



Newsletter

Assembly Timetable

- Week 4:** Whole School - 4BS & 4MD
- Week 5:** No Assembly
- Week 6:** Senior - 3JD & 3ED
- Week 7:** Junior - Year 1
- Week 8:** Whole School - 2PD & 2RF

Dates to Remember

- 4 Mar MT Group Preschool Photos
- 5 Mar School Photos (Years K-6)
- 8 Mar TF Group Preschool Photos
- 11 Mar Canberra Day Public Holiday
- 12 Mar School 50th Birthday Celebration Picnic at Stromlo Forest Park
- 19-20 Mar Year 3 Camp - Birrigai
- 25-27 Mar Year 4 Camp - Kianinny
- 28 Mar Belconnen Swimming Carnival
- 2 Apr School Athletics Carnival
- 8-10 Apr Year 5/6 Camp - Borambola
- 11 Apr Whole School Photo (Years K-6) at 9.15am

Notes Home

- BEBRAS
- 50th Birthday Note
- Yr 6 Shirt Orders
- Yr 3 Camp
- Yr 4 Camp
- Yr 5/6 Camp

Due Back

- 1 Mar
- 6 Mar
- 8 Mar
- 8 Mar
- 8 Mar
- 18 Mar

Executive Report

Dear Aranda Community,

School House Captains

We would like to congratulate the following students on their selection as the School House Captains and Vice Captains.

Kukatja		Ngalia		Iliaura		Unmatjarra	
Captain	Vice Captain	Captain	Vice Captain	Captain	Vice Captain	Captain	Vice Captain
Xandy Lulic	Louis Simon	Ned Paull	Thomas Nathan	Harry Cook	Max Harris	James Colwell	Finn Stachurski
Sulvie Russel	Zara Menzies Stegbauer	Nina Lang	Tegan Imre	Zara Pirota	Ellie Twycross	Hannah James	Hannah Weston





Important Messages

Running Club

Running Club will be held on Tuesdays at lunchtime this year, commencing Week 2. It will be held on the Aranda playing fields.

Chess Club

Chess Club will continue with Mr Bannister on Wednesdays at lunchtime in the School Gym for students in Year 3 and above. Games are played online, so students should bring their Chromebooks with them. There will be a limited number of places in the Aranda Chess Team which is selected from club members.

2019 Backpack Lists

Bookpicks can still be ordered via OfficeMax. All information is available in the Notes Home section of the school website.

2019 Grandfriends Day

Place this date in your calendars now. Grandfriends Day in 2019 will be held on Friday 20 September, starting at 11am with morning tea.

Uniform Shop

The Uniform Shop operates on Friday mornings, from 8.30am – 9.30am only. Please contact the Uniform Shop via email if you have any questions. apsuniformshop@gmail.com

Canteen

The Canteen operates from Wednesday to Friday. The Canteen can be contacted via email on arandacanteen@gmail.com or phone on 0459 599 114.

Medication at School

All student medication must be signed in by a parent/carer at the Front Office on arrival at school. Medication must be clearly labelled with the child's name and class. No medication is to be left in school bags during the day.

Newsletter Publication Deadline

Items for inclusion in the fortnightly newsletter must be emailed to info@arandaps.act.edu.au by 3.30pm every odd week on a Tuesday.

Anaphylaxis

Aranda Primary School is an ANAPHYLAXIS AWARE SCHOOL avoiding eggs and all nuts.

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Aranda Primary School Community Calendar

Have you subscribed to our Community Calendar?

Follow the link below or scan the QR code to subscribe to our Community Calendar. Once subscribed, you will be able to receive notifications about upcoming events and stay up to date with any last minute changes or cancellations. Drop into the Front Office if you would like some help to subscribe.

Click below to view the calendar in your browser.
<https://bit.ly/2SPBtC6>

Click here to subscribe to the calendar on your device.
<https://bit.ly/2DZJ1la>

Scan this code using the device you would like the calendar to appear on.



Multipurpose Track

At the end of last year, a group of committed volunteers spent their Saturday morning helping to construct a multipurpose track in the bushland around the school. The project was supported generously by Kowalski Brothers Trailworks. This week, we were delighted to present Alan from the Kowalski Brothers with a donation in recognition of their support.

