

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

21st August - Wear a touch of purple - Anti Bullying Week Celebration

24th - 28th August - Book Week

28th August - Book Week Parade

2nd September - Father's Day Stall

4th September - Father's Day Open Morning

7th September - Curriculum Day

Principal's Report

Dear Parents and Guardians,

Welcome to our 10th newsletter for the year!

Our students continue to show a high level of engagement and are showing our school values consistently. We are seeing an increase in the level of responsibility our students are showing when a mistake or poor choice is made. The leadership and care being shown from our senior students to our younger students has been wonderful to watch as well as observing random acts of kindness.

Thank you to our families who participated in our school vision and values review. I was impressed with the amount of responses and level of detail that went in to some of the answers. Our values remain the same, which is a great fit for our school and will allow us to continue building the wonderful school environment that we are seeing grow. Our selected vision that our staff and families feel fits our school is now; To inspire curious minds, nurture lifelong learners and build a community where everyone belongs and thrives.

This vision combines our purpose of developing individuals and a collaborative, supportive environment.

We have received our final 2026 NAPLAN results and we are pleased to see the high effort of our students and staff reflected in some positive results. We will be sharing these results with families in the coming weeks. We have also received our 2026 Attitudes to School Survey results and are again very pleased to see some outcomes reflect a high level of focus on various areas within our school. These results will also be shared with our families soon.

The annual Parent / Carer Opinion Survey is opening this week. We will be sharing a link via Compass this week for families to participate and reflect on our school. Please take the time to complete this survey. We generally see a low participation rate which provides us with unreliable data to either work on areas of improvement or reflect and celebrate the positives.

Thank you to all the families that participated in our Tony's Pies fundraiser. We were blown away by the amount of pies delivered last week! As a community we raised \$685 and saved many families from cooking tea for a night or two!

Sally, our Business Manager, has made the decision to finish her time with us here at AMPS. We have appointed a new Business Manager who will be starting with us next week. Nicole joins us with a high level of experience and dedication to schools and families. Please pop in and introduce yourself to Nicole next week.

Have a great week!

With thanks,

Emma Hampton

SWPBS

Our SWPBS token system in the yard continues to recognise and celebrate students who demonstrate our school values of Respect, Resilience and Striving for Excellence. Over the last fortnight we have had many students happily coming into the office to put their yard token in the barrel. Thanks to our staff for acknowledging students who follow our school values but also to our students who follow our values even when no one is watching.

In our classrooms we continue to recognise and celebrate students who demonstrate our school's positive behaviour expectations. Our teachers also provide immediate, meaningful ways to acknowledge students for making positive choices, showing respect, taking responsibility and contributing to a safe and supportive classroom environment. Our learning ladder and excellence tracking system also celebrates students who consistently demonstrate outstanding effort, behaviour, achievement and contribution to their learning. This has been reflected by the number of students receiving their badges at our assemblies. Together, these approaches ensure that positive behaviour is noticed, reinforced and celebrated across our school community.

Miss Armstrong

Making Reading Conversations More Meaningful

With Book Week just around the corner and our Book Fair beginning today, it's the perfect time to celebrate the joy of reading with your child! Reading at home is about more than simply finishing a book. The conversations we have while reading help children build comprehension, vocabulary and confidence.

Instead of asking "What happened?", try questions that encourage your child to think, explain and make connections.

Try asking:

- Encourages prediction - "What do you think might happen next? Why?"
- Develop Inference - "Why do you think the character did that?"
- Build Vocabulary - "What does that word mean? What clues helped you work it out?"
- Making Connections - "Does this remind you of anything?"
- Summarising - "What was the most important part? Why?"
- Critical Thinking - "What would you have done?"
- Using evidence from the text - "What makes you think that?"



You don't need to ask lots of questions. One thoughtful question can lead to a great conversation. Give your child time to explain their thinking and encourage them to go back to the text to find evidence.

Most importantly, keep reading enjoyable! Talk about the pictures, laugh at funny parts, wonder about what might happen and share your own thoughts. These everyday conversations help children see reading as something to enjoy, explore and think deeply about.

Miss Darcy

ATTENDANCE

ATTENDANCE DATA

Regular attendance is one of the most important ways students can set themselves up for success at school. We would like to celebrate and acknowledge the many students who attend regularly, arrive ready to learn and make the most of every opportunity each day. Consistent attendance helps students stay connected with their learning, friends and teachers, build confidence and develop positive routines. We thank our families for supporting regular attendance and encourage everyone to keep aiming high. Every day at school is a day of learning, growth and connection!

