



**ALLANSFORD & DISTRICT
PRIMARY SCHOOL No3**

Safe, Respectful & Responsible Learners

☎ 03 5565 1382

📍 Frank St, Allansford 3277

✉ allansford.ps@education.vic.gov.au

🌐 allansford-ps.vic.edu.au



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 1 - 2026

WEEK FIVE

Tuesday 24th-Wednesday 4th

Somers Camp

Friday 27th:

Division Swimming

WEEK SEVEN

Monday 9th:

Labour Day Public Holiday

Tuesday 10th:

Foundation and Year 6 Buddy Night 5.30 - 7.00pm

Wednesday 11th:

First day of NAPLAN

Thursday 12th:

ADPS Athletic Sports (@ Brauerander Park)

Friday 13th:

Working Bee from 3pm

WEEK EIGHT

Wednesday 18th:

School Photos

WEEK NINE

Friday 27th:

Family Fun Night

ZOOPER DOOPERS

Can be purchased at lunchtime on Wednesdays in Term 1 for \$1.

Phones & Smart watches are not to be used at school.

ALLANSFORD ALIVE SCHOOL NEWSLETTER

STUDENT LEADERS

Congratulations Mackenzie and Indi on delivering such a well organised assembly.

School Values

***Our school has four key values which guide our daily practices:
Be Safe + Be Respectful + Be Responsible + Be a Learner***

"We think Being Respectful means treating things with respect and listening to others when they're talking and to play by the rules."

STUDENT AWARDS

Congratulations on the fantastic efforts you have all shown for a huge range of skills and achievements. You should be proud of your achievements – ***We certainly are!***



Our **"Values Award"** is presented to a student demonstrating our school values. *This was proudly awarded to **Ponsha** for having a positive attitude in the yard and always being happy to have a joke with everyone. **Congratulations** Porsha.*



The **'Melo Award'** was presented to **Flossy** for taking time out of her lunch break to pick up rubbish. **Congratulations** Flossy.

FRIENDLY REMINDERS

The **Wellbeing Award** went to *Jed* who was happy to assist a younger student to make a good choice during a lunch break. This caring attitude shows good leadership. *Congratulations Jed.*



SHOWCASES



Lilly and Jordy from 5/6 shared some Writing and Beach Safety reflections, and Charlie A. and Marli from 1 /2 B presented their Japanese horses.



Please **SAVE THE DATE** **FAMILY FUN NIGHT**
Friday the 27th of March (2nd Last Friday of Term) **5.30- 7pm**

Activities will include classroom visits, student led activities, family themed dress up, BBQ and A&DPS HAS TALENT SHOW!

Our Aim for the night is to: bring the A&DPS 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 one big prize at the end of the night for a family with all the ticket's holes punched.

To get your 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
- Be present for A&DPS HAS TALENT SHOW

Timeframe 5:30 (in no particular order)

- Kids show parents through classrooms
- Have BBQ tea (optional for families)
- Take part in at least one of the activities
- 6:30 A&DPS Has Talent (on the school oval).



FRIENDLY REMINDERS

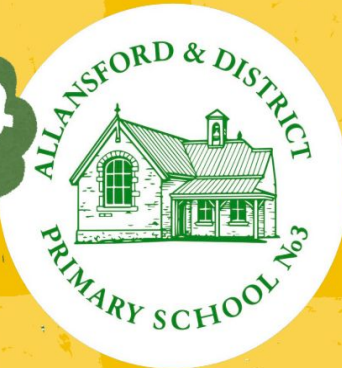
March 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Somers Camp
2 Somers Camp	3 Somers Camp	4 Somers Camp	5	6	7	8
9 Labour Day Public Holiday	10 Foundation & Year 6 Buddy Night 5.30-7.00pm	11 NAPLAN begins	12 ADPS Sports Day @ Brauerander	13 Working Bee from 3pm	14	15
16	17	18 School Photos	19	20	21	22
23 NAPLAN ends	24	25 Student Free Day Numeracy PD	26	27 Family Fun Night 5.30pm-7pm	28	29
30	31					

April 2026

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2 Last day of Term 1	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 TERM 2 First Day of Term 2	21	22	23	24	25	26
27 Smile Dental Week	28	29	30			

**Coming
Soon!**



Allansford & District Primary School

Make A Donation

Goods & Services Auction 2026

Allansford and District Primary School are currently seeking donations of goods and services for our upcoming fundraising auction, to be held in March 2026.

