Dear Parents/Carers,

**Teacher Information Session**

It was wonderful to see so many families attend last night's information session. We hope you are as excited as we are about the learning that will occur in your children's classes this year! Did you ensure that we have your current email address?? Did you volunteer for Harmony Day or for helping translate any information into another language? Did you sign up for a Get To Know You Interview? If you were unable to attend on Wednesday night, or if you would like to know more about any of these opportunities, please don't hesitate to speak to your child’s teacher.

**Communication**

Our school has a number of ways to communicate with you. All urgent or important information for the school community will be sent via email. Please see Mary at the front office if you do not have email access.

**Mawson Primary has its own Skoolbag iPhone and Android App to help us communicate more effectively with our Parent/Student community.** We are asking parents/students to install our Skoolbag App. To install it, just look for our school name "Mawson Primary School" in the Apple App Store or the Google Play Store, and install it on your smartphone. The school is attempting to use the app to reduce the amount of paper that is sent home to families.

**Thank you for keeping our students safe in the car park.**

Our school carpark certainly sees a great deal of traffic now that we have so many families! Please ensure that you obey carpark signage – including reserved spaces, disabled parking and the bus zone. It is also important that people don’t double park and ask children to walk out on the road. Mrs Andrews and I are vigilant in the afternoons, but do ask for your assistance with this please. If you are using the crossing, we remind you to still look carefully, as not all cars are travelling at 40km!

Yours in education,

Lauren Richardson
Deputy Principal

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**MAWSON SCHOOL COMMUNITY Event**

Next Thursday 18 February from 5:30-7pm

The Mawson Primary School P&C Association will be providing drinks and food, with vegetarian option. This is a great opportunity to meet other families, catch up with friends and meet new staff. We will commence the work on the new sandpit and look forward to seeing you there.

The P&C Association will also hold the Annual General Meeting (AGM).

The Preschool teacher information session will be from 5:30-6pm.

Does your child have Asthma? From 5-5:30pm there will be an information session for families.
Join Mawson Primary and the Asthma Foundation ACT for an information session about managing your child’s asthma!

The session will include information about asthma and practical tips for:

- Working with your child's teacher to manage their asthma in the classroom
- Managing asthma at home
- Helping your child learn how they can play a role in managing their asthma

Mawson Primary School
Thursday, 18 February 2016
5pm
Breakfast Club is on again this year. Every Tuesday morning at 8:15am commencing next Tuesday 16 February. In the Environmental Centre

The Poem:
Submitted poems should be an expression of what giftedness means to the author. The poem can be any form or text type and should be suited to national publication. This includes, but is not limited to, state, territory and ACT Gifted websites, social media and written publications.

Age Categories:
1. 8 and under
2. 9 – 12 years
3. 13 – 17 years
4. 18 years and over

Judging Criteria
Poems will be judged on the expression of giftedness and the quality of expression, with recognition of both originality and creativity. State/territory winners will be chosen by the AAEGT affiliated association representing each state/territory. National winners will be chosen by the AAEGT and will be selected from the state and territory winners for each category.

Submission
Poems must be submitted to your AAEGT State/territory affiliation association no later than 5pm on Friday 26th of February, 2016. Details on the form below must be included with the poem submission. One entry only per person. The NSW State association is GFSG Inc. and the contact email for submission is vicepresident@gfsg.org.au.

Announcement of Winners
Winners will be announced during Gifted Awareness Week 2016 via the AAEGT website and Facebook page.

Gifted Awareness Week - ACT Gifted Families Support Group Professional Appreciation Awards
In 2016 the ACT Education Directorate is participating in celebrating Gifted Awareness Week, held from 13 to 19 March 2016 with involvement from Canberra Public Schools in a range of activities. As part of this celebration, the ACT Gifted Families Support Group is holding the Professional Appreciation Awards. The awards recognise professionals who make a difference in the lives of gifted children. Canberra public schools are encouraged to invite their principals, parents and school communities to nominate an individual via the form in this newsletter, with nominations closing 8 March 2016. For more information on Gifted Awareness Week visit http://www.aaeGT.net.au/
Kindergarten have done a really amazing job at settling in to primary school! They are starting to form new friendships and are learning all the new routines. This week we have enjoyed reading new stories, singing new songs and learning about our school SCARF values.

Please remember to label all your child’s belongings as the children are learning to take responsibility for these.

We are looking forward to a great term!

Olivia Cheshire, Claire Kerswell and Fiona Stevenson

I Did Nothing Today

Author Unknown

When children come home at the end of the day,
The question they’re asked as they run out to play
Is “Tell me what did you do today?”
And the answer they give makes you sigh with dismay.

“Nothing, I did nothing today!”

Perhaps “Nothing” means that I read a book,
Or... with a teacher I got to cook.
Maybe I painted a picture of blue,
Or heard a story of a mouse that flew.

Maybe I wrote in my journal myself,
Or found a great book on the library shelf.

Maybe I helped a friend today,
Or went to my favorite area alone.

Maybe today was the very first time
That my scissors followed a very straight line.

Maybe I sang a song right to the end,
Or worked with a special brand new friend.

When you’re three, four, or five your heart has wings
And “Nothing” can mean so many things.
Quiz Questions

1. What is the name for a plant’s growth in response to gravity? Is it a) geosynthesis, b) gravitism, or c) geotropism?
2. What is plumbum (Pb) more commonly known as?
3. Which ocean is the shallowest in the world?
4. In the physics equation $E = mc^2$ what does the c represent?
5. What is neurochemistry the study of?

Quiz Answers

1. c). Geotropism is the name for a plant’s growth in response to gravity.
2. Plumbum refers to lead, which is why lead is represented by Pb on the periodic table.
3. The Arctic Ocean is the shallowest ocean in the world.
4. In $E = mc^2$ the letter c represents the speed of light.
5. Neurochemistry is the study of the chemistry of the nervous system. Neuro- as a prefix means relating to nerves or the nervous system.

