



Newsletter

Issue 9 18 May 2017

Next Assembly

19 May	Senior (3CW/3SM)
26 May	W/S (1PW/1DS)
2 June	No Assembly

Dates to Remember

22 May	Southern Cross Early Childhood School
22 May	Year 6 Band and Senior Choir Concert (Southern Cross ECS)
24 May	G Force to Arboretum
25 May	Year 5/6 Boys AFL
29 May	2018 Enrolments Close
30 May	Belconnen Cross Country Carnival
2 June	Da Vinci Decathlon Challenge
17 June	Aranda School Trivia Night
28 October	School Fete

Notes Home

	Due Date
Year 6 School Band	8 June
Year 5 School Band	8 June
Belconnen Cross Carnival	30 May
Country Regional Information Pack	30 May
Voluntary Contributions Preschool	Info Only
Voluntary Contributions Kindergarten _Year 6	Info Only
Voluntary Contribution's Letter	Info Only
Volunteer Thankyou Letter	Info Only
Year 5 Band Change of Information Letter	Info Only

Quote of the Week

"Reading is to the mind what exercise is to the body.

JOSEPH ADDISON

Executive Report

Dear Aranda Community,

Grandfriends Day

Grandfriends Day is a highlight in our school calendar. It is a special day where we open up our doors and enjoy having family and friends join us for the morning. I loved walking around and visiting classrooms; listening to the children sharing their "school world" with their special guests. Thank you to everyone who made time to join us on Friday and also to the dedicated teachers at Aranda who make these days possible and enjoyable!



Community Information Evening

On Wednesday, 10 May Phil Gray held a community information evening to provide an update on the capacity issue. The Education Directorate have committed to providing a transportable building which will house two classrooms, ready for the commencement of the school year in 2018. Rodney Bray, Director of Capital Works and Stephen Gwilliam, Director of School Improvement Belconnen joined the P&C meeting after the information evening to answer questions about the transportable.

Please Note

**Grandfriend' Day will be changed for 2018.
It will be held on the 14 September 2018 at 11am**



Important Messages

2018 Enrolments

Enrolments close 9am on Monday, 29 May 2017.

Please visit the school website for information or contact the front office directly on 6142 3030.

Canteen Menu

Term 2 Canteen Menu is now available for download from the school website under the P&C/Canteen tab.

Grandfriends Day

Please note the change of date for Greanfriends Day for 2018.the date will be 14 September 2018

Seeking Community Input

We are seeking community feedback on access points around the school to improve bike and pedestrian access. Please submit you feedback via email to info@arandaps.act.edu.au

Newsletter Submissions

A friendly reminder that if you wish to submit an item for inclusion in the fortnightly newsletter it must be emailed to info@arandaps.act.edu.au by 5pm on the Tuesday of newsletter week. We would also like to extend thanks to everyone who provided such wonderful feedback on the new newsletter layout.

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Leadership Day

On Friday, 5 May I had the pleasure of accompanying our School Leaders to a Leadership Day held at the Hedley Beare Centre for Learning and Teaching. Ella, Maya and Callan listened to the Minister for Education, Yvette Berry address a hall full of school leaders from Primary School through to College. The Minister wanted to hear the voice of the students about the future of education in the ACT. The day was spent with other primary school students in formalising ideas to put forward to the Minister about what students want to see in education. There will be a follow up day later in June for our leaders to report back specific information about what is important to Aranda school students at the Minister's congress.



Cross Country

What a fabulous day for a cross country on Tuesday. It was awesome to see so many children trying their best during the cross country. Well done to everyone who participated and a big thank you to all the volunteers who helped on the day. We can't run these days without you! We must also thank Erik Van Den Hurk who kindly donated 80 picnic rugs for the children to sit on in their house areas. These picnic rugs will come in handy for our carnivals.

