



VICTORIA AVENUE PUBLIC SCHOOL

Include • Inspire • Innovate

SCHOOL NEWSLETTER • 03 OCTOBER 2023 • TERM 4 WEEK 4

IMPORTANT DATES

TERM 4

Week 5

Wednesday 8 November

5:45pm - 6:45pm Stage 3 Parent Police Talk on Cyber Safety in the school hall

Thursday 9 November

9:30-10:30am 2024 Kindergarten Transition + Parent Information Session and School Tour
Years 4 & 5 Concord Cup

Friday 10 November

PSSA

Week 6

Monday 13 November

Schools Spectacular Rehearsal

Tuesday 14 November

Years 1 & 2 Sydney Zoo Excursion

Wednesday 15 November

Kindergarten Calmsley Farm Excursion

Friday 17 November

PSSA Semi-finals

World Teachers' Day

In 2023, World Teachers' Day celebrations focused on the theme 'The teachers we need for the education we want: The global imperative to reverse the teacher shortage.'

I would like to extend my sincere gratitude to our exceptional teaching staff for their tireless commitment to education. They ensure our students are known, valued, and cared for, and are engaged and challenged to continue to learn every day.

Remembrance Day Service

Remembrance Day is a day of special significance for all Australians, commemorating the loss of Australian lives in all wars, conflicts, and peace operations. Our ceremony will commence at 10:50am on Friday 10 November. All families are welcome.



Grandparent's Day Afternoon

It was wonderful to welcome grandparents into classrooms this week. Grandparent's Day is a special occasion that celebrates grandparents, grand-friends, relatives, and those who generally take on the role of a grandparent within their family or community.



2025 Selective High School Information – Year 7 Entry in 2025

Selective High Schools provide a learning environment designed for academically gifted and high potential students.

For more information go to - Selective High Schools and Opportunity Classes.

Important dates:

9 October 2023 – Applications open

20 November 2023 – Applications close

4 May 2024 – Selective High School Placement Test

School Spectacular

Students from our Dance Troupe have been dedicated to their rehearsals in preparation for the 2023 Schools Spectacular at Sydney Olympic Park.

Tickets for the 2023 Schools Spectacular - Fabulous, at Qudos Bank Arena, Sydney Olympic Park, are now on sale. **40 years of Fabulous!**

There are **four shows**:

- **Friday 24 November** at 11am and 7pm
- **Saturday 25 November** at 1pm and 7pm

It is a wonderful event for the whole family. The atmosphere of Schools Spectacular must be seen to be believed! ***Visit the official TICKETEK website for tickets.***

Absences and Extended Leave

If your child is absent for any reason from school, could you please ensure that a note, phone call or email to your child's teacher or to the school email is provided stating the date and reason for the absence. This is a legal responsibility and is closely monitored by the Department. An explanation of absence is required within 7 days. If the school has not received an explanation outlining a reason for the absence, a reminder letter will be sent home. If you are taking a long term of absence (5 days or more), for example a holiday during the school term, you must apply for leave via the school's front office and complete a Certificate of Extended Leave. Leave greater than 20 school days will not be approved. Documentation such as travel details, itinerary or flight bookings are needed to issue the extended leave certificate.

