



Amaroo School Newsletter

Week 10, Term 3, 2015
Tuesday 22 September 2015

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Education and Training

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Dear Parents and Carers

Thank you for your smiles of welcome, your questions, your puzzled looks when you weren't quite sure who I was and your children. Your children are a great bunch of learners; interested in what is around them, thoughtful questioners, resilient when faced with their days of learning, and by this time of the term quite tired.

I head back to my usual place of work next term, Franklin Early Childhood School and Richard Powell returns from his term long sojourn to places of interest around the world. I am sure that he will have stories to tell.

I would like to recognise the work of all of the staff at Amaroo. Everyone plays a very important role in ensuring that such a large organisation runs smoothly. Everything from the early morning opening up of the buildings, the planning for learning and organising of events, the support staff who work across the many places at school. All require thank you and great work and enjoy the break. The Amaroo School staff are to be commended and thanked for their commitment to the learners of Amaroo.

I have had some interesting visitors over the past week:

Kishshoree and Yesha from 4SDU along with Muskan 4RPU came to present to me a petition about the problem of deforestation in some areas of the bush. Together we discussed what could be done at Amaroo and by the girls themselves. Thank you for bringing this important issue to my attention.

Tas and Tahlia from 5MRJ brought to me their information report. They had been developing their skills as peer markers with a focus on the use and development of scientific language and with a focus on the structure of a report.

Kate from 1JHE had made an outstanding poster about BEES. The illustrations and information were very well organised and much admired by her friends Elizabeth and Tom who accompanied her.

Developing their ability to locate the main idea and develop their comprehension was a mixed group of students ; Annabele from 4JPU, Tegan from 3NRO, Muskan from 4RPU and Noel from 4 JPU. You had all been paying attention to the task.

Thomas from 2RNS had produced excellent information on petrifying platypuses and shared this, very excitedly.

And my final group of learners for the term were from Tara Hall's kindergarten class. They had been developing their skills in using interesting descriptive words and had produced excellent descriptions of the brachiosaurus. Linkin described their teeth as shiny and white; Rose described the neck as skinny and grey and Zul and Archie both agreed that brachiosaurus like to eat juicy leaves.

Calendar Dates

Weds 23 Sept 2015	Amaroo Bands @ Floriade: 9:30am-1:30pm. Preschool Hatching Chicks Japan Trip: 22/9/15 - 06/10/15 Amaroo Angels 9am-11 noon in the Community Room: Parents & Adults most welcome (and their pre school children).
Thursday 24 Sept 2015	Bright Colour Day- Whole School P-10 Preschool Hatching Chicks. "Best you can be day" for students with special needs. Duke of Edinburgh. Year 3 Rock the Block- In school Program.
Friday 25 Sept 2015	Preschool Hatching Chicks. Duke of Edinburgh. Friday mornings Breakfast Club: 8:15am - 9:00 am Sapphire Terrace Wet Area- all students welcome all ages. Whole School assembly, 9:15am, Gym, All welcome. Year 6, World of Maths incursion, Gym/Hall, 11.30am to 1.30pm
Monday 28 Sept 2015	School Holidays start
Monday 12 Oct 2015	School resumes

All families should have received, for years 6-10 their child's report and please check in, on-line, to book your teacher meetings. They are being held from 3.30 – 7.00pm this Wednesday night.

Have a safe and careful holiday, enjoy the company of your children and the sunshine of spring.

5:00-6:00 PM GIFTED AND TALENTED INFORMATION SESSION WEDNESDAY 28 OCTOBER WEEK 3 TERM 4

This session will focus on:

- ACT EDT policy, including the definition of gifted, talented
- Gifted education and enrichment at Amaroo School
- Student identification and placement processes
- Types of learning support that Amaroo School provides for gifted and talented students
- Your role in supporting your child

A commonly asked question is what tools are used to identify my child? We don't share the name of the test to minimise any chance of preparing children which would result in inaccurate data.

6:00-7 :00 PM BYOD INFORMATION SESSION FOR YEARS 4, 6 AND 7. WEDNESDAY 28 OCTOBER WEEK 3 TERM 4

At Amaroo School we recognise the importance of preparing our students for a rapidly changing, multi-dimensional, high tech world. We want to help facilitate this by improving our use of Information and Communication Technology (ICT) with the goal of maximising personalised learning opportunities for each student.

Amaroo School has developed an ICT Action Plan to be implemented over the next three years. A key direction of this plan is the commitment for Amaroo School to become a bring your own device school (BYOD) commencing in 2015. BYOD refers to the practice of students bringing their own computing devices with them to the learning environment. We are in the final stage of implementing BYOD with Years 4, 6 and 7 coming on board for 2016.

