Dear Families

What is the P&C? It stands for Parents and Citizens Association.

What does it do? The main focus of a school’s P&C Association is the opportunity to raise funds, make connections with other families with the school and learn about how the school is organised and what opportunities exist for families to be involved.

Who can be involved? Everybody who has a student at school is automatically part of the parents and citizens of a school community.

Are there LOTS of meetings? No, the whole idea is for many hands to support the P&C and for many people to become involved and to share the load and more importantly share enthusiasm, skill sets, creative and interesting ideas and to make connections with others.

Why am I telling you this? In my almost eight weeks at Amaroo I have attended two P&C meetings. The meetings were attended by 6 enthusiastic parents. Alas, alas that was not enough to sustain the planning required for the Spring Fair planned for 21 November 2015 and as a result the Fair has been postponed until 2016. I understand that the Spring Fair has always been well-attended and the funds raised have been utilised very well by the school community.

Please consider whether you have something to offer to the band of parents and come along to the next meeting, bring a friend or two and swell the ranks. Keep an eye out for the date, time and place; usually the school staff room.

I continue to have great work shared with me and I met three young women from Tobia Hughes-Brown’s Year 8 class. The poetry they had written is shared below; beautiful construction and very poignant wording. Thank you to Mollie, Gabby and Abby from 8THG.

### Gabby

- Italy, Germany
- Paris, Switzerland
- London, Greece
- Beautiful, wonderful, amazing
- Taking pictures, laughing ones I love
- Places... someday

### Abby

- Camelot climbing, reaching the hill
- King Arthur rises, highest heart
- His palace big, bold, gold, rich
- Knights loyalty, respect justice, mercy chivalry
- Upholding, rights throughout the land

### Mollie

- Spend your time smiling never let them get to you be kind to others

---

### Calendar Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weds 9 Sep 2015</td>
<td>Year 2 AQUA SAFE Water Safety and Awareness Program. Camp Borambola Year 5 Wednesday 9 to Friday 11 September 2015. Amaroo Angels 9am-11 noon in the Community Room: Parents &amp; Adults most welcome (and their pre school children). Years 7-10 ACT Football Finals</td>
</tr>
<tr>
<td>Thursday 10 Sept 2015</td>
<td>Diamond Gallery-Gungahlin Market Place. Senior School Social 6.30pm – 9pm. Duke of Edinburgh. Year 3 Rock the Block- In school Program. Year 2 AQUA SAFE Water Safety and Awareness Program</td>
</tr>
<tr>
<td>Friday 11 Sept 2015</td>
<td>Friday mornings Breakfast Club: 8:15am - 9:00 am Sapphire Terrace Wet Area- all ages welcome. Buddies program, Year K-10. Chief Minister’s Reading Challenge finishes today. Defence Group Yrs 6-10, Friday B1 in the community Room in the library. Duke of Edinburgh. Year 2 AQUA SAFE Water Safety and Awareness Program</td>
</tr>
<tr>
<td>Monday 14 Sept 2015</td>
<td>Year 2 AQUA SAFE Water Safety and Awareness Program. Preschool Hatching Chicks SL@AM – HANDBALL WORLD CUP Starts: MON 14/9- FRI 18/9/2015</td>
</tr>
<tr>
<td>Tuesday 15 Sept 2015</td>
<td>Preschool Hatching Chicks. SL@AM – HANDBALL WORLD CUP MON 14/9- FRI 18/9/2015. ACT 12 Years and Under Athletics (TBC) Woden Athletics Track. Student Defence Group Year K-2, B1, Community Room in the Library. Student Defence Groups Year 3-5, B2, in the Community room in the library. Preschool- Year 5 - Learning Journeys</td>
</tr>
</tbody>
</table>

---

Gabby
ITA, Germany, Paris, Switzerland, London, Greece
Beautiful, wonderful, amazing
Taking pictures, laughing ones I love
Places... someday

Abby
Camelot climbing, reaching the hill
King Arthur rises, highest heart
His palace big, bold, gold, rich
Knights loyalty, respect justice, mercy chivalry
Upholding, rights throughout the land

Mollie
Spend your time smiling never let them get to you be kind to others
Hunter, Hannah and Alannah from KTHT had written about what they liked best at the multicultural day: Hunter – I liked the sausages and music. Hannah – I liked the cupcake stall. Alannah – I liked the butterfly tattoo. Their accompanying drawings were very well done too!

Nick from Alessandra Gattuso’s class brought to me his writing. He had written a very descriptive account of life as a servant in 1808. Thank you for letting me read you writing Nick from 3AGO, it was really well done.

My final two visitors were Sam and Lachlan from 4FBU. Their teacher, Felicity Boate had sent to me a google doc for sharing, and when I opened up the document I discovered Sam’s journal account of life as a convict. I was completely spell-bound with the rich language, excellent descriptions and the structure of the journal. After reading Sam’s journal I then read Lachlan’s WOW! The historical perspectives in their writing really let me walk in the shoes of the convicts and to know their stories. Congratulations to Sam and Lachlan.

