

# NGUNNAWAL PRIMARY SCHOOL NEWSLETTER



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*Ngunnawal Primary School acknowledges and respects the traditional custodians of the land we are on, the Ngunnawal people.*

## Newsletter No. 20 – 28 June 2016



### DATES TO REMEMBER:

27 June – 1 July  
Parent/Teacher Interviews  
  
Wednesday 29 June  
Whole School Assembly, 9:15am  
  
Thursday 30 June  
Glassworks Excursion Year 3  
  
Friday 1 July  
Last day Term 2  
  
Monday 18 July  
First day Term 3

Tuesday 19 July  
Athletic Carnivals

## PRINCIPAL'S MESSAGE

Dear Parents and Carers

Here we are at the end of term, it is hard to believe the holidays are just around the corner! Term two has been extremely busy and students have had the opportunity to experience a wide range of extra-curricular activities. Some of these have included: Musica Viva's *Akoustic Odyssey*, Reconciliation Week's Indigenous performance, AFL Clinics, Orienteering and excursions. We are so fortunate to have a hardworking and dedicated staff that organise such worthwhile experiences for our students here at Ngunnawal Primary School.

I have had confirmation that Danielle Porter will remain in her position in the Tuggeranong Network for term three. We will continue with Anna McGown acting as the Deputy Principal and Elise Meredith as acting SLC. This means that Kiranbir Dhaliwal will continue teaching 3EM during term three. Danielle misses Ngunnawal Primary and is looking forward to returning at the beginning of term four.

We have rescheduled the Athletics Carnival for week one on Tuesday 19 July with the backup date being the following Thursday 21 July. Let's all keep our fingers crossed that the weather is fine and we can finally hold this whole school event!

Student reports went home last Friday and parent and teacher interviews are being held this week. These interviews provide an opportunity for parents and carers to discuss their child's progress. It is not too late to book an interview so

please contact your child's teacher to arrange an appointment time.

I would like to take this opportunity to wish all our families a safe and restful break. The students here at Ngunnawal Primary have worked incredibly hard this term and certainly deserve a break. I look forward to seeing everyone back at school on Monday 18 July to begin another busy and exciting term.

As always please do not hesitate to come make an appointment through the front office to speak with myself or any member of the executive team if you have any questions or concerns you would like to discuss.

Enjoy the break.

*Kristine*

Kristine Stewart  
Principal

## PLEASE NOTE:

**ATHLETICS CARNIVALS  
WILL BE HELD IN WEEK  
ONE OF TERM 3 ON  
TUESDAY, 19 JULY.**



**4CC, 4KW and 4LS  
Senior Assembly  
22 June 2016**

# Five ways to know you are over-parenting

By Michael Grose

Most of the research indicates the authoritative approach as 'parenting best practice'. Authoritative parenting is a mix of firmness and warmth; discipline and nurturance; high expectations and relationship building. It's an approach that sits... surprise, surprise... somewhere between over-parenting and under-parenting. Yep, as always a balanced approach to parenting, as to most things in life, seems to be the best way to go. Who would've thought it!

*Here's 5 tips to find a more balanced approach to over-parenting or helicopter parenting and encourage children to become independent young people.*

It's a quirk of twenty-first century parenting that we need an objective measure to assess our parenting. Past generations were satisfied with more subjective measures such as whether their kids were happy; whether they got good marks at school; whether they were employable; and whether or not if they stayed out of trouble (read goal in extreme cases)! It's safe to say the parenting waters were far clearer in the past than they appear to be now. But the parenting industry has come a long way in a short time so we now have stringent indicators that let us know what parenting track we maybe on. And that, for many people, would appear to be the over-parenting track.

You know you are over-parenting if:

## 1. You take on all, or nearly all, of a child's problems.

Kids are good at handballing their problems to their parents. They'll bring disputes with siblings for you to sort; expect you to take forgotten school lunches to school and pester you to organise their after-school lives. Mums and dads that over-parent invariably end up sorting out all their children's problems which may make life easier in the short-term, but can mean kids become more dependent on their parents than children in the past.

