Dear Parents and Carers

It has been a very successful semester and we wish all students and parents a happy break period. Our learning achievements this semester have been terrific and the results the students have achieved are a credit to their efforts and energies. There are parent/teacher sessions being held before and after school this week for students in Kindergarten to Year 5.

Business Manager
Our Business Manager Judi Anderson is taking leave starting next term and is unlikely to return to her position at our school. Judi will be replaced by Janine O’Neil whilst she is on leave. It is important and appropriate to acknowledge the enormous contribution Judi has made to our school. Judi is a long serving member of staff and as part of the establishment team for our school she has played a crucial role in its development. Judi leaves our school in a great position and her dedication and hard work have helped shape our great school.

I would like to acknowledge the enormous support and assistance Judi has given me as Principal and thank her warmly for her boundless energy and the enormous corporate knowledge she provides. We wish Judi all the very best and hope that she enjoys the next phase of her life plan.

Student Achievements
Ishka from Ms Coleman’s Year 5 class has done some great work in mathematics. Ishka has produced his best work and taken great care to ensure his work was neat and presentable. Well done.

Tahlia, Sarah and Emily from Ms Boate’s Year 4 class have written excellent Convict Journals. Armed with a fact file, they have developed a journal for their individual convicts that demonstrate great creativity and skill. What a terrific way to bring their history lesson to life.

Bella, Janat, Liam and Mitch R from Ms Roberts Year 5 class have done some great work in mathematics. They have produced quality examples of repeated addition, commutative property and inverse relationships. It is great to see these young mathematicians developing their skills so quickly.

Last week Amaroo won both divisions (again!) in the annual Lion’s Club Public Speaking Competition. Congratulations to Jaide who won the Year 6 competition with her fabulous speech ‘Why family is important’. Congratulations to Jagruithi and Lachlan who took out first and second place in the Year 5 and under section.

Nicholas from Ms Bryant’s Year 3 class has produced some outstanding homework. He has created a fantastic poster showing the Moon and its orbit of Earth. The quality and finish of his work are a great credit to him. Well done.

Class Visits
Nicholas, Jessica, Christopher, Lachlan, Tristan and Shaan from our Tournamnet of Minds Club have designed and made a Cattaro named Gregory. Cattaroos are native to the deserts of Australia. The students have used their imaginations and creativity to design and develop this animal. It has 360 degree vision from some very creative eyes. The claws on its feet are like shovels and very sharp.
It has stripes for camouflage, excellent hearing and great defence mechanisms. These students have created a truly clever animal and they deserve great credit for their efforts. It is fantastic to see what combined clever minds can produce.

A concerned member of our parent community has provided the following letter in hope that we alleviate some of the problems currently being experienced in our school car park.

Dear Parents,

As a parent of a long term student at Amaroo School, I have, over the years, noticed an ongoing and increasing level of un-safe practices within and around the school car parks. These occur mostly around pickup and drop off times on a normal school day.

**Speed**
The speed limit in the school car parks is **“five (5) kph”**, which is a fast walking pace; there are a considerable number of parents that totally ignore this speed limit by driving through the car parks at speeds ranging from 10 kph to approximately 40 kph, this is not only unlawful it is inherently dangerous and has the potential to be lethal. Pedestrian crossings are just that, they are not there for parents to stop and drop off or pick up their children. It is unlawful to stop on or near a children’s or pedestrian crossing to set down or pick up children and carries a penalty of $305. However, if there are pedestrians on the crossing you are required to stop to let them cross.

**Parking**
There is a propensity for a number of parents/guardians to avail themselves of the disabled car parks within the school grounds so they can pick up their children, this is an acceptable practice, if, you have an approved “current Australian Disability Parking Permit”. It is not permitted, nor is it an acceptable practice to park in these dedicated parking spaces because you are either running late or can’t find a closer space to park, the penalty for unlawfully parking in a “Disabled Car Park” is $204.

**Pedestrian/Children’s Crossings**
**Pupils;** never assume that a driver has seen you and will stop for you. Before crossing the road, think about whether an approaching driver can see you. If you are riding a bike or scooter dismount and walk across the crossing before you get back on and continue on your way, remember, the easier you can be seen reduces your chances of being injured.

**Drivers;** never assume a pedestrian has seen you. Ensure you adhere to speed limit **“five (5) kph”** in and around high pedestrian areas within the school grounds and its approaches. Please remember the following, some children:
- are small and difficult for drivers to see in the busy traffic environment;
- don't always do what we expect them to do;
- sometimes have a short attention span;
- may not make full use of their side vision;
- can be easily distracted;
- may not always do the same thing in the same situation;
- will focus on what is important to them;
- are not able to cope with sudden changes in the road traffic environment;
- take in different information from the road traffic environment than adults;
- have difficulty judging speed and distance;
- have difficulty in identifying where sounds are coming from; and
- are not able to understand what safety means and what will keep them safe.

**Mobile Phones**
I have also noticed a number of drivers talking on hand held mobile phones or texting whilst driving through the car parks, this is the same as driving whilst under the influence of alcohol and just as dangerous, and the penalty for this behaviour is $337 and 3 demerit points.

