Dear Parents and Carers

NAPLAN results 2014

Parents of students in Year 3, 5, 7 and 9 should of received a copy of their child’s NAPLAN results last Friday. It is important that you take some time to review this information and discuss it with your child. Examining our whole school data, we have found that our students continue to have enormous academic growth as they move through our school. This growth reminds us how hard our students, staff and parent community work when engaging in learning. Notable highlights from our data were found in very strong reading and writing outcomes from all participating year levels.

Building Quality Relationships (BQR)

When you attend our school, we encourage everyone to embrace our core values of inclusion and excellence. Our school also is very proud of the people in our community who continually treat each other with respect. As we move further into the school year, please review our BQR policy on our website. It is important that you continue to remind your children of their responsibilities in accordance with this framework. To support this point, a parent came to see me to provide feedback on how a group of Year 7 girls helped her child after she had fallen off her bike riding home. The parent spoke of how well the girls represented themselves as well as our school. Thank you to those girls for their efforts in helping our younger students. http://www.amaroos.act.edu.au/our_school/policies_and_procedures

Class visits

Mrs Lambert invited me to attend her Year 3 languages class. I was excited to start building my French speaking capacity only to be incredibly impressed with the level of articulation from our students. They enjoyed singing songs, counting as well as playing a mystery Monet game. This visit reminded me of how much our student’s value learning a second language even as early as year 3. Once again, Amaroo is excelling in the ACT language perfect competition with our school topping the ACT with the best overall student and school performances. Congratulations to the languages team.

Student Achievements

Claudia, Cally and Sophie from 1KVS discussed with me the importance of having friends at school. Claudia and Cally are helping Sophie settle into our school after arriving with her family from Ireland. (pictured right)

Calendar Dates

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>10 September 2014</td>
<td>Year 5 camp is 10, 11, 12 September 2014 at Borambola.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Year 8 Global Citizens Program.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Christian Ed- K-2 11:45-12:30, Year 3-5 12:30pm – 1:15pm.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Concert Band @ ACT Band Festival 9:30am-1:00pm.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yr 9/10 outdoor ed aquatics bronze medallion course-Pool.</td>
</tr>
<tr>
<td>Thursday</td>
<td>11 September 2014</td>
<td>Year 5 camp is 10, 11, 12 September 2014 at Borambola.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Year 8 Global Citizens Program.</td>
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<tr>
<td></td>
<td></td>
<td>Year 3 Rock the Block (every Thursday for term 4).</td>
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<tr>
<td></td>
<td></td>
<td>Rec and Leisure– Ten pin bowling (Belconnen. SL@AM Excursion TBC.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>World Challenge Pre-departure check, 1:35am-5:35pm Onyx theatre.</td>
</tr>
<tr>
<td>Friday</td>
<td>12 September</td>
<td>France/Belgium Trip pre departure meeting 8:15 – 11:15 am Friday.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Year 5 camp is 10, 11, 12 September 2014 at Borambola.</td>
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<tr>
<td></td>
<td></td>
<td>Whole school BUDDIES activity 9:15am.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Milo Cricket Blast Schools Cup Girls Year 3-6.</td>
</tr>
<tr>
<td>Monday</td>
<td>15 September 2014</td>
<td>“Amaroo's 2014 Handball World Cup” SL@AM - Week 9 (Mon-Fri, B1 &amp; B2).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Diamond Gallery excursion-Questacon.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>16 September 2014</td>
<td>Yr 9/10 outdoor ed aquatics bronze medallion course-Pool.</td>
</tr>
</tbody>
</table>
Kindle from KNSR wrote a beautiful note to her dad for fathers day (pictured right). I found out her dad’s name is Keith and that he loves spaghetti. Our dad’s do a lot for us and on behalf of our school we hope all dad’s had a wonderful relaxing father’s day with their families.

**Senior Athletics Carnival**

Congratulations to the all of our students that participated in our Middle and Senior school athletics carnival. After a day’s postponement due to inclement weather, the day turned out to be an exciting and well contested event. We have a large contingent of students competing at the district carnival early next term and we wish them the very best in their races. We know that they will represent our school well.

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.