This newsletter we are celebrating students who have only had one day off this year. What an achievement!

Zoey B
Vern Yi
Tadhg
Manroop
Michelle B
Lily P.K
Liam
Harrison
Rose
Samayra

CONGRATS ON TOP WEEKLY ATTENDANCE

3/4B **89%**

DAILY ATTENDANCE %

Monday	80.66
Tuesday	87.26
Wednesday	88.68
Thursday	88.68
Friday	87.26

ATTENDANCE SHOUT OUT

Rosalyn A
her
attendance
is up by 9.99%



TERM 3

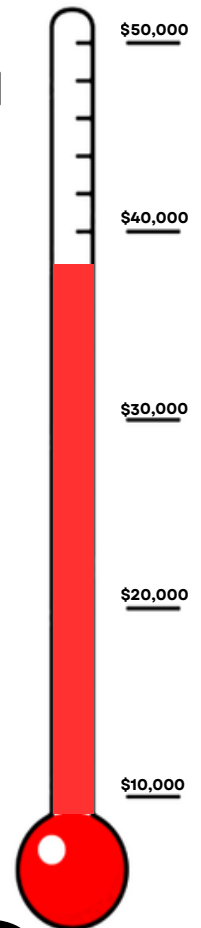
FUNDRAISING

SWEENEY

Coming up...

- Father's Day Stall
- Father's Day Raffle

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

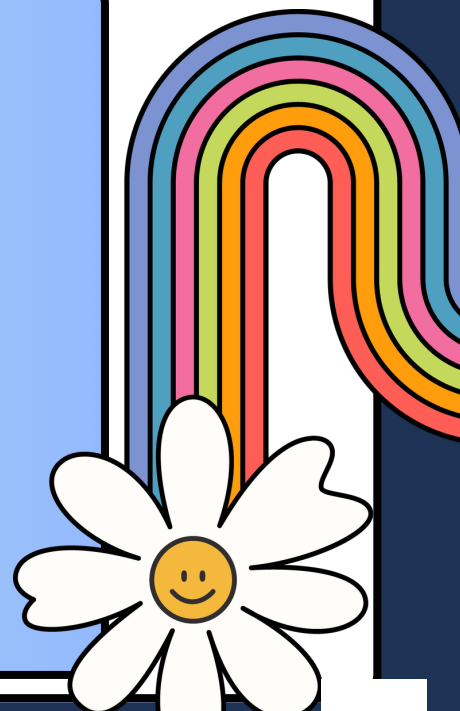


HELP WANTED

- Donations for Father's Day Raffle
- Volunteers for the Father's Day Stall
- A volunteer to staple and cut the raffle books

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





A SPECIAL VISIT FROM OUR DENTAL HYGIENIST!

Keeping our smiles bright and healthy



Our Prep students enjoyed a wonderful visit from a dental hygienist, who taught us how to keep our teeth and gums healthy.

WE LEARNED:

- ✓ How to brush our teeth properly
- ✓ Why healthy food and drinks matter
- ✓ How to protect our teeth every day
- ✓ Why regular dental check-ups are important



The children were fantastic listeners, asked great questions, and loved seeing the giant toothbrush and model teeth!

THANK YOU!

for helping us become tooth-smart and smile-ready!

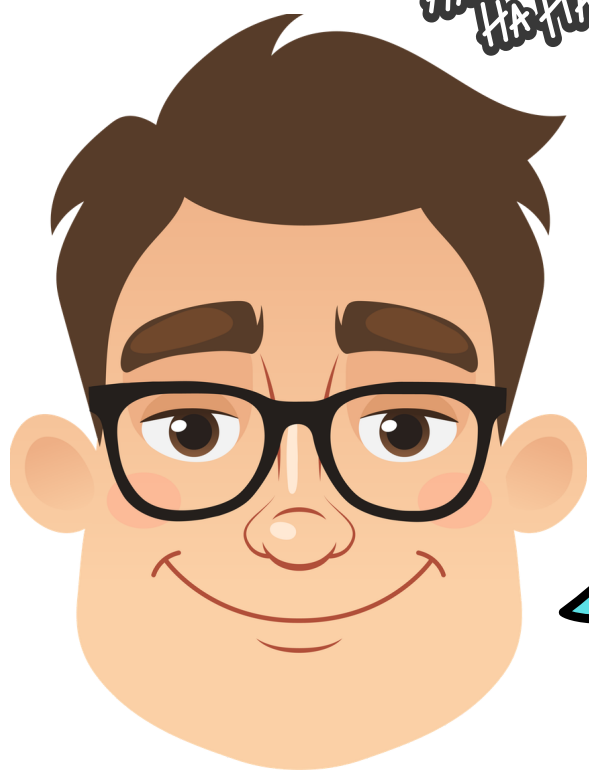
A BIG THANK YOU TO OUR SPECIAL VISITOR FOR MAKING DENTAL HEALTH FUN, ENGAGING AND MEMORABLE!