The track will be used for walking, cycling and running. Each Thursday, a group of Year 5/6 students have been participating in a Bike Club where they divide their time between maintaining the track and testing and developing their riding skills. We are exploring the prospect of engaging Greening Australia to help us regenerate the bushland in the school grounds through the planting of native grasses and trees. Watch this space!



STAR Reading

Aranda Primary is seeking volunteers to assist in the Sequenced Targeted Aranda Reading (STAR) program. The program is a literacy-based program aimed at helping those students whose reading levels are below benchmark. The program works on three half-hour sessions per week, over ten weeks, for each child.

To be eligible as a volunteer in this program, you need to have your Working With Vulnerable People Card and be willing to spend ten weeks assisting one of our young readers. If you are interested, could you please contact Jenny Coen on jenny.coen@ed.act.edu.au or leave your name at the Front Office.

There will be an information meeting on **Wednesday 6 March at 8.30am** in the Community Room for volunteers able to assist with our STAR program.

Morning Reading – Library

We understand the busy lives many families lead and know that, for some of you, the morning represents an ideal time for you to read with your child. It is for this reason we are making the Library available to you in the morning from 8:30am-9:00am if you would like to read with your child. The Library is only open during this time to children who are supervised by their parent or carer.

Regards,
Scott Pearce

Communicating with Aranda Primary School

As a part of our 2018 School Action Plan, we strategically focused on improving communication between school and home. Moving into 2019, there will be a small number of changes to the methods of communication we use.

Seesaw

Feedback from the community about Seesaw in 2018 was extremely positive. We are excited to continue using Seesaw as a communication avenue, sharing your child's learning with you at home. If you are yet to connect with Seesaw, or are experiencing difficulties accessing it, please see your child's teacher. Students new to the school in 2019 will be receiving a Seesaw note in the coming weeks.

Email

Email will be used to communicate with families in regards to important information such as medical alerts, notifications from Executive Staff and event/excursion information. Please ensure you have your most up to date email address registered with the Front Office.

School App

With the introduction of the School Administration System, *Sentral*, we aim to phase out the School App at the end of 2019. This year, the School App will only be used to receive absence notifications and provide a link for families to Flexischools. We will no longer be distributing messages via the School App.

Community Calendar

The School Community Calendar is available to view on the homepage of the school website or the link below.

http://www.arandaps.act.edu.au/our_school/calendar2

In 2019, we will no longer be sending home hard copy whole school term plans. All events will now be listed on the Community Calendar. All notes home will continue to be available for download under the Notes Home section of the school website.

Throughout 2019, we will be working towards moving our excursion note processes to an electronic format in preparation for *Sentral* taking over this role in the future.



P&C News

CLASS PARENT REPS

All classes except 3JD and 5/6GM now have a class parent rep. If you have a child in one of these two classes, and you may be interested in this rewarding and flexible role, please email Paula at clasrepsarandapandc@gmail.com for more information.

If you haven't heard from your class parent rep yet (and you're not in one of the above classes), it means that he/she is having trouble contacting you. Please email Paula (with your child's name and class) and I'll be happy to forward your email on to your class parent rep.

VOLUNTEERS UGENTLY NEEDED!

The P&C is looking for parents who can volunteer to work on the BBQ at the upcoming 50th Birthday Picnic on 12 MARCH (TUESDAY) at Stromlo Forest Park.

Shifts would run from 10.30am-12.30pm or 11.30am-1.30pm.

Please email publicofficer@arandapandc.com if you can assist.

And please, all parents and Aranda guests, come and join in the fun!

Many thanks,
Karen

EAL/D (English as an Additional Language or Dialect) News

Welcome to all new and returning EAL/D students and their families. Aranda Primary participated in the ACT Government Schools February EAL/D Census last week. We are proud to report that we have one hundred and seventy students who speak a language other than English in their homes. Our students and their families come from many countries, including: Bangladesh, Bhutan, Brazil, Cambodia, China, El Salvador, France, Germany, Greece, India, Indonesia, Iran, Iraq, Israel, Italy, Japan, Jordan, Malaysia, Mauritius, Mexico, Myanmar, Nepal, Norway, Pakistan, Poland, Russia, Singapore, South Korea, Spain, Sri Lanka, Sweden, Taiwan, Thailand, The Philippines, The Netherlands, Tibet, Turkey, Uganda and Vietnam.

