

# The Gang Gang Gazette

Week 3, Term 3 (4<sup>th</sup> August, 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](mailto:napsboardreps@gmail.com)

## Upcoming Events

Reptile Incursions to Preschool	Tuesday 8 <sup>th</sup> August and Friday 11 <sup>th</sup> August
Senior Assembly Hosted by 5/6DM,5/6GD and 5/6MW	Friday 11 <sup>th</sup> August @ 12 noon
Year 5 Combined Band Rehearsal	Wednesday 16 <sup>th</sup> August
Junior School Assembly Hosted By 1/2KW & 1/2FH	Friday 18 <sup>th</sup> August @ 12 noon
Trivia Night	Friday 25 <sup>th</sup> August @ 6:30 pm

### Notes Home

- Aqua Safe Note
- Head lice email notification (Years 5/6)
- 3/4 Unit Of Inquiry email
- Winter Walk Week Note
- Term 3 Band Notes

### Board

Next Meeting:  
Tuesday 15<sup>th</sup> August, 6.00pm

### P & C

Next Meeting:  
Tuesday 8<sup>th</sup> August, 7:30pm

### Dear Families and Friends,

Last term I spoke to our students about trying something new (risk taking), being an inquirer outside of school (knowledgeable) and using the Attitude of learning with enthusiasm during the break. At our first junior and senior assemblies this term, I was delighted to find that many of them took up the challenge learning to do things such as: direct their dog into the cubby house, skateboard, snowboard, make pasta, ice skate, ski, boogie board, knit, hip hop dance, fly a kite, bake cupcakes, play video games, use the oven an stove, make origami and escape scorpions in Somalia.

As adults it is important we model to children that we are continuously growing and learning even though we may no longer be in formal schooling. Letting them know about the ups and downs of gaining new skills and understandings, and the excitement we feel after working through challenges, helps them to understand the connections between the learning they do at school and the learning they will continue as adults. When I first spoke to them about learning something during the holidays, I also shared with them that I was enrolling to do a cake decorating course later in the year as this was a new area of interest for me. As promised, here is a photo of the cake I made for my daughter's birthday after doing some investigations online and through YouTube. I would also love to hear about some of the things you have been learning so I can share these with our students.



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### *KidsMatter*

This week's article from KidsMatter is all about active listening and communicating effectively with children. Often when listening to children, adults may be distracted by something else, fidget, rehearse what they want to say in their head, interject before the child has finished talking/expressing themselves, or have closed body language. All of these things can cause misunderstandings and conflict, affect whether children may disclose sensitive information again and can damage relationships. Active listeners have the intent to listen to the complete message and its meaning by paying attention to what children are saying, how it is being said. It involves being aware of body language, voice inflection, overall attitude and the meaning of what children are saying to validate communication and help children feel supported and understood.

#### **Why is active listening important?**

By being active listeners, parents and carers can strengthen their communication and relationships with children by demonstrating interest, care and understanding. Some benefits of active listening for communication and relationships are:

- helping children to feel valued, connected, validated and understood
- building trust and credibility with a child
- helping clarify a child's thoughts and feelings
- avoiding conflict and misunderstandings
- making it more likely a child will talk to you, express themselves and seek your views in the future.

#### **Skills tips: What does active listening involve?**

1. **Give the child your full attention.** This may involve stopping what you are doing (e.g. turning off the television, stopping cooking), moving away from a busy place or letting the child know you want to listen and will give them your full attention when you finish (e.g. when caring for another child). When you are talking to a child and you notice your mind is wandering, bring it back to what the child is saying.
2. **Use your eyes to listen.** Make eye contact and, if possible, get down to their level.
3. **Listen carefully to what is being said.** Listen to both what the child is saying and their body language, without interrupting. Avoid questions that break the child's train of thought and focus on what the child is saying.
4. **Use encouragers.** Show that you are interested by nodding your head, smiling or providing verbal encouragers such as "mmm" or "uh huh" to help encourage them to keep speaking.
5. **Reflect the feeling.** After the child has talked about a feeling, thought, experience, etc. use the opportunity to respond and gently describe in your own words what you think the child is feeling and why to help demonstrate empathy (recognising, understanding and respecting the feelings of others).
6. **Use pauses and silences.** Resisting the temptation to fill silences is important when children are trying to think about what else they want to say, as it gives them time to think and respond.
7. **Ask open-ended questions.** Open questions encourage more detailed responses where children can provide more deep and meaningful information.
8. **Summarise.** Summarising the child's main points can demonstrate that you understand what they were saying and can allow an opportunity for the child to add something.
9. **Make non-judgemental statements.** It is important to refrain from judgement statements, such as "You feel scared about silly monsters at night", that can prevent children from disclosing further information. This lack of judgement invites the child to tell you more about what they are thinking or feeling.
10. **Choose words to start a conversation.** You can begin active listening by using questions or statements such as "You seem to be feeling...about...", "It looks like you feel...with...", "You sound...at...", "You seem...because..." An example might be "You've been sitting very quietly and hugging your teddy bear. It seems like you are feeling sad about something. Would you like to tell me about it?"

