Issue No.12

ALTONA MEADOWS PRIMARY SCHOOL

October 16th, 2026

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 insprire curious minds, nurture lifelong learners and build a community where everyone belongs and thrives

DATES TO REMEMBER

19th October - P-2 Swimming Lesson
28th October - SAKG Sessions Commence
29th October - AMPS News 10 Year Celebration / Pizza Hot Lunch
2nd November - Curriculum Day
3rd November - Melbourne Cup Day

Principal's Report

Dear Parents and Guardians,

Welcome to our 12th newsletter for the year and the first for Term Four!
Our first two weeks back have been a great start to what will be a very busy term. Our students have returned very settled and our classrooms are buzzing with learning activities and excitement for the last term.

This week we were provided with our School Performance Report from the Department of Education. Every year, the Department use multiple data sources to track school progress and provide a report containing details of how each school has performed and compares them to all other government schools. I am very pleased to inform our community that we have made significant growth in multiple areas and have had an overall score improvement. This is a direct result of all the hard work our staff do each and every day they are here and is also a reflection of the wonderful support we receive from our community. I will be placing a visual image of this report on our social media platforms next week.

Part of our work this term is to plan our school direction and organisation for the 2027 school year. In the next couple of weeks, our staff will begin preparing our class groupings for 2027. They work hard on this to ensure the best situation for all of our students. This is completed using their professional knowledge to prepare the best learning environment for all of our students. If you have a preference for your child, please ensure that I have received this by Friday 23rd October.

This week you should have received our 2027 Book Pack information. The Parent Contributions Policy has changed a little within the Department. The main change is that our parent contributions are one amount and that we are now able to receive funds directly from parents, it does not have to be solely through Paperchase. First round of Book Pack orders need to be completed by December 13th to ensure packs are delivered ready for the commencement of 2027.

Our 5/6 campers have been at camp since Wednesday. They are having a wonderful time and are due back this afternoon. School Camp is not possible without the time dedication from our staff. I greatly thank Mrs Young, Miss Sydney, Ms Kemp, Wayne and Sharon for participating in this process and providing our senior students with this opportunity.
I am pleased to also inform our community that our School Camp program will be operating next year. Thank you to the families who completed our camp survey. The response was very strong in the direction of continuing our camping program.
Have a great weekend, enjoy the sunshine that is coming our way!
With thanks,

Emma Hampton

A MESSAGE FROM MISS ARMSTRONG

Term 4 Clubs

This term we are very excited to have started two new clubs at recess for the first 15-20 minutes. The purpose of our clubs is to provide students with an opportunity to form new friendships while also feeling a sense of belonging by connecting with likeminded peers who share the same interests. This is also a great way to build our students confidence and self-esteem by show casing their strengths. It also helps individuals to strengthen their communication & listening skills while also providing opportunities to work collaboratively towards achieving a shared goal.

On Monday we will have a Lego club where students are given a series of tasks to complete. This week we made a Lego bridge and were given ten pieces of Lego to create a masterpiece. Each week there will be different challenges to complete. On Wednesday we will have a drawing club where there is a different drawing task each week. This will help to develop students abilty to draw but also their fine motor skills.

Miss Armstrong























A MESSAGE FROM MISS DARCY

Term 4: A Focus on Learning, Growth and Achievement

As we begin Term 4, our focus remains firmly on ensuring every student continues to grow, consolidate their learning and achieve their personal best. This term provides an important opportunity for students to strengthen essential literacy and numeracy skills, apply their knowledge in increasingly complex tasks and develop the independence and confidence needed for future learning.

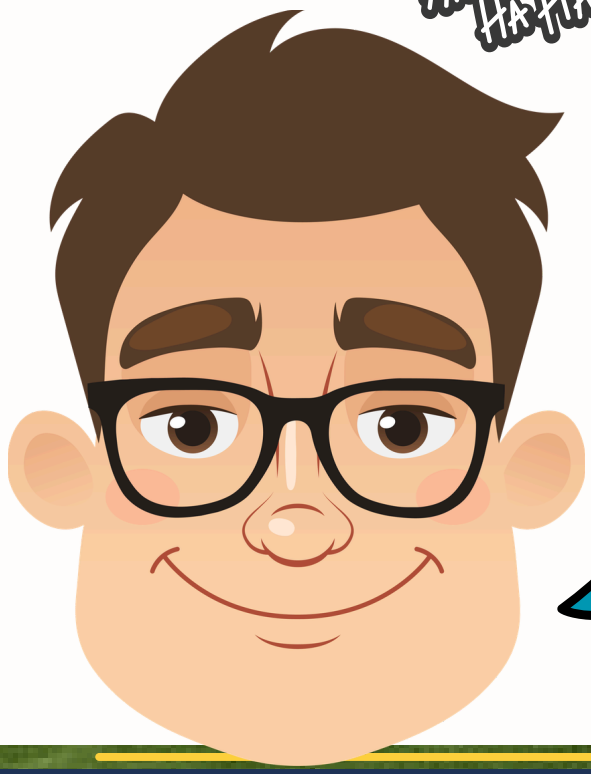
Across the school, teachers will continue to make learning intentions clear, provide explicit instruction, check for understanding and use feedback to guide improvement. Students will be encouraged to approach challenges with persistence, take responsibility for their learning and reflect on the progress they make.