Year 6 visit to Canberra High School

On Wednesday our Year 6 students visited Canberra High as part of the transition program. The students got a taste of what high school will be like and I heard a lot of students were excited about the different activities they did during the visit. We have a strong connection with Canberra High School not just through Year 6 visits but through Canberra High students visiting our school for work experience and to read with our Kindergarten students.





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URGENT – Winter Clothing Drive for homeless school students

A parent working at a Southside primary school that supports many disadvantaged families has discovered that there are some students who are currently living in homeless accommodation, and are without winter clothing. As this is the time of the year when families are cleaning out last year's winter clothes, we are organising an immediate Winter Clothing Drive to urgently provide warm clothing and bedding to help the pupils at this school, as well as other children in the homeless accommodation who are without essential warm clothing.

Aranda Primary School has a generous community of families, and we are hoping that you can URGENTLY provide any winter clothing – especially warm jackets, jumpers and jeans/trackies/leggings that we can deliver to the school to share with those families who are in great need of support right now. Blankets and other warm bedding items are also needed. Please ensure any items provided are clean and in good condition.

There is a collection box in the front foyer of the school, to the right of the front office windows. Please bag all items and place them here, and they will be delivered immediately to the school, which will be passed on to the homeless shelter.

If you are unable to drop your items at school, pick up can be arranged. Please call or sms Bron on 0402 770 510 to arrange pick up. Thank you Aranda PS community for your generosity – we know we can count on you!

Alison Reid
Executive Teacher

Board Members

Board Chair	Don Lowe
Deputy Chair	Richard Saberton
Parent Reps	Troy Heland
Staff Reps	Janine Collins Anastasia O'Donnell
Appointed Member	Ian Harding

Contact the School Board via
info@arandaps.act.edu.au

School Board Report

2017 Voluntary Contributions

Aranda Primary School has a reputation for academic excellence and high satisfaction amongst our parents and students. This is not accidental and arises from the dedication and efforts of the school staff and community and the resources they have to employ.

The 2017 voluntary contribution letters and confidential payment information slip has been sent home with students today. For K-6 voluntary contribution amounts remain the same as they have been since 2011: \$200 for a single child or \$300 if you have two or more children attending the school. Voluntary contributions for pre-school is \$200 per child. To pay the 2017 voluntary contributions, simply complete and return the confidential payment slip attached to the letter, and pay using one of the payment option methods described on the form.

Contributions are split into three funds – Library Fund, Building Fund and General Fund, noting that donations to the Library and Building Funds are tax deductible.

Last year's voluntary contributions from the families of the children that attend Aranda Primary School made a significant contribution towards improvements in school facilities, such as library resources, science equipment and science fair prizes, readers and chess equipment.

For additional information about how contributions are used, as well as different payment options and payment plans, please visit the school website at http://www.arandaps.act.edu.au/our_school/school_board .

Donald Lowe
Board Chair



News from the Counsellor

Positive Parenting: How to Follow Through With Limits

Posted (<http://www.positiveparentingconnection.net/positive-parenting-how-to-follow-through-with-limits/>) August 5, 2014
by Ariadne Brill

Most parents have great intentions when they come up with limits and boundaries. Which rules to set and why they are important are usually clear. The power struggles and negotiation start when parents find that keeping those limits, following through, just doesn't go so well.

While most children will not actually admit to wanting or liking limits, especially when it means less cookies or no more screen time...keeping limits is one important way for children to learn to trust and accept guidance.

Alluding to limits but not actually keeping them is just not helpful to children. What tends to happen is waiting too long to set a limit, making threats and then never doing anything about it, being unclear and suddenly yelling, all which lead to uncertainty, disconnection and even anxiety for some children.

So, limits and boundaries are important.

Even more important? How we set them and follow through. Following through is about keeping things moving forward. Following through is not about asserting power in a "do as I say, right now..." manner. Actually, if "following through" or "being consistent" is used as an excuse to use coercion, threats, bribes and constant power struggles then there is a problem. (I said constant because a certain amount of resistance is developmentally normal!) Following through when done properly actually encourages cooperation and builds trust. While there may be tears, resistance or frustration, there does not need to be a disconnect.

