Dear Parents and Carers

It has been a very positive start to the term. Students have returned refreshed after their holiday break, ready for learning. I was invited to visit several classes last week including a Year 6 Dance class and a Year 7 poetry class. Both were interesting lessons in which the students were highly engaged throughout.

Thank you to those members of our community for completing the School Satisfaction Survey last term. Once again, it was pleasing to see that our parents are extremely pleased with how our school operates.

Our Principal, Mr Richard Powell will be returning to school on Monday 27 October. He has recovered well from his surgery and is looking forward to coming back to us.

Student Achievements

Tony (pictured below left) from 4SDU provided an outstanding exposition. His class used the Lorax by Dr Seuss to argue for the conservation of trees within Canberra. It was wonderfully worded arguing the need for more trees to be saved.

Regina from 2EBT created an amazing flower made out of clay during her Investigations time. It brightened up my day!

Zander (pictured right) from 1DPS has been working extremely hard on developing his reading strategies. He has improved an enormous four levels after joining our school from Newcastle. We are very proud of his efforts.

Emily (pictured left) from kindergarten shared her writing about an alien named Ben. Her narrative about living in space was exciting to read.

Calendar Dates

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Thursday 23 October 2014</td>
<td>Year 8 Global Citizens Program. Year 4 excursion to the National Film and Sound Archive. Nara University High School visit. Diamond Gallery Excursion-Boundless Playground. Kindergarten - PIPS final assessments. Preschool Transition to Kindergarten visits</td>
</tr>
<tr>
<td>Friday 24 October 2014</td>
<td>Grand Friends Morning-Preschool groups-Kagu, Dyurra and Mundawari. Year 8 Global Citizens Program. Nara University High School visit. Ultimate Frisbee Competition 13 Y &amp; O. Whole School assembly in the gym 9:30am-All welcome.</td>
</tr>
<tr>
<td>Monday 27 October 2014</td>
<td>Kindergarten - PIPS final assessments ACT Yrs 7/8 Badminton.</td>
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<tr>
<td>Tuesday 28 October 2014</td>
<td>Kindergarten - PIPS final assessments. Preschool canteen visits @10:30am. Milo Blast T20 Cricket Finals Day 12 Y &amp; U. Year 9 and 10 Cybersafety presentations.</td>
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2014 Audrey Fagan Enrichment Grants - Amaroo School

Congratulations to Alexia, Chelsea and Kirsten, students from Amaroo School for being awarded Audrey Fagan Enrichment Grants.

Alexia has been competing in Judo for 18 months with her whole family including her older sister Chelsey. In this short time Alexia has achieved gold medallist at the ACT International Open and ranked second in Australia in her age and weight division. The grant will support her to attend interstate competitions with the future goal to represent Australia at the World Cadet Championships in Sarajevo in 2015.

Chelsey has also been competing in Judo for 18 months. She has already achieved silver medallist at the Cadet and Junior Women Victorian Open. The grant will support her to attend interstate competitions. Chelsey also hopes to represent Australia at the World Cadet Championships in Sarajevo in 2015.

Kirsten is an aspiring young singer who wants to enhance her singing skills in preparation for auditions in local and interstate productions. The grant will assist her to convert her music sheets into Braille to complement her singing lessons.

Alexia  Chelsea  Kirsten

Parent Requests 2015

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

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

Ben Hall
Benjamin Hall
A/g Principal
Amaroo School

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

P &C
President: Chris Blight
Vice President: Glen Storrar
Secretary: Natalie Roberts
Treasurer: Karyn Williams
Preschool

We welcome back all preschool families for the last term of 2014. We hope everyone had a relaxing break and are ready for a busy Term 4.

This term, we have many exciting and interesting activities planned including an excursion to the National Arboretum, transition visits to Kindergarten, a visit from Gigalees Crazy Circus Show, class parties, a disco and a family craft morning just to name a few.

A friendly reminder to parents and carers, with the warmer weather upon us we need to start sun safe protection measures for the children. Please ensure your child is wearing sunscreen everyday and appropriate clothing is worn. However, due to the unpredictability of the weather at this time we also need to continue to include a jacket in their bags.

We would also like to remind parents of the importance of returning all notes before the due date as this assists with administration tasks. We thank you for your cooperation in this matter.

Kindergarten

Welcome back to school everyone! Can you believe that we only have 9 weeks left of Kindergarten? Everyone in Kindergarten has settled straight back into learning and are busy preparing for Year 1. We have been practising our skills in addition and have been writing recounts about events that happened in our holidays.

Teachers and students are currently participating in the end of year PIPS (Performance Indicators in Primary Schools) testing. Students will engage in interactive questions that provide parents with a snap shot of their progress in literacy and numeracy over the year. PIPS captures each student’s learning within their first year of formal schooling. Students have worked extremely hard this year; we are all looking forward to seeing how far they have come.

Tomorrow is the annual Amaroo School Grand Friends day from 9.30am – 10.30am. Grandparents and Grand Friends are invited to spend time with their grandchild in their classroom and join in during Investigations. Students are looking forward to sharing their learning experiences from Kindergarten as well as showcasing our part of the school.

