

The Gang Gang Gazette

Week 9, Term 2 (23th June, 2017)

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

Upcoming Events

Junior Assembly Hosted By 1/2FH, 1/2KW & JNR IEC	Friday 30 th June @ 12 Noon
Term 2 Ends	Friday 30 th June
Term 3 Starts	Monday 17 th July

Notes Home

- Semester 1 Student Progress Reports
- 3/4KM Film Note
- 2018 P-6 Offer of enrolment at North Ainslie PS for students in preschool to year 6
- UNSW Competition 3-6

Board

Next Meeting:
Tuesday 8th August, 6.00pm

P & C

Next Meeting:
Tuesday 8th August, 7:30pm

Dear Families and Friends,

We have had another busy week and a highlight has been our 1/2 students singing for community groups across Canberra. How wonderful it was to see their excited faces as they left to share their love of singing with others. The delight they felt at visiting Goodwin Homes is evident in their own words later in the newsletter. Year 6 also finalised their training to be Peer Support leaders. These programs highlight the importance of the range of learning that takes place in our schools. Our students have practised being principled by demonstrating their respect in a range of situations and places, taken a risk by singing in front of people they don't know and demonstrated their independence by learning to lead others. As a primary school, we are developing the whole child and opportunities to express ourselves through the arts and to contribute back to our community are an important part of this learning.

School Leader News

The School Leaders are once again holding a fundraiser as part of our commitment to thinking globally. This term's fundraiser is a Masquerade Day and we will once again be raising money for the United World School in Cambodia. If we can raise around \$120, we can stock the World School's classroom library with reading books. If we raise around \$450, we can secure training for teachers and staff for one whole year. **On the last day of the term, Friday the 30th of June**, please bring a gold coin donation to school. If you decide to participate, you can wear a homemade or store-bought mask. For example, a superhero mask, an animal mask, or an Italian Masquerade mask. Attached to this newsletter are some mask templates you might like to print and decorate to wear next week. You can also get the template from the NAPS front office. We hope to see you all on the last day of term wearing your fabulous masks.

At North Ainslie we strive to be

Reports and Parent/Teacher Interviews

Reports went home yesterday and we look forward to discussing your child's progress with you next week at parent/teacher interviews. If you have not yet booked in a time, please read the note that came home from your child's teacher to organise an interview.

Michael Grose

Last week I promised I would provide some feedback on the Michael Grose session for parents held earlier this month on raising independent children. Michael talked about the challenges we face to raise independent children when our busy lifestyles can sometimes mean it is easier to "just get the job done" as our biggest enemy is often time. He reminded us that, in the long run, it will serve us to help our children to learn to do things for themselves. Michael talked about the stages of gaining independence and how we can assist children by actively teaching them the processes involved in finishing a task as, for many children, this can be the most difficult part as working out the process does not come naturally. He suggested starting small with them completing small parts of a larger job whilst we scaffold them through the whole process until you add the next stage, the next, and the next until they can do the whole thing for themselves. School lunch was used as an example. At 5 they can put it into their own bag. At 7, they can be helping to make it and when they are older they can be solely responsible for making their own lunch and helping younger siblings. He reminded us that there are many things they can do for themselves that we can fall into the trap of doing for them. One key example was getting them out of bed – if they can tell the time, then get them an alarm clock and put the responsibility on to them. The title of his latest book is *Spoonfed Generation, How to Raise Independent Children* and the 'raise' is a key component of his research and thinking.

R – Resilience (helping to develop coping skills, it is important to experience small hardship and disappointment)

A – Accountability (let them take responsibility for their own actions)

I – Integrity (how can you help them to develop their own moral compass, what's right versus what's easy)

S – Self-confidence (strategies to assist them to overcome and participate in situations that make them anxious)

E – Emotional Intelligence (understanding themselves and others)

He also talked about the five faces of independence which are: self-help; helping others, taking responsibility; expanding horizons and finally developing autonomy. Michael suggested that parents once again take it in small steps and really think about your child's age and what is appropriate for them. How far they can go from home without supervision changes over time and so should the amount of responsibility they take for their own actions, or how much they are expected to help at home and do things for themselves.

One interesting piece of research he shared was that there is a correlation between families eating 5-6 meals per week together and the positive mental health of the children. It is backed up by the research which shows countries which have a strong food culture typically having strong families. He reminded us that we should let our children take appropriate risks and, sometimes, fail as we don't want the first risk they take being the one they take in adolescence. As Michael said, "stuff happens" and they will be ok. You just need to be there and support them and talk to them about how to pick themselves up and move ahead.

One final piece of advice I thought I would share from Michael is to not always use your voice if you want an independent child. They tune you out if they know you will keep asking and often won't do what you ask until you raise your voice. His suggestion, be proactive and wherever possible use rosters and lists and remind them of expectations ahead of time.

