From the Principal

Dear Aranda Primary School community,

Welcome to Term 4 and a special welcome to our three new students and their families. This will be a busy term and I am particularly looking forward to our end-of-year outdoor concert (more information will follow).

Kim McCormack and I will be holding a parent information session in the school hall on November 4 from 6:00 to 7:30 pm. Show up and have your say. We will be collecting information for the new school plan and I would like to see as many families represented in this process as possible. I will share recent NAPLAN and System Survey results with our community. I may even share some of the interesting comments we collected from the survey. At the end of the session I intend to share important news with our school community, if one representative could attend from each family that would be fantastic.

Ben Donohue Run and Walk for Fun

Sunday 2 November 2014
9:30 am at John Knight Memorial Park - Lake Ginninderra

Aranda Primary entered over 90 students in the event last year and won the Primary School category for participation in 2012 – let’s top that effort this year!

Join us for a great day out and a great cause. You can find out more information on the Hawker College website.
Aranda Primary's Visiting Scientist

Aranda is lucky enough to have been matched with a School Scientist, Monika Kuppelwieser. Monika works in the Environmental Research and Information Network (ERIN) at the Department of the Environment. She uses Geographic Information Systems (GIS) for data collection, mapping, spatial analysis and modelling. The results of this work assists with environmental decision making. Her current work focuses on spatial prioritisation for the Littoral Rainforest Threatened Ecological Community Recovery Plan to find the areas of rainforest most suitable for recovery activities.

Monika has visited us twice so far, spending time with the Senior students and Bob Bannister. On her first visit she showed us how to find animals on a map of our school. On her second visit she brought with her some GPS equipment and showed us how to use it to create a map of Aranda Primary School.

Monika found us through the Scientists and Mathematicians in Schools program run by CSIRO Education. Thank you for visiting us, Monika! We look forward to seeing you again.

Phil's Soapbox

Please remember that children will not melt or dissolve if they are exposed to rain.

The image on the left resembles our front car park when it was lightly raining at 2:55 pm on Monday. The image on the right is what I felt like doing to ease the congestion and the danger posed to our children by motorists who all wanted to park illegally next to the front doors of the school.

Have a great week,

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. Enquires or offers of help, please speak to Tracey Voss ph 0419277395 or email tvoss@mcneils.net
Health and PE at Aranda

This term there many things happening in PE across the school. Running Club with Mrs Collins continues every Monday and Friday morning from 8:30 am. Anyone can join for some fun fitness to start the day.

During the school holidays, Caitlin Jones and I attended the ACTIVATE Health and PE Conference held at the AIS. It was a worthwhile day. We both came away with lots of new ideas and we enjoyed the active learning sessions.

In 2015 Aranda Primary School will be participating in the Ride and Walk to School program which will run over the next three years. As part of this program, the school will be given 15 bikes and helmets. Students in Years 5 and 6 will be able to have class lessons on bikes as part of our PE program. Teachers will undertake professional learning in preparation for implementing this exciting program. Please take the time to complete a short survey (see attached advert for the link) in order for us to collect baseline data before the program commences.

On Thursday 30 October, the NRMA Science and Road Safety Show will be visiting Aranda. We are very lucky to have secured the show and they will be visiting free of charge. Students from Years K to 6 will get the opportunity to attend and learn road safety information.

Alison Reid
Health and PE

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NRMA Science & Road Safety Day – Thursday 30 October 2014

Our school will be hosting an NRMA Science & Road Safety Day, a new road safety program that will be delivered free of charge to our school by the National Roads & Motorists’ Association with the aim of helping our students stay safe on the road.

This program involves students participating in road safety shows in the hall and completing road safety workbooks in the classroom to help the road safety messages stick.

The shows combine important road safety messages with science. Messages such as "Wear their seatbelt" have a greater impact when children have a stronger understanding of the forces they experience when travelling in a car and what could happen to them should the car stop suddenly in a crash. In the science show, a crash test dummy – an egg – memorably shows children how a seatbelt works to restrain passengers in a crash and more importantly why a seatbelt must be worn on each trip.