Yours sincerely

A concerned parent.

As always, please contact the Deputy Principals; Benjamin Hall, Gail Taylor, 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.

Richard Powell
Principal
Amaroo School
Message from the Minister Joy Burch MLA

Parental Engagement A Priority

During Public Education Week at the end of May, it was very good to see the achievements of our students, schools, teachers, and staff showcased and celebrated. On show were so many examples of where you and your communities are actively involved with your children’s schools; through different activities and programs.

I will continue to focus on putting children, parents, carers and communities at the centre of our education system and will be looking at further ways of communicating the values of the public education system.

For example, the online enrolment system has simplified processes for parents and carers, and we have also launched the ‘Parents and Students At The Centre’ page on our website, which features stories of parent-school engagement, including one about how ACT public schools are increasingly using Facebook and Twitter to enable parents and the community engage and stay up to date on their activities and achievements.

Other initiatives include the ‘Fresh Tastes’ program which encourages learning about nutrition and healthy food and drink choices in schools and we have also launched a series of fact sheets for parents and carers of gifted and talented students.

I also recently launched the ‘100 Stories: Celebrating public education in Canberra’ book which features fascinating stories of people who have influenced, or have been influenced by our public education system.

Have a great run-up to the end of term and stay warm!

‘100 Stories: Celebrating public education in Canberra’ can be viewed online at www.det.act.gov.au.

Joy Burch MLA
Minister for Education and Training

Early Childhood

Preschool

Wow, hasn’t the weather been chilly. Thank you for layering up the pre-schoolers for Outside Investigations when we have been able to have a quick play outside.

This week preschoolers Mid-Year Learning Statements will be in your child’s portfolios. Teachers will be sharing these with you at your parent/teacher interviews. If you haven’t booked an interview, there is no need to worry, they are optional and you can read your child’s reports in their portfolio anytime next week. There is a section on the learning statement to add a comment and share some feedback on your child’s learning at preschool, so please take a couple of minutes to do this.

Just a quick reminder that the parent/teacher interviews next week are for 10 minutes. As we have many interviews, we ask that you please be on time for your scheduled interview. Please bring the interview sheet that was sent home a few weeks ago filled out as this will guide our meetings.

On behalf of the preschool team, we would like to wish all our families and children a safe and happy holidays. We will see you back for the first week of preschool for the Guginya, Winyu, Bural and Mundawari classes on Monday 21 July, and Bunduluk, Kagu and Dyurra classes on Wednesday 23 July 2014.

Early Childhood Gardening Club

When: Thursday afternoons 3:10pm – 4pm
Where: Meeting spot Year 1 / 2 Wet Area
Who: 10 Interested Year 2 students who will be committed to attending every week.

Why: To involve our students in the development, care and maintenance of the Early Childhood Courtyard gardens. This will also develop a respect for the school environment and provide opportunities for the students to explore healthy eating through the growth of edible vegetables and herbs.

How: Expression of interest notes have been given to all Year 2 students today and need to be returned to their class teacher no later than Friday 4 July. If we get more than 10 responses we will look at providing extra places, but at this stage it will be through random selection. Further opportunities will be provided in Term 4 for students who show an interest.
Kindergarten

In Kindergarten, we have had a very positive and hardworking Semester 1. Congratulations on all your learning and achievements so far. We’re sure parents and families have been delighted to share their child’s progress through the end of semester reports. How impressive were Kindy’s portfolios? They were full of quality work samples demonstrating the effort they put into learning every day. Well done!

Kindergarten had a fantastic time at the Canberra Theatre last Friday when we watched Mr McGee and The Biting Flea. We thoroughly enjoyed watching Pamela Allen’s story come to life on stage. The props were impressive, the music engaging and there was lots of laughter from the audience throughout the performance!

As the weather has been very cold lately, don’t forget to bring layers with you to school. Please ensure that everything has a name and class written on the tag, so we can aim to keep all belongings together. There is a lost property located in the Ruby/Topaz Wet Area, which is filling up with unnamed jumpers and jackets. Please have a look through if your child is missing an item of clothing.

Year 1

Congratulations to all year 1 students for a fantastic first semester! We hope you have enjoyed your child’s portfolio as much as we have enjoyed putting them together. There were so many great work samples to choose from it was almost impossible to narrow them down. With assessments over and done with we are diving head first into some fantastic units of work about music, money and the weather. Students are already conducting cloud observations and predicting what the weather will be, based on cloud formations. Unfortunately, the nimbus clouds we spotted last week prevented us from our excursion to the National Zoo and Aquarium. We are happy to report however, that the trip will still go ahead in term 3! Yay! Our lovely year 1 teachers will keep you posted on the details.

Have a safe and enjoyable winter break. See you in two weeks!

