



**ALLANSFORD & DISTRICT
PRIMARY SCHOOL No3**

Safe, Respectful & Responsible Learners

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KEY DATES

Allansford and District Primary School has been built on the traditional lands of the Peek Whurrong people of the Eastern Maar Nation and wish to acknowledge them as the custodians of the land and waterways. We pay our respects to their Elders, past and present, and extend that to all Aboriginal and Torres Strait Islander people.



TERM 2

WEEK ONE

Thursday 23rd:

African Ghana Music Workshops

Friday 24th:

Family Fun Night from 3.45

WEEK TWO

Monday 27th:

Smile Dental Week

Friday 1st:

Division Athletics @ Brauer
(Back up day - May 4th)

WEEK THREE

Thursday 7th:

May Race Day Public Holiday

Friday 8th:

District Cross Country @ Albert Park

Sunday 10th:

Mother's Day

WEEK FOUR

Friday 15th:

Division Cross Country @ Albert Park

WEEK FIVE

EDUCATION WEEK

Tuesday 19th:

Busy Bee Brunch

ZOOPER DOOPERS will still be available in weeks 1, 2 & 3 this term.

ALLANSFORD ALIVE SCHOOL NEWSLETTER

STUDENT LEADERS

Congratulations to Mabel and Ayden for successfully delivering our final assembly for Term One.

School Values

Our school has four key values which guide our daily practices:

Be Safe + Be Respectful + Be Responsible + Be a Learner

"We feel being respectful is an important value at ADPS because you can be displaying respect by listening to people and taking care of others and their belongings."

STUDENT AWARDS

Our "Values Award" is presented to a student demonstrating our school values. This was awarded to **Indi** who has been helping her classmates with their school work.

Congratulations Indi.



The 'Melo Award' is presented each week to a person who has made a positive choice to help an individual or group. This was awarded to a **Year One student** who has been getting his work done without being distracted.

Congratulations.



The **Wellbeing Award** went to **Harper** who is very kind and shows interest in others.

Congratulations Harper.



SHOWCASES



Lyla and Lexi did a convenience store role play, speaking in Japanese.



Students from 1/2B presented their Easter artwork.



FRIENDLY REMINDERS

FAMILY FUN NIGHT Revised Date

Please **SAVE THE DATE**

Friday the 24th of April from 3.40pm

Activities will include classroom visits, student led activities, family themed dress up, BBQ and ADPS HAS TALENT Show!

Our Aim for the night is: to bring the ADPS Community together and welcome our new teachers, students and their families.

Each family there will get a GOLD BEE TICKET with 'goals' to be hole punched.

There will be a prize at the end of the night, a \$200 voucher donated by the Allansford Hotel, for the family with all their ticket holes punched. This lucky ticket will be drawn from the 'hive.'

To get the holes punched you can:

- Dress up as a family to our **Country Fair** Theme
- Parents visit classrooms and see their kids work
- Parents/kids take part in at least one of the student run activities
Run by our Year 5/ 6 students.
- Be present for '**ADPS HAS TALENT**' show.

Timeframe 3.40pm (in no particular order)

- Kids show parents through classrooms
- Have BBQ tea (optional for families)
- Take part in at least one of the activities
- 4.45pm ADPS Has Talent (on the school oval).



WARRNAMBOOL TRAVEL KICKBACK

Allansford & District Primary School is pleased to partner with Warrnambool Travel for 2026 as part of a Kickback Program to raise funds for our school.

For every booking made by an Allansford and District Primary School community member, including grandparents, Warrnambool Travel will offer 1% of each booking as a donation back to the school at the end of the school year.

For example, if we have multiple families book holidays, adding to a grand total of \$30,000, this would equate to a donation of \$300.

The more bookings that come from the Allansford school, the more funds raised, with all monies going toward updating the school's digital devices.

We thank Warrnambool Travel's commitment to giving back to the local community.

This partnership has been endorsed by our Allansford & District Primary School Council, and we invite all extended families looking to book a holiday through a travel agency, to please consider Warrnambool Travel.

Warrnambool Travel Manager: Joshua Campbell


Phone: 03 55612233

Email: travel@wbooltravel.com.au




FRIENDLY REMINDERS

April 2026

MON	TUE	WED	THU	FRI	SAT	SUN
20 TERM 2 First Day of Term 2	21 Toastie Tuesday	22	23 Stella Savvy Pervormance Workshop - 'Rhythm, Culture & Connection'	24 Family Fun Night from 3.45pm 	25	26
27 Smile Dental Week	28 Toastie Tuesday	29	30			

May 2026

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Division Athletics @ Brauer (Back up day May 4th)	2	3
4	5 Toastie Tuesday	6	7 May Race Day Public Holiday No students at school 	8	9	10
11	12 Toastie Tuesday	13	14	15 Division Cross Country @Albert Park	16	17
18 Education Week	19 Toastie Tuesday  Busy Bee Brunch Prospective 2027 Foundation students	20 ES Staff celebration	21 Open Classrooms 9-11am School Tour 9.30-10am Junior Cross Country 2.10pm	22	23	24
25	26 Toastie Tuesday Regional Cross Country @Albert Park	27	28 5/6 attend Primary Performers	29	30	31

June 2026

MON	TUE	WED	THU	FRI	SAT	SUN
1 Yr 5/6 girls AFL 9s at Merrivale	2 Toastie Tuesday	3	4 5/6 Winter Sports at St. Johns	5	6	7
8 King's Birthday Public Holiday	9 Toastie Tuesday Student lead 'Big Freeze' event	10	11 3-6 Puberty/Care Education	12 3-6 Puberty/Care Education	13	14
15	16 Toastie Tuesday	17	18	19	20	21
22	23 Toastie Tuesday	24	25	26 Last Day of Term 2	27	28
29	30					

FRIENDLY REMINDERS

Toastie Tuesday

Our wonderful Parents' Club is once again offering our students the opportunity to have their sandwiches toasted each Tuesday during Term 2 and Term 3.

