

# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- laptops & tablets
- lessons & activities
- uniforms & shoes
- books & supplies
- sports fees & gear
- camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*

Contact your local Saver Plus Coordinator  
 Phone or SMS your name and postcode to 1300 610 355  
 Email [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)  
 Online [saverplus.org.au](http://saverplus.org.au)  
 Find us on Facebook



## What is Saver Plus?



**Benefits for participants**

- 87% continue to save the same amount or more 3 to 7 years after completing the program
- 78% were better equipped for unexpected expenses
- 88% reported increased self-esteem
- 80% had more control over their finances

**Who can join?**  
 Participants must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or attend vocational education themselves
- Have regular income from paid employment (themselves or their partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*

### How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 40,000 people, making it the largest and longest-running program of its kind in the world.

### Since 2003<sup>1</sup>:

- 40,000+ participants
- \$23m+ - total amount saved by participants
- \$18m+ - matched funds paid by ANZ

### Find out more

- 1300 610 355
- [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)
- [saverplus.org.au](http://saverplus.org.au)
- @SaverPlusAU



\* many Centrelink payments are eligible, please contact your local Coordinator for more information.

<sup>1</sup> BMIT University, 2018. A number of Saver Plus program evaluations have been carried out since 2003. For more information see [anz.com/saverplus](http://anz.com/saverplus)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

# Avenues Update



**Robyn McLean**  
Principal

**Allyson Goodale**  
Head of Early Years

**Chan Welfare**  
Head of Primary Years

**Roy Webb**  
Head of Secondary Years

**Teresa Maiolo**  
Coordinator of the Centre for Hearing Impaired (CHI)

**Danielle Smith**  
Business Manager, B-12

Dear Parents and Caregivers

With Week 3 drawing to a conclusion, the school year is well underway. We have welcomed and continue to welcome new students and families. We thank you for your help and friendliness as people settle in – it can be quite nerve wracking for both students and parents!

In Week 1 many of you visited on our Welcome and Information Evening, I'd like to thank you for making this time available. Attending school, asking about school and being interested in what happens here has an enormously positive impact on students and we really appreciate it. If you were not able to attend you will have received a Curriculum Overview, outlining very generally, some of the learning that will be undertaken this term. In Week 10 we will hold Parent/Teacher Interviews and our annual Auslan Concert – both of which will inform you further about you child/ren's progress.

Being the beginning of the year I have a few reminders that will help to keep our children safe and confident during their school day, including the journey to and from school. We have had a number parents contact us to communicate their concerns, as such please adhere to the following reminders:

- ### Diary Dates
- 19th Feb School Photos
  - 22nd Feb Photo catch-up day
  - 11th Mar Public Holiday - Adelaide Cup
  - 12th Mar Pupil Free Day
  - 15th Mar National Day of Action Against Bullying and Violence
  - 21st Mar Harmony Day
  - 9th Apr Preschool Photo Day
  - 11th Apr Preschool photo catchup day.

- The Carpark is for staff only near the building. Students must not be dropped off in the carpark. Please park in the visitors carpark or roadside and walk your child in if necessary or, if appropriate, they can walk in independently.
- Bikes and scooters must be walked in the playground before and after school; should students not respond appropriately to this request they will be asked to wait until all other children have left the playground before accessing their bike or scooter.
- Helmets must be worn if students are riding bikes and scooters. This is the law.
- In the instance where your child has had an incident with another child please contact the class teacher to express your concerns. We will facilitate the students restoring their relationship. Parents should not, under any circumstances, approach other children in the playground.
- When speaking with staff and/or other parents, respectful, calm conversations are required. Sometimes this means taking time but it usually results in a far more effective outcome.

I realise this is an unusual way to start the year's newsletters, however, I feel it is vital that we model behaviour for our children. If they see us taking exception, speaking rudely or endangering others it is more likely they will do the same, believing it to be okay. I know you all share my wish and the wish of the entire staff to have a safe, respectful, friendly school where the children are able to focus on their learning and enjoy playing. Together we can provide this and I thank you for your support in this important endeavour.

