

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

DATES TO REMEMBER

8th June - King's Birthday Public Holiday
 9th June - Curriculum Day - No school for students
 11th & 12th June - 5/6 Winter Sports
 12th June - Prep Weribee Zoo Excursion
 18th June - Hot Lunch Fundraiser

Principal's Report

Dear Parents and Guardians,

Welcome to our 7th newsletter. We have officially hit the halfway mark of our term. There are many different events happening in the next couple of weeks so please make sure you keep an eye on Compass.

Our staff are in the process of writing our Semester One Reports. These will look a little different this year with the AEU Industrial Actions that have had an impact on what we provide in the form of a student report. All families will still be receiving a report with the formal teacher judgement that has been made for your child/ren in all academic areas. The general comment and judgement against our school values and the effort your child/ren puts into learning has been removed. We are hopeful that we are able to provide a full student report in Semester Two. As the report will have limited information, it is even more important that you make a time to meet with our staff at our Parent Teacher Interviews, scheduled for Tuesday 23rd June.

Last week, our students in Grades 4, 5 & 6 completed the Attitudes to School Survey with Miss Armstrong. This survey is a great way for us to gather our students thoughts and feelings about school. We will be using our results to make improvements to our school and the experience students' have while here. We will also be sharing some of our results in up coming newsletters.

We have recently sent home our order form for our Tony's Pies fundraiser. If you did not receive one, please pop into the office. We have worked with this company before and received very positive feedback from our families, great opportunity to stock up the freezer!

We have our Term 2 Curriculum Day coming soon, Tuesday 9th June, along with the King's Official Birthday public holiday, Monday 8th June. There will be no school for students on both of these days.

Our staff will be onsite for the Curriculum Day participating in a professional learning session with our Inclusion Outreach Coach from the Department of Education. This session will further enhance and develop our staff's skill set in implementing Tier One interventions in our classrooms to promote positive environments for learning.

We have sent a link home via Compass for families to complete our Mental Health and Wellbeing Survey. Please take some time to complete this to provide us with a clear understanding of our community's perception to our students' mental health.

Have a great weekend,

With thanks

Emma Hampton

Attendance

Regular attendance is one of the strongest predictors of student success. When students attend school consistently, they build stronger academic skills, develop positive routines and stay connected to their teachers and peers. Every lesson, discussion and classroom activity contributes to learning and frequent absences can make it difficult for students to build confidence in their abilities.

Families play an essential role in supporting attendance habits. Establishing consistent morning and bedtime routines, scheduling appointments outside school hours when possible and communicating with the school about any challenges can make a significant difference. By working together, schools and families can help ensure students are present, engaged, and ready to learn every day. Regular attendance not only supports academic achievement but also helps students feel connected, valued, and prepared for future success.

Miss Armstrong

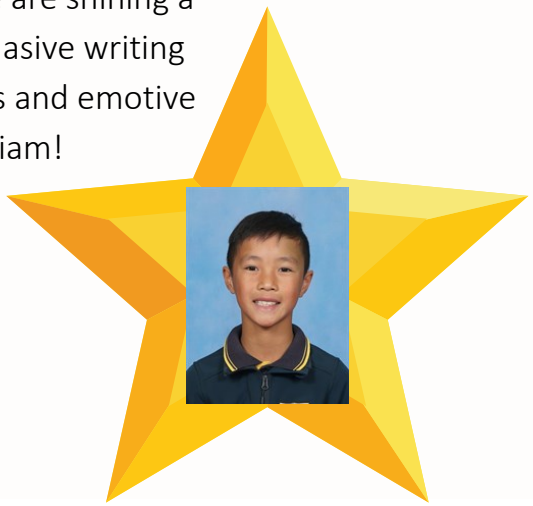
Here at AMPS, we have many talented writers. This week we are shining a light on the writing of Grade 4 student, William. In his persuasive writing piece, William has used rhetorical questions, expert opinions and emotive language to persuade his audience. Well done, William!