**Ben Hall**

Benjamin Hall
A/g Principal
Amaroo School

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**School Board**

*Board Chair:* Trudie Wykes 0420 571 666  
*Parent Board Reps:* Katherine Keenan, Glen Storrar.  
*Staff Rep:* Felicity Boate and Naomi Goode  
*Student reps:* Lachlan Storrar, Tessa Blight

**P &C**

*President:* Chris Blight  
*Vice President:* Glen Storrar  
*Secretary:* Natalie Roberts  
*Treasurer:* Karyn Williams
Preschool

Welcome spring! Preschoolers have noticed the warmer weather and that our trees are blossoming. A quick reminder to apply sun cream to your child before they come to preschool, educators will reapply during the day. We are looking forward to outside investigations in the sunny spring days ahead. Preschool classes enjoyed the Canberra Museum and Gallery (CMAG) incursion. Children spent time learning about artist, Sidney Nolan and his famous Ned Kelly portraits. They also drew pictures of their favourite hiding places and construction shape collages. The Bural and Kagu block area has recently changed and we now have small colourful rocks, material, flowers and grass to replace the trains and trucks. It’s lovely to see an increase in the girls using the block area and collaborating with the boys to create a variety of fantasy lands. The Winyu and Dyurra puppet theatre has been buzzing full of energy with storytellers, puppet performers and photographers. Children have all displayed improved drawing skills through constructing their creative and crazy hair portraits. This term all the children have been actively participating in Rach’s music program learning about beat with the big drum. In these last weeks of term, all groups will be participating in the Hatching Chicks Program. Please return permission notes and money to the preschool. We look forward to the children learning all about the chicks through an authentic hands-on experience.

Kindergarten

Kindergarten has been busy, as always, participating in many new learning experiences! Kindergarten had a fabulous time on our excursion to Questacon! We watched an interesting show called ‘Move It’ and explored a range of different galleries. Learning Journeys will be happening on Tuesday of Week 9, 16 September. Keep an eye out for notes that will be coming home shortly.

Year 1

Welcome to spring! Year 1 have had a great start with a fantastic Literacy and Numeracy and Science Week, with Elisabella, Mitchell and Bridgette all winning prizes in the Photo Competition and the Library’s Colouring Competition. Well done to you all! We also had a great time dressing up in our onesies and pyjamas to help raise money for the Year 10 formal last Friday. With Explanations finishing up in writing, we are excited to start our unit on narratives. We will get to explore characters, setting, plots and resolutions. Music has also finished for the term, and Dance will begin soon. Year 1 teachers are very excited to see the moves that the students have! Just a reminder that hats are compulsory and students without hats will be asked to sit in the shade during B1 and B2.

Year 2

We are getting closer to the end of Term 3 but that doesn't mean we are slowing down our learning in year 2. In Mathematics we have finished our 3D objects unit and have started looking at time. We are also continuing to deepen our understanding of multiplication and the variety of strategies we can use to solve problems. Year 2 students have also been busily preparing for Learning Journeys in week 9 and are excited to share all our learning with parents and carers who attend. This week we have also started our two week swimming program offered by Royal Life Saving Australia ‘Swim and Survive’ at Gungahlin pool. The participating students are extremely excited about this wonderful opportunity to learn new skills in the water.

Christian Education at Amaroo School

Combined Gungahlin Churches will be delivering Christian Education at Amaroo School on Wednesday 10 September at 12pm (K-2) & 12.40pm (3-5).

“We will teach the children that Jesus is King from the book of John. We will use songs, stories, and a game to teach the children from the Bible. We may ask for student volunteers from the school to participate in these activities.”

If you have any questions regarding Christian Education, please call Lynette at New Life Presbyterian Church on 02 6241 3750.

This is an OPT IN process. If you have not already done so this year, please complete the permission form at the end of the newsletter if you would like your child/ren to participate.
Spotlight on Year 3
3JRO have been working hard writing historical recounts of their experiences at Lanyon Homestead. Students wrote from the perspective of their assigned convict and used their experiences of being treated as a convict to develop a detailed recount. Their recounts reflect a day in the life of a convict at Lanyon Homestead including experiences such as building hurdles to protect the sheep, collecting water from the river, making a garden bed by digging trenches, cleaning wool and bagging wheat. 3JRO then used their completed recount ‘Bump it up Wall’ to further improve the quality of their writing.

