



Amaroo School Newsletter

18 November 2014



Education and Training

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Dear Parents and Carers,

Last week we held our Remembrance Day Assembly. The event was organised by our Defence School Transition Aide and Mentor who coordinated with a number of our students and families closely involved with the Defence Forces. The Assembly was outstanding and the respect and participation by our students was to be commended. I would like to thank all those involved in the organisation with a special thanks to the Defence families who participated and helped make this special event more meaningful to our students.

The hot weather has arrived with a vengeance and we are happy to have students bring a drink bottle to school for use in classes when necessary. Please assist your children by ensuring they have a bucket hat and encourage them to wear it at all possible times when outdoors. Parent support in these ways can help students and teachers cope better

with the extreme weather and ensure we maintain the best possible learning programs.

Road safety

If your child rides a bike, scooter or skateboard to school please ensure they wear all the required safety equipment. It would also be helpful to discuss the correct procedure for crossing roads. We need to be vigilant in ensuring all our students travel safely to and from school.

Student Achievements

Braedon, Nicola, Lachlan and Josh from Ms Ward's Year 5 class have completed excellent technology work. These students have designed and made a model of a Drink Bottle Filler for placement near the local garage. The project response they have created is clever and creative. Well done.

John, Lachie, Maya and Hannah from Ms Ward's Year 5 class also produced a quality project for sustainability. They made a Farmer's Market and Greenhouse and developed a compost bin. Excellent creative technology work.

Ashika, Cynthia, Tahnee, Robbie and Aislynn from Ms Coleman's Year 5 class have completed an excellent technology project. They were challenged with creating and designing a sustainable community garden. The students have developed a Community Greenhouse and made it sustainable. Their project is creative and clever and showed great depth of thought.

Aika, Kelsey, Jade, Teeghan and Matt from Ms Ward's Year 5 class have completed excellent technology projects. They have designed and made a sustainable school garden with tanks and gardens attached. They also created a sustainable farm and support services. Their work shows excellent creativity and application of their learning into practical real life examples of implementation.

Zaak, Andrew and Xander from Ms Pummeroy's Year 4 class have done some great work in mathematics. They have completed their Portfolio piece on fractions and decimals to an extremely high standard. Excellent work.

Calendar Dates

Wednesday 19 November 2014	Rugby League summer 7's boys 13 Y & U. Year 6 IMP Bandstravaganza.
Thursday 20 November 2014	SL@AM Sydney Trip National Young Leaders Conference
Friday 21 November 2014	Multicultural Day @ Amaroo School (Whole School) SL@AM Sydney Trip National Young Leaders Conference. All year 10 students books need to be returned to the Library.
Monday 24 November 2014	Preschool Transition to Kindergarten visits.
Tuesday 25 November 2014	Shakespeare Festival Showcase of Year 9 and 10 students- 5.30pm – 7.00pm in the Onyx Theatre, Amaroo School

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Jessy, Samaar and Jagruthi with Library Staff-Louise McMullen, Michele Roberts and Emma Bartlett representing Amaroo School at the Chief Minister's Reading Challenge Awards Ceremony at the National Gallery of Australia 13 November 2014.

Congratulations students, parents and carers and staff for supporting the students to develop a love of reading. Amaroo School were winners in both the P- Year 2 category and the Year 3-4 category. What a terrific effort Amaroo! A special thank you to our teacher Librarian Louise McMullen and the library team for facilitating the reading challenge across the school.

Lachlan, Bella and Keegan from Ms Winter's Year 4 class have developed and built an outstanding catapult. This exciting science project has motivated these students to create a very effective and efficient device. Great work team.

Daniel from Ms Canellas' Year 8 French class has produced some excellent video clips. Daniel was asked to compare life for a young person in France with that in Australia. The video he has produced is brilliant, his French is excellent and his presentation is most entertaining. What a fabulous effort.

Ross, Magnus and Matt from Mr Chapman's and Ms Ward's Year 5 class designed and performed a song done in an operatic style. The boys clearly enjoyed their learning and took great pride in presenting their performance with enormous gusto. Well done.

Riley from Ms Thomas' Year 2 class has won first place in the ACT State Titles Judo Competition. This budding champion has quite a collection of awards and championships and may one day represent Australia at the Olympics.

Michy from Ms Simm's Kindergarten has written a terrific story about a dinosaur. He has spent a number of lessons turning this story into his own book. What a fabulous achievement.



Parent Requests 2015

If you have a particular request for your child's class placement for 2015, we ask that you please put that request in writing and hand to the Administration Office. Alternatively, you can email your request to the appropriate sector Deputy Principal. In a large school, class placements are a complex jigsaw and as such not all requests can be guaranteed but will certainly be considered. All requests are required to be received by the school no later than Friday 28 November. Requests after this date will not be accepted.

Class Visits

In Ms Christenson's Year 9 science class students are learning more about light and how our eyes see different colours. They were doing a theory lesson before completing a practical lesson dissecting an eye ball. The students started the lesson by reviewing the learning of the previous lesson, they were impressive in the way they shared their understandings. It was also great to see the students taking turns at reading out to each other, the most important aspects of what they were learning. They did experiment a little bit with polarised glasses and film. This demonstrated very clearly for them the directions in which light rays move. Armed with all this knowledge and understanding, the students will be very interested to complete their dissections next lesson. It was terrific to see the students grasping some very difficult science concepts.