In order to work with parents to understand these new changes an information evening will be held at Amaroo School in Week 3 next term.

We encourage as many of you to attend this evening and we look forward to sharing this journey as we work together to provide the best possible learning opportunities for your children.

New students to Amaroo School in 2016 from Years 5-10 are also welcome.

Both sessions will occur in Unakite.

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

Regards

Julie Cooper

Principal

Amaroo School



School Board

Board Chair: Trudie Wykes 0420 571 666

Parent Board Reps: Glen Storrar, David Smith

Staff Rep: Felicity Boate and Sara Jayn Middleton

Student reps: Laeken Storey; Savannah Sithideth

P & C

President: Linda Holland

Vice President: Graham Roberts

Secretary: Karina Pratt

Treasurer: Helen Harvie

E A R L Y C H I L D H O O D

PRE-SCHOOL

During Week 9 and 10, the Preschool children have been lucky enough to experience watching chickens hatch. The incubator with eggs was delivered to school, and the eggs began hatching from the first day. The children have been learning about lifecycles and the process of eggs being laid, chickens growing inside the egg, chickens hatching, chickens growing and the process beginning again.

Along with watching this incredible and exciting experience, the children have also been involved in lots of hands on learning experiences associated with the chickens. Activities have included drawing and writing observations of what they see, reading information books about chickens, chicken craft experiences, learning about how to look after chickens and what they need to grow. A few facts the children have learnt are:

"When the chicks hatch they are wet. They need to get warm so they could dry." Quinn

"Chickens have a dust bath to get clean. They don't like water." Angus

"When they hatch they can be black or yellow." Caden

"It takes 3 weeks until a chick hatches." Neev

"A chicken has a red comb on top of its head." Zara

"A daddy chick is called a rooster." Archie



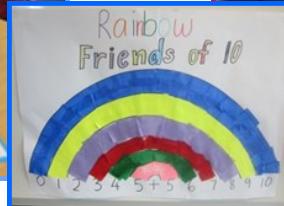
E A R L Y C H I L D H O O D

KINDERGARTEN

We would like to say a huge thank you to all the parents, carers and family members who attended our Kindergarten Learning Journey on Tuesday 18 September. Our group dances and Gross Motor activities were definitely highlights.



Kindergarten have been learning about addition in Maths this term. We have practised our 'Friends of Ten' (two numbers that add together to make ten) and have started using the 'counting on' strategy.



We all really enjoyed leading the K-2 Assembly last week and would like to thank all the family members who came to watch us last Friday morning. We can now spell Australia and are nearly fluent in Spanish.



In Kindergarten we have been doing Number Rotations. These rotations allow the students to apply their own knowledge of number and counting in a cooperative learning environment. Students were able to share their own knowledge while also supporting their classmates.



E A R L Y C H I L D H O O D

YEAR 1

1JHE Spelling Group
went on a letter hunt
for the letter 'o'



An open door

Allen found an 'o'
on the totem poles



A closed door

A concrete pole

Numeracy
We have started a unit on Chance –
we are exploring
possible/impossible; likely/unlikely
and certain/uncertain.



Literacy
Year 1 have started a unit on writing
Narratives – ask your child to tell you about
character traits and settings!



YEAR 2

WOW Year 2, how **AMAZING** was our Learning Journey? It was so inspiring to watch how confidently all students shared their facts and constructions about each chosen country. It was wonderful to see so many parents trekking through the different continents within the World Expo. All of the student's hard work during Explorations definitely paid off!

Year 2 have been attending swim survival in Gungahlin during weeks 8 and 9. Students have enjoyed learning about important safety issues around water as well as participating in a range of different scenarios to assist them with their swimming survival skills.

Congratulations on such a successful few weeks Year 2. Have a safe and enjoyable holiday ready to **DOMINATE** Term 4.



The BRAVE Program. for the management of anxiety in children and young people

for children for teens

beyondblue Depression Anxiety

A promotional graphic for 'The BRAVE Program'. The central text reads 'The BRAVE Program. for the management of anxiety in children and young people'. To the left, a young boy sits at a desk with a tablet, labeled 'for children'. To the right, a young woman sits cross-legged on the floor with a laptop, labeled 'for teens'. The background features a circular design with radiating colored bands (orange, green, purple, red) and a stylized butterfly logo at the bottom. The 'beyondblue' logo is visible at the bottom right.

