Issue No.13

October 30th, 2026

ALTONA MEADOWS PRIMARY SCHOOL

Principal: Emma Hampton

Assistant Principal Health & Wellbeing: Reachel Armstrong

Assistant Principal Curriculum: Jessica Darcy

School Council President: Scott Hanson

School Values

Respect
Resilience
Strive for Excellence

School Purpose

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

DATES TO REMEMBER

2nd November - Curriculum Day
3rd November - Melbourne Cup Day
11th November - Rememberance Day
16th November - 2027 Prep Transition
20th November - P-2 Disco

Principal's Report

Dear Parents and Guardians,

Welcome to our 13th newsletter for the year.
We are starting to hit the time of year when all the special events for the end of the year start happening and the excitement starts to build for new beginnings in the new year. Very shortly we start our 2027 Prep Transition sessions. These sessions are a wonderful opportunity for our school staff to start getting to know our newest, youngest students. If you have a child starting in Prep next year and you have not been in to see us, please do so so we can make sure we have them on the list and ready for the first transition session on Monday 16th November.

This week, especially today, it has been wonderful to see the excitement building for our AMPS News celebration. The achievement of us hitting the milestone of AMPS News being broadcasted for the last 10 years is significant. We are the only school that I know of that has this wonderful addition. It is a great way for our students to be involved and contributing to a publication for all members of our community. Mrs Capri does a wonderful job leading our students in the creation of the episodes and does a very big part of this behind the scenes. The buzz here today was of excitement and also a feeling of pride from staff and students. We hope that the families who attended today also enjoyed the celebration.

Our staff have started working on the preparation of class lists for the 2027 school year. If your child is not attending with us next year, please make sure that you have let our office staff know.

Today we had a parking inspector from the council here checking our side streets for the correct following of the parking signs. I believe we may have had a couple of our families caught with this today. Take this visit as a timely reminder to be following the signs from the council and our advisory signs. When they come to complete a check, they are taking into consideration both our signage and the council signs.

We have many excursions/events coming up in the next two months, please make sure you keep an eye on Compass for permission and payment dates.

A reminder that we have our Term 4 Curriculum Day this coming Monday. We then have the Melbourne Cup Public Holiday on Tuesday. We look forward to everyone returning on Wednesday.

Have a great weekend, hopefully we see some sunshine!
With thanks,
Emma Hampton

2027 Junior School Council

At Altona Meadows Primary School, Junior School Council (JSC) plays an important role in giving voice in the representation of each and every one of our students. Through the JSC, students are actively encouraged in decision-making, empowered to make change and provided with opportunities to demonstrate good leadership and citizenship skills.
Throughout the year we plan to organize and manage fundraising events such as theme days and crazy hair days.
We also plan and discuss issues raised by our students and ways to improve our school. JSC members also feedback to each class after meetings. Our JSC members meet on a weekly basis to prepare for our assemblies.
If this is something that you are passionate about and have an interest in, please get your application in by the end of the day on Friday 20th October.

Miss Armstrong

Taking Ownership of Learning: Reflect, Set Goals and Grow

As teachers prepare for Semester Two reports this term, students are being encouraged to reflect on their progress, consider feedback and identify their next learning steps. With 7 weeks remaining, there is valuable time to set goals and put strategies into action.

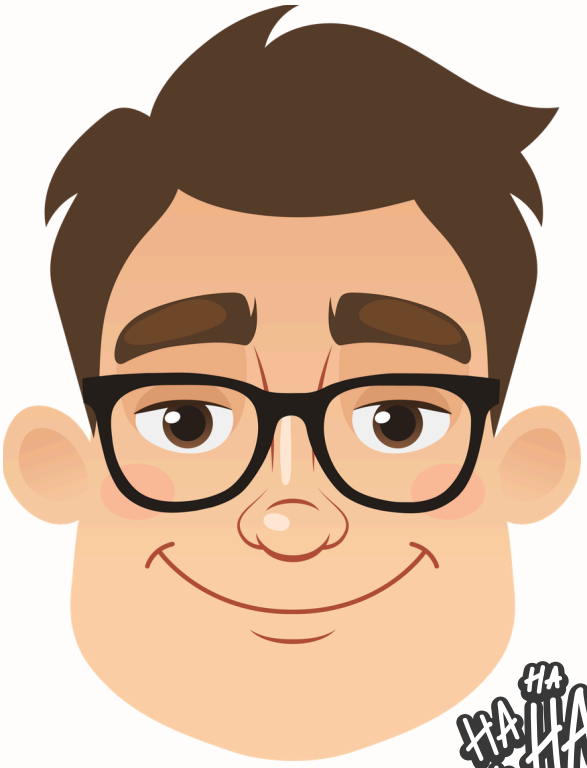
Families can support this at home by:

- Reflecting together: Look at a work sample and ask, “What have you improved?” and “What helped you?”
- Using feedback: Discuss teacher suggestions and how your child could apply them.
- Setting one specific goal: For example, “Pause after each page to summarise” rather than “Get better at reading”.
- Planning practice: Build short, regular learning opportunities into home routines.
- Checking in: Discuss what is working, adjust the plan and celebrate progress.

