

School Values

Respect
Resilience
Strive for
Excellence

Principal: Emma Hampton
Assistant Principal P-2: Reachel Armstrong
Assistant Principal 3-6: Jessica Darcy
School Council President: Simon Jackson

**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

2nd May - Whole School Assembly
 7th May - Mothers Day Stall
 9th May - Mothers Day Open Morning
 13th May - School Photos

Principal's Report

Dear Parents and Guardians,

Welcome to our 5th Newsletter for the 2025 school year.

We have had a wonderful start back to Term Two with this week seeing the majority of our students returning. All classes will be completing a lesson in the next week to unpack the Student Code of Conduct and assist students in understanding our school expectations. We are looking forward to seeing this refresh have a positive impact on our school.

Next week we see our Mother's Day celebrations begin. All students will have the opportunity to visit our Mother's Day Stall on Wednesday. A flyer has been sent home with further details. If you would like to volunteer at our stall, assisting students to make their purchases, please let Sam know.

We then have our Mother's Day Open Morning on Friday from 9:15-10:15am. We are sure that our students and teachers will have some wonderful activities planned to celebrate all the mother's we have in our lives.

A reminder that our school photos are scheduled for Tuesday 13th May. All students need to be in full school uniform on this day. Please make sure you have your purchase envelopes ready. Sibling envelopes can be collected from the office.

We are continuing to see a high number of students at school very early in the morning. Our gates are opened at around 8am as part of our unlocking process. Staff begin arriving anywhere after 8:15am but are not present in the school yard. This means that students who arrive prior to 8:30am have no supervision. Please remind your children that they should not be arriving any earlier than 8:30am.

This week we have had a student run across the road and be clipped by a community member in their car. This is a timely reminder that everyone moving around the school needs to use the crossing or the footpath access to cross the road. We are very lucky that this child was not injured. Please have a conversation with your child around how to safely cross the road.

On Saturday our school is a voting location for the Election. We will be having a BBQ so please pass on to friends and family to support our school! Looking forward to seeing some of you as you pop in to vote.

Have a lovely weekend.

With thanks,

Emma Hampton

A MESSAGE FROM MISS ARMSTRONG & MISS DARCY

As part of our work with The Resilience Project students have been learning about the concept of 'Gratitude' and its importance in our lives. As part of this work students are learning to acknowledge what they are thankful for.

This is also something that can be incorporated into your home lives as well. Read the GEM chats card for some great question prompts you can use at home to start a conversation with your child/children about gratitude.

Did you know that showing gratitude has been proven to; increase an individuals self-esteem, improve ones mental and psychological health. For children gratitude has also been shown to reduce stress and improve sleep. Grateful children tend to have better social support and are more likely to give back to others leading to more positive relationships with their peers.

THE RESILIENCE PROJECT

GEM Chats Gratitude

CREATING WELLBEING HABITS & CONNECTION

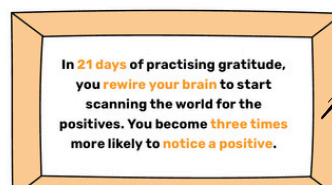
GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice gratitude.

Try these prompts:

- ★ What are you **grateful** for today?
- ★ Share a moment that **made you smile**.
- ★ How can you **support** someone tomorrow?
- ★ What was the **best part** of your day?



Helping Students Solve Problems

At Altona Meadows Primary, we believe that learning extends beyond the classroom—it's also about helping our students grow into kind, confident, and resilient individuals. One of the most important skills children can learn is how to solve problems with their peers in a respectful and thoughtful way.

Sometimes, friendships face challenges. A disagreement over a game, a misunderstanding at lunch, or hurt feelings can all lead to conflicts. These moments are a normal part of growing up, but they don't have to be faced alone. That's why we encourage all our students to talk to a teacher or a trusted adult when they need help resolving a problem.

Speaking with a teacher can:

- Help students express their feelings in a safe space
- Provide support and ideas for working through conflicts
- Prevent small problems from becoming bigger ones
- Teach healthy ways to handle emotions and disagreements

We want our students to know that asking for help is a sign of strength. Teachers and staff are always here to listen, guide, and support them.

