ALTONA MEADOWS PRIMARY SCHOOL

School Values

Respect
Resilience
Strive for
Excellence

Principal: Emma Hampton
Assistant Principal P-2: Reachel Armstrong
Assistant Principal 3-6: Jessica Darcy
School Council President: Simon Jackson



School Purpose

To provide an engaging, friendly, safe and supportive environment that enhances learning, personal growth and wellbeing of all students, enabling them to become lifelong learners.

DATES TO REMEMBER

19th September - Last day of Term Three - 2:15pm dismissal 6th October - First day of Term Four 13th - 15th October - Grade 5/6 Camp 14th October - Breakfast Club starts!

Principal's Report

Dear Parents and Guardians,

Welcome to our 13th newsletter for the 2025 school year and also our last newsletter for Term Three.

Term Three has been a shorter term than we are used to but jam filled with lots of learning, activities and celebrations. We have had many moments of big smiles and proud students as they have progressed through the second last term of learning. Our students are challenged every day to extend their thinking and make attempts to push their own boundaries. We are proud of our students trust in their teachers which is evident when they give everything a go!

Next term our staff will work through developing what we at AMPS see as important learning behaviours. We look forward to sharing this with our students and parents/guardians to assist in gaining an understanding of what it looks like to learn at AMPS.

Our Stephanie Alexander Kitchen Garden program will recommence in week 3. We will send out the schedule and volunteer information once we have returned. Next term we are introuducing an added element to our parent volunteers. All volunteers will be provided with a copy of our Parent Expectations and be required to sign our Child Safety expectations. No parent/guardian or community member will be able to volunteer until these steps have been completed.

In week two, our 5/6 students will be heading off to camp. We are excited to see them participate in a range of activities and further build connections.

This week you should have received our Term Four Special Events and Assembly Schedule. This is jam packed and we were unable to fit everything on. As the term progresses we will send updated versions out on Compass when needed.

Our staff will be creating 2026 class lists next term. Please keep an eye out in the first newsletter for instructions on how to submit any parent requests. If your child/children will not be attending with us next year, please let us know asap to ensure the most accurate class lists can be developed.

Tomorrow is the last day of the term. Students are being dismissed at 2:15pm. Camp Australia will have an early starting program.

We wish you all a safe and happy break and look forward to seeing you all in Term Four! With thanks,

Emma Hampton



A MESSAGE FROM MISS ARMSTRONG & MISS DARCY



The Resilience Project (TRP)

As part of our continued work with TRP we have added a GEM chat for our students to try over the holidays. These are mindfulness activities that you can try as a family.

Activitiy 1: Close your eyes for one minute and focus on what you can hear. What were all the things you heard?

Activity 2: Look at or walk around your environment. What are 4 things you can see, 3 things you can hear, 2 things you can touch and 1 thing you can smell?



Miss Armstrong

Everyone Belongs!

At AMPS everyone belongs. We know the importance of showing our school values of Respect, Resilience and Striving for Excellence.

We also know the importance of treating people with kindness. Sometimes people are treated unfairly because of their skin colour, culture, or background. This is racism, and it is not okay.

It is important that everyone feels included and accepted as part of the AMPS community. Being kind, choosing respectful words, and being a good friend are small things that make a big difference.

Remember:

- Everyone deserves to feel safe and welcome.
- We can celebrate the many different cultures and stories in our community.
- If you see something unfair, speak up or tell a teacher.
- Together we can make our school a place where everyone belongs. Miss Darcy



TERM 3

FUNDRAISING

\$50,000

\$40,000

\$30,000

\$20,000

\$10,000

Coming up...

Hot Lunch Fundraiser

With this years fundraising efforts we are hoping to resurface our 3-6 playground.

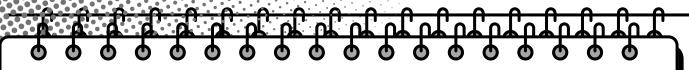


2025 Funds raised so far...

- Dominos Pizza Lunch \$485.00
- Election Sausage Sizzle \$1375.00
- Easter Raffle \$880.00
- Mother's Day Stall \$942.00
- Mother's Day Raffle \$521.00
- Honey Drive \$564.50
- Sushi Lunch \$402.40
- Father's day Stall \$857.00
- Father's day Raffle \$496.00

Out of uniform day gold coin donation raised \$158 for the Indigenous Literacy foundation





erm 3 Important Dates



29th July - Breakfast Club Starts



1st August - Prep 100 Days of School Celebration



6th August - 3/4 Camp



14th August - 3-6 Athletics Carnival



3rd September - Fathers Day Stall



5th September - Fathers Day Open Morning 9:15-10:15



8th September - Curriculum Day (no school)



9th September - 1/2 Camp



11th September - Hot Lunch Fundraiser!



19th September - Last Day of Term -2:15pm Dismissal

> **Term 4 starts Monday 6th October**

BULLYING NO WAY: National Week of Action



12 - 16 AUGUST 2024



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Division Athletics Finals

On Thursday 11th of September, eight of our talented AMPS students proudly represented the school at the Hobsons Bay & Wyndham Division Athletics Finals. We were lucky with the weather and it was a fantastic day of competition as our students gave their all against schools from across the district.

We are so proud of every student who competed on the day and demonstrated such great effort, sportsmanship, and school spirit.

A special congratulations goes to:

Amenah – 2nd place in the 9/10 Girls Hurdles

Ileara – 2nd place in the 9/10 Girls Discus

Stefan - 2nd place in the 12/13 Boys Shotput

Grace - 1st place in both the 12/13 Girls 800m and 1500m

Well done to all students for your wonderful achievements and for representing AMPS with pride.



Community









SAT 20TH



9AM CHECK IN 9.15AM START



HOPPERS LANE HOPPERS CROSSING





Marita offers warm, compassionate support for children & adults, creating a safe and respectful space where people feel heard and valued. Her approach celebrates individuality, embraces diversity, and focuses on strengths & create lasting changes.



MPSYCH (CHILD & FAMILY)

Children (5-12 YRS)

- · Anxiety, depression,
- Selective (situational) mutism
- Low self-esteem
- Friendship difficulties.
- Perfectionism
- School refusal
- · ADHD, behavioural challenges
- Autism
- · Social-emotional difficulties
- . Emotional regulation
- . Gender diversity support
- . Grief & loss
- . Separation & divorce
- Classroom observations

Adults(18 + yrs)

- · Anxiety, depression
- · Complex trauma
- · Personality disorders
- · Grief and loss
- Gender diversity
- Work-related stress
- Adoption
- Perinatal loss

MARITA MERCER

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Western Melbourne & Surrounds Parent/Carer webinar: Supporting children and young people grieving

headspace National are hosting a free online mental health education webinar for adults who are parents and carers of children and young people in western Melbourne and surrounds who have recently experienced loss

The session aims to:

- · Provide information regarding children and young people's mental health
- · Explore the conversational approach to talking to your child or young person about grief, loss and their mental health
- · Strengthen your understanding of strategies to encourage help seeking and
- Build awareness of local, state and national support services available to young people

Wednesday 17 September 2025 5.00 - 6.00 pm AEST

Where:

Online via Zoom

How do I register?

Click here to register via Eventbrite or scan the QR code below.



All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

For more information email: ramsupport@headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health and Aged Care.