Last week, our Prep students were lucky enough to welcome the wonderful dental hygienist, Mariam to their space! They learned all about keeping our teeth and gums healthy, how to brush correctly and why making healthy food and drink choices is so important for our smiles.

Thank you Mariam for helping us become tooth-smart and smile-ready. We're brushing up on healthy habits one smile at a time! 😊 🦷 🪥





**Why is the library the tallest building?
It has the most stories.**



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



ANTI-BULLYING WEEK

BE KIND. BE RESPECTFUL. BE AN UPSTANDER.

☆ TERM 3, WEEK 6 ☆



ON FRIDAY OF WEEK 6,
WEAR A *TOUCH OF*
PURPLE!



It's a small action that makes a **BIG** difference.

THE MEANING BEHIND WEARING PURPLE:



PEACE:

Promotes calm
and safe spaces
where everyone
belongs.



STRENGTH:

Shows resilience
against hurtful
behavior.



EMPOWERMENT:

Encourages
individuals to
take a stand and
speak up.



TOGETHER, WE CAN CREATE A
KIND, INCLUSIVE & RESPECTFUL
SCHOOL FOR EVERYONE.



*Speak up.
Stand together.
Stop bullying.*

BULLYING NO WAY



BULLYING IS...

Bullying is behaviour that is:



Repeated

It happens more than once or is likely to happen again.



Intentional

The person is trying to hurt, upset or embarrass someone else on purpose.



Imbalanced Power

There is a difference in power that makes it hard for the person being bullied to stop it.



Hurts

It causes emotional or physical harm to the person.

Bullying can happen in person or online.



BULLYING IS NOT...



One-off mistakes

Everyone makes mistakes. Making amends is important.



Conflict or disagreements

It's normal to have different opinions. We can work through problems respectfully.



Teasing or joking

If everyone is having fun and it doesn't hurt anyone.



Someone being different

We celebrate and respect everyone's uniqueness.

WAYS TO STAND UP AGAINST BULLYING AT AMPS



SPEAK UP

Tell the person to stop. Use calm and confident words: "That's not okay."



SUPPORT OTHERS

Check in with the person who is being bullied. Show kindness and include others.



GET HELP

Talk to a trusted adult at school or at home. You are not a dobber – you are helping keep everyone safe.



SAFE ONLINE

Be kind online. Don't share hurtful messages or images. Report and block.



BE A LEADER

Show respect, kindness and empathy every day. Your actions inspire others!

WE'RE HERE TO HELP

Students can talk to any trusted adult at school, such as:

- Your classroom teacher
- Wellbeing Leaders
- Assistant Principals
- Any staff member you feel comfortable with

Together, we can make AMPS a safe and welcoming place for everyone.



WHAT YOU CAN DO AS PARENTS

- ✓ Listen and talk to your child about their feelings.
- ✓ Encourage kindness, respect and inclusion.
- ✓ Know who your child can talk to at school.
- ✓ Work with us – together we can make a difference.
- ✓ If you have concerns, contact your child's teacher or the school office.



At Altona Meadows Primary School, we all have a role to play in creating a **community** where **everyone feels safe, respected** and valued.



Community NEWS



SHOTO KARATE 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.



COULD YOU FOSTER A CHILD?

We **URGENTLY** need Foster Carers in your area. Enquire now on how you can help change a child's life.

Canifoster.com.au | 1800 932 273

COME & TRY HOCKEY AT THE ALTONA HOCKEY CLUB



TUESDAY 18TH AUGUST | 5.15PM - 6.15PM
AGES 5 - 10 | HOCKEY STICKS PROVIDED | FREE TO TRY
QUESTIONS? CONTACT SONIA - FUN@ALTONAHC.ORG.AU OR 0473 152 245

SUPPORT YOUR
SCHOOL LIBRARY THIS

BOOK WEEK

SYMPHONY OF
COSTUMES



THIS BOOK WEEK RAISE FUNDS FOR YOUR SCHOOL

Lombard will donate 5% of all costume sales
TO YOUR SCHOOL LIBRARY TO HELP SUPPORT READING AND LITERACY
SIMPLY ENCOURAGE FAMILIES TO SHOP THEIR COSTUMES AT LOMBARD