Year 2

As part of our learning about money, Year 2 visited the Royal Australian Mint in Deakin. We learnt this is where Australian coins are made with the help of some massive robots. Year 2 was even able to mint a coin for themselves. Last Friday, Year 2 hosted the Early Childhood assembly. We enjoyed singing a Justice Crew song called ‘Que Sera’ and astounded the audience with our musical accompaniment. Students and teachers hope you are enjoying reading our portfolios where we showcase our Semester 1 learning. The portfolios aim to help you gain an understanding of the breadth and depth of our education. As we come to school holidays please remember to return library books and get new library books to enjoy over the break. Finally stay safe during your vacation and we look forward to seeing you in Term 3.

Primary

Year 3

3NRO and 3RIO have been busily finishing off our units of work in all areas. The classes have particularly enjoyed our Science unit, learning about the orbit and rotation of the Earth and Moon around the sun. Week 8’s incursion was an exciting way for parents to see what we’ve been learning and particularly enjoyed looking through the telescopes by the volunteers of the Canberra Astronomical Society.

Year 4

In 4TRU, we have been learning about area and how to measure it. We did this by making an Art Masterpiece and figuring out how much area it takes up. We had to add up the wholes, the halves and the quarters. We also had to have a good understanding of fractions to add up the amount. 4TRU thinks that they have done it to the best of their ability to achieve quality work.
In 4LMU we have been learning about convicts who came from England. We learnt how they were treated and what happened to make them become a convict. We wrote a journal entry about their daily life as a worker and their terrible day as a convict. We had to pretend to be a convict.

Year 5

This week the windy cold weather kept 5AKJ and 5AOJ indoors. Mrs McNeice led a fun and challenging trivia quiz afternoon where students were required to work together to answer questions about sports, body parts and geography. They had a great time!

Middle School

Year 7

Students and staff had another successful and productive term full of learning new concepts.
In Maths students are doing Transformation on a Cartesian plane and learnt about rotation of a shape at an angle around the origin. They will be tested this week on the same. We will also be doing revision of the concepts covered in the first semester.
In Science students are conducting various experiments to check the effects of various forces on our day to day life. They also wrote a lab report on Comparing Friction.
In English the students have been writing a news report on an event or problem in their class novel. This news report will form part of their newspaper front page based on the novel.
In History the students have been finishing their Ancient History Mystery assignment ready to present this week.

We hope you all have a restful and enjoyable holiday break!

Year 8

As this term draws to an end the students have worked hard this semester by learning new concepts and building upon prior knowledge. In English the students have continued exploring the writing style of William Shakespeare and how they can use these skills to create their own texts. They have an assignment forthcoming that focuses on how modern day texts can be translated into Shakespearean language.

In G & T English, students are presenting film reviews to their peers. Students were given the opportunity to review a film based on an idea or ideas that we have studied in English and history through the first semester. They then had to discuss their enjoyment of the film in a review by referring to elements of film making like Margaret Pomeranz and David Stratton do in ‘At the Movies’.

In History the class are discovering Ancient Shogunate Japan and how their culture varies in different ways to their own. They have a creative assignment which has them wearing the shoes of an archaeologist and creating their own series of artefacts.

In G & T History, students are completing a creative assignment based on their understandings of the social, political, economic and belief systems of the Khmer Empire. This task asks students to draw possible parallels between the ways in which Khmer
kings used historical narratives to portray themselves to their people and the ways in which modern Australian politicians depict themselves when solving problems facing our community.

In Mathematics the students are working hard on collecting data and looking for measures of centre in the Statistics unit and will be moving onto Probability unit shortly. In Science they are exploring the world of differentiated cells and the G&T class are working on their unit Body Systems. Students have an assignment on organ transplants and the due date is Friday 1 August, 2014.

**School Uniform**

Middle School students have been reminded to make sure they are wearing full school uniform, even in the colder weather that we have been having. Long sleeve tops worn underneath the school shirt must be red, white or navy blue. Pants must be navy. Jeans and tights are **not** considered uniform. We will be having a blitz on this next term and if students are not in uniform parents will be called to bring correct uniform to school. If you have any concerns please contact Sam Beattie on 6205 2808 or sam.beattie@ed.act.edu.au

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Last week the Year 9 and 10 students had the opportunity to attend presentations from Menslink and MIEACT (Mental Illness Education ACT) to discuss Mental Health issues. These presentations were informative and helpful for the students to develop the skills to look after them and those around them. Thank you to Menslink and MIEACT for attending and to Siobhan Lambert and Zoe Cole for co-ordinating the visits.

**Schoology and TurnItIn:**

Senior classes have been embracing technology and using Schoology to complete class work and to communicate with their teachers and class in an interactive way. They have also been using Turnitin to submit assignments, which aligns with the requirements in the college system. Ask your child to give you a tour of Schoology or contact your child’s teacher for a parent code which will allow you to keep up to date with their work.

**Uniform:**

Senior School students have been reminded to make sure they are consistently wearing school uniform, even in the colder weather that we have been having. Jumpers and long sleeve tops worn underneath the school shirt must be red, white or navy blue. The Year 10 Jersey is considered uniform for students in Year 10. Pants must be navy, not black. Jeans and tights are **not** considered uniform.

