Dear Aranda Primary School community,

I visited our Year 3/4 children at camp Birrigai recently and I was so impressed with what I saw. The children were polite. They were enthusiastic. Above all, on the whole, they were kind and caring towards each other. The staff at Birragai were impressed with the Aranda children as we mentioned in last week’s newsletter.

The teachers and I really appreciated the group of parents who welcomed us back from camp, helped unload luggage off the bus and even presented the teachers with a couple of gifts of gratitude.

Disco

I would like to thank Tracey Voss, all the volunteers and the teachers who attended and ran last night’s Disco.

I want to share a very heart-warming story with you from last night. During the night the DJ ran a couple of ‘dance offs’. Noah (3/4CJ) won the boys’ dance off and the DJ presented him with a prize. At the very end of the night, Noah approached Tricia Butters and said he wanted to donate some extra money to the Cancer Council (our chosen charity for this term) because he had won the dance prize. I thanked Noah for his generosity and told him that our community would be proud to hear that children from Aranda were so thoughtful and supportive of others. Good on you Noah.

Aranda School Master Plan

KimMcCormack and I are in the process of developing a 5 to 10 year Masterplan for the school. We have engaged an architect firm (at no cost to the school) and Mark Neathercote from Infrastructure and...
Capital Works to advise and support us throughout the process. With growing enrolments, an aging building and growing demand for programs like our After School Care facility, I think it is important to plan ahead. The architects have already met with the staff and I have asked them to meet with representatives from our community. The purpose of this meeting will be to provide a forum where Aranda community members can discuss what works for us now, what doesn’t work now and what possibilities there might be in the future. I must emphasise that the Master plan does not guarantee that all ideas can be part of the plan and we will have limited funds available to carry out big infrastructure work. I am calling on anyone interested in meeting to consider the Master Plan to contact Kim McCormack by the end of week 1, Term 4, 2014. We will select a wide cross section of people who represent the wider Aranda community to attend the meeting.

NB the Master Plan is a different document to our new 4 year strategic plan for the school. The Master Plan focuses on the buildings and grounds whilst the 4 year strategic plan has an educational and community focus.

Phil Gray

MARK YOUR DIARIES NOW!!

LET YOUR BOSS KNOW

BOOK YOUR FLEX-DAY

ARANDA PRIMARY WALK A THON

Friday 31 October 2014

We are hoping that this advanced notice will give you the opportunity to plan to join in this event with your children. Following the walking we are planning to have a family sausage sizzle and games afternoon.

Enquiries or offers of help, please speak to Tracey Voss ph 0419277395 or email tvoss@mcneils.net

Running Club

Due to the closure of all sportsgrounds in Canberra for maintenance, running club will not be held tomorrow.

Janine Collins
PE Teacher

Multiplication Challenge

The Multiplication Challenge finishes tomorrow with the 9 times tables quiz. It is very tight at the top of both leader boards and anything can happen. In the 5/6 challenge 3/4JH are ahead by 2½ points and in the 3/4 competition 3/4LLD are ahead by only 2 points.

The winning classes will be announced in assembly in Week 1 next term. Thank you to all the parents and carers that have put a lot of time and effort into helping their children learn the tables.

Susan Ford
Maths Co-ordinator
Helping children who over react to things using the Catastrophe Scale

From the Counsellor

Here is an idea that is handy if you have a child who over reacts when things don’t go his or her way. It doesn’t ignore fears or worries but helps keep them in perspective and helps with learning coping skills. It is often the way we think about things that affects how we feel.

Use the Catastrophe Scale with your child. The scale rates personal hurts, slights, disasters and disappointments on a scale of ten down to one. Discuss with your child the sorts of incidents that would be ten on the scale. Children usually rank things like a death of a loved one (or even a pet) at the top of the scale. Then ask them what may constitute an eight on the scale and so on down to one. On the lower end comes smaller disasters like losing their socks, forgetting to take homework to school etc. When you have established some benchmarks the scale is ready for use.

When children throw a tantrum or a wobbly over some minor catastrophe such as when they drop their ice cream then it is a handy tool for building confidence in children, a then it useful to measure the child’s response according to the Catastrophe Scale. A child may have thrown a tantrum yet the catastrophe really only scored a two on the scale. The child’s reaction didn’t match the event! It is useful to ask what type of response the incident should have provoked given that it was relatively minor one on the Catastrophe Scale. Adults may choose to use this to obtain a reality check about your own reactions to events.

