**From the Principal**

Half the year gone already – how quickly time flies. I would like to thank the Aranda School community for such a productive and enjoyable Semester 1.

We kicked off our **Chromebook program** with great success thanks to the support of the Year 5/6 parents and carers. I appreciate the faith you showed and the support you offered to this innovative program. The teachers are looking forward to demonstrating the learning and teaching benefits it provides at the information session next term.

Aranda children participated in a huge range of academic, social and outdoor pursuits this semester with great success. Our assemblies were terrific examples of the talent, skill and self-confidence - I really enjoy Friday morning assemblies at our school. The after school music/arts program, the two school bands and our choir all cater for the talents and interests of many of the Aranda children. We welcomed a variety of sport clinics to the school and our representative sports teams represented Aranda with great distinction.

**ACT Primary Concert Band**

Congratulations to the following children who were selected for the ACT Primary Concert Band: Arianna (5/6AW), Jennifer (5/6AW), Elaine (5/6JH), Giselle (5/6TB), Ruthy (5/6PD), Gena (5/6JH), Gary (5/6PD), Zhou Zhou (5/6AW) This is a great achievement and reflects many, many hours of dedication and perseverance – plenty of talent too!

**Aranda End-of-Term Disco, Sausage Sizzle, Uniform-Free, Fun Day**

I am really looking forward to the ‘Winter Wonderland’ disco, uniform free and fun day tomorrow. What a great way to celebrate a term full of hard work and achievement.

Stay safe and warm during the winter break,

*Phil Gray*
French Day

On Friday last week, Aranda Primary school was on French mode as we celebrated our French Day. It all started with a French assembly lead by the French club and was followed by various French activities with buddy classes, such as Petanque, cooking crepes, making masks, building Eiffel towers, sketching famous Parisian landmarks, creating comic strips, eating croissants.

Year 5/6 students finished the day with guest speakers from the community sharing their experience as French learners or speakers. Merci to Madame Vernon, Madame Uren, Mademoiselle Emma et Madame Finnigan for accepting our invitations and giving us tips about learning French.

Madame Davies
French Teacher

G-Force

We would like to inform you that the Compost and Recycling bins are in the process of being ordered and should be arriving at the school soon. We hope you are as excited about the end of term BBQ as we are, but remember to put your rubbish in the right bins after eating your sausage. Make sure that you put lunch order bags in the paper bin.

Also, remember to check the lost property drawers as the drawers will be cleared on Friday. Any unclaimed items that are not school uniforms will be donated to charity.

Have an awesome holiday.

And remember: it is our playground, our planet, our problem and together we can make a difference. Alana (5/6LG), Ellie (5/6TB), Alissa (5/6TB)

Aranda Music and Arts Program

Vacancies: Guitar with Stuart Kin on Tuesdays at 4:15, please contact Nichole Roberts at nicole.mark.roberts@hotmail.com

Piano with Elisabeth, Thursdays, 5:30 pm, please contact Jo Davies at jodavies2007@yahoo.com

Piano available: Due the purchase of a new piano, the Music and Arts Committee has an old piano available – free to a school family, if you arrange removal. It is currently located in the school gym. While old, the piano is still in reasonable condition. If you are interested or would like more information, please contact Kate Burmester on 0421 616 596.

Emma Cole
Aranda Arts and Music Program
From the Counsellor

iPads and Children - Revisited

When should parents be concerned and what can be done?

Whilst a wonderful tool for many children a growing number of children are becoming quite “addicted” to iPad (or similar screen time) games. “Some parents have expressed concerns about the impact of too much screen time. Is your child showing some of the following significant withdrawal symptoms?

- Extreme reactions when they are asked to stop or when games are taken away
- Extreme frustration, tantrum behaviours, aggression and/or emotional meltdowns
- Emotional shutdown or shut out – rejection of others who try to talk to them, just wanting to be in their own world
- Obsessive talking about, thinking about or dreaming (nightmares), strong fear reactions, mixing up the game with the real world, acting out.
- Dropping off of other interests and their school performance is being affected.
- Does their class teacher comment that your child appears tired or low on motivation in class?

So what might parents and carers do to help their child access games in a more beneficial way?

