

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

Thursday 25th April - Anzac Day public holiday
 Friday 26th April - Curriculum Day - no school for students
 Wednesday 8th May - 2025 Prep Information session - 5:00pm
 Wednesday 8th May - Mother's Day Stall

Principal's Report

Dear Parents and Guardians,

Welcome back for Term Two! I hope you all had a restful break and spent time with loved ones.

We have had a great start back and are very proud of our students for settling back into school routine so quickly. Our staff are currently participating in planning days to plan the curriculum that will be taught this term. This is also a reporting term. Our staff will be preparing student reports which will be provided to you on Friday 14th June. We then have our Parent Teacher Interviews scheduled for Wednesday 19th June for you to meet with your child's classroom teacher to discuss their progress.

We are very busy getting ready for our Mother's Day stall and Open Morning. Students will be invited to purchase gifts, which have been selected by our JSC members, from our stall on Wednesday 8th May. Our Open Morning on Friday 10th May is an opportunity for our students mothers, grandparents and special people to come and be pampered.

Just a reminder that if you have a child starting in prep next year to pop into the office and collect an enrolment form. We have our 2025 Prep Information Session on Wednesday 8th May at 5pm. You can register your attendance via Eventbrite; <https://www.eventbrite.com.au/e/888228053017?aff=oddtcreator> or by calling the office.

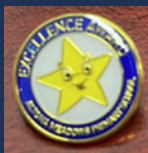
In the next couple of weeks our students in Grade 4-6 will be invited to participate in the Attitudes to School Survey. This is a statewide Department of Education survey that allows students the opportunity to provide feedback on how they feel at school. This survey is anonymous and we encourage our students to be honest and provide us with the most accurate data, to then be able to make improvements to our school. More information on this survey will be distributed to our families of students in grades 4-6 closer to the starting date.

I am very pleased to announce that we have been successful in a school improvement grant that I submitted last term. We have been successful with a significant amount of money to complete a refurbishment of our student and staff toilets in the BER. This work is very much needed and will make a significant difference for our staff and students.

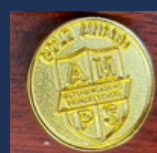
Have a great long weekend,

With thanks

Emma Hampton



SWPBS



Welcome back to Term 2.

Our focus value this term is **'Resilience.'**

Resilience is the ability to 'bounce back' after challenges and tough times.

For children, challenges and tough times include experiences like moving house, or welcoming a sibling into the family. They can also include serious experiences like a family breakdown or family illness. Children build resilience over time through experience. You can help your child learn skills and develop resilience by having a warm, supportive relationship with them.

Children learn resilience through experience. Each time your child overcomes a problem, it builds their confidence in their ability to handle the next challenge.

SAKG Update

Hello AMPS Families

SAKG kitchen/garden classes are commencing next week. This term grade 3/4 will be cooking/gardening on a Wednesday and 5/6 on a Thursday.

If you are keen to help either in the cooking program or in the garden, please come and see me in the SAKG kitchen or send an email to: marilena.joannides@education.vic.gov.au

If anyone can spare anytime over the next two weeks in the garden on Monday 29 April or 2 May, I will be preparing some beds for the children to plant their seedlings that they germinated last term.

I look forward to another term of growing, harvesting, preparing and sharing.





Students in Grades 3/4 enjoyed seeing some of Sharon's pop's ANZAC badges and uniform.



Students in grades 3/4 also enjoyed playing coding games on their laptops - dance monkey game.

