

# NGUNNAWAL PRIMARY SCHOOL NEWSLETTER



**ACT**  
Government  
Education

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

## Newsletter No. 26 – 22 August 2017



### **DATES TO REMEMBER:**

**Wed 23 August**

Junior School  
Assembly 9:15am  
(1/2NM & 1/2AW)

**Wed 23 August**

Limelight 2017  
Technical Rehearsal

**Thurs 24 August**

North Gungahlin District  
Athletics Carnival, AIS

**Thurs 24 August**

Limelight 2017 Dress  
Rehearsal & Evening  
Performance

**Tuesday 29 August**

Year 1/2 Excursion to  
Questacon

**Wed 30 August**

Whole School Assembly  
9:15am

**Thurs 31 August**

SRC Bake Sale -  
supporting Give Me 5  
for Kids at Canberra  
Hospital.

**Friday 1 September**

Tennis Gala Day

**Tues 5 September**

Learning Journeys

**Mon 18 September**

Year 5/6 Mogo  
Excursion

## PRINCIPAL'S MESSAGE

Dear Parents and Carers

We certainly have been busy at Ngunnawal Primary this week. I feel privileged to be part of a community which is so supportive of the wonderful events and work that occur each week.

Thank you to all who participated in our Book Week activities whether that was visiting the library to share a book before school, preparing your child with their chosen costume or attending our 'dress as a book character' parade day last Wednesday. Staff and students were able to show their favourite character at the assembly. We had lots of fun and I was particularly impressed with some of the handmade outfits. Students were also involved in literacy rotations during the middle sessions where they shared experiences with their buddy class. A huge thank you to the Book Week team for another successful event here at Ngunnawal Primary.

As mentioned at the last whole school assembly, the 2017 School Satisfaction survey for parents and carers is now open. If you have not already completed the survey, please complete it by Monday 28 August 2017. A letter about the parent and carer survey was sent home with students. If you did not receive one please contact the front office as the letter contains information you will need to access the survey. We hope that you are able to participate in this important survey as it provides us with a greater understanding of where we are doing a good job and areas for further development.

All students in years 3 and 5 who participated in NAPLAN should have received their reports last week. The tests that were sat in May are based on key areas of literacy and numeracy. They provide parents, carers and educators with a useful snapshot of how students are progressing. NAPLAN testing is only one data set we use to track our students' progress and does not

replace ongoing assessments made by teachers about each student that informs teaching and learning.

Congratulations to all who have been working so hard to prepare for forthcoming Limelight performance which will take place at the AIS arena on Thursday 24 August. Students from other primary schools, high schools and colleges will be performing at this unique gala performance. For more information about this wonderful ACT public schools event please go to the website <http://www.det.act.gov.au/limelight>.

Ngunnawal Primary School has entered a feature act this year which combines the talents of our dancers and choirs. Belinda Robertson, Belinda Kinchela-Bashford, Lucy Kelly and Kirralee Larkin have been working tirelessly to prepare our students to be the best that they can be. Tickets are available through Ticketek. I am looking forward to seeing you there this Thursday.

We welcome back Will Powell to Ngunnawal Primary. Will has returned to work this week after recovering from Cancer. We have all certainly missed his sharp sense of humour and presence and it is wonderful to have him back on our team. He will continue to lead the year 1/2 team while Keren Briggs will lead the year 3/4 team.

I have spent some time over the last few weeks walking around "catching" students! I, along with other members of the leadership team, have "caught" your lovely children displaying all sorts of positive attributes. These range from displaying awesome learning to leadership qualities. Each class will tally the achievements of students which will be displayed in each classroom. Congratulations to all students who have already been "caught" and I encourage all at Ngunnawal Primary to continue to do their best.

Enjoy your week,

*Anna*

Anna McGown  
Deputy Principal a/g

Please see  
**NOTES HOME &  
REMINDERS,**  
page 4.



# Spotlight on Learning!

## Music Program



**There is so much music happening at NPS!**

### Limelight 2017

We are very excited to be performing a feature act at the 2017 Step into the Limelight Gala Showcase on Thursday 24 August. Our act is called ‘Ngunawal Sky’ and has been inspired by the 2017 NAIDOC week theme ‘Our Language Matters’.

Students have been rehearsing to present a polished performance. Choir students have been learning the lyrics, musicians the musical score and dance group an indigenous dance routine.

### Class Music

Kindergarten and some year 1/2 classes are learning about African music this term following on from our Musica Viva performance by Teranga in term 2. Other Year 1/2 classes are learning about the instruments of the orchestra and orchestral music.

Students in years 3-6 are also learning about the dances, songs, rhythms and instruments of West Africa following on from our inspirational performance by Teranga. Creating rhythm grids and performing them with a small percussion group is a highlight this term.



