Dear Parents/Carers

Isn’t it a lovely change to see the sun out! The school grounds are looking beautiful with many of our blossoms, wattle and Magnolia trees out for Spring. We certainly are lucky having so many gorgeous plants and trees in our school environment!

Thank you

A big thank you to our P&C Association’s volunteers for cooking a delicious Father’s Day breakfast last Friday morning. The French Toast went down well – as did the hot drinks. It was wonderful seeing so many guests enjoying a bite to eat with their children. Our school has an engaged parent community – led by our P&C Committee. We thank you for contributing to our community in the many ways you do!

Tournament of Minds

On Saturday, I had the pleasure of witnessing our students’ great minds as two groups from Yrs 4-6 participated in Tournament of the Minds. The students had been working solidly over the term with Ms Woolias honing in on their thinking and collaborative skills in anticipation of the day! Both groups did Mawson Primary proud in the Mathematical/Engineering challenge as well as the spontaneous challenge. Thank you Ms Woolias and the Primary School parents for supporting this event. Just another example of ways we extend our students thinking and learning at Mawson!

Kids Teaching Kids

On Monday, another group of outstanding thinkers - our Yr 5/6 Eco Leaders represented Mawson Primary at the National Zoo and Aquarium as part of the Kids Teaching Kids initiative. This program focusses on using local environmental issues as a theme for learning. Young environmental leaders are connected and challenged using real world environment issues and have an opportunity to create plans that show they can have a positive impact on their world. We know that the best way to learn is through purposeful and authentic learning experiences – the Kids Teaching Kids program is a key example of this. Thank you to Ms Glanville and Ms Marsham for their work with this learning opportunity.

Earn and Learn

The Woolworths Earn and Learn sticker collection ended on Tuesday 8 September. Please make sure you bring in any stickers you may have at home by tomorrow Friday 11 September for collection. Thank you to the families and friends who have diligently been collecting these stickers. Stay tuned to see the resources we purchase.

Car Park

We understand that the car park can often be a busy place and that many of you are in a rush to drop your children off in the morning. We do ask that you respect the reserved parks – this includes the Disabled Car Space. Thank you in advance for your cooperation. Please remember to ensure you do not double park or drive past cars waiting for a space.

Yours in education,

Lauren Richardson
Deputy Principal
Learning Journey is an opportunity for you to visit your child’s classroom and to share some of the learning experiences that they have engaged in throughout the term/semester. It is a time to share, discuss and reflect on learning experiences together.

Some questions you may like to ask your child at the Learning Journey:

- How did you do this work?
- What did you learn from doing this?
- Why did you want to show this work?
- What did you enjoy about doing this?

Please remember that children are receptive and respond well to positive feedback. Encourage your child to discuss their work samples and activities with you. Positive praise and encouragement will bring success and happiness to your child.
At the zoo we saw lots of animals: monkeys, birds, sun bears, lemurs, tigers, white lions, otters, meerkats, koalas, emus, dingos, wallabies and many more. Megan

The eco leaders taught other students of all ages. The other students also presented workshops. We also saw some animals. It was a really good experience. Shereen

Kids Teaching Kids believe that students find a higher engagement in their learning when they have the space to combine their passions, investigative skills and creativity to contribute to environmental change within their community. For students, teachers and volunteers the day was for fun, learning about a variety of sustainability projects and making new friends.

Every person who attended this event has an interest in creating change towards a more sustainable future.

The conference was held on the land of the Ngunnawal people, and the National Zoo & Aquarium.

We demonstrated how wick beds work and we saw and learned about animals and how we can help the environment. Robert

Kids teaching kids is a good way to find a hidden enjoyed education. The education is an awareness program which of the environment. Sophia
Cliff Armitage (aka 'DJ Cliff' or 'Mr Happy' the relief teacher) shows off the new TV bought for his charity Project Box Seat to the students of 5/6M and 5/6MIP. Mawson Primary School donated $234 to assist in the purchase of the TV late last year through a gold coin donation at the school concert. The TV is used in a state-of-the-art entertainment system that visits the homes of severely ill children for a month at a time to provide some fun respite. Cliff spoke to the students about how they could aim to contribute to their community through volunteer work as they grew older. The final demonstration of the $10,000 TV and its entertainment delights proved a big hit with the students!
PRINCIPAL’S QUALITY BOARD

Karsten H.  KM  Describing a Dragon character to make it interesting to the reader
Lincoln W.  KK  Writing numbers to 30
Isolde P.  1L  Chinese Rhyme drawing & writing
Isabella J.  1L  Skip by 2, 5 & 10 Counting in Mandarin
Caleb G.  1P  Chinese Garden drawing for the Panda Competition
Cong Rui L.  2MIP  Fraction shapes
Rachel L.  3/4D  2D/3D poster

Quiz

Questions
1. Which vitamin can be made in your body with the help of sunlight?
2. Is concrete stronger when you squeeze it or when you pull it apart?
3. True or false: grass has flowers.
4. What phases of the moon give the highest tides?
5. What is a baby alpaca called?

