From the Principal

If you were lucky enough to join us for the whole school assembly last Friday, then I’m sure you would have been as proud of the Kindergarten presenters as I was. The children had a great time. They smiled, and bopped along to the band. They spoke clearly most of the time. I enjoy watching our Kindergarten children grow and progress throughout the year. It’s hard to believe how far they have come in fifteen weeks.

New After-Hours Post Box at the Front Office

We have installed a new post box at the front counter of the school. The post box is designed to receive notes, payments and permission slips after hours. The post box is a safe and secure way to drop things in at the last minute or after hours.

Parenting Ideas

Regular newsletter readers would be aware that the school has a subscription to parenting ideas by Michael Grose. The staff use some of the articles during our professional learning sessions and I hope our parents find them useful too. Visit the Aranda Primary School website Home page to access the link Parenting Ideas with Michael Grose. I will try and make sure I change the articles on our website a couple of times per term.

Dogs at School

I love dogs. Just the other day, I was looking after a lost dog in my office while we both waited for his owner to collect him. The dog sat up at the table with me while we conducted an unusual but fun annual professional discussion with one of the teachers. The dog was beautifully behaved and so was the teacher.

My point with this is that I had to keep the dog with me during an important meeting instead of releasing it to run around the playground with our children. This was because no matter how well behaved a dog seems, they can be unpredictable around children. Please do not bring your dogs on to school grounds. The rule is the same for all owners and dogs – no dogs at school please.

First Aid Care at Aranda

The other day I watched Sharon care for one of our Year 1 children in sick bay. The child was quite upset after falling over and losing some skin off her knee. Within a few minutes Sharon had calmed and comforted the child using humour and a selection distracting stories. All of last year I watched Katie and other staff members care for a little fellow in preschool who has a particular condition that makes his skin as delicate as a butterfly wing. Their care was always timely and professional. Five staff members trained with ACT health care professionals to be able to provide ongoing care for Lewis (the young fellow from...
Out of 43 staff members at Aranda we have all trained in first aid and most of us carry current certificates. We always do the best we possibly can to provide your children with first aid care when they need it. In a very busy school environment, the Aranda staff do a terrific job always with the best interest of the children in mind. They don’t expect to be thanked but I think as a parent it makes me feel good to know that our children are in good hands. Thanks to every Aranda staff member who regularly care for our children when they are hurt and upset.

Have a great week,
Phil Gray

Preschool

This term at preschool our focus is ‘Outcome 2: Children are connected with and contribute to their world’ and ‘Outcome 3: ‘Children have a strong sense of wellbeing’. In relation to Outcome 3, the preschoolers participated in an Obstacle-athon. The children were involved in discussions about healthy lifestyles and trained every day for this event. This involved jumping with two feet, crawling through tunnels, balancing on balance beams and climbing. The Obstacle-athon was a huge success thanks to the Preschool Parents’ Subcommittee and all the other parents and grandparents who were involved. Having so many people participate created a real sense of belonging for the preschoolers.

We would also like to thank all the grandfriends who participated in our Grandfriends’ Day, which was another successful community event. The children eagerly shared their preschool space, art and activities with their grandfriends.

As part of our focus on the Early Years Learning Framework outcomes, the Aqua Marbles and Crimson Magnetics have discussed and critically thought about fairness in fairy tales – and real life – and have learned how to recognise different text types. The Indigo Daydreamers and Emerald Lizards have continued exploring wellbeing through their role play at the ‘vet clinic’.

To further enhance the children’s sense of belonging in different communities and extend on their learning about safety, we have organised for the ACT Fire Brigade to visit later in the term. To build on their learning about healthy lifestyles, Kulture Break will be providing a fitness activity for our preschoolers in the last week of preschool. More information will be provided before the events take place.

We would like to thank all the (grand)parents who volunteer their time in our classes and we invite all (grand)parents who have expertise in relation to our Early Years Learning Framework outcomes to come and share their knowledge.

From the Indigo Daydreamers, Aqua Marbles, Emerald Lizards and Crimson Magnetics
Children and Anger

Children experience a wide range of feelings. One of those feelings that can make them uncomfortable is feeling ‘mad’ or angry. Anger is a normal and natural response and different children respond to anger in different ways. Anger can often disguise other feelings, e.g. being sad or hurt.

Parents need to have firm limits about what is acceptable in their family and to try to enforce these limits consistently. Intervening before a situation is out of hand can help a child learn about ways to deal with their anger, and what might be behind these feelings. Practise problem solving with your child, i.e. “What can you do when ……..?” Talking about the anger, rather than acting it out often works well.

10 quick ideas for children to explore if they are feeling ‘mad/angry’ might include:

- Self check for tight fists and a clenched jaw.
- Count to 10.
- Try to breathe your ‘mad’ out. Take 5 calm breaths.
- Make a family rule. Stay safe. Keep hands and feet to yourself. Remember to use your voice and not your hands (try shouting in a pillow).
- Kick a ball outside, run, dance, climb stairs, jump up and down.
- Say “I feel mad when ……………” and list things that make you cross.
- Try a drawing. You can draw a feeling of the ‘mads’.
- Sometimes you need to take time for the ‘angry’ feelings to subside. Take yourself off to a quiet place and think CALM or think of a favourite place.
- Reinforce positive ways that your child already uses to manage their anger and frustration.
- Think about making good choices when starting to feel ‘mad’, not after. Make up your own list with your child of things that might work. Model some positive strategies too!

Sheri Bottomley
School Psychologist
Come and support Team Aranda at the Volleyball World League
Free Tickets - June long weekend

The Australian Men’s Volleyball Team (Volleyroos) will be playing against Finland in Canberra at the AIS on the 7th and 8th of June.

Twelve Aranda Primary children have been selected to play volleyball in exhibition matches before the start of both World League matches in Canberra. This is an exciting opportunity for the children and it would be wonderful to have as many Aranda families in the crowd as possible to cheer them.

We have obtained free tickets for the big games and these are available from the front office from Monday 2nd June. Please fill in your details when collecting tickets (name and how many tickets you are taking - maximum of 4 per family).

Thank you and good luck Team Aranda!

Rachel Uren