Year 1

Welcome back to the final term for 2014. Year 1 have already jumped head first into units on Pattern, 3D Objects and Dance. We will be identifying and creating patterns using objects, shapes, and colours. The year group is also working together to learn the properties of 3D objects and how to classify them. In Dance, Year 1 are taking a closer look at the dances of Aboriginal and Torres Strait Islander Peoples and the significance of dance in the Indigenous community. As we continue looking at narrative text we are beginning to create our own detailed stories that feature an orientation, complication and resolution.

Term 4 is a very busy term and we would appreciate any help from student’s families. Please ensure your child brings a bottle of water to school every day along with a hat. As the weather begins to heat up we need to be extra mindful of our sun safe habits. Also, over the term Year 1 will be engaging in a lot of hands on lessons that involve construction. If you have any old boxes or containers as home please bring them in to add to our craft resources.

Thank you
Year 2

Year 2 have started the term with lots of exciting learning. We are learning about speaking and listening, inferring, measuring, Art and continuing with our fantastic Inquiry unit focusing on Geography and History. In speaking and listening, we are speaking to an audience and actively listening to our peers. This unit will culminate in students presenting a news show. In guided reading, we are finding inferring to be a useful reading strategy. We are beginning to use this strategy to help students gain greater meaning from their reading. In mathematics strand, we are enthralled in measuring length, area, mass, volume and capacity. Also, you might hear Dream stories from your son or daughter which they have interpreted from the art that we are looking at in class. Students might ask about your family connections to other countries in the world, in particular to Asia because this is our current focus in Geography and History. Home reading and homework continues to be important to help our students improve their skills, so please continue to encourage this. As the weather warms up please ensure your child brings a labelled water bottle each day.

Spotlight on Year 3

Year 3 are all very excited about finally being together in the same area of the school. If you have not come down to see the new classrooms yet, feel free to pop in and have a look. 3EPO in particular, are thrilled to have an interactive board and pigeon holes in our new classroom! 3JRO and 3EPO had a fantastic first aid experience learning life skills taught by Amelia, a trained St. John’s officer. Students learnt what to do in an emergency including numbers to call and what kinds of questions to expect when on an emergency call. They also learnt what DRS ABCD stands for and how these steps can assist them in an emergency, how to bandage a wound, make a sling and how to correctly put an unconscious person in the recovery position. All of Year 3 had great fun working together practising putting their bandages on and making slings for each other.

Spotlight on Year 4

Year 4 have been enthusiastically participating in Drama and Music this semester. Students have been improvising on the traditional song, Ram Sam Sam, using beat and rhythm to create their own version of this song. Students have changed the lyrics but kept the melody. There are quite a few songs now about chocolate and junk food!

In drama, students have been developing their improvisation skills by participating in activities like ‘Freeze Frame’. In this ‘Freeze Frame’ their feet are stuck in the mud. Not surprisingly we have discovered the students are very good at yelling and screaming in their own plays.
**Spotlight on Year 5**

In Science 5AKJ have been busy learning about ‘States of Matter’. Students have been using their research skills to investigate gas, liquids, solids and plasma. They have been writing definitions and finding examples of each.

In Maths, 5AAJ have been conducting chance experiments to work out the probability of events occurring. Students have designed and tested their own spinners.

This term for Technology we would appreciate donations of any spare materials you have at home to help us in the ‘making’ process of our models. This may include wood scraps, clean bottles, cardboard boxes, material such as mesh and soft plastic.

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**Year 6**

A warm welcome back to Term 4 for all parents and students of Year 6. We anticipate this term to be an exciting and productive end to an otherwise great year for staff and students of year 6, 2014.

In Maths, students are continuing to develop their knowledge of times tables. They are also learning about the rules when multiplying and dividing decimals by powers of 10. In English, we will be starting a character analysis essay on the main character Brian in the novel ‘Hatchet’. In Science, Students are learning to classify substances into either physical or chemical changes. In History, we are researching post-World War 2 immigrants who migrated to Australia after the war. On Wednesday afternoon, Mr Smith and Mrs Williams will be conducting parent-teacher interviews. Please contact either teacher if you wish to make an appointment to discuss your child’s progress.

Teachers have become aware that some students are quite low in stationery supplies, check if your child needs more supplies for the rest of the term.

Lastly, the Year 6 parent guide will be given at the end of this week.

**Year 7**

Students have begun a perfectly pleasant, productive and playful unit on Poetry. Australian poetry will be the major theme. During the term students will look at poems written by Australian poets about our landscape, flora and fauna and social issues. The focus in History this term is Ancient Rome. During this unit students will be examining the social structure, daily life and the legacy of Ancient Rome.

In Maths, students began a unit about statistics. They learned about the four major data types: Continuous, Discrete, Nominal and Ordinal. They also began learning how to calculate the range and measures of central tendency, such as the Mean, Median and Mode from raw data and frequency tables.

In Science students began their Science Fair projects. This week they learned how to take the classic science demonstration such as the Cola Mentos fountain and turn them into proper scientific experiments, with variables and controls.
Welcome to Term 4. We are right back into the swing of things already!

Science\Geography: Students are continuing to examine Geological processes involved in how rocks change.

Mathematics: students have started a unit on Geometry. They should be continuing the class work as homework if they do not get it completed in the allotted time. They can also access Maths Perfect and Science Perfect from home to practice concepts. Encourage your child to get online!