Answers
1. People make vitamin D in sunlight.
2. Concrete is stronger when squeezed (compressed) than when pulled (under tension).
3. True. Grass has flowers, but they usually are small.
4. Highest tides happen at the full moon and new moon.
5. A baby alpaca is called a cria.

Written by David Shaw · Edited by Sarah Kellett · Email sciencemail@csiro.au

CHRISTIAN EDUCATION IN SCHOOLS

Term 3 – Bible Bonanza
This term the CEIS team will present ‘Bible Bonanza’ at our school. This session will use interactive activities to help students discuss and explore God’s main message in the Bible. Only students with permission will attend.

This term’s date: 23 September 2015

Christian Education In Schools (CEIS) occurs because parents request it for their children, under ACT legislation. Sessions are coordinated by the CEIS project, using approved resources and volunteers. If you would like to add your child to the existing attendance list print off the section below and return it to the school or go to www.ceis.org.au/yes

PLEASE RETURN THIS SECTION TO THE SCHOOL TO ADD YOUR CHILD TO THE EXISTING LIST

"YES, I request that my child/ren listed below participate in the CEIS sessions offered at school.

Child: ________________________________  Parent name: ________________________________
Child: ________________________________  Parent signature: ________________________________
Child: ________________________________  Date: ________________
Winners of the Father's Day raffle
Jasmine and Brody M.
Traffic Light Workshop for Parents and Carers

Date: Thursday 24 September 2015
Time: 3:15 – 4:15pm
Venue: Environment Centre

This workshop is free as part of Fresh Tastes Program and is funded by ACT Health Directorate

Details of the Traffic Light Workshops

The Traffic Light Workshops support the ACT Health Fresh Tastes Action Area 1: Healthy Food and Drink Guidelines providing training for the school community on a traffic light food system to assess the nutritional value of food and drinks.

An Accredited Practising Dietitian from Nutrition Australia ACT Inc. will visit your school to deliver an interactive workshop on applying the traffic light system in your school. This workshop provides an opportunity to learn about and address queries and concerns associated with the traffic light system.

It is designed to suit the entire school community including parents and teachers.

The one hour session will cover the following:
· Why have a school Food and Drink Policy? (Current nutrition issues facing ACT children)
· What should our children be eating? (Brief introduction of the Australian Guide to Healthy Eating including dietary recommendations for children)
· Getting to know the National Healthy School Canteen Guidelines Traffic Light System - green foods, amber foods, red foods.
· Categorising food and drinks into their traffic light criteria.
· Selecting healthy recipes that meet the green and amber criteria (if time allows)
· Healthy ingredient swaps (if time allows)

Please return the following note to the front office by next Friday 18 September 2015

Traffic Light Workshop for Parents and Carers

I would like to attend the Traffic Light Workshop on Thursday 24 September 2015 from 3:15 – 4:15pm in the Environment Centre.

Name: __________________________________________

Number of people attending the workshop: ______________________

Childs Name: __________________ Class: ______________

Phone number: __________________________________________
DO

- Wash your hands a lot.
- Cough or sneeze into a tissue.
- Throw tissues away in a bin or down the toilet.
- Go to bed and sleep if you feel tired.
- Drink lots of water or juice.
- Suck cough lollies to make your throat feel better (not too many – they can hurt your teeth).
- Rest if you feel unwell.
- Stay home from school. You could spread the flu to your friends.

IT IS NOT A GOOD IDEA TO:

DON’T

- Wipe your nose on your sleeve – tissues are best.
- Save tissues in your pocket or up your sleeve.
- Have all your friends come to visit you.
- Stay up late at night (colds are always worse then).

WHAT HAPPENS WHEN A COLD CATCHES YOU?

- your nose runs
- you sneeze
- your throat’s sore
- your head hurts
- your nose is blocked
- you feel tired
- you want to sleep
- your eyes are sore
Young Carer Bursary Programme 2016

The Australian Government has committed $1 million for bursaries in 2016 and 2017 that will be available to young carers studying at secondary school. Bursaries are set at $3,000 each, this means that 333 bursaries will be awarded in each of those two years. Bursaries will be awarded to young carers to help them meet the costs of their education. A young carer is defined, for the purposes of the programme, as a child or young person who provides any informal assistance, in terms of help or supervision, to an older person or someone who has a disability or a long-term health condition. This assistance has been, or is likely to be, ongoing for at least six months.