Families play an important role in supporting this work. Regular reading, opportunities to discuss learning, practising mathematical skills in everyday situations and maintaining consistent attendance all contribute to positive learning outcomes.

Together, we look forward to a purposeful and productive final term, celebrating not only what students achieve, but also how they learn, grow and improve.

Miss Darcy

MR CAUGHEY'S JOKE OF THE WEEK



HA HA! HA HA!! HA HA HA

Why do seagulls fly over the sea?
Because if they flew over the bay, they'd be bagels.

HA HA! HA HA!! HA HA HA

ATTENDANCE

ATTENDANCE DATA

Last term we worked with families collaboratively to improve our student attendance data. Our emphasis for Term Four continues to be focused on every child being at school everyday.

Our Term Three celebration assembly showcased just how many students had 100% attendance for the term. This was a fantastic effort by everyone! Our hope is that with your continued support from home, we can do even better this term.

Overall attendance rates by year level:

Prep: 86.8%
Year 1: 86.3%
Year 2: 87.3%
Year 3: 89.1%
Year 4: 93%
Year 5: 86.5%
Year 6: 87.3%

CONGRATS ON TOP WEEKLY ATTENDANCE

3/4B

DAILY ATTENDANCE %	
Monday	92.92
Tuesday	91.04
Wednesday	91.51
Thursday	92.45
Friday	91.01

ATTENDANCE SHOUT OUT

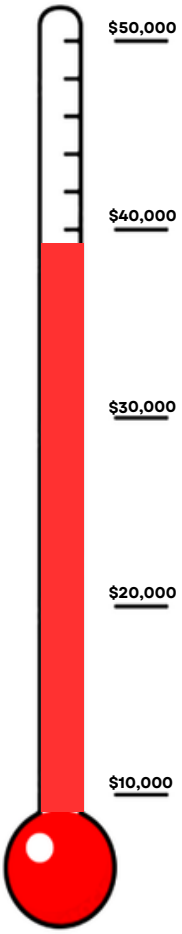
Finn's attendance is up by 8.29% Well done!

TERM 4 FUNDRAISING

SWEENEY

Coming up...

- Pizza Hot Lunch
- Subway 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

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



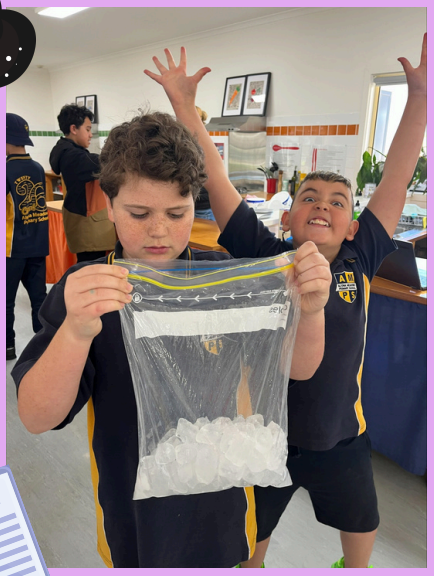




With this years fundraising efforts in combination with last years fundraising efforts we are hoping to resurface the 3-6 playground.

5/6 Inquiry





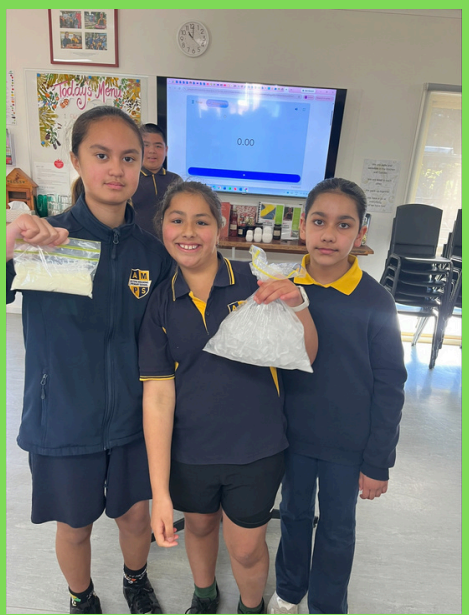


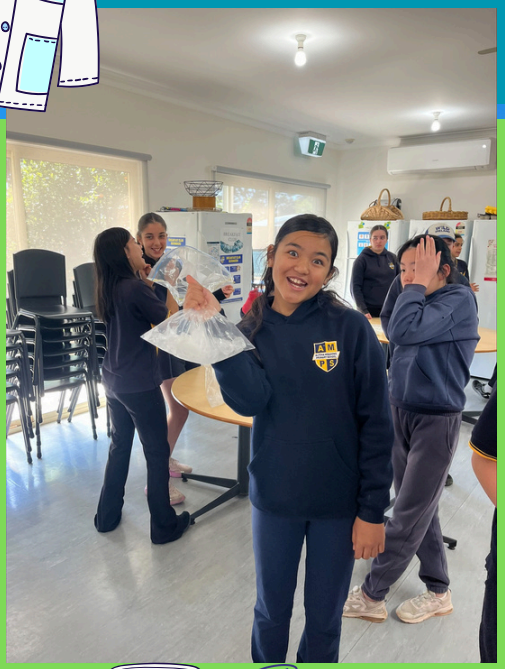


Students in Grades 5 & 6 enjoyed learning to make ice-cream using chemical science.