Like any skill, active listening takes time and practice to develop but is very rewarding for parents, carers and children. It is not only a skill that can help support healthy communication and strong relationships with children, but also with other adult relationships.

### *The Future of Education*

Yesterday, we sent home the link to the Survey Monkey asking for your input into the discussions on The Future of Education. We would appreciate you taking the time to answer the eight questions which ask you to reflect on what you would like to see in our schools in the future. You can also attend either of our parent forums on **Thursday 10<sup>th</sup> August from 6.00-7.00pm** and **Friday 11<sup>th</sup> August after morning lines at approx. 9.15am**. Both will be held in the staffroom. The ACT Education Directorate has a link with further information about this consultation on their website at [http://www.education.act.gov.au/school\\_education/the-future-of-education](http://www.education.act.gov.au/school_education/the-future-of-education)



### *Upcoming School Surveys*

Next week you will also receive further information about this year's School Satisfaction and Climate Surveys. Although the survey is voluntary, we hope you will want to participate. It won't take much of your time and it will help us understand areas where we are doing a good job and areas for further development. A letter or email about the parent and carer survey will be sent to you in August. The key ACT results from the 2016 School Satisfaction Surveys have been published on the Education Directorate website ([www.education.act.gov.au](http://www.education.act.gov.au)) and a summary of our school results is provided in our 2016 School Board Report.

Don't forget our Winter Walk next Wednesday. We would love to have some of you join us for our walk to the Wetlands and back to school, followed by a hot chocolate from the canteen. Have a wonderful weekend.

*Tania Collis*

Principal

## Peer Support Program – Session 3, Including others

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### Session 3 - Including others

Our session this week in our Stronger Together program is entitled, Including Others. The lesson considers the relationships that students develop and how they can change over time. It looks at the role they play in contributing to these relationships and how the use of power, trust and honesty can change a relationship. Parents of participating students might like to talk about the different relationships that you have or their relationships with family and other friends outside school.

### Skiing Interschool's Competitions

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Archie Landon-Smith (2nd grade - 1/2KG) competed in the ACT / Southern NSW Winter Interschools last week where he raced in the Giant Slalom and the SkierX. He came 4th in the Giant Slalom (2nd in ACT) and got the fastest time in the second run. He was 6th in the SkierX. Jackson Landon-Smith (Hackett Pre-school) also raced.




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## Year 1/2 Unit Of Enquiry

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In our How We Organise Ourselves Inquiry, we have been learning about the properties of air and how air allows us to do many things. Recently 1/2M (Mrs Mears's class) watched a video about a hot air balloon journey and the students responded with poetry, procedures and recounts. Here is a sample.

### Hot Air Balloons

- 1 Put the carrier up.
- 2 Lay the balloon out.
- 3 Get a fan. Open the front up of the hot air balloon and blow the fan into it.
- 4 When it is put up, tie the rope to the carrier and the hot air balloon.
- 5 Jump in. Put the burner on and see the landmarks. The people look like dots down below. Fire away.

### **Reuben, Year 1.**

Keep on the fun side  
There's grass and there are flowers down below, down below.  
There's oceans and lakes as well.  
Up here I'm happy.  
Down low I'm happy too.  
The air is rushing against my face, my face, my face.

### **Ada, Year 2.**

We are going to go on a hot air balloon. We chose an ordinary balloon. It was so fun. We saw tiny people.

### **Fin, Year 2.**

### **Sky sight**

I see tiny houses and the trains look like sets and the people look like toys. A bush looks like a leaf, and trees are like sticks and finally you should know I'm in the sky.

### **Felix, Year 2.**

The hot air balloons are away up high. The hot air balloons land on the ground. **Alif, Year 1.**

Hot air balloons take a long time to blow up. They are covered with different patterns. Some are shaped as cows. Hot air balloons are great. They are filled with hot air. Hot air balloons are amazing. **Tom, Year 1.**

In 2016 there was a festival with hot air balloons. I got to go on the biggest. I saw fire coming out of one. Then I got some free icecream. **Tobias, Year 2.**

You need a burner and air to make it take off. It is fun having a ride in it. I did it. There was a big queue. **Suzy, Year 1.**

## P & C News



### North Ainslie Trivia Night

\*\*\* TABLES BOOKING FAST \*\*\*

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

NAPS School Hall, \$20 per ticket

It is time to form a team, book a table and plan a costume for a **Night at the Museum!** Although costumes are not mandatory, there are best dressed prizes for individuals and table! The night will include all the favourite fun events and a range of Trivia questions.

**Wood fired Pizza's will be for sale** on the night from the HeHub's oven (\$15 each), please BYO snacks and drinks and glasses. The evening is for parents, carers and friends of North Ainslie (babies are welcome).

If you would like to come and don't have a table please email us and we will introduce you to friends that you have not met yet! To book a table, let us know if you have spare seats, or if you have any questions.... email Jen, Sarah or Cath on [napsfundraising@gmail.com](mailto:napsfundraising@gmail.com).