3KBO have been learning how to construct timelines of significant events in Australian History placing these events in chronological order. We focused on the dates of 1788, 1800s and the present day adding information that we learned throughout our history unit.

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Year 4

Year 4 camp

Year 4 had a terrific camp this week at Birrigai, Tidbinbilla. Some lucky students were able to make and cook damper in a campfire, while others got the opportunity to fly like glider possums, ride the flying fox, feel the exhilaration of the giant swing, climb the heights of the vertical playpen, or hone their team work and problem solving skills in team rescue and team initiatives.

Teachers selected their favourite childhood 90s movie ‘The Little Rascals’ to watch as an evening activity, accompanied with hot chocolates and blue berry muffins. Most students resisted the urge to stay up whispering all night, with many having their first night away from home and family in their sleeping bags and bunk beds. Teachers and Birrigai camp staff were impressed with the Year 4s encouragement and support of their team mates, and their sensible and respectful behaviour. We can’t wait to see all the students’ camp pictures and hope they recover over the next week!
Primary Sport

Touch
Congratulations to all of our Touch Football players who represented Amaroo at the Touch Football Gala Day on 29 August. Our 3/4 Boys improved throughout the day and finished second. The 5/6 Boys team worked hard to finish third and the 5/6 Girls team did not lose a game until the Grand final, missing out on first place by one try.
You are all amazing sports people showing amazing team spirit and sportsmanship towards other players. Congratulations.

Basketball
Ms Beattie took the Yr 3/4 basketball team out to the Belconnen Basketball stadium competition last Wednesday and students had a fantastic day and played their best. Well done!

ACT Athletics Team
Congratulations to the following students who are made it into the ACT Athletics Team: Jessy, Aaron, Jaidan, Sekou, Blake, Junior, Lubna, Michaela, Jade, Samuel, James. The ACT Athletics Carnival will be held at AIS stadium on Tuesday 23 September.

Trials
ACT School Sport 12 Years and Under Girls Softball Trials will be held on Friday 5, Thursday 11 and Friday 12 September from 4.30pm-6pm at Hawker International Softball Complex, Walthallow Street, Hawker. Open to girls born after 30 June 2001 - even if in high school.
Contact Grace Tosic - gracetosic@bigpond.com to advise of attendance.
12 Years and Under Golf Trials – see Mrs Bryant if interested.
Hockey Trials – see Mrs Kingsland if interested. A completed consent form for trialling needs to be provided to the team official at the trial (copy available from Mrs Bryant).
Middle School Spotlight on Reading

The Amaroo Middle School is working on developing students’ lifelong readers. One of the initiatives being developed is a classroom library for each room, and we are starting with the maths and science classrooms. If you have any second hand books, both fiction and non-fiction, suitable for 11-14 year olds that you are willing to donate, Ms Simmons will gratefully receive them. We are also interested in science and technology magazines, such as Double Helix, How It Works, Popular Science, Wildlife, Discover and Australian Geographic. If you have any magazine like these that you are finished with we would love to have them. Any donations can be dropped off at the Yr7/PE staffroom (upstairs next to the lift).

Year 7

In Maths this week students worked on an in-class assignment to determine areas of the features in a backyard landscaping project. They also investigated how to determine the volume of prisms. We will continue problem solving with volume and look at the architectural skill of drawing 3D shapes as several 2D views.

In Science this week students used lamps and models to test different theories for explaining why we see different moon phases. Next week students will further their knowledge by using iPad programs such as Stellarium and SolarWalk.

Students are working on assessments in both English and History. For History this involves going back in time and writing diary entries about what students may experience in Ancient China. For English, students are finalising their modernisation of a myth or legend.

Year 8

We would like to warmly welcome Sujata Chaudhri to the Year 8 team. Alison Simmons remains with the Year 8 team but has taken a role in the Middle School supporting the capacity of teachers to maximise their use of literacy in the classroom. Sujata will be replacing Alison in her Homeroom.

Notes for the Global Citizenship Program have gone home and should be returned as soon as possible.