Athletics Carnival! Last Friday! Beautiful day! Excellent organisation! Enthusiastic participation! Amaroo School has many fast runners, long jumpers, javelin throwers, shot putters, discus throwers and team players. The cheering for friends, the wearing of colours for houses and the smooth flowing of the day means that Amaroo will be well represented at the next level of inter school athletics.

Learning Journeys: Preschool—Year 5: Learning Journeys are on Tuesday 15 September 2015. A note will be sent home with your child soon with more information.

As always, please contact the Deputy Principals; Benjamin Hall, Rebecca Turner, Sam Beattie, Tiffany Mahon or myself, to clarify any issue of concern to you. The whole school team at Amaroo School are committed to working with our community to ensure our students have the very best opportunities to learn.

Have an excellent week

Regards

Julie Cooper

Principal

Amaroo School

School Board

Board Chair: Trudie Wykes 0420 571 666
Parent Board Reps: Glen Storrar, David Smith
Staff Rep: Felicity Boate and Sara Jayn Middleton
Student reps: Laeken Storey; Savannah Sithideth

P & C

President: Linda Holland
Vice President: Graham Roberts
Secretary: Karina Pratt
Treasurer: Helen Harvie
Bring Your Own Device (BYOD) to Amaroo School!

As part of our **3 year ICT Strategic Plan**, Amaroo School became a **BYOD** school from the beginning of 2015. **BYOD** refers to the practice of people bringing their own devices with them to the learning or work environment.

For Amaroo School **BYOD** is about personalising learning. A personally owned digital device supported by school infrastructure creates personal teaching and learning environments that are unique and individualised to each learner. Educational research highlights **BYOD** as the technology practice that best accommodates personalised learning in schools.

Researchers from the Hong Kong Institute of Education analysed the effects of a **BYOD** model on sixth graders that were studying the anatomy of a fish using an inquiry-based approach. The researchers noted that the **BYOD** model gave students a sense of ownership and control over their learning, and concluded that **BYOD** in conjunction with good pedagogical practice had a positive impact on primary students’ learning.

Amaroo School adopted a **BYOD** approach from the beginning of this year. Every student in year 5, 8, 9 and 10 now completes their daily classroom activities and assessment items using the Google Apps for Education Platform on their personal Google Chrome book, purchased by their parents. In return for requesting our community to invest in Chromebooks for their children, Amaroo School has upgraded our wireless to 2:1 capacity (2 device per student and staff member on the school).

One example of how these devices are being utilised to improve student learning outcomes is that we now conduct formative and summative assessments that enable teachers to set up virtual classrooms with materials, resources and learning scaffolds that students can access inside and outside the classroom to engage more deeply in learning.

In 2015 most schools in the ACT Education and Training Directorate have moved towards the implementation of **BYOD** using a **Google Apps for Education** platform to support and transform the communication, collaboration, critical thinking and problem solving occurring between students in and across their classrooms.

**BYOD** in schools is strongly supported by research and practice. It enhances personalised learning opportunities for our students, improves student engagement in learning and helps us to create learners who are truly prepared to be successful resilient citizens and employees living in the 21st century.

From the beginning of 2016 **all students from year 5 to year 10** will be expected to bring their own Chromebook to school in place of traditional book packs requested in the past. Chromebooks are affordable, fast, reliable, lightweight and perfectly suited to the Google Apps for Education Platform in which all virtual teaching and learning now takes place at Amaroo School. From two hundred dollars upwards a Chromebook will meet all the needs of your child and their learning using the GAFE platform. A Chromebook battery lasts two days on average so that recharging and regular use is a viable option for your child’s daily use of their device for learning purposes.

Wednesday Week 3, Term 4 Amaroo School invites all parents from year 5 to year 10 to attend our BYOD and GAFE information evening from 6pm in Unakite on October 28 2015.
Early Childhood

Preschool

Last week, the Preschool children celebrated Multicultural Day on Tuesday and Friday. The children and teachers dressed in costumes and traditional dress from other countries. Each Preschool child brought in a plate of food to share for a Multicultural morning tea celebration. Multicultural Day celebrates and acknowledges our culturally rich Preschool students and their families. It also celebrates the traditions, food and experiences they bring with them to Australia. Some of the classes have been participating in learning experiences that take them around the world and they have been discovering interesting facts, places, foods and flags from other countries. Some classes have been preparing and tasting foods that are traditional to other countries.

