

Allansford and District Primary School
Frank St, Allansford 3277

"Allansford Kids are Friendly Kids"

Email: allansford.ps@education.vic.gov.au

Phone: 03 5565 1382



KEY DATES

We wish to acknowledge the traditional owners of the land and pay respect to the elders, past, present, and emerging.



TERM TWO 2025

WEEK TWO

Thursday 1st May

Public Holiday: Race Day - Warrnambool Cup **NO SCHOOL**

Friday 2nd May

Divisional Athletics

Welcome to Mrs Ilona Watkins (Acting Principal)

Saturday 3rd May

Voting at the School - A sausage Sizzle and Baking Goods Stall run by our ADPS Parents' Club and community.

WEEK THREE

Monday 5th May

Personal Education sessions Year 6

Tuesday 6th May

District Cross Country

Parents' Club 7.30pm

Thursday 8th May

Mother's Day Stall

Deakin visit

Friday 9th May

Personal Education sessions Years 3-5

Do it for Dolly Day (Wear a touch of blue)

WEEK FOUR - EDUCATION WEEK

Tuesday 13th May

Curriculum Day **PUPIL FREE DAY**

Thursday 14th May

Open Classrooms 9-11

School Tour 9.30-10

Junior Cross Country from 2.10pm

Education Support Celebration

Divisional Cross Country

ALLANSFORD ALIVE SCHOOL NEWSLETTER

TERM TWO CURRICULUM DAYS

NO school for students.

Week 4 - **Tuesday 13th May**

Week 8 - **Friday 13th June**

STUDENT LEADERS

Congratulations to **Indigo** and **George** for preparing and running our week 2 Monday school assembly. Both leaders did an exceptional job speaking loudly and clearly. We look forward to their Friday Assembly.

STUDENT AWARDS

Due to ANZAC Day on Friday, we didn't have a Friday Assembly and therefore no awards were given out.

Our Student Leaders, Indigo and George, continue to look out for all the amazing acts of our students to assist them in choosing candidates for this week's **Values** and **Melo** awards.

2026 ENROLMENT

Do you have a child starting Foundation in 2026? Enrolments are now open. Please complete an 'Expression of Interest' via the available link.

<https://forms.gle/GKy1yazUMS6nfkNAA>

We are excited at the prospect of having your child attend our school in 2026!

DIVISIONAL ATHLETICS

All the best to all 14 competitors representing ADPS on Friday at the Divisional Athletics. We know you will do your best and show your true ADPS sportsmanship.

TOASTIE TUESDAYS

Toastie Tuesdays commenced this week much to the children's delight! A massive **thank you** to our **awesome Parents' Club** for enabling this to occur.

Students can bring a sandwich in a paper bag with their name and class written on it and one of our parents will have it toasted and ready for lunch.

(No plastic wrap or snaplock bags please.)



COLOURING COMPETITION

As Term One wrapped up, some of our students put their creative skills to the test by entering the Ponting's Mitre 10 Easter Colouring Competition.

We are thrilled to share that two of our budding artists, Sophie Van Ginneken and Emily Eagleson, were selected as winners!

Congratulations!



JOSEPHINE WANTS TO DANCE

On Thursday our Foundations, Year Ones and Twos went and watched an exciting performance of Josephine Wants to Dance based on the picture story book of the same name by Jackie French and Bruce Whatley.

It was a funny musical that demonstrated the importance of believing in yourself and of aiming to achieve your dreams. The children all enjoyed the antics of Josephine - a dancing kangaroo! The smiles and chatter witnessed on their return showed that it was a fabulous show.



AUSKICK

On Monday and Tuesday all the students in Foundation through to Year 6 were lucky enough to be able to be given the chance to develop a variety of different ball skills. We had two AFL Victoria representatives - Tristan and Indi come to our school to run Football Clinics for each grade.