Some Year 8 Students are having difficulty remembering their calculators. Can you ensure that students have the equipment to be able to complete class activities? Measurement assignments have all gone out and should be returned by the due date. Students have been working on a practical report which is due. They have had time in class to complete it but must finish it at home. We will be moving on to geology next week.

In English, students are studying characters by analysing their novels. They need to be encouraged to bring their novels to school and to read every day at home.

In Geography students have received an assignment about how Australia could become the food bowl for China.

Senior School

Student Led Conferences

Letters were sent home inviting parents to make a booking to attend a Student Led Conference. These will focus on students’ learning at Amaroo School and encourage students to reflect on their learning as well as providing the opportunity for goal setting. If parents have any queries about this process they are encouraged to contact the school.

Senior Disco

The Senior School dance is on Thursday 11 September from 6.30-9.00pm. Parents are reminded that they must collect their children at the end of the disco from the school gym. Students can only attend if they have pre-purchased a ticket, there will be no tickets sold on the evening.

Year 10 Certificate and Graduation

1. Requirements of the Year 10 Certificate

The basic requirements of the Year 10 Certificate are:

a. Satisfactory academic achievement
b. Satisfactory attendance
c. Satisfactory behaviour
At Amaroo School we have defined this as:

i. **Satisfactory Academic Achievement.** The minimum requirement is the completion (awarded a D grade or above) of most subjects throughout Years 9 and 10. If a student receives 2 or more E grades per semester, or more than 5 E grades in total throughout the two years, they may be found to have **unsatisfactory academic achievement**.

ii. **Satisfactory Attendance** is considered to be attending school all day for 80% or more of the time. Partial non-attendance (eg frequently arriving late) impacts on your ability to prepare for the day and learn effectively. Students who are frequently late and/or absent risk being found to have **unsatisfactory attendance**.

iii. **Satisfactory Behaviour** is a requirement of the Year 10 Certificate. Students who are frequently disruptive of other students’ learning, and whose behaviour is threatening or intimidating to students and staff risk being found to have demonstrated **unsatisfactory behaviour**.

Students who are ineligible for a Year 10 Certificate receive a High School Record.

2. **Graduation Points**

In addition to the Year 10 Certificate, Amaroo School holds its own Graduation Ceremony. To participate in the Amaroo School Graduation Ceremony, students need to accrue a certain number of Graduation Points and be eligible for a Year 10 Certificate. These points are earned through:

a. **Academic success** (each semester students achieve 14 points for an A grade, 12 for a B, 10 for a C, 8 for a D and 0 for an E grade).

b. **Contributions to the school community** such as:
   i. Representing the school in sport.
   ii. Taking on leadership roles (eg School Board Member, House Captains, SRC membership).
   iii. Contributing to a positive school environment through school community service (eg working in the canteen, helping with school events).

c. **Contributions to the broader community** such as:
   i. Participating in sports at a local, ACT, national or international level
   ii. Being employed part time
   iii. Caring for family members
   iv. Participating in volunteer work

More extensive information on Graduation Points, including a more comprehensive list of activities and the points associated with them, can be sought from the Pastoral Care Coordinator and will be distributed through Homerooms.

*If parents/carers or students have any queries regarding the above, they are encouraged to contact the school.*

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**Sport - Middle and Senior School**

**Athletics Carnival**

Congratulations to all of our students for a fantastic Athletics Carnival last Wednesday. We had great participation from students on the day. There will be plenty of photos of everyone to show at our next whole school assembly. A reminder that javelin, triple jump and the 1500m run will be on Thursday this week after B1, during the middle session. Please sign up for these events outside the Yr 7/PE staffroom upstairs.

The winner of the cleanest house at the end of the day was Earth house! At our next whole school assembly we will announce the final results of the overall winning house, after all of our events are completed. Age champions will also be recognised and presented with their medals.

**Bourijin**

We had the senior and middle school Bourijin teams go out yesterday to the competition at Copland College, with great participation from students. Thanks to Mr Kalokerinos for taking them and Ms McAlester for organising.

**Individual student achievement**

We'd like to congratulate Tyson in Year 8 on some of his recent achievements in Tae Kwon Do: He is the youngest person at *Action Tae Kwon Do* to get a black belt. He is highly skilled and a good mentor for the younger students. Well done Tyson.
Languages

Language Perfect ACT Series Competition:

At the time of writing this the competition is still going and we are currently 1st in the ACT! It looks like Aariel. will be in the top 3 students in the ACT which is a huge effort! Congratulations to all the students who have competed!