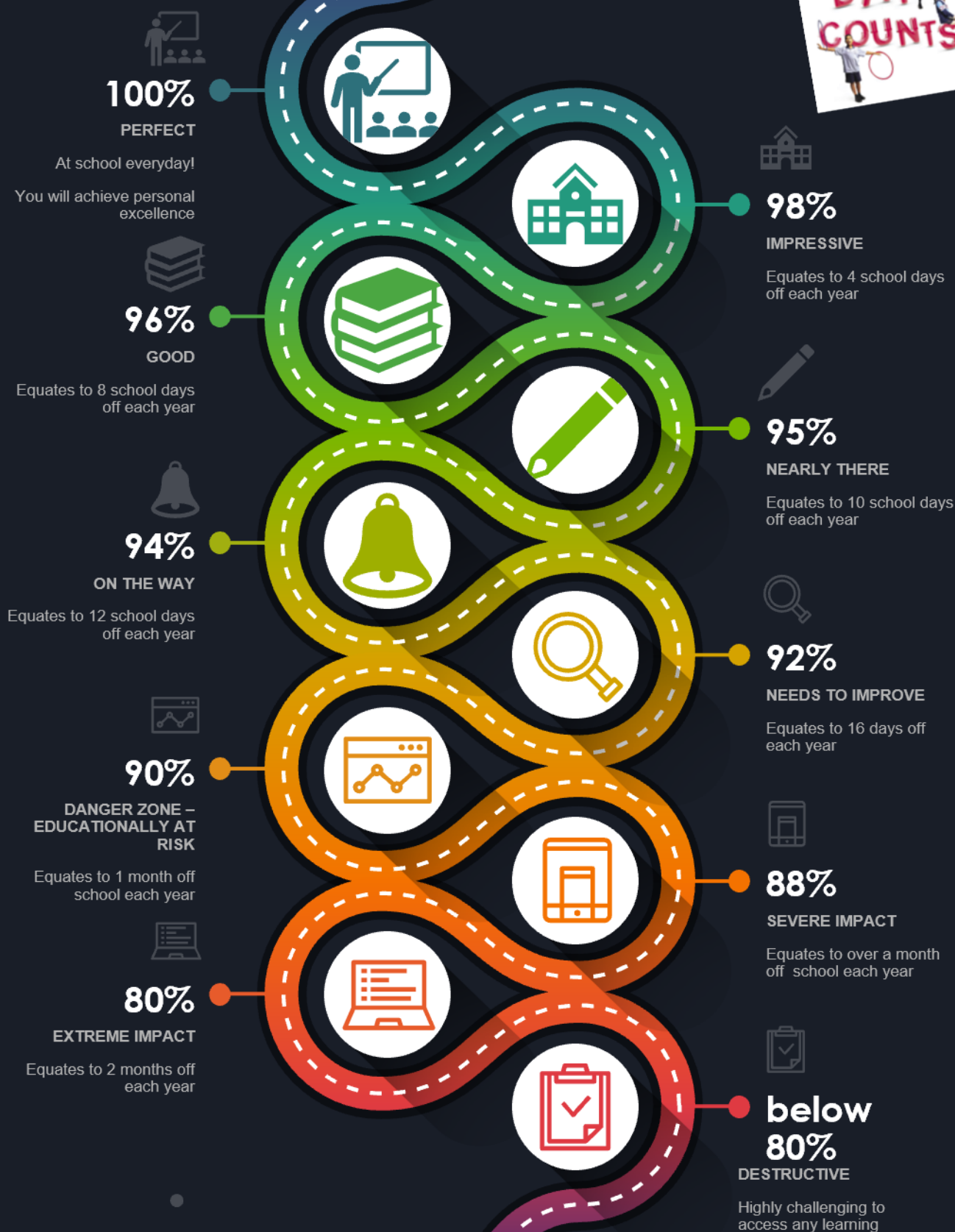
Planning for 2024

I am busy planning in preparation for next year. To allow the school to plan as effectively as possible, we would like those families who know they will not be returning in 2024 to confirm these details as soon as possible. If you are aware that your child will return to school late next year, I ask that you confirm these details immediately. It is important for all students to return on day 1 of the new school year. Taking leave at this time of a new school year can have a significant impact on the formation of classes and the school's enrolment audit.

Have a wonderful fortnight.

Elisa Baker
Principal

Attendance Road Map



Based on 195 learning days per year

Dropping Off and Picking Up students

A 'Kiss and Ride Zone' or 'Drop-off and Pick-up' area utilises existing 'No Parking' zones around schools. In these areas, drivers may stop to drop off or pick up children, however No Parking rules apply:

- Maximum stop time is 2 minutes
- Driver must remain in or within 3 metres of the vehicle
- Vehicle must not be left unattended

Additional safety tips for school zones:

- Always drop-off or pick-up your child from the designated area, following the school's procedures
- Make sure children use the footpath-side door when getting in and out of a car
- Make sure the hand brake is applied when the vehicle is stationary
- Never double park
- Never park across a pedestrian crossing
- Never undertake a U-turn in close proximity to the school.

Safety Tips for Students:

- Stay buckled up until the vehicle has stopped in the 'Drop-off and Pick-up' area
- Make sure your school bag and other items are in a safe position, e.g. on the floor
- Be ready to get out of the car with your belongings when the car has stopped and you have unbuckled your seatbelt
- Always get in and out of the backseat of the vehicle through the safety door - the rear footpath-side door.

No Stopping



What does it mean? You cannot stop in this area FOR ANY REASON (including queuing or waiting for space).

Why is it there? Keeps clear sight lines between drivers and children/pedestrians.

Penalty \$330 + 2 Demerit Points (School Zone)

No Parking



What does it mean? You can stop in a NO PARKING zone for a maximum of two minutes to drop off and pick up passengers. If no spaces are available, you cannot queue on the road way or in any other zones while waiting for a space. You will need to drive away and park elsewhere, only returning when there is space to pull up. You must stay within three metres of your vehicle at all times.

Why is it there? To provide a safe place for children/pedestrian set down and pick up.

Double Parking



You must not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.

Why is it there? Double parking forces other cars to go around you causing traffic congestion and reduces the view of drivers and children crossing the road.

Penalty \$330 Demerit points (School Zone)

Restorative Practices

Restorative Practices form the relational basis for Quality Teaching and Learning. Our Restorative Practice Framework, because of its explicit nature, offers a common language and practice capable of fostering healthy relationships. Student achievement is enhanced through Restorative values being embedded as a way of being and learning together. Our approach fosters individual responsibility and helps develop empathy. Inappropriate behaviour or choices and mistakes can be viewed as an opportunity for insight, learning and development in both the academic and social domains.

The explicit framework is inextricably linked to the Quality Teaching Framework and includes the following sets of questions to be asked by children, teachers and parents.

When Things Go Wrong.... When Someone Has Been Hurt

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you may do to make things right?
- What did you think when you realised what happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

The process is empowering as it takes students from the past to the present and gives them hope for the future. It empowers them to make things right and heal any harm that has been done. A restorative classroom setting is one that values dialogue through an inclusive approach where everyone expects to be heard and through this participatory process, students develop the capacity to learn that emotions are an important and legitimate expression of healthy dialogue. This process helps students to deal with conflict, tensions and difference in respectful ways that engender trust and foster healthy relationships.

Our Help Increase the Peace (HIP) Keys

Our school values incorporate the 'Help Increase the Peace Keys' to promote a harmonious, nurturing, and challenging living and learning environment.

The HIP program offers a whole school approach to building relationships through communication, co-operation, trust building and conflict resolution.

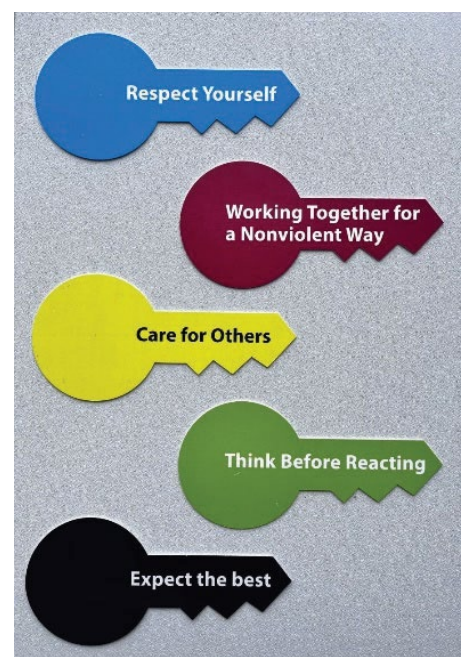
YELLOW KEY Care for Others

GREEN KEY Think Before Reacting

BLUE KEY Respect Yourself

RED KEY Work Together for a Non-Violent Way

BLACK KEY Expect the Best

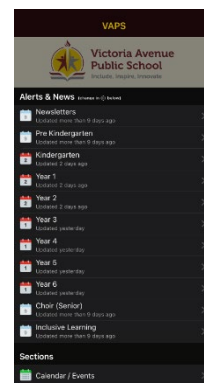


Parent Communication

We use a variety of platforms to communicate information about upcoming events and highlight the great things that happen at Victoria Avenue Public School.