PRIMARY SCHOOL

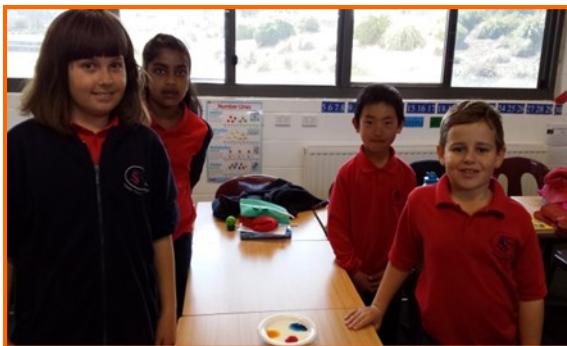
YEAR 3

This week in Year 3 we had the opportunity to share all of our students work by inviting our families along to our learning journeys. It was wonderful to see all of the students getting involved and showing their guests what we have been learning about so far this term. All of our students were active participants as they discussed and previewed their work. It was lovely to see all of the parents and carers come in and spend time discovering the students' work and learning environment.



YEAR 4

In 4JPU we have been doing hands on Science. We have been using our listening skills and practising following instructions. In the above photos we were looking at rainbow milk and the affects between the food colouring in the milk with dishwashing liquid.



YEAR 4 NEEDS YOUR HELP!

Next term, as part of our science unit 'Smooth Moves', students will be exploring force and energy and participate in a variety of scientific investigations.

To complete their end of unit 'GRASP' task, Year 4 students will require some materials to help finish the task. If students could bring in cereal boxes, thick cardboard rolls, clean milk bottles and lids, it will be greatly appreciated.

Students can collect these materials over the school holidays and bring these materials to school to give to their teacher.



YEAR 5

CAMP BORAMBOLA

Year 5 have had a whirlwind of a fortnight!

125 students took the long bus ride to Borambola to spend two nights and three days kayaking, rock climbing, fencing, orienteering and many more fun outdoor activities! Students enjoyed pushing their limits, making new friends, and watching their teachers join in with silly games for the mini Olympics.

Another camp highlight was the 'Market Day'. Students had to create their own stall, convince others to attend, and spend their 'money' (milk bottle caps) on other students' products. The most popular stalls include the DJ station, the face painting station and the nails and hair beauty stall.



LEARNING JOURNEYS

Last week, year 5 students celebrated their semester 2 Learning Journey with their parents. Students measured the sugar content in popular drinks, chose their favourite locations for hotels in either

Europe or North America, conducted science experiments on the properties of the three states of matter, and enjoyed many more experiences with their parents.

We thank all of our parents for attending and showing their support.

Have a safe and happy holiday!



BAND

Tomorrow we have our Floriade excursion for Year 5 IMP Band, Year 6 IMP Band and Amaroo Concert Band. Hopefully this day will be fine as we have experienced many different weather cycles while performing in past years – even four seasons in one hour! We look forward to seeing parents, carers, relatives and friends there.



Bright Colours Day

Whole School
Wear your brightest clothes and
bring a gold coin donation
Week 10: Thursday 24
September, 2015

Senior School

AMAROO'S TEEN CHEF TEAM

Lara, Ashleigh, Madi & Marissa in Year 9 – performed extremely well in their final cook-off at the Belconnen Markets on Wednesday 9 September. The girls produced the following dishes:

Entrée: Chicken tenderloins with celeriac puree & herbed brown butter sauce

Main: Crispy skin salmon and grapefruit & radish salad with a grapefruit vinigrette

BONUS DISH (all teams had to prepare this dish): Celeriac soufflé

Dessert: Chocolate & strawberry fondant with Chantilly cream

The judges had a tough decision on their hands, with all team putting up impressive plates of food, and our girls came third – a fantastic achievement! We were commended on producing the best celeriac soufflé of all the finalists and also for producing an outstanding main course. The girls displayed great teamwork and sportswomanship in their interactions with the other schools and I couldn't be more proud of them! They each won a signed Julie Goodwin cookbook as well as \$500 for the school to purchase new equipment in the Food Technology kitchens. Congratulations girls! Veronika Pasalic



DANCE FEST

A huge congratulations to our AMAZING Dancefest performers. Angela Fattore and her Dance students worked tirelessly to showcase the skills they have developed over the term and the hard work from all involved.

"The quality of the Amaroo performances really stood out on the night and showcased the excellent teaching and learning occurring in dance this year and the outstanding standard of achievement being reached by both middle and senior school dance students. The total commitment to the performance from students, the teamwork and the technical substance of both performances was a true joy to watch." -Tiffany Mahon, Senior School Deputy Principal

PARENT TEACHER NIGHT

Interim reports were sent home last Friday and the Senior School is holding Parent Teacher interviews on Wednesday the 23 from 4:00pm-8:00pm. Parents can make bookings using the online form found at <https://amarooschool1.youcanbook.me/>

DANCEFEST

DANCEFEST MIDDLE AND SENIOR SCHOOL

Over three strenuous months, the middle and senior dancefest students, consisting of around 60 dancers, participated in ACT Ausdance, Dance festival 2015. This year the theme was 'Explorations' leaving the theme open to exploring different aspects and ideas.

