

School Values

**Respect
Resilience
Strive for
Excellence**

Principal: Emma Hampton

Assistant Principal Health & Wellbeing: Reachel Armstrong

Assistant Principal Curriculum: Jessica Darcy

School Council President: Scott Hanson



School Purpose

**To inspire curious minds,
nurture lifelong learners
and build a community
where everyone belongs
and thrives**

DATES TO REMEMBER

18th September - Last Day of Term Three -

Students dismissed at 2:15pm

Term 4 Starts 5th October

Principal's Report

Dear Parents and Guardians,

Welcome to our 11th newsletter for the year and our last for Term Three!

It is hard to believe that Term Three is just about to finish and that we only have one term left for the 2026 school year. We have had a wonderful term with many events and achievements from our students. This was evident on Friday at our end of term celebration assembly. We find that the number of certificates grow each celebration assembly along with the number of families who attend to support our students. It is a lovely way to end the term with many of our students finding me during the week to see if they are receiving an award!

Last week our Prep & 1/2 students participated in our swimming lessons. We were very proud of our younger students and their resilience in how they handled a much busier week. Our 3-6 students are participating in the swimming program this week.

This year, AMPS News has a birthday! We have been proudly producing AMPS News episodes for 10 years! Next term we have a celebration planned on Thursday 29th October. Stay tuned for more information and how you can be involved in the celebrations!

Thank you to the families who participated in our 2027 School Camp survey. We had a high number of responses which is very helpful in assisting us to make a decision. The votes were very much in favour of continuing with our camping program so I am pleased to let you all know that our 2027 School Camping Program will be happening next year. The dates and location for each year level camp will be included in the 2027 Book Packs.

Our 2027 Book Packs are in the final stages of development, we are just waiting on Paperchase to develop the portal. Once this is completed, we will be sharing the information with our community. I am hopeful to have this shared by the end of this term or first week back in Term Four.

The last week has seen our students and staff return to wearing hats when out in the yard during class time or at recess and lunch. It has been pleasing to see majority of our students return to wearing a hat so quickly. Please remember that this is also the expectation for next term.

As usual, Term Four is looking to be a very busy term. There are many events that happen in Term Four so please keep an eye on the Important Events to keep on top of everything. We have our School Concert and Grade 6 Graduation in the last part of the term. Our concert this year will be in the early afternoon, weather dependent. We will send information out closer to the date.

Have a great break and try to enjoy some quality family time.

With thanks,

Emma Hampton

Gratitude

As we navigate the beautiful, busy chaos of family life, practicing gratitude together can be the anchor that keeps us connected. It is easy to get caught up in the daily rush of school runs, chores and endless schedules. When we teach our children to notice and appreciate the little things; a warm meal, a shared laugh or a helping hand from a sibling, we build emotional resilience and lasting bonds. Gratitude reduces family stress and reminds us that our greatest treasures are sitting right next to us. This week, try sharing one thing you are thankful for around the dinner table and watch how a small shift in focus brings a mountain of warmth to your home. Try choosing a gratitude mindset!

Miss Armstrong



Choosing a Gratitude Mindset

SHIFT FROM 'I HAVE TO' TO 'I GET TO'

A simple change in language from 'I have to do this' to 'I get to do this' can change our whole perspective on life and daily tasks. When we adopt the 'I get to' mindset as a gratitude practice, it helps us focus on the positive aspects of our lives and the opportunities we often take for granted.

HOW CAN YOUR FAMILY PRACTICE THIS TOGETHER?

Here are some examples to get you started:

- I get to wash the dishes.
- I get to make breakfast for my family.
- I get to walk the dog and spend time outside.

FAMILY CHALLENGE

Try to replace 'I have to' with 'I get to' in your conversations this week. Notice how it changes your perspective, and discuss as a family how it feels to focus on gratitude in everyday tasks.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

 @theresilienceproject
  The Resilience Project
  The Resilience Project
  theresilienceproject.com.au

Make the Most of Your Local Library

With the school holidays approaching, why not explore some of the free resources available through Hobsons Bay Libraries?

A library membership provides access to books as well as digital resources such as 'hoopla', where families can borrow eBooks, eAudiobooks, comics, movies, TV shows and music through the app. BorrowBox, cloudLibrary and Lote4Kids also provide a range of reading and listening options for children and families.



