

The Gang Gang Gazette

Week 4, Term 2 (19th May, 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

School Photos	Postponed to Week 9
National Simultaneous Story Time	Wednesday 24 th May
5/6 Rostrum Final	Wednesday 24 th May
1/2 Rostrum Final	Thursday 25 th May
Nth Gungahlin Cross Country	Thursday 25 th May
Assembly Hosted by 5/6 VV, 5/6 RA & KSM(Group 1)	Friday 26 th May @ 12 noon
Rostrum Senior Final	Friday 26 th May
Year 5 Combined Band Rehearsal at Campbell	Wednesday 31 st May
Junior Assembly Hosted by 1/2SH,1/2MR & 1/2TA	Friday 2 nd June @ 12 noon

Notes Home

- NSW Writing and Spelling Competition (yr 3-yr6)
- Kindergarten Diary of a Wombat Excursion
- P & C Fundraising Email

Board

Next Meeting:
Tuesday 13th June, 6.00pm

P & C

Next Meeting:
Tuesday 13th June, 7.30pm

Dear Families and Friends,

What another great week we have had here at North Ainslie Primary School. On Wednesday we held our Early Childhood Information Session and Open Morning. It is always gratifying to be able to share the wonderful things we do here at NAPS and show off the teaching and learning happening in all of our classrooms. Thank you to our staff for being so welcoming to everyone who attended the morning and opening up their rooms. Well done to our School Leaders who assisted with tours and for sharing their journey as students here at North Ainslie. You were all fabulous ambassadors for our school.

Walk Safely to School Day

We had another successful morning with the Walk Safely to School Day activities on Thursday. Once again the Sports Leaders were a great help and role models for all of our students as they handed out stickers and helped with the activities on the courtyard. Thanks again to Rachel for organising this event for our school.

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KidsMatter – Understanding how a child’s behaviour affects behaviour.

I like to share articles from KidsMatter, and as a mum of two, this piece really resonated with me. My two children are very different, demonstrate diverse strengths and attributes, and have quite disparate temperaments. Although they are both young adults now, I am sure I will still use some of the tips included below.

It is surprising how different children can be, even children from the same family, and most parents know that children are different from birth. Their personalities, likes and dislikes, and the ways they approach and react to situations, may vary a lot. These kinds of differences are known as temperaments. Temperaments influence a child’s behaviour and the way they react to others.

Different temperament patterns

Children’s temperament patterns are usually noticed very early by parents and carers, often from birth, and are present in children over time and in different situations. For example, some babies sleep well and seem to have an easy-going nature, whereas others can be difficult to settle. Some young children like to explore new places and meet new people, while others appear shy and can take a long time to get used to new situations. These kinds of differences in temperament can mean that parenting strategies that worked well with one child may not work so well with another. Understanding temperament can help parents and carers develop better understanding of children’s individual differences and learn how children express their preferences, desires and feelings appropriately.

Researchers have found that the main factors contributing to different temperaments include:

- *how strongly children react to people and events (e.g. getting angry or upset quickly and easily)*
- *how easily children approach new people or new situations*
- *how well children can control their attention, emotions and behaviour*

Children who are more naturally calm, open to new experiences and easy to get along with are easier to parent. Children who are highly reactive and shy often have difficulty with managing fears and worries. This may place more demands on parents and carers for support. Children who are highly reactive and have trouble managing frustration may show this through impulsive or challenging behaviour. These children are often more difficult for parents and carers to manage. Not all children’s temperaments fall neatly into one of the three types described, but they can help explain some of the difficulties children face and how different parenting styles can help.

How parents and carers can help

Adapting your parenting style to match your child’s temperament helps to support their social and emotional development and builds your relationship. Adults can learn to anticipate issues before they occur and avoid frustrating themselves and the child by using approaches that do not match his or her temperament. The goal isn’t to change your child’s temperament, but to help them make the most of their unique temperament - both their strengths and the areas where they may need more support.

Here are some suggestions and examples:

- **Observe how your child responds** in a range of situations to get a clear picture of how well they manage emotions and what triggers difficult reactions.
- **Find out what it’s like for your child.** Talk about your observations and get your child’s input, for example, “You seemed to get really nervous when your friend asked you to come over to play. What was worrying you?”
- **Communicate caring and warmth** (e.g. by showing you understand your child’s point of view). This supports children who feel anxious and reduces negative reactions in children whose behaviour is challenging.

- **Take opportunities to educate** others about your child and their temperament. For example, a father explains to his aunt, who is not getting the warm reaction she wants from her niece, “Sophie, like a lot of other kids, needs time to adjust to new people.” Dad then hands her Sophie’s favourite book, helping his aunt learn to approach Sophie slowly.
- **For children who are shy**, avoid being overprotective. Provide support through helping them find strategies for managing fears and worries.
- **For children whose behaviour is challenging**, use clear and consistent limit setting rather than harsh punishment. Spell out any consequences in advance and make sure that your discipline strategy is fair and is geared to encouraging appropriate behaviour.
- **Be aware of the similarities and differences** between your own temperament and your child’s. Adapting your parenting style to suit your child’s temperament can help to improve relationships and behaviour, and don’t forget to look for and highlight your child’s strengths.

Have a wonderful weekend.

Tania Collis

Principal

1/2 News

BUDDING ARCHITECTS

Two of our 1/2 families took action for our *How the World Works* unit by building an igloo out of recycled milk bottles.

Nicholas, Jason and some of our Kindergarten, Year 2 and Year 3 students and some future students along with their parents (on the hot glue guns), worked over many sessions to build this igloo. Although not waterproof, the boys intend to have summer sleepovers.



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P & C News



Trivia Night and School Raffle

The NAPS Trivia Night and School Raffle are big **FUN**draising events for the school. The organising teams are starting to think about gathering prizes from local businesses around Canberra. If you know or have a business that would like to donate a prize please let us know! It's a great opportunity to support our school community and promote your business at the same time! Contact Sarah, Jen or Cath at napsfundrasing@gmail.com

That's Mine Fundraising

North Ainslie P & C has signed up for That's Mine Label Fundraising. This is how you can order:

- North Ainslie Primary School has signed up and has received a unique school code of **2028**
- Simply go to 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!

Coding club

Thanks to everyone for the amazing response and interest in coding club. We are full for the time being and the front office will no longer be accepting EOI forms. To be added to our waitlist or any questions please email northainsliecodeclub@gmail.com.



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 \$2.00

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