In Ms Byron's Year 7 class students are learning poetry. They are challenged to decide if rap is poetry. Their teacher has set up 6 different activities that every student as part of their table group, will rotate through and complete. Some groups were given rap music and challenged to set poetry to it. Others watched examples of people performing rap as poetry and the students had a great range of engaging activities to complete. It was great to see these budding poets/rappers developing their skills and finding their learning both interesting and enjoyable. It will be great to see the final rap pieces of poetry the students produce over two lessons.

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

Richard Powell

Principal
Amaroo School



Early Childhood

Preschool

Summer is fast approaching and the children have been enjoying the warmer weather it brings, during the outdoor program. They have been participating in water play, making all types of sweets out of chocolate scented play dough and exploring bubble blowing.

Please remember to apply sunscreen to your child prior to coming to preschool and we will reapply before venturing outside in the afternoon.

A big thank you goes to our Amaroo Preschool Parent Committee, for planning and organising the instalment of the new musical wall in the outdoor learning environment. It has been a loud and very popular experience for the children.

Key dates for your diary:

Wednesday 19 November and Friday 21 November
Multicultural Day Morning Tea 10.30am

Wednesday 3 December 3.30pm-4.15pm
Kindergarten Information Session

Monday 8 December and Thursday 4 December
Christmas craft mornings

Friday 12 December 3.30-5.30pm
Family picnic and disco



Kindergarten

Wow! What a busy and productive time it has been for Kindergarten!

As part of our COGS program, we have been designing and making a toy for a child overseas. Thank you to everyone who brought in boxes or other craft items from home. You helped us to make some fantastic dolls, animals, board games, musical instruments and other items. Kindergarten really impressed their teachers, especially when asked to describe how their toys felt and moved.

With the end of year fast approaching, our calendar is quickly filling up with events. This Friday will be Multicultural Day and to celebrate, all students are invited to dress-up in traditional clothes from different cultures (providing that all items are sun-smart). If children would like, they're welcome to bring a short blurb explaining their clothing choices to their peers. Stalls will be being run on the day, which children are welcome to visit and make purchases from.

We are really looking forward to watching 'Aladdin' at Dendy Cinemas, for our end of year treat. If you would like your child to join us, please send back their permission note and money before Tuesday 2nd December 2014. If your child has any food allergies, please also let their teacher know before this date.

In the near future, we will be looking at forming classes for 2015. If you have any special requests regarding the placement of your child, please forward these in writing to the Administration Office or to Mr Ben Hall, the Early Childhood Deputy.

Requests will only be considered if they are received by Friday 28 November. The children will also be creating their own short list of friends who they would like to be with in Year 1.

Year 1

Welcome to Week 6! The Year 1 teachers have been very busy gathering their assessment data for reports. Parents, could we please be reminded if you are borrowing extra home reader books other than the normal home reader your child takes home, your teacher needs to be aware of this, as many home reader books are going missing or not being returned.

Please note library books need to be returned by week 7. This means that library will stop in week 7 for borrowing.

Remembrance Day Assembly was held on Tuesday, 11 November. This was a very important assembly in our school community; we have many students whose parents are members of the Defence Forces, including several who are currently serving overseas.

We have become aware of students bringing toys to school. All toys should stay at home. Toys brought to school are distracting students from their learning and are being broken during break times causing distress to students.

Continued next page

The end of year celebration note was distributed last week. Please make sure student's money and note is paid by the due date as we need to be organised with food. All Year 1 teachers are really looking forward to going on this excursion as a celebration of all the achievements made by year 1 this year!

Year 2

Year 2 has been very busy in Literacy; writing, practising and presenting a 'News Report' on a topic of their choice. We had some very talented newsreaders amongst Year 2, who had some very important facts to share. Next week we will begin our Exposition Unit where the students will begin to learn how to write a persuasive text.

In Numeracy, Year 2 have just completed our Measurement Unit where they learnt about Length, Area, Capacity, Volume and Mass. The students particularly enjoyed the hands-on aspect of Measurement where they got to compare and order shapes and objects based on length, area, volume and capacity using informal units and compare masses of objects using balance scales.

In Visual Arts and Drama the students were asked to explore dramatic elements in storytelling and drama. They then needed to create or re-create their own Dreaming story.

Year 2 students thoroughly enjoyed presenting their 'Double Dream Hands' dance at the Early Childhood Assembly on Friday. With the weather getting hotter, can we please reiterate that **all students need to wear a hat at school** otherwise they will be asked to sit in the shade.

Primary

Spotlight on Year 3

Year 3 had a wonderful time on our excursion to the Botanic Gardens in week 4. Students enjoyed participating in pond dipping with small fishing nets and then examining and identifying the species they found under magnifying glasses. 3EPO found the tadpoles and Water Boatman insects quite fascinating. It was also interesting to learn that many of the creatures found in the ponds eat the slimy, green algae! Students also had the opportunity to plant a variety of Australian native seeds which they took home. It was fantastic that almost all students remembered to bring a hat for the excursion. We strongly encourage all students to continue bringing their hats to school every day, particularly with the weather warming up.