Written by Emily Standen, Mike McRae and Pippa Hambling · Email sciencemail@csiro.au
Tuesday is Nude Food Day

Every Tuesday will be *Nude, Food Day*. *We ask that you send your child with healthy packaged free food.*

This is part of our Fresh Taste and ACTSmart sustainability programs. We encourage all families to pack healthy food for their children. Please read the advice on the following page, especially the *try to avoid* section.
What is Nude Food?

Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

To pack a Nude Food Lunch or Snack, you will need:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

Try to avoid:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

Tips for Packing Nude Food Lunches:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own vegie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
Healthy Lunchbox tips...

When packing a healthy lunchbox, make sure you include a go food, a grow food and a glow food.

**GO** foods include the bread and cereals food groups, GO foods contain carbohydrates that provide energy to walk, run, dance, play and help with concentration at school.

**GROW** foods include the meat, meat alternatives and dairy foods, GROW foods have protein to grow strong bones and muscles, calcium for strong teeth and bones and iron for strong blood.

**GLOW** foods include fruits and vegetables, GLOW foods contain vitamins and minerals for glowing skin, shiny hair, strong nails and to fight sickness.

Sandwich Boredom?

Reinvent the sandwich – why not try:
- Wraps
- Pita pockets
- Corn/rice thins
- Crackers
- Lebanese bread
- Bread roll

Give the sandwich free lunchbox a go:
- Leftovers
- Frittata
- Veggie pikelets/fritters (eg. zucchini, corn and carrot)
- Rice paper rolls or sushi
- Veggie sticks with cheese and crackers
- Savoury muffins
- Homemade pizza
- Rice, pasta, chickpea or cous cous salad
- Veggie sticks with dip
- Roast veggies
- Falafels with pita bread chips

My Healthy Lunchbox

More information on Fresh Tastes

Each year Board elections are held in February, to elect school community representatives for a two year term. In February, 2016, the school will be seeking nominations to fill three positions on Mawson Primary School Board. For 2016-2017. These positions are:

- Two position for parents and citizens of Mawson School community.
- One teacher representative position's.

The Board meets regularly during term time at a time suitable to the Board members. The role of the Board is to set broad policy which reflects departmental policies and initiatives. Setting the school's annual budget is worked through in co-operation with the Board. Being on the Board is a great opportunity to get to understand how education works in the ACT, as well as in your child's school. Those who have been on School Boards remark on how much they have learned about what makes it all happen in schools.

If you would like clarification of what the role might entail, please contact Aleisha Broadhead, current School Board Chair. Nominations opened on Monday 1 February 2016 at 11am and close on Monday 15 February 2016 at 11am.

The election process will be coordinated by Pam Proud as the assistant returning officer for our school.

See page 4 for a copy the nomination form. A hard copy is also available from the front office.
General School Board Elections
Nominee Form

Please use this form to nominate for a position on your school board.

School Name: MAWSON PRIMARY SCHOOL

Assistant Returning Officer: Pamela Proud, 0420523187

Nominee Details:

Position: Staff members (A member of the staff of the school) No. of vacancies: 1

Position: Parents and citizens members (A member of school community) No. of vacancies: 2

Nomination:

I,________________________________________________ am nominating for the position of ___________________________________________________________ on the school board. If elected I will undertake the duties of the position.

Signature: ____________________________

Date: ____________________________

The Education Directorate is collecting the information on this form to enable it to conduct elections for school boards. This is authorised by section 41 of the Education Act 2004. This information will be disclosed to the school community to enable eligible voters to elect a nominee of their choice.

Lodgement Information:

Nominations are to be submitted to the school’s front office between 11 am, 1 February 2016 and 11 am, 15 February 2016. Nominations must be submitted during school business hours: 9:00am to 3:00pm, Monday to Friday.

You can submit your nomination by:

  hand delivery to the front office
  email to info@mawsonps.act.edu.au
  fax to (02) 6205 8026
  mail to ARO, c/- Mawson Primary, Ainsworth St, Mawson 2607

The names of all nominees will be announced in the newsletter and if an election is required, the voting period will be from 11am 22 February 2016 to 11am 2 March 2016.
Woden Valley Soccer Club

Join the largest Junior Soccer Club I ACT!

www.wvfootball.com.au

Registration for 2016 Now open.

Closing Date: 10th March for Juniors

WVSC Open Day
Juniors Commence Saturday 30 April

Date: Saturday 20th February
Time: 12 to 3 pm
Venue: WVSC Clubhouse
Mawson Playing Fields.

Is your child starting school next year? Would $500 assist you with education costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Aoife Berenger, your local Saver Plus Worker:
(02) 6283 7606/ 0448 730 305
or aoife.berenger@thesmithfamily.com.au

Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Aoife Berenger, your local Saver Plus Worker:
(02) 6283 7606/ 0448 730 305
or aoife.berenger@thesmithfamily.com.au
Are you the voice of tomorrow?
If you love to sing, Woden Valley Youth Choir wants you.

WVYC has three choirs of young people from age 8 - 21. Members come from all over Canberra, not just Woden Valley and the choir currently rehearses in Weston Creek. There are currently vacancies in all three choirs. The next round of auditions will be held on February 27th. If you think you have what it takes, are not afraid of commitment and hard work, go to http://www.wvyc.org.au and click on “Joining” to get more information and register to audition.

WHEN
Friday 12 February 2016 9am - 6pm
Saturday 13 February 2016 9am - 5pm
Sunday 14 February 2016 10am - 4pm
WHERE  Budawang Pavilion - Exhibition Park in Canberra