2018 Enrolment Offers

Today, emails were sent to anyone who applied for enrolment at NAPS in 2018 from preschool to year 6. If you, or anyone you know, applied to us and has not received an email, please contact the Front Office.

Have a wonderful weekend and we look forward to seeing you all for our final week of term 2.

Tania Collis (Principal)

Musical Outreach

It's Musical Outreach week in the ACT and all the students in 1/2 have been busy singing with others. 1/2M and 1/2KG walked to Goodwin Homes to sing with residents. We sang many old favourites such as Red, Red Robin, Gundagai, Daisy, Moonlight Bay, My Bonny Lies Over the Ocean and many more. 1/2SH, 1/2R and 1/2A visited Narrabundah Early Childhood Centre and sang with the students. 1/2B, 1/2H and 1/2W all went to North Ainslie Preschool and sang with the pre-schoolers. Here are some of the highlights from some 1/2M students who visited Goodwin Homes.

I held the old people's hands and sang with Fin. I felt good inside. Felix

One of the people I met was 90. She was very nice. She said she was once a teacher. Georgina

I danced with Lloyd. It was fun. I loved it. Erik

I loved the old people. Pepi

One of my favourite things was dancing with David. It was so much fun. Will

It lit up my heart and made me want to fly when I danced with the residents. Tamara

We saw Carolyn first and the people there were very old. Some of them were seventy, eighty, ninety. Suzy

The old people were smiling. Vivian

Lloyd said to me - I don't know how old I am. Max

Megan Mears
1/2M teacher



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PYP Explained!

This week's PYP Explained is all about our units of inquiry.

What is a Unit of Inquiry?

A Unit of Inquiry is based on one of the six transdisciplinary themes which are outlined in the school's Programme of Inquiry. Basically, a Unit of Inquiry should:

- be a significant, relevant & challenging learning experience
- build on the prior knowledge of the students
- involve students in a range of learning activities
- require students to engage in positive action
- integrate diverse subject areas whenever meaningful and appropriate
- incorporate different assessment tools for the learning activities
- stimulate further inquiry

Through the Units of Inquiry, the classroom will become a centre of structured inquiry through which students acquire and practice skills and build new knowledge. The units of inquiry are designed to build from one year to the next, as a student progresses through the school. The units of inquiry are planned on the set unit plan format which all PYP schools have to adhere to. The unit of inquiry work is transdisciplinary and where possible is integrated with literacy and numeracy learning.

Rikkie Klootwijk

Year 6 Exhibition Helpers

The year 6 exhibition is approaching. The exhibition is a culmination and celebration of the students PYP learning.

As we come closer to term 3 and the start of the year 6 exhibition journey The year 5/6 teachers are looking for expressions of interest from the NAPS community for the following:

- People who have a science background who would be willing to come and share their knowledge as guest speakers
- Mentors for groups of three to four students
- Organisational helpers

If you are willing to help with any of the above jobs could you please email Gemma Duggan at gemma.duggan@ed.act.edu.au.

Thank you,
5/6 team

P & C News



North Ainslie "Night at the Museum" Trivia Night

SAVE THE DATE

25 August 2017 - 6:30pm for a 7pm start

Can you assist the P&C Trivia night FUNdraiser?? In addition to having a laugh, testing your knowledge, creating new friends in the community and dressing up as something that you would find if you had a.... **Night at the Museum!** The trivia night is about prizes! Can you source a prize from a local business or donate a prize yourself? Or are you willing to make contact with 3-5 places that have previously supported North Ainslie? We would love to hear from you :-)

Email Cath, Sarah and Jen napsfundraising@gmail.com

Jennifer Sexton on Mindfulness in Schools.

Jennifer is a mother, ABC journalist and broadcaster with a Certificate 4 Trainer specialising in Meditation, a Partner of Lifeline ACT and previously a paediatric critical care nurse. She will talk about the mental health crisis many young Australians find themselves in and a simple measure that can be implemented now which could make a substantial difference to the wellbeing of all young people. But it requires the support of schools in the ACT. Jennifer has been campaigning to have a simple and short daily Mindfulness practice introduced into primary schools in the ACT. She will present her argument, progress on her campaign and the case study of Giralang Primary School, which has successfully integrated a daily Mindfulness practice into every classroom in the school.

Part of ACT Council of P&C Associations Hot Topics General Meeting

7pm Tuesday 27 June 2017

RSVP required. If interested email Cath Z at napscommunity@gmail.com for more information.

TERM 2 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:

Pasta beef bolognaise(DF)

Smoothies \$2.00

Friday:

Veg Sushi(VG),

Chicken Sushi(GF)

Tuna Sushi (GF) & Smoothies \$2

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