School Enews App

Important notifications are posted and emailed on the School Enews App. School Enews is a free app available for all mobile devices. Just download the app from the App Store or Play Store by searching for Victoria Avenue Public School. Please ensure that push notifications alerts are turned on so that you can receive information as soon as it is distributed.



School Website

Our school website is updated frequently. Our school website is <https://victoriaav-p.schools.nsw.gov.au>



Victoria Avenue Public School

Include, Inspire, Innovate

T: 02 9743 1352

E: victoriaav-p.school@det.nsw.edu.au

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Facebook

Victoria Avenue Public School has its own Facebook page where we celebrate student achievements. Parents are unable to post any news items but can comment on reports and photos. The page is designed to keep the community up to date regarding all the wonderful things that happen at Victoria Avenue Public School.



Victoria Avenue Public School

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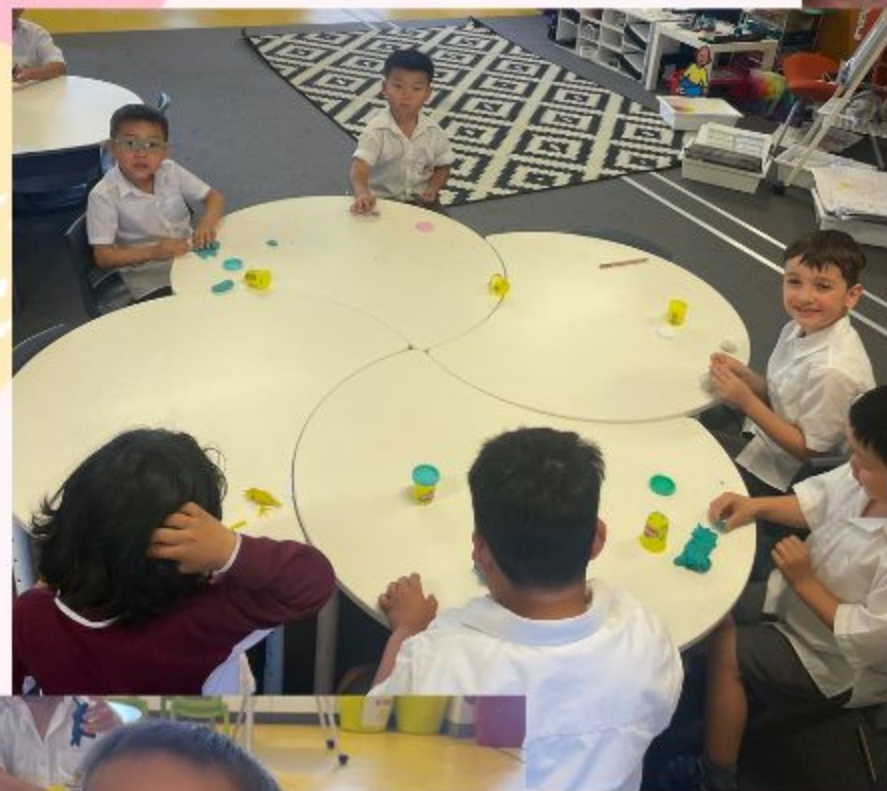
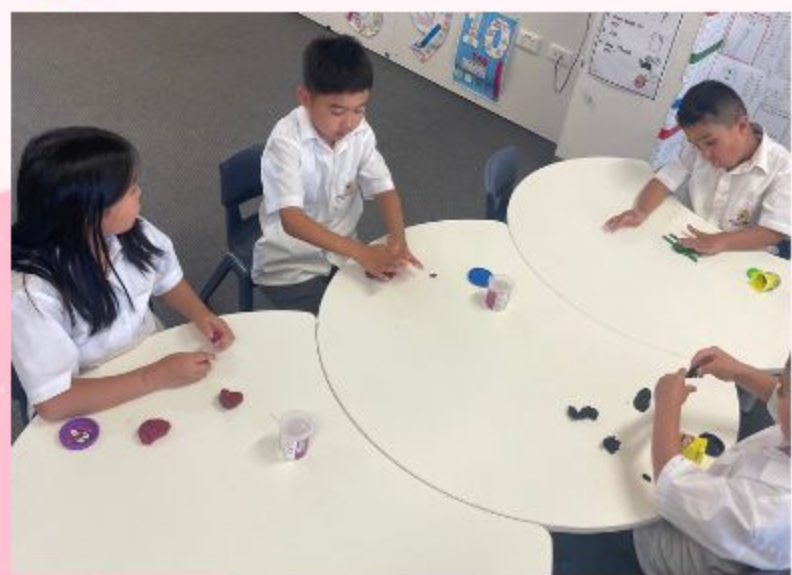
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Turtles



The Turtles have been looking at the Living World in science. Students are learning about living and nonliving things. While exploring what living things need, students created models of animals and shared what their animal needed in terms of water, food, air and shelter.



In math, the Turtles are beginning to explore area. Students traced their shoes and compared the space inside their footprint to the footprint of some native animals. The Turtles asked me to share that all of their footprints were larger than the kangaroo footprint, which meant they had to come up with their own animal that might have a larger footprint than them.