English: students have been working on Poetry including simple structured poems and poetic devices. They are working on Limericks and will build a portfolio of their work.

History: the students are looking at the Spanish Conquest with a focus on the impact on change to the modern world.

We are looking forward to a productive term ahead.

From the World Challenge students

On the 21 September a group of 16 students from Gungahlin College and Amaroo School led an expedition to Fiji for three weeks. Throughout the trip, students were expected to plan, budget and organise their trip. The trip was split into four sections: acclimatisation, trek, project and rest and relaxation. The acclimatisation phase was used for the students to become accustomed to the environment and culture of Fiji, and included a small two day trek around Coloisoiva. The trek phase involved a three day trek up and down Mount Batilamu. The project phase was all about living a Fijian life and assisting the village of Korobebe. Whilst in the village we repainted their church and surprised them by purchasing a 10 000L water tank. Leaving the village was tough on the students as the villagers had become a second family. The final stage of the trip was rest and relaxation time. This was the reward given to the students because of their hard work and commitment throughout the trip.

The trip was a once in a lifetime experience which caused the students to step outside their comfort zone and appreciate the small luxuries in a first world country. The students all had an amazing time, however everyone is excited to be home and sleeping in their own beds. On behalf of the World Challenge students, we would like to thank teachers Steve and Caroline for accompanying and assisting us throughout our time overseas.

Senior School Lateness to Class and Late Submission of Assessment Items

Students in Senior School who are late to school without an acceptable reason, or who are late to class by more than 5 minutes have had the number of minutes late recorded and collated on a spreadsheet. Once a student has reached 60 minutes, they have been required to pay back that time at an AmStudy session held 3:00pm – 4:00pm on Wednesday afternoons with the goal of reducing the number of minutes owed to 0 minutes. If a student still has time owing at the end of the year, the may not be invited to participate in end of year activities such as the Year 10 fun day at Big Splash, or the Year 9 trip to Jamberoo. During the AmStudy Sessions, students have been supervised by staff to assist them with catching up on class work or assessment items and have had access to laptop computers with Internet access. This has been highly effective in reducing the number of students late to school in the morning (reduced by 90% as measured by the number of pink slips filled out by staff in the Fishbowl) and also late to classes (reduced by 80% as measured by the number of purple slips filled out by classroom teachers).

This term, the Senior School is extending the Wednesday AmStudy sessions to those students who have not submitted assessment items by due dates. A letter will be posted home to parents/carers requesting their child’s attendance at Wednesday afterschool AmStudy sessions from 3:00pm to 4:00pm until the assessment item is complete and submitted. Students will have access to laptop computers with Internet access and staff will be available to assist students with completion and submission of the overdue assessment items. If a child completes and submits the assessment item before the Wednesday afterschool AmStudy session, then attendance is not required.

Year 9 Trip to Jamberoo

The Year 9 Students received their Jamberoo Permission notes yesterday. This is an exciting opportunity for the students to celebrate their first year in the Senior School and all that they have achieved. There are limited numbers able to attend the excursion so return your note promptly to ensure you are able to attend. Additional notes are available at the Fishbowl.
There is so much happening in Languages at Amaroo School:

**France/Belgium Trip 2014 – AMAZING TRIP!**
Bonjour everyone! We had such a wonderful trip to France and Belgium during week 10 and over the holidays. We saw so much during the two weeks; it is hard to believe it is actually over! We cannot list all of the highlights as there was a new one every day, but students said they loved the Eiffel Tower, Arc de Triomphe and the sights of Normandy! The weather was even perfect for us! We are so proud of the students on this trip. They were excellent ambassadors for our school and country. We will be doing a presentation about the trip at the Multicultural Day Assembly on Friday 21 November (Week 6), so come along and have a look.

![Eiffel Tower](image1)
![The Palace of Versailles](image2)
![Omaha Cemetery](image3)
![Mont St Michel](image4)

**Japan Trip 2015 – Deposit due Week 6, Term 4**
Just a reminder that deposits for this trip are due no later than **Friday 21 November 2014 (Term 4, Week 6)**. The 2-week trip will be held at the end of Term 3, 2015. It provides an invaluable learning experience for our Japanese Language students to be exposed to life in Japan. Their experience will include attending Nara University High School, visiting world heritage cultural sites, visiting the Hiroshima Peace Museum and exploring more contemporary culture in areas of Tokyo, including Tokyo Disney Land.

**Welcome Nara University High School – Konnichiwa/こんにちは!**
We would like to warmly welcome the 10 students from Nara University High to Amaroo School this week. A huge thank you to all of the host families for looking after the students. They arrive at 6.00pm on Wednesday 22 October 2014 at Dickson College. We are looking forward to another wonderful visit!

**Japanese**
- **Year 4 Japanese**: Year 4 students have already been working hard adding the final touch to their portfolio pieces on their favourite Japanese characters. They will start having speaking and listening assessment tasks based on their portfolio pieces next week.
- **Year 5 Japanese**: Year 5 have been reviewing their learning from term 3 and started learning the names of animals in Japanese. Please ask your child about them.
- **Year 6 Japanese**: Students have been finishing off their speaking assessments. We are now starting to focus on hiragana reading and writing in preparation for assessment tasks in week 3.
- **Year 7 Japanese**: In Year 7 we are finishing off our unit on pets. Students are learning how to use verbs to describe what their pets eat and drink. This will lead on to a unit about food, meals and our eating habits!
- **Year 8 Japanese**: Year 8 are learning about time expressions in Japanese. Some classes are working on a short research project. They are exploring an aspect of Japan of their own choice and will teach the rest of the class about it in week 2. Talk to your child about what they have chosen for their research.
- **Year 9/10 Japanese**: Year 9/10 are learning about reading clock time in Japanese and will soon learn how to use these in Japanese sentences. Their assignments were due last week.