During weekly music classes



students are encouraged to prepare a ‘Music Show and Tell’ item to perform for the class. It is an opportunity for students to practise, refine and present a musical work that they may be working on at home, with a private tutor or at school during IMP band time. Students also receive reflective feedback from their peers.

### IMP Band Program

We have had combined rehearsals this term for both school bands and been invited to listen to a concert by the Year 5 band. It is always a delight to see the progress our young musicians make in this excellent music program.

### Guest Performers

We were fortunate enough to host the IMP High School Percussion Ensemble in week 3 in the Hall. The band played many well-known songs on a wide variety of percussion instruments and our students were very engaged with the performance of the ensemble group. The colourful boomwhackers were very popular when discussing the performance afterwards in class!

Belinda Robertson ☺



## 2017 SCHOOL SATISFACTION SURVEY

The 2017 School Satisfaction Survey for Parents and Carers is now open. If you have not already completed the survey, please complete the survey by **Monday 28 August 2017**.

All parents and carers should have received details to complete the 2017 survey. Please take time out to complete this survey as it provides the school with valuable information and support for our planning into the future. Past survey results have informed initiatives at the school such as the introduction this year of the Coffee and Chat session that promotes improved communication between home and school and also the development of the Bullying Guidelines.

If you have not received either an email or letter for each child in your family with your unique logon details please contact Stacey Naden or Keren Briggs, who are the coordinators for this survey.

The key ACT results from the 2016 School Satisfaction Surveys have been published on the Education Directorate website at

[www.education.act.gov.au](http://www.education.act.gov.au)

and a summary of our school results is provided in our 2016 School Board Report. Thank you in anticipation of your participation in this important school survey.

Please note, a shortened version of the parent and carer questionnaire is available in the following languages: Arabic, Burmese, Chinese, Dari, Dinka, Farsi, Hindi, Karen, Korean, Mon, Urdu and Vietnamese. Please contact me if you would like a copy in any of these languages.

*Stacey and Keren*

## 2017 Year 6 Jumpers & Shirts for Sale.

We have a limited supply of Year 6 jumpers and polo shirts for sale. Stocks and prices are as follows:

<u>Jumpers</u>	Size 12 – seven (7) available	\$25
	Size 14 – one (1) available	\$25
<u>Polo Shirts</u>	Size 10 – one (1) available	\$20
	Size 14 – one (1) available	\$20
	Size L - one (1) available	\$20
	Size XL – one (1) available	\$20

These items are only available for purchase by Year 6 students. If you are interested, please contact the front office staff. Items will be sold on a first come, first served basis.



## Student Injury

### Insurance and Ambulance Transport

The Education Directorate does not provide any insurance cover for injury, disease or illness to students resulting from school activities or school-organised excursions. Claims for compensation are met where there is a legal liability to do so. Liability is not automatic and depends on the circumstances in which any injury, disease and illness was sustained.

As there is no automatic insurance cover for personal injury if your child is injured at school or during a school organised activity/excursion you should therefore consider whether taking out personal insurance cover for your child is warranted.

This insurance might cover contingencies including medical/hospital expenses, ambulance transport outside the ACT, and cancellation of transport/accommodation or loss of/damage to luggage.

The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during an approved school organised activity **within the ACT**.



### \*\* 5 CENT FUNDRAISER \*\*

In isolation 5 cents won't get you much these days, but collectively these little silver pieces will raise funds for the benefit of **Ngunnawal Primary School students!**

The fundraiser runs from **Monday 14 August to Friday 15 September** (weeks 5 to 9).

Please bring your 5c pieces in an envelope or bag **TO THE CANTEEN** and make sure your **CLASS NAME** is clearly labelled on it - the class with the most coins will be treated to a movie and popcorn during class time!

The winning class will be announced at the week 10 whole school assembly.

So clean out your car, check down the back of the couch, and look in the washing machine....hunt down those 5c pieces!!



*Organised by the Ngunnawal Primary School Parents and Citizens Association!*

# Parenting kids through the challenges of change

By Michael Gross

Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.

From a child's perspective, it's not the change itself but how parents react to adjustments that are most significant. Change tests individual and family resilience, but managing it well builds resilience. While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

The following five ideas will help:

## 1. Acknowledge feelings

When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events.

## 2. Look after yourself (and your partner)

Feelings of anxiety are common in times of uncertainty. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being. That is, sleep well; get some exercise; actively maintain your support networks; get some relaxation and pursue at least one interest that you enjoy

## 3. Stay optimistic

Optimism is characteristic of resilient people. Project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this.

## 4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for your children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.