Kind regards

*Chan Welfare*

### McKay Avenue Campus

McKay Avenue, Windsor Gardens SA 5087  
 T: 8261 2733 F: 8261 0827  
 E: [dl.0906.info@schools.sa.edu.au](mailto:dl.0906.info@schools.sa.edu.au)

### Beatty Avenue Campus

Beatty Avenue, Hillcrest SA 5086  
 T: 8261 3339 F: 8266 1471  
 E: [dl.0906.info@schools.sa.edu.au](mailto:dl.0906.info@schools.sa.edu.au)  
 W: [www.avenuescollege.sa.edu.au](http://www.avenuescollege.sa.edu.au)

# Year 2/3 Class



In Science we are learning about the sun, moon and earth. We are also learning about orbits. An orbit is a path that the earth follows around the sun. The moon has an orbit too, but the moon goes around the earth.

As part of our learning, we started talking about shadows and we made shadow frames. We made our own shadows with cardboard on top of clear, sticky contact material. We had to use cardboard for the shadow shapes because it blocks out the sun better than normal paper. Now we're waiting for a sunny day to test them!

-Ishaal



## 2019 WINTER TRIALS

Priceline Stadium, Mile End

**Sunday 10 and 17 February**  
Seniors 10.00am - 11.30am  
Intermediates and Juniors 6.00pm - 7.30pm

**Wednesday 13 February**  
Seniors 7.30pm - 9.00pm  
Intermediates and Juniors 6.00pm - 7.30pm

*\*Registered Club for Sports Vouchers*

**REGISTER NOW!**  
[WWW.CHEERIONETBALL.COM](http://WWW.CHEERIONETBALL.COM)

For any queries:  
Ph: 0419 810 656  
Email: [secretary@cheerionetball.com](mailto:secretary@cheerionetball.com)

**FREE COME & TRY!**  
FEBRUARY 9 & 10, 2019  
CALL TO BOOK

## Grasshopper SOCCER

Soccer Fun For Girls & Boys Aged 2 to 12!  
TERM 1 PROGRAM - 8 WEEKS

5 LOCATIONS: GRANGE | HAWTHORN | STONYFELL | MAWSON LAKES | WINDSOR GARDENS

**Mite-E Soccer (2-3yo)**

- A great introduction to Soccer!
- Kids work with their parents
- Learn new soccer skills
- Develop their motor skills!
- Lots of fun games
- Non-competitive environment

**Pint Size Soccer (4-5yo)**

- First kicks in soccer!
- Introduction to shooting, passing, dribbling and goal keeping
- Play fun, skill based games
- Introduction to the Pint Size V! Big Game!

**Intro to Micro (5-6yo) Micro (6-8yo)**

- Ultimate challenge for young soccer players!
- Learn the rules of grasshopper soccer big game
- Develop skills in shooting, passing, dribbling and goal keeping

**Micro Plus (8-12yo)**

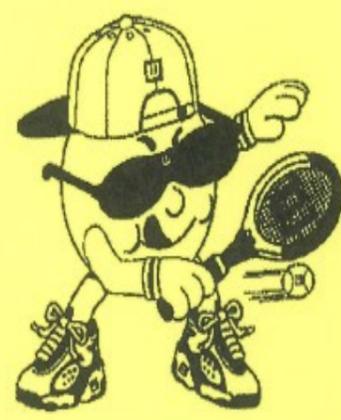
- Skills development and teamwork
- Ideal preparation for club soccer
- Fine tune their skills
- All the favourite fun based soccer based games
- Play the Grasshopper Soccer Big Game!