Learning Journeys

Preschool—Year 5:
Learning Journeys are on Tuesday 15 September 2015. A note will be sent home with your child soon with more information.
Year One enjoyed celebrating book week! Seeing all the excellent costumes across Early Childhood in our parade was so much fun! Year One and Two teachers dressed up as characters from "Where is the Green Sheep?" The year One students loved reading the book "Pig the Pug" and then creating their own Pig the Pug character.
Amazing effort Year 2’s with our celebration of Book Week. You all looked fantastic and went to a great effort to make a character from a book come to life. The variety in costumes displayed the wide variety of books everybody loves to read!

In year two, we have been immersing ourselves in Geography and sharing how we are connected to our home, community and Australia. We learnt that even though we may not have visited a place, we can still feel connected through books, movies, sport and most importantly family and friends. Where outside of Canberra do you feel a connection to? In History, we have begun to look at both past and present forms of communication and transport. It is really funny to compare items such as an old ‘brick’ mobile phone to today’s iPhones, not to mention the terrible noise of modems!!!

The AQUA Safe Swimming Program has begun for many of our Year 2’s and will continue each day in Week 8 and 9. Please ensure your child’s belongings are clearly labelled and that they arrive each day wearing their swimmers. Unfortunately, if your child forgets their swimming bag, they will have to miss that day’s lesson. If you have any questions please feel free to contact your child’s teacher.

On Tuesday afternoon of week 9, between 3:15pm and 4:30pm, Year 2 would love to invite you to a very special Learning Journey. Students have been working incredibly hard during Explorations to create an amazing World Expo for families to enjoy and learn from. Invitations will be coming home this week, so keep your eyes peeled!

On behalf of the Year 2 team, we hope you have a fantastic week.

**LEARNING JOURNEYS: PRESCHOOL—YEAR 5; LEARNING JOURNEYS ARE ON TUESDAY 15 SEPTEMBER 2015. A NOTE WILL BE SENT HOME WITH YOUR CHILD SOON WITH MORE**

---

**PRIMARY SCHOOL**

**YEAR 3**

**Year 3 Spotlight**

3JRO and 3MIO have been working hard on lessons and documents which are accessed through Google Classroom. Tasks are set by their teacher which students can then access, open, save into Google Drive and work on progressively online. Students receive timely feedback on their work, through Google Drive, and are able to implement any changes required on their working document. Students are doing a great job learning about and using new GAFE applications and documents.
Wear your brightest clothes and bring a gold coin donation to support an Amaroo Family.

Week 10: Thursday 24 September, 2015
Preschool to Year 5
Wow! What a fantastic time that Year 4 had at camp last week! Birragai is such a lovely setting for a fun and adventurous 2 days! The sun was shining and we got to do a lot of exciting activities. The giant swing, the big flying fox, pushing ourselves to climb as high as we could on the vertical play pen or the crate climb. Plus saving the endangered tree frog and having the biggest PJ party while we watched The Little Rascals! A great fun filled two days, thank you to all the students for their awesome attitudes and representing our school so well!

Learning Journeys: Preschool—Year 5: Learning Journeys are on Tuesday 15 September 2015. A note will be sent home with your child soon with more information.
Year 5 are very excited for camp at the Sports and Recreation centre in Borambola, Wagga Wagga. Please make sure you review the packing list which was given out with the permission note so students do not forget important items. Please note that students are not allowed to bring electronic devices or food on the camp for safety reasons. If your child is not attending camp, activities will be prepared for them at school to complete.

**YEAR 5 COMBINED IMP BAND REHEARSAL**

On Thursday 20 August students from the Year 5 IMP Band received the opportunity to participate in a combined band practice rehearsal alongside, Year 5 students from Neville Bonner Primary School. The students built from their music understanding alongside woodwind instruments to help develop team skills and an understanding of the importance of other instruments in a band. The students enjoyed this opportunity and demonstrated Amaroo School values in an enthusiastic and positive manner.
Congratulations to all the students who participated in the Athletics Carnival. It was a wonderful day. Thank you to all the students who are wearing full school uniform and upholding the school values of inclusion and excellence.

TERM THREE MID-SEMESTER REPORTS 2015

Mid semester reports will be issued Friday 18 September 2015. Parent interviews will then be held on Wednesday 23 September from 3:30pm – 7:00pm. This term we have implemented several changes outlined below.

An online booking system for interviews has been introduced. Attached is a link for you to access your child/children’s teacher and book in a time that suits you. This link will be opened on Monday 14 September.

https://amarooschool.youcanbook.me/

- We have also listened to feedback and changed the bookings from 5 to 10 minutes times. We ask that you please only book one time for any individual teacher.
- Due to the increased time allocation, for each interview, the number of available times has been reduced but we have extended the evening by 30 minutes to help create some extra spaces.

If you do not have a computer to be able to make an online booking please call the school on 61421266 and the office staff will make the booking for you over the phone.

If you are unable to secure a time that suits can you please contact your child’s teacher/s to arrange an alternative time.