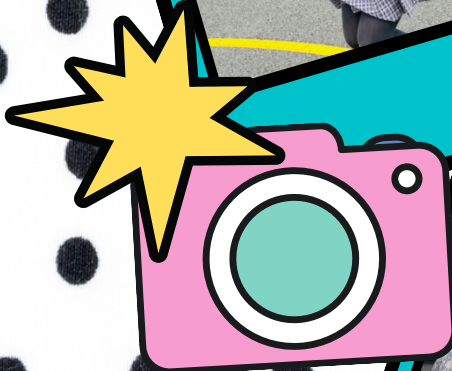


THE YABBIES



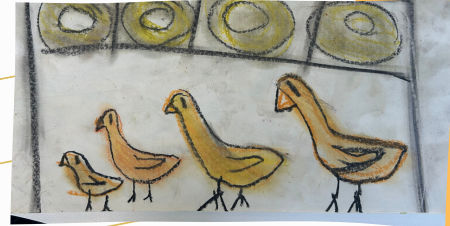
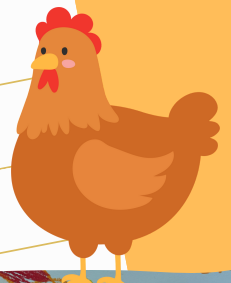
The Yabbies have been busy learning about positive relationships, emotions and being a good friend.

We have been showing support and teamwork with our classmates during our sports lessons with Sydney FC.



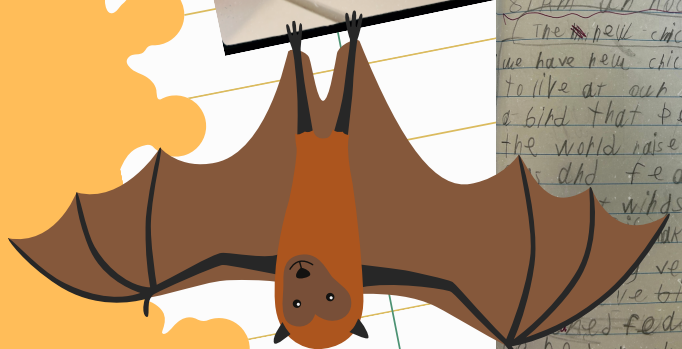
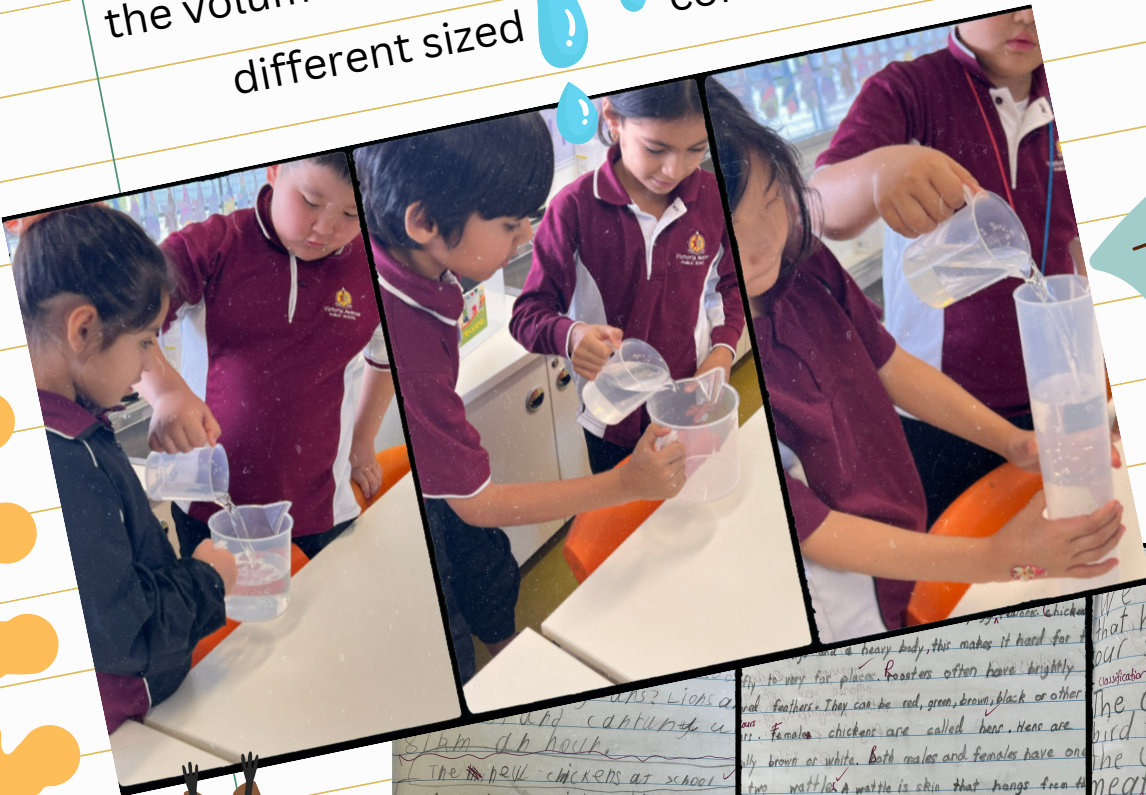
THE FLYING FOXES

TERM 4
WEEK 4



In the Flying Foxes, students have been learning to write Information Reports. As part of their writing, they informed us all about chickens and accompanied this with an artwork in honour of our new chickens.

Students made a **SPLASH** investigating the volume of different sized containers!!



23
Heading
We have ^{come} new chickens that have ^{visited} to live at our school.

Classification
The chicken is a very big bird that people all over the world raise for its meat, eggs and feathers. They have very short wings and a very heavy body. This makes it is very hard for them to fly far. Roosters often have brightly colored feathers. They are red, green, brown, black or other colors.

Physical Features
The male chicken are called roosters. They have a large comb and wattle. The female chicken are called hens. They have a small comb and wattle. The chickens have a large crop to store the food they eat. They also have a large crop to store the food they eat. They also have a large crop to store the food they eat.