SCHOOL PHOTOS

order your school photos now

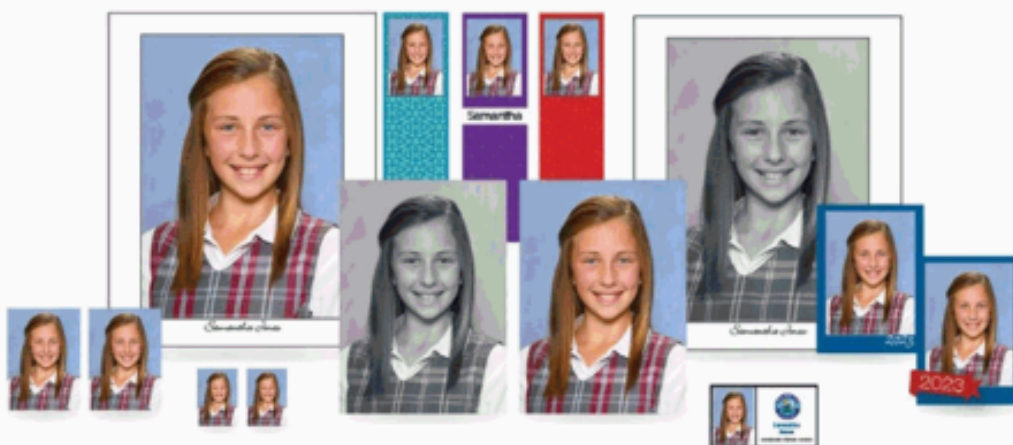
to order visit: www.advancedlife.com.au

enter code: 1AY YCN PGR



scan to order

or collect a cash order envelope
from your school office



advancedlife
school photography & print specialists

EASTER

Raffle



We were blown away by the generosity of chocolate donations for the Easter Raffle raising a whopping \$1102

Easter Raffle Winners were...

- Te Kahui
- Adelin Huston
- Lake Moss
- Olivia Jackson
- Savanah Edie
- Elizabeth Hillsley
- Julie Giles
- Te Kahui
- Hailey & Tegan Hartnup

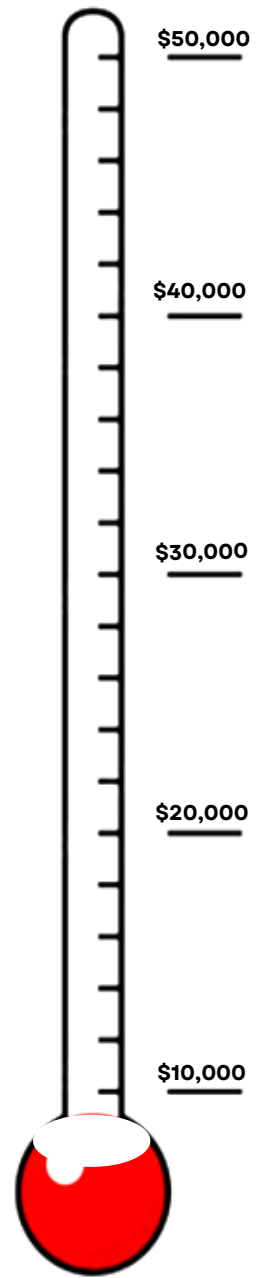


The AMPS Hot cross bun drive raised \$105

Wanted: Donations to go in our Mother's Day raffle hamper.



Thank you to our sausage sizzle volunteers, we raised a grand total of \$2000.00



Check out the amazing entries we had for the AMPS Easter Colouring in competition.





Mother's Day!

OPEN MORNING
Friday
10th May
9:15am until
10:15am

RAFFLE

TICKETS \$1 EA
raffle will be
drawn at
assembly
may 10th

stall
Wednesday
8th May
Gifts ranging from
\$3 to \$10

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.

TWO FREE TRIAL LESSONS!

Tuesdays & Thursdays only!

Class times:

Tigers: 5:30-6:00 pm.

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

Elites: 7:00-8:00 pm.

Adults: 8:00 pm-9:00 pm.

CONTACT US :

☎ Cat: 0409181227

📍 Altona Meadows Primary School

FIND US ON:  



CHOOSE YOUR

FOOTY ADVENTURE





**nab AFL
Auskick**

4-8 year olds

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.



JUNIOR FOOTY

7+ year olds

Play with your mates, make new friends & have fun at local footy. Local footy involves weekly games and training sessions for players.

VISIT PLAY.AFL

Big Country Games Day invites families to come along and play games from all over Australia. As a part of the Heritage Festival Newport Library will run a circuit of active games from the First Nations cultures. Expect skipping, memory games and more! The event will take place this Saturday 27th April in the morning at Newport Library.