3/4 Art





Students in grades 3 & 4 created dream items with materials provided.









Necklace binoculars and creative matepiece headware were a hit!


ALTONA MEADOWS PRIMARY SCHOOL
A M
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LIVE
BREAKING NEWS
AMPS NEWS
10th BIRTHDAY
THURSDAY 29 OCTOBER 2026
Ten years of sharing our school news!
DON'T MISS...
Out of uniform day
(prizes for best dressed AMPS NEWS themed dress up!)
11.30am assembly
Party games
Teachers vs Students sports match
Hot food lunch
and loads more!
AMPS NEWS
STAY TUNED
LET'S CELEBRATE 10 YEARS OF AMPS NEWS!
AMPS NEWS • 10 YEARS • OUR SCHOOL • OUR COMMUNITY • AMPS NEWS • 10 YEARS

Mental Health & Wellbeing

SUPPORTING MINDS • BUILDING RESILIENCE • GROWING TOGETHER

Message from Mrs Van Zyl:

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



🟡 What does 'struggling' mean? 🟡

The Struggling zone on the Children's Wellbeing Continuum means a child may be experiencing some difficulties with their emotions, behaviour, relationships or learning that are making everyday life harder. They may need extra support, understanding and opportunities to practise coping strategies.

Being in this zone does not mean a child is "bad" or that something is seriously wrong. It is a way of recognising that they may need a little more help to feel safe, connected and ready to learn.

👀 What might parents notice:

Children may:

- Become more easily frustrated, worried or upset.
- Find it harder to manage their emotions or behaviour.
- Withdraw from others or have difficulty with friendships.
- Lose interest in activities they usually enjoy.
- Find concentrating, participating or completing tasks more difficult.
- Say things like "I can't do it", "I don't want to go" or "Nobody likes me".



These are possible signs, not a checklist. Every child is different, and the same behaviour can have different reasons.

Supporting your child in the Struggling Zone of the Children's Wellbeing Continuum

It can be tough when your child is finding things hard. Here are some ways you can help.



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How can parents support their children?

Connect before you correct



Offer calm attention and let your child know you are there for them.

"I can see things are feeling hard today. I'm here to help."

Listen and name feelings



Help your child put words to what they are experiencing without rushing to fix it.

"It sounds like you felt left out."

Keep things manageable



Break tasks into smaller steps, offer choices and celebrate effort.

"Let's just work out the first step together."

Support coping and connection



Encourage helpful strategies such as movement, quiet time, talking to someone, breathing or spending time with a trusted person.

Work together with school



Share what you are noticing at home and ask what helps at school. A consistent, supportive approach can make a real difference.

Remember... Children do not need to be happy all the time. The goal is to help them recognise their feelings, build coping skills and know that they have people who care about them.

If these changes are persistent, worsening or affecting your child's everyday life, it is important to seek further support from your GP or another appropriate professional.

NURSE Kathryn



Asthma and Hay fever action plans

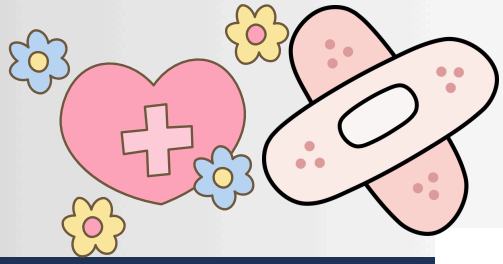
There is an increased risk of seasonal asthma, hay fever and thunderstorm asthma in Victoria from October to December.

Following an up-to-date asthma action plan or hay fever treatment can lesson symptoms of asthma and hay fever and reduce absences from school.

For students with hay fever, the plan can be signed by your local pharmacist or GP. If you require a paper copy of the hay fever treatment plan, it can be collected from the office.

Asthma action plans are to be updated annually (or sooner if symptoms, triggers, or medications change).

Thank you for your co-operation.





We are SunSmart
- a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide*!

Sun protection times



Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.

SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect children and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), ***use these* 5 SunSmart steps – *even if it's cool and cloudy.***

1. *SLIP* on covering clothing



For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.

2. *SLOP* on SPF30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. *SLAP* on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved ***school hat***. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra ***home hat*** to help keep children protected at home.

4. *SEEK* shade

Choose shady spots for learning and play whenever possible.

5. *SLIDE* on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? *Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language*

sunsmart.com.au

Cancer Council Victoria

VICTORIA State Government

Community NEWS





Term 4 Important Dates

- [x] 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

ALTONA MEADOWS PRIMARY SCHOOL