



## Newsletter

### Assembly Term 2

- Week 4** Whole School: Kindy
- Week 5** No Assembly
- Week 6** Junior: 2CT and 2CA

### Dates to Remember

30 May	Da Vinci Decathlon
31 May	Belconnen Cross Country
5 June	GForce Mitchell Resource Facility
7 June	Year 5 Combined Band Practice @Aranda
11 June	2019 Online Enrolments Applications Close
14 June	Year 5/6 James Hird Cup AFL
22 June	Year 3 National Botanical Gardens

### Notes Home Due Back

Year 5 Band Payment	1 June
Year 6 Band Payment	1 June
Year 5/6 James Hird Cup AFL	8 June
Year 3 National Botanical Gardens	15 June
Preschool Questacon MTJC/MTRD	19 June
Preschool Questacon TFRD	21 June
Term Overviews	Info Only

## Executive Report

Dear Aranda School Community,

### Think U Know

Tuesday 22 May saw parents from Years 2 to 6 attend the Australian Federal Police *ThinkUKnow* seminar.

*ThinkUKnow Australia* is a cyber safety education program that educates parents, carers and teachers about how people are using technology, the challenges they may face online, and how to help them overcome these safely and ethically.

This seminar was a fantastic opportunity for parents to learn more about young people and the online environment, and how they can help them be safe and responsible users of technology. Teachers from across all grade levels attended and have taken away strategies to ensure we continue to create a safe and positive digital learning environment.

It is essential that our school and community partner in this digital citizenship responsibility, therefore it's important for parents to be involved in how to best support their child online at home. If you need any guidance about keeping your child safe online, please refer to the '[Keeping Safe Online](#)' section on the ACT Education Directorate Website.

### Expedition Kit

Virtual Reality (VR) is at the forefront of student engagement and learning. Using VR provides students with the opportunity to travel to and explore places all over the world without leaving the classroom.

Using VR in education provides benefits including:

- active rather than passive experience
- an immersive experience without distractions
- immediate engagement
- a hands-on approach that aids with retention.

Aranda School has just received their brand new Google Expedition Kit which has already been circulating throughout the classrooms. It has provided students with the opportunity to be immersed in tours of the Seven Modern Wonders of the World, the Great Barrier Reef, art museums, solar power plants and walking amongst the animals in Africa.

At a recent staff meeting, teachers had the opportunity to join legendary rock climbers Lynn Hill and Alex Honnold as they pushed towards the 3000-foot summit of El Capitan in America's Yosemite National Park. During this expedition, teachers had the opportunity to be guided through the daily challenges of rock climbers and watch Alex and Lynn tackle the 'Stove Legs', 'The Great Roof' and the 'Pancake Flake'. The room was buzzing with excitement and the lesson ideas were flowing.

The staff would like to extend their gratitude to the P&C and their fundraising efforts. With their continued support, the P&C kindly donated the funds to purchase the Expedition Kit which is already provided engaging learning experiences for our students.



## Important Messages

### Running Club

Please note Running Club is held on Thursdays.

### 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](mailto:info@arandaps.act.edu.au) by 3.30pm every odd week on a Tuesday.

### 2018 Grandfriends Day

Place this date in your calendars now. Grandfriends Day in 2018 will be held on Friday 14 September at 11am.

### Anaphylaxis

Aranda Primary School is an ANAPHYLAXIS AWARE SCHOOL avoiding eggs and all nuts. Our policy is available on the website.

### Students who have Mobile Phones

Any students who have a mobile phone should drop it to the Front Office before school and collect it at 3pm. No mobile phones are to be kept in bags or classrooms. They will be securely stored in the Front Office during the day.

*Continued from page 1*



## Reports

Teachers have been attending their moderation days in Week 4 as they prepare to write their reports for Semester 1. The teachers have used their time to moderate student work samples, anecdotal notes and assessment tasks by following the standards prescribed in the Australian Curriculum.

Our reports contain two components; the Aranda Primary School report and the A-E grading component. If you wish the school to withhold the A-E grades for any reason, please inform the school in writing via the Front Office before the end of Week 6 (8 June) and we will accommodate your request.

At the end of Week 9, reports will be sent home. This will be followed by Three-Way Interviews in Week 10. Further information on how to book a meeting with your child's teacher on the Schools Online Booking System (SOBS) will be made available in the coming weeks.