Sheri Bottomley
School Psychologist

Aranda Volleyball Teams

What a wonderful day of volleyball we had on Sunday at the Junior Volleyball Tournament!

Aranda entered three teams in the tournament and based on the smiles alone (see the picture below) it was a great success. The following students represented Aranda Primary at the tournament: Aislin (3/4TF), Ben (3/4KN), Caitlin (5/6LG), Cassie (5/6LG), Claire (5/6AW), David (5/6PD), Elizabeth (5/6LG), Emily (5/6LG), Holly (5/6LG), Jasmine (5/6LG), Jenna (3/4CJ), Layla (3/4RF), Lara (3/4RF), Lillian (3/4TF), Mia (5/6PD), Nyssa (5/6AW), Ryana (5/6PD), Sophie (5/6LG) and Zaadane (3/4LLD).

All three teams competed against children from Weetangera and Amaroo and it was wonderful to see the hard work they had put in at trainings over the last few terms being put into action in their matches. The Aranda children performed with great team spirit and sportsmanship and came away with wins under their belt.

We are looking forward to next term when we can play in some more tournaments!

Rachel Uren
Aranda Volleyball Teams

Community News

To view or download flyers for the following community events, see our Community Bulletin Board at:
http://www.arandaps.act.edu.au/our_school/community_news

Please be aware that this is a community service and that the school is not endorsing individual activities.
**Joey Scouts Wanted**

Kama Scout Group (Macquarie) has places available in its Joey Mob for boys and girls aged 6 to 8. "Come and try" for three weeks at no cost/no obligation.

Contact Group Leader Jackie Stenhouse for more information.

E: jackie@hubbard.com.au
M: 0411 151 375
W: www.kamascoutgroup.org.au

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**Western District Junior Cricket Club (WDJCC)**

**Junior Cricket: Season 2014/15:** Western District Junior Cricket Club (WDJCC) is now accepting registrations for junior cricketers (boys and girls) from the Belconnen area for the 2014/15 season. Junior cricket starts at the under 9 age level and goes right through to under 18s. WDJCC are also running an In2Cricket program for U8s.

**Registration:** Register by **Friday 19 September** as after this date we cannot guarantee a place in one of the teams. To register visit the website http://westsjuniors.act.cricket.com.au or more information email westerndistrictjuniorcc@gmail.com

**Fees:** WDJCC is run on an entirely voluntary basis and fees charged go directly to meeting the costs of running the club.
Fees for junior cricket (Under 9 age group and above) are $170 for the first child and $155 for each additional child in the same family.
The fee for the In2Cricket program are $90 for the first child and $80 for each additional child in the same family.

Junior Cricket is all about learning to play, developing a passion for the game and having fun within a friendly and positive community environment.

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**TENNIS FUN DAY ON SUNDAY 9 NOVEMBER**

Belconnen Tennis Club at Jamison will be holding a Tennis Fun Day on Sunday, 9 November. Between 9:30 am and 1:30 pm there will be free tennis, Hot Shots, Hit The Target, a Sausage Sizzle, giveaways, face painting, clowns and lucky door prizes. Come along and see how fast you can serve.

From 1.30, there will be social tennis for anyone who wants to play a set or two.

Just turn up. It's all free!

If you would like more information, don't hesitate to contact me.

Regards
Gary Cameron
Secretary BTC
62553794

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**Giant Community Garage Sale**

Don’t miss out on THE garage sale of the year, where over 60 stallholders will be selling their pre-loved treasure at bargain prices. Complete with live music, a jumping castle and face painting for the kids, sausage sizzle and café this is a fun, family day for stall holders and bargain-hunters alike. The stalls will pack the building and sprawl over the lawns of the North Belconnen Baptist Church. Stalls are only $20 and booking out fast so go to www.northbelconnenbaptist.org.au/giant-community-garage-sale/ to book yours. Mark your calendars - it’s just too good to miss!

**When:** Saturday, 25 October

**Time:** 9am till 2pm

**Where:** North Belconnen Baptist Church
Chomley Court Evatt (Just off Copland Drive)

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**The Aranda App Codes**