Basketball is better than AFL

Have you ever wanted to shoot a 3 pointer like Camelo Ball? Well I powerfully agree that basketball is way better than AFL, because basketball is more physical than AFL, an activity that might be entertaining and you can play with your friends or maybe with a family.

Some people believe AFL is better than basketball however in my opinion basketball is way better than because AFL is more physical! Go outside and play basketball now! Scientists say basketball is better than AFL because AFL is way too rough, physical and dangerous. This is why basketball is the best sport in the world.

Secondly I powerfully agree that basketball is way better because basketball can be entertaining for some people. Experts say 78% out of 100% people around the world think basketball can be more entertaining than anything in the world. This is why I definitely believe that basketball is the best sport in the world!!



Finally basketball can be really fun if you play with some friends or a familv member once a week. Just plav basketball with a friend, a family member will you? Scientists say if you play basketball with a friend or family member it can increase your mood and stress by 100%. This is why I strongly agree that basketball is the BEST SPORT EVERRRR!!!

In conclusion I absolutely agree basketball is way better than AFL because it is not a contact sport, might be entertaining and you can have a family or friend play a very good sport now !!

Miss Darcy



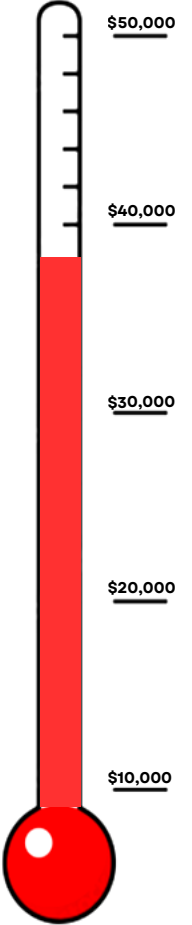
TERM 2

FUNDRAISING

SWEENEY

- Coming up...**
- Hot lunch fundraiser
 - Tony's Pies

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

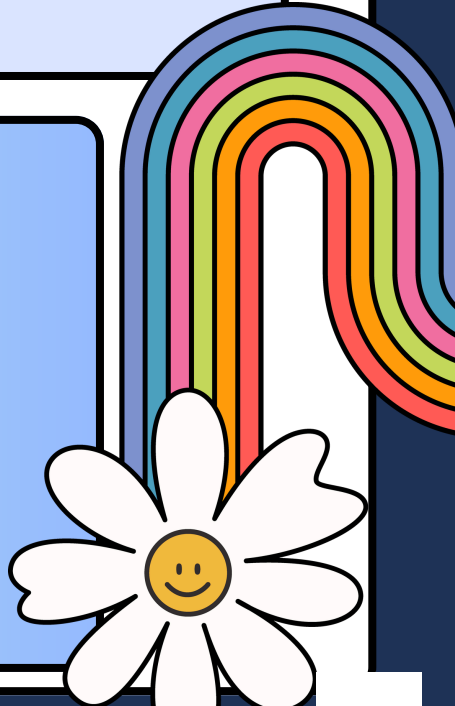


We have organised with Tony's Pies Essendon to conduct a Pie Drive. Tony's Pies will supply us with a range of their freshly baked pies, pasties, quiches and sausage rolls on Thursday 13th August 2026. All the products will be freshly baked and will be suitable to go straight into the freezer if you wish. So order up BIG. Remember, the more you order the more we make.



<https://tonyspiedrives.com.au/fundraiser/altona-meadows-primary-school>

- 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



What is Mental Health?

Mental health is how we think, feel and act. It affects how we handle stress, relate to others and make choices. Just like our bodies, our minds need care too!



The 4 Domains of Mental Health

These four areas all play a part in our overall mental health and wellbeing.



1. Social

How we connect and build positive relationships with others.

Examples:

Talking to friends, playing cooperatively, feeling like we belong.



2. Emotional

How we understand and manage our feelings.

