



# Amaroo School Newsletter

Week 2  
29 July 2014



Education and Training

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## Dear Parents and Carers

We enjoyed a great first week back at school last week. Students have settled into their programs extremely well and there is a productive learning buzz across our school. We have had over forty new students start this term. We are only accepting students from our priority enrolment area so you can see our local community continues to grow and expand at a fast rate.

## Portables

Our new Year 3 Portable Classrooms have had a confirmed finish date of the 25 August 2014. It will be great to have these valuable learning spaces available and we look forward to moving into the new classrooms. The rooms will also have new furniture and Interactive Whiteboards, they will be a great asset to our school.

## School Uniform

Please ensure your children wear school uniform only to school. The Amaroo School Board requires students to be in uniform and we take great pride in our students dressing appropriately. Having all the students in uniform also makes it a safer environment and helps us to easily identify unwanted visitors. Jeans are not part of our uniform and are not welcome at our school. The colder weather can be a challenge to school uniform and for parents but if any family needs assistance in providing uniform they should contact either a Deputy Principal or myself.

## Bikes, Scooters and Skateboards

Please remind your children that bikes, scooters and skateboards cannot be ridden on school grounds. We have had a number of injuries recently when students have been riding on school grounds. This rule is because we want to keep our school environment as safe as possible and free from accidents.

## Student Achievements

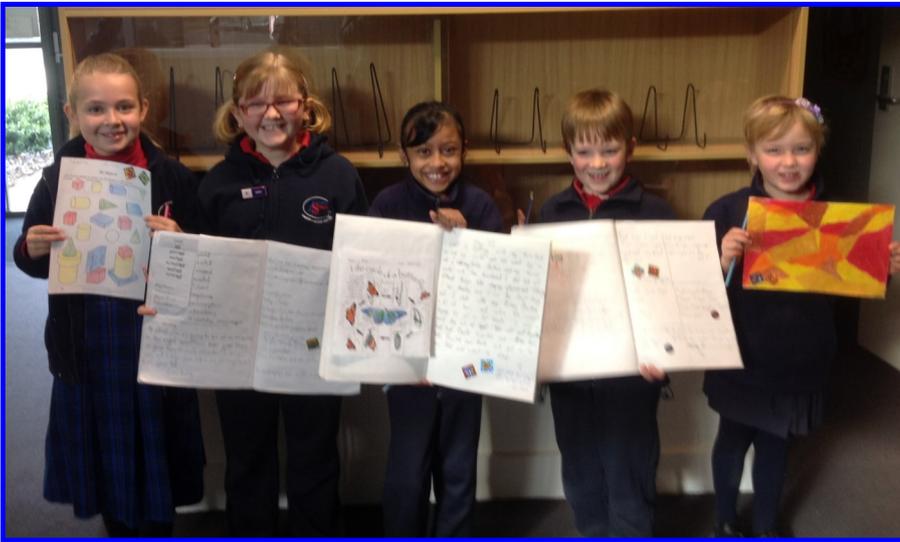
Lachlan from Ms Ward's Year 5 class has written a Rap that incorporates his spelling list and geography work. It is extremely creative work and he presented it with lots of gusto. What a fantastic and inventive approach Lachlan has adopted to his learning.

Brodie from Ms O'Connor's Year 2 class has written a book about his life. He has detailed lots of the exciting learning experiences that take place in his classroom. It is great to see this clever young learner expanding his understanding and skills so quickly.

Katie from Ms Winter's Year 4 class has completed an enormous range of different homework activities during the semester break. Katie has done all sorts of English and History tasks and challenged herself to write more and think very deeply about her topics. She is clearly a great learner who is developing and enriching her learning and understanding with lots of hard work.

## Calendar Dates

|                                   |   |
|-----------------------------------|---|
| <b>Wednesday<br/>30 July 2014</b> | Junior Athletics Carnival K-6<br>Boys 7/8 Alan Tongue cup<br>Rostrum Semi final at Florey Primary 7pm<br>Yr 9/10 outdoor ed aquatics bronze medallion course -Pool.<br>Yr 9/10-Careers Xpo at EPIC -10.10am - 12.40pm   |
| <b>Thursday<br/>31 July 2014</b>  | Year 7- Sydney trip- Science/History Excursion.<br>Year 3 Rock the Block (every thursday for term 4).<br>Diamond Gallery excursion- Ford Park.<br>French Carrousel Theatre Incursion- Years 3 and 5<br>Year 3 Lanyon Homestead Tuesday 29 and Thursday 31 July. |
| <b>Friday<br/>1 August 2014</b>   | Jeans for Genes Day fundraiser-Whole school all day event-SRC.<br>Whole School Assembly 9:15am Gym, Please join, all welcome.<br>Year 7- Sydney trip- Science/History Excursion.<br>Year 9/10 Japanese class excursion to Gungahlin College                     |
| <b>Monday<br/>4 August 2014</b>   | Year 6 IMP Band Combined Prac @ Ngunnawal   |
| <b>Tuesday<br/>5 August 2014</b>  | Yr 9/10 outdoor ed aquatics bronze medallion course-Prac/pool.  |



**Year 2 Learning legends:** Isabella, Lucy, Ethan, Tashvi and Coral. (pictured left)

**Quality learning:** Addie and Ella from Year 2 created a futuristic robot during investigations (pictured below)



**Family, Subject and Program Contributions**

Thank you to those families who have paid their contributions this year. These funds assist in the delivery of quality learning programs to the students at Amaroo School. To continue with the wonderful work being done by the staff at Amaroo School we urge you to pay your contributions as soon as possible. Please contact the school if you require a new invoice.

**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 included at the end of this Newsletter.

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 by Tuesday 26 August 2014.

