

# The Gang Gang Gazette

Week 8, Term 3 (8<sup>th</sup> Sep, 2017)

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

## Upcoming Events

Year 2 Aqua Safe	Monday 4 <sup>th</sup> September – Friday 15 <sup>th</sup> September
Preschool Excursion to the Farm	Thursday 14 <sup>th</sup> & Tuesday 19 <sup>th</sup> September
NO Assembly due to Year 6 Exhibition	Friday 15 <sup>th</sup> September
ACT Track and Field	Tuesday 19 <sup>th</sup> September
Senior School Assembly hosted by 5/6VV and 5/6RA	Friday 22 <sup>nd</sup> September @ 12 noon
Term 3 Ends	Friday 22 <sup>nd</sup> September
Term 4 Starts	Monday 9 <sup>th</sup> October
Junior Assembly hosted by 1/2TA, 1/2MR and 1/2SH	Friday 13 <sup>th</sup> October @ 12 noon

### Notes Home

- Year 1/2 Wetland Excursion

### Board

Next Meeting:  
Tuesday 31 October,  
6:00 pm

### P & C

Next Meeting:  
Tuesday 31 October,  
7:30 pm

### Dear Families and Friends,

Despite the return of the cold weather our week 8 has been another busy one with lots of activities taking place outdoors. This includes our year 3/4 camp at Birrigai where our students had the opportunity to participate in a wonderful range of learning that built their team skills, problem solving, cooperation and creative thinking. Well done to all our students for so beautifully demonstrating the Learner Profile whilst on camp. A huge thank you to the staff who organised and attended camp and to our parent and carer volunteers who joined us. This week our year 2 students have been completing the practical component of Aqua Safe at the pool and have also made North Ainslie proud by demonstrating the attributes of the PYP. Year 1/2 students also enjoyed a fabulous afternoon of learning at the wetlands as part of Outdoor Classroom Day yesterday. Thank you again to our staff and the wonderful families who make these learning opportunities available to our students.

As a KidsMatter school, I often share articles from the KidsMatter team on a range of topics. Last week our school psychologist, Shauna Browning, also provided some information on the Brave online program which assists children with worries. This week she has written an article for us on resilience which is a great read.

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## Building Resilience in Young People

Resilience is defined as “the capacity to recover quickly from difficulties”. Research suggests that children are more likely to show resilience if they are well supported and connected, believe in their own ability to act independently, engage in positive patterns of thinking, and can regulate their emotions effectively. There are a range of ways that this can be fostered. Below are three suggestions to get you started:

1. Engage your child in regular fun activities – If we experience more positive experiences than negative ones, we develop a greater capacity to manage adversity. Very simplistic, but incredibly effective!
2. Achieve a balance between validation and encouragement – Emotions or thoughts that are not validated, tend to become stronger. Think about when you can't switch your brain off before bed. You keep telling yourself “I have to stop thinking so I can sleep,” and what happens? The thoughts become stronger, and you start thinking about thinking and...my brain hurts. However, it's vital that this validation is well balanced with encouragement of perseverance. So, if your child is having trouble with a puzzle, for example, try using statements like “I understand that puzzles can be really tricky. Can you remember how you did some amazing problem solving yesterday? You kept trying until you found a solution. Let's try that again.”
3. Model resilience – Learning through imitation is very powerful. Allow your child to see how you deal with disappointments, challenges and setbacks. When children can understand that these are part of the human experience, they will be more empowered to deal with their own challenges as they arise.

The Bungee program is a great resource within our community, which is available for children aged 5 – 18 years. Bungee is an inclusive resilience building program that promotes emotional wellbeing through the arts. It is run by support workers and professional artists. The program is delivered to a group of approximately 8 children per term, over a period of 9 weeks, and is free of charge. For more information, visit [www.bcsact.com.au](http://www.bcsact.com.au).

New evidence also suggests we should be talking to our children about “grit”. But what is it? Grit is passion and perseverance for long-term goals. One way to think about grit is to consider what grit isn't.

- Grit isn't talent.
- Grit isn't luck.
- Grit isn't how intensely, for the moment, you want something.

Instead, grit is about having what some researchers call an “ultimate concern”—a goal you care about so much that it organises and gives meaning to almost everything you do. And grit is holding steadfast to that goal. Even when you fall down. Even when progress toward that goal is halting or slow. Talent and luck matter to success. But talent and luck are no guarantee of grit. And in the very long run, grit may matter as least as much, if not more.