Please take a moment to remind your child that they can always reach out to someone they trust at school if they're having trouble with a friend or don't know how to solve a problem. Working together, we can help every child feel safe, supported, and ready to learn.

Thank you for being a partner in your child's social and emotional growth!

Miss Darcy

Term 2 Important Dates

- ☒ 21st April - Easter Monday (no school)
- ☒ 22nd April - Mothers Day Raffle tickets sent home
- ☒ 25th April - Anzac Day (no school)
- ☒ 1st May - Breakfast Club Starts
- ☐ 7th May - Mothers Day Stall
- ☐ 9th May - Mothers Day Open Morning 9:15-10:15
- ☐ 13th May - School Photos
- ☐ 14th May - 2025 Prep Information Session
- ☐ 6th June - Curriculum Day (no school)
- ☐ 9th June - Monarchs Official Birthday (no school)
- ☐ 25th June - Parent Teacher Interviews 2:00 - 7:00 (students dismissed at 1pm)
- ☐ 26th June - Hot Lunch Fundraiser!
- ☐ 4th July - Last day of Term - 2:15pm dismissal

**Term 3 starts
Monday 21st July**



Term 2 Assembly Schedule

2nd May - Whole School (5/6C presenting)

9th May - no assembly

16th May - 3/4 & 5/6 (3/4C presenting)

23rd May - Whole School (5/6D presenting)

30th May - Prep & 1/2 (1/2D presenting)

13th June - 3/4 & 5/6 (3/4A presenting)

20th June - Whole School (Prep A presenting)

27th June - Whole School Celebration Assembly

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



SAKG

Hello Amps Community

The SAKG program is in full swing again this term.

That means we are back in the kitchen cooking up a storm and out in the garden.

I am hoping to get to all the garden beds,
to either plant them out or feed them ready for spring planting.

The children will be involved in this process.

We are always looking for volunteers in the kitchen cooking classes with the children.

If you're not keen to be in the kitchen we'd love assistance in the garden.

No experience is needed, just some enthusiasm!

Come and talk to me if you want more information.

Marilena

SAKG

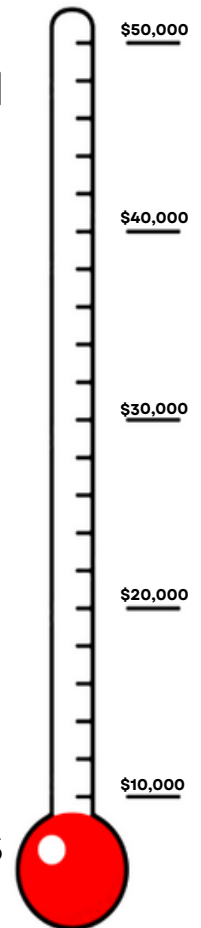
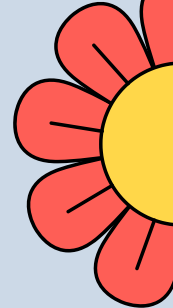


TERM 2

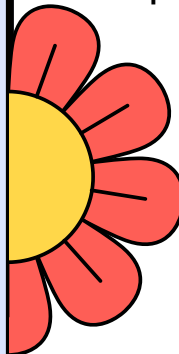
FUNDRAISING

Coming up...

- Honey Drive
- Mother's Day Stall
- Mother's Day Raffle
- Term 2 Hot Lunch TBA



With this years fundraising efforts we are hoping to resurface our 3-6 playground.



WARRAL

MALDON

2025 HONEY DRIVE

Last years Honey Drive sold over **120 kgs** of honey, lets see if we can sell more this year!

500G JAR - \$10

1KG BUCKET - \$19

ALL ORDERS TO BE PLACED BY
WEDNESDAY 16TH MAY
DELIVERY WILL BE ON WEDNESDAY
26TH MAY



2025 Funds raised so far...

Easter Raffle
\$880.00

Dominos Pizza Lunch
\$485.00





PREP 2026 INFORMATION NIGHT

Come along and meet our staff and hear about what we do in Prep!