Japan Trip 2015

We had a very successful information evening for the Japan Trip next year. Deposits are due by Friday 21 November 2014 (Term 4, Week 6). The 2 week trip is to be held at the end of Term 3 2015. It provides an invaluable learning experience for our Japanese Language students to experience life in Japan. Their experience will include attending a Japanese school for 3 days, visiting world heritage cultural sites, visiting the Hiroshima Peace Museum and exploring more contemporary culture in areas of Tokyo, including Tokyo Disney Land.

Japanese

Year 4 Japanese: Our Year 4 students went to the camp last week so only two classes had Japanese lesson. I heard that the camp was a great success. Well done! This week students have learnt some verbs in Japanese to describe the daily activities of their favourite characters. They have also started making their portfolio pieces.

Year 5 Japanese: Year 5 have been learning numbers and have started applying numbers to asking and responding to “How old are you?” We have also started looking at the Japanese symbols for numbers and practiced writing them.

Year 6 Japanese: Students have been busy competing in the Language Perfect ACT championships. We are now preparing for a speaking task in which students will design their own home layout and talk about it in a presentation.

Year 7 Japanese: Year 7 have been busy competing in the Language Perfect ACT championships. We are now preparing to start a writing assessment which involves writing a profile about someone.

Year 8 Japanese: Year 8 are working on their assignment which is to create a welcome package for Nara High School students visiting Amaroo later this term. They should be thinking about what information the Japanese students might need to know, how school life may differ between Australia and Japan, and how to write some phrases in Japanese to assist the visitors.

Year 9/10 Japanese: Students are working on their assignment this week. Congratulations on a great effort in the Language Perfect ACT Series!

French

France/Belgium Trip Club:
Thank you for attending the Parent Information night last week. We hope that all your questions have been answered. We are all getting excited and looking forward to an amazing trip. This Friday we have the France/Belgium Trip Incursion. It will commence at 8:15am and finish at 11:45am. The teachers will be supplying a French inspired morning tea at B1.

Year 3 French: Our wonderfully enthusiastic Year 3 students have now mastered asking and answering questions about their names, ages and how they are feeling, and are now moving onto learning how to say and respond to classroom instructions, like “écoutez!” (listen); “regardez!” (look) and “arretez!” (stop).

Year 5 French: We have continued to learn vocabulary for classroom objects, and are practising how to describe what we have in our bags, pencil ases and classrooms. We will soon be learning how to describe colour and quantity too!

Muzzy’s Class of the Fortnight!
And congratulations to Muzzy’s class of the fortnight this week- 5ACA! They have been working so well on learning their classroom objects and participated with great enthusiasm in our card games last week!
**Year 6 French:** Students have been competing in the ACT Language Perfect Championships with excitement and determination. We have also commenced our Superheroes unit, learning how to describe the personalities, characteristics and powers of superheroes in French.

**Year 7 French:** Students have been competing in the ACT Language Perfect Championships with lots of inter-class competition happening! We are also powering on with our unit on the weather!

**Year 8 French:** Students have been competing in the ACT Language Perfect Championships and making great progress with their scores as well as their learning. Students have been working on researching the lives of young French persons and learning about the laws and expectations and comparing them to those in Australia.

**Years 9/10 French:** Students have been appreciating some French Rap music in class. We have been looking at music from Stromae. It was great to see the French students dancing away at the Athletics Carnival to “Alors on Danse” – they were easy to spot in the crowd!!!! The students have all received their next writing task which is due next term in Week 4.