This event will play an important role in supporting our students by helping find educational programs, resources and school activities.

*Please see the attached letter for
more details!*

Fundraising
EVENT



(03) 5565 1382
Frank Street,
Allansford, VIC 3277

allansford.ps@education.vic.gov.au
allansford-ps.vic.edu.au

Request for Goods and Services Donations Allansford and District Primary School Auction

Allansford and District Primary School are currently seeking donations of goods and services for our upcoming fundraising auction, to be held in March 2026. This event will play an important role in supporting our students by helping fund educational programs, resources, and school activities.

We would be grateful for any contribution you are able to offer, such as:

- Gift vouchers or experiences
- Products or merchandise
- Professional services (e.g. trades, lessons, wellness services)
- Accommodation, dining, or entertainment packages

All donated items will be showcased at our auction and promoted to our school community and supporters. Your generosity will not only help raise valuable funds for our students, but also provide positive exposure for your business or service.

Allansford and District Primary School is a proud local school, and we truly value the support of our community. Any contribution, large or small, will make a meaningful difference.

If you are able to donate or would like more information, please contact Allira Summerville on 0488 618 906 or via email at allirabishop1989@hotmail.com.

Thank you for considering supporting our school and helping our students thrive.

Kind regards,

Allira Summerville, Meg Hussey-Hall and Marsha Smith

Parents Club

Allansford and District Primary School

- **Foundation Parents:** Please find attached the Foundation Parent's Newsletter Insert sharing Zones of Regulation in pdf.

We understand our

ZONES of Regulation

Leah Kuypers' The Zones of Regulation help students identify and understand their emotions by grouping them into 4 different levels of energy or alertness. Students are currently practicing to recognise zones in themselves and in others. Students learn that all zones are ok.



BLUE ZONE

REST AREA

LAZY **LETHARGIC** **COLD** **SHY**

BORED **TIRED** **SICK** **SAD** **HURT**

LONELY **DEPRESSED**

The Blue Zone is used to describe low levels of energy. Your brain and/or your body are slow. You might feel like you're "out of sync" and you might be feeling down. You may have feelings of being sad, tired, sick, bored, hurt, disappointed, or just hungry.

GREEN ZONE

CONTENT **FOCUSED** **PEACEFUL** **CREATIVE** **FLOW**

HAPPY **READY TO LEARN** **CALM** **CURIOUS** **PROUD** **HOPEFUL**

INTERESTED **CONFIDENT** **PLEASED**

The Green Zone is used to describe when we feel calm and in control. Someone in the green zone might be described as calm, happy, focused and ready to learn.

YELLOW ZONE

WORRIED **TENSE** **NERVOUS**

CONFUSED **OVERWHELMED** **SUSPICIOUS** **HOPEFUL**

SCARED **EMBARRASSED** **EXCITED** **FRUSTRATED** **DISAPPOINTED** **DUMPINGLY**

RELIEVED **STRESSED** **SURPRISED**

The Yellow Zone is used to describe when our energy is higher and we start to get a little hyper, making it harder for us to control them or "regulate". It is warning us that we might lose control of our emotions and need to do something to calm our energy in the Yellow Zone you may be feeling emotions like nervous, excited, frustrated, surprised, scared & embarrassed, silly or energetic.