**Wednesday 14th May 2025 @
5pm**



FOR MORE INFORMATION

9369 1288

 [@amps.tagram](https://www.instagram.com/amps.tagram)

 www.amps.vic.edu.au

 [Altona Meadows Primary School](https://www.facebook.com/AltonaMeadowsPrimarySchool)

 altona.meadows.ps@education.vic.gov.au

ENROL NOW



SHOTO KARATE AUSTRALIA

Located at: Altona Meadows Primary School



- DISCIPLINE & FOCUS
- CONFIDENCE
- STRESS RELIEF
- SELF-DEFENCE SKILLS
- SOCIAL BENEFITS
- FITNESS

JOIN IN TERM 2 TO RECEIVE
A FREE GI!
(VALUED AT \$75)

1 FREE
TRIAL
CLASS!



ABOUT US:

Shoto Karate Australia offers a comprehensive Karate training program designed for all ages and abilities, from 5-year-olds to adults, and beginners to advanced practitioners. Our programs are focused on self-defence, boosting confidence, enhancing fitness, improving awareness, and most importantly, having fun—making it the perfect activity for the whole family. Our training is based on the traditional Shotokan style of Karate, led by founder Sensei George, who brings over 40 years of experience to the dojo. Whether you're looking to build physical fitness, learn self-defence, or deepen your martial arts skills, Shoto Karate Australia provides a supportive environment to achieve your goals.

**TUESDAY & THURSDAY
EVENINGS!**

EMAIL: SHOTOKARATE@DOD0.COM.AU
PHONE: CAT 0409181227
FIND US ON FACEBOOK & INSTAGRAM.



altona
tennisclub

vida
tennis



Want to try
TENNIS?
FREE
INTRO LESSONS
FOR ALL

AVAILABLE FOR KIDS AND ADULTS

PROGRAMS OFFERED:

Kinder Programs
Hotshots Groups
Private Lessons

Squads
Cardio Tennis
Adult Lessons



Altona Tennis Club
1 Bluegum Drive
Altona, VIC



Power Street Tennis Club
211A Melbourne Rd
Williamstown, VIC



Mark - 0488 098 680
mark@vidatennis.com.au



Andrew - 0419 546 458
andrew@vidatennis.com.au

<https://www.vidatennis.com.au/free-intro/>

HOBSONS BAY

SUPPORTED PLAYGROUPS

Altona Meadows Community Centre
Tuesdays 10am-12pm



A weekly session
for you and your
child run by a
trained early
childhood
professional
during the school
term.

For further information contact the Playgroup team at Hobsons Bay City Council
Phone: 1300 179 944

Email: playgroups@hobsonsbay.vic.gov.au

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

HOBSONS BAY
LANGUAGE LINE 9932 1212

Council acknowledges the Traditional Owners of the Nation
and the Traditional Owners of these municipal lands and watersheds,
and pay our respects to Elders past and present.



COME & TRY

with

FOOTSCRAY WATER POLO!

JUNIORS

8-11 YEARS OLD +
12-15 YEARS OLD

SATURDAY

3RD & 10TH MAY 2025
1.30pm - 3.15pm

SENIORS

AGES 16 YEARS
AND OLDER

SATURDAY

17TH & 24TH MAY 2025
1.30pm - 3.15pm

WHAT TO EXPECT:

Learning the Basics - Passing, Shooting and Movement
Learn the rules and play friendly games to put it all together

Build confidence, coordination and teamwork in a
fun & friendly environment while connecting with
our local water polo community

LOCATION:

VICTORIA UNIVERSITY POOL
70-104 BALLARAT ROAD, FOOTSCRAY

REGISTER NOW!