This is an exciting time for our Concert Band and Year 5 and 6 IMP Bands as they will be performing at Floriade in Week 10 (Wednesday 23 September). You should have a permission note for this. If not, I have spares so please get your child to come and see me in the Senior Staff Study (GLA 128). Payment and notes need to be handed to the Fishbowl by September 11.

Just a reminder that our rehearsals for both Concert and Beginner Bands on Wednesday and Monday mornings need to start on time so that we can get as much playing in as possible. After all, that’s one of the fun bits! Thanks for your support.

Tina Oldham
Last week I had the pleasure of taking 9 students to compete in the ACT regional Maths, Science and IT challenge day. The students competed in teams of 3 across 4 different stations in the areas of Maths, Physics, Chemistry and IT. It was a full on day with all students exhausted by the time they left, but their efforts and hard work were rewarded with some pleasing results.

Amaroo received:
- 1st in the Maths section achieved by the team “E = MC Hammer” (students including Adam and Isaac) and they won $500 for the school.
- 2nd in the Chemistry section achieved by the team “Dancing Unicorns” (students including Theresa and Mitch)
- 3rd in the Physics section achieved by the team “Dancing Unicorns” (students including Theresa and Mitch)
- Team “E = MC Hammer” finished 4th overall and only missed 3rd place by 0.8%.

An honourable mention to the team “Albert Fairiest” (Chloe, Elliott and Rohan) who were the only team to get 100% in one of the Maths sections on the day.

All students represented the school exceptionally and I was proud to call them students of Amaroo.

Steve Hardy

**HISTORY:**
The History team has just run exam style tests for both the Year 9 and 10’s to better prepare students for college. We have implemented this program based on feedback from Gungahlin College about the changing stresses and pressures our students face in their college years. The students have given positive feedback about this event so we are planning to run these exams every semester.

**TEEN CHEF 2015:**
Amaroo School has secured a spot in the FINALS of the Teen Chef competition this year. Year 9 students including Marissa Katsibiris, Madi Horne and Lara Parkes submitted a fantastic entry which involved designing a three course menu within a budget of $60. They were required to feature three mandatory ingredients in their menu – celeriac, marjoram and grapefruit.

The judges were so impressed that their submission was chosen in the top three from a number of ACT schools and as a result, they are cooking off against the two other schools this Wednesday. As finalists, the girls have already won $500 for the school plus their very own copy of a signed celebrity cookbook. Congratulations girls! And all the best in the finals this week!

**PARENT TEACHER NIGHT:**
This term we will be running Parent Teacher interviews. They will be on Wednesday the 23rd of September. Parents will be able to access an online booking system. We will publish the link when it is up and running and we hope to see you there.

**AFTER SCHOOL AMSTUDY:**
A reminder to all Senior School students that after school AmStudy runs every Wednesday afternoon from 3:00-4:00pm and students are welcome to come along and receive help for assessment items and class work. We encourage all students who are feeling overwhelmed and stressed to come along and ask questions if they have any concerns or if they need to catch up on work they may have missed.

**FRIENDLY REMINDER:**
The Year 10 Formal Deposit Payment is now due by Wednesday 09/09/2015 (Week 8)

The Year 10 Graduation and Formal is to be held Tuesday 8 December 2015.

The Year 10 Graduation will be held at Albert Hall. The Ceremony will go from 5.40pm – 7.15pm.

The Formal will be held next door, at the Hyatt Hotel, from 7pm to 11pm.

The permission/ticket purchase notes for the Formal and Graduation were handed out in Week 3, if you need a new copy please contact the front office or your child’s homeroom teacher.

The Cost of a ticket to the formal is $150 per student.

The formal ticket price includes: A sit down 3 course dinner and soft drinks throughout the night, DJ entertainment, a 15x20cm portrait and a collection of single and group photos on CD, Formal decorations, a Year 10 Yearbook.

Final date for full payment is Friday 30 October 2015.
LANGUAGES @ AMAROO

MULTICULTURAL DAY 2015

AMAROO HAS DELIVERED THE BIGGEST MULTICULTURAL DAY EVER!! WE RAISED $2800 FOR TABAKA ACADEMY IN KENYA! WELL DONE AND THANKS TO EVERYONE INVOLVED. LET’S DO IT ALL AGAIN NEXT YEAR.

New French teacher
In Week 6 we welcomed Emma Wilson to our Languages Team. She will be teaching some of our French students in Year 5 to Year 8.

Nara University High School Visit, October 2015 – 5 HOST FAMILIES STILL NEEDED!!!
We are still looking for more families to host students from Nara University High School (NUHS) in Japan. Families need to provide accommodation and meals for three nights: Wednesday 21 October, Thursday 22 October and Friday 23 October 2015 (Week 2, Term 4). Host families (anyone over the age of 18 years old) will also need to have their Working with Vulnerable People card to be able to host a student. We can provide the application forms for this.

