



27 August 2015

"To provide a learning environment where all students can achieve personal success"

COMIN EVENTS 活动预告

28 August	Assembly 12:45pm	3 September	Breakfast club 8:15am
1-2 September	Kindergarten Health checks	3 September	Banking Day
2 September	Great book Swap		

Dear Parents/Carers,

There has been a reported case of **Hand foot and Mouth** in the Preschool. See pages 13 and 14 for detail information.

We have had an amazingly busy couple of weeks with a number of whole school events and activities. It just goes to show how dedicated our teachers and school community are in working together to provide our students with many educational opportunities.

Science Night "LIGHT SHOW" and Guinness World Record Star Gazing Night

The Family Science Night and Guinness World Record Star Gazing Night were a great success with such a positive atmosphere on the night.

Congratulations to all the students in Years 3-6 and their teachers for the wonderful science investigations and colourful, well researched posters presented. The Science Fair entries have been on display and will be taken to the Fair on Saturday, ready for judging on Sunday. A big thank you to Ms Monica Marsham for her leadership and the Science team for organising the event. We are so proud of our students for the way they explained and demonstrated their investigations with families. We certainly have some upcoming future scientists ready to explore our world! Thank you to the families who joined us.

A big thank you to Ms Kathryn Glanville for all her efforts in leading the star gazing event. Coordinating the jobs for the volunteers and directing the crowd to their areas in the dark was no mean feat! Our 200 telescopes were sold out in less than 15 minutes! Thanks to those teachers who were able to come along and help out. We are now awaiting the official verdict if we reached the Guinness World Record for the highest number of people to star gaze in 10 minutes.

Book Week

This week has been buzzing with book week celebrations. The P-2 classes have made some beautiful book-based artworks to decorate their doors. Each class visited each other's doors and will present at tomorrow's assembly. The 3-6 classes have created their own class book bag based on their favourite class book. Each class book bag contains student written responses about the book, book reviews, images and objects associated with the book. Each day the class book bags rotate to a new class. Each class has waited in anticipation for what the new book bag contains and have enjoyed listening to other favourite books. Students have been very creative in a variety of book week activities from mask making, poetry writing, role playing and visual art works. The 3-6 classes look forward to sharing at assembly tomorrow.

Assembly

This Friday 1L will be hosting assembly. This will be a special assembly with all classes featuring book week items. At Mawson Primary School we recognise and celebrate student achievement and learning. Due to the increase of merit certificates issued we will now clap at the end of merit certificate presentations.

5/6 Choir at the Eisteddfod

Last Friday, Ms Caroline Woolias and Ms Julie Welling accompanied the 5/6 Choir as they participated in the National Choir Eisteddfod at Llewellyn Hall. The choir competed against nine other choirs from the ACT and interstate. We performed very well to achieve a Silver Award with a score of 88/100. Well done to all the students and teachers involved. See page 4 for details.

School Satisfaction Survey

Each family will have received an email or letter with a link to access the school satisfaction survey. We encourage all families to complete the survey. As is an opportunity for you to provide us with valuable feedback on areas pertaining to our school operating plan. If you need assistance in completing this survey, require a hard copy or do not have access to the internet please see our front office staff for assistance. Thank you in anticipation of your participation in this important school survey.

The survey is available for your response until **Monday, 31 August 2015**.

Ainsworth Street Mawson ACT 2607

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Deputy Principal: Lauren Richardson

P&C President: Patricia Stewart

Preschool P&C President: Nicole Haughie

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info@mawsonps.act.edu.au

Board Members: Andrew Pritchard & Scott Gurney

Secretary: Andrew Pritchard

Treasurer: Milli Wong

Year 2 Aqua Safe swimming program

Our Year 2's are enjoying their lessons at CISAC Belconnen. The students are learning a mix of swimming, survival and rescue skills, as well as water safety knowledge that can be applied to a range of aquatic environments. Please remember to label your child's belongings including their swimming plastic bag.