All these languages and cultures provide a very rich environment for all students at Aranda.

The EAL/D program works in a variety of ways. Children may be withdrawn either individually or in small groups or may work in the classroom alongside the classroom teacher and the EAL/D teacher. This is dependent on individual needs. Careful monitoring and liaison with classroom teachers provide the best programs for the children.

The highlight of our EAL/D calendar is our **EAL/D Breakfast** which will be held in **Week 7, on Thursday 21 March**, in the School Hall. It is for parents/carers of students in the EAL/D Program and provides an opportunity to network and meet other families. It is a great chance to have a cup of tea, something to eat and a chat. Invitations will come home soon.

We will also celebrate **Harmony Day** on this day. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. The day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

We are interested in hearing from families who are available to speak to their child's class on the day (Thursday 21 March). This year we are focusing on the differences between school in Australia and other countries. Children are encouraged to wear national dress, especially as we plan to include a parade this year.

If you would like to be part of the celebrations, please contact your child's teacher or Sandra Kelly via the Front Office or email sandra.kelly@ed.act.edu.au



Mental Health and Wellbeing

Bounce Back

This year I am fortunate enough to be explicitly teaching mental health and wellbeing to students in Year 1 through to Year 6. I will be working from the *Be You* framework and using the *Bounce Back* program to facilitate this learning.

The *Bounce Back* wellbeing and resilience program teaches children the skills and attitudes to help them be positive, get along well with others and become more resilient. It uses literature as a starting point for discussions and follow-up activities. Ten coping statements are a core part of the program (see below). The program can help children to get better at:

- using helpful thinking when faced with a problem or a difficult situation
- thinking more optimistically, i.e. expecting bad times to get better
- understanding that everyone has setbacks and difficulties, not just them
- talking to people they trust so they get a reality check on their thinking
- being brave and facing their fears
- enhancing their own wellbeing
- feeling and expressing gratitude
- boosting their positive emotions
- managing uncomfortable emotions and turning a bad mood into a good mood
- getting along with others, making and keeping friends and dealing well with disagreements
- setting goals, being resourceful, developing a growth mindset and not easily giving up
- being kind, fair, honest, friendly, cooperative, responsible and accepting of differences
- using humour in a helpful, not a harmful way
- identifying, applying and extending their ability and character strengths
- respecting other people and not bullying others.

Bounce Back stands for:

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again. Nobody is perfect – not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

Accept what can't be changed (but try to change what you can change first).

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only part of your life

Lakhana Ly-Diep

Mental Health and Wellbeing Teacher



Aranda Music and Arts Program

If you are interested in enrolling in lessons please send an email inquiry to info@arandamusicprogram.org or submit an enrolment form, and we can advise whether there are vacancies or a waiting list.

To enrol please complete and submit your details at the AMA website: www.arandamusicprogram.org.

Aranda Music and Arts Program is a sub-committee of the Aranda Primary Parents and Citizens Association. It's run by a committee of volunteer parents. The Program incorporates music, drama and art lessons. If you have any questions about the program or would like to be part of this fun and productive committee please contact your AMA tutor coordinator, contact us at info@arandamusicprogram.org or go to our website at www.arandamusicprogram.org.

Vacancies

We have the following vacancies for individual lessons (30 minute lessons) and group lessons:

Instrument	Day/Time of Vacancy
Guitar	Fridays 4.45pm and 5.15pm Wednesdays 5.15pm Thursdays 5.15pm (and possibly 4.45pm)
Violin	Mondays 5.15pm
Singing	Mondays 5.15pm
Introduction to Music (Kindy & Year 1s)	Wednesdays 3-4pm
Continuing Music (Year 1s who've done Introduction to Music & Year 2s)	Tuesdays 3-4pm

Canteen



Good Mood Food SUSHI!!

Our canteen is offering sushi this term and it's already proving very popular! Sushi is selling over the counter for the price of 70 cents per piece, with soy sauce available as well.

Our canteen is always keen for volunteers, especially to help out on special lunch days. If you think you'd like to help then please drop into the canteen to see Helen and Natalie, or send them an email at any time: arandacanteen@gmail.com

The canteen is open for business every Wednesday, Thursday and Friday.