If you are interested in hosting a student or need further information, please see Mrs Middleton in the Middle School or contact her via email: Kiraly.middleton@ed.act.edu.au. We look forward to a wonderful visit!
LANGUAGES @ AMAROO

Japan Trip 2015
Sayounara! We are getting ready to leave for Japan! We can’t wait to share with you details of our amazing trip!

JAPANESE

Year 3 Japanese: Our Year 3 students have just finished learning how to talk about our hobbies in Japanese using lots of games and other activities. Now we have started revising all the Japanese that we have learnt so far this year to get ready for the speaking task.

Year 5 Japanese: Year 5 students have been learning food vocabulary and starting to write a short shopping script which they will practise and read as an assessment item. Please encourage your child to use the various online resources at home as well.

Year 6 Japanese: Year 6 have been busy participating in the ACT Language Perfect championships in week 7 and writing a role play using all the sentence patterns that we have learnt so far this year. For the first time we are writing our scripts in hiragana as well.

Year 7 Japanese: Year 7 have started a unit that further explores the world of pets and animals. We are learning about how to describe animals and talk about what they eat and drink. It has been interesting comparing the pets students have to the popular pets of Japan.

Year 8 Japanese: Year 8 have finished their role plays which were very entertaining to watch! We are now moving into a new unit focussing on making plans for leisure time activities.

Year 9 Japanese: Year 9 have presented their daily routine presentations. It was great to see students share real information about their daily lives in Japanese! Well done to all students who helped out on multicultural day stalls.

Year 10 Japanese: Year 10 students have finished their assignments and we’ve been really enjoying viewing their weather reports. There will be a written test on weather this week.

FRENCH

Year 4 French: Our Year 4 students have continued the topic of “Dans la salle de classe” (In the classroom) and have started a special project to showcase their new vocabulary during their Learning Journey sessions.

Year 5 French: Our Year 5 students have revised everything they have learnt so far and have now learnt to tell someone their age.

Year 6: Year 6 students have continued the topic of Food and consolidated Grammar points. Mademoiselle Wilson has shown her Year 6 classes cultural presentations about the Eiffel Tower and the Gargoyles of Notre Dame. Also, Year 6 have been busy participating in the ACT Language Perfect championships in week 7.

Year 7: The ACT Language Perfect championships in week 7 dominated our classes and helped Year 7 students consolidated their learning on the unit of Food. Some students are continuing their work on their menus.

Year 8: Our Year 8 students have been enthusiastically participating in the ACT Language Perfect championships in week 7. Some students continue to work on their comic strips about food and drink preferences.

Year 9/10: Our Year 9 and Year 10 French students have also strongly participated in the ACT Language Perfect championships in week 7. Students also continued to prepare for our French debate at the end of the unit.
Amaroo students from the Diamond Gallery, Diamond Terrace, Middle and Senior School spent time at ‘Skyzone’ in the Westfield Belconnen Mall. The students enjoyed the day and showcased their jumping and athletic talents on the many trampolines offered by the facility.
The sun was shining, the energy was incredible and the students were brilliant! Congratulations to all students, parents and staff who were involved in the day, your support, enthusiasm and energy made it a very successful carnival. A big thank you to Miss Watt and Mrs Mortimer for their mammoth effort in getting the carnival up and running, it would have not been the day it was if not for your dedication and enthusiasm not to mention the extra hours put in to organise, plan and convene the carnival. Thank you!
Huge congratulations to our Year 9/10 Boys Soccer team who have qualified for the ACT Soccer Finals! Both the Year 7/8 Boys and the 9/10 Boys teams will be competing in these finals on Wednesday 9 September at Mawson Playing Fields. Good luck!

Congratulations to Harry who has been selected to represent ACT for Basketball at the Pacific School Games in Adelaide next month. Good luck Harry!

We are at the moment seeking expressions of interest for any students, Years 3-6 who would like to be a part of the Amaroo team for the Championstix Hockey competition beginning on 27 October 2015. It is a 6 week hockey program held on Tuesdays from 4pm-5pm for students Year 3-6. Championstix is aimed at schools trying to develop and introduce hockey. It is not about the best team, rather focussing on participation, developing key motor skills and enjoyment. Participants will experience 30 minutes of quality coaching by Hockey ACT followed by a modified game against another school. Hockey sticks can be provided if needed. If your child is interested, please ask them to sign up either in the Gym or on the Primary Sports Noticeboard. Alternatively, they can speak to Ms. Ward or Mrs. Bryant.

**TRIALS**

**12 & Under Golf Championships & Selection Trials**, Thursday 17 September 2015, Fairbairn Golf Club, Laverton Ave, Fairbairn

**19 and Under Youth Men’s Football Team Trials** to represent the ACT at the Pacific Schools Games in Adelaide, November 2015. Monday 7 September – 4:30pm-6:30pm and Monday 14 September – 4:30pm-6:30pm at Southwell Park.