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

**Richard Powell**

Principal

Amaroo School



**Benjamin Hall**

**Gail Taylor**

**Richard Powell**

**Sam Beattie**

**Tiffany Mahon**

| School Board  | P & C                               |
|---|-------------------------------------|
| <b>Board Chair:</b> Trudie Wykes 0420 571 666             | <b>President:</b> Chris Blight      |
| <b>Parent Board Reps:</b> Katherine Keenan, Glen Storrar. | <b>Vice President:</b> Glen Storrar |
| <b>Staff Rep:</b> Felicity Boate and Naomi Goode          | <b>Secretary:</b> Natalie Roberts   |
| <b>Student reps:</b> Lachlan Storrar, Tessa Blight        | <b>Treasurer:</b> Karyn Williams    |

## TIME TO TALK - YOUR THOUGHTS ABOUT PARTNERSHIPS BETWEEN FAMILIES AND SCHOOLS.

Parent engagement in learning and education is all about how families and schools talk to each other, how to bring together learning at home and learning at school, and how families and schools can work together to help our children be the best they can be.

There is very strong evidence that children do better and learn more when families and schools work together as partners.

The ACT Government has partnered with the Australian Research Alliance for Children and Youth (ARACY) to research parent engagement in the ACT and develop a strategy to strengthen parent engagement into the future. An important aspect of this research is talking with families about what parent engagement means to them.

ARACY would like to hear from parents about what they think makes for a good partnership with their child's school and the things they do to help their children learn.

ARACY has developed a short online survey to gather parental views, beliefs and understandings about parental engagement in schools. The survey will be available on the ACT Government Time to Talk website from 21 July 2014 to 26 September 2014. [www.timetotalk.act.gov.au](http://www.timetotalk.act.gov.au)

## Early Childhood

### Preschool

Welcome back to Term 3. The Preschool students returned back to school full of excitement and ready to explore their learning environment. The end of the week classes enjoyed our excursion to Wombat Stew at the Canberra Theatre, laughing and clapping at the hilarious characters.

Thank you to Luke's Dad, Mark from Holcim who brought two concrete trucks to the preschool for the beginning of the week groups to explore how a cement truck works.

In week 4 we will be having our school photos, please return your notes and payment back to your classroom teacher or assistant prior to the photos.

Have a lovely week from the Preschool Teachers and Assistants.

### Kindergarten

Welcome back to Term 3!

Last Tuesday, we celebrated a milestone – our one hundredth day of Kindergarten. The children enjoyed reflecting on their growth thus far and predicting where their future will take them. Their aspirations were inspirational indeed!

Our phonics program has finished for the year; however it is vitally important that your child continues to complete their home learning. Please encourage them to read their home readers daily and practise their Magic Words. If you have any questions or queries regarding your child's reading please contact their teacher. Thank you to everyone for your patience in waiting for your child to be benchmarked as this process takes time to complete, particularly as our students are now beginning to move through levels more quickly.

Some small changes have been made to our timetables, with KBMT and KNCR going to the library on Monday, KASR and KNTR on Tuesday and KKCR and KNSR on Wednesday. Please remember your child's library bag and book for this occasion. Other changes have been made to Gross Motor days so please keep an eye out for the Term Guide coming home this Friday. If you can spare some time to help out during Gross Motor your assistance would be greatly appreciated; please see your child's teacher.

Our Athletics Carnival is tomorrow and we encourage all children to support their house by wearing their house colours. If you have some spare time, feel free to come along and watch your child participate. Before the athletics carnival please ensure your child's name is on all of their belongings. If your child has lost an item of clothing, check the lost property in the Ruby Wet Area or the library.



**Jeans for Genes Day**  
Changing the world for children with genetic disorders

### Senior SRC - Jeans for Genes Day, Friday 1 August 2014

This year, Amaroo School is taking part in **Jeans for Genes Day**, a fundraiser for genetic diseases, founded by the Children's Medical Research Institute. SO DON'T FORGET TO WEAR YOUR JEANS on Friday 1 August!

Senior SRC students will be coming to classes after B1 on this day to collect the gold coin donations. Senior SRC students will also be selling Jeans for Genes Day merchandise at B1 and B2 during the week in the canopy area near the library. The merchandise, zip pulls, will be on sale for \$3 each. It would be great if you could all support this fantastic cause! The money you donate will go towards researching ways to prevent these diseases and every dollar counts.

## Year 1

Year 1 are preparing for a fantastic term of learning starting with our excursion to the zoo this week!! Please remember to pack fruit break, B1 and B2 in separate plastics bags and provide a water bottle. Some library days have changed this term 1JHE and 1JFE will now go to the library on Thursdays. A big thank you to the parents who help with home reading in the morning - if you are able to spare some time to help please contact your child's teacher. In Maths we have started our unit on subtraction and we are also looking at graphing data. In Literacy we are looking at explanation reports – ask your child to tell you the 4 parts of an explanation report?

## Year 2

Welcome back to Term 3. We hope you have all had a restful and enjoyable holiday.

This term, Year 2 is beginning a new unit of work on Geography. Students will be learning all about their individual community and beyond. We encourage students to bring in any items from a different country, to support their learning.

In Maths, students will be investigating 3D objects. They will have the opportunity to recognise, visualise and draw many different 3D objects.

Students are beginning to learn about information reports in Literacy. Together we will be investigating the structure of an information report and students will develop their own report.

We encourage all students to continue to complete homework each week and return their books to school every Monday. As well as this, please remind students to bring in and exchange their library books in their weekly library session.

We have a busy term ahead of us and look forward to all the exciting learning opportunities we have planned for this term. Please remember as the weather is still cold to wear warm labelled clothing to school.

# Primary

## Year 3

3JRO and 3EPO had a fabulous morning on Thursday experiencing their first Rock the Block dance session. Students learned the weekly warm up routine followed by this week's focus which was creating a dance to a current top 40 hit mix. Over the course of the term, Year 3 will learn a Michael Jackson routine, rock and roll dancing and Bollywood style dancing. A great Thursday morning experience!