OWLS

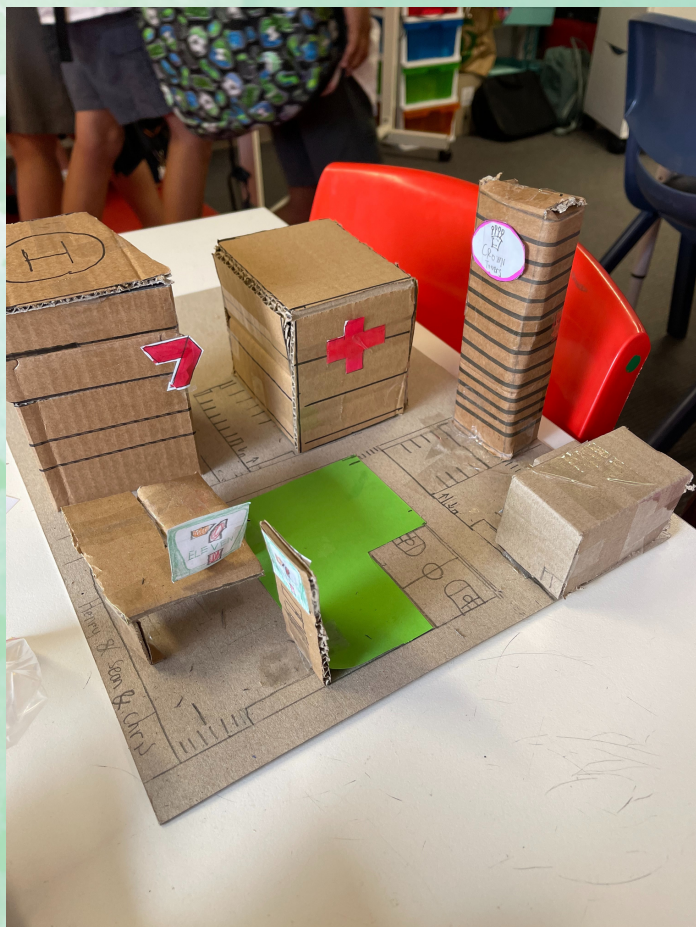
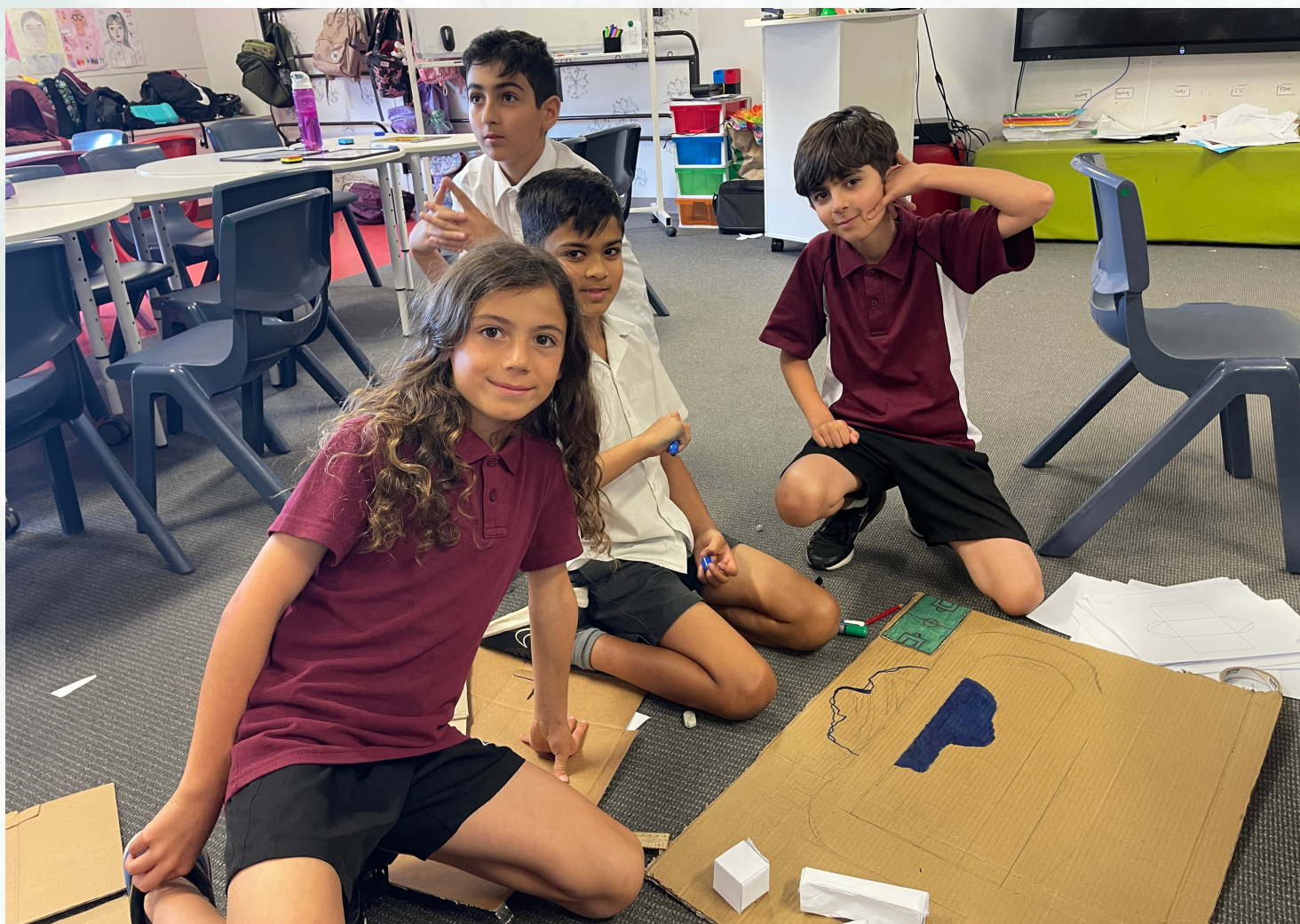


SCIENCE INVESTIGATION

The Owls investigated which natural feature of the environment makes the best water filter.