**French**
Alliance Française and French Teachers' Network Primary Poetry Competition
Madame Lambert and Madame Attilémielé would like to say “félicitations” to all the wonderful students in Year 3 and Year 5 who participated in the French Poetry Competition in Term 3. Teagan P, Brooke S, Taliah B, Isabelle C, Indira B, Hannah T, Samantha HW, Vania B, Annabelle J and Nayana S from Year 3 all learnt the Robert Desnos poem “La Sauterelle” by heart and were able to recite it beautifully. In Year 5, our students learnt the poem “Sept Couleurs Magiques” by Mymi Doinet and developed beautiful gestures to bring their recitals to life. A special congratulation goes to Taliah B in Year 3 and Jagruthi R in Year 5 who were both finalists in the competition, but overall the biggest accolades go to our two winners:

Brooke S in Year 3 WON first place overall in the Year 3 Section
Kaesi T in Year 5 WON first place overall in the Year 3 Section

These students will attend a prize ceremony this month at the Alliance Française in Turner to recite their poem and receive their prize!

Year 3 French: After all of our fun learning in French last term, we are moving into our assessment phase, with students preparing well for their upcoming listening tests and written portfolio pieces. We continue to play a lot of games to practise our French speaking and build our confidence with learning French in the classroom.

Year 5 French: In Year 5, we have begun working on our written portfolio piece. The students are describing what objects they carry to school in their bags and pencil cases, and explaining what is in their classroom in French. This has also helped us to revise our number words and colour words.

Year 6 French: Students have imagined some interesting superheros and have begun presenting them to the class for their Speaking Task. Some of the costumes, props and sidekicks have been very entertaining.

Year 7 French: Some very comprehensive weather reports have been filmed and presented by the Year 7 students. They are even using past and future tenses to discuss the weather for yesterday and tomorrow.

Year 8 French: As this term will be the last term of learning French for some of the Year 8 students, we are excited to be focussing on a unit that draws together all of our language learning throughout the Middle School years into a video project. It has been exciting for the students to realise how much they can now say in French! We look forward to hearing their video presentations about what they are passionate about and issues of importance to young Australian people.

Years 9/10 French: Having welcomed home the travellers who spent a fortnight in France and Belgium over the holidays, we are working on developing a scrapbook recording the experience. Those who did not accompany them are also creating a scrapbook about their holiday. This enables students to practise using the past tense. Next week we will be beginning a new unit on future tenses.

The National Assessment Program is an ongoing program designed to monitor educational goals for young Australians. It is managed by The Australian Curriculum, Assessment and Reporting Authority (ACARA) and delivered by the Australian Council for Educational Research (ACER)

The assessment measures and reports on the ability of students to use ICT appropriately to access, manage, integrate and evaluate information, develop new understandings and communicate with others in order to participate effectively in society.

Amaroo School has been selected as one of the sample of schools from across Australia to participate in this study. ACER has randomly selected 20 students from both Year 6 and 10 who will sit the testing on Wednesday 29 October. The test will take two lessons to administer. The school will then be provided with summary reports of the performance of our students in December.

As this is a National program we are asking for full support from parents and students. If you have any concerns about the program please call either Cristel Mortimer or Sam Beattie on 6205 2808.
Welcome back to Term 4. Most of our Amaroo athletes have had a restful break and are looking forward to the many sporting opportunities ahead, for the rest of this year.
The Northside carnival was on Tuesday of this week, and we had a fantastic group of students representing Amaroo School. Students competed in a range of events, including the 100, 200, 400, 800 and 1500m as well as long jump, triple jump, shot put, discus and javelin. Results will be in soon. Well done to all of those students.
We had a ‘totally radical’ 80’s themed Teachers Vs Students Badminton comp last Thursday. This was in honour of ‘Healthier Work Day’, an excellent initiative of the Education and Training Directorate. There was great representation from across the school, with stand-out performances from Ms Gould’s mighty ‘golf swing’ and Mr K’s fast footwork. Ms Mahon and Mr Beecher were also exemplary players in their enthusiasm, and Mr Reardon had a few lucky shots too! Of course the teachers were the winners on the day, ‘like a Badminton out of hell...’ the students had a taste of their own ‘Bad-medicine.’
In other Badminton news, Mrs Byron will be taking an Amaroo team to the ACT Badminton Competition at the ANU on Monday 27 October. We wish those players all the best.
T20 Cricket is coming up this term on Thursday 30th October for 13 years and over girls and Tuesday 4th November for 13 years and over boys. Interested students should see Mr Sharma. The annual ride or walk to school day will also be happening this term, more information to come from Mr Leach and Mr K.
Orienteering ACT will be running a clinic for primary school students on 27 October at the school in preparation for the ACT Primary School Championships on 19 November at Mt Ainslie. For more information please see Mrs Bryant.