## Year 4

As an introduction to our Geography unit all Year 4 students participated in the Geography Amazing Race. Students raced around the school completing geography based activities such as discussing what geography is, finding places on the map, using directions and looking at different vegetation. We all had a great time working in teams, supporting and encouraging each other and undertaking different activities. Winners we've announced last Friday in Gallery Gathering.



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## Year 5

Students in Year 5 have been incorporating technology to promote the use of 21<sup>st</sup> Century Skills and showcase what they have been learning in class. In Science, we have been learning about the adaptations of living things. In this experiment students attempted to pick up a variety of foods using different types of bird beaks. We showcased our results using the 'Show Me' application on the iPad, linking the type of beak to real bird species. We discovered why birds have different shaped beaks and drew conclusions about how this affects what they eat.



## Year 4 & 5 Camp

In week 7 and 8 of this term Year 4 and Year 5 students will be attending camp. This is a wonderful experience for many students where they are able to work in teams and challenge themselves with practical and physical activities that they may have not tried before. Things such as abseiling, using a flying fox and initiative type team work tasks.

Please remember to fill all of the forms provided with the camp note and include all dietary requirements. In the coming weeks we will be providing the camping centres with this information so that they can cater for the needs of our students. The sooner we have this information the easier this task will be.

If there are any students who will not be attending camp can you please provide us with a written note so that we can finalise numbers. Students who are attending camp will need to bring their permission forms and full or partial payment in as soon as possible.

## Home Reading Program

Each morning in Primary we have a small number of parents who assist us in supporting our students to change their Home Reading books. We would love to have more assistance. If you are available to help in this way for 15 minutes Monday to Thursday from 9:00am please come to Unakite. Thank you to the wonderful parents who currently assist us in this way.

# Primary Sport Trials

## Sports trials

### ACT 12 Years and Under Rugby Union -

9:00am – 11:00am on Sunday 27 July at Burgmann Anglican School, corner of Gungahlin Dr and the Valley Way, Gungahlin, ACT 2912.

### Touch Football Gala Day

Year 5/6 Boys & Girls – Amaroo School during B2 in Week 3 (Mr Smith & Ms Watts)

Year 3/4 Boys & Girls – Amaroo School during B2 on Wednesday 6<sup>th</sup> August (Mrs Bryant)

### Milo Cricket Schools Cup

Year 3/4 & Year 5/6 Boys & Girls – Amaroo School during B2 on 28 July (Ms Ianna & Mr Sharma).

## Middle School

### Middle School Clubs Program

Clubs have commenced this week. All students were given a handout in week 9 last term, which informed them of the clubs they were in for both Term 3 and Term 4. Sheets have also been given to all homeroom teachers to display in class, which outline where the clubs are, what teachers are taking them and what days they are on.

Thank you to everyone who completed the clubs survey. Out of the 237 clubs choice forms that were returned the following information has been collated.

|                                    |       |
|------------------------------------|-------|
| <b>% parents valuing clubs</b>     | 64.6  |
| <b>% parents not valuing clubs</b> | 11.40 |
| <b>% students valuing clubs</b>    | 60.8  |
| <b>% student not valuing clubs</b> | 13.5  |
| <b>% not responding</b>            | 19.8  |
| <b>% continue clubs 2015</b>       | 64.1  |
| <b>% not continue clubs 2015</b>   | 9.7   |
| <b>% no response to continue</b>   | 4.2   |

The most popular answer given for "What is the best thing about clubs?" was the opportunity for student to learn new things. The areas for improvement included more options and improved timing. We will look at continuing clubs in 2015, however there may be some changes around how it is implemented. Stay tuned for more information later in the year.

### Year 6

A big welcome back to Term 3 to all parents, guardians and students. Students have come back refreshed and eager to learn. The year 6 team are looking forward to an exciting and productive Term 3.

In Science, students are investigating alternative energy sources to fossil fuels. They will be learning about the structure and language features of an information report to help them write their own report on their chosen alternative energy source. In Mathematics, students are learning about fractions, decimals and percentages. Time tables are still a major focus every week for all year 6 students. We are allocating time in class for Athletics activities and students are encouraged to complete the assigned activities for homework.

In History, students are investigating how the Indigenous People's rights have changed throughout the 20th Century. For their assessment, they will be constructing an annotated timeline outlining the main Indigenous civil and land rights movements during this time.

Some students are low in stationery supplies, so please ask your child if they need more stationery items, so they can be well-prepared for every lesson.

There is a large quantity of lost property in the library, so if your child has lost anything, please check at the library. Also, please make sure that all school clothing is labelled for this Wednesday's athletics carnival.

The Year 6 Parent Guide which will be going out next week.

If you have any queries, questions or concerns, do not hesitate to contact your child's homeroom teacher.



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## **Year 7**

Our Year 7 students have had an excellent start to their learning in Term 3. This week we welcomed Mrs Juhi Thakur to the Year 7 teaching team. Mrs Thakur is replacing Mrs Ranbir Kaur, who has accepted a position at Gungahlin College. In English our students have been reading myths and completing comprehension activities on these myths as part of their new unit on Myths and Legends.

In History our students have been presenting their Ancient History Mysteries and starting to learn about the geography of Ancient China as part of their new unit on Ancient China.

In Science our students have been classifying animals and learning about balance in life. The students have been studying the food relationships that exist in the environment.

In Maths our students have been measuring and classifying angles and learning more about parallel lines. Please remind your child to bring their protractor, compass and scientific calculator to school.

The teachers and students attending next weeks' Year 7 Science/History Excursion to Sydney are all very excited and have completed their room allocation forms. There will be an alternate program at school for those students not attending the excursion. We are looking forward to another fun-filled and productive term.

