

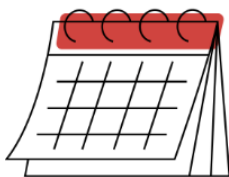


Newsletter

Dates to Remember:

22 nd March	Thurs/Fri Preschool Photos
26 th March	Mon/Tues Harmony Day
27 th March	K-6 School Photos
28 th March	K-6 & Thurs/Fri Harmony Day & EAL/D Breakfast
29 th March & 1 st April	Public Holidays
12 th April	Last day of Term 1

2024 Aranda Calendar



Click this link <https://bit.ly/31hH976> on any device to view the calendar in your browser.

Parent Portal:

If you already have a Parent Portal account, use this [Parent Portal access](#) link to start using the great features. You can't access Parent Portal directly through the ACT Digital Account website, you need to use the link above.

When you are logged into Parent Portal, we recommend saving the browser as a favourite or to the homepage on your mobile phone for quick access in the future. The website can only be viewed using a web browser on your computer, mobile phone or tablet. An app is not available at this time.

Executive Report

Dear Aranda School community,

We had an exciting Friday here at Aranda last week as our staff and students embraced 'Lots of Socks Day' with enthusiasm! This special day sparked wonderful conversations about Down syndrome awareness. Everyone proudly wore their most unique and colourful socks, showcasing our appreciation for individuality and acceptance. 'Lots of Socks Day' isn't just about fun socks; it's about celebrating our differences and promoting unity within our school community.

At Aranda, we firmly believe in fostering an inclusive environment where everyone is valued and respected for their unique qualities. Events like 'Lots of Socks Day' not only raise awareness but also emphasise the importance of embracing diversity and celebrating differences. Kindness, inclusion and respect are values that we strive to instil in our students every day, not just on designated occasions. By promoting a culture of acceptance and understanding, we aim to create a school community where everyone feels valued, accepted, and supported. Let's keep the spirit of acceptance alive every day!



Mental Health and Wellbeing

At Aranda, kindergarten to year 6 students participate in weekly mental health and well-being lessons. It is essential that each student understands their different emotions and feelings and has a range of strategies to help them work through life's ups and downs.

Each week, in class and during mental health and wellbeing lessons students in Years K - 6 have the opportunity to check in with how they are feeling and are given the time and space to have a conversation about anything that might be bothering them. We also encourage students to share things they're grateful for and exciting things happening in their life! This is crucial for building awareness, creating a sense of belonging and building connections.

This year, we are continuing with the evidence-based Achieve Program, which caters to all students from Preschool to Year 6. The program teaches positive attitudes and social-emotional skills that develop young children's resilience, confidence, persistence, organisation and getting along skills.



Important Messages

Uniform Shop

New and second hand orders can be placed online at:

<https://arandapsuniforms.square.site/>

Orders placed by 5pm Thursday are delivered to class on Friday.

Current, up-to-date information

Updated information for the education sector and other public sectors can be found on the Education Directorate's website

(<https://www.education.act.gov.au>) and

ACT Health

(<https://www.health.act.gov.au>)

Seesaw

If you are unable to access Seesaw, or do not receive communications from the school to connect your child, please contact the Front Office with your updated email address.

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 week on a Tuesday.

Anaphylaxis

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

Over the year, students will learn the following:

1. **Achievement:** Work Confidence (growth mindset), Persistence, Organisation and Teamwork
2. **Relationships:** Values, Character Strengths and Getting Along Skills
3. **Wellbeing:** Resilience and Happiness (self-awareness, self-management, ABCs of emotions, cognitive restructuring, mindfulness)
4. **Social-Emotional Blockers:** awareness and management of anger, not paying attention, procrastination, worry and feeling down.