The purpose of following through is to help your child know they can trust your guidance. Guidance that is coming from a place of love, care and respect.

The purpose of following through is to help your child know they can trust your guidance. Guidance that is coming from a place of love, care and respect.

Setting limits and then forcing them will not lead to more cooperation, and will more likely lead to fear. Fear and power will stop most children in their tracks and more likely lead to a power struggle.

How to follow through with limits in a positive, caring way?

Be Kind:

Validate your child's wishes, it doesn't mean giving in, instead let your child know you heard them.

Be Clear:

Offer a brief explanation so your child can understand your reasons.

Be Respectful:

This includes accepting all the frustration, tears and disappointment that may follow.

Here are 3 examples of how to follow through in a kind and clear way:



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Let's say a child does not want to go to sleep, you have read stories and they are asking for more: "I hear you want more stories, reading together is so nice, I like it too, AND now it's time to turn out the lights and sleep." "No! more stories!!!" the child replies "It's time to turn out the light. I hear you want more stories AND tomorrow we will read again."

Let's say a child is asking for cookies or sweet treat and you have decided it is enough: "More cookies!" the child says "Those cookies are delicious, I understand you want more, AND it's not healthy to only eat cookies. Right now you can choose apples or carrot sticks." "NOTHING!" "Ok, if you don't want anything that is fine. The apples and carrots are still here if you change your mind, the cookies are done for today."

Let's say a child doesn't want to bring their dishes from dinner into the kitchen "Please clear your dishes so they can be loaded into the dishwasher." "I don't wanna!" "I will only load the dishes now, if your dishes stay at the table, you will be responsible for washing them in the sink, drying them and placing them away." Child does not bring dishes – several minutes have passed and now the dishwasher is now closed and running. "The dishwasher is now running. Here is the soap, and a dish towel. Do you want to wash the plate or utensils first?" Offer to keep your child company and get them started.

Parents can be kind and firm at the same time. – Cheryl Erwim

Responding in the examples above is kind because it validates the child's wishes. It is clear because the child receives a short explanation as to what will happen next. It is respectful because it does not shame, blame or focus on punishing the child but it does keep those limits in place.

Limits often are different from one family to the next, but following through in a kind, clear and respectful way can be helpful in so many different situations. Our attitude and approach really models to our children that we are trustworthy, confident guides and that we believe in their ability to make good choices.

Follow through works best when we strive to be consistent with care and flexibility and skip the lectures, nagging, and punishments. Don't be afraid to follow through and yet still be kind. Following through helps children understand that their actions also impact the lives of those around them and that working together is possible.

By Ariadne Brill
From "Positive Parenting Connection- Cooperation Begins with Trust".

Shireen Manocha
Aranda Primary School Counsellor



Aranda P&C Association

President Petra Cole
 Vice President Holly Brocklebank
 Secretary Heather Clark
 Public Officer Jim Gilchrist
 Treasurer Michael Wright
 P&C Association Xiaoyan Lu

Subcommittees

Uniform Shop Tara Munro-Mobbs
 Canteen Chris Panton
 Music and Arts Kate Burmester
 School Banking Natalie Drummond and Sarah Wojtaszak
 Class Reps Paula Banks

Contact the P&C Association via arandapandc@gmail.com

Parents & Citizens Association

Fete Craft Stall

We are looking for crafty people to join us in making the items for the Aranda Fete Craft stall. Before each fete we gather together fortnightly over tea and biscuits. You don't need to bring anything, the crafts are prepared ready for your arrival and no craft experience is necessary. The majority of our crafts are hand sewn hair accessories, soft toys and applique tea towels. If you have a favourite pair of scissors or needle by all means bring them. Helen has offered us her home for our evenings, her address is 3 Skene Street, Cook. We will start meeting at **7.30pm on Monday, 22 May** and then fortnightly till the end of term 2. If you require any more details please contact me, Lisa 0438 007 146. If you are thinking of attending could please let me know so I know how many crafts to prepare. Looking forward to meeting you!