Examples:

Noticing how we feel, using calm down strategies, talking about our feelings.



3. Cognitive

How we think, learn and solve problems.

Examples:

Concentrating in class, being curious, trying new things, learning from mistakes.



4. Physical

How we take care of our bodies to feel good.

Examples:

Eating healthy food, being active, getting enough sleep, drinking water.



Why is it important?

- Good mental health helps us feel happier and more confident.
- It helps us learn, build friendships and enjoy life.
- Looking after our mental health helps us cope with challenges and bounce back.



We all have mental health.
Let's look after it – every day!



Wellbeing Zones

Our feelings change. And that's OK!

We all move between different zones throughout the day. There are no 'bad' zones – each one is a signal that helps us understand what we need.

GREEN ZONE

Good / Feeling Good



- Calm, happy, focused
- Feeling confident
- Ready to learn and connect

Keep doing what helps you stay in the green zone!

YELLOW ZONE

Coping



- Worried, tired, distracted
- Things feel a bit harder
- Need a little extra support

Use strategies to help you feel better.

ORANGE ZONE

Struggling



- Upset, frustrated, stressed
- Finding it hard to cope
- Need more support

Use strategies and ask for help to get back on track.

RED ZONE

Overwhelmed



- Overwhelmed, panicked, angry
- Hard to think or calm down
- Need help right away

Ask for help from a trusted adult. You don't have to do it alone.

We Move Between Zones – And That's OK!



Feelings change for lots of reasons – what's happening, what we're thinking, how we're feeling in our body and what support we have.

Be kind to yourself. You are doing your best.



Ways to Look After Our Mental Health



Talk about your feelings.



Move your body.



Take breaks and rest.



Connect with people who care about you.



Do things that make you happy.



Looking after mental health helps us live happy, healthy and meaningful lives.

Together, we can support each other.



Community NEWS





Play

Serious Business! Why it's important – and how to do it

Free Event

**A free, hands-on workshop for families and carers of young children
Play isn't just fun. It's how young children learn, grow and connect.**

Join us for a practical, interactive workshop where you'll explore different ways to play with your child and understand why it matters in the early years.

Children are welcome and encouraged to attend

- Learn why play is essential for children's learning, development and wellbeing
- Try simple, hands-on play activities to use at home
- Build confidence in following your child's lead and strengthening connection
- Explore a range of play types – imaginative, sensory, loose parts and more
- Discover how everyday low-cost household items can become great play resources
- Understand when and where to seek extra support

Wednesday 3 June

10am to 11.30am

*Sutton Avenue Kindergarten
16 Sutton Avenue, Altona North*



Scan for more details

For further info contact the early years team
1300 179 944 or earlyyears@hobsonsabay.vic.gov.au

Hobsons Bay City Council is committed to being a child safe organisation and has zero tolerance for child abuse

Council acknowledges the Bunurong People of the Kulin Nation As the Traditional Owners of these municipal lands and waterways, and pay our respects to elders past and present.

Hobsons Bay City Council, in partnership with ECMS




Now available- Needle free flu vaccinations for all kids 2 years to 12 years old.



Direct Chemist Outlet | Central Square

P: 03 9315 7900 F: 03 9315 7444
A: Shop 15/1 Central Ave, Altona Meadows VIC 3028
E: centralsquare@directchemistoutlet.com.au
W: directchemistoutlet.com.au

