

The Gang Gang Gazette

Week 7, Term 2 (15th June, 2018)

Principal: Tania Collis **Deputy Principals:** Rikkie Klootwijk and Daniel Breen
Executive Teachers: Deborah Lowrey, Marni Payne and Kate Stear
P & C President: Trudy Green napscommunity@gmail.com
Board Parent Representatives: Amanda Galbraith, Tara Pearce and Sue Webeck
Board Email: napsboardreps@gmail.com

Upcoming Events

Sustainability Fair	Sunday 17 th June (10am – 2pm)
Duncan Smith Preschool Visits	Tuesday 19 th June & Thursday 21 st June
Peer Support	Friday 22 nd June
Senior Assembly Hosted by 3/4TW & 3/4SD	Friday 22 nd June
CEIS	Monday 25 th June
Brainstorm Production: Being Brave	Tuesday 26 th June
IEC Class Graduation Assembly	Friday 29 th June

Notes Home

- NAPS Sustainability Fair Newsletter
- Head Lice (Years 1/2 and Years 3/4)

Board

Next Meeting:
Tuesday 19th June 2018,
6.00pm

P & C

Next Meeting:
Tuesday 19th June 2018,
7:30pm

Dear Families and Friends,

We are getting closer and closer to the end of the term but there is still lots to share with you before week 10. Today we had another wonderful assembly hosted by KMH and KSM and we loved hearing about all the learning they have been doing. It's always such a pleasure to see the creativity of our teachers and students come together at our regular assemblies. Peer Support continues to run across the school each Friday afternoon. This week they are building upon last week's focus on 'teamwork' by talking about learning new things, setting goals and working towards achieving them. This all fits in beautifully with our IB attitudes and attributes. Our Social and Emotional Learning Program at NAPS is integral to our wellbeing programs and building of a positive culture. Over the last two years, Peer Support has become an important component of the school year. We have seen our year 6 students grow as leaders and models for our younger students who continue to contribute and engage more and more with their Peer Support group. Students in the middle years also play a vital role in the program's success, working and supporting both the leaders in their role and the junior students in the activities and learning. On Sunday, we have the P & C's Sustainability Fair which combines key elements of the Big Green Garage Sale with information and strategies to help our community play their role in a sustainable lifestyle. You will be able to find an array of pre-loved goods, yummy food and presentations by experts in the area. We are also thrilled to have a number of stalls run by our students who are taking action and contributing to our community. Later on in the newsletter you will read about the Solar Fundraiser from 1/2 and we also have handmade jewellery, snacks, dream catchers and fun stalls from our students in years 3-6. We look forward to seeing you there to help our P & C in their efforts and to see the IB program in action.

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KidsMatter – Ten Tips for Creating Resilient Families

Continuing with our theme of wellbeing, I would like to share an article for you by Andrew Fuller. Andrew is a clinical psychologist specialising in the wellbeing of young people and their families. In this piece, he shares his top tips for creating resilient families.



Resilience is the happy knack of being able to bungy jump through life. When the inevitable pitfalls and setbacks of life occur, it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times.

Promote Belonging

The sense of belonging we have is the strongest antidote we know of for self-harm, depression and drug abuse and it's built on our sense of belonging. Children are most resilient when they have three types of belonging:

- *A sense of being part of a family*
- *Having different friendships to belong to*
- *Having an adult outside their family who connects with them.*

Have some Mooch Time

We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say, 'I'm bored'. Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening. Quiet times allow children to develop creativity and ingenuity.

Rediscover some Family Rituals

Family rituals are strong predictors of resilience. It doesn't matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up – rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say, 'Mum always made sure we did...' or 'Dad always made sure we did...'

Spontaneity and Curiosity

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can't give it to them by getting them to read a book. So, the really hard message here is that if you want to raise your children to have mentally healthy lives, you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

Love Kids for their Differences

When families' function well, individuals in the family are allowed to be different and to be loved for those differences. We all know that children take on different roles. A father of three said, 'It's as if they have a planning meeting once a year and say, "You be the good kid, I'll be the sick kid and the other one can be the trouble-maker"! And then just when you think you've got it figured out they change roles again'. Having children who are strongly individual and who have a sense of who they are is a sign of good parenting. The problem may of course be that they will then express their independent spirit in ways that you don't like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them. Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.

It is Clear who is in Charge

Families do not work well as democracies. In fact, they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say. Some parents fear that if they take charge that they will lose the friendship of their children, but often the reverse is true. In families where parents fail to take their own role seriously, children may feel that to express their independence they need to engage in risk-taking behaviour and avoid responsibility. Authoritative parenting allows children to feel safe, have clear boundaries and flourish.

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Consistency

Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children's wellbeing. It is also important that parents not be open to manipulation and work together as a team. Life however is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can't come to a consistent way to handle particular areas. In these situations, a second possibility is to for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.

Teach the Skills of Self-Esteem

Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, 'yeah, Mum' or 'yeah, Dad' whenever a compliment is made. Teaching the skills of self-praise is useful. One way of doing this is to ask questions extensively about any achievement or accomplishment. Asking questions like, 'How did you do that?', 'How come you did so well at that test?', 'What did you do?' and 'Have you been doing homework behind my back?'