Kind Regards,
 Lisa Biddiscombe

Aranda School Trivia Night

Save the Date - Saturday 17 June, please see P&C News Extended section for instructions on purchasing tickets and further information.

Aranda Music and Arts Program

Volunteer Tutor Coordinators, Website Manager and Treasurer

Aranda Music and Arts Program (AMA) 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. We are seeking volunteers to be tutor coordinators, we also need a new Website Manager, and a Treasurer.

Vacancies

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

Instrument	Day/Time of Vacancy
Recorder	Friday 5.15pm
Guitar	Tuesday 4.45pm Thursday 4.15pm, 4.45pm and 5.15pm
Piano	Tuesday 3.45pm, 4.45pm and 5.15pm Wednesday 4.45pm Friday 5.15pm
Violin	Monday 5.15pm Tuesday 3.15pm and 3.45pm

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.

Please note that due to long waiting list for art, drama and introduction to music we are no longer taking enrolments for these subjects.



Aranda Primary School

An ACT Public School

Caring, Striving, Learning Together

P&C News Extended

Aranda Primary School P&C presents

Saturday June 17

CASH AND PRIZES!!

ARANDA SCHOOL TRIVIA NIGHT

A titanic battle of minds!

6.30PM FOR A 7PM START • BELCONNEN LABOR CLUB, CHANDLER ST

TICKETS \$10 PER PERSON

Book tickets at <http://www.ticketebo.com.au/arandatrivia>

Tables of 8. Where possible smaller bookings will be combined to make up a full table

Finish between 9.30pm and 10pm. Bring your friends and family!



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 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.

Phone: 6287 3833

The traffic light system for food and drinks

Initiative of **ACT Government** **fresh TASTES**

Did you know that the traffic light system – used to assess food and drinks for canteens – can be used more broadly across the school?

The traffic light system can be helpful to make decisions about food and drinks for lunchboxes, school events, class parties and fetes. Here's a quick reminder of what it all means.

The traffic light system categorises food and drinks based on the *Australian Dietary Guidelines (2013)*

The traffic light categories are:
GREEN: These foods and drinks are the best choices, offering a wide range of nutrients and are generally low in saturated fat and/or sugar and/or salt. These should ALWAYS be on the menu at school and at home.
AMBER: These foods and drinks contain some valuable nutrients, but may contain higher levels of saturated fat and/or sugar and/or salt. Amber foods and drinks should be consumed in smaller serves, altered to be more GREEN or be less prominent at school and at home.
RED: These foods and drinks are low in nutritional value and may contain excess kilojoules and/or saturated fat and/or salt and/or sugar. Stay away from these!

To see lots of examples of foods and drinks in each category or to read the guidelines in full, visit www.health.act.gov.au/internet/publications/publishing.nsf/Content/nhsc-guidelines.

www.health.act.gov.au/freshtastes (02) 6205 1452 freshtastes@act.gov.au



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Canberra, AUSTRALIAN CAPITAL TERRITORY

AFL FOOTBALL

4, 5 & 6 July
Canberra Grammar,
Red Hill

BASKETBALL

10, 11 & 12 July
Canberra Grammar,
Red Hill

NETBALL

10, 11 & 12 July
Menzi College,
Braddon

RUGBY UNION

4, 5 & 6 July
Canberra Grammar,
Red Hill

SOCCER

4, 5 & 6 July
Canberra Grammar,
Red Hill

For more information contact ASC on 1300 914 368 email
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now by typing asc.camp/school into your web browser.

HISTORY AND RESULTS SPEAK

For 34 years it's been our privilege to coach over 150,000 happy
kids, because at ASC we live by the motto that "Life's better with
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sports coaching for boys and girls of all standards, Australia-wide.

EACH CHILD RECEIVES A COMPLIMENTARY GROUP PHOTOGRAPH,
COACHES REPORT AND CERTIFICATE OF ACHIEVEMENT.



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