COSTUMES
FROM
\$20

6 JULY - 6 SEPTEMBER

HOW IT WORKS

- 1 Register Your School
Join the Lombard Fundraising Club
- 2 Share With Families
via newsletter, social media or school app
- 3 Families Shop at Lombard
6 July - 6 Sept 2026
Parents mention the school when purchasing Book Week costumes in store.
- 4 Lombard Gives Back
Lombard donates 5% back to your school library

WHY FAMILIES LOVE IT

- Over 1000+ costumes under one roof
- Easy and affordable shopping

WHY SCHOOLS LOVE IT

- Simple fundraising opportunity
- Supports literacy and school libraries
- No cost to participate
- Easy to promote
- Marketing material provided by Lombard
- Sales tracking managed by Lombard
- Everything ready to share with families

*Terms & Conditions apply. In store only.
See website for more details.



JOIN NOW!

LOMBARD
FUNDRAISING CLUB



SEE OUR RANGE OF
BOOK WEEK COSTUMES



SUPPORT YOUR
SCHOOL LIBRARY THIS
BOOK WEEK

Term 3 Important Dates



21st July - First day of Breakfast Club



23rd July - P-2 100 Days of School Celebration



6th August - 3-6 Athletics Carnival



10th August - 5/6 Excursion



17th August - Anti Bullying Week



24th August - Book Week



28th August - Book Week Parade



2nd September - Father's Day Stall



3rd September - Hot Lunch Fundraiser



4th September - Father's Day Open Morning



10th September - R U Ok Day



10th September - Last Breakfast Club



18th September - Last Day of Term Three -
Students dismissed at 2:15pm

Term 4 Starts 5th October



Term 3 Assembly Schedule

24th July - Whole School (5/6A presenting)

31st July - Prep & 1/2 (1/2A presenting)

7th August - 3/4 & 5/6 (5/6B presenting)

14th August - Whole School (5/6C presenting)

21st August - Prep & 1/2 (1/2B presenting)

28th August - Book Week Parade

4th September - Fathers Day Open Morning

**11th September - Whole School Celebration
Assembly**

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



Choose a Main Course item, then select 1 or 2 Items from the Snack/Drink Menu to make up a 2 or 3 Course Lunch Pack

Main Course Menu

BAKERY - All items freshly baked this morning!

	2 Course	3 Course
Cheese & Vegemite Scroll (M)	\$6.45	\$9.15
Savoury Bite 'Little Frank' Roll	\$6.45	\$9.15
Topped with Only Cheese Roll (M)	\$6.45	\$9.15
Cheese & Bacon Roll	\$7.45	\$10.15
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65

PIZZA / SAUSAGE ROLLS / GOZLEME / PASTIZZI / QUESADILLA / PASTIES - SERVED AT ROOM TEMPERATURE!

Ricotta & Spinach Pastizzi (2) (M)	\$8.95	\$11.65
Margherita Pizza TWIST (M)	\$9.95	\$12.65
Sausage Roll with Sauce	\$9.95	\$12.65
Margherita PITA Pizza (M)	\$9.95	\$12.65
Quesadilla (Chicken) served with Sour Cream (H)	\$10.95	\$13.65
Ham & Pineapple Pizza Slice	\$10.95	\$13.65
BBQ Chicken Pizza (H)	\$10.95	\$13.65
Pepperoni Pizza (H)	\$10.95	\$13.65
Vegetable Pastie with Tomato Sauce (H, V)	\$12.75	\$15.45
Herbed Chicken Gozleme (H)	\$13.45	\$16.15
Lamb & Beef Gozleme (H)	\$13.45	\$16.15
Mushroom & Spinach Gozleme (Vg)	\$13.45	\$16.15
Spinach & Cheese Gozleme (M)	\$13.45	\$16.15

SUSHI HAND ROLLS (2pc) - Soy Sauce (GF) Provided

Teriyaki Chicken Hand Rolls (H)	\$12.45	\$15.15
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$12.45	\$15.15
Cooked Tuna Hand Rolls (GF)	\$12.45	\$15.15
Avocado Hand Rolls (GF, Vg)	\$12.45	\$15.15
Cucumber Hand Rolls (GF, Vg)	\$12.45	\$15.15
Vegetarian Hand Rolls (GF, Vg)	\$12.45	\$15.15
Tofu Hand Rolls (GF, V)	\$12.45	\$15.15

RICE PAPER ROLLS (2pc) - (Wednesday, Thursday & Friday only)

Chicken Rice Paper Rolls (GF, H)	\$13.45	\$16.15
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$16.15