## **Year 8**

Welcome to Term 3, it has been a busy start to the Term. Students should be preparing to complete their Science 'organ donation' assignments which are due in on the Thursday of Week 2. They have spent some time in class preparing but have been asked to complete it at home.

In Mathematics, students are either finishing a unit on statistics and probability or they have begun a unit on measurement. Students are reminded to bring in a calculator to all lessons as some students are still not prepared for class.

In English, the G and T class is studying the play "Peer Gynt" while the other classes have started their novel studies. Students are encouraged to read a novel of their choosing at home in order to complete the class tasks.

Students are all beginning a Geography unit which will begin to examine the forces behind migration both within and across nations.

Students are encouraged to collect their lost property from the library as well as label their clothes so they can get back to their owners in the event that they are lost.

It will be Jeans for Genes Day on Friday. Students are expected to wear uniform to accompany their jeans if they choose to support the cause.

# **Senior School**

## **Jeans for Genes Day**

The Senior SRC will be hosting this year's Jeans for Genes day. It will be held on Friday 1st August. Students will be required to donate a gold coin for the privilege of wearing jeans on the day. Normal school tops and jumpers will be expected. Students not wishing to wear jeans on the day are still able to donate if they wish.

The Senior SRC will visit each assembly this week to promote the day and posters will be placed around the school as well. There will be Jeans for Genes Day merchandise available for sale next week. There will be a stall in the canopy area at B1 and B2. Please help promote this day.

## **Red Cross Food Drive**

Next week is the last week for donations of non-perishable food for the Red Cross food drive. Please bring in items to the Front Office to go to this fantastic cause.

## **Late Policy**

Students arriving late to classes will have the minutes late recorded and will be asked to 'repay' the minutes owed at an afterschool AmStudy session. At this session, they will have access to two staff members who can help them catch up on missed work when the total number of minutes owed gets to 60 minutes. Each student must have a balance of 0 minutes owed by the end of the year. Students have been issued with a copy of the Senior School late procedures, and a copy of the procedures have been placed on the Amaroo School website.

## **Gungahlin College Course Information Evening**

On Wednesday 30th July Gungahlin College is holding a Course Information Evening from 6-8pm for Year 10 students. Year 10 students and their parents/carers are strongly encouraged to attend this evening as much more detailed information will be provided as to what is involved in each course of study to assist them in their subject choices for next year.

## **Formal Payments**

A reminder that payments for the formal may be made by instalments over the three terms or in a lump sum in term 4. If you choose to pay by instalment the payment will be \$50 in Term 2, \$50 in Term 3 and the remaining balance during Term 4. The final balance will not be known until closer to Term 4 when the fundraising we are doing throughout the year is taken into account.

For those choosing to pay by instalment please complete the payment forms for Term 2 and 3 and return to school. A final payment balance will be given to students at the start of Term 4 and is to be made by Friday 14 November 2014.

# Languages

## Nara University High School Visit October 2014 – HOST FAMILIES STILL NEEDED

Amaroo School will host 10 students from Nara University High School in Japan from 22 - 25 October, 2014. Students from the school have been visiting Canberra to perform at the Canberra Nara Candle Festival through the Canberra Nara Sister City agreement since 2004.

We are currently looking for host families for this cultural exchange, providing accommodation and meals for three nights: Wednesday 22 October, Thursday 23 October and Friday 24 October 2014. Host families (anyone over the age of 18 years old) will also need to have their Working with Vulnerable People card to be able to host a student. We can provide the application forms for this.

If you are interested in hosting a student, please see Mrs Middleton in the Middle School or contact her via email: [Kiraly.middleton@ed.act.edu.au](mailto:Kiraly.middleton@ed.act.edu.au) Thank you for your support. We look forward to a wonderful visit!



### LANGUAGE PERFECT - Awards have arrived!

At this week's Whole School Assembly we will be presenting our Elite and Gold Award winners' their certificates. We hope parents will be able to attend this assembly.

Silver Award winners will be presented at sector assemblies and Bronze and Credit Awards will be presented in Language classes.

Congratulations to all of the students who participated in the Language World Championships this year!

### Japanese

**Year 4 Japanese:** Our Year 4 students started the term choosing their favourite Japanese characters last week. We have now started learning how to talk about them, including their favourite things, weekly schedule, and daily activities. Please ask them how they are going.

**Year 5 Japanese:** Year 5 has been sharing what they know and like about Japan and what they would like to learn. It was encouraging to see their enthusiasm to explore more. We have also explored how we learn languages and learnt a greetings song. Greet your child with "Ohayo" in the morning!

**Year 6 Japanese:** Students have reviewed their learning so far with a Language Perfect quiz. We also looked at how to tell the time in Japanese and begun to learn the rest of the hiragana. Please encourage your children to practice their Japanese at home with Language Perfect.

**Year 7 Japanese:** Students have started their learning about family and pets. See if they can say the names of different members of your family. Students can practise this new vocabulary on Language Perfect at home.

**Year 8 Japanese:** Students have been learning a range of new verbs to expand what they can say in Japanese. They also received a note for the Tanken Centre Excursion to Sydney on Wednesday August 13 (Week 4). The Centre is a Japanese-style building and garden with the "look and feel" of Japan. Students are immersed in Japanese language and culture through innovative learning programs based on themes we are learning in class. Students wishing to participate need to return their notes and money ASAP.

**Year 9/10 Japanese:** Students will be visiting Gungahlin College this Friday to learn more about the college Japanese program and participate in a Japanese class with Year 11 students. Students are reminded to return their notes and money ASAP.



## **French**

### **France/Belgium Trip Club:**

We are in the final stages of planning our trip with documentation submitted to our travel provider. We are continuing with our fundraising and last week students were each given two boxes of chocolates to sell. Money for the chocolates needs to be returned to school no later than Friday 8th August. Last Friday students received their hoodies and they look fantastic. Students are able to wear their hoodies to school.