Great Book Swap 'READING OPENS DOORS'

It's time to get your book ready for the Mawson Primary School Great Book Swap fundraiser. We will be holding the event **next Wednesday 2 September**. Students can bring their books and gold coin to school earlier. Class teachers will collect books ready for the swap and SRC will be visiting classes daily to collect donations. Remember to take part students need to bring to school **a book that they are happy to swap and a gold coin donation** to choose a "new" book. Ideally books should be not just an unwanted item but a book that they think someone else would enjoy as much as they did. Money raised will go to the Indigenous Literacy Foundation (ILF) which works to put books into the hands of children and families in remote Indigenous communities across Australia.

A visit from the Fire Brigade

Kindergarten classes had a very special visit from our Firemen on Monday. They were in awe of the big truck and hoses and enjoyed listening about fire safety.

Tuggeranong Athletics

We wish our Mawson Primary School athletics team the best of luck as they attend the Tuggeranong Athletics carnival today. Thank you to Ms Stacey Meyer for coordinating the Mawson team.

Preschool Assessment and Rating Process

In line with the National Quality Standards and the National Regulations, we have received notification that Mawson preschool will participate in the assessment process for services evaluation in August and September 2015. We welcome this process and its acknowledgement of the quality education provided at Mawson. Whilst our preschool team has some new faces, we know that Olivia and Tanya had been working towards this assessment and we are all very excited to engage in this process. We look forward to sharing the process with you over the coming months. For more information please see: <http://acecqa.gov.au/national-quality-framework/assessments-and-ratings>. Preschool families are encouraged to comment on our philosophy and program which are proudly displayed at the preschool door.

Liz Bujaroski
Executive Teacher



Congratulations!

Goes to our Years 5/6 choir, their fantastic conductor and accompanist on gaining silver in the 2015 eisteddfod.



Aqua Safe Water Safety and Awareness Program

The year 2 students are participating in swimming lessons this week and next week.

The lessons are being held in conjunction with class lessons about water safety. Below are some of the ideas being presented in Part 1.

Canberra is a beautiful city with a peaceful pace compared with other major epi-centres. Our suburbs and town centres are designed among natural settings with easy access to hiking trails, walking paths, and cycling routes for most residents. The unique natural aspect of Canberra has earned it the nickname of “the Bush Capital”. We are now seeing more and more aquatic environments being integrated into urban areas.

Many of these areas present very real drowning risk for Canberrans, in particular for innocent children, curious teens and the elderly. The most prevalent danger associated with stormwater drains is flash flooding. Flash flooding occurs when there is local flooding due to heavy rain and the water cannot drain away quicker than it falls. A flash flood is defined by the speed of flooding, not the source or location of flooding. Flash flooding results in fast flowing water within the stormwater network, creating an extremely dangerous environment for people and pets.

It is important to understand that ‘local flooding’ in one area of town may cause rapid water and flooding in stormwater drains further down the network regardless of whether it is also raining in those other areas. For this reason, it is **never safe to play or linger in stormwater drains and pipes**.

Slippery edges are of most concern for people undertaking recreational activities close to the water such as fishing and bug catching. The following water safety tips are recommended for Community Ponds:

- Make sure doors and fences are closed and locked to prevent unsupervised access to ponds;
- Never approach the edge of the pond as banks may crumble or be slippery resulting in accidental entry;
- Ensure ball games are played at a distance from the pond to avoid balls needing to be retrieved from the water;
- Behave sensibly around ponds and do not hang of bridges or railings that are suspended over or near the water;
- Stay clear of pipes, basins and dams that may be attached to the pond;
- In case of emergency get an adult QUICKLY and call Triple 000.

You might like to use this quiz to discuss safety with your children.

Here a set of statements. Answer true or false.

Stormwater drains are great places to play!

Pushing people into a pond is very safe

If someone is in trouble in the water it's best to call an adult QUICKLY!