After three weeks of discussion, the students in the middle school decided to base their dance theme around 'forwarding into the future' and using their dance techniques to explore that period in time.

The Senior School students decided to have their exploration around a crime scene, discovering through dance movement sequences identifying the murderer.

Both groups displayed fantastic technical and choreographic devices, performance skills and the ability to confidently demonstrate their stories to an audience. I could not be more proud of their dedication, effort and energy they have displayed throughout the last few months. It is such a rewarding experience as a performing arts teacher to watch and learn as these students display their passion through dance.

I would like to give a special thanks to Tracey Haridemos and Kirsten Hall for assisting in the make-up for the students on the evening as well. I would also like to thank the teachers who assisted on the night as well.

Well done to all Dancefest students you are commended for your effort and excellence in your performance this year, I am looking 'forward' to next year!

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NARA UNIVERSITY HIGH SCHOOL VISIT OCTOBER 2015 : Thank you to the families who have volunteered to host a student. We now have families for all students. We will be in touch early in Term 4 with more information on what is happening.

JAPAN TRIP 2015: We departed on Tuesday for Japan and will be now enjoying our stay in Nara University High School!

JAPANESE

Year 3 Japanese: Year 3 students enjoyed listening to one of the famous Japanese folk stories, Bunbuku Chagama (the Magic Tea Kettle), and made Tanuki (raccoon dog) masks. Now we have started the Review Booklet. Students are going to bring it home so that they can revise things we have learnt so far this year to get ready for the assessment tasks in Term 4.

Year 5 Japanese: Year 5 students have started writing a short shopping script which they will practise and present as an assessment item. Please encourage your child to use the various online resources at home as well.

Year 6 Japanese: Year 6 students have been learning about Japanese Zodiac watching videos, researching about the topic on the Internet, and completing various activities. Please ask your child what zodiac year you were born in!

Year 7 Japanese: Year 7 have been exploring how animals are portrayed in Japanese folklore, mythology and culture. This builds on their language learning about families and pets.

Year 8 Japanese: Year 8 have started a new unit on leisure time activities. Students are learning how to talk about their plans saying where they are going, who they are going with and how they are getting there.

Year 9 Japanese: Year 9 have finished off their unit of learning on time. For those students continuing on with Japanese in Year 10 next year we have some Obento Supreme textbooks for sale from the school. It will save a trip to chalk!

Year 10 Japanese: Year 10 students have been enjoying writing haiku in Japanese. They also gained some excellent experience in calligraphy writing their haiku with a brush!

FRENCH

Year 4 French: Our Year 4 students have continued the topic of “Dans la salle de classe” (In the classroom) and showcased their vocabulary and grammar knowledge during their Learning Journey sessions. Each student created a backpack, matched classroom items and completed a checklist.

Year 5 French: Our Year 5 students have had lots of fun playing with their “Greetings Triangles” (a revision game) and showed this games plus some number games to their parents at their Learning Journey.

Year 6 French: Year 6 students have started a research project on French Culture and will present their findings this week.

Year 7 French: Year 7 students have finished their menus and have started an in-class research project about France. They will present their findings this week to the class.

Year 8 French: After finishing their comic strips about food and drink preferences, year 8 students have been researching different French regions and will present their findings on one particular region to the class.

Year 9/10 French: Our Year 9 and Year 10 French students are preparing for their French debate about Healthy Living and we will also study a recipe in French before following it in the Cooking Room for an end of term treat.

DEFENCE

We have some exciting new opportunities for Defence students and families starting in Term 4, as well as some minor changes to the current groups.

Kindergarten-Year 2 Defence Group will be held on **Monday at B1**

Year 3-Year 5 Defence Group will be held on **Tuesday at B1**

Year 6-8 Defence Drop-In will be held on **Thursday at B1**

Year 9-10 Defence Drop-In will be held on **Friday at B1**

Our new **Relaxation Group** will be held on **Tuesday at B2**

Our new **Defence Parent Drop- In** will be held on the **first Tuesday of every month** from 8.45am to 9.30am in The Community Room in the Library.

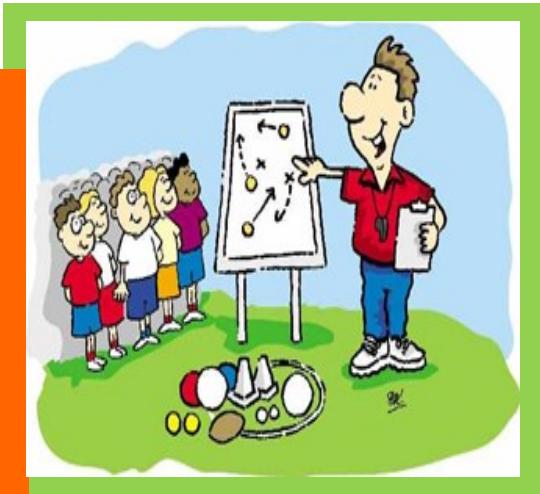
Our next Defence Parent Drop-In will be on Tuesday 13 October, due to the school holidays. This is a good opportunity to come and say hi and know we will be available for a chat on a regular basis.