Lyrebirds have been channeling their inner town planners, diving headfirst into the world of 3D space! These smarty-pants have been flexing their 3D object knowledge, sketching out nets and constructing models to create the coolest 3D cities around!



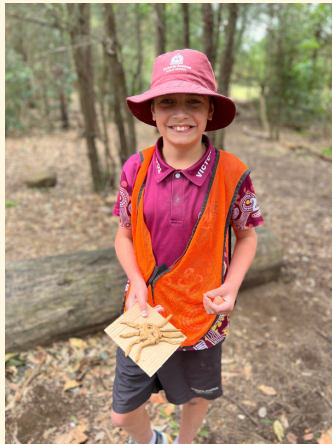
Stage 3 - Nature Warriors

Throughout 2023, the Stage 3 Nature Warriors embarked on a biodiversity project at Sydney Olympic Park. Under the guidance of environmental educators, students learnt about the unique features of our local area.

As part of this project, students planted small shrubs, made insect and lizard hotels and conducted a litter collection audit. During our last session students learnt about the Aboriginal history of our local area and the importance of connection to Country. Students were inspired by their experiences to create reflective nature art using clay and natural elements.

Students were also able to use some of their knowledge gained from the project to support our school's garden. Over the past 2 terms we have added many plants to our school site to encourage native insects and birds.





Healthy Happy Schools Newsletter

Term 4, 2023

In this issue

- Kindy O pack wrap up
- Workshop Round Up: Native Edible Gardens
- National Recycling week
- World Teacher Day
- Healthy Lunchbox week
- Go4Fun Term 4
- Healthy eating tips for over summer to share in your newsletters

From the Sydney Local
Health District Health
Promoting Schools Team

Contact us:

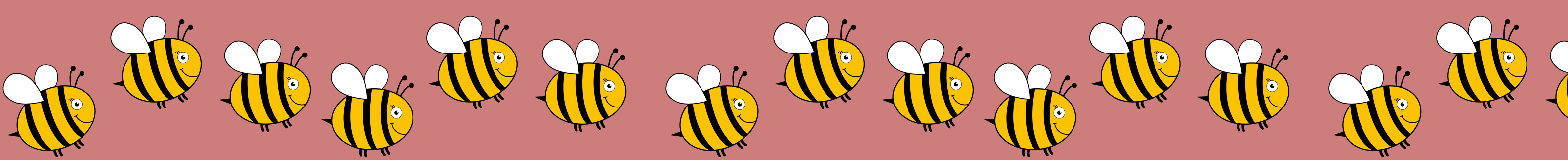
slhd-hci@health.nsw.gov.au

Kindy O Healthy Eating packs

We love being able to spread the healthy eating and active living message far & wide with practical & relevant resources.

A big THANK YOU to all schools in SLHD for helping us do this!

This year we packed & delivered over 3000 Kindy orientation resource packs to 60 primary schools. We hope next year we can reach even more of you.



Workshop Roundup

Native Edible Gardens & Bush Tucker



Narelle Happ engaged the teachers at our ever popular Native Edible Gardens workshop in September. The teachers learnt the cultural significance of plants, how to grow them & eat them. They were keen to take this new knowledge back to their schools. Thanks again to Victoria Ave PS for hosting!





NATIONAL RECYCLE WEEK

13-19 November 2023

This recycling guide is perfect for teachers running a recycling lesson plan in their classrooms. Head to the website to download the plan & activities schedule.

[CLICK HERE TO ACCESS THE RECYCLING GUIDE](#)

World Teacher Day!

Celebrate your amazing teachers on the 27th October for the hard work they put in every day.

[Click here to see how your school can mark this day.](#)



5-11 Feb
2024 is
Healthy
Lunchbox
week

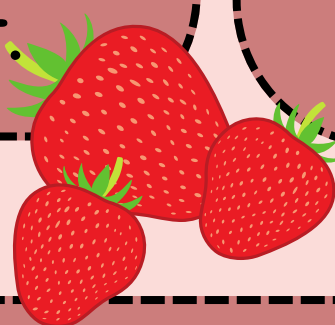
Children eat 1/3rd of their daily food at school.

Healthy Lunchbox Week aims to educate parents, carers & teachers on what a healthy balanced lunchbox looks like. Click the apple image to find out more.

Healthy Fundraising

Why not try?

- Hold a 'mango drive' or a 'strawberry drive' (and say goodbye to the chocolates!).
- Sell cups of fresh fruit or fruit smoothies at school.
- Put together a 'good food' recipe book.
- Hold a community fun run.
- Crank up the music and dance at a disco.
- Host a 'My school's got talent' quest.



CLICK HERE
to check your Canteen
Menu with the
**Healthy Food
Information Service**

**Join our canteen managers
Facebook group**



SHRN (GPH) 360036

FREE

Fun program for kids to become fitter, healthier and happier

Help your 7-13 year old child get healthy, active and happy with Go4Fun®.

Go4Fun® is a 10-week healthy lifestyle program for kids aged 7-13 who are above a healthy weight, and their families. Sessions run once a week for two hours after school, during term. Registrations are now open. Call to find out about your local program.



**TO REGISTER: FREE CALL
1800 780 900**

SMS 0409 745 645 for a call back
Register online at www.go4fun.com.au
www.facebook.com/go4funprogram/



Go4FUN
HEALTHY ACTIVE HAPPY KIDS



TERM 4, 2023

ALL PROGRAMS RUN ONCE A WEEK

FREE program for children aged 7-13 **Above a healthy weight.**
Children and parents/carers need to attend each week.