RED ZONE

ANGRY **DEVASTATED** **ELATED** **TERRIFIED** **PANICKED**

OVERJOYED

The Red Zone is used to describe extremely high energy and intense, scary feelings. We might lose control of our brain and body and be less likely to think clearly and make helpful choices. You might be feeling rageful, panic, terror or elation.

As we progress, students will identify the zone that they are in and learn to recognise if that zone is helpful for them in reaching their current goals. If it is, then knowing strategies to help them maintain that level of alertness or energy, and if not, knowing what positive coping strategies they can use to lift or lower their energy - so they can reach their goals.

Ways you can extend this conversation at home

- Do regular "zone check-ins" ("What zone are you in right now?")
- Refer to the zones out loud so children hear the language used naturally
- Use zones when talking about your day (before school, after sport, bedtime)
- Spot zones in characters from books, tv shows or movies
- Use a simple zones chart or visual on the fridge or wall
- Keep language neutral and kind - all zones are normal

- **Grade 1 to 6 Parents:** Please find attached the G1-6 Parent Newsletter Insert sharing Optimism, the benefits, and ways we can practice it in pdf.

Optimism, the benefits, and ways we can practice it.

This fortnight, students are learning about optimism and practicing it by noticing the good things about school. Optimism is the habit of looking for the positive side of things and believing that challenges can be managed. It's not something we are born with; it's a skill we can learn and practice. By noticing and challenging negative thoughts, we can train our brains to see possibilities, hope, and solutions.

Why it's good for us

Research shows that optimism

- Supports better mental and physical health
- Helps us bounce back from challenges
- Builds positive thinking pathways in the brain
- Can be taught and strengthened through simple practice



How we can extend this at home:

Ask: "What's something good that happened at school today?"

Share positive reflections together, even after tough moments

Encourage seeing challenges as opportunities:
"What can we learn from this?"

Create a simple "Good Things" jar:
write small wins or happy moments and read them together

FINANCIAL ASSISTANCE

INFORMATION FOR FAMILIES

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund [helps](#) ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's financial circumstances and their outcomes.

CAMPS, SPORTS and EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school excursions, camps and sporting activities.

If you hold a valid means-tested concession card [or support](#) an out of home care [student](#) you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid directly to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is \$400 for all school students.

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments:** your child has started or changed schools this year.
- **changed family circumstances:** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.

MORE INFORMATION

For more information about CSEF visit:
<https://www.vic.gov.au/camps-sports-and-excursions-fund>



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



South West Healthcare presents:

FREE EVENT | **27 FEBRUARY 2026** | **5.30PM TO 9PM**
DRINKS AT BAR PRICES | DOORS OPEN 5.30PM | SPEAKERS COMMENCE 6.30PM

RSVP BY **FEB 20TH**
FOR CATERING PURPOSES

WOMEN'S HEALTH UNFILTERED | **HORMONES, HEALTH & HAPPINESS**

We welcome all women for an evening of information, honest conversation, great company and delicious food!

DR HEIDI CUTTING GP Obstetrician	DR SAM NEWBURY Obstetrician and Gynaecologist	DR JENNA DWYER General Practitioner
--	---	---

Allansford Recreation Reserve,
84 Ziegler Pde,
Allansford
RSVP to lp@hseoswfh.net.au or 555 70900

Emmanuel College Warrnambool

Save the date and register today for our 2026 Open Evening.
<https://app.enquirytracker.net/webforms/e/registration/2efdf164-47db-447d-9ae2-b5aeb235be29?eventId=37023>

REGISTRATIONS ESSENTIAL! | **2026 OPEN EVENING**

WEDNESDAY 18 MARCH 4PM-8PM

EMMANUEL COLLEGE WARRNAMBOOL

WE ARE ALLANSFORD

AFNE | *u11s footballers*

Games will be at halftime of Senior Football each week (2x 10 min halves). Unless organised otherwise between the teams that round.

Jump onto Facebook or scan the QR code to register!

SCAN ME