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### Pastoral Care

**Pastoral Care Play programs**

<table>
<thead>
<tr>
<th>Day</th>
<th>Program</th>
<th>Time</th>
<th>Location</th>
<th>Type of Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Years 3-5 X Box Dance Group</td>
<td>B1</td>
<td>Downstairs Dance Room</td>
<td>Open Year 3-5</td>
</tr>
<tr>
<td>Monday</td>
<td>Skipping</td>
<td>B2</td>
<td>Gym</td>
<td>Open Years 4-8</td>
</tr>
<tr>
<td>Tuesday</td>
<td>K-2 Defence Group</td>
<td>B1</td>
<td>Community Room</td>
<td>specific yr Defence students + 1</td>
</tr>
<tr>
<td>Tuesday</td>
<td>3-5 Defence Group</td>
<td>B2</td>
<td>Community Room</td>
<td>specific yr Defence students + 1</td>
</tr>
<tr>
<td>Thursday</td>
<td>6-10 Defence Group</td>
<td>B1</td>
<td>Community Room</td>
<td>specific yr Defence students +1</td>
</tr>
<tr>
<td>Friday</td>
<td>Breakfast Club</td>
<td>8:15-8:50</td>
<td>EC Multipurpose</td>
<td>OPEN</td>
</tr>
<tr>
<td>Friday</td>
<td>Cards 4 Troops</td>
<td>B1</td>
<td>Community Room</td>
<td>Open Year 3-10</td>
</tr>
<tr>
<td>Friday</td>
<td>Karaoke</td>
<td>B2</td>
<td>Downstairs Dance Room</td>
<td>Open 6-10 Play Group</td>
</tr>
<tr>
<td>Friday</td>
<td>Group Games</td>
<td>B2</td>
<td>the Hill</td>
<td>Open (run by Senior SRC)</td>
</tr>
</tbody>
</table>

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### Defence News

**Guest Speaker**

On Thursday, we were lucky enough to have Marina the Defence Transition Mentor from Gungahlin College visit the school to introduce herself to the Year 10 Defence students attending Gungahlin College next year. Students from the college also came along to answer any questions our students had about transitioning to college. The session was really valuable and the students really enjoyed themselves. Thanks to Marina, Sarah and Georgia for taking the time to come and speak to our students.

**Postings**

It’s that time of the year when most posting orders have been finalised. Please let us know if your family will be posting out so that we can offer your children additional support, assist in their transition to a new location and school, and most importantly, organise a farewell party! Also, please inform the Front Office of your expected departure so that the system can be updated.
**Appeal for soccer shoes for Somali kids**

One of our families from Amaroo School has plans to travel to Somalia. In Somalia many children play soccer bare footed on roads that contain shrapnel and while we use and then throw away our soccer shoes, kids in many parts of the world don't have any. We are kindly asking if any families have football boots/soccer shoes they are no longer using, can they please donate them to children of Somalia. A bin is located in the front office of Amaroo School where you can place them to donate used soccer shoes/football boots for Somali children who will take them gratefully. Please make sure that as much soil and grass is removed prior to bringing into school. ANYTHING ELSE BUT DAMAGED IS OKAY!!! Thank you.

Senior SRC are coordinating the appeal.

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**Legacy Week**

During Week 7, students from Middle and Senior school have been selling Legacy badges, bears and pens during B1 and B2. Thank you to all the students who participated and supported Legacy by making a donation. The final figure raised by Amaroo School for Legacy Week was $378.35.

Michelle Nazzari (DSTA)  
Michelle.Nazzari@ed.act.edu.au

Jo Farmer (DTM)  
Jo.Farmer@ed.act.edu.au

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**Cards 4 Troops**

Card making sessions will be run on Fridays during B1 for the rest of term 3 in the Community Room located in the library. This initiative is aimed at making as many as 600 Christmas cards to be given to troops who are deployed or at sea. In some circumstances, Defence personnel cannot access local shops to purchase Christmas cards and the lovely handmade cards are a great gesture for the troops and their families and friends. Please encourage ALL students from year 3 and older to attend and help in this worthy cause.


**Genetic Basis Of Procrastination And Dawdling**

Posted on May 18, 2014 by Dr Ramesh Manocha

A new study has found that procrastination has genetic links. The research could help scientists understand the evolution of dawdling.

The study conducted by researchers at University of Colorado Boulder shows that the tendency to procrastinate has genetic roots. The research explains why some people are more likely than others to dawdle and why these people are more likely to make impulsive decisions too.