Students are invited to bring along a sandwich in a paper bag with their first and last name and grade on the bag.

Sandwiches will be toasted and delivered back to the classrooms in time for lunch.

No plastic wrapping please.



Parents' Club are continuing with Toastie Tuesday in both Term 2 and Term 3 this year. If you would like your child to have their sandwich toasted on a Tuesday, the sandwich **MUST** be in a brown paper bag with the child's name and grade on the bag. No plastic wrapping can be used as the bags are placed in the sandwich press. We are grateful to those parents volunteering their time to offer warm food to the students in the colder months.

NO PLASTIC WRAPPING!

ALLANSFORD AND DISTRICT PRIMARY SCHOOL

Wish to invite all 2027 prospective Foundation students to attend our

Busy Bee BRUNCH

ON: TUESDAY 19TH MAY 2026

FROM 9:15AM - 10.45AM

Come along for a busy morning of stories, fun activities and a play.

It's going to Bee so much fun!

Thursday 21st May - Open classrooms 9.00am-11.00am

School tours at 9.30am. Parents are welcome to request a private school tour.





2027 Enrolments

EXPRESSION OF INTEREST



Please complete an 'Expression of Interest' via the available link which is accessible on our Website or Facebook page to ensure you are kept up to date with our ongoing Transition Events.



We are excited at the prospect of having your child attend our school in 2027.



Frank Street, Allansford 3277



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Allansford and District Primary School

What is 'Mental Health'?

According to the World Health Organisation, Mental health is a state of mental wellbeing that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community.

Why Mental Health Matters in Primary School

- Early childhood experiences shape lifelong mental health outcomes (Shonkoff et al., 2012).
- Positive mental health supports learning, relationships, and resilience (KidsMatter, 2013).

Signs Your Child Might Need Support

- Changes in mood (withdrawal, increased irritability).
- Frequent complaints of headaches or stomachaches.
- Trouble sleeping or changes in eating habits.
- Avoiding school or social activities.

THE MURDOCH CHILDREN'S RESEARCH INSTITUTE (2022) HIGHLIGHTS THAT EARLY IDENTIFICATION OF EMOTIONAL CHALLENGES IMPROVES OUTCOMES.

The Children's Wellbeing Continuum

The Children's Wellbeing Continuum (right) is a tool that can help parents, teachers, and children to discuss and reflect on wellbeing. It shows us how our feelings can change and it's okay to feel different emotions. It is normal to move between these places - everyone does - but when we notice signs that a young person is struggling or overwhelmed, it is important to seek support. *Important note: The continuum is not intended to be used to diagnose mental health conditions.*



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How to Support Your Child

- Build Connection: Secure relationships with caregivers foster resilience (Center on the Developing Child, Harvard University, 2015).
- Teach Emotional Skills: Programs like the Zones of Regulation help children understand and manage feelings (Kuypers, 2011).
- Encourage Healthy Routines: Sleep, nutrition, and physical activity directly impact mental health (WHO, 2020).
- Model Coping Strategies: Mindfulness and breathing exercises can reduce anxiety (Young, 2019).

IF YOU ARE CONCERNED ABOUT YOUR CHILD'S MENTAL HEALTH, CONTACT YOUR SCHOOLS MENTAL HEALTH & WELLBEING LEADER, YOUR GP, KIDS HELPLINE OR PARENT LINE VICTORIA 13 22 89



The Children's Wellbeing Continuum



Good



Coping



Struggling



Overwhelmed

Check in with your child to raise a healthy mind. 🧠😊 The Children's Wellbeing Continuum is a simple tool you can use in conversations with your child to support their wellbeing. It's a way to say RUOK? in different aspects of their lives and chat with them about how they can continue to feel good or address any worries they may have. Find ways to support your child's social and emotional wellbeing with the Raising Healthy Minds app, available from Google Play or the App Store. You can download The Children's Wellbeing Continuum: <https://ow.ly/Qxla50PJUmJ> #RUOK #raiseahealthymind | Raising Children Network | Facebook





The Children's Wellbeing Continuum (the Continuum) can provide a snapshot of a child's social-emotional wellbeing at a point in time.

By helping to identify those children who are struggling and need support, the Continuum assists with prevention and early intervention efforts. It may also help to prevent the development of more serious problems that need treatment.

The Continuum is designed to reduce the stigma that often accompanies mental health issues, especially for parents, and facilitate them seeking help early when they see their child is not coping. It is not designed for use as a screening or diagnostic tool.

Using the Continuum

To use the Continuum, reflect on a child's wellbeing over the past four weeks using the table below.

	Good 	Coping 	Struggling 	Overwhelmed 
Emotions				
Behaviour				
Social relationships				
Thoughts				
Sleep				
Energy				
Routines, rhythms and rituals				
Learning				

Suggested citation: The Children's Wellbeing Continuum, The Centre for Community Child Health (2022), The Murdoch Children's Research Institute and The Royal Children's Hospital. <https://doi.org/10.25374/MCRI.20619465>



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For all enquires – including commercial use of the Continuum – please contact CCCCH@mcri.edu.au

The Centre for Community Child Health is a department of The Royal Children's Hospital and a research group of the Murdoch Children's Research Institute.