

School Values

Respect
Resilience
Strive for
Excellence

Principal: Emma Hampton
Assistant Principal: Reachel Armstrong
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

25th October - P-2 Assembly
 1st November - 3-6 Assembly
 1st November - Swimming Payments Due
 4th November - Curriculum Day

Principal's Report

Dear Parents & Guardians,

Welcome to our first newsletter for Term 4.

We have had a wonderful start back this term with our students and staff returning ready for the last Term of 2024. This is a busy term as there are many events that happen as the year comes to an end to celebrate the different elements of school. This is also a reporting term so staff will be busy finalising assessment and making end of year Teacher Judgements.

This week we begin the implementation of the Zones of Regulation. Some of our classrooms were already implementing this approach so we have made it a school wide decision. Our staff were taken through an awareness session and created plans on introducing this to their class. This approach should help with a few of our students who are learning how to identify how they are feeling and be able to access strategies on how to assist when they are in different zones.

Our staff are beginning to prepare the class lists for 2025. They will be grouping students based on their professional judgement of what combinations promote the best environment for learning. If you would like to make a request/suggestion of who you think your child works best with, please email myself at emma.hampton@education.vic.gov.au. All requests need to be received by Friday 1st November.

Our Spalsh and Dash fun run is fast approaching! All students should have taken home the parent letter, booklet and colouring competition. This fun run is our major fundraiser for the 2024 school year so fingers crossed we are successful in raising funds to make some enhancements to our playgrounds. The winners of the colouring competition will also be the students to first slime our staff members!

Our P-4 swimming program is commencing as of Monday 11th November. Please make sure you have indicated if your child/ren will be participating by this date. We will not be able to accept any late payments as groups will be created and not be able to be changed as they are based on numbers for supervision.

To our Grade 6 families, a reminder that we have the Grade 6 Graduation photo on Tuesday 22nd October. Please make sure students are in full school uniform on this day. We have also sent home the order form for Graduation Signature items, please return these orders by Friday 25th October. We will be sending home invitations for Graduation in the coming weeks, please mark in your calendars that it will be on Thursday 12th December with a 6pm start.

A reminder that we have our Curriculum Day on Monday 4th November and Melbourne Cup day on Tuesday 5th November

Have a great weekend,

With thanks,

Emma Hampton



SWPBS



2025 JSC

This week students in grades 2-5 who would like to apply for JSC next year received an application. Applications close Monday 21st October. There will then be an interview for those students who make it through to the next stage.

Good luck!

The ZONES of Regulation

At AMPS, we are introducing the Zones of Regulation as a way of helping all of our students identify and understand their feelings, as well as ways to self-regulate so that they are feeling happy, safe and ready to learn. There are four Zones, (Blue, Green, Yellow and Red) and together with their teachers, students are identifying ways that can help them to get back to the Green Zone.

It is important that everyone knows and understands that all of the Zones are okay, and that we can experience all four Zones in one day. If you have any questions, please ask your child's classroom teacher.

CANTEEN MENU



ICY POLES

FROSTY FRUITS	\$1.50
ZOOPEE 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



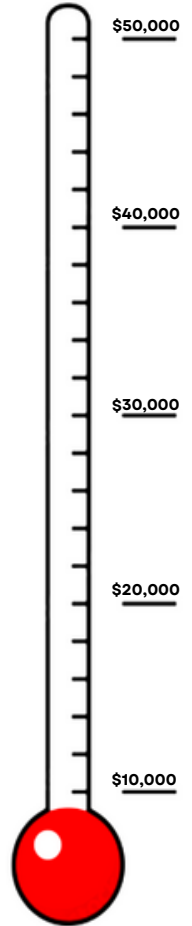
Coming up...

Splash & Dash Fun Run



Slimings!

Money raised is going towards new aluminium soccer goals.

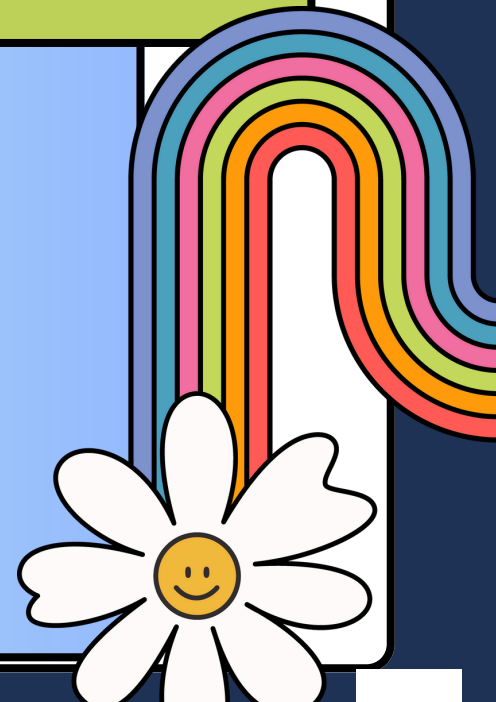


AMPS shopping bags

We have a BIG box of AMPS canvas shopping bags available to purchase from the office for \$1 each, all money raised will go towards new soccer goals.

Funds raised at past events:

- Bunnings Sausage Sizzle \$2000.00
- Hot cross bun drive \$105.00
- Easter Raffle \$1102.00
- Mother's day Raffle & Stall \$1044.00
- Hot Pie Lunch \$75.00
- Honey Drive \$986.00
- Crazy Hair Day \$89.00
- Father's Day Raffle & Stall \$1028.00
- Footy colours out of uniform day \$157





TERM 4

FUNDRAISING



We've launched our Splash & Dash to raise funds for the upgrade of our playground equipment! Your child will bring home information on how to sign up and start raising funds for our school. There are loads of exciting incentives up for grabs for funds raised by individual students. If you missed the information, you could still sign up at funrun.com.au.

