Dear Parents/Carers,

Autumn has arrived and the harsh, hot days of February are behind us.

**Disco/ Community BBQ**
Are you coming to school TOMORROW evening?
Year 6 will be selling ice blocks for 50 cents. The P&C will be conducting a free BBQ and DJ Cliff will be running a free disco. This is a great opportunity to meet your children's classmates and their parents and carers.

**Assembly**
Last Friday Year 4 hosted the assembly. They presented a contemporary version of the school song to a rap beat. It was very entertaining. The Minister-Counsellor for Education from the Chinese Embassy, Mr Xu, was a special guest at the assembly and presented the school with books and several DVDs for classroom use and the library. He was accompanied by Mr Kang and Mr Ma.

**Swimming Carnival**
Mr Evans was very busy organising the swimming carnival last week. It was a great success. Points tally: Casey 852 Markham 635 and Davis 492. Congratulations Casey. Thank you to Mr Evans and all the teachers for all your efforts in producing a wonderful carnival.

The following students qualified for South Weston district swimming carnival:

**Professional Learning**
All staff are participating in the TESMC and ESLMEL professional learning. This course enables teachers to further develop skills in understanding the teaching and learning of English to speakers of other languages. The course is intensive and teachers have seven, 3 hour face to face sessions and homework to complete in Term 1 and 2. They have already completed Module 1 and 2. Thank you teachers, for your commitment to this course and the differentiation of your programs to meet the needs of all students.

**Front Foyer**
Have you been in the front foyer and noticed the excellent artwork by year 5/6F on display?

**Evacuation**
Last Friday teachers and students were involved in an evacuation drill. The drill went smoothly and everyone was punctual in assembling on the top oval.

**Portfolios**
All students require a student portfolio (a blue folder with the school emblem). They can be purchased from the Front Office for $3.

**Reading Level Display in Lower building**
Have you stopped and read the reading display at the entrance to this building? It sets out the reading levels appropriate up to Year 4. Students in Kindergarten to Year 2 are encouraged to read to or with an adult every night. There are pamphlets available if you would like more information on how you can support your child in reading.

**Thank you** to the Williams family (Kelly 3K & Bella 4M) for the donation of gardening gloves for the Environmental Centre.

**Kindergarten Health Screening**
Forms were handed out RECENTLY. Please complete & return them to the front office by next Tuesday, 11 March.

**Student Information Check Sheet**
Recently Student Information Check sheets were sent out to parents for review.

It is essential that these details are checked and returned to the Front Office as soon as possible.

This information is very important as we need to have the most up to date phone numbers and information in case of an emergency. Please do not put interstate contacts on your list as these contacts cannot pick students up when we are unable to contact parents or ACT contacts.

Please be aware that if a person is not on your emergency contact list and wants to pick a student up in school hours, they will not be able to. In these circumstances we would need to contact you to get your permission for that person to take your child.

The staff look forward to seeing you on Thursday evening. Please enjoy and keep safe on the Canberra Day long weekend.

Trish Ghirardello
Executive Teacher
We would like to invite all parents, carers, new families and students to join us for a community BBQ and disco on TOMORROW Thursday 6 March from 5pm-7pm. This is a great opportunity to meet other families, catch up with friends and meet staff. We look forward to seeing you there. The Mawson Primary School P&C Association will be providing drinks, vegetarian and halal beef sausages.

Year 6 students will be selling Ice blocks for 50c as part of their fundraising.

LOST PROPERTY WILL BE ON DISPLAY IN THE HALL. ANY UNCLAIMED ITEMS WILL BE GIVEN TO CHARITY.

### Mawson Cheer

(beat)
We are Mawson, Yes we are!
We come to work and we work hard.

(beat)
The SCARF Values we strive to show,
We listen to teachers and never say no.

(beat)
We’re here to learn and work and play,
We have smiles on our faces every day.