The aim of the clinics was to demonstrate how teamwork and sportsmanship can help us to strengthen our ball skills in a fun way. It was wonderful to hear laughter and encouragement from all the students throughout their Skills Clinics.



ANZAC DAY

On Thursday 24th April our Year 6 Leaders lead an ANZAC Day ceremony for the entire school.

The students recognised this occasion by reading out the poem 'In Flanders Field', reading the Ode of Remembrance, playing the Last Post, leading our Minute's Silence, laying a wreath and playing the Reveille while the flag was raised.

On **Friday Ryder** and **Gus** represented the school at the Warrnambool ANZAC Day mid-morning service. The boys demonstrated great respect by carefully laying a wreath at the Warrnambool War Memorial.

On Monday afternoon our Year 6 Leaders led our students in a selection of ANZAC themed activities. It was heartwarming to see the care and attention demonstrated by our senior students in ensuring their activities were engaging and informative for each participant. Allansford and District Primary School students were in excellent hands during these sessions and as a community we can all be very proud of their efforts.



PERSONAL DEVELOPMENT

This year, we have engaged the services of Leanne O'Connor, who is a Registered Nurse / Midwife, who runs a business called Care Education to conduct our Personal Development workshops with Year 3-6 students.

Leanne also employs another educator to conduct workshops on days requiring two staff.

Leanne will conduct a Parent Information Workshop that informs parents what students will be learning, what resources she will be using and how she builds on the learning each year.

A Parent Information Session was held on Thursday 3rd April with a group of parents who were reassured of the quality and content of this year's program.

Student sessions - **Monday 5th May** (Term 2 - Week 3) - 1 educator

Student sessions - **Friday 9th May** (Term 2 - Week 3) - 2 educators

Student sessions will be as follows:

Year 3 - both genders together for a 1-hour session

Year 4- both genders together for a 2-hour session - Then each gender an additional hour each.

Year 5- both genders together for a 2-hour session - Then each gender an additional hour each.

Year 6- both genders together for a 2-hour session - Then each gender an additional hour each.



Leanne O'Connor
Educator
Registered Nurse/Midwife
Clinical Nurse Specialist
0419 883 243
admin@carepubertyedu.com.au
Warrnambool, Victoria

WARRNAMBOOL TRAVEL KICKBACK

Allansford & District Primary School is pleased to partner with Warrnambool Travel for 2025 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 grand -parents, 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 community 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



Allansford and District Primary School Parents' Club

Election Day BBQ and Bake Stall Raising funds for your local Primary School 9am to 1.30pm, Saturday 3rd May

BBQ:

Sausages \$3

Soft Drink: \$2

BAKING:

Caramel Slice

Anzac Biscuits

Choc Chip Biscuits

Rum Balls

Aero Slice

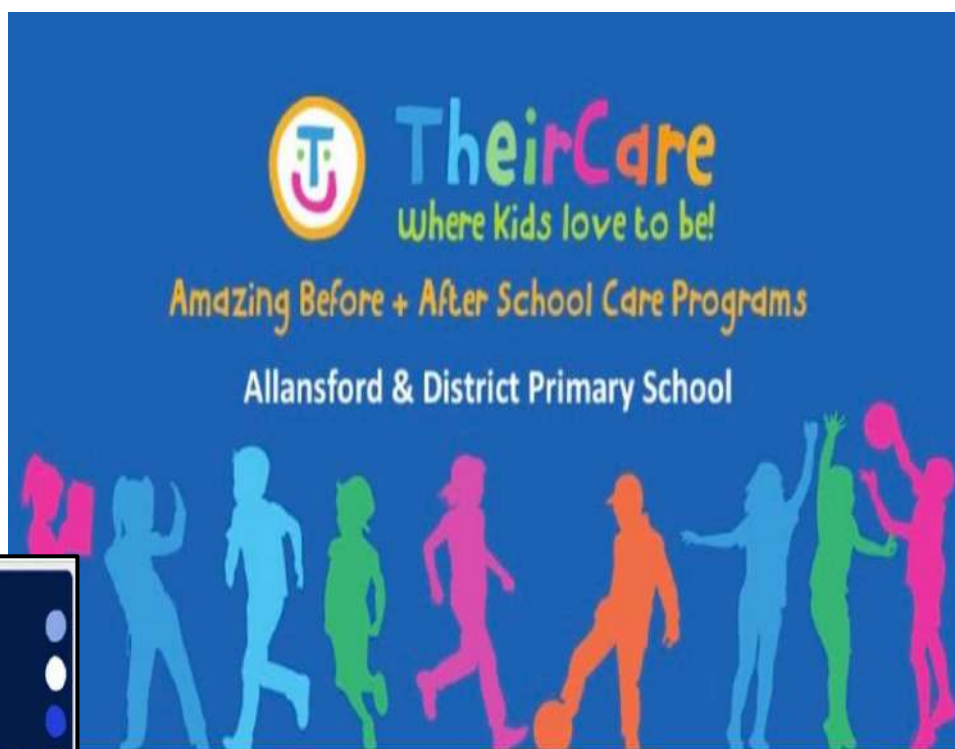
Liquorice Allsort slice

Hedgehog

And Many more

CWA:

The CWA will be present with their own stall also.



Allansford Netta 2025

Friday Nights of Term 2 at 4:30pm

First Session: Friday 2nd of May

Last Session: Friday 27th of June

\$60 for the Term, cash on first night.

AFNC Netball Courts at Allansford Rec Reserve

How to enrol

Visit TheirCare website

www.theircare.com.au

Book Now* in the top right-hand corner
to register your child's details

Wellbeing Words of Wisdom.

Hello, and welcome back after the long weekend. If you are an AFL follower, I hope your team won. If not, I hope you were able to have an enjoyable break with family and friends.

This week I would like to focus my page on **anxiety** and how we can support our children to be able to manage their need to feel safe and secure.

What is Anxiety? *Anxiety is a natural human emotion that is characterised by feelings of worry, nervousness, and apprehension. Often it is a response to potential or perceived threats or challenges.*

While occasional anxiety is normal and can even be motivating. Excessive or persistent anxiety can interfere with daily life and lead to an anxiety disorder. Sometimes anxiety will be reduced once the stressful situation is over, other times it can be persistent.

Signs of anxiety may present differently in children or adults. People manage their anxiety symptoms either internally or externally, meaning some people may appear calm on the outside but are struggling underneath. Others outwardly express their symptoms by lashing out, crying, anger or withdrawal.

3 million Australians are living with anxiety. Anxiety is the most common mental health condition in Australia. 1 in 4 people will experience anxiety at some stage in their life.

Below are some signs that you might look for in your children, if you think they might have an anxiety condition that is more than the occasional worry, fear, or withdrawal:

- avoiding situations
- persistent worries or unusual fears
- refusing to go to preschool or school on a regular basis
- inability to have a good relationship with other children or peer groups.
- difficulty going to sleep or staying asleep.
- physical complaints (unexplained aches and pains)
- difficulties with concentration, attention, and organisation
- noticeable disinterest or decline in school performance.

These are only a few symptoms that you may notice. It may not mean your child has anxiety.

Anxiety is also a huge emotional condition of children who are neurodiverse, such as Autistic children, children with ADHD or other conduct disorders such as ODD.

Things that might help your child if they are experiencing symptoms of anxiety.

- Providing a strong family/ relationship with your children.
- Providing opportunities for your children to learn about resilience and having coping strategies.
- Promoting positive relationships with others and teaching social communication skills.
- Teach your child to recognise the signs of anxiety in themselves.
- Having consistent and regular routines at home and when they are out.
- Practise mindful activities regularly with your child.
- Reassuring and acknowledging of their feelings. Talk with your child about their feelings.
- Exercising and a healthy diet can also help your child.
- Seeking professional support from a GP, teacher, psychologist, or mental health practitioner.