The final Parent Information night will be held on Thursday 4 September 2014 at 6pm in the Languages Room. The expectation is that all students are represented at this information night as there will be final paperwork to complete and sign as well as important information to be distributed.

It is vital that your child attends every club session this term as we will be covering important information about our trip. France/Belgium Trip Club begins at 8:15am. Please ensure that your child arrives on time. If they are unable to attend then please email me at your earliest convenience.

### **Year 3 French:**

Bonjour toutes les classes de Year 3! Je m'appelle Madame Lambert ! Je suis la professeur de français. Our wonderful Year 3 students are excited to be having French lessons which are nearly totally in French! They have shown a great level of understanding and a very positive attitude. We have so far practised self-introductions and numbers to 20 and we look forward to practising useful classroom phrases and learning more about French culture.

### **Year 5 French:**

Re-bonjour Year 5! It is exciting to be back teaching Year 5ACJ, 5AAJ and 5TWA this semester. We have started already on a portfolio piece to look at what things we remember well in French, what things we need to revise and what things we want to learn this year! We have played a game of Monet to practise common questions and answers!

### **Year 6 French:**

Students have begun learning about animals and how to describe them. They have received their assignment for this semester which involves creating a family tree in French. They will be spending some time in class working on their assignments. This assignment is due in Week 4.

### **Year 7 French:**

Students in Year 7 have been given their 'Off-Line' Facebook assignment where they are creating a cover page for Facebook in French. They will present this on A3 paper. They will be describing themselves, their family, pets, school and school subjects, and their sport and leisure activities. This assignment is due in Week 4.

### **Year 8 French:**

Students have begun a new unit on "Les Jeunes Français". It is a unit looking at Youth in Australia and making comparisons with the Youth in France. They are currently looking at what is important to them as teenagers. Students are designing a Coat of Arms and justifying their choices in French.

### **Years 9/10 French:**

Students are continuing to consolidate their knowledge of past tense. We are also continuing to watch the sitcom Extr@. Their task is to create a new character for the sitcom and how this character will influence the plot on the sitcom. The written task is due on 15 August and the speaking task is due on 20 August.

### **ALC Competition – French and Japanese**

Students who paid for the Assessment of Language Competence test will be sitting these tests in early August. Certificate 1 (French and Japanese) will be held on Tuesday 5 August, Certificate 2 (French and Japanese) will be held on Wednesday 6 August and Certificate 3 (French) will be held on Thursday 7 August.

## PE

Welcome back to another exciting term ahead in Sport. With the Commonwealth Games in Glasgow well under way, we congratulate all of our Australian Athletes and look forward to our own upcoming Athletics Carnivals, the Junior one will be on Wednesday week 2 at Amaroo Oval. The Senior carnival will be on Tuesday 2 September 2014, week 7. Make sure you wear house colours and please come prepared with warm clothes and drink bottles. The canteen will be available at the oval kiosk on the day, however there will only be a limited number of items available, so students are encouraged to bring their own lunch.

Good luck to the Amaroo School Snow Sports Team which will be competing in the inter-school ski and snowboarding competition next week from 30 July- 1 August 2014. Neve S, Kieran S, Kayleigh S, Finlay S, Samantha H, Zander H, Lori T, Mirabel W and Sabina W will be attending. Special thanks to Jon Wilson for organising and escorting the students to the competition.

We have 2 teams entering the ACT SSSA Hockey competition in week 3. Mrs Percival will take the teams to the Lyneham hockey centre. The girls team will be out on Monday the 4 August 2014, and the boys team will be out on Wednesday the 6 August 2014. Thanks to Megan and Hayley T for organising these teams.

The Primary School basketball championships are coming up in week 3. It will be held at the Belconnen Basketball stadium. We have several teams competing from years 3/4 and 5/6. Good luck to all of those students on the day, and thank you to Mrs Bryant and the organising teachers for making this possible.

### Sporting achievements

Congratulations to our 7/8 Boys Rugby League team who represented our school in the Alan Tongue cup last Wednesday. The boys put in a stellar effort and were runners up on the day. Well done!

Finally, in individual sporting achievements, congratulations to Hayley T in year 10! During the holidays she represented the ACT in the U21 European Handball team in Sydney. She is now training for the National Competition in October. Best of luck Hayley!

## Defence News

We would like to welcome new Defence families who have started at Amaroo School this term and we hope our existing Defence families had a wonderful holiday and happy to get back into the swing of things. Term 3 will be jam packed with activities for Defence students and their friends. As part of the Pastoral Care team, we run Defence Activities groups for specific years and play programs that are open to all students. Timetable below lists all the activities run by the Pastoral Care team.

| Day       | Program                            | Time       | Location              | Type of Group              |
|-----------|------------------------------------|------------|-----------------------|----------------------------|
| Monday    | <b>Years 3-5 X-Box Dance Group</b> | B1         | Downstairs Dance Room | Open Year 3-5              |
| Monday    | <b>Skipping</b>                    | B2         | Gym                   | Open Years 4-8             |
| Tuesday   | <b>K-2 Defence Group</b>           | B1         | Community Room        | K – 2 Defence students + 1 |
| Tuesday   | <b>3-5 Defence Group</b>           | B2         | Community Room        | 3 – 5 Defence students + 1 |
| Wednesday | <b>Karaoke</b>                     | B2         | Downstairs Dance Room | Open 6-8 Play Group        |
| Thursday  | <b>6-10 Defence Group</b>          | B1         | Community Room        | 6 – 10 Defence students +1 |
| Friday    | <b>Breakfast Club</b>              | 8:15 -8:50 | EC Multipurpose       | OPEN                       |
| Friday    | <b>Karaoke</b>                     | B2         | Downstairs Dance Room | Open 9-10 Play Group       |
| Friday    | <b>Group Games</b>                 | B2         | the Hill              | Open (run by Senior SRC)   |

### ADF Parent Questionnaire

Thank you to the families that have taken the time to complete the ADF Family Questionnaire. If you have not returned the questionnaire please return it to the Front Office or Fishbowl. If you did not receive these notes and believe your family should have please contact either Jo Farmer or Michelle Nazzari on the email address below.