For more information on resilience and grit you might like to look at:

Other useful resources include:

- Article: ‘Building resilience in children – 20 practical, and powerful strategies’ - <http://www.heysigmund.com/building-resilience-children/>
- Ted talk by Angela Lee Duckworth “Grit: The Power of Passion and Perseverance” – You can search for this on YouTube. Ms Duckworth talks about her research on grit and what it has shown about success in all aspects of life.

Our year 5 students have recently been completing passion projects and I shared some work from these students. This week I am sharing the learning of Anahid, who completed a very informative brochure on the benefits of playing sport. Some of the questions she answered included:

### **What are the benefits of playing sports?**

- Physical exercise is not only good for your body but mind and spirit too.
- Team sports help with leadership, teamwork and dedication.
- Sports improve your mood.
- Sports improve your concentration.
- Sports reduce stress and depression.
- Sports encourages healthy decisions such as not smoking or drinking (alcohol).



***Does sport help to reduce stress and depression?***

*Studies have shown that exercise can help reduce stress, anxiety and depression by moving the focus of the mind and distracting the brain with something enjoyable.*

***Does sport help with teamwork?***

*Sports including basketball, soccer, hockey and many others not only help improve your mood but also help with teamwork. Teamwork is an important skill to have, this is because without it teammates will disengage and not know how to communicate well with each other which causes disagreements and arguments.*



Congratulations to all our junior IEC students who graduated today. We wish them well on the next chapter in their learning journey. Next week our year 6 students will hold their Exhibition demonstrating their learning and celebrating their participation in the PYP for primary school. We have some special guests joining us and look forward to sharing this exciting event with families.

Have a wonderful weekend.

*Tania Collis (Principal)*

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#### NAPLAN ONLINE - TRIAL OF THE NEW ONLINE ASSESSMENT PLATFORM

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You may have heard that NAPLAN online is proposed to be introduced across Australia from 2018.

NAPLAN online will provide better assessment, more precise results and faster turnaround of information. Your child's results will be returned to you faster, within a couple of weeks rather than a couple of months.

Between 11 and 22 September 2017, our school is participating in a trial of the NAPLAN Online platform (the computer system the test will be taken on). This trial isn't 'another' NAPLAN test for 2017, rather, it is a chance for teachers and students to test the new platform in a real-life classroom environment. A selection of our students will participate in the trial, by undertaking either one or two online tests that include examples of the new NAPLAN online questions. Each of these tests will take approximately 45 minutes to complete.

Participating in this trial is important as it will help us make sure we have adequate bandwidth capacity, wireless connectivity, and are confident with the administrative processes and classroom practices in setting up NAPLAN testing.

Feedback from schools participating in the trial will inform transition to the online assessment as well as provide valuable feedback to shape the final development of the NAPLAN online platform.

Participation in this trial is a key step to ensuring a successful NAPLAN online experience. If you have any questions, please don't hesitate to contact Dan Breen on 6205 6533.

Further information on NAPLAN Online is available at [www.nap.edu.au/online-assessment/naplan-online](http://www.nap.edu.au/online-assessment/naplan-online).

## P & C News



### P&C 2017 Trivia night – a night at the museum to remember!



The money is banked and thanks to the fantastic volunteers and NAPS staff who made the Trivia night possible. Thanks also to the well dressed and fun loving participants.... we raised **\$5611** to increase resources for our growing school community! Thank you all.

One of the prizes was this fantastic dinosaur cake made by Catherine who is a NAPS parent. It looked way too good to eat!



**The night would not be possible without our sponsors, who as a community we support. We appreciate the support they give our school in return. Thank you.**



### Welcome to That's Mine Label Fundraising

#### How to order:

North Ainslie Primary School has signed up and has received a unique school code of **2028**

Simply go to [www.thatsmine.com.au](http://www.thatsmine.com.au) and place your order as normal.

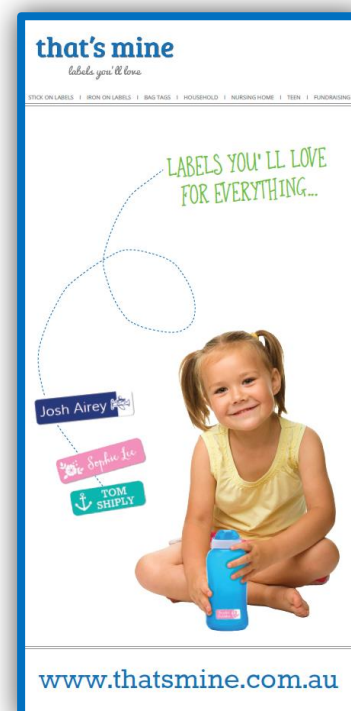
When you are about to checkout and pay, there is an option for you to add in your **'Fundraiser Code'**.