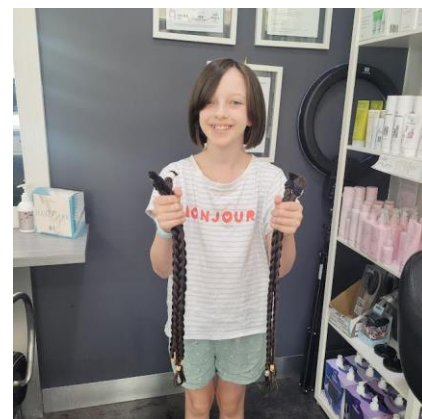
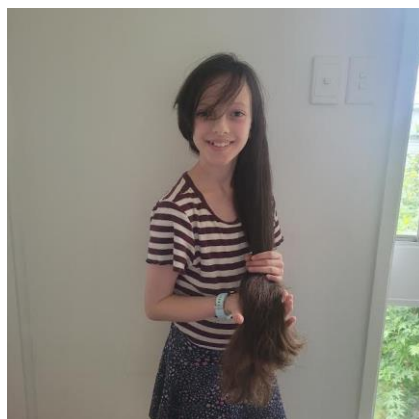


Before School Supervision

This term, we have seen an increase in students arriving at school from 8:00 am onwards. Parents/carers are expected to be responsible for the care and supervision of students at school before 8:40 am. Teacher supervision will be provided from this time. Students arriving at school before 9:00 am are expected to wait on the multi-purpose court. Before school care is provided through the YWCA, more information can be found on their [website](#).

Hair with Heart

My name is Gabrielle Kenna. I am in Year 5. Earlier this year, I cut off 60cm of my hair to donate it to Hair with Heart. The charity uses the donated hair to make wigs for children who are unwell or have medical conditions that affect their hair growth. I have always loved having long hair, so I wanted to share this feeling with others. As well as making wigs for sick children, the charity also provides assistance to families in need. So far, I have fundraised \$402.





Allergy Awareness

At Aranda Primary School, we have multiple students across grades P-6 who have severe allergies to the following: dairy, eggs, all nuts, corn, shellfish and sesame, as well as students who are coeliac.

Aranda Primary School is an allergy aware school. This term is used to protect children with allergies and educate all children and adults on the dangers of allergies and their associated risks.

It is our aim to provide a safe and healthy learning environment for all staff, students and their families in our community.

Allergies can be serious, and a severe allergic reaction (anaphylaxis) is potentially life threatening. **We request that all foods containing nuts and eggs are not brought to school.**

We place great emphasis on raising awareness and adopting reasonable procedures termed as 'Allergy Awareness'.

To minimise the risk to allergic individuals, the following management strategies are in place:

- The school has a trained designated first aid officer on site.
- Every year, staff are trained in EpiPen use.
- Staff work in partnership with the families of students with food allergies to ensure information held by the school is current and correct. Clarification will be sought by the school when required.
- Staff remind students on a regular basis not to share food from their lunches with other students.
- Parents/Carers are required to complete a Medical Information and Consent Form and a Known Medical Condition Response Plan. The Known Medical
- Condition Response Plan includes the [ACSLA Anaphylaxis Action Plan](#) (Personal) and is developed in consultation with the treating medical practitioner. Please contact the front office if you require any of these forms.

The Action Plan must contain:

- Detail of triggers
- Early warning signs
- First aid action to be taken
- Emergency and medical contact details
-

If you have not provided updates to the documents supporting your child's health and allergy management this year, please use the links provided in this newsletter and share them with the front office as soon as possible.

Stop, Drop and Go

We are aware that some community members recently received parking infringements for stopping in the no parking zone opposite the Stop, Drop and Go sign on Bandjalong Crescent. The sign has been in place for longer than we can remember and has since been superseded by new road markings on the street. We understand this may present some confusion. However, we have limited control over road markings and signs. We urge parents to take notice of the road markings to avoid future issues. In the meantime, we have requested that the area be assessed by Roads ACT to determine whether or not it can be deemed an official Stop, Drop and Go zone. We will keep you updated on any progress.