Hobsons Bay Libraries also offer free activities and programs, including story times and LEGO activities.

If you have a library membership, take some time over the holidays to explore what is available. You might discover a new book, audiobook or digital resource to enjoy together.

Miss Darcy

ATTENDANCE DATA

Our classrooms are brighter when everyone is here. Every student brings a unique voice, energy, and perspective that completes our learning community. Regular attendance ensures no student misses out on hands-on learning, collaborative projects, and shared memories. When students are absent, they miss more than just a lesson in a textbook—they miss the chance to solve problems with their peers, celebrate small breakthroughs, and grow alongside their friends. Thank you for partnering with us to ensure your child is here every single day to build these lasting foundations.

Congratulations to these students who have only been absent for two days this year. What a fantastic achievement!

Ryan
Daanish
Hugh
Sarah
Amber
Jaden
Tadhg
Samayra
Zara
Kealan

CONGRATS ON TOP WEEKLY ATTENDANCE

1/2A

DAILY ATTENDANCE %

Monday	85.98
Tuesday	82.71
Wednesday	87.75
Thursday	83.18
Friday	86.92

ATTENDANCE SHOUT OUT



Tilly S
Her attendance is
up by
11.36%

SWEENEY

Coming up...

- Pizza Hot Lunch
- Hot lunch
- Christmas Raffle

Donations wanted!

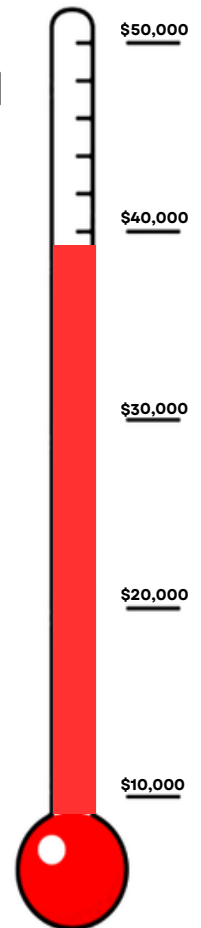
We are looking for donations for the Christmas Raffle.

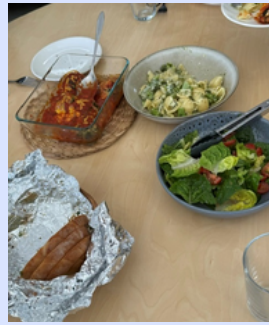
Funds raised so far...

- Movie Night Fundraiser \$2102.00
- Movie Night Raffle \$605.00
- Dominos Hot Lunch \$458.00
- Easter Raffle \$555.00
- Mother's Day Stall \$719.00
- Mother's Day Raffle \$511.00
- Fish & Chips Hot Lunch \$650.45
- Tony's Pies \$685.00
- Father's day Stall \$692.00
- Father's Day Raffle \$469.00
- Hotdog Hot Lunch \$715.50

With this years fundraising efforts in combination with last years fundraising efforts we are hoping to resurface the 3-6 playground.

Tony's Pies were a big hit, we sold \$3,078.00 of pies raising a total \$685 for our school.





THERE'S SOMETHING PRETTY SPECIAL ABOUT SEEING OUR KITCHEN GARDEN COME TO LIFE!

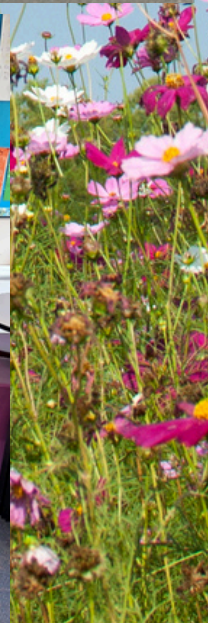


WITH SPRING OFFICIALLY ARRIVING TOMORROW, OUR VEGGIES ARE POPPING UP, THE GARDEN IS LOOKING GREENER BY THE DAY AND OUR FEATHERED FRIENDS ARE LOOKING VERY HAPPY TOO