**Point to remember:** *Leave some problems for kids to solve*

## 2. You regularly do for a child the things he or she can reasonably do for themselves.

It's an irony of modern life that the busier parents get the more we tend to do for kids. In the race to get things done we dress young children; prepare children's snacks and accompany them on trips outside the house even when they are old enough to do these activities themselves. If your child is becoming more rather than less dependent the older he becomes then it's probably time to reassess your parenting.

**Point to remember:** *Never do regularly for a child the things they can do for themselves.*

## 3. You take on too many of your child's responsibilities

Let's see how you go with these questions! "Who's responsible for getting your child up each morning? Who's responsible for packing lunches and bags? Who is responsible for cleaning away children's toys?" If you answered "My children, of course", then congratulations; you shifted responsibility to where it rightfully lay: with kids. If not, then you guessed it. It may be time for a parenting reassessment.

**Point to remember:** *If you want a child to be responsible then give responsibility to him.*

## 4. You know too much about your child's life

Being an attentive parent of a small family invariably means that you know in minute detail every quirk and vagary of your child's life. "He didn't eat all his breakfast this morning. Hmm! That's not good." "She seems a bit grumpy after school. What's wrong?" "They left their jumper at home. I'd better take it to them." Kids benefit from having some emotional and physical space from their parents. It gives them chances to rely on their own resourcefulness and develop the skills needed to get by on their own.

**Point to remember:** *A little bit of benign neglect can benefit children's development.*

## 5. You parent the individual and not the gang

If you are constantly trying to make sure life is smooth for each child then you are probably parenting the individual, rather than for the good of the whole family! I'm not talking about '*playing favourites*', but having an intense focus on meeting each individual's wants can often be at the expense of family life in general. For instance, you allow a child to go on a sleepover rather than attend the birthday of a sibling. Parenting the gang means that children need to fit into the patterns of family life and don't always get what they want.

**Point to remember:** *Raise your small family with a big family mindset.*

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## NGUNNAWAL ANGELS

- meet on Wednesdays, 9:10am to 10:40am in the Library, straight after assembly (drop in when you can)
- open to all parents/carers
- chat and contact
- help your children's teachers
- children are welcome (there are toys to play with!)
- stay as long as you can, whenever you can

Hope to see you there!



Nicole Butterworth, Co-ordinator

## UPDATING OF CONTACT DETAILS

Early in term 2 we sent home the contact information we currently have for your child. It is important that we have up to date contact information for all students. Can you please amend details as necessary, sign and return this form as soon as possible. Thank you



## YOUR P&C

Recently I was totally blown away by the amazing potential of Google Apps for Education at our school. Kristine and her staff gave the parents who attended the information session a glimpse

into an educational platform that is truly inspiring. Our children will be leaping what seems like lightyears ahead of the pen and paper world I grew up in. They will be working in teams and individually, at school and at home, to solve complex problems through a combination of critical and creative thinking. All inside a leading edge digital online environment. In primary school. Wow, my mind is blown!

One thing struck me during the presentation though. How can I get to know Google Apps so I can help my son when he needs it at home? I can easily grab a piece of paper and a pencil today; but I don't really know where to start with Google Apps. This is something that Your P&C may be able to help with. If you would like Your P&C to organize and run workshops on Google Apps and other educational topics please let me know.

Last Friday was the last day to donate your lonely 5 cent coins. It's almost impossible to predict which class will take the prize. This is a great example of how the smallest contribution from a person can really make a difference. Thank you all for your donations.

There's more than just 5c fundraising going on though. Election day is fast approaching and from 7am on the 2 of July there will be both a cake stall and a barbecue running near the polling area at Ngunnawal Primary. On your way through grab a snack and sweet treat; guaranteed to taste great.

With all this going on it's hard to imagine more. But there's just one more thing. The P&C Canteen is having a special lunch order day. These events are held to offer the children something special for their lunchtime once per term. This time it's a Triple P lunch day: pie, pizza and pasta. \$5 gets you a meal and a drink. Please note that there are no regular lunch orders available on the day.

All fundraising proceeds go back into the school, through the work of the P&C, for the benefit of our children's education.