Applications can be completed via an on-line application form on the young carer bursary website at

- Young Carer Bursary Programme website
- Young Carer Bursary Programme Fact Sheet (62Kb)
- Young Carer Bursary Programme Flyer (137 Kb)

National Child Protection Week

6-12 September 2015

“Play Your Part”

Child Protection Week is a yearly event that promotes the shared responsibility to keep our children safe - physically and emotionally. Child Protection Week is coordinated nationally by the National Association for Prevention of Child Abuse and Neglect (NAPCAN) and supported by the ACT Government.

Child abuse and neglect occurs right across Australian society and the long-term, personal, social and economic costs of child abuse and neglect are immense. More importantly these immense impacts can be prevented or minimised if everyone works together to make our communities and services more child safe and child friendly, and that we are quick to respond when children’s safety is a risk - Protecting children is everyone’s business.

This year NAPCAN encourages you to find out more about your role in promoting the safety and wellbeing of children. More information can be found at the following link: www.napcan.org.au

Authorised by Ross O’Donoughue, Executive Director, Policy and Government Relations, Health Directorate

Exploring the new frontier in parenting – emotions

Michael Grose gives five ideas to help you explore emotions - the new frontier of parenting - and help kids to manage their feelings.

Online flaming

So what is online flaming? Catherine Gerhardt gives practical tips for parents to recognise the signs and how to respond should your child be affected.

Hurry sickness

When every hour is rush hour – ‘hurry sickness’ and its impact on families.

Helping our kids to learn better

How effectively we learn depends on a number of factors. Dr. Jenny Brockis highlights 8 ways parents can help our kids be ready and effective learners.

Take off the shoes

Maggie Dent looks at how allowing children endless opportunities to walk and run barefoot, and move freely in our world, will also create healthy brains which can function at more optimum levels.

Letter by letter – G

Girls, Guilt and Grit – our quick tips parenting guide has these topics covered.

Rites of passage

The teenage years can offer challenges for boys and fathers as they struggle to connect. Malcolm Dix reflects on the importance of a Rite of Passage experience with his teenage son and how it offered an opportunity for strengthening their bond now and into the future.

No body’s perfect!

Sharon Witt looks at how we can help our girls develop a positive body image.


Here’s to building strong parent-school partnerships.

Regards,

Michael Grose
Founder, Parentingideas Schools
R U OK? Day is a national day of action dedicated to encouraging all Australians to ask family, friends and colleagues ‘Are you OK?’ The day is held on the

R U OK? Day is designed to target the whole population, to help all people understand the role they can play in supporting those grappling with a problem, big or small. Most people don’t openly share their feelings, particularly if they are struggling. The best thing we can all do is regularly talk to the people we care about.

It is natural for people who are feeling anxious or overwhelmed to also feel isolated and alone. As well as assisting people to see they are not alone, encouraging people to check on family, friends and colleagues has many benefits.

Discussing a problem out loud can help them feel less overwhelmed. Asking for another person’s perspective about a problem can also help identify potential solutions. It’s ok to say “I’m not ok” and it’s ok to ask for help.

The following 4 step process is recommended:-

1 Ask R U OK? - start a general conversation, preferably somewhere private.
   Ask open ended questions:
   ‘What’s been happening? How are you going?’
   ‘I’ve noticed that...What’s going on for you at the moment?’
   ‘You don’t seem like yourself and I’m wondering are you OK?’

2 Listen without judgement - guide the conversation with caring questions and give them time to reply - ‘How has that made you feel? How long have you felt this way? Have you talked to anyone about this?’
   Don’t rush to solve problems for them.
   Help them understand that solutions are available when they are ready to start exploring these.

3 Encourage action - summarise the issues and ask them what they plan to do -
   ‘What do you think might help your situation?’
   Encourage them to take one step, such as see their doctor.

4 Follow up - Put a note in your diary to touch base or call them in one week.
   Ask if they’ve managed to take that first step and see someone. If they didn’t find this experience helpful, urge them to try a different professional because there is someone out there who can help them.

Dealing with denial? If they deny the problem, don’t criticise them. Acknowledge they’re not ready to talk. ‘I understand that you don’t want to talk about it but call me when you’re ready to discuss it.’

Say that you are still concerned about changes in their behaviour and you care about them. Ask if you can enquire again next week if there’s no improvement.