Back to school asthma checklist



Asthma
Australia



1. ASTHMA ACTION PLAN

See a doctor for a signed Asthma Action Plan or Care Plan. Most schools require an up-to-date plan for each student with asthma at the start of the new school year.

Evidence tells us that using an Asthma Action Plan can help to reduce hospitalisations, improve lung function and reduce the number of days off school.

While with the doctor, why not combine this with a check-up for your child's asthma, including a check on their device technique.

2. RELIEVER MEDICATION

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable).

- Medication and devices are clearly labelled with your child's name
- Medication is in date and with sufficient medication remaining

3. TALK TO SCHOOL STAFF

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their Asthma Plan and their usual triggers, symptoms and medication.

Also talk to your child's sport coaches and supervisors of other school activities. Don't forget to keep staff up-to-date with any change to your child's asthma management.

Use this valuable time to:

- Go over your child's Asthma Plan
- Discuss the signs of asthma for your child
- Show them your child's asthma medication and demonstrate how to use it
- Talk about the extent to which your child can self-manage their asthma
- Provide details of how to contact you when:
 - They have asthma symptoms
 - They use a reliever medication at school

Proud partner of Asthma Australia. teachershealth.com.au



LEARN MORE ABOUT ASTHMA.

Contact your local Asthma Foundation **1800 ASTHMA** Helpline (1800 278 462) or visit www.asthmaaustralia.org.au



NEW ARANDA BUSH LIBRARY

You're invited to visit Canberra's latest Little Street Library in the beautiful Aranda bushland corridor (opposite Gingana Street) just a short 100m walk from the Aranda Shops & Aranda Preschool



"take a book,
give a book,
share a book"



Little Street Libraries aim to bring our communities together through the simple idea of sharing books. They are popping up in all suburbs of Canberra in all shapes and sizes.

We hope to inspire a love of reading in all ages. You don't have to give a book on the same day you take a book. You can take as many books as you like, it's free. You don't have to give a book to the same library that you take one from. Find over 100 Canberra Little Street Libraries at www.facebook.com/lilstreetlibraries or www.streetlibrary.org.au



Holden Rally Team ~ Aranda Bush Library

Our library has books for adults, teens and kids as well as small household items which are free for you to take home. We have more books in our vintage fridge over the road which also includes DVDs, CDs and games. We have a small table and chairs for kids colouring-in plus some frisbees!



Donations

We have a **small blue wheelie bin** so that you can bring along your recyclable bottles and cans to assist our outback charity **Holden Rally Team** fundraiser for charities that assist sick, disabled and disadvantaged kids. We gratefully accept donations of any kind at any time.



As well as books, toys, games and DVDs for our library, we're happy to collect donations of household items or furniture to sell on our Facebook charity fundraising page "**Holden Rally Team ~ Aranda Bush Library**".

We also invite our Aranda neighbours to message us or follow our outback charity rally adventures to see our fundraising progress for registered charities we support.

Organised by: Erik, Oscar and Magnus Miller



Aranda Primary School

**BBQ VOLUNTEERS
URGENTLY NEEDED**
12th March 10.30am-1.30pm

*Aranda Primary School
50th Birthday Celebration Picnic
@ Stromlo Forest Park*

*Parents are encouraged to join students
at the picnic to celebrate 50 years of
Aranda Primary!*

**Parent volunteers are
needed to assist with
the BBQ**

**Two shifts:
10.30am-12.30pm
11.30am-1.30pm**

To volunteer, please send your details
and preferred time slot to
gilchristjime@hotmail.com





Aranda Primary School



ARANDA PRIMARY 50TH BIRTHDAY FETE

FOOD | FUN | FRIENDS | FAMILY

26 OCTOBER 2019 3-7PM

GET INVOLVED!

The Aranda P&C is looking for a
huge team of volunteers to:

- Help out on stalls
- Set up and cook on the BBQ
- Help with set-up and clean-up
- Help with selling drinks and food

Do you have a **BRILLIANT IDEA** for a stall?
Send it to the fete committee

If you can help to make this an incredible fete,
please email your details to:
arandafete@gmail.com