### Air Force Cadets

There are information sessions for a New Cadet Intake for semester two at HMAS Harman. For more details see attached flyer.

### New DSTA and DTM contact hours are as follows:

#### Michelle Nazzari (DSTA)

Monday to Wednesday 9am to 2:30pm  
[Michelle.Nazzari@ed.act.edu.au](mailto:Michelle.Nazzari@ed.act.edu.au)

#### Jo Farmer (DTM)

Tuesday 8:30am to 1:00pm  
Wednesday 8:30am to 3:15pm  
Thursday 8:30 to 3:15pm  
Friday 8:00am to 2:45pm  
[Jo.Farmer@ed.act.edu.au](mailto:Jo.Farmer@ed.act.edu.au)

### Amaroo Angels

Amaroo Angels is cancelled for Wednesday 6 August 2014. This is due to staff having outside school commitments that week. Angels will run as per usual for the remainder of the term.

### Cooks Night Off!

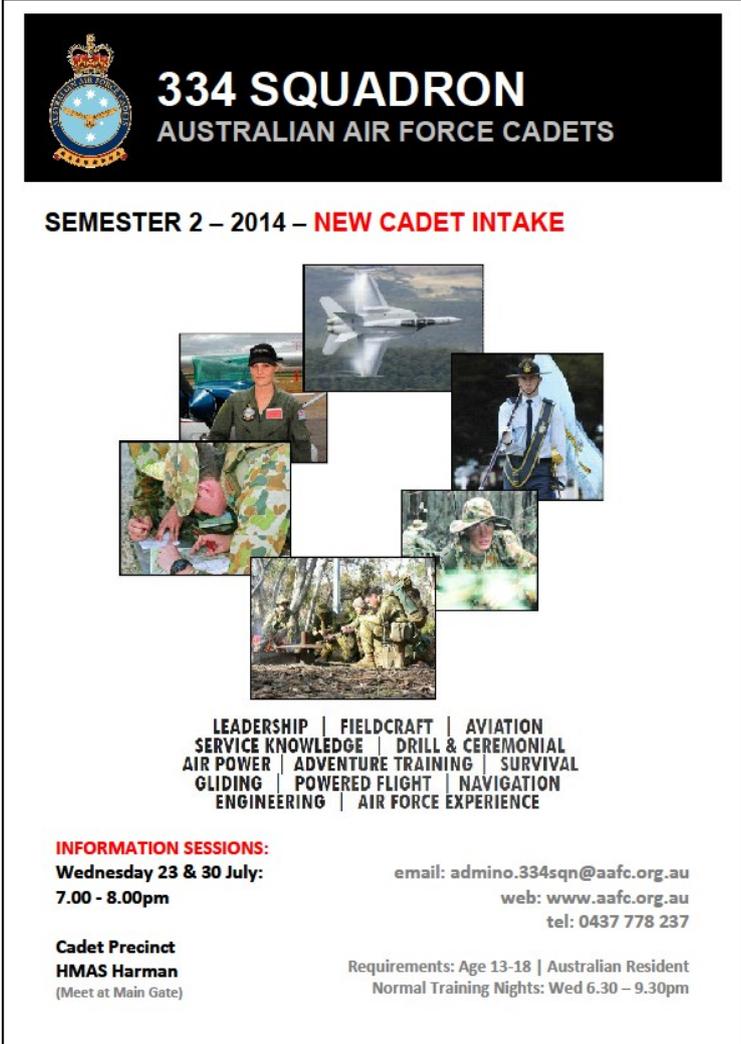
The FLOs at DCO Canberra initiated Cooks Night Off! to link in with Defence partners who are busy in the day or who just want a friendly night out. Cook's Night off! is held on the last payday Thursday of the month at different venues around Canberra. The partners who attend pick the venue for the next month so it is a great opportunity to try different restaurants around Canberra.

Details for the next Cooks Night Off! are:

**Where:** Santa Lucia Trattoria, Kingston

**When:** Thursday 31 July at 7pm.

**RSVP:** [dco.canberra@defence.gov.au](mailto:dco.canberra@defence.gov.au) or (02) 6265 8777



The flyer features the 334 Squadron crest at the top left, which includes a crown, a star, and a banner. The main title '334 SQUADRON AUSTRALIAN AIR FORCE CADETS' is in large white letters on a black background. Below this, the text 'SEMESTER 2 – 2014 – NEW CADET INTAKE' is written in red. The center of the flyer is a collage of six images: a fighter jet in flight, a cadet in a flight suit, a cadet in a white flight suit, a cadet in a green flight suit, a cadet in a green flight suit, and a cadet in a green flight suit. Below the collage, a list of activities is provided: LEADERSHIP | FIELD CRAFT | AVIATION | SERVICE KNOWLEDGE | DRILL & CEREMONIAL | AIR POWER | ADVENTURE TRAINING | SURVIVAL | GLIDING | POWERED FLIGHT | NAVIGATION | ENGINEERING | AIR FORCE EXPERIENCE. At the bottom, there is a section for 'INFORMATION SESSIONS:' with dates 'Wednesday 23 & 30 July: 7.00 - 8.00pm'. Contact information includes email: [admino.334sqn@aafc.org.au](mailto:admino.334sqn@aafc.org.au), web: [www.aafc.org.au](http://www.aafc.org.au), and tel: 0437 778 237. The location is 'Cadet Precinct HMAS Harman (Meet at Main Gate)'. Requirements are 'Age 13-18 | Australian Resident' and 'Normal Training Nights: Wed 6.30 – 9.30pm'.