via the links on our website
<https://www.footscraywaterpolo.com/comeandtry>

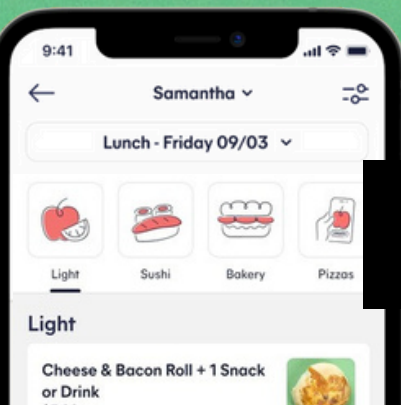
SOME
PRODUCTS
LIKE SUSHI
NEED TO BE
ORDERED
THE DAY
BEFORE
DELIVERY

TK TUCKSHOP

TERM 2

TUESDAYS AND FRIDAYS

Lunch packs
starting at
\$4.50



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

DOWNLOAD
OUR APP



~ CANTEEN MENU ~



ICY POLES

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



SNACK

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





Order from our ENTIRE MENU until 8.30am on the Day!

2 COURSE LUNCH PACK from \$6.45

Choose a Main Course Item, then select 1 or 2 Items from the Snack/Drink Menu to make up a TWO or THREE Course Lunch Pack.

Standard Choice Lunch Pack Prices

2 Course Lunch From \$ 3 Course Lunch From \$

Standard Choice Snack/Drinks included in Pack Prices
*Premium Choice Snack/Drink + \$1.00 each

MAIN COURSE MENU

SNACK / DRINK MENU

SUSHI HAND ROLLS (2pc)

(GF Soy Sauce provided with Sushi)

Teriyaki Chicken Hand Rolls (H)	\$ 11.50	\$ 13.75
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$ 11.50	\$ 13.75
Cooked Tuna Hand Rolls (GF)	\$ 11.50	\$ 13.75
Avocado Hand Rolls (GF)	\$ 11.50	\$ 13.75
Cucumber Hand Rolls (GF)	\$ 11.50	\$ 13.75
Vegetarian Hand Rolls (GF)	\$ 11.50	\$ 13.75
Tofu Hand Rolls (GF)	\$ 11.50	\$ 13.75

RICE PAPER ROLLS (2pc)

Chicken Rice Paper Rolls (GF)	\$ 13.45	\$ 15.45
Vegetarian Rice Paper Rolls (GF)	\$ 13.45	\$ 15.45

BAKERY (All items freshly baked this morning!)

Cheese and Vegemite Scroll	\$ 6.45	\$ 8.95
Savoury Bite 'Little Frank' Roll	\$ 6.45	\$ 8.95
Topped with Only Cheese Roll	\$ 6.45	\$ 8.95
Cheese and Bacon Roll	\$ 7.45	\$ 9.95
Semi-dried Tomato, Olive & Cheese Roll	\$ 8.95	\$ 11.45
Scroll with Ham and Cheese	\$ 9.95	\$ 12.85
Spanakopita	\$ 10.95	\$ 13.65
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$ 10.95	\$ 13.65

PIZZA & GOZLEME

(Served at Room Temp)

Margherita Pizza Twist	\$ 8.95	\$ 11.45
Ham & Pineapple Pizza Slice	\$ 10.95	\$ 13.65
Spinach and Cheese Gozleme	\$ 13.45	\$ 15.45
Lamb and Beef Gozleme	\$ 13.45	\$ 15.45
Mushroom and Spinach Gozleme	\$ 13.45	\$ 15.45

SANDWICHES/ ROLLS/ WRAPS

Strawberry Jam Sandwich (1.5)	\$ 7.45	\$ 9.95
Vegemite Sandwich (2)	\$ 8.95	\$ 11.45
Plain Cheese Sandwich (2)	\$ 9.95	\$ 12.85
Simple Salad Roll	\$ 9.95	\$ 12.85
Cheese and Salad Roll	\$ 10.95	\$ 13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$ 10.95	\$ 13.65
Roast Chicken and Salad Roll	\$ 11.50	\$ 13.75
Roast Beef, Chutney, Cheese & Lettuce Roll	\$ 11.50	\$ 13.75
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$ 11.50	\$ 13.75
Mild Salami and Salad Roll	\$ 11.50	\$ 13.75
Wrap w/ Chicken, Tzatziki, Lettuce, Tomato Cucumber	\$ 12.75	\$ 14.95
'Banh Mi' Style Roast Chicken Long Roll	\$ 12.75	\$ 14.95