Vanessa and Deb will also be working with Defence students on the BRAVE Program (information below). If you feel your child could benefit from BRAVE, then please contact Vanessa as soon as possible to ensure that your child is reserved a place.

Have a safe and enjoyable break. We look forward to seeing you in Term 3!

Vanessa Lovell -Defence Schools Transition Aide Monday & Tuesday 8:30-3.00pm Wednesday from 10:00-1.45pm P: 614 21286 E: vanessa.lovell@ed.act.edu.au	Pavlina Bailie – Defence Transition Mentor Tuesday 8:30-3:00 Wednesday & Thursday 8:30-3:15 Friday 8:15-3:00 P: 614 21286 E: pavlina.bailie@ed.act.edu.au
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PE & SPORT



The weather is finally looking up! We are so excited to see so many students out participating in physical activities and being active each and every day! Don't forget to wear your sunsmart hat each time you are outside and always remember to drink lots of water!

If you are interested in representing Amaroo School in the Year 7/8 and Year 9/10 Badminton team, please sign up by the end of the term in the gym.

Congratulations to all the students who have qualified for Northside Athletics! This competition is on the 20 October at the AIS Stadium. Please make sure all notes are returned as soon as possible. Good luck to all these students.

If you are in Year 3-6 and are interested in a 6 week hockey competition outside of school hours, please see Mrs. Bryant for more information.

This year Charlotte in Year 9 has made some enormous achievements in Volleyball these being:

- U16s State (ACT) School Sport team [vice captain] where they came 4th at Nationals
- Was Named in the School Sport U16s All Australian team
- Selected to attend the Australian camp in December for [2000/01 age group]
- Selected U17s ACT team
- 'Canberra Heat' squad that will play in the Australian Volleyball League

We are so proud of her achievements and wish her luck in all these events.

As always, if you have any sporting or PE related questions or queries, please don't hesitate to contact our wonderful PE team.



GRUNTS AND EYE ROLLS, FINDING A BETTER WAY TO COMMUNICATE

Sometimes it can be very frustrating communicating with an adolescent.

The old saying “It’s not what you say, it’s how you say it” is particularly relevant when dealing with adolescents. Not only are they undergoing huge personal physical, social, psychological and emotional change, but communication patterns are also undergoing a transformation. This is NOT the time to throw your hands up and say “My house (class), my rules”. This is a time to think about how we can communicate more effectively to build on what is hopefully a positive relationship.

Consider these strategies:

I. Talk less and listen more!

Adolescents are not children – they often want to talk less, and we need to be better at either picking up the right cues to open a conversation, or when to simply listen and not talk (or offer unsolicited advice!) at all.

II. Right time, right place:

Discussions with an adolescent should never be about winning the point. Concession is sometimes the best path when dealing with non-important matters. Confrontation can be very wearing, and potentially damaging.

Timing, location and tone of voice are critical elements of productive conversation with a teen. Avoid raising issues, which have been simmering away inside, when you are tired or already upset or angry about something else.

Never humiliate or embarrass an adolescent in front of their friends. If an argument erupts and their friends are around, it's better to hold your tongue until you can discuss the issue in private. Adolescents are not the only ones who don't respond well to sarcasm. If you are expecting to build an adult relationship, think about what you say, how you say it and what 'tools' of conversation you use....before you say it!

III. Active listening:

Active listening is a cornerstone skill of US clinical psychologist Thomas Gordon's model for building and maintaining effective relationships. The model is based on communication and conflict resolution skills, and is a model which has been adapted for use by parents, teachers, business and leaders over the years. Active listening requires our full attention. We don't interrupt; we don't make hasty comments; we don't judge; we don't 'join the dots'. We listen to what has been said and then we confirm our understanding. The tendency to assume and make decisions before we know the facts can lead to the common adolescent response: "That's NOT what I said. You NEVER listen!" Maybe they're right?

IV. I-messages (another Thomas Gordon skill):

To avoid constant confrontation with teens, it's a good idea to swing your responses around to an "I" response rather than a "you" response.

I-messages assert how the person who is speaking feels or believes, or how the behaviour of another person (in this case the adolescent) has made you feel. You do not put the other person on the defensive and you are not judgemental – great habits to avoid when dealing with adolescents!

