

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. 30 – 20 September 2016



DATES TO REMEMBER:

Wed 21 September
Whole School
Assembly, 9:15am

Wed 21 September
P&C Junior Disco
(Preschool – Year 2)
5:30-7:00pm

Thurs 22 September
Learning Journeys
3:00-4:30pm

Thurs 22 September
P&C Senior Disco
(Year 3 – Year 6)
6:00-8:00pm

Friday 23 September
Botanic Gardens
Excursion – Preschool
Blue, Green, Yellow.

Friday 23 September
Last day Term 3.

Monday, 10 October
First day Term 4.

**HAPPY
HOLIDAYS!**



PRINCIPAL'S MESSAGE

Dear Parents and Carers

It's hard to believe the end of the term is here already. The students from kindergarten to year 6 are looking forward to sharing their learning with you on Thursday afternoon during the learning journey. This is a wonderful opportunity for you to see your child's classroom and find out what happens each day.

Also this week we have the P&C discos – preschool to year 2 on Wednesday and years 3-6 on Thursday. They sound like they are going to be wonderful events. Don't forget the all-important theme of black and white, and a quick reminder that all students must be collected by an adult, no one is to walk home unaccompanied after the event.

With the warmer weather approaching I would like to remind you that all students require a sun-smart hat for school each day. These must be either with a broad brim, a bucket or legionnaire style. Caps are not protective enough. The school provides a limited number of spare hats for emergencies but it is part of the uniform that each student has a hat to participate in P.E and recess and lunch play opportunities. Hats can be purchased from the front office and many local retailers.

I hope you have a lovely spring holiday with your children and that they return rested and ready for the rigors of term 4's learning challenges.

Have a great week,

Danielle

Danielle Porter,
Principal (Acting)

NOTES HOME & REMINDERS

Reminders

- Friday 23 September – Botanic Gardens Excursion – Preschool Blue, Green and Yellow.

Notes Home:

- Yr 5/6 Band performing at Floriade, Wednesday 12 October (Week 1 Term 4). **Notes due back 23 September 2016.**
- Preschool – Nutrition Magician, 25 October & 27 October. **Notes due back 13 October.**

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 and click 'register'. More information is available from the canteen.

Lindy Hou OAM:

Paralympic Gold Medallist and World Champion

On Friday 16 September 2SL was visited by Roméo's amazing great aunt Lindy. Lindy had a childhood dream to win a gold medal at an Olympic Games, and she was able to fulfil her dream by winning one gold, two silver and one bronze medal at the 2004 Athens Paralympic Games in Tandem Cycling. Lindy then competed at the 2008 Beijing Paralympic Games where she received two more medals, a silver and a bronze. We were so excited to hear about her races and to hold her Paralympic medals.



Lindy has been slowly losing her sight over many years. Her guide dog Comet, who has been her companion for the last nine months, joined Lindy in her visit with 2SL. He makes sure that Lindy does not run into things when she is moving around. He was a very well-behaved boy and we learned that when his uniform is on he is at work so we don't pat him, but when his uniform comes off we can play with him just like any other dog.

Lindy spoke about the commitment that it takes to do your best at something. She believes that anyone can fulfil their dreams if they are clear in their goal, are dedicated, and work hard. She encouraged us all to work out what our dreams are and to start working towards them. 2SL is planning to undertake a 'What is my dream' exercise early next term as a tribute to Lindy.

Thank you again Lindy for your extremely valuable visit. Thank you also to Romeo's mum Louisa for helping to make the visit possible.

Lindy was honoured with the Order of Australia Medal on Australia Day in 2005 for her service to sports.

If you would like to know more about Lindy, please visit www.lindyhou.com.



Senior School Assembly, Wednesday 14 September 2016
– Performance by 5/6JP.

Friendly Schools Plus

Tips for Communicating effectively with your children

It is important to discuss bullying with your children on a regular basis. Regular communication with a person they trust and respect will help them form their own opinions and beliefs about bullying. Your children will also feel more comfortable telling you if they are being bullied.

Consider trying some of these ideas to improve the way you talk with your children about tricky issues.

Sit shoulder to shoulder or walk with your child as you talk

- Talking face to face can be quite confrontational. Sitting or walking side by side will encourage both you and your child to talk freely.

Use open-ended questions

- It is easy to ask your child if they had a good day or if they would like toast for breakfast; however these questions only require a yes or no answer.
- Try asking questions such as "What did you do today?" or "What would you like for breakfast?" These types of questions encourage discussion between you and your child.

Talk with your children about what to do rather than what not to do

- It is common for us to focus on negative behaviour, such as "don't step in that puddle" or "stop swinging on your chair".
- Try telling your children what you would like them to do rather than what you don't want them to do.
- You can do this by using positive statements such as "please step over the puddle" or "please put the chair legs on the floor".

The Friendly Schools Plus Implementation Team



G.A.T.E.W.A.Y.S. Challenge

G.A.T.E.W.A.Y.S is a privately owned company which runs a range of education programs for gifted and highly capable students. The Victorian based company runs sessions for students at a number of locations across the ACT each term. The sessions focus on a range of curriculum areas and teachers may nominate students according to their particular area of strength. On occasions, parents and carers can also nominate their child/ren to attend.

An opportunity is coming up in term 4 for NPS to send a year 3/4 team and a year 5/6 team to a G.A.T.E.W.A.Y.S Challenge being held at Canberra Grammar School on Thursday 3 November. The highly engaging day will provide teams of 4 students to work collaboratively across a range of challenges as outlined below:

Year 3/4 Team

- Piecing together the clues to a particular historical event and recreating it
- 'Blasting' a mine to search for gems and then finding out their worth
- Solving a design challenge using knowledge of reflection and angles
- Determining who committed a crime by searching for clues and listening to witnesses

Year 5/6 Team

- Designing a tabletop game using mystery items
- Assisting a group of scientists who have applied for a prestigious science prize to piece together their sabotaged research
- Designing a creative set for an upcoming play on Broadway
- Finding a QR code to locate messages and cryptic clues.