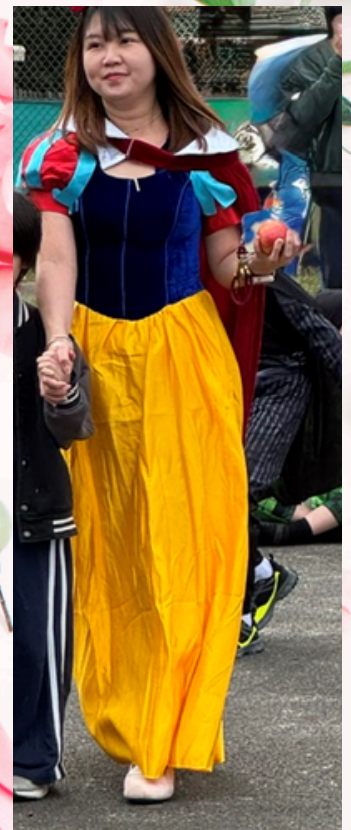
BRING ON SPRINGTIME AT AMPS! ❤️💙💛

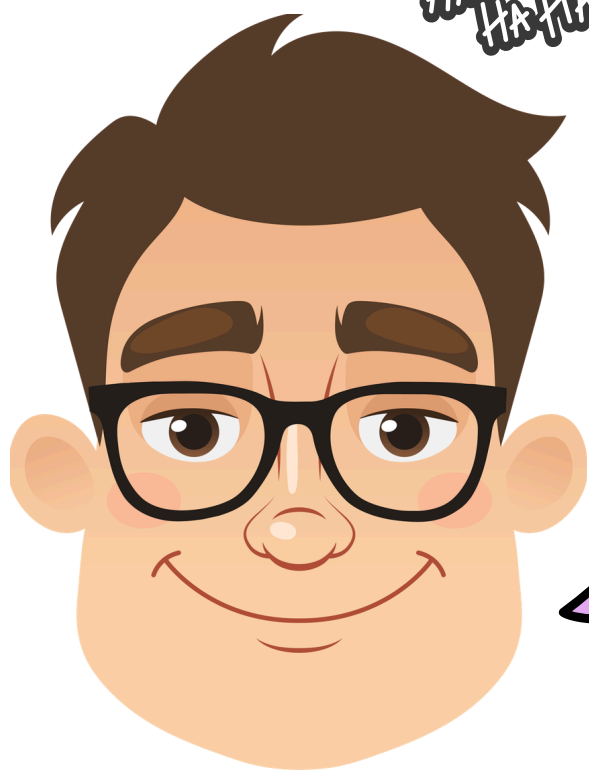


BOOK WEEK PARADE



BOOK WEEK PARADE





Why did the librarian get kicked off the plane?....

Because it was over booked!



School Uniform Update

Our school uniform supplier, State Schools Relief (SSR), has rebranded its online store to Equal Threads which will continue to provide quality, affordable uniforms while supporting students across Victoria.

There's nothing you need to do. Our school uniform range, ordering process and service all remain the same. Families can continue to easily find and purchase items using the familiar 'Shop by School' option on the new website.

Every purchase made through Equal Threads helps support students experiencing disadvantage with the essentials they need to feel confident, included and ready to learn.

Visit the new website at
www.equalthreads.org.au or scan the QR code



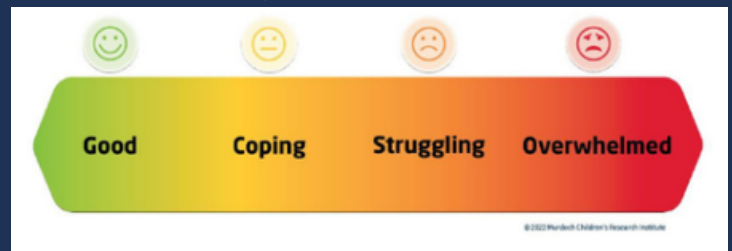
EQUAL

THREADS



Message from Mrs Van Zyl:

This week we will be exploring the yellow zone from The Children's Wellbeing Continuum, which stands for 'coping'.



What does 'coping' mean?

Your child is experiencing some challenges or changes but is generally able to manage their emotions, behaviour and daily activities. They may have moments when they feel worried, frustrated, tired or upset, but can usually recover with support. Being in the Coping Zone is a normal part of everyday life and does not necessarily mean something is wrong.