Simply enter **2028** in the fundraiser box (OR you can enter your school name if you prefer – we take great care to ensure your commission is allocated to the right school).

For every order placed, your school receives a massive 25% commission!

There is ALWAYS:

**Free standard shipping**  
**FASTEST turnaround in Australia**  
**Our no quibbles money back guarantee.**



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This year's Fiesta is all set for **Friday 27 October**, so get out your diaries and lock it in!

The Fiesta is the major NAPS P&C fundraiser for the year, and traditionally raises around \$15 000 that goes towards buying books for the library, sports and playground equipment and other great resources for our kids.

We've lots of great entertainment planned but we're always looking for new ideas. So if you or your child is a member of a dance troupe, music group, acrobatics squad or some other fabulous activity and would be keen to perform at the Fiesta, please get in touch! Contact [napscommunity@gmail.com](mailto:napscommunity@gmail.com)

**AND** don't forget the **North Ainslie's Got Talent** show. All budding performers should start thinking about their acts! There's a swag of great prizes to be won!

Thanks to some great work seeking donations and a LOT of very generous contributions from local restaurants and businesses this year's NAPS Community Lucky Draw is looking awesome. To get a sneak peak of the fantastic prizes to be won, come along to a short working bee to get the Lucky Draw tickets ready to sell (**Gang Room, Friday 15<sup>th</sup> Sept from 9:00am – 1:00pm**). Even an hour of your time would be most appreciated. Tickets will go home in week 10 to sell to family and friends.

The Fiesta can only be the success it always has been with the generous contribution of time from NAPS parents and carers. Your child's class has been allocated a particular responsibility for the evening, so please put your name on the sign-up sheets in your child's classroom OR contact [napsvolunteers@gmail.com](mailto:napsvolunteers@gmail.com). All that's needed is an hour of your time!

Stall	Class
BBQ	1/2 A, 1/2 SH, 1/2 MR
Pulled Pork Rolls	1/2 KB, 1/2 FH
Vegetarian burgers & salads	1/2 MM, 1/2 KG, 1/2 KW
Pizza	3/4 KM, 3/4 EC
Vegetarian Nachos	3/4 EM
Curry	3/4 RK
Dessert & cakes	KG, KM
Alcohol	5/6 MW
Soft drink & fruit punch	KN
Book Stall	KF
Waste Management	3/4 AC, 3/4 SE
Gold coin collection	5/6 DM
Set-up	5/6 VV, 5/6 RA
Pack - up	5/6 GD

The next **Fiesta Committee meeting will be this Sunday (10 Sept), 4:00pm at Edgars** (Ainslie shops). All are welcome, so if you're keen to find out what goes on behind the scenes, please come along!

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### Thank you to the teachers for our 3/4 camp to Birrigai!

We had lots of fun and really like the activities, the food was great too. It was cold, we still had fun and the flying fox was amazing. The talent show was a great night and I didn't know my friends were so flexible and bendy. Thank you for taking us. We were all tired afterwards. Hopefully we don't have a maths test tomorrow!

On behalf of all of 3/4 parents.

### TERM 3 HEHUB CANTEEN MENU (Open Wednesday, Thursday Friday)



#### Recess

A selection from the following:

Peas 'n' corn cup	\$1.00	Fruit of the day / Apple slinky	\$0.50 / \$1.00
Pikelets(VG)	\$0.50	Toasties	\$1.00
Popcorn	\$0.50		
Apple & cinnamon muffin	\$0.50		

#### Lunch

Vegie sticks	Free	Fruit of the day	\$0.50
Vegemite sandwich(VG)	\$2.00	Baked potato, cheese(or not),salsa(V)	\$3.00
Tex Mex toasted wrap(V)	\$2.00	Milk bottle (150ml)	\$1.50
Soy milk (VG)	\$2.50	Tuna & cheese toasted sandwich	\$3:00

#### Daily Lunch Special- \$3.00

#### **Wednesday:**

*Pizza(V)*

Smoothies \$2.00

#### **Thursday:**

*Chicken noodle soup(DF)*

Smoothies \$2.00

#### **Friday:**

*Veg Sushi(VG),  
Chicken Sushi(GF)  
Tuna Sushi (GF)*

Smoothies \$2.00

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