These simple conversations help students build confidence, recognise their growth and take greater ownership of their learning.

Miss Darcy

MR CAUGHEY'S JOKE OF THE WEEK



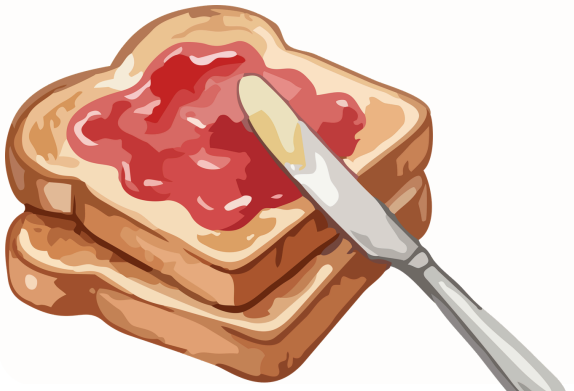
Teacher: "Can anyone tell me what the chemical formula for water is?"
Student: "H-I-J-K-L-M-N-O!"
Teacher: "What on earth are you talking about?"
Student: "Yesterday you said it was H to O!"

HA HA HA! HA HA HA!!

HA HA HA! HA HA HA!!

Term 4 Brekky Club

All students are welcome to join us for a free brekky of toast, cereal, fruit, tin spaghetti, baked beans, porridge, juice and milk at Breakfast Club in the SAKG kitchen on Tuesday and Thursday mornings from 8:30am







ATTENDANCE DATA

Term Four is always an exciting, fast-paced and important time for our students and teachers. Every day counts as we finish the school year strong. Continue to maintain a reliable morning routine to ensure students arrive at school on time. Let's work together to maintain excellent attendance right up to the final bell.

Year level attendance

Prep 86%

Year 1 86%

Year 2 87%

Year 3 88%

Year 4 93%

Year 5 86%

Year 6 87%

CONGRATS ON TOP WEEKLY ATTENDANCE

1/2D

DAILY ATTENDANCE %	
Monday	90.09%
Tuesday	89.62%
Wednesday	88.21%
Thursday	87.26%
Friday	85.85%

ATTENDANCE SHOUT OUT



Well done to Jaxson who's attendance is up by 10.54%

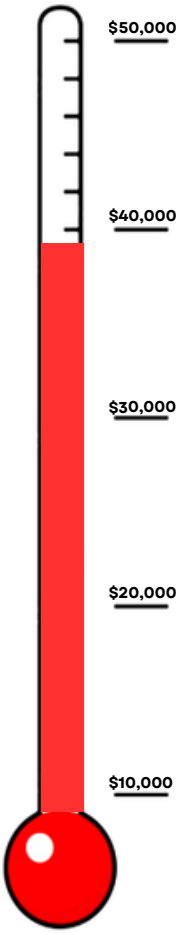
TERM 4

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.

TERM 4 FUNDRAISING

Subway Lunch this term will be on **Thursday 10th December.** All orders are placed online .

We are getting organised for Christmas and are now preparing our Christmas Raffle; we are looking for donations big and small.

This year instead of sending home raffle ticket books of 10 for $1 each ticket we will be sending home books of 5 for $5 each ticket.

If you work somewhere that would be generous enough to donate for the raffle we would be happy to supply a letter to business requesting donations.

Let's make our last raffle for the year a success.

ALTONA MEADOWS PRIMARY SCHOOL

SUBWAY
Hoppers Crossing

Date:
Thursday Dec 10th

Cut off time:
10am Wednesday Dec 9



Getting started

- Scan the QR code or visit smartschools.com.au
- Select your school
- Register your child or as staff
- Click the **FOOD** tab calendar on the date above to order Subway.