**Senior School Lateness Procedures:**

At Amaroo School, we promote the value ‘Excellence in all that we do and expect’. To support this value, we expect that students arrive at school, and to class on time, and that they are ready to actively participate in their learning. Every time a student is late to class or truants a lesson, learning time is missed. To minimise the impact of lateness to classes and to provide a deterrent to future lateness or truancy, we request that students catch up on missed work through attendance at after-school AmStudy sessions which enables them to pay back missed learning time and receive additional support to complete classwork. The process will occur as follows.

If a student is late to school or late to class (by more than 3 minutes) **without an acceptable reason:**

If late to school: the student presents their pink ‘Late Note’ issued at the Fishbowl to the class teacher who passes it on to a coordinator.

If late to class: teachers inform students that they will record the minutes missed on a purple ‘Late Slip’ to be given to a coordinator.

The minutes missed are entered into a register to record the total number of minutes missed per student.

When a student accrues a total of 60 minutes, they will be requested to attend a scheduled afterschool AmStudy session (staffed by a male and female teacher) where they can receive support to work productively on class work or assignments to reduce their balance of time missed back to 0 minutes.

At the end of each term, students can negotiate with their teachers how they will pay back smaller blocks of owed time through AmStudy sessions at B1 or B2.

If a student truants a lesson:

Parents are to be notified as soon as the truancy is detected.
The student’s attendance record for that lesson is recorded as ‘T’.

Students are requested to attend the next possible afterschool AmStudy session (staffed by a male and female teacher) where they can receive support to work productively on class work or assignments to reduce their balance of time missed back to 0 minutes.

Students with no time owed at the end of the year will be eligible to participate in end of year events such as the Year 9 trip to Jamberoo or the Year 10 Fun Day. Students are awarded Graduation Points for punctuality.

Senior School SRC

Red Cross Youth Crew Winter Food Drive
The SRC are very excited to support the Red Cross Youth Crew Winter Food Drive. Every winter the Red Cross carries out a Winter Food Drive for the clients they have within the Roadhouse Program. The Roadhouse Service provides hot nutritious meals to some of the most vulnerable people within our society, many of whom are experiencing homelessness, are at risk of becoming homeless, suffering from financial, social or emotional disadvantage. Winter is without a doubt where most of their clients do it tough and as a school it would be wonderful to make winter a little more accommodating for their clients. The Winter Food Drive will be carried out during from 12 June to 31 July.

We are seeking donations of the following packaged and non-perishable products;
- Pasta, rice, lentils and couscous.
- Herbs, spices and stock cubes.
- Powdered milk, coffee, tea, sugar and cordial.
- Tinned foods e.g. tuna, tomatoes, tomato paste, beans, chick peas, fruits in natural juice.
- Other non-perishable food items are also accepted.

There are coloured tubs at the Front Office where donations can be left. We thank you for your support for this worthy cause.

“Project Inc.” Play Program on Fridays at B2 for EVERYONE!
Every Friday at B2 our Senior School SRC students are running Project Inc on the hill! “Inc” stands for “inclusion” in line with our Amaroo School values of “Excellence and Inclusion”! All students are invited to come and be included in fun and exciting games and activities on the hill! This is a great way to be active during break times and get to know students across different age groups, as well as our wonderful SRC role models! Here is a photo of our SRC students getting some exciting games ready for the students:

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Farewell to Madame Celeste Yang
The Languages Team would like to farewell Madame Yang who has been working at Amaroo School this semester in our French classes. We want to say “merci” for all her efforts and we wish her “bon voyage” in her future adventures.

Nara University High School Visit October 2014 – HOST FAMILIES NEEDED
Amaroo School will host 10 students from Nara University High School in Japan from 22 - 25 October, 2014. Students from the school have been visiting Canberra to perform at the Canberra Nara Candle Festival through the Canberra Nara Sister City agreement since 2004.
We are currently looking for host families for this cultural exchange, providing accommodation and meals for three nights: Wednesday 22 October, Thursday 23 October and Friday 24 October 2014. 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.

We encourage everyone to join in the celebration of Canberra’s sister city relationship with Nara, Japan on Saturday October 25, 2014. Enjoy four hours of free entertainment, delicious Japanese food and cultural activities. The event peaks with a stunning evening display of more than 2000 candles in Canberra’s very own Japanese garden, Canberra Nara Peace Park from 5.30pm – 7.00pm.

If you are interested in hosting a student, please see Mrs Middleton in the Middle School or contact her via email: Kiraly.middleton@ed.act.edu.au

Thank you for your support. We look forward to a wonderful visit!

LANGUAGE PERFECT

Students in Years 6-10 who have not paid their $30.00 for Language Perfect are asked to make this payment ASAP. We also encourage students to use Language Perfect at home to revise and improve their language skills. Teachers will be setting homework using this program.

Japanese

Year 4 Japanese: Our Year 4 Students have been learning about Tanabata, Star Festival. We learnt some Japanese words related to the story of Tanabata, and listened to the story. This week, we are going to make some origami decorations, and write wishes on the special wishing paper called, tanzaku.