Here are 10 ideas:

1. LIMIT their daily screen time eg 1-2 hours or LESS. For younger children maybe decrease their time.
2. Try to take a break and have a weekend and school week free of devices.
3. Strike a healthy balance of activities – social, physical, learning, playing, and creating.
4. BE SELECTIVE – Allow only the upload of age appropriate games. Be familiar with the games your child plays. Look for positive educational games, apps etc. Consider deleting games that result in regular and unreasonable negative reactions during play or after. Monitor competitive games which might be problematic.
5. BE THERE – If possible play WITH or ALONGSIDE your child. Enjoy the games with your child – find appropriate interactive games. TALK to them about the games. If you cannot join in with the game have your child playing somewhere close to you in a shared family area rather than alone and away from the family – check in regularly if they are not in the same room.

6. GIVE preparation before asking them to switch off. Check in more closely a few minutes before you are going to ask them to put away the game. Chat to them about where they are at in the game so that you can identify a possible good place to stop a game. Perhaps let them know about something good that might follow a game e.g. reading a favourite book together, going for a walk to the park or going to kick a ball on the oval.
7. PRESET time limits and follow through. Use a timer or visual reminder.
8. BE FIRM and CONSISTENT rather than reacting yourself with anger or negative emotions when your child complains, throws a wobbly or refuses to switch off. Remember they love what they are playing so it is not surprising that they want to go on rather than switching off.
9. Make them “FIX THINGS UP” by doing something good for others to earn back privileges if they overstep acceptable behavioural expectations.
10. PACK AWAY games where possible and don’t allow them to be kept in your child’s bedroom – the temptation to switch on may be too much.

Sheri Bottomley
School Psychologist.
(With thanks to Jenny Overett and the “Raising Children’s Network”)

YMCA St Vincent’s Before School Care

Did you know that YMCA St Vincent’s Before School Care is accepting enrolments from Aranda Primary School students?
To enrol in Before School Care please visit our website: www.canberra.ymca.org.au and complete a Waiting List form and our administration staff will be in contact with you.
For any enquiries please contact the YMCA Children’s Services Headquarters on 6242 4040.
Children With Type 1 Diabetes - Are You Challenged by Your Child’s Diabetes?

Research into parenting children with type 1 diabetes.

The University of Queensland is conducting research into parenting children with type 1 diabetes. Parenting a child with diabetes presents many challenges (everything from the regular blood glucose monitoring and insulin intake, to more general parenting tasks). The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child’s diabetes.

If you are a parent of a 2 to 10-year-old child with type 1 diabetes, we would love to hear from you!

By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood diabetes management strategies for parents.

To complete the online survey, please log on to:
https://exp.psy.uq.edu.au/type1diabetes

For further information about the project or to request a survey to be posted to you, please email Aditi Lohan (aditi.lohan@uqconnect.edu.au) or call (07 3365 7689) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072 (Fax: 07 3365 6724).

Thank you for your time and participation.
Aditi Lohan, Alina Morawska, and Amy Mitchell
UQ Parenting and Family Support Centre

Aranda Shops Future Ideas Meeting

Nicole Gaha is the owner of the Aranda shops site. The Auction this week was passed in, and Nicole is keen to consult with local residents about their future ideas for the shops site in a constructive manner.

The outcome will affect most Aranda residents as well as the school community.

An informal meeting will be held at Ricardo’s Cafe, Jamison Centre on Saturday 5 July at 10:00 am. If you would like to attend please contact Sandy at santo.lolicato@gmail.com.

Australian of the Year Awards

Do you know or admire an outstanding Australian? Nominate them before August 1 for the 2015 Australian of the Year Awards.

Throughout June and July, all Canberrans are being encouraged to consider nominating someone they know or admire for the 2015 Australian of the Year Awards. Every year the Awards recognise 128 remarkable Australians across eight states and territories in four categories. If you know someone who inspires you through their achievements or challenges those around them to make their own contribution to creating a better Australia visit www.onenomination.aoty.org.au to nominate.

You can nominate an Australian of the Year, Senior Australian of the Year (aged 60 and over), Young Australian of the Year (16 to 30) or an Australian Local Hero. It only takes one nomination to put someone you’re proud of in the running. Winners of the ACT Awards will be announced on November 3 and will represent Canberra at the national awards held each year on the eve of Australia Day.