After the day, your child will be bringing home the NRMA road safety workbook they have completed in class so take the opportunity to speak to them about what they have learned and what they can do to help keep their friends and family safe. Within each workbook is a 4-page parent insert on child road and bike safety for you as a handy reference guide at home.

The program is now in its second season and 40,000 students have already enjoyed the program while learning more about road safety. We are one of 100 schools across NSW and ACT to be chosen to host a day in Season 2.

Alison Reid
Executive Teacher
From the Counsellor

Children and Boundaries
A boundary is a property line that defines a person; it defines where one person ends and another one begins. A child needs to learn about boundaries, to know where s/he begins and what to take responsibility for and what not to take responsibility for. To learn this, parents have to demonstrate clear boundaries with them and relate to them in ways that allows children to learn about appropriate boundaries. Children are not born with boundaries and so they learn to internalise boundaries from external relationships and from discipline.

Parents can learn to interpret some of their child’s behaviour as a response to their own behaviour. As a parent you can influence your children to develop boundaries by teaching and modelling. Children learn from what is acceptable behaviour in their own home and from the way a parent is able to tell their child when they have crossed over that invisible line of what is acceptable and what is inappropriate behaviour. Children observe and learn from how their parents operate in their world. Being able to say no appropriately can allow your child to learn boundaries.

Three to Five Years
During this period, children are able to understand the reasons for taking responsibility and what consequences are about, learning how to treat others kindly, responding to authority, learning appropriate ways to have differences and helping with age appropriate household jobs. These are all part of defining boundaries at this stage. Consequences that can work include time out from TV or the computer or games. Find out what is a natural consequence and remember that consequences should be short.

Six to Eleven years
Boundary issues may revolve around balancing time for family, friends, school tasks and homework and out of school activities. Consequences can involve restrictions on friendship time, home privileges and restrictions on iPads and computer use and the TV. Find out what works best for your child.

What makes it difficult for parents to put boundaries in place?
- Over depending and over identifying on your child
- Ignoring your own feelings and then exploding
- Being worn down by your child
- Not having discussed these ideas with your partner

Remember children who have clear boundaries are more resilient and are more likely to seek help when their boundary is crossed.

Sheri Bottomley
School Psychologist

P&C Matters

Friday Canteen Roster
A huge thank you to the numerous parents and carers that have volunteered in the canteen this year. Thank you also to the class reps for helping organise the rosters. Everyone’s assistance has been much appreciated!

The following Kindy classes are rostered on for Term 4:
Friday 31 October – KDR
Friday 7 November – KJK
Friday 14 November – KSW
Friday 21 November – KZW

Only two volunteers are required for each 9:00 to 11:00 am and 11:00 am to 1:00 pm shift. Class reps will also be sending reminder emails closer to rostered day for each class.

To volunteer, please email Karolyn at mailto:arandacanteen@gmail.com

Fiona Bray
Aranda P&C Canteen Committee

Bank on It

Welcome to Term 4 school bankers! I hope you all had a great school holiday period.

There is a new competition this term where you could win a GoPro HERO3 camera or a Slip ‘N Slide Double Wave Rider. All you have to do is make a school banking deposit between 20 October – 30 November 2014 and you will automatically be entered into the draw.

For more information on the competition visit: www.commbank.com.au/deepseasavers

A flyer will be sent home shortly with all the information.

As we are in Term 4 and it is a short term (only 9 ½ weeks), our last school banking day will be Week 9, Wednesday 10 December. The last day to put in for rewards will be Week 8, Wednesday 3 December.

Sharon Hewett
School Banking Co-ordinator
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.