Year 5 Japanese: Students have been learning the first set of the Japanese alphabet – hiragana. They have learnt to read and write the first 20 sounds of the Japanese hiragana alphabet! They have also made their own games to help them learn the alphabet.

Year 6 Japanese: Students have completed their portfolio pieces. Well done! They have also been learning about time and age in Unit 4 of their textbook, Hail 1.

Year 7 Japanese: Students have finished off their learning about countries and nationalities. They will be able to ask the visiting Nara students many questions about their home in Japan!

Year 8 Japanese: Students have finished off the unit on places and transport. They should be able to tell you where they are going on the weekend, who they are going with and how they are getting there!

Year 9 Japanese: Year 9 students have completed a unit on time words and they can now express in more detail when they are doing a range of activities. A reminder that students need the Obento Supreme Workbook for Semester 2.

French

France/Belgium Trip Club:
This term students have been learning about the history of the places we will be visiting in France and Belgium. We have had a focus on WW1, in particular, the Battle of Somme and the Battle of Ypres. We also touched on D-Day (WW2) and in particular Pegasus Bridge and the landings on the beaches of Normandy. We have culminated this term with a visit to the Australian War Memorial. The students were given a guided tour of the WW1 artefacts and learnt about the personal stories of some of our service personnel. Students were able to locate the names of their fallen relatives on the Roll of Honour.

Ashlin W, Hayley T and Harry P were invited to lay a wreath at the Tomb of the Unknown Australian Soldier on behalf of Amaroo School. We are also looking forward to a visit from John, one of our student’s grandfathers, who will be sharing his knowledge of the wars and experience with us on the last day of term.
Year 3 French:
Students have been completing revision of work and creating portfolio pieces. Students have started a new topic on family.

Year 5 French:
Students continue to learn about colours and how to answer questions about the colours of different items.

Year 6 French:
Students have continued to learn about family members and how to introduce and describe them. They have learnt about masculine, feminine and plural agreements of adjectives when describing family members’ eyes and hair.

Year 7 French:
Students in Year 7 have completed their Portfolio Piece on school timetables. They have learnt how to say what subjects they have, what time they have them and how they feel about their subjects at school.

Year 8 French:
Students have been learning about the different regions of France and have created a Fact File on eight of the regions. It has been pleasing to see quality work being created and presented.

Years 9/10 French:
Students are presenting their speaking tasks to the class. They have also started learning about the passé composé with the verbs ‘avoir’ and ‘être’.

Concours Georges Vincent Competition – Alliance Française
Congratulations to Alexandre A from Year 10 who was invited as our finalist in the Concours Georges Vincent competition.

Lions Club public Speaking Competition
Amaroo was well represented at the annual Lion’s Club of Gungahlin Public Speaking Competition last week. Congratulations to Jaide who won the Year 6 section and Jagruthi and Lachlan who came first and second in the Year 5 and under division. It was back to back wins for each section of the competition!! What an amazing effort from our talented students!

Belinda Robertson

Primary School Sport
Our school is entering teams in Basketball and Touch Football. Details of trial dates are on the Sports Notice Board outside the Primary Staff Study.

Basketball trials: Thursday 3 July for years 3 and 4 boys and girls and Friday 4 July for years 5 and 6 boys and girls. Touch Football trials will be held in week 2 of Term 3, Thursday 31 July and Friday 1 August at B2 for girls and boys in years 5 and 6.

Athletics Carnival is on Week 2 Term 3 on Wednesday 30 July 2014.

Middle and Senior School sport
What a fantastic term of sport we have had! Last week, the Year 7/8 boys Rugby League team went out with Mr Brettell
and Mr French and enjoyed great success. The team was undefeated on the day and now proceed to the finals on 23 July 2014.

We have had some amazing individual student achievements recently and this week we acknowledge Adam T in Year 5, who is traveling to New Zealand during the holidays with the Canberra Waterpolo Academy to play in the Pan Pacific youth championships. Tanisha J in Year 9 has once again been engaged by Sydney Stars on Ice to perform in figure skating shows at the ‘Skeate in the City’ performance. Also, Charlotte D in Year 8 has made the ACT 15 years and under Girls Volleyball team. Well done to all of these students! Grace R in Year 10 attended the Pierre Di Coubertin awards last Friday and received her award with other ACT recipients on the day. Mr Powell and Ms Watt also attended the ceremony. Congratulations to Grace on this outstanding achievement.

**Interschool Snowsports:** If you’re a fan of skiing or snowboarding, then why not join the Amaroo School Team and enter the 2014 Interschools Snowsports Championships which are being held at Perisher between July 30 and August 1. Students from Kindergarten to Year 10 can compete, and students from all ability levels are encouraged to enter, with the emphasis on fun and participation. If you would like to know more, please contact Jon Wilson (jonathan.wilson@hotmail.com, 0481 011 863) before the end of Term 2.