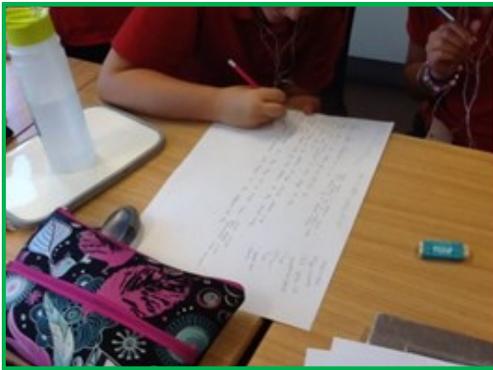
Spotlight on Year 4

Year 4 have been discovering and applying their knowledge of forces in Science and Technology this semester. Students have been creating a catapult to launch three different types of ammunition and to determine how force affects the ammunition through the catapult and in the air. Students created some amazing catapults that explored and clearly demonstrated a variety of forces.



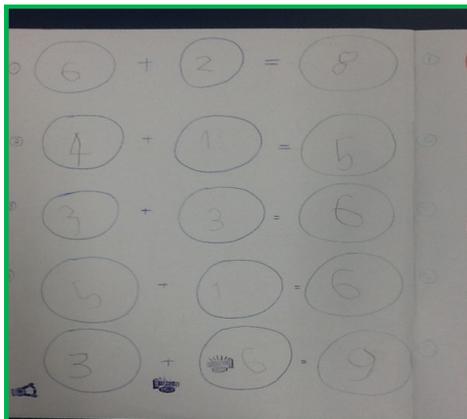
Spotlight on 5TWA and 5ACA

During Technology this week, 5TWA and 5ACA have been designing and making sustainable projects for the Amaroo Community. These were designed, based on the needs of the community. We walked over to the Amaroo Shopping Precinct being developed near the school and looked at both natural and fabricated materials. We then looked at how we could improve the sustainability of the area. In our collaborative teams we designed, made and appraised our sustainable projects and identified the fabricated materials we required for our project. After this, we thought about the natural and fabricated materials we would use in the real world to build our projects. It has been great to see the many designs and ideas that students have created to support sustainability in the community.



Diamond Terrace

Benji from the Diamond Terrace has been working very hard and shared his excellent mathematics work with addition.



Middle School

Year 6

Year 6 has been busy learning about earthquakes and the geological forces at play on Earth. In History, Students have continued to explore the impact that certain migrant groups have made on Australian society. Teachers have been preparing for our Year 6 multicultural day stall and we are all looking forward to raising money for our sister school the Tabaka Academy in Kenya.

As the weather becomes increasingly hot and the sun's rays more potent, please make sure that your child has an appropriate hat and brings their PE shirt to school for PE lessons. Antiperspirant deodorant (roll-on not aerosol) is also a must. This is a matter of hygiene and safety. PE staff may not let students without a hat or PE shirt participate.

Year 7

In English students have continued to explore Australian poetry. They recently completed an in-class test where they showed their understanding of poetic techniques as well as their ability to write poetry.

In Maths students have learnt about sample space, events, outcomes and probability measures through a series of fun probability experiments. They also made their own simple probability experiments to share with the class. Students will shortly begin financial mathematics, focussing on comparing costs by calculating unit price.

In Science, students have been working on their science fair projects. In the upcoming weeks students will recap the 5 major branches of science and prepare for the Science Fair which will be held in week 9 and is open for family members to attend.

In History, students have been studying for and completing their in-class history test. They will continue to explore the wonders of Ancient Rome and the impact Ancient Rome has had on our lives today.

Year 8

Year 8 is in for a busy end of term!

This week in English students will be working on their poetry anthology. This is an in class assessment item. In History they will continue developing their essay writing skills by preparing an essay on Incan Society.

Students are investigating the various forms of energy in Science with lots of practical activities occurring in class to demonstrate energy transformations. In Maths, students are completing a unit on linear equations and will be generating an equation and graph to illustrate their running and walking speeds.

As the weather warms up we encourage students to have a water bottle with them in class and remind students that they need a hat for break times.

MIDDLE SCHOOL TIMETABLE CHANGES FOR 2015

There will be a number of changes in 2015 for the Middle School. The main reasons for these changes are to align the Senior and Middle School timetables and to allow students to experience a range of subjects that are or will become part of the National Australian Curriculum.

With a review of the clubs program this year, we discovered that although we have parents and students who are very supportive of the program, we have also had an increase in the number of exemptions and the number of students who regularly do not attend clubs. With this in mind along with other demands on curriculum, we feel it is no longer viable to run the Clubs program.

The following changes, approved by our school board, will be implemented in 2015:

- The school day will commence at 9:00am for all students in the Middle and Senior School. Students will go straight to their first lesson for the day where the morning roll will be taken.
- The day will still have five lessons and two break times but the lessons will be 60 minutes instead of 55 minutes.
- All Year 6 – 8 students will now have three lessons of PE each week.
- All Year 6 and 7 students will rotate through eight elective subjects over two years. Each of these courses will run for ten weeks. This will give students a taste of each course to help with their elective decisions in Year 8.

- Year 8 students will choose two electives for the year, which will both run for a semester.
- Clubs will not run in the mornings before school, except IMP Band or where a staff member is happy to coordinate a particular sporting team or overseas excursion.
- Sports teams will now be selected by teachers volunteering to take particular teams. Training will be at break times or before/after school as organised by the coordinating teacher.
- The day will still conclude at 3:00pm for all Middle and Senior School students.
- These changes have been made to achieve the best possible learning outcomes for all students. If you have any concerns please do not hesitate to call Sam Beattie on 62052808 or email her at sam.beattie@ed.act.edu.au

Diamond Gallery

Diamond Gallery

Mitchell, Ethan and the students in the Diamond Gallery are working with the Canteen for collecting and breaking up food scraps for their, "Worm Farms." The students are learning about sustainability and will use the natural fertiliser from the farms for their potted plants.