On behalf of Mr Beecher, Mr French, Mrs Pasalic and Mr Thompson we would like to apologise to the parents of the Year 8, 9 and 10 students we took to Thredbo for the day last month as part of the Outdoor Education classes. The students had a fantastic day and the perfect conditions resulted in all students expressing their excitement in returning next year. We are extra sorry if your child have had so much fun they now want to buy their own gear and a season pass and take up the sport for the weekends next year. A big thanks to the students for a wonderful day and we can’t wait to see you on the mountain next year!
The Handball Competition is back! This is one of the most exciting events of the year where students from each sector of the school can compete against each other to find the ultimate handball champions. This year the event will run through weeks 9 and 10, during B1 and B2, with the first rounds kicking off on Monday week 9 and the finals to decide the best players the school has to offer being held in week 10. To enter the event all you have to do is bring $2 to the canteen during break times, where there will be SL@AM students and enter yourself in. We hope to see many of you there ready to show your skills and get your name onto your age groups trophy and maybe even win an amazing prize.

We need a fair coordinator!

Are you a parent or carer at our school? Do you have good organisational skills? Are you a great leader? Do you want to raise money for your child's school?

If you think this sounds like you or you want to be apart of our 2016 fair please email:
fenella.glynn@ed.act.edu.au
Defence News

If you are a Defence Student in Year 7 or Year 8 - Don’t Forget

Defence Pancakes This Week!

Defence Pancakes
Year 7 Defence Students
Week 8 ~ Thursday B1

Year 7 Defence Students are invited to come and grab some pancakes in the library community room.
You are welcome to bring one friend.
Don’t Miss Out!!

Defence Pancakes
Year 8 Defence Students
Week 8 ~ Friday B1

Year 8 Defence Students are invited to come and grab some pancakes in the library community room.
You are welcome to bring one friend.
Don’t Miss Out!!

Our Defence Parent Meet & Greet Last Week

We spent a lovely morning getting together over coffee and cake for morning tea. We look forward to doing it again and hopefully holding a monthly morning tea for those who are able to join us.
It will be a good opportunity to drop in and say Hi and know that we will be available on a regular basis in the mornings for a chat.
On **Monday 12 October** ACTION’s weekday bus timetable will change.

Students using regular route services may be affected.

Plan ahead. Check your service and connection times now at [action.act.gov.au](http://action.act.gov.au)
From the School Psychologists

Why screen time before bed is bad for children
September 2, 2015 6.13am AEST
Sarah Loughran

Limiting screen time before bedtime is beneficial for sleep.
Sleep is an essential part of our development and wellbeing. It is important for learning and memory, emotions and behaviours, and our health more generally. Yet the total amount of sleep that children and adolescents are getting is continuing to decrease. Why?
Although there are potentially many reasons behind this trend, it is emerging that screen time – by way of watching television or using computers, mobile phones and other electronic mobile devices – may be having a large and negative impact on children’s sleep.
Electronic devices intrude on time for sleep
The presence and use of these devices is incredibly widespread. A 2006 survey showed that nearly all adolescents have at least one electronic device in their bedroom.
Given this, and the increasing exposure to screen time – particularly in the hours before bedtime – it is perhaps not surprising that screen time is now associated with insufficient and poor quality sleep.
A 2014 review found consistent evidence that sleep was hampered by screen time, primarily in relation to shortened sleep duration and a delay in the timing of sleep. The latter finding was reported in 90% of the studies reviewed.
But the relationship between screen time and sleep is more complex than that. Screen time could be negatively influencing sleep in many ways.
The timing of screen time is one important factor. The use of these devices can lead to delays in the time that children and adolescents go to bed and, consequently, shorter sleep overall.
These negative impacts on sleep can be due to screen time in the evening cutting into the time that children would normally be preparing for bed and sleeping, delaying sleep onset and reducing the overall duration of sleep. There is simply less time available for it.

Lights, games and dramas are stimulating, which delays sleep.

Bright lights and alertness
It has also been suggested that longer screen times may be affecting sleep by reducing the time spent doing other activities – such as exercise – that may be beneficial for sleep and sleep regulation.
Screen time in the hours directly prior to sleep is problematic in a number of ways other than just displacing the bed and sleep times of children and adolescents. The content of the screen time, as well as the light that these devices emit, may also be responsible for poorer sleep.
The content, or what we are actually engaging with on the screen, can be detrimental to sleep. For example, exciting video games, dramatic or scary television shows, or even stimulating phone conversations can engage the brain and lead to the release of hormones such as adrenaline. This can in turn make it more difficult to fall asleep or maintain sleep.
Less obvious, but still just as important, is the impact that light has on sleep and on our sleep-wake patterns in general. Many of the devices that are now routinely used by our youth emit bright light. Exposure to these light emissions in the important evening hours before sleep can increase alertness.
Bright light at night can also disrupt the body’s naturally occurring circadian (or daily) rhythms by suppressing the release of the hormone melatonin, which is important for maintaining and regulating our sleep-wake cycle.