**MONDAY,
WEDNESDAY
& FRIDAY**



MENU - TERM 1, 2024
Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED
INGREDIENTS, ALLERGEN INFO ETC ARE ON 'OUR MENU' PAGE OF WEBSITE

LUNCH ITEM ONE

SALADS

- Greek Style Salad with Feta and Olives (V, GF)
- Pic(k)nic Box – Vegetarian (V, GF)
- Pic(k)nic Box with Ham (GF)
- Pic(k)nic Box with a Whole Egg (GF)
- Steamed Veg. Corn wheels, Broccoli & Carrot
- Mexican Inspired Salad (V, GF)
- Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)
- Main course of Fresh Fruit Salad (V,GF)

SUSHI

- Teriyaki Chicken Hand Rolls (2)
- Cooked Tuna Hand Rolls (2)
- Avocado Hand Rolls (2)
- Cucumber Hand Rolls (2)
- Vegetarian Hand Rolls (2)
- Tofu Hand Rolls (2)

BAKERY

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll (w/m)
- SCROLL with Ham & Cheese
- Semi Dried Tomato and Olive ROLL
- Topped with Only Cheese Roll
- GOZLEME - Lamb & Beef (H)
- GOZLEME – Mushroom & Spinach (NO CHEESE) (Vegan)
- GOZLEME - Spinach and Cheese (V, H)

BAKED FRESH PIZZAS

(PLEASE NOTE: Baked this morning - Served at room temp)

- Margherita Pita Pizza
- Ham and Pineapple Pizza Slice

SANDWICHES, ROLLS & WRAPS

- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Gluten Free Ham & Cheese Sandwich (GF)
- Simple Salad Roll (V)
- Cucumber & Ham Sandwich (GF)
- Vegemite Sandwich (2)
- Mild Salami and Salad Roll
- Plain Cheese Sandwich (2)
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
- Cheese and Salad Roll
- Wholegrain ROLL with Cheese and Tomato
- WRAP (GF, DF) Ham and Salad
- Wholegrain Ham and Cheese Sandwich
- Chicken MAYO and Lettuce Roll (H)
- Garden Salad Wrap (GF,DF,V)

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

- Freshly chopped Strawberries with Grapes
- Fresh Fruit Combo
- Celery & Carrot Sticks with Sultanas
- Chopped Carrot, Cucumber, Red & Yellow Capsicum
- Apple pieces with Lemon Juice, Cinnamon & Brown Sugar
- Sugar Snap Peas, Beans & Cherry Tomatoes
- Cantaloupe & Honeydew pieces
- Freshly chopped Watermelon Pieces
- Edamame (Lightly Salted)
- Cherry Tomatoes with Tasty Cheese & Rice Crackers
- Freshly chopped Orange Segments
- Whole Fruit – Banana
- YOGHURT/BOWLS**
- Dairy Farmers - Strawberry Yoghurt
- Dairy Farmers – Classic Vanilla Yoghurt
- Chia Bowl with Banana, Coconut & Strawberries
- Stewed Rhubarb & Apple with Custard (V)

BAKED GOODS

- Choc Chip Cookie
- Cornflake Cookie
- Finger Bun with Sprinkles
- Hedgehog Slice
- Choc Cup Cake (GF,DF)
- Blueberry Muffin
- Hot X Bun
- Jam Drop Biscuit (GF, NF, H)

DIPS & CRACKERS

- Tzatziki Dip with Rice Crackers
- Avocado Dip with Rice Crackers
- Spring Onion Dip with Rice Crackers
- Spicy Capsicum Dip with Rice Crackers

POPCORN/SNACKS

- Dried Fruit Medley with Yoghurt Sultanas
- Popcorn - Lightly Salted
- Popcorn - Slightly Sweet, Lightly Salted
- Roasted Chick Peas.
- Lime & Black Pepper Chick Peas
- Balsamic & Sea Salt Fav'va Beans

DRINKS

- Nippy's Chocolate Milk
- Full Cream Milk
- Apple Juice
- Orange Juice
- Strawberry (Lactose Free) Milk
- So Good Soy Milk

Healthy, Interesting & Affordable Lunches Delivered to School!
More information about Our Offering including Pricing, Ingredients and Portion Size is available on the Our Menu Page at www.classroomcuisine.com.au

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