Chess Quote

“Chess teaches foresight, by having to plan ahead; vigilance, by having to keep watch over the whole chess board; caution, by having to restrain ourselves from making hasty moves; and finally, we learn from chess the greatest maxim in life - that even when everything seems to be going badly for us we should not lose heart, but always hoping for a change for the better, steadfastly continue searching for the solutions to our problems.”

Benjamin Franklin (1706-1790)
Statesman, philosopher, inventor, scientist, musician, economist

This term at Chess HQ students are consolidating their chess skills and strategies and presenting their knowledge and understanding for assessment and portfolio samples. Year 4 students are completing a weekly chess buddy skills review and will be creating mind maps. Year 5 students are learning how to annotate and review their chess matches.

Chessperadoes after school chess club resumes this Wednesday and lunchtime chess club continues each Thursday at B2.
The annual Amaroo Chess Championship will be held later on in the term! Watch this space!
Term 4 is now well underway and this usually means a busy time for us all! Floriade last term was a big success with our Year 5 IMP Band, Year 6 IMP Band and Concert Band all performing. Despite being rained out in the afternoon, we managed to all perform early in the day, as well as explore Floriade – and got free tastes of liquorice!
Our Concert Band has been working hard on learning new pieces, ready for the Summer Concert. It would be nice to see more of our senior school involved with the group as we have so much talent at Amaroo School!
The Year 6 IMP Band is now in preparation for their “graduation performance” of Bandstravaganza to be held on Wednesday evening, 18 November, 2014. A note has gone home regarding ticket sales for this so please let me know if you haven’t seen a note about this yet! Each student can purchase 2 tickets each and more can be purchased directly from Ticketek from Monday 3 November. Please read the note.
Year 5 Band will have their next Combined Practise at Ngunnawal Primary on Tuesday 4 November. Please watch out for a note about this.
Our Beginner Band has settled this term and are working on playing “Power Rock” and “Latin Magic”.
Audition forms are now out for the ACT Junior Concert Band (for 2015 – Year 7/8) and the ACT Senior Concert Band (2015 – Years 9-12). The Senior Concert Band have just returned from Japan. If you need an audition form please see me ASAP as entries close at the end of the week. Forms are also available on-line from http://www.imp.act.edu.au/.

Primary Singers – Years 4-6

Next year, there will be an ACT choir for Primary students. Entry is by audition only and is for Years 4-6. Rehearsals will take place on Thursday afternoons from 4:30-5:30 at the IMP (based at Kaleen High School). Please see me for an audition form – I’m in GLA 128, the downstairs senior staff study.

BOOK CLUB

Issue 8 Book Club pamphlets have been sent home. Orders and payment are due back at school by FRIDAY 31 OCTOBER 2014

PAYMENT DETAILS: Orders can be paid by cash, credit card or cheque. All cheques should be made payable to Scholastic Australia; Credit Card orders can be made by phone (1800 557 908) or online (www.scholastic.com.au/payment). Please keep a copy of your receipt number. Orders should be placed in an envelope marked with your child’s name, class and the amount enclosed.

If you have any questions please ring Michele in the library on 6205 2172.

Amaroo’s Got Talent 2014

Yes, it’s that time of year again. Amaroo’s Got Talent is back! Sign up sheets for all students will be available during week 2 in the canteen. Auditions will commence in week 3 at B2. All the music and singing auditions will be held in the Onyx Theatre with Mr Sinclair. All other auditions will be held in the hall with Mr Brettell. The auditions will continue through Week 4 also.

This year we have again opened our stage to families and community members; so if any of your family members have a special talent, get them to get up on stage and perform for us. Amaroo’s Got Talent will be taking place on Wednesday the 3rd of December at 9:30 to 11:15am.

Along with the show, SL@AM will also be including VIP seating, lucky door prizes, guest judging opportunities and people’s choice awards for their favourite acts. More information to follow...

9/10 SL@AM
Defence News

We hope everyone enjoyed their holidays and are back in the swing of things. We would like to welcome the new families who have joined Amaroo School this term. For all existing and new Defence families: please do not hesitate in contacting us if you have any concerns or if you like to keep us informed of any changes such as postings or deployments. We are then able to provide extra support for your children.

Australian War Memorial Excursion

Next Tuesday 28 October 2014, Defence students from year 9 and 10 will be attending the excursion along with students from other schools.

The B1 and B2 Defence Activities Groups on this day will be cancelled.

Amaroo Angels Sessions

On Wednesdays between 9am to around noon, parents and community members are welcome to join in our weekly session of “productive fun”. Volunteers assist the school in preparing resources while enjoying the lovely company and provided snacks and beverages. Volunteers are asked to first sign in at the front office as a visitor and then proceed to the Community Room of the library.

However, during Week 4 on Wednesday 5 November 2014, Amaroo Angels will be cancelled as the Pastoral Care team will be attending a professional development course.

Cards 4 Troops

After a huge effort during the recent school holidays, the final count for our hand-made Christmas cards is 711, exceeding our target of 500. Thank you to everyone who contributed!