Know how to Argue

Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don't have conflicts. The family is really where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem-solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs

Parents are Reliably Unpredictable

With young children it is important to provide consistency and predictability. This allows them to feel sure of you. After a while though, a bit of predictability can go a long way. To many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn't expect. This keeps them interested in learning from you or least wondering what you are up to. Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible, and so they look at how to promote good functioning while not wasting energy on blaming themselves for the times when things don't quite work out as they had planned.

Class and School Dojo

If your child's class is not yet connected to Class Dojo, we are sending home notes today to enable you to connect and see the School Dojo thread by using the instructions and codes provided. Please let us know at the Front Office if you do not receive the note. All classes currently using Dojo will continue with no change.

60th Celebrations

Our third instalment of our 60th Celebrations is our competition to design a mural for the junior playpod. The competition closes on Friday of next week (22nd June) so we would love to see your ideas. Here is an entry which might help to inspire you which celebrates the building of the National Library. The fourth event celebrates the opening of our IEC and we would love lots of our students to participate. Further information is included later in the newsletter.



Have a great weekend and I look forward to seeing you at the Sustainability Fair.

Tania Collis

(Principal)

PYP

On Wednesday 27th June the International Baccalaureate Organisation will be sending out two evaluators to North Ainslie to evaluate the implementation of the Primary Years Program. The evaluators would love to meet with parents from 3:00-3:30 on Wednesday 27th June. If you are happy to be part of this process, I will happily supervise your children and organise a game outside on the junior playground so you can meet with the team.

The purpose of the meeting with parents is to gauge parents' satisfaction with the school and the Primary Years Programme. Some possible questions they may ask you include:

- Are you aware of the PYP?
- How are you informed about what is going on at school?
- What would you like the school to "offer you"?
- What do you know about what students are learning?
- What do your children talk about at home?
- What student action have you seen as a result of student learning?
- What aspects of school do you appreciate?
- What do you see as the biggest benefit of the PYP for your children?

It does not matter if you are brand new to our school or have been a parent at North Ainslie for a while. We would love to have a wide group of parents in attendance if possible.

If you are interested in attending on Wednesday 27th June from 3:00-3:30, please contact Rikkie Klootwijk on 6142 0760, email her at Rikkie.klootwijk@ed.act.edu.au

1/2 SolarBuddy Fundraiser at the Sustainability Fair

As part of the 1/2 'How the world works' inquiry we have been involved in the SolarBuddy, Buddy2Buddy schools program. This is an initiative from SolarBuddy.org, an Australian registered charity that aims to give the gift of light to people in need. Many students wanted to take action and raise more money to buy more SolarBuddy lights. We have decided to have a stall at the Sustainability Fair this **Sunday 17th June** with information and displays about the Solar Buddies and a coin collection to help us carry out our action. Some of the 1/2 teachers will be there to run the stall and we will have a signup sheet for those students to write their names down if they would like to help out at some point. You can also email or notify your child's teacher in advance if your child will be there to help.

More information about the SolarBuddy program: www.solarbuddy.org

Thank you for your support,

The 1/2 teaching team

Introductory English Centre Graduation Assembly

As part of our continued 60th birthday celebrations throughout the year, we would like to acknowledge and celebrate the opening of the Introductory English Centre. The IEC opened in 1992 within the 4th decade of North Ainslie being opened. It continues to be an integral part of what makes our school community so inclusive and unique.

As part of this acknowledgement we welcome you all to come dressed in something significant to your culture or an area of interest on Friday week 9, (29th June). Our fourth decade celebrations coincide with the IEC graduation assembly which will also be held on this day at 12.00pm. Our IEC students will be celebrating their backgrounds and interests through their dress and sharing information at the assembly.

We look forward to celebrating everyone's uniqueness.

Thank you

Marni Payne (School Leader C)

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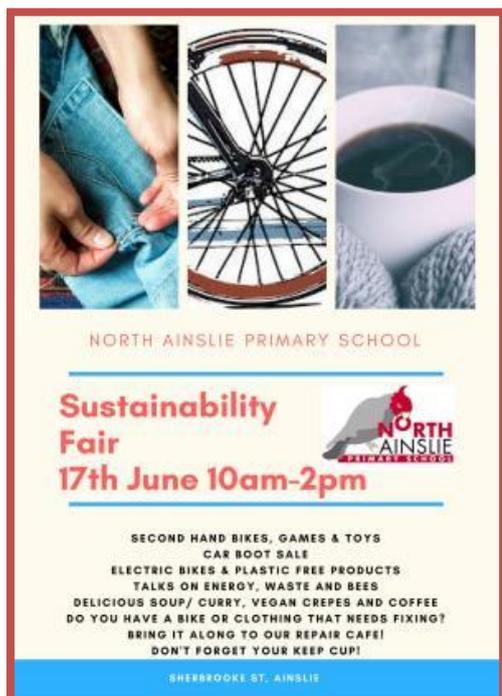
P & C NEWS



General P&C Update.