(beat)
Writing, Reading, Maths and arts,
We do everything with all our hearts.

(beat)
Our uniforms are white and blue,
We speak Mandarin and write it too.

(beat)
We appreciate our differences,
We love that we all have our own images.

(beat)
Our friends are always caring and kind,
A happy student here you’ll find.

(beat)
We love Mawson, yes we do!
We love Mawson, How bout’ you!

(beat)
4M assembly rap.

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**Free Science show next**

**Tuesday 11 March.**

- **Preschool, Kindergarten & Year 1** 10-11am
- **Year 1 & 2** 12:15-1:15pm
- **Year 3 to 6** 2-3pm
Have you given Mary your email address yet, to have the weekly newsletter (Schoolweek) sent to you each Wednesday.

This action assists the school in our sustainable practices reducing the use of paper by having Schoolweek emailed to you and other relevant information.

Please complete and return this form or email Mary at maria.megic@ed.act.edu.au by **this Friday 7 March**.

Students Name: ...........................................................................................................class ................................
Parent Contact: ..........................................Email Address: .................................................................................................
To celebrate the Chinese New Year/the Spring Festival (春节/Chunjie), the students did two pieces of artwork: colouring and decorating a picture of a horse (as it is the Year of the Horse) with the character “马 ma / horse”, and a panda with the characters for “你好。Ni hao / Hello”.

They also learned how to sing “Happy New Year”( 新年好啊/ Xin nian hao a) in Chinese.

The students are becoming familiar with some classroom instructions in Mandarin, such as “到 dao” (“I’m present”), “起立 qili” (stand up), “请坐/坐下 qing zuo/zuo xia” (please sit/sit down), “安静 anjing” (be quiet), “举手 ju shou” (hands up), “同学们好 tongxue men hao” (hello, students), “老师好 laoshi hao” (hello teacher), “一、二、三，眼睛看我；一、二，眼睛看你。yi er san yanjing kan wo, yi er yanjing kan ni.” (One, two, three , eyes on me; one, two eyes on you.)

Then they learned counting and recognising the Chinese numbers from 1 to 10 ( 一 / yi, 二 / er, 三/san, 四 / si, 五 / wu, 六 / liu, 七 / qi, 八 / ba, 九/jiu, 十 / shi). We are using 1 to 10 to do maths in Mandarin, e.g. 2 + 2 = 4 ( 加 jia (+), 等于 denyu (=)). They have learned quite a few songs, nursery rhymes and games in Mandarin, such as “Where are my friends”( 我的朋友在哪里？Wo de pengyou zai nali), “Little White Rabbit (小白兔 Xiao bai tu)”, “Wrap, cut, hammer” ( 包、剪、锤 Bao jian chui) equivalent to “paper, scissors, rock”, “Hand clapping game” ( 拼板 Pin ban) etc.

To celebrate the Chinese New Year/the Spring Festival (春节/Chunjie), the students continued to complete one piece of artwork (handed over by 陈老师/Chen Laoshi): colouring and making a paper dragon with the character “龙 long/dragon” on it.

They also learned how to sing “Happy New Year”( 新年好啊/ Xin nian hao a) in Chinese.

The students are becoming familiar with some classroom instructions in Mandarin, such as “到 dao” (“I’m present”), “起立 qili” (stand up), “请坐/坐下 qing zuo/zuo xia” (please sit/sit down), “安静 anjing” (be quiet), “举手 ju shou” (hands up), “同学们好 tongxue men hao” (hello, students), “老师好 laoshi hao” (hello teacher), “一、二、三，眼睛看我；一、二，眼睛看你。yi er san yanjing kan wo, yi er yanjing kan ni.” (One, two, three , eyes on me; one, two eyes on you.)