Programs in Sydney Local Health District:

Where	Address	Day & Time	Starts
Burwood Fitzroy Hall	22 Church St, Burwood NSW 2134	Mondays 4pm-6pm	Starts 9 th October for 10 weeks
Roselands Leisure & Aquatic Centre	Centre Ave, Roselands NSW 2196	Thursdays 4pm-6pm	Starts 12 th October for 10 weeks
Redfern Oval Community Room	51 Redfern St, Redfern NSW 2016	Saturdays 10am-12pm	Starts 14 th October for 10 weeks

For more information visit Go4FUN.COM.AU or call **1800 780 900**

SEP 2023

The holidays are just around the corner

Here are some tips from Nutrition Australia on sticking to healthy eating over the summer break:

Master the balanced grazing board

Move aside chips, cheese and crackers – fill your platters with veggie sticks, dips such as hummus, beetroot or tzatziki, toasted wholemeal pita bread, fruit, and roasted chickpeas or nuts. These snacks will give you lasting energy – plus, your body will thank you for the variety!

Try to fill half your plate with vegetables

Veggies give us super-important fibre, antioxidants, vitamins and minerals – such as the B-group vitamins and potassium we absorb from dark leafy greens to support good energy levels. Having a wide variety of vegetables is also important, as the Australian Guide To Healthy Eating shows us.

Listen to your body and eat mindfully

Reduce the chance of feeling sluggish, bloated “too full” every Christmas party by checking in with your body. Aim for feeling satisfied – comfortably full, and having given yourself enough variety of food that you feel content.

Aim to do some exercise every day

Set yourself a realistic and enjoyable routine to stay active. Regular exercise can reduce stress levels.

SCHOOL ZONE

Road Safety News

TERM 4 – 2023

Welcome to the City of Canada Bay's School Zone Road Safety Newsletter for Term 4! Spring has sprung and with Summer just around the corner, it's time to gear up and focus on Active Travel to school. There are many easy ways to actively travel to school, all designed to get you, your family, your friends and the school community moving!



Park & Walk

Try 'Parking and Walking'. Find a quiet place to park away from your regular school drop off and pick-up points. Walk the remaining way to the school gate or back to your car from school. You could walk through a park or exercise area on your way back!

Frequent Walker Card

Your school could implement a Frequent Walker Card. Earn a point when you walk more than 200m to or from school. Your school could organise a regular prize for the leading class!

Walking Trackers

Using maps on your phone, track the distance you walk to and from school, even if it is from the car to the school gate or from the school gate to the car! See if you can increase the distance over a week, two weeks, a month or the term!

School "Frequent Walker" Membership Card

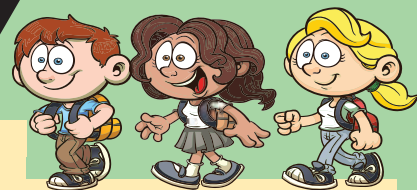
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21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

Mark one circle each time you walk to school. Once you have collected 20 points, you earn a stamp. Collect 3 stamps and you'll receive a prize.

Name:

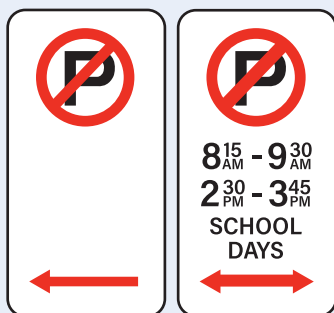
Class:

Collect stamps here



City of
Canada Bay

SCHOOL ZONES / PARKING RULES & PENALTIES



NO PARKING

Drivers may stop in this zone to drop off or pick up passengers for a maximum of 2 MINUTES.

Drivers must always remain in or within 3 metres of the vehicle, which must not be left unattended.

If times of operation are indicated, restrictions only operate during those times.

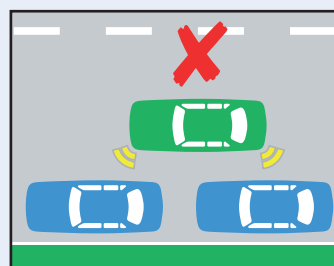
FINE EXCEEDS \$215
+ 2 DEMERIT POINTS



NO STOPPING

Stopping is NOT permitted at any time. If times of operation are indicated, restrictions only operate during those times.

FINE EXCEEDS \$387
+ 2 DEMERIT POINTS



DOUBLE PARKING

You MUST NOT stop on the road adjacent to another vehicle at any time, even to drop off or pick up passengers.

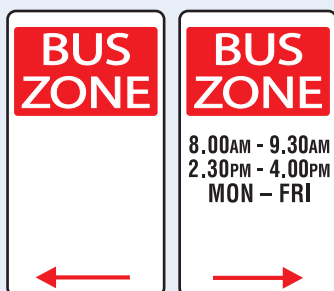
FINE EXCEEDS \$387
+ 2 DEMERIT POINTS



MOBILE PHONE USAGE

It is illegal to make or receive a call or text on your mobile phone while you are driving unless your phone is in a fixed mount or does not require you to touch or manipulate the phone in any way.

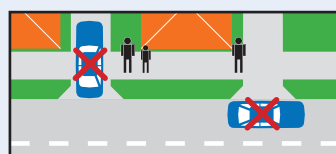
FINE EXCEEDS \$514
+ 5 DEMERIT POINTS



BUS ZONES

A Bus Zone is a No Stopping Zone for vehicles other than buses. If times of operation are shown on the sign, the restrictions only operate during those times. You must not park your vehicle within 20 metres before or 10 metres after a bus stop.

FINE EXCEEDS \$387
+ 2 DEMERIT POINTS



DRIVEWAYS AND FOOTPATHS

When exiting or entering a driveway a vehicle must give way to pedestrians.

Always check your surroundings for children and pedestrians.

It is illegal to park in or across any driveway or to block a footpath at any time.