## 5. Stick together

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.

from your Friendly Schools Plus Team

## NOTES HOME & REMINDERS

- Year 5/6 Excursion to Mogo, Monday 18 September. Notes and payment need to be returned by Monday 11 September.

### Reminders:

- Limelight Technical Rehearsal at AIS, Wednesday 23 August
- District Athletics, 24 August at AIS. Permission notes and payment overdue. **PLEASE ADVISE THE FRONT OFFICE STAFF IF YOUR CHILD WILL NOT BE ATTENDING.**
- Limelight Dress Rehearsal and Performance at AIS Thursday 24 August.
- Questacon, Year 1/2 excursion, Tuesday 29 August.

**PLEASE NOTE: ALL NOTES ARE POSTED ON OUR WEBSITE AND ARE ABLE TO BE DOWNLOADED.**



## Children and sexuality – information session for parents

Primary school children need age-appropriate information about bodies, puberty, sex and reproduction, but sometimes it can be challenging for parents to talk about these issues with their children. It can also be confusing to know what is normal (and what is not) when it comes to child sexual development and behaviour.

To hopefully help a little, the **Ngunnawal Primary School P&C Association** has organised for a guest speaker to come along to talk to parents. The speaker is from Sexual Health and Family Planning ACT (SHFPACT), a health promotion charity that has been providing effective, accurate and responsible sexuality education in Canberra since the 1970s.

If you would like more information about how to effectively communicate with your children about relationships, sexuality and reproductive issues, please come along to the **school library at 6pm on Thursday 21 September**. There will be supervised activities and a movie screening for kids, if you want/need to bring them along.

Entry is by gold coin donation. If you would like to attend, or would like further information, please message us through our Facebook page, or send an email to:

ngunnawalps\_pandc@outlook



## P & C News

The Ngunnawal Primary School Parents and Citizens (P & C) Association plays an important part in supporting our wonderful school. We run the school canteen and a second-hand uniform shop as well as organise events such as school discos and the Mother's Day and Father's Day stalls during the year.

To find out more about how you can get involved in the P&C, come along to a meeting (details below), send an email to [ngunnawalps\\_pandc@outlook.com](mailto:ngunnawalps_pandc@outlook.com) or like us on Facebook.

We meet at 6pm in the school staff room at the front office. Our meeting dates for 2017 are:

7 August	11 September
30 October	4 December



The Ngunnawal Primary School P&C Association runs a **second-hand uniform shop** once a month during school term. We have a range of items and sizes. Jackets, jumpers and dresses are **\$2** and hats, tops, shorts and pants are only **\$1** each.

To be notified of the dates and times, 'like' us on Facebook at <https://www.facebook.com/Ngunnawal-Primary-PC-Association-221250924740393>

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

### Online ordering now available at the School Canteen!

The Ngunnawal Primary School Canteen now offers **online ordering and payment** through Flexischools! Available from your mobile or computer, you can place canteen orders and pay securely online anytime, anywhere! Just go to [flexischools.com.au](http://flexischools.com.au) and click 'register'. More information is available from the Canteen.

### OUR CANTEEN RULES!!!!

We LOVE that our canteen is so popular with our students but that means it can get pretty crowded during recess and lunch time. To make sure everyone gets their turn and stays safe, we ask that parents and carers to remind their children about the following things:

- please do not share your money or canteen food with other children
- wait in line patiently without pushing in
- use the proper line - there are separate lines for Juniors and Seniors
- over-the-counter service finishes at the lunch time half-bell

**Thank you for supporting our canteen and making it great for everyone!**



At Ngunnawal Primary School, we will be celebrating Children's Week with the sharing of cultural games, stories, dance and art experiences in term 4 on **Tuesday 24 October**.

We invite families, parents and carers who would like to share their culture to see their child's teacher by **Thursday 24 August** (week 6, term 3). You are welcome to come for the whole day, or nominate a specific time.

Each cultural experience will last for 10 minutes and 4 classes will rotate through each activity within each time slot (see below).

Preschool/Kindergarten	9:30 am – 10:30 am
Years 1-2	11:20 am – 12:20 pm
Years 3-4	12:20 pm – 1:20 pm
Years 5-6	2:00 pm – 3:00 pm

Please note: end of week Preschool groups – **Mundawari, Gula and Guginya** - will be Celebrating Children's Week on **Friday 27 October**.

*Janice, Julie and Jessica (Organising Teachers)*



## FATHER'S DAY STALL

Father's Day is on Sunday 3 September, and the fabulous Ngunnawal Primary School P&C Association will be running a **FATHER'S DAY STALL** at school on **Tuesday 29 August** and **Thursday 31 August**. There will be lots of gifts to choose from, at either **\$3** or **\$5** each and children are welcome to buy multiple gifts. Teachers will bring their classes to the stall to shop for gifts.