## PRIMARY AND EARLY CHILDHOOD SCHOOL ATHLETICS CARNIVAL 2014

The Early Childhood and Primary school Athletics Carnival is in Week 2 on Wednesday 30 July 2014. This is a normal school day and attendance is compulsory for all students. The Athletics Carnival has always proven to be an excellent day enjoyed by both staff and students and we certainly anticipate another great event this year.

Students should come along dressed in House colours (Fire = Red, Water = Blue, Earth = Green and Lightning = Yellow) and participate in as many events as they can. Points are given for every event you enter and there are also place points awarded. The House that usually wins is the House that has the greatest student participation so get in and have a go.

Events on the day will include: 100m, 200m, 800m, RELAYS, Shot Put, Discus and Long Jump. **Any students wishing to compete in High Jump at the zone carnival need to produce evidence of their ability prior to the athletics carnival. If you miss any events and wish to be considered for the Zone carnival see Ms Bryant.**

DATE: Wednesday 30 July 2014

VENUE: Amaroo Oval

CANTEEN: There will be canteen facilities on the day. There will be a range of foods and drinks (limited food for vegetarians) but it is always advisable to bring some from home as well.

SUNSMART: Students should wear appropriate clothing and footwear, wear a hat and sunscreen. Students should also bring a water bottle and keep hydrated during the day.

WET WEATHER ARRANGEMENTS: In case of rain announcements will be made over radio stations 104.7 and 106.3 from 7.30am onwards. **If the carnival is postponed the school will run a normal Wednesday program.**

**If there are any parents who would like to assist on the day with timekeeping, judging, marshalling or field event officials please call Kerry Bryant on 6205 2808.**

This will be a successful and enjoyable day for both students and staff.

PE Team

21 July 2014



# YOGA CLASSES for ALL Ages On Saturday at Amaroo School For ANY age, ANY gender & ANY fitness level

Current attendees have experienced noticeable improvements within 4 to 6 weeks  
Testimonials are available at the website: [www.bollybody.com.au](http://www.bollybody.com.au)



**Commencement: 2 August 2014 Saturday: 10:15 am (for 10:30 am) to 11:30 am**  
**Fees: \$60 for 5 weeks (Regulars) & \$18 per classes Casuals**  
*(Private health fund clients with the vosa cover are eligible to claim an eligible fee refund from their fund)*

**Contact: Nancy Williams** *(Yoga Australia Registered & Private Health Fund Recognised Yoga instructor)*  
**E-mail: [bollybody@gmail.com](mailto:bollybody@gmail.com) Tel: 6285 3463 Mob: 0432 683 699**

***BollyBody Yoga is simple and progressive - suitable for Any Age, Any Gender & Any Fitness Level.***  
It teaches gentle and progressive yoga which can assist you to breathe more effectively, calm your mind and engage your muscles, tendons, ligaments, bones and organs better. As well as being fun and enjoyable, the breathing and routines of the classes can be practised in daily life and can effectively help to increase concentration and focus, manage with chronic pain and disease as well as anxiety and depression. *All you need for these yoga classes is loose fitting clothing which allow your body to stretch without any effort or restraint, a slip proof mat (available at \$ king and reject shops). Ideally these classes are participated not on full stomach.*



**™ @BOLLYBODY YOGA CLASSES GOAL:** *Assist all ages, genders and fitness levels; through gentle & progressive core workouts to improve body strength, flexibility, posture while harnessing the relaxation of body, mind and soul.*  
*(Other yoga classes are available – please see [www.bollybody.com.au](http://www.bollybody.com.au) website for details) ABN: 25 101 421 994 ACN: 125 863 809*



## PLANNING FOR 2015

Dear Parents and Carers

To assist us plan classes and staff for 2014, 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

|   |   |
|---|---|
| <p><b>'Antoinette Karsten Art', Art classes and holiday workshops</b><br/>                 Drawing, painting, sculpture, and lots of other fun projects to develop skills and confidence in our young creatives.<br/>                 Ages 10-16.</p>   | <p>Email or call Antoinette for more info.<br/>                 antoinettekarsten@hotmail.com<br/>                 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 <a href="http://www.academycalisthenics.com.au">www.academycalisthenics.com.au</a>, with enquiries to <a href="mailto:info@academycalisthenics.com.au">info@academycalisthenics.com.au</a> or 62882858</p> |
| <p style="text-align: center;"><b>Gungahlin Dance Academy</b><br/> <b>Exceptional dance training for all ages</b><br/> <b>Fully equipped studios in Amaroo</b></p> <p>Classical Ballet (RAD)<br/>                 Contemporary<br/>                 Jazz<br/>                 Tap<br/>                 Private Tuition</p>  | <p>Performance Team<br/>                 Ballet examinations<br/>                 Annual Performances<br/>                 2014 USA tour<br/>                 Ages 3 and up For further information and enrolment Details-<br/>                 Web: <a href="http://www.gdance.com.au">www.gdance.com.au</a><br/>                 Email: <a href="mailto:gdance@bigpond.net.au">gdance@bigpond.net.au</a><br/>                 Phone: 6255 5204</p>                        |
| <p><b>Nurturing Within Yoga offers Private class's</b> in your home to provide 1:1 INDIVIDUAL &amp; PERSONALISED program</p>  | <p>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.</p>  |
| <p>Do you want confidence, adventure and leadership skills?<br/>                 Scouting is education for life and helps builds confidence, friendships, responsibility and leadership. <b>Scouts</b> 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>Limited offer – 3 week FREE trial<br/>                 Call 1800 SCOUTS or visit our website, <a href="http://www.scoutsact.com.au">www.scoutsact.com.au</a></p>   |
| <p style="text-align: center;"><b>Do You Love Candles?</b><br/> <b>Do You Love Home Decorating?</b><br/>                 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 <b>Partylite</b> on 0418 261 444 or <a href="mailto:lovecandles.annette@gmail.com">lovecandles.annette@gmail.com</a></p>  |
| <p><b>Girl Guides meet in Gungahlin!</b><br/>                 Are you a girl aged 5-17 years, and looking for laughter, learning, friendship and fun?<br/>                 Come along and find out what guiding is all about. Weekly meetings during school terms in various locations around Gungahlin.</p>  | <p>Come and try for free.<br/>                 Email – <a href="mailto:gungahлиндistrictguides@gmail.com">gungahлиндistrictguides@gmail.com</a><br/>                 Ph: Felicity (District Manager) 0448 553 701<br/> <a href="http://www.girlguides-nswact.org.au">www.girlguides-nswact.org.au</a></p>   |
| <p><b>SIRENS CHEERLEADERS</b><br/>                 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. Males and females. .</p>   | <p>Coaches are experienced, friendly and fully accredited Email <a href="mailto:rianna@cheerleadersaustralia.com.au">rianna@cheerleadersaustralia.com.au</a>. <a href="http://www.cheerleadersaustralia.com.au">www.cheerleadersaustralia.com.au</a>.</p>   |