Get ready to put on your running shoes, don your most colorful attire, and join us for an exhilarating and vibrant event that promises water, fun and a kaleidoscope of colours – the School Fun Run's Splash & Dash!

Mark your calendars because on 15th November our school grounds will be transformed into a canvas of colours. The event aims to promote health, wellness, and community spirit while having an absolute blast!

This will be our major fundraiser for the year, and we're hopeful of raising \$20,000! Sign up at funrun.com.au today to get involved!

Get ready to make memories with your kids, while they run, laugh, and get drenched in a spectrum of colors!

SLIME

25th of October

Winners of the colour in competition will get to do the 1st sliming when we reach the first goal of \$5000!

(Entries close 24th of October)

1st of November \$10,000

8th of November \$15,000

22nd of November \$20,000

Mrs Hampton will be slimed when we hit the goal of \$20,000

WF4H WALKINGFOOTBALL4HEALTH VICTORIA



Walking Football program for all ages especially seniors

Eagle Stadium

35 Ballan Road Werribee

Fridays 12.30pm – 1.30pm

\$5 per person (\$4 for Senior Citizens or Carer Card holders)

What is it?

All the things you love about football in a small sided game but with no running and no contact. The social walking football program creates a safe, enjoyable and inclusive environment for all to have fun.

Who can join?

All individuals from diverse backgrounds, gender, age, culture & abilities are welcome! We encourage anyone challenged with social anxieties or low self-esteem and confidence to reach out.

Here's why You should join...

- stay active
- improve your health
- no experience necessary
- meet new people
- supportive environment
- be a part of a friendly community
- benefit from our regular group health talks

For more information email Mick at
m.trim@wf4hvic.onmicrosoft.com



WANT TO LEARN KARATE? LOOK NO FURTHER!



SHOTO KARATE AUSTRALIA



ABOUT US:

SHOTO KARATE offers a program of Karate training to suit all ages from 5 year old to adults, beginners to advanced. We offer self-defense, increased confidence, fitness, awareness and most of all fun programs for the whole family. Based on Shotokan style karate, founder Sensei George has over 40 years of experience.

JOIN WITHIN THE FIRST TWO WEEKS OF TERM 4 TO RECEIVE A FREE GI! (VALUED AT \$75)

Tuesdays & Thursdays only!

Class times:

Tigers: 5:30 - 6:00 pm.

Juniors: 6:00 pm - 7:00 pm.

Adults: 7:00 pm - 8:00 pm.

CONTACT US : TWO FREE TRIAL LESSONS!

☎ Cat: 0409181227

📍 Altona Meadows Primary School

FIND US ON:  



BAYWEST MUSIC

Baywest Music School is a low cost Music School located at Altona Meadows Community Centre.

We teach both adults and children Keyboard, Guitar, Violin and Singing for \$15 per lesson and Drums for \$20 per lesson.

For details, please call Stephen on 0425 797 390



Could Saver Plus help with your education costs?

Google

Q Saver Plus YouTube

to see our quick explainer video and find out if you're eligible.



Lions Clubs of Melbourne Markets Inc. are proud to host International Entertainment Australia's...

2024 World Festival of Magic

An enchanting performance of cutting-edge, large-scale illusions and intimate close-up magic.

The World Festival of Magic is a FREE EVENT for children and young adults with diverse and disadvantaged abilities and backgrounds, their families, carers and peers.

Enjoy an accessible and flexible environment with a relaxed attitude to audience noise and movement, where you can be yourself without restriction or judgement.

Featuring moving, flashing lights, upbeat and sometimes dramatic music. Showtime is approx. 1 hour with no interval. Suitable for all ages.

Scan the QR Code to watch highlights from past shows...



VENUE	DATES	SHOWTIMES
The Centre Ivanhoe (Ivanhoe, Melbourne)	Sunday, 24th November	11am, 1.30pm and 4pm
The Centre Ivanhoe (Ivanhoe, Melbourne)	Monday, 25th November	10am and 12pm

To book complimentary tickets, please email your ticket order and contact details to meredithnewman@showintent.com.au or text/call 0404-367-782

*Bookings are essential - Bulk and individual ticket orders from schools, organisations, families, carers/support workers etc. are all welcome...

Please include the following information when booking:

*Your Name and Email Address.

*Preferred Date/s and Showtime/s.

*Number of Tickets (one per person required).

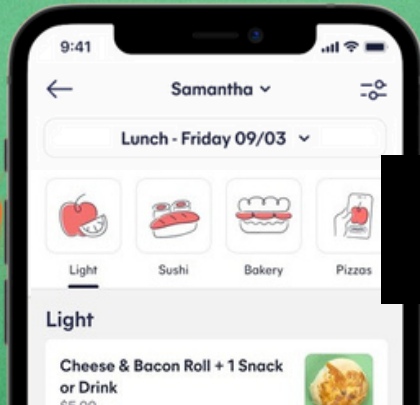


SOME PRODUCTS LIKE SUSHI NEED TO BE ORDERED THE DAY BEFORE DELIVERY

TK TUCKSHOP

TERM 4

TUESDAYS AND FRIDAYS



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

Lunch packs starting at \$4.50

DOWNLOAD OUR APP



CANTEEN MENU



ICY POLES

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



SNACK

POTATO CHIPS	\$1.00
KIBLER 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	\$ 13.50
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.

**MONDAY,
WEDNESDAY
THURSDAY
& FRIDAY**

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