Limiting screen time to improve sleep
LEARN COMPETITIVE CHEERLEADING

- The ACT’s only cheerleading gym
- Males and females; 8 months – adults
- Recreational and competitive squads
- Over 60 years coaching experience
- Fun and friendly environment

STUNT DANCE JUMP TUMBLE

BOOK NOW TRY FREE

www.cheerleadersaustralia.com.au

JUST ROCK UP!
BASKETBALL
& MORE!

HARRISON SCHOOL GYMNASIUM
off Nullarbor Ave.
During school term, starts Week 2

Mondays
3.30 - 5.30pm

Transport available if required

Contact: (02) 6222 8100

WAREHOUSE CIRCUS

holiday program

Juggling - Acrobatics - Stilt Walking - Hoop
Plate Spinning - Staff - Pol - Trick Sticks - Diabolo
Trapeze - Lyra - Tissu - Chinese Pole - Unicycle
Mini Tramp - Adagio - German Wheel

For students 5-7 years and 8-14 years who want to learn new circus skills or upskill in a fun active program!

Week 1: Tues 29th Sept - Fri 2nd Oct 5yrs (Chifley & Kaleen) $280
Week 2: Tues 6th - Fri 9th October 8yrs (Chifley & Kaleen) $280
NEW Tues 6th - Fri 9th October 5-7yrs (Kaleen) $115

Warehouse Circus Chifley, Chifley Health and Wellness Club
4/29 Macquarie Crescent, Chifley ACT
Warehouse Circus Kaleen, University of Canberra, High School Kaleen
1st Bulletin Drive, Kaleen ACT

Enrol Now!
Email: programs@warehousecircus.org.au
Phone: (02) 6200 3626
www.warehousecircus.org.au

Hockey ACT

CHAMPIONSTIX

Championstix is aimed at schools trying to develop and introduce hockey. It is not about the best teams, rather focusing on participation, developing key motor skills and enjoyment. Training will commence at Warehouses with coaching by Hockey ACT followed by a modified game against local teams.

#HockeySkills can be possible! Make it happen!

*Fees must be paid in advance

21
Australian Gifted Support Centre offers a wide range of services to gifted children and adolescents, their parents or caregivers and their teachers.

What’s coming up in Canberra ...

**Friday ‘Gifted Teen Hang Out’**
An opportunity for gifted students who are in Years 7-12 to hang out and be with others of like mind.
COST: $20 per student – please pay at door

DATE: Friday 11 September
TIME: 7.00pm – 9.00pm
Stress Ace AM/PM
DATE: Saturday 5 September
TIME: AM: 10.00am – 12.30pm, PM: 1:30pm – 4.00pm

**Sunday Games Group**
Gifted families with children 5-12yo. Board games, challenges, craft, activities...
COST: $20 per family – please pay at the door

DATE: Sunday 13 September
TIME: 1.00pm – 3.00pm
High School Study Skills
DATE: Saturday 19 September
TIME: 10.00am – 4.00pm

**Making and Keeping Friends 5 – 8 year olds**
**********BOOKED OUT**********
DATE: Sunday 20 September
TIME: 9.30am – 12.00pm

**Managing Big Emotions 5 – 8 year olds**
DATE: Sunday 11 October
TIME: 9.30am – 12.00pm

**Camp – “Step back in time”**
Workshops and activities will explore different times in history using the many interesting facts shared in the Horrible History Series - and more. Registration includes accommodation in shared bunk houses, all meals and all activities, workshops and materials. Most special dietary needs can be met. EARLY BIRD DISCOUNTS END 31st JULY 2015
DATE: Fri 23 Oct – Sun 25 Oct
TIME: 7.30pm – 2.00pm

Assessments and consultations.
To organise a Comprehensive Developmental Assessment or IQ and achievement test contact us.

TO BOOK: head to our website and click on the link...
http://australiangiftedsupport.com/act-programs-and-services/

Facilitator: Lyndal Reid

If you would like to attend any of these events, wish to have your name added to our email database to be informed of all events coming up, or just want more information, please email agscact@gmail.com or ring or text Lyndal Reid on 0408 436 182

http://australiangiftedsupport.com
http://australiangiftedsupport.com/act-programs-and-services/
### Community News

Amaroo School does not necessarily endorse the products or services advertised.

Please see more after school services for students and families and other items of interest in our Parents biz Directory through our Amaroo School App, free through your App Store on your mobile device.