Volunteers make all this happen. If you can spare some time to help in the P&C Canteen on the special lunch order day or help at the BBQ and cake stall on election day or donate some home-made cakes/sweets then, please, contact the P&C. There's [email](mailto:ngunnawalps_pandc@outlook.com) ([ngunnawalps\\_pandc@outlook.com](mailto:ngunnawalps_pandc@outlook.com)), [Facebook](#) and face to face (the P&C Canteen).

Check out the Ngunnawal P&C [Facebook](#) page for the latest and greatest school community news and events. Search for Ngunnawal Primary P&C Association or if your typing is better than mine, put this into your favourite web browser <https://www.facebook.com/Ngunnawal-Primary-PC-Association-221250924740393>

Ty Newton  
P&C President

## Senior School Assembly

**Wednesday, 22 June 2016**

*Below:* Merit Award Recipients



## Bruton Fundamental Clinics

### TEAMWORK

**CAPITAL BASKETBALL**

**TEAMWORK**

**Learn what it takes to play effectively as a team to win games!**

Learn what it takes to play effectively as a team to win games!

[Register Now](#)

NBL Hall of Famer Cal 'Black Pearl' Bruton is back in July with two Clinics for all players from 8 - 18 years.

It takes more than one player to make a team. In these **Fundamentals Clinics** at Canberra Grammar School on Saturday 2nd July and Queanbeyan Basketball Association on Sunday 3rd July, Cal and guest coach CJ Bruton will teach players the fundamentals of playing on a team for the team.

'Talent wins games, but teamwork and intelligence win championships'  
- Michael Jordan

Work with Cal and CJ over one day or two to understand the fundamentals of teamwork and take your team game to the next level.

\$100 per player for two days (inc FREE Tshirt) or \$75 for a one day clinic!

Register for either camp or download the [Fundamentals Registration Form](#).

Register before the 1st July to get a free ticket to see Canberra Gunners vs Brisbane Spartans on 1st July.

## How can I help my child stay safe online?

Young people usually don't discuss with adults social problems they experience online for fear they will have their access to the internet or mobile phone taken away from them. Therefore, it is recommended that each family establish a "Family Agreement" for use of the Internet and mobile phones.

When negotiating a family agreement, the most important consideration is that it works for your family. Having an effective family agreement is about building a positive relationship with your child. It ensures that technology can be enjoyed in a safe and mutually acceptable manner. Young people understand that they are responsible for their behaviour online. As such, the agreement should include consequences for unsafe or unacceptable use of technology (example agreements are available on the ACMA website): <http://www.cybersmart.gov.au/>.

Discuss with your child what they think are reasonable consequences if the agreement is broken. The most effective agreements are those where mutual decisions are made, in negotiation with your child. Whilst it is important to discuss all technologies with your children, the final agreement needs to be clear, simple, concise and manageable and should be reviewed regularly.

The Friendly Schools Plus Implementation Team 2016



### CHILDREN'S CLASSES

**Latin & Ballroom** 4 to 15 years

**It's not just dance we offer.**

**Children will also:**

- Develop coordination skills
- Learn movement to music
- Improve fitness
- Enhance individual and team work skills
- Meet and socialise with others and make new friends.

## Canberra School of Dancing



Next term commences  
Friday, 22 July 2016

For more Information:  
Phone: 0412 629 436  
Visit: [www.canberraschoolofdancing1.com.au](http://www.canberraschoolofdancing1.com.au) or Email: [canberraschoolofdancing@gmail.com](mailto:canberraschoolofdancing@gmail.com)

Your first  
lesson is  
**FREE!!**

Join me for the annual Lifeline Southside Bookfair!

Loads of books, movies,  
music and more!



We are proud to support Communities@Work by collecting donations of non-perishable food at the Bookfair... If everyone brings even just one item along, we can make a huge difference!

Friday 24 to Sunday 26 June at Erindale Vikings

[www.act.lifeline.org.au](http://www.act.lifeline.org.au)

The Ngunnawal Primary School P&C Association

runs a **second-hand uniform shop** on the **first Friday of every month** during school term.