P&C

Keep updated with what is happening around the school and how to get involved with the P&C by checking out their updated [website](#) and calendar.

Kind regards,

Ellie Duckett

Executive Teacher



News from 2CJ

It's been a busy start to the year in 2CJ!

Discovering Continents and Oceans

We have been on an exciting journey of discovery as we begin to explore our place in the world through learning about the different continents and oceans. We have enjoyed learning about this through songs, and we hope they have been sung at home.

Using technology, we have played interactive puzzles and engaging activities to help us locate them and gain valuable knowledge about each place. Did you know that Australia is the smallest continent or that the Pacific Ocean is the deepest? Our learning continued beyond digital exploration; we took our studies outdoors and tested our navigation skills by following maps and directional cues around the school grounds.



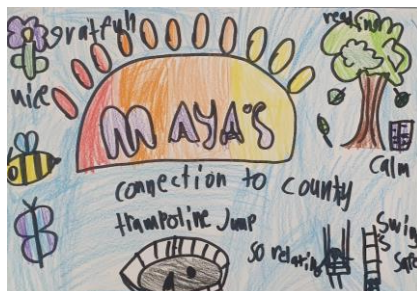
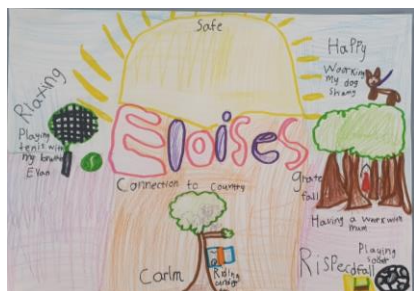
Physical Education

In PE, we've been lacing up our running shoes in preparation for the upcoming Aranda School Cross Country Carnival. For our U8s, this is an exciting opportunity as they can represent the school at the district level for the first time. We have been learning how to run steadily, to avoid getting tired. However most of all it's about giving your best effort and enjoying the experience. Additionally, we've been honing our AFL skills, perfecting our kicking and handball techniques to coincide with the start of the season.



Connecting with Ngunnawal Land

Across the Year 2 cohort, we created an Acknowledgment of Country that had special meaning to us. As part of this process, every student reflected on how they connect to the Ngunnawal land and how this makes them feel. Following this, we created a Year 2 Acknowledgement of Country that will be shared at the Year 2 assemblies throughout the year.





News from 4MG

From March 4 to 6, Year 4 went to camp at Kianinny. The students participated in various activities that tested their strength, problem-solving skills, and resilience.

My favourite part of camp was the flying fox because I could pretend to be a bird. - Zakhari

The beach was the best because I got to play in the sand and the waves. - Val

It was really fun trying to cooperate with my team during canoeing. - Scarlett

Everyone had a great time at camp, but I think we were all ready to return to Aranda. We were all exhausted after camp. – Georgina