### Walk Safely to School Day

On Friday, 137 students joined teachers at Wangara Street in Aranda and Little Oink in Cook to participate in the Walk Safely to School Day. It was great to see such a positive attendance and we were proud of all our students for the safe manner in which they walked to school.

Thank you to Jessie, Liz and Melissa for taking the time to organise this wonderful event.





## Cross Country

On Wednesday, 9 May the school cross country carnival took place. It was a fantastic day and was an impressive sight to see so many students participating and trying their best. A massive thank you to all our parent volunteers who assisted at such short notice as the original day had predictions of rain, hail and snow! We also appreciate the efforts the school cross country committee put in in the lead up to the carnival and the flexibility they showed with the unfavourable weather prediction.



**Cross Country ribbons will be presented at assembly on Friday, 25 May.**

Aranda Primary School is committed to providing all students with access to high-quality schooling that is free from discrimination based on gender, language, sexual orientation, culture, ethnicity, religion, health, disability or socioeconomic background.

As a school community, we value, celebrate and respond to diversity.

Inclusive education means that every day, in every classroom, every student is learning and achieving in a safe, supportive, inclusive and disciplined learning environment.

Have a wonderful long weekend.  
Regards,

James Harrison  
Executive Teacher



## The Student Voice

News and current affairs written by the students of Aranda Primary.

### Virtual Reality

*By Laasya Gunnam and Tarinya Hannedege, Year 6 'The Student Voice' Journalists*

Virtual reality is about to change the world, letting you travel to the other side of the Earth with just your phone. VR involves presenting our senses with a computer generated environment.

Last Friday, Mr James Harrison did VR with the Year 5/6 students of Aranda Primary and took us on a journey to Mt El Capitan.

Aranda Primary is very lucky to be the owners of a Google Expedition kit, which opens up a whole new window of learning by taking students somewhere they might never be able to visit in their life. VR is a great way to enrich our community by helping us learn about the wonderful places in the world and allowing us to go on a fabulous digital excursion.

As a result of the lesson, Year 5/6 students and Mr Harrison were interviewed about their experience with Virtual Reality. "I felt shocked but fascinated about my surroundings and I encourage the society to experience this amazing opportunity too!" one student stated. While other students said, "I felt a bit sick when I looked around. There was slow movement as well."

### Sleep Well, No Screen Time

*Written by student correspondents, Nina Stachurski and Charlie Stockings*

Aranda Primary School students use devices throughout their day, from doing their schoolwork on their Chromebooks, to watching TV in the afternoons. But what effects are screens having on our sleep?

After interviewing 25 Year 5/6 Aranda students, it has been found that 60% of the children are on devices an hour before their bedtime. 37% think kids should switch off an hour before their bedtime and 28% say they are on a device in bed, before they fall asleep.

What effects could these statistics be having on children?

Studies show that keeping a device nearby can be harmful to your sleep. The blue light that most phones and iPads emit suppresses melatonin, a hormone that controls your sleep patterns. Scientists say to keep you feeling rested in the morning, it's important to negotiate a screen time curfew, about an hour before you go to bed.

Studies also show that when children are using a device during the hour before they sleep, it increases their alert system. The bright light emitting from devices in the important hours of the evening can increase alertness. Bright light can also interrupt the body's natural sleeping routine, making it hard for children to fall asleep every night. It seems that having a balanced approach to screen time before bed can improve the sleep health and development of us all.





## Da Vinci Decathlon Competition

*News Report by Jasmine Lin and Annie Wang, Sermud, Owen, Axel and Sonith.*

Da Vinci Decathlon has invited participants from all across Canberra, including some of Aranda Primary School's Year 5/6s, to compete and challenge their minds.

The chosen students can't wait for the exciting day to finally come!

The Da Vinci Decathlon will be held on Friday 30 May at the ginormous school of Canberra Grammar. Red notes are being sent home to inform parents and excite children.

When we interviewed Emma King (who got in the competition), she excitedly replied, "I am really excited for the day and I hope that my team and I will have a fun time."

The children chosen for Da Vinci will now practise every Monday and Wednesday for better results in the fun competition. As this competition is the first time for the Year 5s, and some of the Year 6s, everyone is nervous!

The students invited to the Da Vinci Decathlon will compete in a series of 10 subjects - Art and Poetry, State Cartography (Geography), Code Breaking, Creative Producers, Engineering, English, General Knowledge, Ideation, Maths and Science.