It's important to be wary of slippery edges at ponds and creeks

If you're fishing at a pond you don't need an adult with you

The phone number to call in an emergency is TRIPLE 000



To all our Year 3-6 students on their excellent science investigations and explanations at the Family Science evening



World Record Stargazing



21 August 2015

HOST FAMILIES NEEDED IN JAN 2016

OPPORTUNITY FOR STUDENTS TO EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS AND IMPROVE THEIR LANGUAGE STUDIES AT HOME

In January 2016 we will be receiving exchange students from Argentina, Bolivia, Denmark, France, Germany, Hungary, Italy, Japan, Netherlands, Norway, Switzerland, Sweden and the USA. Our new arrivals will live with a host family and attend a local school for 3, 5 or 10 months. As we plan for their arrival, we are keen to hear from suitable families who might be interested to host a student.

Host families come in all shapes and sizes, backgrounds and ages. To this end, we would be grateful if you would place a notice in your newsletter or mention it on your website. You can download the newsletter notice here in [Word](#) format or as a [PDF](#).

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life! All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants. You can find out more about our organisation by visiting www.studentexchange.org.au.

If your students, families or language teachers have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, they can respond to this email, call our office on 1300 135 331 or visit our [website](#). Our staff members will be happy to discuss which student might be best suited to their family. No obligation.

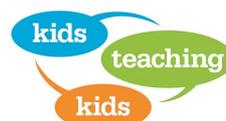
PRINCIPAL'S QUALITY BOARD

Stania V.	KM	Reconstructing a sentence from a story
Eliza A.	KM	Reconstructing a sentence from a story
Maya S.	1I	Chinese Garden
Tiffany M.	1P	Chinese Garden
Matida D.	1L	Chinese character writing Little White Rabbit
Adrian L.		Narrative writing and illustrated by himself
Dania F.	3N	Writer's Note book
Anniyah B. & Shekinah K.	3N	Written Poems as part of Book Week
Lucy V.	5/6M	Learning Intention: Students recreate a portrait using the style Cubism style of Picasso



we're taking part in the 2015
Kids Teaching Kids Program
to **Inspire Future**
Environmental Leaders

To find out more about Kids Teaching Kids visit
www.kidsteachingkids.com.au



Principal Sponsor of the
Kids Teaching Kids Program

5/6 CHOIR NEWS

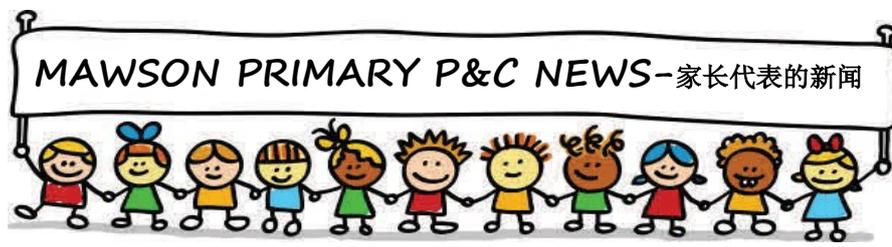
Last Friday, the 5/6 Mawson Choir travelled to Llewellyn Hall to compete in the National Choirs Eisteddfod. The choir was required to sing one set piece (*Little Bird* by Harley Mead) as well as one piece of our own choosing: *For Good* from the musical *Wicked*. There were 10 choirs in our division, including a number of auditioned, interstate choirs. Llewellyn Hall seats 1200 people and the stage (and the piano!) is enormous compared with the hall at school, so we were very nervous, especially since we were the smallest choir competing! We were very excited to be able to use risers for the first time, but I was disappointed that I didn't have a podium to stand on.

As this is our first time entering this competition, we were very proud to be given a Silver Award with a score of 88/100 (only two marks from a Gold Award). We received helpful and positive feedback from the adjudicator, who described our singing as "beautiful", "lovely", "sensitive" and "blended" and concluded her comments with: "Great job – so exciting to see a new choir making such a beautiful sound! Well done."

Congratulations to all the choristers who worked so hard over many months to prepare for the competition. A special thank you to Ms Julie Welling, our incredible accompanist, who gave up so much of her time to help us practise and played beautifully on the day.