|   |   |
|---|---|
| <p><b>National Tae Kwon-do</b><br/>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.<br/>All enquiries<br/>Phone 0414 898 888<br/><a href="http://www.nationaltaekwondo.com.au">www.nationaltaekwondo.com.au</a></p>  |
| <p><b>Bollywood Dance Classes for adults &amp; kids</b><br/>by Canberra School of Bollywood Dancing.<br/>Free trial class at Amaroo – Sunday 3 Aug<br/>Registration essential to secure a spot. Email <a href="mailto:canberrabollywood@bigpond.com">canberrabollywood@bigpond.com</a></p> <ul style="list-style-type: none"> <li>• Kids 3 –6 years - 3 to 4 pm</li> <li>• Adults &amp; Kids 7 + years - 4 to 5 pm</li> </ul> <p>Venue – Amaroo School dance studio .</p> | <p><b>For more details contact Krisha Jilson on:</b><br/>Phone: 0403-156833<br/>Email: <a href="mailto:canberrabollywood@bigpond.com">canberrabollywood@bigpond.com</a><br/>Website: <a href="http://www.canberrabollywood.com.au">www.canberrabollywood.com.au</a><br/><b>Join us on face book:</b><br/><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></p> |
| <p><b>Norths Basketball Club</b> is one of the major basketball clubs in the ACT and we have a large number of teams competing in Basketball competitions in Canberra. Our junior teams train locally at either the Gold Creek School Senior site or Gungahlin College gyms. We are now taking registrations for the 2014-2015 (Term 4 and Term 1) Summer Season.</p>   | <p>Interested players are invited to attend our trials at Gold Creek School Senior Site gym in Nicholls . For further information contact our junior coordinator,<br/>Jodie Kerec via email at <a href="mailto:northsbasketball@yahoo.com.au">northsbasketball@yahoo.com.au</a> or phone 0410 654688.</p>   |

## CHILDREN'S YOGA Classes On Saturdays@ Amaroo School

Current attendees have experienced noticeable improvements within 4 to 6 weeks  
Testimonials are available at the website: [www.bollybody.com.au](http://www.bollybody.com.au)







**Commencement: 2 August 2014 Saturdays: 9:00am (for 9:15am) to 10:15 am**  
**Fees: \$50 for 5 weeks** (Private health fund clients with the yoga cover are eligible to claim an eligible fee refund from their fund)

**Why Yoga for children?**

- 1) Yoga was reported to **increase children's concentration, promotes mental and physical discipline, and induces confidence** (According to the Australian Researcher Pauline Jensen, and co-author of a 2004 studies prescribe yoga for ADHD published in the "Journal of Attention Disorders" the effects of Yoga on the behaviour of boys with attention deficit hyperactivity disorder (ADHD))
- 2) **Improving children's coping with everyday stress:** Department of Psychology, Boston University, Boston, Massachusetts, USA.
- 3) **Improving children's perceived well-being & better balance** than a comparison group: Effects of yoga on inner-city children's well-being: a pilot study - Flushing Hospital, Queens, New York, USA.
- 4) **Weight & anxiety reduction in children:** Ashtanga yoga for children and adolescents for weight management and psychological well-being: The University of Texas, Pan American, Edinburg, TX 78541, USA.
- 5) **Improved cardiopulmonary fitness, BMI, flexibility &, muscular strength in children;** The effect of yoga exercise intervention on health related physical fitness in school-age asthmatic children - Department of Nursing, Chung Jen College of Nursing, Health Science and Management, Chiayi City, Taiwan.

**BollyBody Children's Yoga Classes** are currently taking place at different schools including Canberra Girls Grammar and Garran Primary. It teaches gentle and progressive yoga which can assist children to breathe more effectively, calm your mind and engage your muscles, tendons, ligaments, bones and organs better. Parents, Teachers, and the children themselves have reported to being happier, calmer, with greater confidence and concentration at school and at home. *All you need for these yoga classes is loose fitting clothing which allow your body to stretch without any effort or restraint and a slip proof mat (available at \$ king and reject shops). Ideally these classes are better participated not on full stomach.*

**Contact: Nancy Williams** (Yoga Australia Registered & Private Health Fund Recognised Yoga instructor)  
**E-mail: [bollybody@gmail.com](mailto:bollybody@gmail.com)**  
**Tel: (02) 6285 3463 Mob: 0432 683 699**  
**Website address: [www.bollybody.com.au](http://www.bollybody.com.au)**









TM © BOLLYBODY YOGA CLASSES GOAL: Assist all age, gender and fitness level, through gentle & progressive core workouts to improve body strength, flexibility, posture while harnessing the relaxation of body, mind and soul  
 ABN: 25 101 421 894 ACN: 125 863 809