Senior School

Graduation Points

A reminder to all Year 9 students to submit graduation points for 2014 to their Study Coaches this year. Points submitted next year will not be counted.

SRC

In Week 9 SRC representatives and House Captains for 2015 will be chosen. Students interested in applying for these leadership positions should see Mr Beecher, Ms Byron or Ms Moore for an application form.

Jamberoo

A reminder to all Year 9 students wanting to attend the Jamberoo excursion in Week 10, to return their notes ASAP to secure their spots! We would love to see you there!

Year 10 Graduation and Formal

The Year 10 Graduation and Formal are shaping up to be wonderful events, with the Formal Committee working hard on the finishing touches. The final payment letter for the Year 10 Formal has been given to students. If students need another copy they can ask at the Fishbowl.

It is important to have these payments finalised by the due date so tickets and invitations for guests can be printed out and organised. Please be sure to nominate how many guests would like to attend the Graduation Ceremony, as this will assist greatly in our planning for the event.

There will be further information regarding arrival protocols, times and so forth in the coming weeks.

SRC and House Captains 2015

In the next few weeks we will be running elections for the 2015 SRC and House Captains/Vice Captains so that these students can start their roles at the beginning of next year. The Senior SRC will have three girl representatives and three boy representatives from each year and they'll be responsible for representing the students in their year and promoting school values. There will be two year 10 House Captains for each house (one girl and one boy) and two year 9 House Vice-Captains for each house (one boy and one girl) and they'll be responsible for promoting school pride and participation in school sporting events.

Applications forms for these students are due on the 2 December 2014. Students can pick up application forms from Andrew Beecher or Louise Byron (Year 7/PE Staff Study). Please feel free to encourage your child to apply.

Languages

Are you ready for Multicultural Day?

On Friday 21 November Amaroo School will be celebrating all things multicultural. We value the diversity of backgrounds of our student population as well as the wonderful opportunity our students have to learn another language.

Our Whole School Assembly will have a multicultural theme and will be hosted in both French and Japanese! Come and listen to students speaking about the very successful France/Belgium trip!

The real fun and games will start at a slightly early B1 at 11.00am. Wear your wonderful costume representing different cultures and bring your pocket money for the stalls. Every year level has put so much effort into planning their contribution. We will be able to enjoy food from many different countries, face-painting, book marks, origami, fortune cookies, postcards and henna body decorations.

Money raised will be sent to our sister school the Tabaka Academy in Kenya, so why not get into the spirit and be generous?

Please bring a gold coin donation to your Home Room if you are wearing a costume. There will be a certificate for the best costume in each class.

Japan Trip 2015 – Deposit due this week.

Just a reminder that deposits for this trip are due this week. The 2-week trip will be held at the end of Term 3, 2015. It provides an invaluable learning experience for our Japanese Language students to be exposed to life in Japan. Their experience will include attending Nara University High School, visiting world heritage cultural sites, visiting the Hiroshima Peace Museum and exploring more contemporary culture in areas of Tokyo, including Tokyo Disney Land.

Gifted and talented Information Session

Amaroo School will be holding an information evening on our Gifted and Talented/Enrichment program. The information session will include:

- Identifying gifts and talents in students and the placement process
- Support services provided by Amaroo School and the Gungahlin community
- Learning programs that stimulate academic and personal challenges for identified students across all sectors.

Parents and carers interested in learning more about our policy and services are invited to attend.

When: 6.00pm Wednesday 26 November 2014

Where: Unakite building (next to Library).

UNDERSTANDING THE GIFTED LEARNERS IN OUR CLASSROOMS

Recognising and understanding gifted learners is challenging for educators and parents alike. The characteristics and needs of students who are gifted are personal and unique, and recognising them involves understanding that these specific characteristics may be demonstrated through a variety of different behaviours often presenting differently in school compared to at home.

The ACT Education and Training Directorate Gifted and Talented Students Policy is based on the Francois Gagné Differentiated Model of Giftedness and Talent (2008). This model highlights the impact of environmental and intrapersonal catalysts on the development of giftedness towards talent or competency. Although intellectual or academic giftedness is only one of the domains in Gagné's model, it is the domain which often requires the most differentiated response in the classroom.

Gifted students have characteristics and needs which are different from those of their same age peers. As a group, intellectually gifted learners comprehend complex ideas quickly, learn more rapidly and in greater depth, and may exhibit interests that differ from those of their age peers. They need time for in-depth exploration, to manipulate ideas and draw generalisations about seemingly unconnected concepts, and to ask provocative questions. Gifted learners find excitement and pleasure from intellectual challenge and show initiative and originality in work, particularly in areas of high interest and passion. At times gifted learners will show extraordinary degrees of motivation and a single-minded pursuit of goals, which their peers may find hard to understand. However, these students may also be self-critical in evaluating and correcting their own efforts, exhibiting perfectionist behaviours, which lead to task avoidance and the tendency to take criticism from others very much to heart.

Gifted students often demonstrate an ability to handle abstract ideas and flexibility in thinking, which allows them to consider problems from a number of viewpoints and show high levels of empathy for the feelings and circumstances of other people.

Gifted students possess a need for like-minded friends and longer-term relationships than their same aged peers and this often results in a preference for older friends or friendships with much younger, but equally gifted students. When like-minded connections are not available to them, they may experience feelings of isolation and rejection and subsequent accusations of social maladjustment from those around them.