Amaroo School Psychologists

Preschool Depression May Continue for a Decade

By Rick Nauert PhD Senior News Editor
Reviewed by John M. Grohol, Psy.D. on July 31, 2014

New research discovers early childhood depression increases the risk that a child will be depressed throughout their formative school years. Washington University researchers discovered children who had depression as preschoolers were 2.5 times more likely to suffer from the condition in elementary and middle school than kids who were not depressed at very young ages.

For the study, a novel research method included the use of two-way mirrors to observe children from preschool age through middle school.

The study has been published in The American Journal of Psychiatry.

“It’s the same old bad news about depression; it is a chronic and recurrent disorder,” said child psychiatrist Joan L. Luby, MD. “But the good news is that if we can identify depression early, perhaps we have a window of opportunity to treat it more effectively and potentially change the trajectory of the illness so that it is less likely to be chronic and recurring.”

The investigators followed 246 children, now ages nine to 12, who were enrolled in the study as preschoolers when they were three to five years old. The children and their primary caregivers participated in up to six annual and four semiannual assessments. They were screened using a tool called the Preschool Feelings Checklist, developed by Luby and her colleagues, and evaluated using an age-appropriate diagnostic interview.

As part of the evaluation, caregivers were interviewed about their children’s expressions of sadness, irritability, guilt, sleep, appetite, and decreased pleasure in activity and play.

In addition, researchers used two-way mirrors to evaluate child-caregiver interactions because the team’s earlier research had shown that a lack of parental nurturing is an important risk factor for recurrence of depression. The study was designed to follow children as they grew and to evaluate them for depression and other psychiatric conditions. However, if children were found to be seriously depressed or in danger of self harm, or if their caregivers requested treatment, they were referred to mental health providers.

Currently, there are no proven treatments for depression that arises in the preschool years. Even in depressed adults, available treatments and medications are effective only about half the time. At the start of the study, 74 of the children were
diagnosed with depression. When the researchers evaluated the same group six years later, they found that 79 children met the full criteria for clinical depression based on the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V).

More than 51 percent of the 74 children who originally were diagnosed as preschoolers also were depressed as school-age kids. Only 24 percent of the 172 children who were not depressed as preschoolers went on to develop depression during their elementary and middle school years.

Luby’s group also found that school-age children had a high risk of depression if their mothers were depressed.

And they noted that children diagnosed with a conduct disorder as preschoolers had an elevated risk of depression by school age and early adolescence, but this risk declined if the children were found to have significant maternal support. But neither a mother with depression nor a conduct disorder in preschool increased the risk for later depression as much as a diagnosis of depression during preschool years.

“Preschool depression predicted school-age depression over and above any of the other well-established risk factors,” Luby explained. “Those children appear to be on a trajectory for depression that’s independent of other psychosocial variables.”

Luby said her findings continue to contradict doctors and scientists who have maintained that children as young as three or four could not be clinically depressed. She advocates including depression screenings in regular medical checkups for preschoolers, but she said such monitoring is unlikely to begin anytime soon. “The reason it hasn’t yet become a huge call to action is because we don’t yet have any proven, effective treatments for depressed preschoolers,” she explained. “Pediatricians don’t usually want to screen for a condition if they can’t then refer patients to someone who can help.”

Luby now is testing potential parent-child psychotherapies that appear promising for preschoolers with depression, but it’s too early to determine whether they work. Her team also will continue following this group of children through puberty to determine whether depression during preschool remains a risk factor for depression during young adulthood.

Source: Washington University – St. Louis

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

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Do you like to run and/or walk for fun? If the answer is YES then please join us for the Ben Donohoe Run and Walk for fun.

The event is on Sunday 2 November. You have until October 24 to join. Join the Amaroo School Team at http://www.hawkeract.edu.au/runandwalkforfun.

If you have any questions please contact Cristel Mortimer on 6205 2808

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Get The Amaroo School App Available On All Phones

Search for Amaroo in your favourite app store

What Can You Do With It?
- Newsletters
- Events Dates
- Notes Due
- Venue Maps
- Sick Notes
- Change of Details
- Pop-Up Alerts
- Contact Us

Great for Schools. Even better for Parents.
Scale ACT ’14
Sat 15th - Sun 16th November 2014
UC High School Kaleen 108 Baldwin Drive Kaleen A.C.T.

This 2-day scale modelling event features model displays, competitions, presentations, a swap ‘n’ sell, and a drawn on Saturday evening.
A number of local and interstate traders will be selling kits, books and modelling accessories throughout the weekend.

This event promises something for all ages, from the novice to the expert, or just for those with a casual interest in scale models of all types. Bring the whole family along! All are welcome!

ADMISSION PRICES
Adults $5  Children $2
Family $10  Seniors $2
Competitors & ACTSMS Members FREE

COMPETITION ENTRY
$1 per model
(online registration, up to 12pm 14th November)

$4 per model
(in person, 15th November)
ACTSMS Members & Under 18s FREE

Saturday Program
9:30am - 11:00am  Entry acceptance (ensible entries allowed extra time)
10:30am - 4:30pm  Gallery OPEN for public viewing
4:30pm  Event closes for the day

Sunday Program
10:00am - 3:00pm  Gallery OPEN for public viewing
3:00pm - 3:30pm  Presentation of Awards
3:30pm  Event closes and packs up

Enquiries regarding competition categories and rules can be addressed either by:
WEB: www.actsms.asn.au  EMAIL: actsms@hotmail.com

Please visit our website for online registration

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15 NOVEMBER 2014
Tidworth Park, Canberra

CANBERRA’S BEST NEW FEST IS GALLOPING IN TO TOWN!