👂 What might parents notice:

- More easily frustrated, worried or emotional than usual.
- Occasionally becoming upset over small things.
- Needing more reassurance, encouragement or adult support.
- Changes in energy, motivation or participation.
- Finding friendships or social situations little more challenging.
- Difficulty concentrating at times.
- Still engaging in learning, play, family activities and relationships most of the time.





R U OK? DAY

THURSDAY 10 SEPTEMBER

A little check in can make a big difference!

WEAR A TOUCH OF YELLOW TO SHOW YOUR SUPPORT!

WHAT IS R U OK? DAY?

R U OK? Day is a national day of action to remind everyone to check in with the people around them.

It's about starting a conversation and showing our friends, classmates and family that we care.

A CONVERSATION CAN CHANGE A DAY!



HOW WE CAN HELP

A ASK



Ask your friend 'Are you OK?' if you notice a change in how they are acting or feeling.

L LISTEN



Listen with care. Let them share how they feel. You don't have to fix it.

E ENCOURAGE ACTION



Encourage them to get help from a trusted adult if they need it.

C CHECK IN



Check in again another time. Let them know you're still here.

ALEC – 4 simple steps that can help a friend.

SIGNS A FRIEND MIGHT NEED HELP



Not wanting to play or join in



Sitting alone or being quiet more than usual



Saying they feel sick or worried



Crying or looking really upset



If you notice these signs, check in and ask 'Are you OK?' or talk to a trusted adult.

WHO CAN I TALK TO?

It's okay to ask for help. There are lots of people who can help, such as:



Parents or Carers



Your Teacher



Wellbeing Team



A Trusted Friend



A LITTLE CHECK IN CAN MAKE A BIG DIFFERENCE!

EVERY DAY IS A GOOD DAY TO ASK R U OK!



TOGETHER WE CARE. TOGETHER WE MAKE **AMPS** A PLACE WHERE EVERYONE BELONGS.



Community NEWS



SHOTOKARATE AUSTRALIA PRESENTS:

Guardians of the SISTERHOOD



FREE OPEN DAY!

WED 26TH AUG

6:30 TO 8:00PM

ALTONA MEADOWS PRIMARY
SCHOOL (FRONT HALL)
WEAR COMFORTABLE CLOTHING

NO EXPERIENCE REQUIRED (AGES 14+)



Cat - 0409181227
shotokarate.au@gmail.com

Join us in a supportive and empowering environment where you'll develop practical self-defence skills and the confidence to use them.

WHAT YOU'LL LEARN:

- Improve your situational awareness.
- Set confident personal boundaries.
- Use verbal de-escalation techniques.
- Learn practical self-defence skills.
- Use leverage and technique—not strength.
- Practise realistic training scenarios.
- Train in a safe, supportive environment.



Holiday camps on sale now!

MINECRAFT

Coding • Animation • Craft & much more

Book now at codecamp.com.au/flyer

SAVE \$25 Use coupon code **FLYER25** at checkout

Supported by **W GROUP**

Term 4 Important Dates



13th October - First Breakfast Club



28th October - SAKG Sessions Start



29th October - AMPS News 10year Celebration



2nd November - Curriculum Day



3rd November - Melbourne Cup Public Holiday



11th November - Remembrance Day



16th November - 2027 Prep Transition #1



20th November - P-2 Disco



23rd November - 2027 Prep Transition #2



30th November - 2027 Prep Transition #3



8th December - Statewide Transition Day /
2027 Prep Transition #4 / 2027 Meet the Teacher



9th December - School Concert



10th December - Hot Lunch Fundraiser



10th December - Grade 6 Graduation



18th December - Last day of term - 1:15 dismissal

Term 1 2027 Starts
28th January



Term 4 Assembly Schedule

16th October - Whole School (5/6B presenting)

23rd October - Prep & 1/2 (1/2C presenting)

30th October - 3/4 & 5/6 (3/4C presenting)

6th November - No Assembly

13th November - Whole School Assembly (5/6C presenting)

20th November - Prep & 1/2 (Prep presenting)

27th November - 3/4 & 5/6 (3/4A presenting)

4th December - No Assembly

11th December- Whole School Celebration Assembly

All assemblies will commence at 9:15am.
Weather will determine location choice of
Hall, Netball Court or Undercover area