## North Ainslie Fiesta – 27 October 2017!

Calling all volunteers who would like to join the Fiesta Committee – we need you! We are particularly looking for a **Marketing and Promotions Coordinator** and a **Recycling/Waste Management Coordinator**. You don't need any experience as we have all the information and templates ready to go. If this sounds like something you're interested in, or if you would like any further information, please come along to the next Fiesta Committee meeting on **Sunday 13 August** at **4pm** at Edgars Inn Ainslie or email [napscommunity@gmail.com](mailto:napscommunity@gmail.com)

## 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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## NAPS Community Cookbook

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To celebrate the 60th anniversary of North Ainslie Primary School in 2018, we are making a cookbook. The aim is to reflect our wonderfully diverse school community and to help us all get a healthy delicious meal on the table. Now is the time to share your best quick-go-to recipes and your family heirlooms. So far we have only received three recipes – which look really good – but we are hoping for lots. We cannot print recipes that have been copied directly from a published cookbook, so please remember to add your own unique twist or embellishment to your favourite recipe if it happens to be from an existing publication.

**Optional extra:** We'd love if your child/ren would like to provide an illustration to accompany the recipe. It doesn't have to be a picture of the food, it can be of whatever takes their fancy! Illustrations should be drawn on A4 white paper, and the originals submitted via the Front Office, accompanied by the child's name and the name of the recipe it will accompany. If you would like to submit a photo related to the dish or your family, please do. Photos can be supplied at any time—it doesn't have to accompany the recipe template. Photos need to be as high resolution as possible, with file name following the format: **Surname\_dishname\_photo**

To submit a recipe, please use the template below and send it to [napscookbook@gmail.com](mailto:napscookbook@gmail.com). The document should be named using the following guide: **Surname\_dishname.doc**. Any questions can also be emailed to the above address. Please note we may not be able to use all images. Thanks in advance!

**Sarah Tynan, Peta Donald and Naomi Zouwer**

**Dish name:**

**Family name, kids at the school:**

**2-3 sentences about why you like this dish/what it means to your family/its history/why you wanted to share it:**

**Ingredients and quantity:**

**If possible**, please provide all dry ingredient measurements by weight rather than volume (e.g. grams of flour rather than cups). This will extremely useful for providing dietary/nutritional information for each recipe.

**Method (please provide as a series of dot points)**

- 1
- 2
- 3
- 4
- 5

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## A CURE FOR FREYJA

Hiya folks!

A local girl and her family need your support. 5 year old Freyja, whose siblings have been students of ours for quite a while, was diagnosed with a rare form of cancer last December. She is in dire need of help to afford life-saving treatment in Germany that is not yet available in Australia. We have decided to run a raffle to help contribute to the cause, with lots of awesome prizes up for grabs. The draw will take place on August 16, with tickets starting at \$5 each. Raffle tickets can be purchased at the **front office**, or online at <https://rafflecreator.com/pages/16026/a-cure-for-freyja>.

Many thanks for your support.

Cameron, Daniel and the crew at Mojo Guitar Teachers

**#acureforfreyja** is dedicated to supporting the family and getting Freyja overseas where they have life saving treatments for rare Sarcomas' that aren't yet available in Australia until 2020. Freyja cannot wait that long.



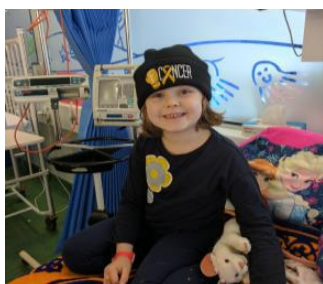
### A Mother's Story

It was 23rd December 2016 and my daughters: Brynn 9, Inge 7 and Freyja 5 had just finished a fun filled day of horse riding. Exhausted from the days' activities of feeding, grooming and riding horses, the girls looked forward to their nightly bath and bedtime routine. With lots of giggles and chatter about the day, whilst washing Freyja's hair and listening to her excited talk about the horses, my focus shifted slightly as I found what seemed like a hard lump on Freyja's neck which I had not felt or seen before.



After many tests and scans, in January 2017 I received devastating news that my little Freyja has cancer. This cancer is so rare, it took a team of international Specialists supporting the Sydney Children's Hospital to identify.

The new diagnosis is Cutaneous Clear Cell Sarcoma, formerly known as a type of melanoma. It's aggressive, it's malignant and its location makes it inoperable.



The prognosis of Cutaneous Clear Cell Sarcoma is guarded, mainly because the disease is difficult to catch early, is prone to relapse and spread long after initial diagnosis. Typically, patients with Stage 4 Cutaneous Clear Cell Sarcoma have not lived beyond 12 months from diagnosis. As Freyja was first diagnosed with cancer in January, I may only have as much as 6 months to save her life.



Freyja is currently undergoing a new dual drug Immunotherapy trial at Sydney Children's Hospital, which has slowed the disease. The last protocol is due within weeks and a decision has to be made in July as to what happens next. Proton Therapy has been suggested by Sarcoma Experts in both Germany and the US as her only next option beyond the current trial. This campaign is to raise money to send Freyja and her family overseas for enrolment in new trail treatments not currently available yet Australia. Time is against us.

**Please Donate Now!**

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