The **Junior Golf Clinic** will be held during the first week of the holidays. Each session will be tailored to those that attend and will cover different skills each day. Places are limited, with only 8 people per clinic, so please book ASAP. The clinics will be held from 7-9 July at the Gold Creek Country Club Practice Range. The cost will be $50 per person for three sessions. For more information please contact: Matt Millar: mattmillargolf@gmail.com.

We are looking forward to Term 3 and our upcoming Athletics carnival. The Senior Carnival will be on Tuesday 2 September 2014. Enjoy your holidays! The PE team J.

<table>
<thead>
<tr>
<th>Day</th>
<th>Program</th>
<th>Time</th>
<th>Location</th>
<th>Type of group</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Art Jounraling</td>
<td>B2</td>
<td>Community Room</td>
<td>Open Years 6-10 Play Group</td>
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<tr>
<td>Monday</td>
<td>Skipping</td>
<td>B2</td>
<td>Gym</td>
<td>Open Years 4-8 Play Group</td>
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<td>Monday</td>
<td>Years 3-5 X Box Dance Group</td>
<td>B1</td>
<td>Downstairs Dance Room</td>
<td>Open Years 3-5 Play Group</td>
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<td>Monday (Week A)</td>
<td>Yr 8 Young Women's Group</td>
<td>L5 2.05 - 3.00</td>
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<td>Invitation only</td>
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<td>Tuesday</td>
<td>Building Blocks Program</td>
<td>L5 2.05 - 3.00</td>
<td>Community Room</td>
<td>Invitation only</td>
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<td>Tuesday</td>
<td>K-2 Defence Group</td>
<td>B1</td>
<td>Community Room</td>
<td>Specific yr Defence students + 1</td>
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<tr>
<td>Tuesday</td>
<td>3-5 Defence Group</td>
<td>B2</td>
<td>Community Room</td>
<td>Specific yr Defence students + 1</td>
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<td>Wednesday</td>
<td>Board Games</td>
<td>B2</td>
<td>TAS 18</td>
<td>Open Years 6-10 Play Group</td>
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<td>Wednesday</td>
<td>Managing the Bull Program</td>
<td>L5 2.05 - 3.00</td>
<td>Community Room</td>
<td>Invitation only</td>
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<tr>
<td>Wednesday (Week B)</td>
<td>Yr 8 Young Women's Group</td>
<td>L5 2.05 - 3.00</td>
<td>Textiles room</td>
<td>Invitation only</td>
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<td>Cooking Group</td>
<td>B1</td>
<td>TAS Kitchen</td>
<td>Invitation only</td>
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<tr>
<td>Thursday</td>
<td>6-10 Defence Group</td>
<td>B1</td>
<td>Community Room</td>
<td>Specific yr Defence students + 1</td>
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<td>Thursday</td>
<td>UNO</td>
<td>B2</td>
<td>TBA</td>
<td>Open Years 6-10 Play Group</td>
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<td>Friday</td>
<td>Breakfast Club</td>
<td>8:15 - 8:50</td>
<td>EC Multipurpose</td>
<td>OPEN to all students</td>
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<td>Friday</td>
<td>Karaoke</td>
<td>B2</td>
<td>Downstairs Dance Room</td>
<td>Open Years 6-10 Play Group</td>
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<tr>
<td>Friday</td>
<td>Project Inc. Group Games</td>
<td>B2</td>
<td>the Hill</td>
<td>Open to all (run by Senior SRC)</td>
</tr>
</tbody>
</table>

We look forward to working with you all next semester. A reminder to all students that the Pastoral Care Office is located in the TAS building, so come and make an appointment!
Defence News-

ADFA Excursion
A small group of students from years 9 and 10 had the opportunity to go to the Australian Defence Force Academy for the day. The day consisted of the students attempting the very difficult Over Water Obstacle Course. The group got to experience lunch in the mess with the ADFA Cadets and take a tour of both the University facilities and Accommodation area. A special thank you goes out to Mr Tozer and Mrs Scougall for coming on the excursion.

World Cup Fever!
World Cup Fever has struck Amaroo Defence Students. Early Childhood and Primary school students have been doing World Cup Football craft activities. We made soccer player finger puppets and coloured the players in to represent one of the teams participating in the 2014 FIFA World Cup. The students really enjoyed this activity. Middle/Senior Defence students have been competing in a Foosball World Cup. This was a first Foosball experience for some of the students and they all really enjoyed themselves.

ADF Families Questionnaire
Thank you to all those families who have returned the questionnaires. The information and suggestions you have provided are greatly appreciated. If you have not received a copy of the questionnaire and believe you should have received this questionnaire please email either jo.farmer@ed.act.edu.au or michelle.nazzari@ed.act.edu.au and we can get a copy to you. If you are not a member of the ADF and received this note, please return it to the Front Office or Fishbowl with the students name and a comment stating that you are not a Defence family.
Dear Parents and Students

Casual marijuana use linked to brain abnormalities in students
Posted on May 18, 2014 by Dr Ramesh Manocha

Young adults who used marijuana only recreationally showed significant abnormalities in two key brain regions that are important in emotion and motivation, scientists report. The study was a collaboration between Northwestern Medicine and Massachusetts General Hospital/Harvard Medical School.