FINE EXCEEDS \$387
+ 2 DEMERIT POINTS



PEDESTRIAN CROSSINGS AND CHILDREN'S CROSSINGS

At a children's crossing, you must stop at or before the stop line if there is a pedestrian about to cross or already on the crossing. Wait until all pedestrians have cleared the crossing before proceeding.

FINE EXCEEDS \$514
+ 2 DEMERIT POINTS



U TURNS

Performing U Turns across unbroken, centre lines is illegal and particularly dangerous around schools.

FINE EXCEEDS \$514
+ 4 DEMERIT POINTS



PARKING SAFELY IN SCHOOL ZONES

Road Rule Reminders



The fines and demerit points in this brochure apply in school zones.

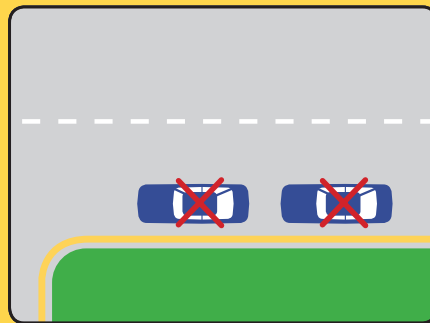
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NO STOPPING ZONES

No Stopping signs mean you must not stop here at any time. If times of operation are shown on the sign, the restriction applies only at those times.

An unbroken yellow kerb line is a no stopping line. You must not stop for any reason.



BUS ZONE SIGNS

A Bus Zone is a No Stopping zone for vehicles other than buses. If times of operation are shown on the sign, the restriction applies only at those times.

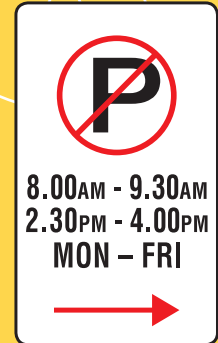
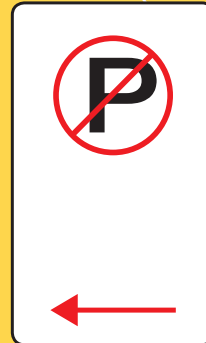
You must not park your vehicle less than 20 metres before or 10 metres after a bus stop.



NO PARKING SIGNS

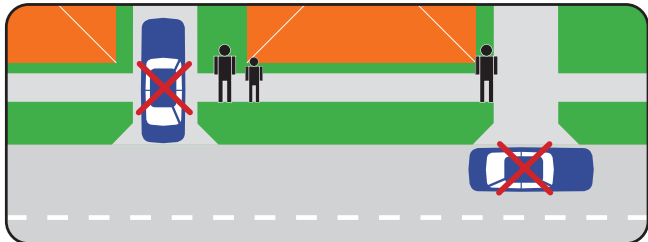
You can only stop in a No Parking zone while picking up or setting down passengers or goods. You have a **maximum of 2 minutes** from the time you stop and must **stay within 3 metres** of your vehicle at all times.

If times of operation are shown on the sign, the restriction applies only at those times. This is not a waiting zone.



DRIVEWAYS AND FOOTPATHS

- When exiting or entering a driveway a vehicle must give way to pedestrians on the footpath.
- Driveways are not playgrounds. Be aware that children can go unnoticed in front and behind your vehicle. Do not solely rely on reverse sensors or cameras in your vehicle.
- Always supervise and hold a child's hand near/crossing driveways.
- It is illegal to park in or across any driveway or to block a footpath at any time.



TIME RESTRICTED PARKING

Parking signs with specified time limits allow drivers to park their vehicle for a maximum period of time, e.g. 5 minutes, 1 hour etc.

If times of operation are shown on the sign, the restriction applies only at those times.



USING MOBILE PHONES

- It is illegal to make or receive a call on your mobile phone while you are driving unless your phone is secured in a fixed mounting or does not require you to touch or manipulate the phone in any way.
- It is illegal to use the other features of a mobile phone such as texting, emailing etc unless your car is legally parked and the ignition is switched off.
- Using mobile phones is a major distraction for drivers and incurs higher fines and demerit points in school zones.



DOUBLE PARKING

Do not double park at any time. Double parking is illegal and dangerous especially around schools. It reduces visibility and blocks the road for other motorists.



U TURNS

- Performing U turns or 3 point turns in school zones is extremely dangerous.
- Performing U turns across unbroken centre lines is illegal and is particularly dangerous around schools.



PARKING / STOPPING NEAR INTERSECTIONS

It is illegal to park or stop less than 10 metres from an intersection with no traffic lights as this blocks visibility for turning drivers and creates a hazard for all motorists.



PEDESTRIAN CROSSINGS AND CHILDREN'S CROSSINGS

- Slow down as you approach pedestrian crossings and children's crossings.
- Do not proceed if the road beyond the crossing is blocked.
- Do not stop or park in the No Stopping zones on either side of the crossing as this blocks visibility.
- At a children's crossing you must stop at or before the stop line if there is a pedestrian about to cross or already on the crossing.
- Do not proceed through a children's crossing until all pedestrians have completely cleared the crossing.



HOLDING HANDS IN TRAFFIC

- Children need assistance in the traffic environment until at least the age of 10. They are not equipped physically or developmentally to make the crucial decisions to keep themselves safe.
- All children need to be actively supervised in and around moving vehicles, footpaths, shared paths, driveways, car parks, at traffic lights, pedestrian crossings, on quiet streets and busy roads.
- Make sure you always set a good example around traffic and talk to your children about why you are stopping at the kerb and what you are watching and listening for. Explain where and when it is safe to cross and why.
- Hold hands with your children around traffic. If your hands are full, make sure your child holds onto your bag, pram or even your arm or sleeve.





CONTACT DETAILS

A Road Safety initiative of **Canada Bay Council** 9121 0273



City of
Canada Bay

Fines and demerit points apply in school zones and are current at the time of printing, October 2023. Different penalties apply in other locations.