“Everyone procrastinates at least sometimes, but we wanted to explore why some people procrastinate more than others and why procrastinators seem more likely to make rash actions and act without thinking,” explained psychological scientist and study author Daniel Gustavson of the University of Colorado Boulder, according to a news release. “Answering why that’s the case would give us some interesting insights into what procrastination is, why it occurs, and how to minimize it.”

The idea of humans wanting to be impulsive makes sense. In ancient times, our ancestors had to stay on high-alert all the time to avoid being eaten by a large predator.

According to researchers, procrastination might have more modern origins as humans now have to work on long-time goals, meaning that we have more time to get distracted.

Several studies have shown that procrastination is positively linked with impulsivity. In the present study, researchers wanted to see if genetics are involved with these two traits.

The study was based on data from 181 identical-twin pairs and 166 fraternal-twin pairs. Participants were asked to complete questionnaires that collected information about their ability to maintain life goals.

Researchers found that both procrastination and impulsivity share genetic links and that there are no genetic factors accountable for either traits. In other words, genes controlling impulsivity and the tendency to dawdle over tasks have same genetic foundation.

In the next part of the study, the team will try to find whether or not there is a genetic link between procrastination and other higher cognitive functions.

“Learning more about the underpinnings of procrastination may help develop interventions to prevent it, and help us overcome our ingrained tendencies to get distracted and lose track of work,” Gustavson concluded, according to a news release.

The study is supported by National Institutes of Health and is published in the journal Psychological Science.

According to a report on nbcnews.com, procrastination hits Americans harder during the tax return season. About 40 to 45 million returns, or one in every four returns, get filled just two weeks prior to the April, 15 deadline.

- Staff Reporter


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

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**Run & Walk for Fun**

On Sunday the 2 November 2014 the Hawker College Sports Administration Class and the Donohoe Family will be hosting the 10th annual Ben Donohoe Run and Walk for Fun. Gather your family and friends or enter as part of a school team to raise money for supporting people with cancer and other life threatening illnesses. Walk or run the 3 or 6 km course around Lake Ginninderra.

The Ben Donohoe Run and Walk for Fun aims to raise money for The Cancer Support Group, Make-A-Wish Australia* and Ronald McDonald House* Canberra. So far this event has raised a total of over $405,000 for these charities.

Encourage all your family and friends to get involved and help us to “Make a Difference”! This community event is in honour of Canberra local, Ben Donohoe who passed away in 2005 from a brain tumour at the young age of nine.

Contact us at: 6205 8986 admin@bensrunandwalkforfun.com

Enter online or for extra information visit us at www.hawker.act.edu.au/runandwalkforfun
PARENT WORKSHOPS

ThinkUKnow is an internet safety program developed in partnership with the Australian Federal Police, Microsoft Australia and Datacom. Issues addressed include: cyberbullying, online grooming, privacy management, app safety, inappropriate content, connecting with your teenager around technology and building digital citizenship.

Nina Funnell is a journalist, author, speaker and advocate. Nina has written and spoken on a number of topics including cyber bullying, digital self-harm, body image and gender equality. This workshop tackles the myths and issues surrounding teens and digital technology.

Martine Oglethorpe has a background in Education and a Masters in Counselling, and is the author of The Modern Parent blog. This workshop helps parents with information, skills and strategies to safely navigate children through the online world, leading to less stress and more joy when incorporating the digital world into their daily lives.

MONDAY SEPTEMBER 15
6:30PM–8PM
Senior School Hall
Canberra Girls Grammar
Melbourne Avenue, Deakin

TUESDAY SEPTEMBER 16
6:30PM–8PM
Garrett Wing Function Room
Daramalan College
Cowper Street, Dickson

WEDNESDAY SEPTEMBER 17
6:30PM–8PM
Leyshon Lecture Theatre
Radford College
College Street, Bruce

WITH THANKS TO OUR SPONSORS:

COMMUNITY FORUM

Join us and our expert panel of guests for an ACT wide conversation on boosting the digital skills and safety of our students.

THURSDAY SEPTEMBER 18
6:30PM–8PM
Hedley Beare Centre
51 Fremantle Drive, Stromlo

BOOK TICKETS: www.apfacts.org.au
Christian Education

I give permission for my child/children to attend the Combined Gungahlin Churches Christian Education Program in 2014.