The decathlon was created to honour Leonardo Da Vinci who was a great thinker of his time.

Investigation fact: very member of the Investigators is part of the 2018 Da Vinci Decathlon

The Da Vinci Decathlon is a great opportunity for selected students, and it will only be a matter of weeks until we know how our Aranda teams went. If you're still interested go to:

<http://www.davincidecathlon.com/davinci/index>

## Furry and Orange

Our colouring competition held in Term 1 was an outstanding success raising funds for the preservation of the Orangutans of Borneo (our Semester 1 nominated charity). Our Term 1 fundraiser raised \$2446. Our Term 2 fundraiser for the same cause will take place on Thursday of Week 8, 21 2018 June. It will be a fun dress up day that should keep you warm while raising funds for a good cause. It will be called '*Fur and or Orange Day*' and we ask everyone to dress accordingly:

### ***Furry and Orange!***

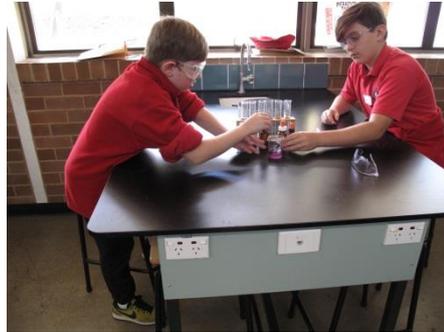
Any combination of the two themes will work. We ask everyone to make a gold coin donation on the day. Please have fun planning your attire and come to school 'furry and orange' on Thursday 21 June, 2018. If you need inspiration, please check out the photos on display in the corridor near the top meeting room. They were taken by one of our preservice teachers on a recent trip to Borneo.

Our thanks,

Your SRC



## Year 6 Canberra High Visit





## Rostrum School Final

Over the last few weeks, students in Years 4, 5 and 6 have been busy preparing and presenting their Rostrum speeches in class. Our school final was held on Wednesday morning with fifteen speakers presenting entertaining and thought provoking speeches to a captivated audience from Years 3-6.

All students spoke beautifully, making the job for our adjudicators, Mr Gray and Mr Pearce, very difficult. Congratulations to the following students who were selected for our school final:

- 4PD – Aster
- 4AW – Paige
- 4GM – Aidyn
- 5/6TB – Amelia and Lena
- 5/6KM – Joel and Suraya
- 5/6RF – Lucy and Thomas
- 5/6LG – Charlie and Tarinya
- 5/6NC – Sermud and Nathan
- 5/6LH – Carl and Ryan

Joel (5/6KM) was chosen as our 2018 winner with his entertaining speech, *Through the Microscope*. Joel will represent Aranda Primary at the Quarter Finals to be held at **Weetangera Primary School** on **Wednesday 13 June** at **7pm**. We wish him the best of luck.

Suraya (5/6KM) was runner-up. Her speech, although very different from Joel's, was also on the topic, *Under the Microscope*.

A huge thank you to all who were involved in our final: Mr Gray and Mr Pearce (adjudicators), Emily, Luke and Sonith (chairperson), Daniel and Dunyasha (timekeepers), Miss Deneve, Miss Coombe and Mrs Kelly (committee/setting up) and to all teachers and parents for helping students prepare their speeches.

Congratulations to all of our finalists and particularly to our two winners.

Kellie Nissen  
Rostrum Coordinator 2018

## Strengthening Community Partnerships

In line with the 2018 Aranda Primary School Annual Action Plan (AAP), we are aiming to strengthen community partnerships by improving the reciprocal communication between parents and carers and the school. In order to achieve our objective, we will be providing parents and carers with the opportunity to complete a short survey to identify the communication tools that are the most informative and what makes them effective. We have a number of communication tools that are currently in use and we are aiming to identify which are of most value to the community. We anticipate that the survey will be distributed via email to families in Week 8. This is your opportunity to provide us with direct feedback on how we can effectively communicate with the Aranda Primary School community.



## From the P & C

The P&C met on 16 May and approved the transfer of \$27,000 of the Fete profits to support resources including; more Google 3D Exhibition Kits, widening the robotics program, new resources to support our sports carnivals, some upgrades to the PE equipment and much needed drying racks for the amazing Year 1 art works. A big thank you to all that came and supported the fete last October, funds like this make teaching and learning at Aranda even more fantastic.