SALADS/ PICNIC BOXES/ FRUIT & VEG

Steamed Corn Wheels, Broccoli & Carrot (GF)	\$ 9.95	\$ 12.85
Fresh Fruit Salad - Main Course Size (GF)	\$ 11.50	\$ 13.5
Vegetarian Picnic Box	\$ 11.50	\$ 13.75
Ham Picnic Box	\$ 11.50	\$ 13.75
Greek Style Salad with Feta and Olives (GF)	\$ 12.75	\$ 14.95

GF SANDWICHES & WRAPS

GF Ham & Cheese Sandwich (1.5)	\$ 10.95	\$ 13.65
GF Cucumber & Ham Sandwich (1.5)	\$ 10.95	\$ 13.65
GF Wrap - Ham and Salad	\$ 12.75	\$ 14.95
GF Wrap - Garden Salad	\$ 12.75	\$ 14.95

FRESH FRUIT & VEGETABLES

Apple pieces, Lemon juice, Cinnamon & Brown Sugar*	+ \$1.00 each
Cantaloupe and Honeydew Pieces*	+ \$1.00 each
Fresh Fruit Combo*	+ \$1.00 each
Freshly Chopped Orange Segments	Std Inc.
Freshly Chopped Strawberries with Grapes	Std Inc.
Freshly Chopped Watermelon Pieces	Std Inc.
Whole Fruit - Apple	Std Inc.
Whole Fruit - Banana	Std Inc.
Carrot, Cucumber, Red & Yellow Capsicum	Std Inc.
Celery and Carrot Sticks with Sultanas	Std Inc.
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Std Inc.
Corn Wheels & Lightly Steamed Broccoli	Std Inc.
Edamame (Lightly Salted)	Std Inc.
Sugar Snap Peas, Beans and Cherry Tomatoes*	+ \$1.00 each

BAKERY - SWEET

Choc Chip Cookie	Std Inc.
Finger Bun with Sprinkles	Std Inc.
Fruit Bun	Std Inc.
Cinnamon Doughnut	Std Inc.
Cornflake Cookie	Std Inc.
Choc Cup Cake (GF/DF)*	+ \$1.00 each
Blueberry Muffin*	+ \$1.00 each
Jam Drop Biscuit (GF)*	+ \$1.00 each
Banana Slice (GF)*	+ \$1.00 each

SUSHI (1 GF Soy Sauce)

1pc Tuna Sushi (GF)*	+ \$1.00 each
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POPCORN

Slightly Sweet, Lightly Salted	Std Inc.
Lightly Salted	Std Inc.

DRIED FRUIT/ LEGUMES

Lime & Black Pepper Chickpeas	Std Inc.
Roasted Chickpeas	Std Inc.
Balsamic & Sea Salt Fava Beans	Std Inc.
Dried Fruit Medley with Yoghurt Sultanas*	+ \$1.00 each

DIPS WITH MINI RICE CAKES

Tzatziki Dip with Mini Rice Cakes*	+ \$1.00 each
Spring Onion Dip with Mini Rice Cakes*	+ \$1.00 each
Spicy Capsicum Dip with Mini Rice Cakes*	+ \$1.00 each
Avocado Dip with Mini Rice Cakes*	+ \$1.00 each

YOGHURTS/ BOWLS

Strawberry Yoghurt (Dairy Farmers)*	+ \$1.00 each
Classic Vanilla Yoghurt (Dairy Farmers)*	+ \$1.00 each
Chia Bowl with Banana, Coconut & Strawberries*	+ \$1.00 each
Stewed Rhubarb and Apple with Custard*	+ \$1.00 each

DRINKS

Apple Juice (Nippy's)	Std Inc.
Orange Juice (Nippy's)	Std Inc.
Chocolate Milk (Nippy's)	Std Inc.
Strawberry Milk (Nippy's)	Std Inc.
Full Cream Milk	Std Inc.



We are a NUT FREE Kitchen. Descriptions, Dietary and Allergen Information available on our Website.

WWW.CLASSROOMCUISINE.COM.AU