Dear Parents,

Excursion to Water Treatment Plant by Year 3 & 4 students…

Yesterday students in Grades 3 and 4 had a very interesting excursion to the Water Treatment Plant in Werribee. The aim was to have children understand the water cycle and more particularly how Melbourne’s water is stored, used, cleaned and recycled.

The Melbourne’s Water Treatment Plant covers 11,000 hectares and is considered one of the best in the world. Gravity is utilised to move water through the system; Werribee uses gasses from the cleaning process to generate electricity to power pumps where needed.

Are your children getting enough sleep?

Ensuring your children receive sufficient sleep is an important responsibility of parents. Although there are variations at the individual level, generally speaking the following times are a good rule of thumb.

3-6 Years Old: 10 - 12 hours per day
Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10 - 11 hours per day
At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 9:30 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day
Sleep needs remain vital to health and well-being for teenagers. It turns out that many teenagers actually may need more sleep than in previous years. Now, however, social pressures conspire against getting the proper amount and quality of sleep. You can read more about this information at: http://www.webmd.com/parenting/guide/sleep-children

Cross Country Report…

On Friday June 3, fourteen students represented Avondale Primary School at the Ascot Vale District Cross Country Championships at Aberfeldie Park. They were Sarah Carrington, Vivian Du, Pamela Lopez, Samuel Wilson, Lachlan Melican, William Kodituwakki, Blake Roach, Rushil Vaghani, Jaidyn Johns, Josh Gebremedhin, Liam Starzer, Eugene Evgenidis, Billy Koziaris and James Debrincat. Students did their best on the day; Billy (4th) and Jaidyn (6th) qualified to represent Avondale Primary School Maribyrnong Division Cross Country Championships.

I congratulate all students who trained for the event as well as the students who represented our school. I wish to thank John Cleary for his after hours training of students.

Have a great week

Paul Mulroyan
What I liked about writing Postcards...... by 1/2A

I like writing postcards because I can tell people where I have been. By karri
I like writing postcards because I can tell about the great places I’ve been to.
    By Innayat
Postcards are fun because I can write to my friends. By Taylor
I liked writing a postcard because it was my first time ever. By Annabelle, Darcy, Kiara & Kaitlyn
Postcards are fun to write because you get to write to people. By Luca
I liked making postcards because I got to draw and write. By Nicholas
I like writing postcards because it is a way to keep in touch with friends. By Zoe
I like writing postcards because you can let your friends know how your holiday is going.
    By Kosta & Hayden
I thought writing a postcard to your friends is a really good idea. By Tiana
I enjoyed making postcards in class because I got to draw a picture of the beach. By Christina
I liked making postcards because I got to draw a picture of a Vietnamese beach. By Tony
I liked making postcards because when I was in America I had to write a real one. By Matthew
To Maloney, I hope you were born.
Wish you know, I am not in Sydney.
I know already, I must be back in Sydney.
From Home.

Dear Kristy, I hope you were born.
Wish you know, I am not in Sydney.
I know already, I must be back in Sydney.
From Home.

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Wish you know, I am not in Sydney.
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DATES TO REMEMBER
(Subject to change please check regularly)

**June**
- Friday 10th: Curriculum day—No Students to come to School
- Monday 13th: Queen’s Birthday Public Holiday
- Wednesday 15th: Prep Transport Excursion
- Thursday 16th: Canteen Meeting 2:30pm
- Friday 17th: Interschool Sport –Nth Melb P.S.-Home
  Fundraising Meeting 9:15am
- Monday 20th: School Council 7:30pm
- Friday 24th: Interschool Sport-St Margaret’s P.S-Home
- Wednesday 29th: Music students to visit Ron Conn Centre-1:30
  Parent Teacher Interviews

**July**
- Friday 1st: Last day Term 2—Students finish at 2:15pm

**Pupils of the week last week were:**
- PrepA– Wren S
- PrepB – Tyra T
- Prep/1A – Patrick C
- 1/2A – Tiana S
- 1/2B – Madeline A
- 1/2C – Thien B
- 3/4A – Aberesha F & Athan T
- 3/4B – Zoe N
- 3/4C – Kathryn B
- 3/4D – Patricia M
- 5/6A – Jordan T
- 5/6B – Tulin C
- 5/6C – Jennifer L

Newsletters can be found every Friday on our website - www.avondaleps.vic.edu.au.
You can also check this site for the term Calendar

**Uniform Supplier Your Opinions Sought**

Two years ago Primary School Wear set up a shop in Deer Park.
I feel it is time to seek your opinion about this service, stock availability and waiting times.
I am seeking both positive and negative experiences.
You can write a letter or send an email (attention Ros) to avondale.ps@edumanil.voc.gov.au.
I will collate responses during the last week of term so please reply before Monday 27th June.
Kind Regards
Ros Blake
Office

**Avondale Heights Kindergarten is having Family Portrait Day on**

**Saturday June 25th**

We would like to extend an invitation to all families a Avondale Primary school to take part in this day. Sitting fee is $15 and includes photos taken by a professional photographer and a framed 10’ x 13’ photo.
Forms available at the Kinder.
Bookings required by Friday 17th June

**Nelson Alexander**

FOR ALL YOUR REAL ESTATE NEEDS
24 Centreway, East Keilor, Vic. 3033
Phone: 9331 6244   Fax: 9331 6277
www.nelsonalexander.com.au
SAM CARBONE

If you sell with our company, $500 will be donated back to our Primary School.

**Advertisements**
The advertisements in this newsletter are for community interest only. The school has no connection with, nor endorses, any particular business activity.

**Notice to Parents**
The school yard is supervised by a teacher on duty until 3:30pm. Students are expected to be picked up by this time.

**Guitar Lesson Change**
Due to Queen’s Birthday Holiday on Monday 13th June, Guitar lessons will take place on wed 15th June.