35hrs	\$120	50hrs	\$130	75hrs	\$150	75hrs	\$150
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Mobile 0408 825 280 for a FREE trial or get in touch

PO Box 4148, Tranmere North SA 5073 | [andrew@grasshoppersoccer.com.au](mailto:andrew@grasshoppersoccer.com.au)  
Grasshopper Soccer Adelaide | [www.grasshoppersoccer.com.au](http://www.grasshoppersoccer.com.au)

## HOT SHOTS TENNIS



# FREE TENNIS LESSONS FOR 3-13 YEAR OLDS

Tennis Hots Shots is the approved Tennis Australia Tennis Coaching program for this age group. Its a fun coaching program that has specialised equipment, racquets and tennis balls making it a fun activity for all participants. Each child enrolling in their first term receives a free Hot Shot shirt

## FREE TRIAL LESSONS

will be held at the following centres and times

- The Athelstone T/C** (Off Range Rd Paradise)  
Mon to Fri after school  
Sunday Morning
- Balmoral Res** Balmoral Rd Dernancourt  
Saturday Mornings

Racquets are supplied  
To book your child's place at the free lesson call Peter Clark on 0419034303  
*Hope to see you there.*

# Avenues College OSHC Fees

Before Care Times: 07:00 AM – 08:30 AM

After Care Times: 03:05 PM – 06:00 PM

## Permanent Fees

These apply when multiple bookings are placed. You can review the minimum for each booking below. These accounts give different families options to choose from. But for all families our advice is to always book in advance.

### Gold Schedule

For parents with irregular schedules that need to make changes often and at the last minute.

Before Care:

**\$15.00**

After Care:

**\$21.00**

Cancellations: +2 hour(s) before session

Minimum 2 booking(s) per year\*\*

### Silver Schedule

For parents that want minimal changes to their current situation other than increased flexibility.

Before Care:

**\$14.00**

After Care:

**\$20.00**

Cancellations: +7 day(s) before session (To avoid session fee)

Minimum 2 booking(s) per year\*

### Blue Schedule

For parents with a regular schedule looking to access cost savings.

Before Care:

**\$12.50**

After Care:

**\$18.50**

Cancellations will incur session fee

Minimum 40 booking(s) per year\*

\*The minimum number of bookings must be met for each child and each care type (Before School Care and After School Care) that are being used. If the child attends more than one School, the minimum number of bookings must be met per School as well. Minimum bookings are based on the number of weeks left in the school year.

## Casual Fees

For parents who need care every so often.

Before Care

**\$16.00**

After Care

**\$22.00**

- > Casual rates apply when permanent booking minimum is not met.
- > Cancellations: +7 days before session.

**Annual Enrolment Fee \$25\***

\*Pro rata

### Are you eligible for the Child Care Subsidy?

The Child Care Subsidy can provide up to 85% off your fees. If you're unsure about your eligibility contact Centrelink on 13 61 50.

Details of all fees, terms and conditions are available at [www.campastralia.com.au](http://www.campastralia.com.au)  
Need Help? Our Customer Care Team are available 24/7 on 1300 105 343



## Student Wellbeing News



Welcome to all our new students and families, it has been a pleasure meeting you all and I am looking forward to working with all of our children and families this year. I am excited to announce that this term the Carly Ryan foundation will be visiting our school to deliver a cybersafety presentation to our Year 5-7 students in week 6, as well as a parent evening information session on Tuesday 5 March. Parents of children in any year level are welcome to attend. For more information please see the flyer included in this newsletter.

Beginning in week 5 the Reception students will be participating in a 6 week social skills program delivered by United Care Wesley Bowden. Topics covered include sharing and taking turns, being friendly and showing empathy.

Children in all year levels will be engaging in the Child Protection Curriculum this term learning about feelings, safety and early warning signs. Other wellbeing topics covered in classrooms this term include: our school value of respect, personal strengths, goal setting and growth mindsets.



Our breakfast club is now open every morning from 815-845am thanks to our wonderful KickStart for kids volunteers and Lisa R. We are always looking for more volunteers though, either in the kitchen for breakfast club or in the classroom to help support children reading. Please see Lisa at the front desk or myself if you are interested in volunteering (grandparents are always welcome too).