### WE NEED YOR HELP!!

The P&C relies on parent power to run these stalls - we can't do this without you!!! If you can help to sell gifts on either/both days, even for just an hour, please sign up online at <http://signup.com/go/nbmTBav>, see Chantel in the canteen or email [ngunnawalps\\_pandc@outlook.com](mailto:ngunnawalps_pandc@outlook.com)

### CHRISTIAN EDUCATION

The Combined Gungahlin Churches will present the Term 3 Christian Education program (Kindergarten to Year 6) at Ngunnawal Primary School on Wednesday 6 September 2017 at 9:15am (K-2) and 9:50am (3-6).

*We will teach the children about Jesus being the Good Shepherd who leads his sheep in the Gospel of John in the Bible. We will teach using songs, story, and a game. We may ask for student volunteers from the school to participate in these activities.*

If you want your child to attend the Christian Education sessions and have not previously done so, please advise the front office staff via email at [info@ngunnawalps.act.edu.au](mailto:info@ngunnawalps.act.edu.au)



With the sun heating up it's time to get back outside!

**Tennis Canberra** is holding

## Two Free Tennis Hot Shots

for school kids at **Gungahlin College** in September.

We would love to see as many Gungahlin kids out there as this will be the first of many opportunities for the Gungahlin community to play tennis. The surrounding schools will drive this initiative and so we ask you to help so we can continue to run these events for the community.

To help our coaches plan the sessions could you please place this information in the upcoming schools newsletter.

- Where:** Gungahlin College (Tennis Courts)
- When:** Wednesday 13 September (4-5pm) & Saturday 16 September (9-10am)
- Who:** School kids aged 7-14
- RSVP:** [www.tenniscanberra.com.au/book-online](http://www.tenniscanberra.com.au/book-online)
- Contact:** [play@tenniscanberra.com.au](mailto:play@tenniscanberra.com.au) or 0416 186 121

**Exciting games and prizes with School Banking.**

You have the chance to win awesome prizes by saving regularly and experiencing the magic of the Future Savers augmented reality game. You'll be amazed as the Dollarmites and the future world come to life in 3D.

To find out more, visit [commbank.com.au/futuregames](http://commbank.com.au/futuregames)

- 60x Sphere Game Racing Robots
- 50x Nintendo Switch Keep Console Packs
- 80x Bustin Kids Activity Trackers
- 90x Zboom! 3D Fun Sets

**CAN**

### SCHOOL BANKING COMPETITION

School Bankers are being given the chance to win High Tech Prizes in our Future Games competition.

Students who make three or more School Banking deposits during the competition period automatically get a chance to win.

What's more, an exciting new Future Savers game is coming soon, students can experience the magic of augmented reality and meet the Dollarmites in 3D for a chance to win a Game Master Prize.

Look out for a competition flyer coming your way or visit:



### SEPTEMBER SCHOOL HOLIDAY PROGRAM

#### 3 DAY CODING WORKSHOP FOR KIDS

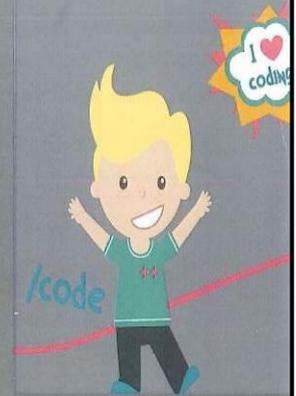
26-28 Sept & 3-5 October, 9am-3.30pm

Nunnawal Primary School Library,

Unaipon Avenue, Nunnawal

For information and registration see [www.ozcodeacademy.com](http://www.ozcodeacademy.com) or call 04 5107 1920

Register before 10 September to receive Early Bird discount  
Siblings discount applies for more than one enrolment per family



#### OUR MISSION

"Empowering our next generation to build creative confidence, develop critical thinking and foster collaborative teamwork, through the use of technology and preparing them for the technology-focused world and job-market they will inherit"

### 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.



## LIFELINE BOOKFAIR

### Lose yourself at Canberra's biggest Bookfair!

Join Lifeline Canberra for the September Bookfair and check out the huge range of books, movies, music, games, comics and more, at the usual low prices.

Held over three huge days from

Friday, 8 September 2017

to

Sunday, 10 September 2017

at Exhibition Park.

Special guests, Ray Martin AM and Allan Sparkes CV OAM, will be at the Bookfair on Saturday doing book readings throughout the day.

Entry is by gold coin donation. For more information, including opening hours, please visit Lifeline Canberra's website - [www.act.lifeline.org.au/item/bookfair](http://www.act.lifeline.org.au/item/bookfair)

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