An example of an I-message: A comment such as "You said you would finish that job by lunchtime, and it still isn't finished. You can't be trusted to get a simple task done on time" could be replaced by an I-message such as, "I thought we agreed that this job would be finished by lunchtime. I really needed it to be finished before we can move on to the next task." This kind of response sends the message that you are unhappy about the behaviour and the consequent inconvenience it has caused, but you have not immediately put them on the defensive. Also, you have not made it an attack on them personally, but rather on the behaviour or action.

V. Negotiate and compromise:

This is NOT about rolling over and giving in to adolescents. This is about recognising their need for increased independence and responsibility as part of growing up. Resolving conflict by focusing on concerns, rather than taking sides, leads to an increased chance of finding a solution that is acceptable to both groups. Negotiation and compromise are part of the real world – learn how to negotiate and compromise with teens and you may very well be pleasantly surprised by the out-

come.

VI. The Age of Technology:

Forget about nagging a teen to "Just pick up the phone and call!" How young people communicate is vastly different now. There is a much heavier reliance on text messaging, social media, video chatting and email. We need to be well informed about how teens communicate with each other....but keep the lines of face-to-face communication well and truly open at home. Remember to put YOUR phone away when you have the opportunity to spend some time chatting with an adolescent. Having your attention diverted by your own phone, or other device, sends a very bad message. Send the message loud and clear that face-to-face time with them is a priority over anything you are about to share on Facebook or Twitter. Be careful what you model...they ARE watching!

ANGIE WILCOCK – HIGH HOPES EDUCATIONAL SERVICES

www.highhopes.com.au.

Thanks

Meg, Erin and Fiona



Need help managing stress or anxiety?

If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help – an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of *beyondblue*, this program is now freely available to all young people aged 8 -17 years old who are living in Australia. BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively. The program can be accessed as often as you like, from the comfort of your own home. For more information, or to register for the program, please visit www.brave4you.psy.uq.edu.au.

10 Sept,
2015

ACT Sports Bulletin

Welcome to the first ACT Sports Bulletin from School Sport ACT.



This bulletin will include information on upcoming SACT trials, professional learning and funding opportunities for schools and teachers and upcoming competitions/ tournaments from State Sporting Organisations.
We look forward to working with you in the future.

SSMC Fortnight's Calendar

12-September	ACT 13&O Orienteering
14-September	ASC Girls Basketball
15-September	ACT 12&U Track and Field Carnival –AIS
17-September	ACT 12&U Golf

School Sport ACT Team Trials

Football (soccer) - ACT 19 and Under Men's Trials

Team attending the Pacific School Games

Who: 19 years and under

When: Second trial- Tuesday 14th of September, 4:30-6:30pm

Where: Southwell Park, Field 205

Manager contact for further details- Sheryl Sibley- 6142 0913

EXCITING NEWS FROM THE CANTEEN

In term 3 we will have 2 Popcorn self service vending machines
\$2.00 per cup.

Canteen Approved Popcorn.
Located inside the Canteen Foyer.
We will no longer be selling popcorn over the counter.

- Cooked Fresh in hot air on the spot
- No Oil
- No Fat
- No Artificial colours
- Just A Healthy Snack

- On board computer to control cooking process
- Self diagnostics
- Automatic calculations off all sales and Commissions

Natural Plain Popcorn
&
Salty Butter Flavour



- Self Cleaning prior to every vend
- Fully Autonomous
- Low Electricity consumption
- \$2.00 per vend

cool kids program



Children who experience anxiety are often described as 'worriers' or 'worrywarts'— they worry excessively about many areas such as schoolwork (getting things right, being on time), relationships (family, friendships), health, safety (burglars) and new situations. Anxiety can affect children to the point they are missing out on enjoying some aspects of life. When the child finds it very difficult to stop worrying, and the worries occur more days than not, then it is worth seeking help.

The Cool Kids Program is a structured, skills-based program that teaches children and their parents how to better manage anxiety. It involves the participation of both children and their parents, and focuses on teaching clear and practical skills. The program is theoretically grounded in Cognitive Behavioural Therapy and has been extensively tested and validated.

Topics covered in the program include:

- Learning about feelings and anxiety
- Detective thinking, and learning to think more realistically
- Ways that parents can help
- Fighting fear by facing fear (stepladders)
- Learning to solve a problem
- Building assertiveness and dealing with teasing

location Gungahlin Library,
Corner of Hibberson and Gozzard streets,
Gungahlin ACT 2912

time Mondays, 3.30pm – 4.30pm

dates 12 October – 14 December 2015

cost \$1,400 per family.
Please contact us about Medicare rebates.

