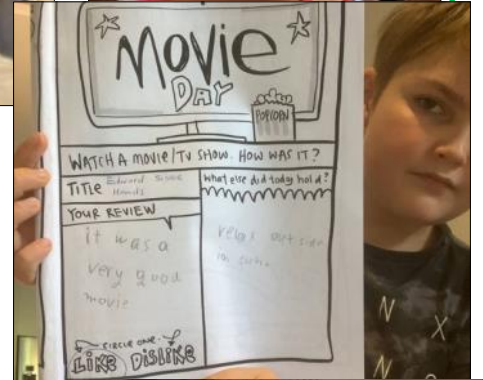
Chris Vescio: Christine.Vescio@education.vic.gov.au

Maddy Selwood: Madelaine.Selwood@education.vic.gov.au

School Email: appin.park.ps@education.vic.gov.au

All teachers can be emailed via Compass

This Week at Appin Park!



Snacks to help keep us healthy while we learn from home!

Fruit-Most fruits are naturally low in fat and provide us with many essential nutrients such as potassium, vitamin C, and dietary fiber. This helps provide nutrients vital for health and maintenance of your body!

Eggs-Full of calcium and protein as well as vitamins such as B6 and B12 which are great for brain health. Helping you to study!

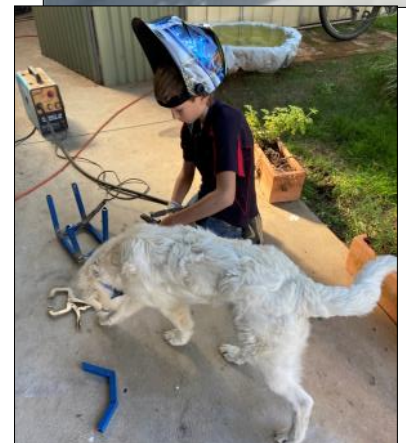
Yoghurt-Contains a friendly bacteria called "Probiotics". This helps boost our immune system to fight off illnesses and help keep our guts healthy!

Chicken and Vegetable soup-Full of vegetables such as broccoli and spinach which are rich in brain-healthy nutrients like vitamin K, folate and beta carotene. The chicken stock when made from real chicken can help keep coughs and colds away!

Be Healthy!

Stay Safe!

Cheese-A good source of calcium, protein and vitamins A, B12 and zinc. This helps make our bones strong so we can continue our sport when we go back to school!



REMOTE LEARNING FROM HOME



Always
Exercise



NO
TV



Don't Forget To
Wash Your Hands



Have A
Healthy
Snack



Have A Clean
Work Space

TRAMPOLINE
Jump more.
fill you can't
no

READ

Read a book
that you find
interesting.

WALK

show Mrs Martin
that you can skip
100 times.

SKIP

5, TEN MINUTE THINGS
TO DO AT HOME

DRAW

Draw or colour in
your favourite
pictures.

Put on great music
and dance!!
DANCE



MILO BALLS

Ingredients:

- 395gm can of condensed milk
- 3tbs Milo
- 250gm Scotch Finger biscuits
- 1/2 cup coconut or 100's & 1000's to decorate

Method:

1. Crush the biscuits
2. Add milo and condensed milk
3. Mix until well combined and mix is firm
4. Using wet hands, roll into balls
5. Roll in coconut/100's & 1000's
6. Refrigerate until ready to serve

How creative can you be with your healthy lunch?
Email your photos to Nicole for next week's
newsletter!