Then they continued to learn counting and writing the Chinese numbers from 1 to 100. We are using numbers to do maths in Mandarin, e.g. 100 ( 一百 yi bai) ( 加 jia (+), 减 jian(-), 等于 denyu (=)). They have learned a few songs, nursery rhymes and games in Mandarin, such as “Where are my friends”( 我的朋友在哪里？Wo de pengyou zai nali), “Little White Rabbit (小白兔 Xiao bai tu)”, “Wrap, cut, hammer” ( 包、剪、锤 Bao jian chui) equivalent to “paper, scissors, rock”, “Hand clapping game” ( 拼板 Pin ban)

We practised speaking and writing numbers, greetings and introducing yourself in characters, including strokes, stroke order and some pinyin (pronunciation):

你好。Ni hao. / Hello.

我叫 ___________。Wo jiao ___________. / I’m called /My name is ___________.

我七岁。Wo qi sui. / I am 7 years old.

我上二年级。Wo shang er nian ji. / I’m in Year 2 / Grade 2.

Questions:  1. 你叫什么名字？Ni jiao shenme mingzi? / What is your name?
   2. 你几岁？Ni ji sui ? / How old are you?
   3. 你上几年级？Ni shang ji nian ji? / Which year/grade are you in?

KMIP and 2MIP students have done fantastic work at school. Keep it up!

Practice makes perfect.

谢谢。/ Xie xie. Thank you.
再见。/ Zai jian. Goodbye.

杨老师 / From Yang Laoshi.
To stay up to date about school news and events:

“like” us on Facebook

You can find us @
https://www.facebook.com/mawsonprimary.pcn
or simply search for
Mawson Primary P&C

SCHOOL BOARD ELECTION

Get your votes in as School Board Election closes tomorrow Thursday 6 March at 11am. Ballot papers are available from the front office.
**National Arboretum Canberra**

**First Year Celebrations**

**Activities include**
- Ceremonial First Year Tree planting
- Guided tours
- Terrarium and kite making

For more information, please visit our website at [www.nationalarboretum.act.gov.au](http://www.nationalarboretum.act.gov.au) or call us on (02) 6207 8484.

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**Primary Concert Choir**

The ACT Instrumental Music Program is seeking students from Year 4 to 6 to audition for a new vocal ensemble, the Primary Concert Choir (PCC). The PCC will rehearse on Thursday afternoons from 4.30pm till 5.30pm during school terms at the IMP in Kaleen. The Primary Concert Choir will be conducted by Katharine Finlayson. The choir is an extension opportunity for students in ACT Education and Training Directorate schools and it is expected that members of the PCC will also participate in the choir or vocal ensemble at their school if this opportunity is available.

The choir is an excellent opportunity for enthusiastic and talented young singers to work together in a supportive and fun environment. Further details and information are available from the Instrumental Music Program website at [www.imp.act.edu.au](http://www.imp.act.edu.au). The application form can also be accessed through this site.

If you do not have internet access please telephone the IMP on 6205 8265.

Applications now open and close Friday March 14.

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If you have never played cricket before or come from either an indigenous or multicultural background, you are invited to the Global Cricket Day on Sunday 2 March 2014 from 10am at Boomanulla Oval. This is a FREE event. Registered participants will receive a FREE cricket clinic, FREE cricket pack, FREE lunch and the chance to meet past and present cricket stars including Maximus Thunder! To register log onto [www.in2CRICKET.com.au](http://www.in2CRICKET.com.au), enter the postcode 2604 and select Global Cricket Challenge. For more information, please contact Matthew on 0416 531 998 or matthew.william@cricket.com.au.

Advertisements are included in Community News as a community service. The inclusion of an advertisement does not imply endorsement by either the school or the Education and Training Directorate.
Reduce our national sleep debt

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community, we lack a great deal of knowledge about what’s required to get a good night’s sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Good sleep habits include:

1. Regular bedtimes. Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. A 45 minute wind-down time before bed. This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. A bedtime routine: Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. Keeping bedrooms for sleep. Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. Maximise the three sleep cues. These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.