Caroline Woolias
Musical Director





IMPORTANT MESSAGES FROM THE DOLLARMITES



RECALL OF ITEM

Concerns have been raised regarding the 'Cosmic Light Beam Torch' reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch. Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program.

Parents/Guardians are requested to dispose of any 'Cosmic Light Beam Torches' their child may have already received as part of the Rewards Program. Students who have previously received a 'Cosmic Light Beam Torch' are welcome to redeem an alternative reward item.

AVAILABLE REWARDS

Due to its popularity, the Term 1 Planet Handball reward item is no longer available. Items (old and new) that are still available for order are:

2015 Rewards	2014 Rewards	2013 Rewards
ET DVD	Dollarmites Moneybox	Headphones
Glow in the Dark Solar System	Projector Cup	Knuckles Game
Intergalactic Rocket	Scented Pencils	
Invisible Ink Pens	Shark Keyring	
	Swim Bag	

Fundraising Bag Tags

Bag Tags are perfect for all types of bags,

- *School Bags,
- Musical Instruments,
- *Nappy Bags,
- *Sporting Bags &
- * Many others



Never bring the wrong bag home again!!

All Tags are only \$6

Information and order sheets will be sent home.

Please return your orders to the school by 4th of September

FATHER'S DAY

BREAKFAST

This year, the P&C are celebrating Father's Day with flair.

Join us for

French toast, tea and coffee



Friday 4 September
from 8.15am

outside the hall



FREE BREAKFAST PROVIDED BY THE MAWSON P&C COMMITTEE

a walk **in** the park

11am, Sunday 30 August 2015
Rond Terrace, Commonwealth Park East

Walk, roll or stroll to raise money for research
and support services for those in our community
living with Parkinson's.

Register on the day or sign up now at
www.parkinsonswalk.com.au

Call Parkinson's ACT on
6290 1984 for more information

IN THIS TOGETHER
parkinson's
ACT

CHILD PROTECTION WEEK 6 - 12 SEPTEMBER 2015

In Safe Hands is honoured to support National Child Protection Week (NCPW). 2015 marks the 25th anniversary of NCPW, which commences on Fathers' Day, Sunday, 6 September and all Australians are invited to play their part to promote the safety and well being of children and young people. That's why it is very important to remember the mantra that "Protecting children is everyone's business."

Build up Frequent Father points

By Michael Grose

Michael Grose looks at the importance of topping up Frequent Father points, and the benefits for both dads and for kids.

A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some '**dad time**' with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids (*'Your dad's very busy but he would love to see you play sport but he can't make it.'*) As well, she'd keep him up-to-date with the children's lives.

Blokes, it seems, are valuing the time they spend with their kids **on their own**.

Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (*Most mums I meet welcome this!*)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to **do together** with their dads. Playing, walking, fishing, wrestling....the list goes on.

It's through shared activity and involvement in kids' lives that dads build up **frequent father points**. It's hard to build good connection with kids when you are not there!

Don't wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I'm not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child's space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it's easy to forget that one of the fundamentals of raising kids well is to spend some time in your child's space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner's) Frequent Father Points going? If they need some topping up then you can start by doing something together that they enjoy.

Having a bit of fun together is the best place to start.

Author's note: Sole mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way

RESILIENCE IS AN ESSENTIAL SKILL FOR LIFE

It's natural for parents to want to protect their children from adversity. From birth, we try to do the best for our kids, love them and nurture them. Sometimes, this may be intensified as some modern parents have been labelled 'helicopter parents', constantly hovering over their children, trying to solve their problems for them in an effort to protect them and keep them happy.

Ironically, a recent study by clinical psychologist and researcher, Judith Locke found that children who were over-parented were no more satisfied with their lives than children whose parents were less involved. And, in the long run, this can leave children ill-equipped to cope with life's curve balls.

Positive parenting is a delicate balance between protecting children from adversity and letting them experience hardship so they can develop resilience and positive mental health and wellbeing.

Resilience is the ability to cope with life's ups and downs, and bounce back from adversity. Children need to develop coping skills to help them respond to challenging times and maintain a positive outlook on life. Challenges can also be viewed as opportunities to learn about oneself and to grow as a person.