SANDWICHES / ROLLS / WRAPS / CROISSANTS / PANCAKES

Strawberry Jam Sandwich (1.5) (Vg)	\$7.45	\$10.15
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.65
Plain Cheese Sandwich (2) (M)	\$9.95	\$12.65
Simple Salad Roll (Vg)	\$9.95	\$12.65
Croissant with Ham & Cheese	\$9.95	\$12.65
Pancakes with Strawberries, Blueberries & Honey	\$10.95	\$13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Cheese & Salad Roll (M)	\$11.50	\$14.20
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$14.20
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$14.20
Chicken, Mayonnaise & Salad Roll (H)	\$12.75	\$15.45
Mexi Style WRAP w. Chicken, Salsa, Cheese, Salad, Corn Chips (H)	\$12.75	\$15.45

SALADS / PICNIC BOXES / POKE BOWLS

Fresh Fruit Salad - Main Course Size (GF, Vg)	\$11.50	\$14.20
Ham Picnic Box (GF)	\$11.50	\$14.20
Vegetarian Picnic Box (GF, V)	\$11.50	\$14.20
Greek Style Salad with Feta & Olives (GF, V)	\$12.75	\$15.45
Tortellini Pasta Salad (M) (Wednesday, Thursday & Friday only)	\$12.75	\$15.45
Poke Bowl with Teriyaki Chicken (H)	\$13.45	\$16.15

GF SANDWICHES

GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
GF Chicken (with Mayo) & Cucumber Sandwich (1.5)	\$10.95	\$13.65

Snack/Drink Menu

FRESH FRUIT & VEGETABLES

Apple pieces, Lemon juice, Cinnamon & Brown Sugar	+\$1.00
Fresh Fruit Combo	+\$1.00
Freshly Chopped Orange Segments	Included
Freshly Chopped Watermelon Pieces	Included
Whole Fruit - Apple	Included
Whole Fruit - Banana	Included
Whole Fruit - Mandarin	Included
SPC Diced Peaches in Juice	Included
Carrot, Cucumber, Red & Yellow Capsicum	Included
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Included
Corn Wheels & Lightly Steamed Broccoli	Included
Edamame (Lightly Salted)	Included

BAKERY - SWEET

ANZAC Biscuit	Included
Choc Chip Cookie	Included
Cinnamon Doughnut	Included
Cornflake Cookie	Included
Finger Bun with Sprinkles	Included
"Not Cross" Bun	Included
Blueberry Muffin	+\$1.00
Carrot Cup Cake (GF/DF/Vg)	+\$1.00
Choc Cup Cake (GF/DF/Vg)	+\$1.00
Jam Drop Biscuit (GF)	+\$1.00
Passionfruit Melting Moment Biscuit	+\$1.00
Yo Yo Biscuit	+\$1.00

SUSHI

1pc Tuna Sushi (GF)	+\$1.00
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POPCORN / HARVEST SNAPS / VEGE CRACKERS / LEGUMES / DRIED FRUIT

Popcorn - Slightly Sweet, Lightly Salted	Included
Popcorn - Lightly Salted	Included
Harvest Snaps (GF/DF/Vg)	Included
Salt & Vinegar Vegie Crackers (GF/DF/Vg)	Included
Lime & Black Pepper Chickpeas	Included
Roasted Chickpeas	Included
Balsamic & Sea Salt Fava Beans	Included
Dried Pineapple Pieces by "Peels"	+\$1.00

DIPS WITH MINI RICE CAKES / CORN CHIPS

Avocado Dip with Mini Rice Cakes	+\$1.00
Spicy Capsicum Dip with Mini Rice Cakes	+\$1.00
Spring Onion Dip with Mini Rice Cakes	+\$1.00
Tzatziki Dip with Mini Rice Cakes	+\$1.00
Corn Chips with Salsa (GF)	+\$1.00
Mango Chutney with Vegie Chips (GF, Vg)	+\$1.00

YOGHURTS / BOWLS / CUPS

Raspberry Jelly Cup	Included
Strawberry Yoghurt (Dairy Farmers)	+\$1.00
Vanilla Yoghurt (Dairy Farmers)	+\$1.00
Stewed Rhubarb and Apple Crumble	+\$1.00

DRINKS

Apple Juice	Included
Blackcurrant & Apple Juice	Included
Orange Juice	Included
Chocolate Milk	Included
Strawberry Milk	Included
Full Cream Milk	Included



ORDER NOW

GF = Gluten Free, DF= Dairy Free, H= Hala!, V= Vegetarian, Vg= Vegan

Descriptions, dietary and allergen information available on our website.

www.classroomcuisine.com.au

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