Kind Regards

Narelle Christiansen  
Student Wellbeing Leader Primary Years



Director: Allyson Goodale



Director: Allyson Goodale

# Cyber safety

Avenues College is looking forward to hosting the **Carly Ryan Foundations** presentation on **Online Safety**. Sonya Ryan will share her experience with us and bring awareness to the importance of protecting children and young people from potentially harmful things and people on the internet. This incredibly powerful presentation is something we all should hear as we increasingly spend more and more time online

# Whats on in Term 1



the *Carly Ryan* foundation.

## Parent Online Safety Presentation

Presented by Sonya Ryan, CEO

**Avenues College**  
**Beatty Avenue Hillcrest**

**Tuesday 5th March, 2019**  
**7.00pm**

**The presentation explores**

- Online Safety
- Opportunities vs risks
- Privacy settings
- Awareness
- Managing self
- Emotional intelligence
- Resilience
- Critical thinking
- Understanding the law
- Image based abuse
- Respectful relationships
- Communication
- Practical guidance
- Connection to support services

**Bookings are essential for this Presentation.**  
 Please contact Erica Knapp to secure your seat:

T 08 8261 3339 | M 0428 144 321  
 E erica.knapp@sa.gov.au

[carlyryanfoundation.com](http://carlyryanfoundation.com)  
 Creating a positive experience online  
 for all Australian families.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preschool 8:45am—3:00pm	Preschool 8:45am—3:00pm	Preschool 8:45am—3:00pm	Preschool 8:45am—3:00pm		<b>Nature Playgroup</b>
<b>ANGLICARESA</b> <b>ACORN</b> Parent-Infant Attachment Group 9.30 am – 11.30 am Attachment based group for mums with mental health struggles and their child/ren aged birth to 3. Contact: Coordinator 81313400 or acorn@anglicaresa.com.au	 Coffee and Crafts Community linking 10am—11.30am Avenues College Children's Centre Take some time to meet families living in the community All Families Welcome Starts 5th February	 Infant Massage 6 weeks course designed to support your connection with your baby. Starts 20th February Time TBC	<b>Circle of Security Parenting Course</b> For parents using the "Circle of Security" as a parenting roadmap. Please register interest to Steph or Nicole 8261 3339 Date: TBC	<b>Playgroup</b> Avenues College Children's Centre Session 1: 9.00 am – 10.30 am Session 2: 11:00 am – 12:30 pm A supported playgroup for families with children 0-5 years. Contact Nicole: 8261 3339 Starts 8th February Booking essential (limited space)	<b>Nature Playgroup</b>  Held in the Community Garden 10am—11:30am  A outdoor Playgroup for Toddlers to 5 years old and parents / carers. Aimed to encourage unstructured play in a natural environment.  Booking essential Contact Erica 8261 3339  Held twice a term 23rd February & 23rd March
 Avenues College Children's Centre for Early Childhood Development and Parenting	 Carly Ryan Foundation Online Safety and Healthy relationships evening parent session 5th March Parent session will be held on the evening of the 5th of March Time: TBC	<b>Family Support Service</b> Steph is available:  WEDNESDAY, THURSDAY and alternate FRIDAY's for individual appointments regarding parenting and personal concerns effecting your family. Contact: Steph 8261 3339 Stephanie.wheaton2@sa.gov.au	<b>Baby Playgroup</b> Supported Playgroup 1:00 pm—2:30pm Starts 7th February Contact: Erica 8261 3339	<b>MY TIME</b> 9:30am— 11:30am at Gilles Plains GP Plus Clinic, A time out group for carers of children with a disability, developmental delay or chronic medical condition. Free crèche for children 0 – 5 years Contact: Silvana Zotti 0488 151	

**Join Avenues College Children's Centre Facebook page to keep up today with all our activities**