Someone who is resilient and has positive mental health and wellbeing shows the following characteristics:

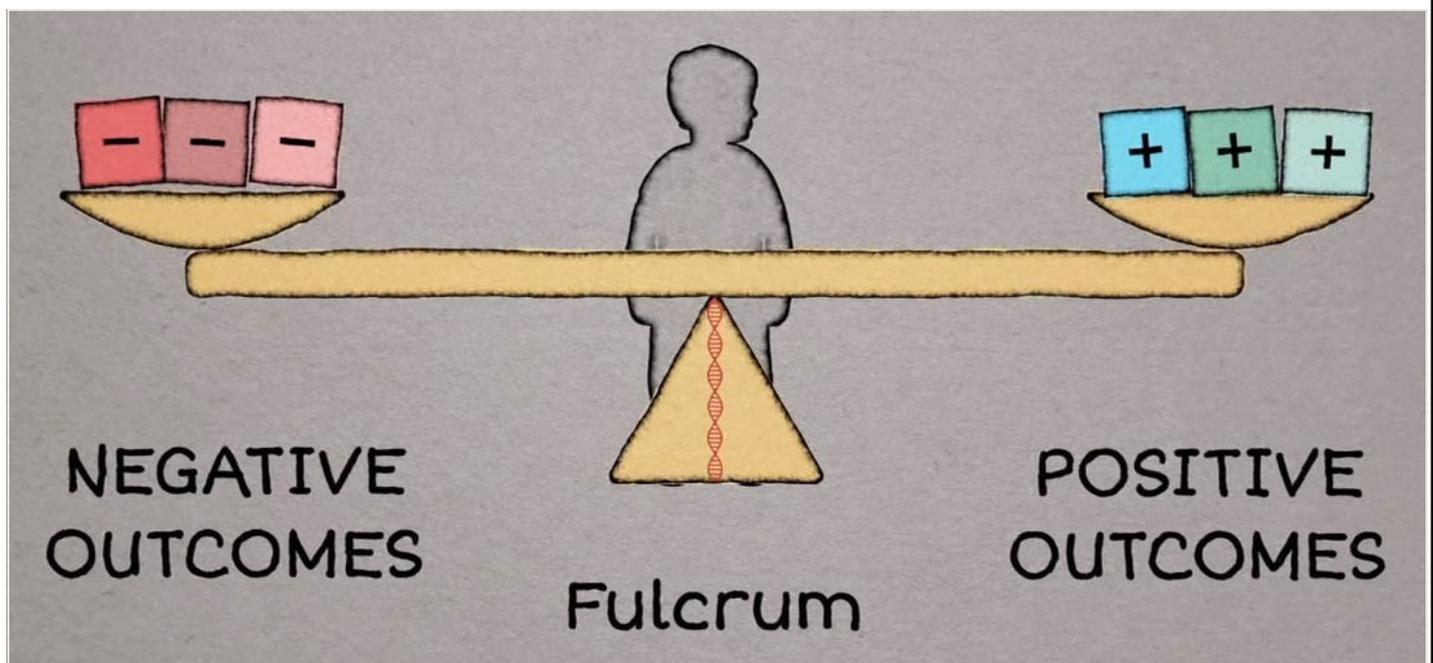
- The ability to learn from their experiences and grow
- Good relationships with others
- A capability to manage their own emotions and express empathy for others
- Good communication skills
- Good problem solving skills
- The ability to set realistic but rewarding goals and actively work towards them

These characteristics mean that a child is better able to make sense of the world around them, connect with people, and even seek out support when they experience difficulties. Good problem solving skills and the ability to work towards realistic goals also gives children a feeling of control over their lives and a sense of positive self worth.