It is important to recognise that gifted learners are not a homogenous group and that students may exhibit differing levels of giftedness across one or more of the domains outlined in the Gagné model. Equally, it is important to acknowledge that giftedness does not always translate to talent and thus underachievement may need to be addressed in the case of some gifted learners. Ultimately, gifted learners require support in order to achieve their full potential. To this extent, they are no different to any other students whose learning needs differ from the norm.

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- Rogers, K.B. (2007). Lessons learned about educating the gifted and talented: A synthesis of the research on educational practice. *Gifted Child Quarterly*. 51 (4) 382-396.
- VanTassel-Baska, J. (2007). Leadership for the future in gifted education: Presidential address. *Gifted Child Quarterly* 2007 51: 5 DOI: 10.1177/0016986206297087

PE & Sport

We have had a range of personal achievements in sport recently that we would like to recognise:

Congratulations to Sophie and Eliza T who have both been selected to represent Canberra City in the Women's Gymnastics National Competition in Victoria in November. Best of luck Girls!

We were very proud to hear that 2 students from Amaroo School did extremely well at the ACT Senior Athletics carnival recently and have qualified for Nationals! Teresa W in Year 9 is eligible to represent our school and the ACT. She came first in the 3000m and 3rd in the 800m. Sarah H in Year 8 has excelled in shot put, coming second in the ACT, and has qualified for 13 years and under Girls Competition. Well done Theresa and Sarah!

Congratulations to the Year 7/8 and Year 9/10 Boys cricket teams who went out last Friday. The boys played well in the Super 8 competition and enjoyed the day.

We have our House Captain nominations coming up soon for 2015. Mr Beecher will be explaining the process to Year 8 and 9 students at assemblies. Next year we will have 2 Year 10 house captains and 2 Year 9 vice captains. Year 5 students will be eligible to apply for nomination early next year.

A reminder to students to wear hats and sun cream now that the weather is warming up. Don't forget to be SunSmart and Slip Slap Slap! J

Chess

The annual Amaroo Chess Championship will be held on Thursday 4 December in the school hall. Students who have participated in interschool chess competitions and who have been involved in the chess program throughout the year are encouraged to participate. See Mrs Robertson for more information.

Checkmate!



Amaroo School Multicultural Day - Friday 21 November 2014

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The real fun and games will start at a slightly early B1 at 11.00am. Wear your wonderful costume representing different cultures and bring your pocket money for the stalls. Every year level has put so much effort into planning their contribution. We will be able to enjoy food from many different countries, face-painting, book marks, origami, fortune cookies, postcards and henna body decorations. Money raised will go to our Kenyan partner school, the Tabaka Academy.

Defence



On Tuesday 11 November 2014, Amaroo School commemorated Remembrance Day at a special whole school assembly. We thank all students, staff and parents who attended. The Assembly marked the significance of the role played by past and current serving Defence members. A Defence Families morning tea was held after the Assembly with a great turn-out. A special thanks to our special guest speakers, wreath layers and the numerous staff members, students and parents who helped behind the scenes to make the event so successful. Your support is greatly appreciated.



Amaroo School Summer Concert

Amaroo Performing Arts Students Present:

THE SUMMER CONCERT

You are invited to Summer Concert at Amaroo School. This Concert will give students studying in Performing Art electives the chance to perform the masterpieces that they have been working on for the past Semester. This is also a great opportunity for parents, carers and siblings to get to see their child's creativity in action and show support for their passion.

When and Where:

Monday, 1 December 2014 (Week 8). The concert is from 6pm – 7.30pm in the Gym at Amaroo School.

If you have any concerns about the performance, please contact Tim Sinclair (Music), Angela Fattore or Dania Moje (Dance) on 6205 2808.

We look forward to seeing you there

Aladdin in Hollywood

You are invited to attend the Year 7 Production of 'Aladdin in Hollywood'.

The show will be in the Onyx Theatre on Wednesday 12 December from 6pm – 7.30pm.

The original script was written collaboratively by Tim Sinclair and the Year 7 Drama students. This show is the culmination of a semesters scripting and rehearsing and will be a wonderful showcase of their work. Singing, dancing and crazy laughs, the show is for the whole family. **We hope you can make it.** Entrance is a gold coin donation.

If you have any questions please contact Tim Sinclair (Music/Drama) 02 6205 2808

Arts and Technology "Creative Minds" Exhibition.

You are formally invited to attend the Amaroo School 'Creative Minds' Exhibition night.

The Annual Amaroo School 'Creative Minds' Exhibition will be held this year on

Date: Thursday Dec 11

Time: 4.30pm – 7pm

Where: in the Hall.

The re-burying of the Amaroo School Time Capsule will be 6pm if you would like to attend.

This will be an amazing display of art and technology pieces students have been working on all year from Amaroo School.

We hope you can come and be a part of this wonderful tradition at Amaroo School.

2015 ACT Bursary Scheme

2015 ACT Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides financial assistance (annual payment of \$750) to low-income families with students in Year 7 – 10. To be eligible, applicants must have a current Centrelink card or Healthcare card. There is no limit on the number of students for whom each applicant can apply, providing they meet the criteria. To ensure eligible applicants receive funding for the start of the 2015 school year applications must be lodged by 28 November 2014. Any parent interested in this can either visit the website http://www.det.act.gov.au/school_education/starting_school/financial_assistance_for_families for an electronic copy of the application form or collect a form from the Senior Admin office in the Fishbowl. If you require more information please call the Bursary Administrator on 6205 8262.