Parents and carers can nominate their child/ren to be part of one of these teams by contacting Stacey Naden via the front office on 6205 8182 or by emailing stacey.naden@ed.act.edu.au before Wednesday 12 October 2016.

Team members will then be registered and parents/carers will pay the \$98 enrolment fee online via a personalised link for each child attending. Parents/carers will also need to arrange transport to and from the challenge on the day.

If you have any questions or would like more information please do not hesitate to contact Stacey at any time.



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!



Canteen Helpers

The Ngunnawal Primary P&C Association needs your help! As you know, we run a fantastic canteen at Ngunnawal Primary which is extremely popular with parents and children alike. We are so popular that we are in desperate need of helpers!!! Volunteers are a vital part of our canteen and we can't operate without them. Volunteer duties vary depending on the day, but can include:

- serving children at the counter over recess and lunch
- preparing lunch orders
- making up popcorn, biscuits and other snacks for sale.

We offer a fun and rewarding experience for all volunteers. There is even a secure play area for small children to play while you help out! You can sign up for a regular shift (for example, once a week, once a month or once a term) or just when you have a few spare hours to help. The canteen operates every weekday, and help is needed particularly between 9am and 11.30am, but we can put you to good use at other times too!

If you can help, or if you want further information, please see Chantel or Tammy in the canteen, send an email to ngunnawalps_pandc@outlook.com or message us at the Ngunnawal Primary P&C Facebook page (<https://www.facebook.com/Ngunnawal-Primary-PC-Association-221250924740393>).

Please note that regular volunteers will need to be registered and obtain a Working with Vulnerable People card if they will be volunteering on more than 3 days in any one month or on more than 7 occasions in one year. Registration for Working with Vulnerable People is free of charge for volunteers and is organised through Access Canberra.

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.



NOTIFICATION OF STUDENT ABSENCES

If your child is absent from school, please call and advise the front office staff on 6205 8182 by 9:15am.

**Growing
Healthy
Families**

**OLD
SCHOOL**

Family Fun Day



Tuesday 4th October

11am-2pm

Gungahlin Child and Family Centre

Contact Tammi or Megan on 62070120

For more information

This event is for Aboriginal and Torres Strait Islander
Children and their families

Free



Air Brush Tattoos

Badge Making

Jumping Castle

BBQ Lunch

Craft Activities

Face Painting

PARENT EFFECTIVENESS TRAINING (P.E.T)

Supported by Parentline ACT

Learn respectful communication skills, to help develop a peaceful, gentle approach to parenting, and resilient children (without the use of punishment or reward). P.E.T helps children and parents become emotionally intelligent, confident and considerate. The course is powerful, proven and practical. Yell less, enjoy your children more. Build relationships that last a lifetime.

For more information: Visit www.parentskills.com.au; read [P.E.T. on a Page](#); and Join the [Parent Skills Facebook](#) community.

The 24 hour course consists of three-hour sessions, once per week, for eight weeks. Booking is essential.

\$360 pp for the course (investment includes a workbook and textbook).

Course begins: Thursday, 13 October, 2016
(minimum number of participants required).

Time: 6.30 pm to 9.45 pm; **Place:** Weston, ACT.

Enjoy P.E.T. with **Larissa Dann**, Canberra's most experienced P.E.T. instructor.

Resource blogs: www.parentskills.com.au/blogs/larissa;

Contact: info@parentskills.com.au

Belnorth Football Club

EXPRESSIONS OF INTEREST

2016 BELNORTH SUMMER SOCCER COMPETITION

The Belnorth FC Summer Football will return this season and this time will include a junior comp for teams from under 8's.

The comp will be played at the Giralang Playing Fields on half sized fields with small sided goals, 15 min halves for teams with a minimum of 7 players, maximum of 10 (with 6 on the field including goalie).

Junior games will run over 9 weeks on Tuesday or Thursday kicking off from 6pm. Games commencing with school term four – from 10 October 2016.

Full teams must register at a cost of \$550 per team. For more details or nomination form refer to

<http://belnorth.com/summer/>

or email summer@belnorth.org.

Team nominations close 23 September.

2016-2017 JUNIOR SUMMER COMP

12 Rounds + finals
Played at Weetangera playing fields
From Under 10's to 16's

Games start on the 11th of October

\$75 pp

Communities@Work

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Ngunnawal Out of School Hours Care

Communities@Work provides Out of School Hours Care at Ngunnawal Primary School between 7.30-9am and 3-6pm Monday to Friday during school terms. Educators are qualified and skilled to work with children age 5-12 years. OSHC is situated in the school hall, so please feel welcome to visit the team and have a chat about what the program is all about.

What we do:

Communities@Work Out of School Hours Care programs provide high-quality care with engaging and exciting activities for children in Kindergarten to Year 6. As well as being lots of fun, OSHC provides an environment that encourages children to meet and make new friends, try new things, as well as participate in sports-oriented activities, incursions, plus a variety of scheduled daily events ranging from music, cooking, gardening, arts and more. Emphasis is on play and leisure, focusing on the children having opportunities to relax and explore their interests, as well as keep entertained both before school commences and after school finishes.

For further information visit:
<http://commsatwork.org/before-after-school-care>
 or contact Children Services Enrolments Team at enrolments@commsatwork.org

2016-2017 SENIOR SUMMER COMP

12 Rounds + finals
Played at Weetangera playing fields
Grades Womens - Men's A,B,C - Mixed A,B,C
Games start on the 10th of October

\$920 Per Team