Come and see horses galore, stacks of amazing presentations from equine experts and shake your tail feathers to an amazing line-up of local and national musical acts!

And let’s not forget the coolest spot in the whole fest, the HorseWyse Neighbourhood Kidz Zone, full of arts & crafts, pony rides, horse care demos, and so much more!

WWW.UNBRIDLEDFESTIVAL.COM

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ActewAGL BUDDING BRUMBIES
RUGBY INTRODUCTION PROGRAM

DATES
Fri 7th November
Fri 14th November
Fri 21st November
Fri 28th November
Fri 5th December

Dunstan Day @ Brumbies HQ

WHO
Children from 4-9 years old

COST
$45.00 per child

INFO
D.Jooper@brumbies.com.au

WHAT IS THE BUDDING BRUMBIES PROGRAM?
It is the ACT Brumbies’ new 6-week introduction to rugby program, which gives a fantastic chance to experience the passion and excitement of a rugby environment.

The program covers for kids aged 4-9 years old and runs in Friday evenings throughout November. Please see website for further details regarding signing up.

GIVEAWAY PACK
All participants in the program receive a great pack of UC Brumbies gear, including rugby ball, shorts, shirt, drinks bottle, cap, and poster.

BONZANIA DAY PARTY!
On the last evening of the year's ActewAGL Budding Brumbies program (Friday 5th December), all participants from the program will be invited to attend the Dunstan Day Bonanza Day Party, at the UC Brumbies Headquarters at the University of Canberra. The day will see special appearances from UC Brumbies players, as well as Brumbies Jack.
In 2008 the ACT Government sought community views on the future development of the Gungahlin Town Centre. The recommendations (released in November 2011) were largely based on a very limited level of community response. The 2014 GCC survey will cover what residents want to see happening in the Town Centre plus will seek input on roads, missing amenities, suburban issues and other factors contributing to living in Gungahlin. Now is the time for a strong community reaction – to have comprehensive community input into future planning. Gungahlin residents can show that they really care about the future development of their region by completing this survey. The GCC will represent the outcomes to Government and keep the community advised of any progress.

Please see link below for the GCC 2014 Community Survey

https://www.surveymonkey.com/s/8QDXW69
**Spring 2014**

**Team-based kids Adventure Challenge**

Four Wednesdays 22 October until 12 November 2014

Any kids 13 yrs and under - teams of between 2 to 4

<table>
<thead>
<tr>
<th>Map Mates</th>
<th>When</th>
<th>Where</th>
<th>Start time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event 1</td>
<td>Wed 22 Oct</td>
<td>Campbell Park</td>
<td>Start anytime between 5pm -6.30pm</td>
</tr>
<tr>
<td>Event 2</td>
<td>Wed 29 Oct</td>
<td>Red Hill</td>
<td>Start anytime between 5pm -6.30pm</td>
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<tr>
<td>Event 3</td>
<td>Wed 5 Nov</td>
<td>Coolamon Ridge</td>
<td>Start anytime between 5pm -6.30pm Bonus parent event with extra points for parents teams</td>
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<tr>
<td>Event 4</td>
<td>Wed 12 Nov</td>
<td>Farrer Ridge</td>
<td>Start anytime between 5pm -6.30pm Presentations of Prizes at time tba</td>
</tr>
<tr>
<td></td>
<td>Nov to Mar</td>
<td>Various</td>
<td>Optional Twilight events continue throughout Spring/ Summer- scores from Map Mates can be counted in Twilight comp. Don't forget the Primary School Champs on Wed 20 Nov</td>
</tr>
</tbody>
</table>

**Rules of Competition:** minimum of 2 and a maximum of 4 people per team.
Not all must attend every event, but at least 2 must compete together, for points to be counted. Each team needs a funky name (extra points for best name and best uniform)

**Easy or Very easy?** Teams choose to navigate Blue (very easy) or Green (easy) courses depending on their level of experience. Points taken on the best 3 of 4 events.

**Coaching is included in your entry.**

**Cost:** $25 per competitor for series of 4 events. This will include a map per competitor and hire of an electronic Sport ID for time keeping.

**You will need:** Running shoes, hat, sun cream, water bottle. Compass is optional.

PH-6247 8785 www.act.orienteering.asn.au bluesparksact@gmail.com
*please indicate if you do not want your photo to appear on a website*

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**PARENT FORUM**
Gungahlin College 7.00-8.30 Thursday 23 October

Open to all parents with students in Year 8 to 12.
Come along to a small workshop and hear from staff, parents and students about and contribute to work on the following topics:
- Transition to College
- Personalising the Gungahlin College timetable
- Gifted and Talented Programs

To register for one or more workshops on the night please [click here](https://www.registernow.com.au/secure/Register.aspx?E=13945)

This event is proudly hosted by the Gungahlin College P & C.
### 'Antoinette Karsten Art', Art classes and holiday workshops
Drawing, painting, sculpture, and lots of other fun projects to develop skills and confidence in our young creatives. Ages 10-16.