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>‘Antoinette Karsten Art’, Art classes and holiday workshops</strong></td>
<td>Email or call Antoinette for more info. <a href="mailto:antoinettekarsten@hotmail.com">antoinettekarsten@hotmail.com</a> Mob: 0422693546</td>
</tr>
<tr>
<td>Drawing, painting, sculpture, and lots of other fun projects to develop skills and confidence in our young creatives. Ages 10-16.</td>
<td></td>
</tr>
<tr>
<td>Calisthenics is a dance sport, combining exercises with flexibility, dancing, marching, hand apparatus manipulation while dancing, and artistic/aesthetic dance, suitable for girls and boys. Classes are designed for specific age groups, 13 years and under, 10 years and under, 7 years and under.</td>
<td>As a performance dance sport, calisthenics use costumes for stage work, which are extensively supplied through the club wardrobe. An invitation is extended to new participants to attend two obligation free classes. Additional information can be found on <a href="http://www.academycalisthenics.com.au">www.academycalisthenics.com.au</a>, with enquiries to <a href="mailto:info@academycalisthenics.com.au">info@academycalisthenics.com.au</a> or 62882858</td>
</tr>
<tr>
<td><strong>Gungahlin Dance Academy</strong></td>
<td><strong>Performance Team</strong></td>
</tr>
<tr>
<td>Exceptional dance training for all ages Fully equipped studios in Amaroo</td>
<td>Ballet examinations</td>
</tr>
<tr>
<td>Classical Ballet (RAD)</td>
<td>Annual Performances</td>
</tr>
<tr>
<td>Contemporary</td>
<td>2014 USA tour</td>
</tr>
<tr>
<td>Jazz</td>
<td>Ages 3 and up</td>
</tr>
<tr>
<td>Tap</td>
<td>For further information and enrolment details -</td>
</tr>
<tr>
<td>Private Tuition</td>
<td>Web: <a href="http://www.gdance.com.au">www.gdance.com.au</a></td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:gdance@bigpond.net.au">gdance@bigpond.net.au</a></td>
</tr>
<tr>
<td></td>
<td>Phone: 6255 5204</td>
</tr>
<tr>
<td><strong>SCOUTS = Adventure + Life Skills</strong></td>
<td>Come and try Scouts today and take advantage of our 3 week FREE trial. Visit scoutsact.com.au to find your closest Scout Group or call 1800 SCOUTS</td>
</tr>
<tr>
<td>Scouting is for boys and girls aged 6-25. Scouts participate in programs that encourage them to grow through adventure by experiencing new challenges, making new friends, building confidence, taking responsibility for themselves, and being provided with opportunities to explore their own abilities and interests.</td>
<td></td>
</tr>
<tr>
<td><strong>Action Tae Kwon-Do</strong></td>
<td>After progressing through our children’s program the children will have the required skills to join our adults program. Classes at Amaroo School Call Paul for information 0414 898 888</td>
</tr>
<tr>
<td>Action Tae Kwon-Do has children only classes so that your children are taught relevant skills in a safe environment. These children classes are for children aged 5 -12 years of age.</td>
<td></td>
</tr>
<tr>
<td><strong>Bollywood Dance Classes for adults &amp; kids by Canberra School of Bollywood Dancing</strong></td>
<td>Special 6 week fee $65 for a term Please email <a href="mailto:canberrabollywood@bigpond.com">canberrabollywood@bigpond.com</a> to secure your spot. More details on our website <a href="http://www.canberrabollywood.com.au">www.canberrabollywood.com.au</a> Find us on Face book – Canberra School of Bollywood</td>
</tr>
<tr>
<td>A fun way to keep fit and Active! Free trial class at Amaroo School – Monday 9 Feb Adults &amp; Kids 7 + years - 6.30 to 7.30 pm Venue – Amaroo School dance studio (downstairs)</td>
<td>Learn stunts, tumbling, jumps and dance with the best. Contact us for a free trial class! Email <a href="mailto:admin@cheerleadersaustralia.com.au">admin@cheerleadersaustralia.com.au</a> <a href="http://www.cheerleadersaustralia.com.au">www.cheerleadersaustralia.com.au</a></td>
</tr>
<tr>
<td><strong>SIRENS CHEERLEADERS</strong></td>
<td></td>
</tr>
<tr>
<td>Sirens Cheerleaders is looking for new athletes to learn American-style cheerleading! Recreational or competitive cheer, pom, tumbling and hip hop. No experience necessary. 18 months to adults, including parents teams! Males and females. Coaches are experienced, friendly and fully accredited. We are a values-focused gym for a supportive community.</td>
<td></td>
</tr>
</tbody>
</table>

---

23
COULD

WOULD

SHOULD

DID

ONLY $14.95
PER WEEK

Get healthy, get active and get happy with the YMCA!

*Conditions apply, see website for details.

Gungahlin Leisure Centre
71 The Valley Ave, Gungahlin
Search “YMCA spring offer”

6241 1132

YMCA