Name: ____________________ Class: __________

Name: ____________________ Class: __________

Name: ____________________ Class: __________

Name: ____________________ Class: __________

Name: ____________________ Class: __________

Signature of Parent/Carer: ____________________

Date: _______________
HAVE FUN, MAKE NEW FRIENDS, AND LEARN ABOUT ANOTHER CULTURE!

Volunteer to host an international high school student arriving into Australia in July 2014, and you’ll be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in July for their 3, 5, or 10 month programs from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Spain and Colombia. They will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!
<table>
<thead>
<tr>
<th>Community News</th>
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<td>Amaroo School does not necessarily endorse the products or services advertised.</td>
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<td>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 available from your App Store on your mobile device.</td>
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| '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. |
| Email or call Antoinette for more info. antoinettekarsten@hotmail.com Mob: 0422693546 |
| 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. |
| 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 |

| Gungahlin Dance Academy |
| Exceptional dance training for all ages |
| Fully equipped studios in Amaroo |
| Classical Ballet (RAD) |
| Contemporary |
| Jazz |
| Tap |
| Private Tuition |
| 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 |

| Nurturing Within Yoga offers Private class’s in your home to provide 1:1 INDIVIDUAL & PERSONALISED program |
| 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. |
| Please contact Michelle on (m) 0417288460 email michjono@bigpond.com or connect via the Nurturing Within Yoga FB page and PM. |

| Limited offer – 3 week FREE trial |
| Call 1800 SCOUTS or visit our website, www.scoutsact.com.au |

| 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! |
| For more information contact Annette Gleeson Independent Consultant with Partylite on 0418 261 444 or lovecandles.annette@gmail.com |

<p>| 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. |
| 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> |</p>
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<th>Nurturing Within Yoga</th>
<th>Wednesday evening class classical Hatha Yoga general TERM 3 10 week program Amaroo School 7pm - 8.30pm Amaroo School</th>
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<td>Nurturing Within Yoga offers Private class’s in your home to provide 1:1 INDIVIDUAL &amp; PERSONALISED program Specializing in Anxiety &amp; supporting more ease in your life Special offer for Autumn &amp; Winter Please contact for further details</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>National Tae Kwon-do</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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<td>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>For more details contact Krisha Jilson on: Phone: 0403-156833 Email: <a href="mailto:canberrabollywood@bigpond.com">canberrabollywood@bigpond.com</a> Website: <a href="http://www.canberrabollywood.com.au">www.canberrabollywood.com.au</a> Join us on face book: <a href="http://www.facebook.com/#!/pages/Canberra-School-of-Bollywood-Dancing-CSBD/242646885787711">www.facebook.com/#!/pages/Canberra-School-of-Bollywood-Dancing-CSBD/242646885787711</a></td>
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<td>Bollywood Dance Classes for adults &amp; kids by Canberra School of Bollywood Dancing. Free trial class at Amaroo – Sunday 3 Aug Registration essential to secure a spot. Email <a href="mailto:canberrabollywood@bigpond.com">canberrabollywood@bigpond.com</a> • Kids 3 –6 years - 3 to 4 pm • Adults &amp; Kids 7 + years - 4 to 5 pm Venue – Amaroo School dance studio.</td>
<td>For sales and orders please contact: Butterfly Wicks Shane Weise Mobile: 02 6241 9126 <a href="http://www.facebook.com/butterflywicks">www.facebook.com/butterflywicks</a> <a href="mailto:Butterflywicks@iinet.net.au">Butterflywicks@iinet.net.au</a></td>
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<td>Butterfly Wicks is a boutique business supplying candles and candle accessories to the Canberra region through local markets and direct sales. We have beautiful hand-crafted quality candles using biodegradable materials.</td>
<td>GUNGAHLIN LITTLE ATHLETICS – Register now Come &amp; Try and Registration Days – Sat 4 and Sat 11 October, 10.00am-12.00pm For the 2014/15 season we welcome athletes born between 1 Oct 1997 and 31 March 2010 When – Saturdays, 8.55am Where – Amaroo Ovals For more information: <a href="http://www.gunlac.org.au">www.gunlac.org.au</a> / M: 0420 325 505 / E: <a href="mailto:president@gunlac.org.au">president@gunlac.org.au</a></td>
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