

## ALTONA MEADOWS PRIMARY SCHOOL

## 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

Friday 22nd November - P-2 Disco

Monday 25th November - Prep Transition Session 2

Friday 29th November - 3-6 Assembly

Friday 6th December - Whole School Assembly

## Principal's Report

Dear Parents & Guardians,

Firstly, we would like to apologise for the delay in getting our newsletter out to you.

We had a number of staff who are involved in producing the newsletter take unexpected time away from school. We hope to be back in our usual routine.

Our Prep, One, Two, Three & Four students have just about completed the Swimming Program. We have received very positive feedback from Paddles about our students behaviour while participating in sessions. A big thank you to the staff who have also participated by assisting in covering the classes so they can attend, it is a big addition to our usual staff workload.

Our Splash & Dash fun run on Friday was a great success and well enjoyed by our students. A big thank you to the members of our community who came along and observed the colour/wet madness! Our fundraising total is currently sitting at \$7,877.00. Fundraising is still open until tomorrow, the 22nd November. Once this has closed we will announce which students will be getting slimed!

We have many events and celebrations coming up as the end of the school year approaches.

Preparation has began for our end of year concert. This will be held on Wednesday 11th December, starting at 2:30pm. We will be holding this on the netball courts. We hope this will be a lovely celebration and finish to the year.

Our Grade 6 Graduation is fast approaching. This will be a time of mixed emotions for our students and parents. Our Graduation is on Thursday 12th December. Grade 6 families, if you did not receive your invitation, please let our office staff know.

The final assembly for the school year will be on Friday 13th December. This will be a celebration assembly full of positive acknowledgements for the achievements our students have achieved this year. Please mark this in your calendar to attend.

We have noticed an increasing amount of dog faeces in our yard. Can I please remind the families that bring their dogs onsite to carry a poop bag and pick up any that your dog might deposit onsite. We have had a few students step or fall in this over the last couple of weeks.

On Tuesday 10th December, our students will be participating in a Meet the Teacher/Step Up Day. On this day, students will be placed into their new class groupings and spend time with their classroom teacher for the 2025 school year. This session can be full of excitement and also a lot of nerves. Please start chatting to your young people about this happening so they are prepared. It can be a very hard step to say goodbye to one teacher and become comfortable with a new one. We will start communicating soon about our staffing profile for next year.

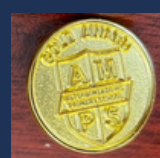
Have a great weekend, take care in the heat.

With thanks,

*Emma Hampton*



**SWPBS**



## Junior School Council

We would like to say a big thank you to all of the students who submitted an application to become a JSC member next year. It was fantastic to see the number of students who applied, our highest number ever. The effort that students put into preparing for this process was impressive.

Last week we completed interviews for 2025 JSC members and have notified all students of the outcome. I would also like to thank our current JSC members for their assistance during this process. You will get to meet our 2025 members at our last assembly for the year.

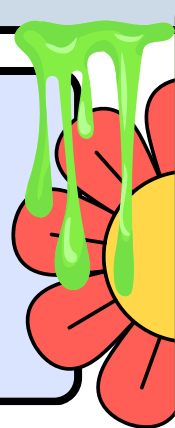


**Coming up...**

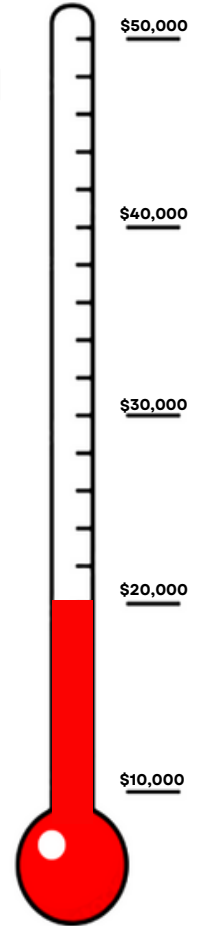
\*Christmas Raffle



**Slimings!**



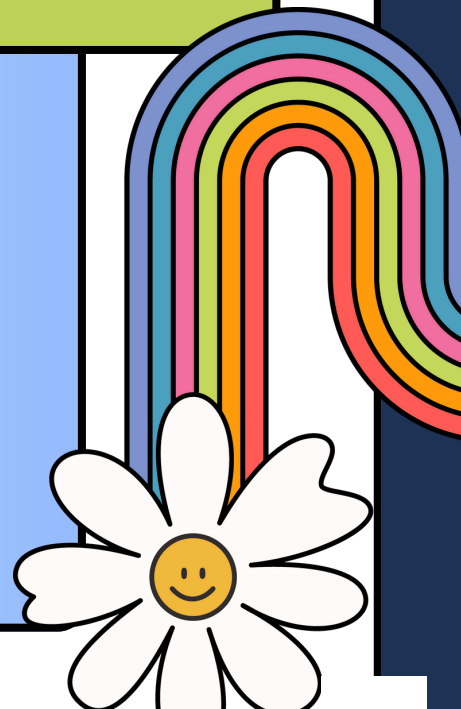
Money raised is going towards new aluminium soccer goals.