Cranleigh Art Show 17 to 19 October
Championstixs – starts 21 October
Junior Touch Rugby League Football – October
Queanbeyan Players: “Sound of Music” – 1 to 15 November

Liz Gregory Irish Dance Academy

Ph: 0419225195

FREE INTRODUCTORY DANCE CLASS
To coincide with Bring a Friend for Free LGA is offering a free trial lesson to any child from the age of 4 years to 12 years.
At one of the Beginner Grade 1 Classes on Tuesday 21 October and Thursday 23 October 4pm
ENROLMENT FOR THIS LESSON only by Email or phone/message Liz 0419225195 before 17 October, 2014

Beginners Classes are held Tuesday and Thursdays at our fully equipped dance Studio in Aranda from 4:00 pm (Aranda Scout Hall, Kubura Place, Aranda)

Milo Cricket Programs

GIRLS Only MILO T20 Blast Come and Try Day
For all girls keen to give cricket a try this year please come down to a FREE Come and Try Day on Wednesday 15 October 2014 from 5:30- 7:00 pm @ Griffith Oval, Griffith ACT. For more information, or to register for the Term 4 Program please contact Liz.McPherson@cricketact.com.au.

MILO in2CRICKET

MILO in2CRICKET Programs are ideal for boys and girls aged 5-10 years. Programs run all across the ACT and NSW, if you are keen to get involved and register your child please visit http://www.in2cricket.com.au or contact liz.mcpherson@cricketact.com.au
Friends of Mount Painter

CELEBRATING OUR 25TH BIRTHDAY AND THE LAUNCH OF NEW INTERPRETIVE SIGNS
BY SHANE RATTENBURY, MLA, MINISTER FOR TERRITORY AND MUNICIPAL SERVICES
ON MOUNT PAINTER
(Reach from 20-22 Booth Crescent, Cook)
SATURDAY, 25 OCTOBER 2014

Program
9:00 am View displays and the signs along the path to the summit, and talk to Friends of Mount Painter about the reserve and our work
10:00 am Launch of the signs by the Minister
10.30 am 25th birthday morning tea
Kids’ activities
RSVP (essential) to Sarah Hnatiuk, Convenor, Friends of Mount Painter on 0424 263 565 or at sarahhnatiuk@yahoo.com.au
Saver Plus Fact Sheet

What is Saver Plus?
Saver Plus is Australia’s largest and longest running matched savings and financial education program. The program is offered locally by community organisations in over 60 locations across Australia.

How does the program work?
Saver Plus participants are assigned a Saver Plus Worker at their local community organisation and open an ANZ Progress Saver account at their local ANZ branch, into which they make regular deposits. They attend MoneyMinded workshops to build their financial management skills and when they reach their savings goal after 10 months ANZ matches the amount, up to $200, for the purchase of the nominated educational item.

Since 2003, Saver Plus has supported more than 20,000 Australians to save.

Who can join?
To be eligible, participants must:
- have a Centrelink Health Care or Pensioner Concession Card;
- be at least 18 years old;
- have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment; and
- be a parent or guardian of a child at school OR be attending or returning to vocational education themselves.

ANZ has provided more than $9 million dollars in matched funds to participants across Australia since 2003.

Participants have saved more than $13.5 million dollars during the program.

How did the program start?
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies.

The program is funded by ANZ and the Australian Government Department of Families, Housing, Community Service and Indigenous Affairs, with ANZ providing matched savings for participants.

What are the benefits of the program?
Independent research published by RMIT in 2012 found that of participants who completed the program:
- 87% continue to save the same amount or more up to 12 months post-completion;
- 93% reported that achieving their goals increased their self-esteem;
- 79% said they were better equipped to deal with unexpected expenses;
- 81% encouraged family members, including children, to save;
- 89% reported that the education product had a positive effect on their own or their child’s experience.

Successes
Contributed to the receipt, by the Financial Literacy and Inclusion Partnership, of a Prime Minister’s Award for Excellence in Community Business Partnerships 2006 and 2007
Third Place winner of Best Socially Responsible Product in Money Magazine’s Best of the Best Awards 2007
Gold winner of Best Socially Responsible Product in Money Magazine’s Best of the Best Awards 2008
Recognised as world’s best practice in 2008, outperforming similar programs in the UK, USA, South America and Asia
Outstanding Achievement Award in the Community category MoneySmart Week 2012

How to find out more
To find out more, call or SMS your name and postcode to 1300 610 355 or email saverplus@bsl.org.au