ACT
Government
Education and Training

ACT SECONDARY BURSARY SCHEME

DO YOU HAVE CHILDREN IN HIGH SCHOOL?

The ACT Secondary Bursary Scheme can provide ACT residents on low incomes with financial support for students in Years 7 – 10.

Eligibility: Holders of a Pensioner Concession Card or a Health Care Card with means tested 'payment codes'
- see application form for more details

APPLY NOW

ACT EDUCATION AND TRAINING DIRECTORATE
Secondary Bursary Scheme
Hedley Beare Centre for Teaching and Learning
GPO Box 158 CANBERRA CITY ACT 2601

Application forms are available at all high schools, colleges, Centrelink Regional Offices and online at
http://www.det.act.gov.au/school_education/starting_school/financial_assistance_for_families

Enquiries: 6205 8262

Amaroo School Psychologists

Dear Parents and Students

7 Strategies To Optimise Optimism In Teens – And Why It Matters

Posted on October 17, 2014

“If you can get through year 8 and year 9, you can get through anything.”

That’s a saying I share with students, teachers, and parents alike. These are tough years for many students, and if school is not a positive experience for them, they can feel hopeless. Hopelessness – believing things are bad and are going to stay bad – leads to helplessness. Helplessness leads to depression.

But what if we could give children hope? What if we could help them understand that things can – and will – get better? Would it matter if they were more optimistic?

Always a loser

In the 1980’s researchers began to notice that teenagers often hold strong and permanent beliefs about personality and ability.

“Once a loser, always a loser.”

“I suck at maths. I’m just stupid when it comes to numbers – especially polynomials and calculus. Plus I’ll never use it.”

“I’m ugly. My face is full of pimples and I’ll be stuck like this forever.”

This permanent belief about something intrinsic and all encompassing can paralyse our teens, giving them no faith in the future, and closing them off to the possibility of good things happening. In other words, these beliefs shut down optimism, and harm their hope.

Reduce the risk of depression with optimism

New research published in Clinical Psychological Science indicates that if we can help kids sense that things can change for the better, we can mitigate depression risk. That is, optimistic teens – the ones who believe that good things can happen and personality, ability, or even looks aren’t necessarily permanent – have higher wellbeing than less-optimistic teens.

David Yeager’s recent study took 600 Year 9 students who participated in a brief intervention that emphasised how people can change. Students read articles about the brain’s capacity for growth and learning (brain plasticity and ‘growth mindset’ concepts). The students also read advice from older students reassuring them that high school gets better.

Students were then asked to write about their own experiences of people’s personalities changing.

Nine months later, the experimenters checked in on the students. Among the control group (who did not read the articles or write about changes in people), rates of depressive symptoms increased from 18% to 25%. Things were worse, rather than better. But those who were involved in the intervention fared better. While they didn’t necessarily improve, they certainly didn’t decline as the control group had. (Even student who were victims of bullying remained resilient.)

What does it all mean?

Giving teenagers hope at one of the toughest times of their lives appears to reduce the danger that they’ll become depressed. But how?

Here are 7 strategies to optimise optimism in our teens:

1. Empathise: Often our teens just need someone to be there and understand. Letting them know you can see they feel hopeless and they wonder why they should bother can be powerful for them. It validates their experience. Saying, “I felt like that when I was 15 too” can help them. But then we need to move them to a belief in a positive future doing the following:
2. Emphasise “yet”: When a teen says, “I can’t”, smile and gently add “yet” to the end of their sentence. When they say, “I hate calculus. It’s stupid. I’ll never use it”, acknowledge their feelings, and say, “It’s a struggle right now isn’t it. You can’t do it yet.” Those three little letters imply both an expectation that it will be done, and a belief that it can be done.
3. Steer their focus to what they can control: Teens often worry about things that they have no control over. Ask them, “What can you do right now about this?” If they can’t do anything, acknowledge the predicament and empathise. If they can, steer them towards an answer. “You feel lousy. What options do you have?” “You’re struggling with the assignment. Where is the best place you can think of to start.”
4. Focus on the end: A high school teacher used to do a regular “talk” with her students. She would write on the board, “There is life after high school – and it’s GREAT!” She would chat briefly about their struggles, and then promise that it gets better. The students looked forward to the future. The talk had impact.

5. Emphasise strengths: Tell them what you see in them. “You have some remarkable strengths that you don’t get to use enough at school...” and be specific about what they are! (You might find out what they want to do and tell them, “You’ll be great at that – with hard work you’ll excel.”)

6. Understand mindsets: Become acquainted with research around the way our brains change. There are popular books such as Carol Dweck’s *Mindset* and Norman Doidge’s *The Brain the Changes Itself*. These books will change the way you talk about ability, possibility, and the future – and inspire your teens to be more optimistic.

7. Avoid the superficial: If a teen feels lousy, being told to “cheer up, it will get better” is unlikely to help. No one believes you when they don’t feel you understand. It feels dismissive and patronising.

Optimism – believing that good things are coming soon – may be one of our most positive tools for boosting our teen’s self-belief, and reducing the dangers of depression. Good things are coming. The future is bright. Help our teens believe it.

Dr Justin Coulson is a positive psychology and parenting educator and father of six. His blog and podcast are at www.justincoulson.com.