Parents and carers are warmly invited to the next P&C meeting, from 7:30pm Tuesday 19th June in the staff room. We'll be discussing the school uniform stall, our budget/spending priorities and a debrief from the Sustainability Fair. To add items to the agenda, contact the P&C Committee via napscommunity@gmail.com

North Ainslie Primary School Sustainability Fair



Our exciting new event is this weekend on Sunday 17 June 10-2pm. So, rug up, gather your friends and families and join the wonderful NAPS community for lots of fun **AND** get some tips on how to live better for the health of the planet.

There will be talks on home energy efficiency and reducing your waste, repair stalls for clothes and bikes, arts and craft for young and old. Not to mention coffee, cakes and yummy hot food. Including a BBQ, soup and curry from our wonderful canteen and super sustainable vegan food from local business.

Can you help out? If you can spare an hour or two to help out please sign up at www.volunteersignup.org/WXFQT.

All of our stalls still need a few more smiling faces, but we especially need extra hands on the BBQ and the bike repair café (you don't need to be an expert, just able to do basic maintenance like change a tube, grease a chain, patch a hole).

The PACH (Personal and Community Health) team will be running a stall where children can make their own mini succulent gardens. The

stall needs succulent cuttings, tea cups, mugs or any small dishes or pots. Any gravel, pebbles or small rocks that people might like to get rid of would also be gratefully accepted! You can drop off donations in a box in the PACH area of the library or to the hall on Friday.

Don't forget

We want the day to be good for the environment too, so bring your drink bottle and keep cup, grab your backpack and ride your bike or take a stroll down to the school.

Program

Talks (combined kindy room)

10:30: Home energy

11:30: How to halve your household waste talk

12:30: Demonstration – Make a bag from an old t-shirt (no sewing required). **Bring your own t-shirt!**

1:00pm: Bee Friendly Garden Talk

Demonstrations & activities

12:15pm: How to change a bike tyre (quad)

12:45pm: Rat Patrol (cool bikes) (quad/car park)

1:30pm: weed wander – find out what you can eat when walking around Canberra (He-hub garden)

All day activities

Miniature garden making – He-Hub garden

Recycled art – art room

Tree decorating craft – SEE change stall in the quad

Face painting and mini side-show alley – quad

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Try out an electric bike with Switched on cycles and get ready for plastic free July by purchasing some plastic free products from local business Yangoona Close, (including a special offers for NAPS families and friends and a generous donation to the P&C when you purchase a plastic free starter kit)

Repair stalls

Want to learn how to mend your clothes or keep your bike in tip-top shape? Bring your projects to our Clothes Repair stall (kindy room) or Bike Repair stall (quad) and our volunteers will teach you all you need to know.

NB: just small jobs, we cannot make you a new dress or fix your suspension!

Thanks to Monkey Wrench in Hackett for donating equipment for our bike repair stall.

Second hand goods Check out our second hand book/toy and uniform stalls (hall) or the car boot sale (Sherbrooke St carpark) and give a much loved item a new lease on life.



After School Activities

THINK UK KNOW
 .org.au

Comfortable talking to your kids about technology and the internet?

A ThinkUKnow cyber safety and security presentation will take place on

DATE: Tuesday 19th June 2018 @ 6:30pm

LOCATION: Lyneham High School Library

The session will cover:

- What young people SEE, SAY and DO online
- The challenges they may face
- How to report and get help if things go wrong

Visit www.thinkuknow.org.au for more information about online safety and security.

OUR PARTNERS: AFP, DAIMCOM, Microsoft

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Back To Ainslie Day

It's that time of year again!! Its Back to Ainslie Day this Sunday 17th. It's a day when we choose one marquee game a year and invite all those who are associated with the Club whether it be formers players, Board, staff, supporter's juniors and sponsors to come along to the football for the day. It's a very fun event and we are hoping to get some **future stars of Ainslie Football Club** down to this exciting event!

TERM 2 HEHUB CANTEEN MENU (Open Wednesday, Thursday Friday)



Recess

A selection from the following:

Frozen Peas 'n' corn cup	\$1.00	Fruit of the day / Apple slinky	\$0.50 / \$1.00
Pikelets(VG)	\$0.50	Toasties	\$1.00
Frozen fruit cup	\$1.00	Banana muffin (v, DF)	\$1.00

Lunch

Vegie sticks	Free	Fruit of the day	\$0.50
Vegemite sandwich (VG)	\$2.00	Baked Potato with Salsa and Cheese (GF, V)	\$3.50
Tex Mex toasted wrap (V)	\$2.50	Milk bottle (150ml)	\$1.50
Soy milk (VG)	\$2.50	Tuna & cheese toasted sandwich	\$3.50

Daily Lunch Special- \$3.50

Wednesday:

Pizza (V)

Smoothies \$2.00

Thursday:

Pasta Beef Bolognese (DF)

Smoothies \$2.00

Friday:

Veg Sushi (VG),
Chicken Sushi (GF)
Tuna Sushi (GF)
Smoothies \$2.00

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