Resources:

<https://www.blackdoginstitute.org.au/resources-support/anxiety/>

<https://www.beyondblue.org.au/mental-health/anxiety>

<https://raisingchildren.net.au/search?query=anxiety%20in%20children>

[https://www.triplep-parenting.net.au/parenting-courses/fear-less-triple-p-](https://www.triplep-parenting.net.au/parenting-courses/fear-less-triple-p-online/?gad_source=1&gbraid=0AAAAADj3AFISGkHwVy1qIJ-czbACicir0&gclid=EA1aIQobChMI1521vrn5jAMVmyCDAx2YHivSEAAAYASAAEgILyfd_BwE)

[online/?gad_source=1&gbraid=0AAAAADj3AFISGkHwVy1qIJ-czbACicir0&gclid=EA1aIQobChMI1521vrn5jAMVmyCDAx2YHivSEAAAYASAAEgILyfd_BwE](https://www.triplep-parenting.net.au/parenting-courses/fear-less-triple-p-online/?gad_source=1&gbraid=0AAAAADj3AFISGkHwVy1qIJ-czbACicir0&gclid=EA1aIQobChMI1521vrn5jAMVmyCDAx2YHivSEAAAYASAAEgILyfd_BwE)

Please reach out to me if you require further information.

Kind regards,

Fiona



2026 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 2026.



Frank Street, Allansford 3277



55 651 382



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Allansford and District Primary School



Education Week

May 12th - May 16th



Our Education Week theme is 'Decoding The Universe' - Exploring the unknown with Nature's hidden language.

Tues
13th

Curriculum Day

All staff attending 'Numeracy Learning Community Conference'
PUPIL FREE DAY

Open Classrooms 9.00am-11.00am

Student leaders will conduct a group tour.
Individual tours are available on request - book in a time.

School Tour 9.30am-10.00am

Classroom visits welcomed for new and existing families.
Come and see our classrooms in action.
Visit our Specialist classes - P.E., Japanese, Art & STEAM.

Thur
15th

Junior Cross Country From 2.10pm

Come along to the school oval and support our Foundation, Year One and Year Two students as they run their Cross Country. Races start at 2.10pm with presentations at our whole school assembly on Friday afternoon.

Education Support Staff Celebration

A day to honour and recognise the extraordinary contribution our Education Support Staff make to our school, the care they give our students and the support they give our teaching staff.

Fri
16th

Divisional Cross Country

Qualified students will participate in the Divisional Cross Country at Albert Park.



5565 1382



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ALLANSFORD AND DISTRICT PRIMARY SCHOOL

Wish to invite all 2026 prospective Foundation students to attend our **Busy Bee BRUNCH**

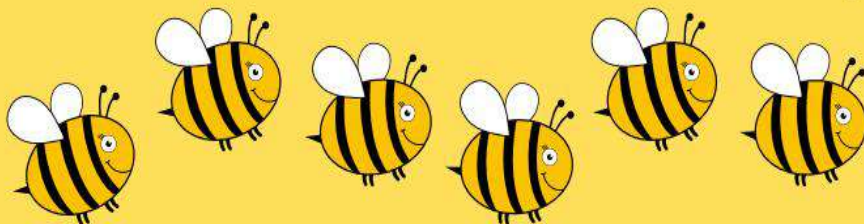
ON: **TUESDAY 20TH MAY 2025**

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 15th May - Open classrooms 9.00am-11.00am

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



**new friends
are just a kick away!**

Register today play.afl/auskick

**We're
fun first
and footy
second.**

At NAB AFL Auskick,
it's your time to shine.

Register to be part of
the fun at your local
Auskick center today.

In this club, we're
teammates for life
and we're awesome.

See you there.



**FOR
the
KICKS**



**FOR
the
KICKS**



**come
find your
awesome**

Register today play.afl/auskick