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



Research Opportunity

Pearson Clinical and Talent Assessment is conducting a research project across Australia and New Zealand on skills related to intelligence, learning, and achievement.

Who can participate?

We are looking for participants aged between 4 years and 19 years 11 months who are fluent in English to participate.

- Participants will receive a book pack for their participation.
- Participation takes between 30-150 minutes (not including breaks).
- Participation involves testing participant skills and ability.

ALL INFORMATION COLLECTED WILL REMAIN CONFIDENTIAL AND ONLY USED FOR RESEARCH PURPOSES BY THE TEAM AT PEARSON CLINICAL AND TALENT ASSESSMENT.

To nominate your child for the research please visit:

www.pearsonclinical.com.au/nomination

For further information please contact:

Dr Nicki Knott
Project Director (A&NZ)
Pearson Clinical and Talent Assessment
Phone: +61 3 9811 2528
Email: nicki.knott@pearson.com

For more information regarding the above Research Opportunity please contact-

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



Our School will be participating in the Right Here Right Now art project to celebrate the 25th Anniversary of the Convention on the Rights of the Child

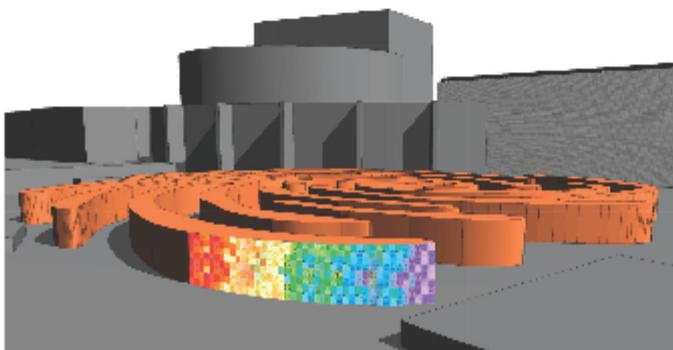
This project is an initiative of the ACT Children & Young People Commissioner, supported by the Education and Training Directorate.

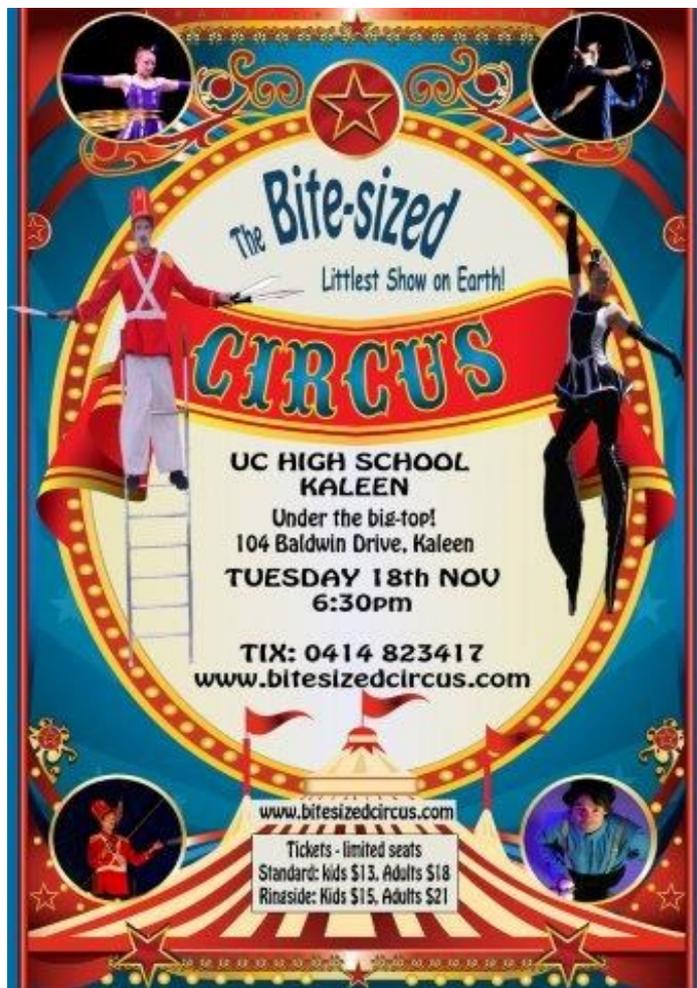
Every student in Canberra is being invited to create their own self-portrait in one of a rainbow spectrum of colours and to include a message about why it is important for adults to listen to children and young people, or their own message they would like to share with the community. Portraits will generally be created at school, but students may wish to work further on them at home. No names or identifying information will be included on the self portraits and participation is voluntary.

The self-portraits and messages will be attached to thousands of cardboard boxes, which will be used as building blocks for a large-scale art installation in Civic Square for Youth Week 2015. The installation will be a maze in the form of a fingerprint, symbolising children and young people leaving their mark on the city, and the unique contribution of each child and young person in the ACT.

As well as providing their self-portraits and messages, students and their families will also have the chance to participate in the construction of the installation, as part of a fun and interactive event on 9 April 2015. The installation will then be opened to the public in a formal launch on Friday 10 April 2015, and will remain on display for public viewing over the weekend. The installation will be documented in a short film. More information about the project is available on the website at www.ACTkids.act.gov.au

The Commissioner is also seeking volunteers to assist with the creation of the installation If you are interested please contact Alasdair Roy or Gabrielle McKinnon on 6205 2222 or email ACTkids@act.gov.au





Amaroo School Classes for 2015

We are currently looking at enrolment numbers for 2015. We ask all parents whose children may be attending a different school in 2015 to fill out the form below. This feedback is extremely important to us as we need accurate figures to plan effectively for next year. Please return this form to the Front Office .