The shop is **open from 8.45am until 10am** and is located at the back entrance to the canteen, next to the school hall.

We have a range of items and sizes. Jackets, jumpers and dresses are **\$2** and hats, tops, shorts and pants are only **\$1** each. Feel free to pop down and grab yourself a bargain!

Donations of clean items in good, wearable condition are very much appreciated. Just drop them off at the canteen!

## Communities@Work

### School Holiday Programs

Communities@Work are running school holiday programs at 6 primary school sites during July:

Amaroo  
Fadden  
Harrison  
Isabella Plains  
Monash  
Neville Bonner

Additionally we operate a holiday program for children with additional support needs at Malkara School.

Please visit our website for more information and to view the program of activities. Enrolments are open now!

<http://commsatwork.org/school-holiday-programs>

Expressions of interest will be sought soon for possible future holiday programs at Palmerston and Charles Weston primary schools in 2017. For more information contact

[karen.taunton@commsatwork.org](mailto:karen.taunton@commsatwork.org)  
[natasha.weissmann@commsatwork.org](mailto:natasha.weissmann@commsatwork.org)

## ELECTION DAY – P&C CAKE STALL FUNDRAISER

Ngunnawal P&C and parents are holding a cake stall in the school courtyard on Election Day, Saturday 2 July 2016. Come along to buy some delicious goodies when you cast your vote.

If any parents or carers with students in kindergarten to year 6 would like to contribute products to the cake stall, plates and bags for packaging can be collected from the front office. Please remember to include a list of ingredients for all homemade items. Products can be delivered to the preschool in the week leading up to Election Day, or delivered to the stall on the day.

Money raised from the cake stall will be used to purchase resources and equipment to support our preschool program.

Volunteers are also welcomed to help the preschool run the stall. Please visit any preschool room to volunteer half an hour or your time on the day.

We thank you in advance for your support with this valuable fundraiser.

## P&C 5c COIN FUNDRAISER

Results of the 5c fundraiser will be announced at the whole school assembly tomorrow, Wednesday 29 June 2016.



### SCHOOL BANKING

Due to high demand the mud splat hand ball is no longer available to be ordered. Options available at this time are:

- Wildlife Writer Set Term 1 2016
- Outback Pat Bag Tag Term 2 2016
- Galaxy Glider 2015
- Outer Space Saver Money Box 2015
- Intergalactic Rocket 2015
- ET DVD 2015

Two (2) new rewards will be released in term 3, your child is also welcome to wait for these items.

- Backtrack Eraser Pen
- Jump and Skip rope

*School Banking Co-ordinators.*

## NGUNNAWAL PRIMARY FACEBOOK PAGE

Did you know we have a facebook page? Please take a couple of seconds to check it out. We often post information about what is happening at school, provide updates and amendments when we have to.

Please like it and share it with our community.



## Ngunnawal Primary P&C Association ELECTION DAY BBQ Saturday 2 July

*Can you spare some time to help at our BBQ?*



We're using VolunteerSpot (an online sign-up tool) to organise volunteers for our activity.

**Here's how it works in 3 easy steps:**

1. **Enter this link to go to our sign-up page on VolunteerSpot:** <http://vols.pt/Wj1Lw7>
2. **Enter your email address:** (You will NOT need to register an account on VolunteerSpot)
3. **Sign up!** Choose your spots and times - VolunteerSpot will send you an automated confirmation and reminders. Easy!



## Woden Valley Youth Choir

### VOICES OF THE NATIONAL CAPITAL

Woden Valley Youth Choir is honoured to be hosting, Grammy award-winning Pacific Boychoir from Oakland, San Francisco, California.

To celebrate this special occasion we warmly invite you and your family to a sound sensation as the two Choirs perform.

**WHEN:** Tuesday, 19 July 7:00pm to 9:00pm

**WHERE:** Woden Valley Alliance Church,  
81 Namatjira Ave, Waramanga

**ENTRY:** \$10 Adults, \$15 Family, at the door.



Part time kitchenhand for busy child care service 9.30 – 12.30pm 5 days, school friendly hours, award wages Call Springbank Rise Early Learning 6210 8888.

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