**Email or call Antoinette for more info.**
antoinettekarsten@hotmail.com
Mob: 0422693546

### Calisthenics
Calisthenics is a dance sport, combining exercises with flexibility, dancing, marching, hand apparatus manipulation while dancing, and artistic/aesthetic dance, suitable for girls and boys. Classes are designed for specific age groups, 13 years and under, 10 years and under, 7 years and under.

As a performance dance sport, calisthenics use costumes for stage work, which are extensively supplied through the club wardrobe. An invitation is extended to new participants to attend two obligation free classes. Additional information can be found on www.academycalisthenics.com.au, with enquiries to info@academycalisthenics.com.au or 62882858

### Gungahlin Dance Academy
Exceptional dance training for all ages
Fully equipped studios in Amaroo

- Classical Ballet (RAD)
- Contemporary
- Jazz
- Tap
- Private Tuition

**Performance Team**
Ballet examinations
Annual Performances
2014 USA tour
Ages 3 and up For further information and enrolment Details:
Web: www.gdance.com.au
Email: gdance@bigpond.net.au
Phone: 6255 5204

### Nurturing Within Yoga
offers Private class's in your home to provide 1:1 INDIVIDUAL & PERSONALISED program

Please contact Michelle on (m) 0417288460 email michjono@bigpond.com or connect via the Nurturing Within Yoga FB page and PM.

### Scouting
Do you want confidence, adventure and leadership skills?
Scouting is education for life and helps builds confidence, friendships, responsibility and leadership. Scouts participate in programs that encourage them to grow through adventure by experiencing new challenges, making new friends, building confidence, taking responsibility for themselves, and being provided with opportunities to explore their own abilities and interests.

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

### Do You Love Candles?
Do You Love Home Decorating?
Choose from a selection of quality candles in a variety of fragrances, shapes, colours and sizes, and beautiful candle accessories in crystal, wrought iron, porcelain, pewter and decorative florals and mosaics!

For more information contact Annette Gleeson Independent Consultant with PartyLite on 0418 261 444 or lovecandles.annette@gmail.com
www.annette.partylite.com.au

### Girl Guides meet in Gungahlin!
Are you a girl aged 5-17 years, and looking for laughter, learning, friendship and fun?
Come along and find out what guiding is all about. Weekly meetings during school terms in various locations around Gungahlin.

Come and try for free.
Email – gungahlindistrictguides@gmail.com
Ph: Felicity (District Manager) 0448 553 701
www.girlguides-nswact.org.au
<table>
<thead>
<tr>
<th><strong>Nurturing Within Yoga</strong></th>
<th><strong>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</strong></th>
</tr>
</thead>
</table>
| Nurturing Within Yoga offers Private class’s in your home to provide 1:1 INDIVIDUAL & PERSONALISED program—Specializing in Anxiety & supporting more ease in your life Special offer for Autumn & Winter Please contact for further details | **Classes at Amaroo School.**
**All enquiries**
**Phone 0414 898 888**
**www.nationaltaekwondo.com.au** |
| **National Tae Kwon-do** | **For more details contact Krisha Jilson on:**
**Phone: 0403-156833**
**Email: canberrabollywood@bigpond.com**
**Website: www.canberrabollywood.com.au**
**Join us on face book:**
| 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. | **Bollywood Dance Classes for adults & kids by Canberra School of Bollywood Dancing.**
**Free trial class at Amaroo – Sunday 3 Aug**
**Registration essential to secure a spot. Email canberrabollywood@bigpond.com**
- Kids 3 –6 years - 3 to 4 pm
- Adults & Kids 7 + years - 4 to 5 pm
**Venue – Amaroo School dance studio .**
**For sales and orders please contact:**
**Butterfly Wicks**
**Shane Weise**
**Mobile: 02 6241 9126**
[www.facebook.com/butterflywicks](http://www.facebook.com/butterflywicks)
[butterflywicks@iinet.net.au](mailto:butterflywicks@iinet.net.au) |
| **Butterfly Wicks** is a boutique business supplying candles and candle accessories to the Canberra region through local markets and direct sales. We have beautiful hand-crafted quality candles using biodegradable materials. | **GIANT COMMUNITY GARRAGE SALE**
Don’t miss out on THE garage sale of the year, where over 60 stallholders will be selling their pre-loved treasure at bargain prices. Complete with live music, a jumping castle and face painting for the kids, sausage sizzle and café this is a fun, family day for stall holders and bargain-hunters alike.
The stalls will pack the building and sprawl over the lawns of the North Belconnen Baptist Church. Mark your calendars - it’s just too good to miss!
**When:** Saturday, 25 October 2014
**Time:** 9am till 2pm
**Where:** North Belconnen Baptist Church
Chomley Court Evatt (Just off Copland Drive)
| **INTERACT CLUB OF GUNGAHLIN PLANNING MEETING**
3.30-5pm Tuesday 21 October, 2014
Training Room, Gungahlin Library, Town Centre.
Interact is a service club for young leaders ages 12-18. Join us in starting this new club in Gungahlin and discover … your leadership skills new volunteering opportunities new friends how you can make a difference | **Interactors seek to improve their community and build friendships between students around the world. Interact clubs are run by students and are self-supporting, with local Rotary clubs providing sponsorship, support and guidance.**
**Come and join us.** |