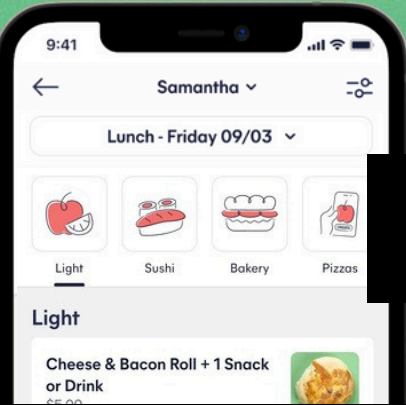


SOME PRODUCTS LIKE SUSHI NEED TO BE ORDERED THE DAY BEFORE DELIVERY

TK TUCKSHOP

TERM 2

TUESDAYS AND FRIDAYS



ORDER BY 8AM ON THE DAY USING THE SPRIGGY SCHOOLS APP

DOWNLOAD OUR APP



~ CANTEN MENU ~



ICY POLES

FROSTY FRUITS	\$1.50
ZOOPER DOOPER	50c
CALIPPO	\$2.00
LIFE SAVER	\$2.00
CYCLONE	\$2.00
ICY POLE	\$1.00



SNACK

POTATO CHIPS	\$1.00
KILBER PYTHON	50c
FREDDO FROGS	50c
COOKIES	\$2.00



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 (V)	\$6.45	\$9.15
Savoury Bite 'Little Frank' Roll	\$6.45	\$9.15
Topped with Only Cheese Roll (V)	\$6.45	\$9.15
Cheese & Bacon Roll	\$7.45	\$10.15
Scroll with Ham & Cheese	\$9.95	\$12.65
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) (V)	\$8.95	\$11.65
Margherita Pizza TWIST(V)	\$9.95	\$12.65
Sausage Roll with Sauce	\$9.95	\$12.65
Margherita PITA Pizza (V)	\$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
Lamb & Beef Gozleme (H)	\$13.45	\$16.15
Mushroom & Spinach Gozleme (Vg)	\$13.45	\$16.15
Spinach & Cheese Gozleme (V)	\$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
Prawn Rice Paper Rolls (GF, H)	\$13.45	\$16.15
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$16.15

SANDWICHES / ROLLS / WRAPS

Strawberry Jam Sandwich (1.5) (Vg)	\$7.45	\$10.15
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.65
Plain Cheese Sandwich (2) (V)	\$9.95	\$12.65
Simple Salad Roll (Vg)	\$9.95	\$12.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Cheese & Salad Roll (V)	\$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 (V) (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
Bag of Grapes	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
Lamington	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

Popcorn -Slightly Sweet, Lightly Salted	Included
Popcorn -Lightly Salted	Included
Harvest Snaps (GF/DF/Vg)	Included

DRIED FRUIT/LEGUMES

Lime & Black Pepper Chickpeas	Included
Roasted Chickpeas	+\$1.00
Balsamic & Sea Salt Fava Beans	
Dried Pineapple Pieces by "Peels"	

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 Vege 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 with Custard	+\$1.00

DRINKS

Apple Juice (Nippy's)	Included
Orange Juice (Nippy's)	Included
Chocolate Milk (Nippy's)	Included
Strawberry Milk (Nippy's)	Included
Full Cream Milk	Included



GF = GlutenFree, DF= Dairy Free, H=Halal, V= Vegetarian, Vg= Vegan

ORDER NOW

Descriptions, dietary and allergen information available on our website.

www.classroomcuisine.com.au

Term 2 Important Dates



23rd April - 5/6 Art Group Excursion



1st May - District Cross Country



5th May - School Photo Day



6th May - Mother's Day Stall



8th May - Mother's Day Open Morning



11th May - School Dental Van Starts



26th May - National Sorry Day



8th June - King's Birthday



9th June - Term 2 Curriculum Day



11th & 12th June - Winter Sports



18th June - Hot Lunch Fundraiser



23rd June - Parent Teacher Interviews
- 1pm Dismissal



26th June - Last Day of Term Two -
Students dismissed at 2:15pm

Term 3 Starts 13th July



Term 2 Assembly Schedule

1st May - Whole School (3/4B presenting)

15th May - Prep & 1/2 (1/2C presenting)

22nd May - 3/4 & 5/6 (3/4C presenting)

29th May - Whole School (1/2D presenting)

5th June - Prep & 1/2 (Prep presenting)

12th June - 3/4 & 5/6 (3/4D presenting)

19th June - Whole School Celebration Assembly

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