ABOUT THE PROGRAM

The Cool Kids Program runs for 10 one hour sessions over 10 weeks. Two groups are run concurrently, one with the children, and one with the parents. Parental involvement is important as, along with the help of the therapist, you will be asked to: aid your child plan and implement these new skills; explore the ways you could interact with your child's anxious behaviours differently, and; provide your child with support and encouragement as they progress through the program. Research has shown that for children, involvement of parents in the treatment of anxiety disorders leads to much better outcomes.

WHO ARE THE FACILITATORS?

The Cool Kids Program will be run by Dr Eliza Ahmed and Dr Mitchell Dowling, registered psychologists with extensive experience working with young people. For more information on Mitch and Eliza please visit northsidepsychology.com.au

WHO WOULD BENEFIT FROM ATTENDING A COOL KIDS PROGRAM?

The program aims to help children with all kinds of anxiety, including generalised anxiety, specific fears, panic attacks, excessive shyness, or OCD. Children need to be aged between 8 and 12 years.



CONTACT US

Phone us on 02 6255 3008, email us at info@northsidepsychology.com.au or visit our website at northsidepsychology.com.au

northside
PSYCHOLOGY



Working together Developing Potential

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

What's coming up in Canberra ...

Friday night 'Gifted Teen Hang Out'

An opportunity for gifted students who are in Years 7-12 to hang out and be with others of like mind.

COST: \$20 per student – please pay at the door

Sunday Games Group

Gifted families with children 5-12yo. Board games, challenges, craft, activities...

COST: \$20 per family – please pay at the door

DATE: Friday 11 September

DATE: Sunday 13 September

TIME: 7.00pm – 9.00pm

TIME: 1.00pm – 3.00pm

Stress Ace AM/PM

DATE: Saturday 5 September

DATE: Saturday 19 September

TIME: AM: 10.00am – 12.30pm, PM: 1.30pm – 4.00pm

TIME: 10.00am – 4.00pm

Making and Keeping Friends 5 – 8 year olds

*****BOOKED OUT*****

DATE: Sunday 20 September

Social skills course 8 – 12 year olds

(Includes Making and Keeping Friends & Managing Big Emotions)

TIME: 9.30am – 12.00pm

DATE: Saturday 10 October

Managing Big Emotions 5 – 8 year olds

DATE: Sunday 11 October

TIME: 10.00am – 4.00pm

TIME: 9.30am – 12.00pm

Camp – "Step back in time"

Workshops and activities will explore different times in history using the many interesting facts shared in the Horrible History Series - and more. Registration includes accommodation in shared bunk houses, all meals and all activities, workshops and materials. Most special dietary needs can be met. EARLY BIRD DISCOUNTS END 31st JULY 2015

DATE: Fri 23 Oct – Sun 25 Oct

TIME: 7.30pm – 2.00pm

Assessments and consultations.

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

TO BOOK: head to our website and click on the link...

<http://australiangiftedsupport.com/act-programs-and-services/>

Facilitator: Lyndal Reid

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

<http://australiangiftedsupport.com>

<http://australiangiftedsupport.com/act-programs-and-services/>



TENNIS HOLIDAY CAMP

SEP/OCT 2015

Gold Creek Country Club

Curran Drive, Nicholls

Tues 29 Sep – Fri 2 Oct

Tues 6 Oct – Fri 9 Oct

All ages and standards welcome (ages start from 4 years and up)

All Day \$180, Half Day \$130, Pee Wee \$80

Contact Head Coach Robert Jamieson
0432 118 204 or robert@csot.com.au

With over 25 years experience "Tennis, the game for life"



**ACTION
timetable
changes deferred**



ACTION's planned weekday timetable change scheduled for Monday 12 October will be deferred.

This includes a deferral to the changes planned for the ACTION schools network.

All school services and regular weekday services will continue to operate as normal until further notice.