ORDER NOW

Scan to order your Subway Lunch or visit smartschools.com.au

No App Store download needed

iPhone: Safari → Share → Add to Home Screen

Android: Chrome → Menu (⋮) → Add to Home Screen

Local Australian support if you need help

1300 787 939 | SMS 0404 097 939 | cateringathoppers@gmail.com



Mental Health & Wellbeing

SUPPORTING MINDS • BUILDING RESILIENCE • GROWING TOGETHER

Message from Mrs Van Zyl:

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



🟡 What does 'overwhelmed' mean? 🟡

The Overwhelmed zone is when a child is experiencing emotions or challenges that feel too big to manage on their own. They may find it difficult to think clearly, communicate what they need or use their usual coping strategies. Being in the Overwhelmed zone is not a sign that a child is being naughty or difficult—it is a signal that they may **need extra support, understanding and help to feel safe and settled**.

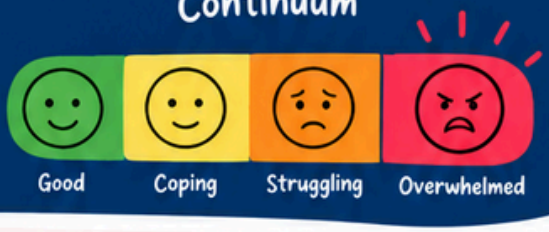
👀 What might parents notice:

- Big emotions that seem difficult to manage, such as intense anger, sadness or distress.
- Crying, shouting, withdrawing or becoming very quiet.
- Finding it difficult to explain what is wrong or ask for help.
- Becoming overwhelmed by everyday tasks or situations that they would usually manage.
- Difficulty listening, concentrating or making decisions.
- Wanting to be alone, avoiding activities or finding it hard to join in.
- Physical signs such as a racing heart, tense body, headaches or feeling sick.



Remember: Children may show the Overwhelmed zone in different ways, and not every child will display the same signs. The important thing is to notice changes in their behaviour, listen to what they are communicating and respond with calm, care and support.

Supporting your child when they are in the Overwhelmed Zone



What does Overwhelmed mean?

The Overwhelmed zone is when a child is experiencing emotions or challenges that feel **too big to manage** on their own. They may find it difficult to think clearly, communicate what they need or use their usual coping strategies. It's not a sign that they are being naughty or difficult — it's a signal that they may need extra support, understanding and help to feel safe and settled.



It's okay to feel overwhelmed.

You're not alone.

Strategies to support your child

When your child is in the Overwhelmed zone, your calm, care and understanding can make a big difference. Here are some simple strategies you can try:



Stay calm and present

Your calm voice and body language can help your child feel safe, seen and more in control.

Listem and acknowledge

Let them know you hear them and that their feelings are valid. Simple phrases like "I can see you're really upset" or "It's okay to feel this way" can be very reassuring.

Help them regulate

Encourage slow breathing, calm spaces or simple coping strategies like counting, squeezing a stress ball or using a favourite comfort item.

Break things down

Help them take small steps or focus on one thing at a time. This can make things feel less overwhelming.

Offer choices

Giving them a sense of control can help. Offer simple choices, like "Would you like to sit here or in the quiet space?"



Provide comfort and reassurance

A hug, a kind word or simply sitting with them can help them feel safe and supported.

Support their next steps

Once they are calmer, help them think about what might help next and how they can get back to feeling more like themselves.

Praise progress

Notice and acknowledge their effort, even if it's just the small steps. This builds confidence and resilience.

Seek extra support if needed

If your child often seems overwhelmed, or it's lasting for a long time, reach out to your child's teacher or the school wellbeing team. We're here to help.

With the right support, children can feel calmer, more confident and ready to take on the day again.

Community NEWS







Celebrating 15 Years of Service 🐾

Today I'm celebrating an incredible 15 years of service with Guide Dogs Victoria! 💛

Over the years, I've had the privilege of bringing some very special Guide Dogs into the AMPS community, including Clay and Kimi. It has been wonderful watching the students welcome them into our school and share their favourite stories with them.

Clay and Kimi have brought so much joy to our school, while also helping students learn about the important work Guide Dogs do to support people in our community.

I'm incredibly grateful to our AMPS family and staff for always welcoming my furry visitors with such enthusiasm and for supporting Guide Dogs Victoria. Your kindness and generosity help support these incredible dogs and the important work they do to change lives.

I feel very lucky to have spent the past 15 years doing work that I'm so passionate about. Here's to many more wonderful memories, wagging tails and changing lives

Marilena 💛🦮

Term 4 Important Dates

- [x] 13th October - First Breakfast Club
- [x] 28th October - SAKG Sessions Start
- [x] 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

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