This is the first study to show casual use of marijuana is related to major brain changes. It showed the degree of brain abnormalities in these regions is directly related to the number of joints a person smoked per week. The more joints a person smoked, the more abnormal the shape, volume and density of the brain regions.

“This study raises a strong challenge to the idea that casual marijuana use isn’t associated with bad consequences,” said corresponding and co-senior study author Hans Breiter, M.D. He is a professor of psychiatry and behavioral sciences at Northwestern University Feinberg School of Medicine and a psychiatrist at Northwestern Memorial Hospital.

“Some of these people only used marijuana to get high once or twice a week,” Breiter said. “People think a little recreational use shouldn’t cause a problem, if someone is doing OK with work or school. Our data directly says this is not the case.”

The study will be published April 16 in the Journal of Neuroscience.

Scientists examined the nucleus accumbens and the amygdala—key regions for emotion and motivation, and associated with addiction—in the brains of casual marijuana users and non-users. Researchers analyzed three measures: volume, shape and density of grey matter (i.e., where most cells are located in brain tissue) to obtain a comprehensive view of how each region was affected.

Both these regions in recreational pot users were abnormally altered for at least two of these structural measures. The degree of those alterations was directly related to how much marijuana the subjects used.

Of particular note, the nucleus accumbens was abnormally large, and its alteration in size, shape and density was directly related to how many joints an individual smoked.

“One unique strength of this study is that we looked at the nucleus accumbens in three different ways to get a detailed and consistent picture of the problem,” said lead author Jodi Gilman, a researcher in the Massachusetts General Center for Addiction Medicine and an instructor in psychology at Harvard Medical School. “It allows a more nuanced picture of the results.”

- Northwestern University

Meg (meg.lewis@ed.act.edu.au 62053328) and Fiona (fiona.mckinnon@ed.act.edu.au 62058916) School Psychologists
ed-space @

headspace ACT

headspace ACT information seminars 2014

headspace ACT runs free information and education seminars about mental health and wellbeing.

What: Free information and education seminars about mental health and wellbeing.

Who: For parents and carers of young people between the ages of 12 to 25 years.

All welcome.

Where: At headspace ACT, University of Canberra, Bruce.

When: On the last Tuesday evening of the month, starts at 5:30pm for 6pm presentation. Each presentation will run for 1 hour. Tea & coffee provided.

How: RSVP via phone or email P: (02) 6201 5343 E: headspaceACT@canberra.edu.au

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Tuesday 24 June</td>
<td>Eating Disorders</td>
</tr>
<tr>
<td>Tuesday 29 July</td>
<td>Self Harm</td>
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<tr>
<td>Tuesday 20 August</td>
<td>Borderline Personality Disorder</td>
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<tr>
<td>Tuesday 30 Sept.</td>
<td>Abuse, Trauma and PTSD</td>
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<tr>
<td>Tuesday 28 Oct.</td>
<td>enhancing family life – coping with changes (Substance Use)</td>
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<tr>
<td>Tuesday 25 Nov.</td>
<td>Psychosis</td>
</tr>
</tbody>
</table>

Details: See our website for more details.

www.headspace.org.au/ACT

Presented by intern psycholoy student from the University of Canberra.

We hope to see you there!
Have You Got Game – SL@AM Fundraiser

ROLL UP! ROLL UP! HAVE YOU GOT GAME is back and is coming up fast! The most exciting and hilarious event held at Amaroo School. It is going to be held in Week 10 on Wednesday the 2 July, and it will run from 11:15am to 1pm with this year’s theme being Circus Circus, so dress up (and make a gold coin donation) as a crazy clown or an awesome animal (DRESS APPROPRIATLEY!). Have You Got Game is comprised of circus themed challenges where the staff compete against students from across all sectors of the school. There will be 5 judges who will decide the winner at the end of the event. Whoever wins gets bragging rights for the rest of the year!

With the day starting with awesome buddy activities, fun market stalls, including fairy floss, popcorn and cream pie throwing, the hours leading up to Have You Got Game will be filled with excitement that will carry on throughout the awesome show!

As always, any student who wishes to be in the draw to compete against the staff will need to pay for the privilege, 50c per entry. Please keep a look out for the SL@AM students who will be at both the Library and Canteen areas to go in the draw. We look forward to seeing you there in Week 10 and can’t wait to get the STUDENT name back on the trophy!
**Calling All Volunteers**

In July each year, the Southern Hemisphere’s largest youth football tournament is held right here in Canberra... And we want you to be part of it!!!

**Why Should You Volunteer?**

- **Personal development**
- Experience the fun, excitement and satisfaction of running a major sports event
- Make new friends and have a week you will never forget!
- Official Kanga Cup staff uniform including jackets and gloves provided daily and invite you to enjoy a special Volunteers dinner at the end of the tournament!

A Volunteer Information Session will be held on Tuesday 1st July from 6pm to receive all essential information about the tournament and your role.