Watch out for your class rep emails for more stories on how these resources are put to good use.

We also bought a new freezer for the canteen—not cheap, but necessary.

At this meeting, some more events have been locked in so if you are keen to volunteer but just don't know how, contact [arandapandc@gmail.com](mailto:arandapandc@gmail.com)

Dates to remember:

- Clean up Aranda - Sunday 17 June - free lunch
- Quizmas in almost July - save the date for 30 June, 2018

Kath  
P&C Treasurer  
0425 217 113

## Quizmas in July (nearly)

It's time to start organising your tables of 10 for our P&C Trivia Night on 30 June, to be held at the Belconnen Labor Club.

Tickets will be \$15 per person and booking details will be coming soon. Look out for the posters, the next newsletter and class rep updates for details.

*Aranda P&C*



## Aranda Music and Arts Program

If you are interested in enrolling in lessons please send an email inquiry to [info@arandamusicprogram.org](mailto: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](http://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](mailto:info@arandamusicprogram.org) or go to our website at [www.arandamusicprogram.org](http://www.arandamusicprogram.org).

### Vacancies

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

Instrument	Day/Time of Vacancy
Guitar	Wednesday 5.15pm
Piano	Tuesday 5.15 Friday 3.45pm
Beginner Recorder	Thursdays 3.15 to 4pm
Flute	Mondays

### Expressions of Interest

Expressions of interest for Friday piano lessons and Monday guitar lessons (3.45pm, 4.15pm, 4.45pm and 5.15pm) or Monday piano lessons (4.20pm, 4.50pm and 5.20pm). In addition to the above vacancies, we have the potential to employ an additional guitar tutor on a Monday if we receive enough response from interested families. If you would be interested in your child starting piano on Fridays or guitar lessons on Mondays, please email the following information to [info@arandamusicprogram.org](mailto:info@arandamusicprogram.org): Student name; School Year; Instrument; Preferred time (no guarantees); and Dismissal (Afters or parent pick up).



## Community News

### Mental Health Issues and Young People: FREE Parenting Forum

Carers ACT is hosting a unique opportunity for parents, carers and friends to learn how to recognise the warning signs and better understand depression, suicide, eating disorders, deliberate self-harm and other mental health problems in young people. Mental illness in our youth – often known as the ‘invisible disease’ - is growing at an alarming rate with many parents at a loss on how to deal with it. The speaker will be Dr Michael Carr-Gregg, one of Australia’s leading experts in parenting and child and adolescent mental health and founder of CanTeen for teenagers with cancer. *Bookings essential.*

*When:* Tues 19 June 2018, 7-9pm, Hellenic Club, Woden

*More info:* Ph 6296 9900 or email [mhcarers@carersact.org.au](mailto:mhcarers@carersact.org.au)

*Register :* through Eventbrite <http://bit.ly/2HIqSiy>

*Cost:* free



**6287 3833**

*Being a parent is the hardest job we'll ever have. All parents at some time experience difficulties and stress.*  
Parentline ACT

is a confidential and free telephone and face-to-face counselling and information service.

Phone Parentline if you would you like:

To talk with someone about those parenting issues.  
Help with some ideas on raising children.

Support in the important job you are doing.

To know what is available for parents, teenagers and children.

To build better relationships in your family.

Help to understand your child or teenager’s behaviour.

Make an appointment for a counselling session.

Parentline ACT.

Monday to Friday (except on public holidays), 9am to 5pm.



## Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



**Contact**  
Kathleen Watson  
your local Saver Plus  
Coordinator  
**Phone**  
0448 730 305  
02 6283 7606  
**Email**  
kathleen.watson@  
thesmithfamily.com.au  
**Web**  
www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Betty 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 Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

## THE CANBERRA CHINESE SCHOOL INVITES YOU TO CELEBRATE THE DRAGON BOAT FESTIVAL.

**Time:** 12pm-3:30pm, Sunday 3 June

**Venue:** TB Millar Hall in Radford College, 1 College Street, Bruce

### Activities:

12pm-1.30pm: Food stalls and kids' fun activities: face painting, brush painting, calligraphy, paper cutting/crafting and lion dance

1.30pm-3pm: Stage performance: Chinese dance, singing and martial arts  
This is a FREE event and all are welcome.

For a poster of the event see the school website at [www.canberrachineseschool.net](http://www.canberrachineseschool.net)