All timetable information is available from action.act.gov.au



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>Art classes and holiday workshops, Bonner Drawing, painting, printmaking, and lots of other fun projects to develop skills and confidence in our young creatives. Ages 10-16. All levels. NEW: Ladies Art group running every second Tuesday night, no experience needed.</p>	<p>Email or call Antoinette for more info. antoinettekarsten@hotmail.com Mob: 0422693546 Please contact Antoinette for more info on antoinettekarsten@hotmail.com</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>Gungahlin Dance Academy Exceptional dance training for all ages Fully equipped studios in Amaroo 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>SCOUTS = Adventure + Life Skills Scouting is for boys and girls aged 6-25. Scouts participate in programs that encourage them to grow through adventure by experiencing new challenges, making new friends, building confidence, taking responsibility for themselves, and being provided with opportunities to explore their own abilities and interests.</p>	<p>Come and try Scouts today and take advantage of our 3 week FREE trial. Visit scoutsact.com.au to find your closest Scout Group or call 1800 SCOUTS</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. Classes at Amaroo School Call Paul for information 0414 898 888</p>
<p>Bollywood Dance Classes for adults & kids by Canberra School of Bollywood Dancing A fun way to keep fit and Active! Free trial class at Amaroo School – Monday 9 Feb Adults & Kids 7 + years - 6.30 to 7.30 pm Venue – Amaroo School dance studio (downstairs)</p>	<p>Special 6 week fee \$65 for a term Please email canberrabollywood@bigpond.com to secure your spot. More details on our website www.canberrabollywood.com.au Find us on Face book – Canberra School of Bollywood</p>
<p>SIRENS CHEERLEADERS Sirens Cheerleaders is looking for new athletes to learn American-style cheerleading! Recreational or competitive cheer, pom, tumbling and hip hop. No experience necessary. 18 months to adults, including parents teams! Males and females. Coaches are experienced, friendly and fully accredited. We are a values-focused gym for a supportive community.</p>	<p>Learn stunts, tumbling, jumps and dance with the best. Contact us for a free trial class! Email admin@cheerleadersaustralia.com.au. www.cheerleadersaustralia.com.au</p>

<p>GUNGAHIN LITTLE ATHLETICS – Register now Come & Try and Registration Days – Sat 10 and Sun 11 October, 10.00am-12.00pm For the 2015/16 season we welcome athletes born between 1 Oct 1998 and 31 March 2011</p>	<p>When – Saturdays, 8.55am Where – Amaroo Ovals For more information: www.gunlac.org.au E: enquiries@gunlac.org.au</p>
<p>Cricket is Australia's favourite sport – so let's play If you are interested in playing cricket this summer there is a program to suit your age, gender and skill level. Learn to play - MILO in2CRICKET (ages 5-8) and MILO T20 Blast (ages 7 -12)</p>	<p>Junior cricket - Modified T20 cricket or traditional club cricket (ages 9 -17) To learn more or to register please visit www.playcricket.com.au or email Nicola.browne@cricketact.com.au</p>

Get The

Amaroo School App

Available On All Phones



Available on the Google Play and App Store.

Search for Amaroo in your favourite app store

What Can You Do With It?

Newsletters	Sick Notes
Events Dates	Change of Details
Notes Due	Pop-Up Alerts
Venue Maps	Contact Us

FREE



Great for Schools ... Even Better For Parents



Canberra BMX Club

Fun for all ages, 2 years +

Come & Try Day
Try BMX for FREE!

Saturday 26th of September
1:00pm - 3:00pm

All riders are required to wear a long sleeve top, long pants, fully enclosed shoes, full fingered gloves and a full face helmet. Please bring along your bike with any loose parts (bells, pegs, reflectors, kick stands) removed. Limited gloves, full face helmets and bikes are available to borrow from the club.

www.canberrabmxclub.com

 canberrabmxclub@gmail.com
 Copland Drive, Melba ACT



StepUP!
for Down syndrome

StepUP for Down syndrome
- come walk with us!

Sunday October 18th, 2015

10.00am - 1.30pm

Rond Terrace, Parkes Way

Join members and friends around Australia as we walk for Down syndrome. StepUP for Down syndrome is part of a national event, which seeks to raise awareness and to celebrate the achievements of people with Down syndrome.

There will be lots of fun family activities, a sausage sizzle and lots more after the walk, so come along and enjoy the day in very good company!

Help raise funds for the ACT DSA by visiting
<https://heroix.everydayhero.com.au/charities/2905/donate>

For more information, please contact the ACT DSA office on 6290 0656 or actdsaa@actdsa.asn.au

StepUP for Down syndrome is proudly brought to you by



&



Speech Pathology

Free Consultations
for primary school aged children


as one
THERAPY

Issues discussed during the 20 minute consultation may include:

- | | |
|---|---|
| <ul style="list-style-type: none"> ✓ Speech sounds ✓ Stuttering ✓ Following directions ✓ Vocabulary | <ul style="list-style-type: none"> ✓ Spelling / reading ✓ Comprehension ✓ Forming sentences ✓ Grammar |
|---|---|

TERM 3 SCHOOL HOLIDAYS, 2015

Level 4 Woden Centre, 20 Bradley Street Woden

Please contact us to secure your place.

Bookings are essential.



MAXIMISING POTENTIAL

1800 7 AS ONE (27663)

info@asonetherapy.com.au

Celebrate Carers Week with us!

10th October 2015

FREE
ENTRY

CanberraCares

Everyone
welcome

10.00am - 3.00pm

Carers ACT, 80 Beaurepaire Crescent, Holt

JOIN US

www.carersact.org.au
www.carersweek.com.au



NATIONAL CARERS 11-17 OCTOBER
WEEK 2015