**What Roles are Available?**

- Venue Assistants
- Media Assistants
- Results Managers
- Ceremony Assistants

To apply online or for more information visit: www.kangacup.com/volunteers or contact the Capital Football office (02) 6260 4000

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**Cym**

**Present**

**A school holiday choral Workshop with the Australian Girls Choir**

Canberra school aged children, male and female, who love to sing are warmly invited to join with the Canberra Children's Choir, in a one off, afternoon choral workshop, lead by the touring Australian Girls Choir.

This is a unique and very exciting opportunity to sing and learn with Australia’s foremost girls’ choir and an opportunity not to be missed.

This educational workshop presents choral singing, body percussion and choreography techniques and culminates in a free concert for families and friends. The free concert includes joint performances of the Australian Girls Choir with workshop participants and individual performances from the Australian Girls Choir and the Canberra Children’s Choir.

For registrations and more information please visit: www.canberrayouthmusic.asn.au

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**Teenage Core Stability Class**

Run by experienced Physiotherapists

**Benefits of Core Strengths**

- Betters athletic performance
- Prevents Injury
- Helps you keep fit
- Improves body awareness
- Promotes good posture
- Makes body movements more efficient

Higher Function now offers a class specifically for teenagers!

Higher Function offers a class specifically for teenagers!

- Core stability is essential to sports
- Provides a solid base for activities involving trunk rotation
- Reduces pain caused by hours of sitting over the laptop
- Improves your overall health and wellbeing through fun exercises

Classes are held Tuesdays and Thursdays at 4:30 – 5:30pm during school term

Please call us on 6262 5564 to book in for a pre class assessment™ with the Physiotherapist

---

**Higher Function**

**Address**

135 Palmer Street, Canberra City, ACT, 2600

**Phone**

02 6262 5564

**Email**

rnmorton@higherfunction.com.au

**Website**

HigherFunction.com.au

*Guaranteed on Private Health Fund
## Community News

Amaroo School does not necessarily endorse the products or services advertised

<table>
<thead>
<tr>
<th>'Antoinette Karsten Art', Art classes and holiday workshops</th>
<th>Email or call Antoinette for more info. <a href="mailto:antoinettekarsten@hotmail.com">antoinettekarsten@hotmail.com</a> Mob: 0422693546</th>
</tr>
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<tbody>
<tr>
<td>Drawing, painting, sculpture, and lots of other fun projects to develop skills and confidence in our young creatives. Ages 10-16.</td>
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<tr>
<td>Nurturing Within Yoga offers Private class's in your home to provide 1:1 INDIVIDUAL &amp; PERSONALISED program</td>
<td>Please contact Michelle on (m) 0417288460 email <a href="mailto:michjono@bigpond.com">michjono@bigpond.com</a> or connect via the Nurturing Within Yoga FB page and PM.</td>
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<td>Do you want confidence, adventure and leadership skills? Scouting is education for life and helps builds confidence, friendships, responsibility and leadership. <strong>Scouts</strong> 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>Limited offer – 3 week FREE trial Call 1800 SCOUTS or visit our website, <a href="http://www.scoutsact.com.au">www.scoutsact.com.au</a></td>
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<td>Do You Love Candles? Do You Love Home Decorating? Choose from a selection of quality candles in a variety of fragrances, shapes, colours and sizes, and beautiful candle accessories in crystal, wrought iron, porcelain, pewter and decorative florals and mosaics!</td>
<td>For more information contact Annette Gleseson Independent Consultant with Partylite on 0418 261 444 or <a href="mailto:lovecandles.annette@gmail.com">lovecandles.annette@gmail.com</a></td>
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<tr>
<td>Girl Guides meet in Gungahlin! Are you a girl aged 5-17 years, and looking for laughter, learning, friendship and fun? Come along and find out what guiding is all about. Weekly meetings during school terms in various locations around Gungahlin.</td>
<td>Come and try for free. Email – <a href="mailto:gungahlindistrictguides@gmail.com">gungahlindistrictguides@gmail.com</a> Ph: Felicity (District Manager) 0448 553 701 <a href="http://www.girlguides-nswact.org.au">www.girlguides-nswact.org.au</a></td>
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<tr>
<td>Gungahlin Dance Academy Exceptional dance training for all ages Fully equipped studios in Amaroo</td>
<td>Performance Team Ballet examinations Annual Performances 2014 USA tour Ages 3 and up For further information and enrolment Details- Web: <a href="http://www.gdance.com.au">www.gdance.com.au</a> Email: <a href="mailto:gdance@bigpond.net.au">gdance@bigpond.net.au</a> Phone: 6255 5204</td>
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<tr>
<td>Classical Ballet (RAD) Contemporary Jazz Tap Private Tuition</td>
<td>Classes at Amaroo School. All enquiries Phone 0414 898 888 <a href="http://www.nationaltaekwondo.com.au">www.nationaltaekwondo.com.au</a></td>
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<tr>
<td>National Tae Kwon-do Our Children’s program offers a professionally designed age-specific curriculum that has been especially developed to teach children in a fun and enriching way.</td>
<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>
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<tr>
<td>Calisthenics</td>
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