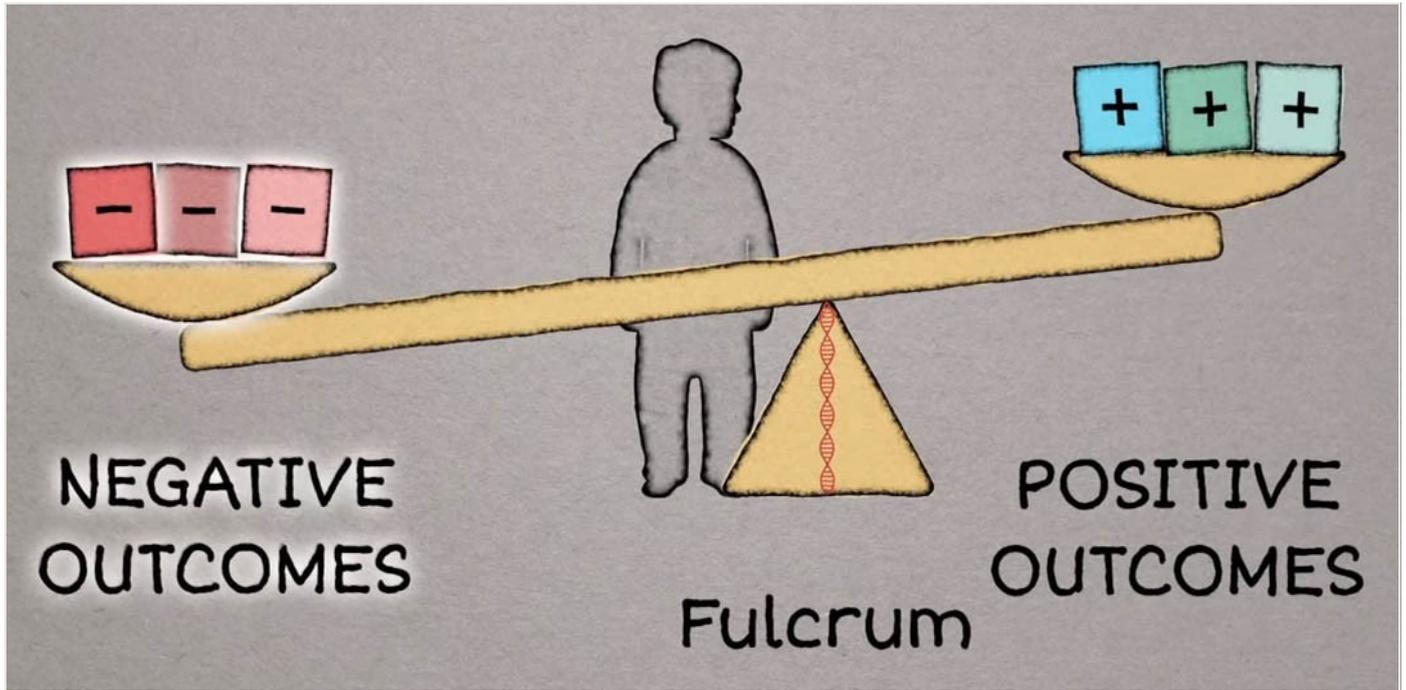
All of these resilience characteristics contribute to positive mental health and wellbeing, and reduce the risk of social or emotional problems later in childhood. There is also emerging evidence to suggest that resilient children are more likely to achieve academic success.

So where does resilience come from? An individual's resilience is a combination of both pre-set characteristics a person is born with and the environment a person grows up in, including the support networks around him or her.

If we think of a set of scales, someone's genetic sensitivity is the fulcrum in the middle, and their life experiences, both positive and negative, sit on each end.



The fulcrum might start in the middle if a person has an average sensitivity to life's experiences, or it might be off-centre if a person is naturally more sensitive.



If that is the case, they might have a tendency to be less resilient than another person with an average level of sensitivity who is exposed to similar life experiences.

Research has shown that someone's natural response to stress can be altered through their experiences, and so the fulcrum can be moved. When positive experiences, like nurturing relationships and a sense of belonging, are added to one end of the see saw, and children start to develop coping skills, like the ability to solve problems or manage behaviour, the fulcrum can slide and the see saw will tilt towards a more positive outcome.