PLANNING FOR 2015

To assist us plan classes and staff for 2015, please complete the slip below **if your child/ren are NOT returning in 2015**

Name: _____ Class: _____

Name: _____ Class: _____

Name: _____ Class: _____

Will NOT be returning to Amaroo in 2015 (Please tick reason listed below)

Moving to another ACT Government school

Moving to another ACT Non- Government School

Moving Interstate

Moving Overseas

Other _____

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 through your App Store on your mobile device

<p>'Antoinette Karsten Art', Art classes and holiday workshops Drawing, painting, sculpture, and lots of other fun projects to develop skills and confidence in our young creatives. Ages 10-16.</p>	<p>Email or call Antoinette for more info. antoinettekarsten@hotmail.com Mob: 0422693546</p>
<p>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, 10years and under, 7 years and under.</p>	<p>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 www.academycalisthenics.com.au, with enquiries to info@academycalisthenics.com.au or 62882858</p>
<p style="text-align: center;">Gungahlin Dance Academy Exceptional dance training for all ages Fully equipped studios in Amaroo</p> <p>Classical Ballet (RAD) Contemporary Jazz Tap Private Tuition</p>	<p>Performance Team Ballet examinations Annual Performances 2014 USA tour Ages 3 and up For further information and enrolment Details- Web: www.gdance.com.au Email: gdance@bigpond.net.au Phone: 6255 5204</p>
<p>Nurturing Within Yoga offers Private class's in your home to provide 1:1 INDIVIDUAL & PERSONALISED program</p>	<p>Please contact Michelle on (m) 0417288460 email michjono@bigpond.com or connect via the Nurturing Within Yoga FB page and PM.</p>
<p>Do you want confidence, adventure and leadership skills? Scouting is education for life and helps builds confidence, friendships, responsibility and leadership. 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.</p>	<p>Call 1800 SCOUTS or visit our website, www.scoutsact.com.au</p>
<p style="text-align: center;">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!</p>	<p>For more information contact Annette Gleeson Independent Consultant with Partylite on 0418 261 444 or lovecandles.annette@gmail.com www.annette.partylite.com.au</p>
<p>LCF Fun Languages FRENCH, ITALIAN, SPANISH MANDARIN, for Preschools, Primary, Teens and Adults.</p>	<p>Express Interests 2015! Contact Sarah Mak Ph:0431252768 E:sarah.mak@lcfclubs.com.au W:www.lcfclubs.com.au</p>



<p>Lavender Art Studios Art Classes with Greg Devenny-Mackay. Art Classes for Children Choice of 9 Weekly Classes 5 – 19 years Adult Art Classes Sunday Afternoon and Tuesday Evenings</p>	<p>www.lavenderartstudios.com.au Ph 62926339</p>
<p>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.</p>	<p>Classes at Amaroo School. All enquiries Phone 0414 898 888 www.nationaltaekwondo.com.au</p>
<p>Bollywood Dance Classes for adults & kids by Canberra School of Bollywood Dancing.</p> <p>Registration essential to secure a spot. Email canberrabollywood@bigpond.com</p> <ul style="list-style-type: none"> • Kids 3 –6 years - 3 to 4 pm • Adults & Kids 7 + years - 4 to 5 pm <p>Venue – Amaroo School dance studio .</p>	<p>For more details contact Krisha Jilson on: Phone: 0403-156833 Email: canberrabollywood@bigpond.com Website: www.canberrabollywood.com.au Join us on face book: www.facebook.com/#1/pages/Canberra-School-of-Bollywood-Dancing-CSBD/242646885787711</p>
<p>Butterfly Wicks is a boutique business supplying candles and candle accessories to the Canberra region through local markets and direct sales. We have beautiful handcrafted quality candles using biodegradable materials.</p>	<p>For sales and orders please contact: <i>Butterfly Wicks</i> <i>Shane Weise</i> Mobile: 02 6241 9126 www.facebook.com/butterflywicks Butterflywicks@inet.net.au</p> 
<p>Action Tae Kwon-Do 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.</p>	<p>After progressing through our children's program the children will have the required skills to join our adults program.</p> <p>Classes at Amaroo nSchool Call Paul for information 0414 898 888</p>



Season 2014-2015

Welcome to the Bears family.

The Bears are Canberra's oldest baseball club formed in 1957 with a proud tradition of advancing the sport. The Bears have a long list of multiple family members, from grandparents to children and grandchildren all participating in the club over many years and all levels.

We aim to provide an enjoyable environment for all players to learn the skill of baseball and participate in a spirit of fair play.

As part of the family we invite parents to get involved with canteen duty at our home ground at Majura, scoring your child's game or assisting with coaching. No experience

necessary, anyone can help out. Volunteering is what makes our club so special as it runs by collaboration so please make sure you can join in at least once per season.

For registration details and information-Contact Us

Postal Address: PO Box 618, Dickson ACT 2602



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

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

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

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

Contact Patricia Jones, your local Saver Plus Worker:
 (02) 6283 7606 / 0448 730 305
 or patricia.jones@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Canberra and Queanbeyan by The Smith Family. The program is funded by ANZ and the Australian Government.