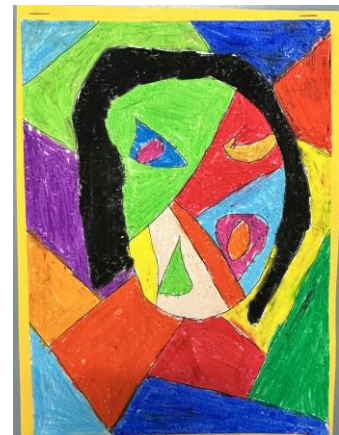
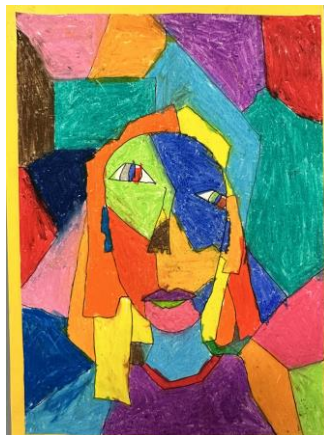
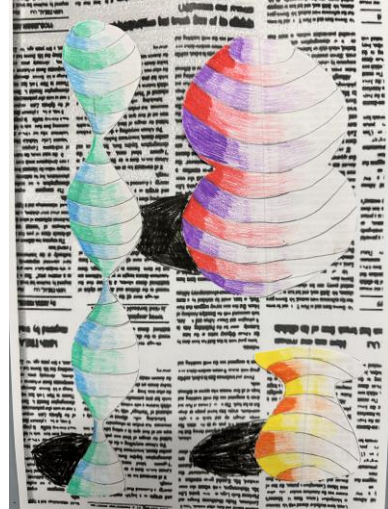
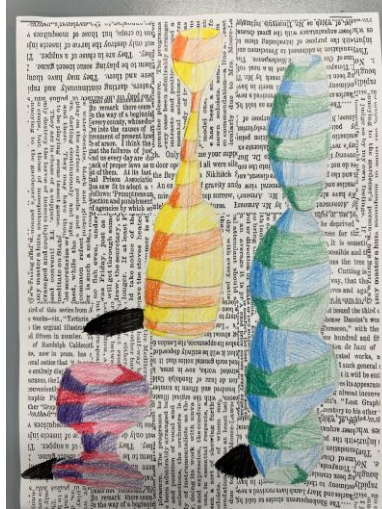


This term, Year 4 has been participating in an integrated unit on Ancient Egypt. Students have been tasked with completing assignments that relate to all learning areas. In 4MG, students have been working very hard, creating everything from intricate pyramid models to detailed biographies of Pharaohs.





4MG has been learning about different artists from history. They've been studying how these artists used the "7 elements of Art" in their work. By understanding the elements, they've gained insight into how artists convey meaning and evoke emotions in their art.





EAL/D News

Next week, we will enjoy Harmony Day at Aranda. Mon-Tues preschool classes will hold their morning celebrations on Tuesday 26 March and K-6 classes on Thursday 28 March. Everyone is invited to dress up. Options include dressing in traditional clothing, representing your family's heritage or being creative with orange items of clothing. Why Orange? Because it represents harmony, optimism, happiness, enthusiasm and youthful social connections: all the things we strive for everyday day. Harmony Day is a way for us to learn about the wider world we live in. It is also the United Nations International Day for the Elimination of Racial Discrimination. The morning will focus on the rich diversity of our Aranda School community, through the theme of 'Games From Around The World'. Thank you to those senior students and parents who have already volunteered to speak to their / their child's class. We are looking for at least one person per class. It is designed to be quite an informal event. Presenters are asked to point out where in the world their game is from and to explain the rules. Think back to your childhood - do you have a special memory of a game you used to play? If you think this is something you could offer, please email Sandy sandra.kelly@ed.act.edu.au or speak to your child's class teacher.

A whole school parade out on the multipurpose court at 10.15 am will allow us to show off our traditional dress or creative orange colours and lead us into the recess break.

Don't forget, our EAL/D Family Breakfast starts off this exciting day, at 8:30 am in the school hall.

Thanks for your support,

Harmony Day Committee

Caroline Adams, Melissa Alexander, Janine Collins, Myriam Davies, Ash Groch, Maya Hayward, Sandra Kelly, Gina Mapley, Dani Rolfe and Jessie Wilson



SCHOOL PSYCHOLOGY SERVICE
Hedley Beare Centre for Teaching
and Learning
Fremantle Dr, Stirling



RESPONDING TO YOUR CHILD'S STRONG EMOTIONS

PARENT WORKSHOP

- **TAKE POSITIVE ACTION TO ADDRESS YOUR CHILD'S CHALLENGING BEHAVIOURS**
- **LEARN SKILLS TO DE-ESCALATE CONFLICT**
- **MAKE POSITIVE CHANGES IN YOUR FAMILY'S INTERACTIONS**



Tuesday, 19 March, 2024

9:30 - 11:30am

For parents of students in Years 4 to 12



Aranda Primary School