Key to developing a child's resilience is the relationship they have with at least one adult in their lives. Parents and carers are vital supports in shaping a child's resilience as they can teach a child to develop a sense of optimism and a set of coping skills to help them bounce back from life's challenges.

To stay up to date about school news and events:



You can find us @

<https://www.facebook.com/mawsonprimary.pc>

or simply search for

Mawson Primary P&C



www.parentingideas.com.au



<http://www.kidsmatter.edu.au/families>

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Hand, foot and mouth disease

Hand, foot and mouth disease (HFMD) is caused by a virus (usually from the coxsackie group of enteroviruses, particularly coxsackie virus A16). It causes blisters on the hands and feet, in the mouth and often in the 'nappy' area. It is generally only a mild disease that lasts seven to ten days.

HFMD is more common during warmer weather and tends to spread easily between children. There is no connection between this disease and the foot and mouth disease that affects cattle and some other animals.

HFMD occurs mainly in children under ten years of age, but can also affect older children and adults. Outbreaks may occur in childcare settings. By the time they are adults, most people have been infected with the virus that causes this disease.

Spread of hand, foot and mouth disease

This infection is spread by direct contact with fluid from the skin blisters, nose and throat discharges (including saliva, sputum or nasal mucus), droplets (sneezing, coughing) and faeces (stools). Good personal hygiene is important to prevent spread of the infection to others.

The skin blisters of HFMD are infectious until they become crusty and there is no fluid in the blisters. The virus may also be shed in the faeces (poo) for several weeks after the blisters resolve.

Symptoms of HFMD

People usually develop symptoms between three to seven days after being infected.

The most common symptoms include:

- High temperature (fever)
- Sore throat
- Small, blister-like lesions that may occur on the inside of the mouth, sides of the tongue, palms of the hands, fingers, soles of the feet and 'nappy' area.
- Children are often irritable, tired, and may be off their food.

Very rarely, the virus can affect the lining of the brain or spinal cord, leading to more severe symptoms such as seizures, confusion, unsteadiness, and weakness.

Diagnosis of HFMD

Diagnosis is usually made by your local doctor based on symptoms. Other tests are not usually required, but occasionally throat or faeces samples may be taken.

Treatment for HFMD

HFMD is a mild illness that resolves within a few days. There is no specific treatment and usually none is required.

Use paracetamol (not aspirin) as directed for fever and any discomfort. Offer plenty of fluids, but avoid orange juice, which is acidic and may cause pain with mouth ulcers. Allow blisters to dry naturally. Do not pierce blisters, as the fluid within them is infectious.

If a child with HFMD complains of severe headache, if fever persists, or if there are any worrying symptoms, consult your local doctor immediately.

Prevention of HFMD

Good personal hygiene is essential to prevent the spread of HFMD to others, both for those infected and their carers. This includes:

- Washing hands carefully with soap and water after contact with the blister-like lesions, after handling nose and throat discharges, and after contact with faeces such as with toileting and nappy changing.
- Using separate eating and drinking utensils.
- Avoid sharing items of personal hygiene (e.g. towels, washers and toothbrushes) and clothing (particularly shoes and socks).
- Thoroughly wash and clean any soiled clothing and surfaces or toys that may have been contaminated.
- Teach children about cough and sneeze etiquette, immediate disposal of tissues, and to wash hands afterwards.

Children with HFMD should be excluded from school and childcare centres until all of the blisters have dried. To assist in prevention of spread, parents should report the illness to the director of the childcare centre or school principal.

Where to get help

- Your doctor
- NURSE-ON-CALL Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)
- Child health care workers
- Maternal and Child Health Line (24 hours) Tel. 132 229
- Department of Health Victoria, Victorian Government – Environmental Health Unit Tel. 1300 761 874

Things to remember

- Hand, foot and mouth disease is usually a mild viral illness which is common in children.
- Diagnosis is made by a local doctor, and there is no specific treatment.
- Good personal hygiene is important to prevent spread of the disease.

This page has been produced in consultation with, and approved by:

DH - RHP&R - Health Protection - Communicable Disease Prevention and Control Unit

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