**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 \$157.00
- Fun Run Sausage Sizzle \$164.00
- Splash & Dash Fun Run \$7877.77 to date.





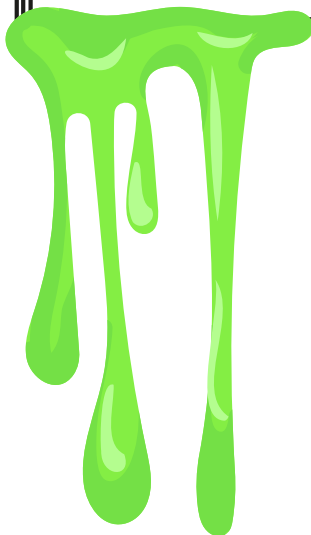
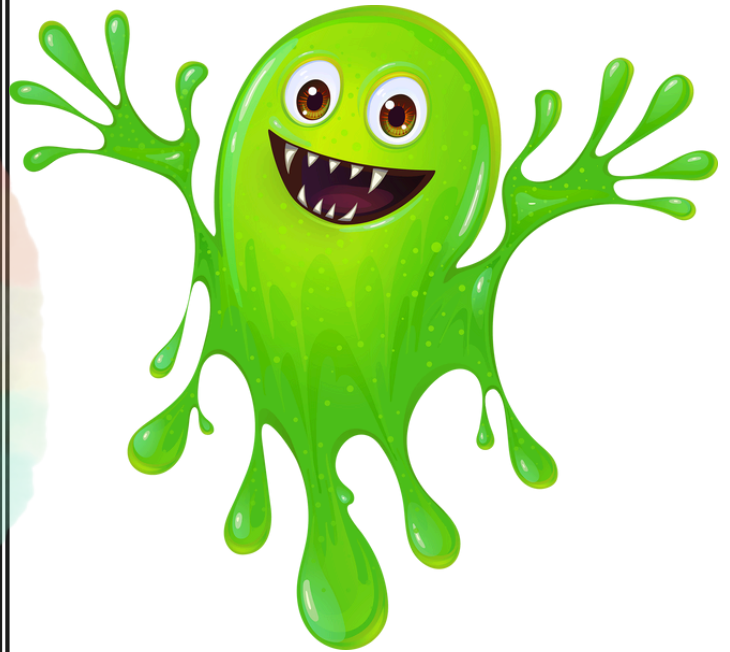
TERM 4

# FUNDRAISING



Congratulations to the winners of the Fun Run colouring competition

Ava C  
Vinh D  
Braxton T



ALTONA MEADOWS PRIMARY SCHOOL



**Christmas \$1ea**  
**RAFFLE TICKET**

Winners will be drawn at the Christmas Concert  
December 11th, 2024





# Reminders



10TH DEC - MEET THE TEACHER &  
YR 7 TRANSITION

11TH DEC - SCHOOL CONCERT, 2:30PM START

12TH DEC - GRADE 6 GRADUATION, 6PM START

13TH DEC - WHOLE SCHOOL CELEBRATION ASSEMBLY  
2:30PM

13TH DEC - SEMESTER 2 REPORTS GO HOME

16TH DEC - 5/6 LIFE SAVING EDUCATION PROGRAM

17TH DEC - 3/4 END OF YEAR EXCURSION

17TH DEC - 1/2 PICNIC EXCURSION

18TH DEC - PARENT HELPER MORNING TEA

19TH DEC - 5/6 ADVENTURE PARK EXCURSION

20TH DEC - LAST DAY OF TERM 1:15PM FINISH



## 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:**  




Altona Meadows Primary School

# CHRISTMAS CONCERT

2024

DECEMBER 11 WEDNESDAY

AT 2:30PM

Bring your own chair or picnic blanket

## W4F4H 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](mailto:m.trim@wf4hvic.onmicrosoft.com)

 Join us on Facebook [WalkingFootball4HealthVictoria](#)

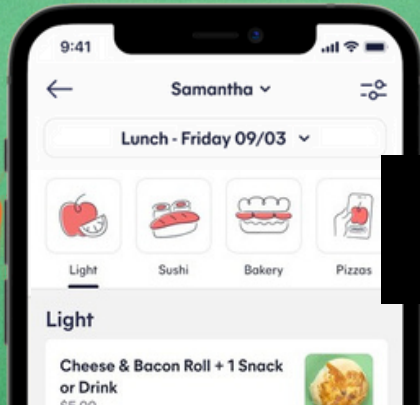


SOME PRODUCTS LIKE SUSHI NEED TO BE ORDERED THE DAY BEFORE DELIVERY

# 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

**MONDAY,  
WEDNESDAY  
THURSDAY  
& FRIDAY**

**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.

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