Dear Parents and Carers,

Last Wednesday we held our Junior School Athletics Carnival. The day was a huge success, the weather was kind and the student participation levels were outstanding. It was also great to see lots of parents watching and encouraging students and helping with events. This important learning opportunity was well received by all students and we look forward to District Carnival results. Special thanks to the organising teachers Ms Bryant and Ms Percival who had to plan around weather cancellations and shorten the day to ensure it was a wonderful success.

School Satisfaction Survey
The School Satisfaction Survey is now live and all students from Year 5 onwards, parents and staff are encouraged to complete the survey. This annual survey attempts to capture the aspects of our school we are doing well and those areas that might need enhancing. We encourage everyone eligible to participate to ensure we get valid and reliable data that will inform our future planning.

Student Achievements
Emma, Michaela and Tiarne from Mr Chapman’s Year 5 class have produced quality Venn Diagrams. They used Venn Diagrams to examine different climates and identify the similarities and overlaps. Excellent work.

Aryaan from Mr Gowen’s Year 2 class has produced some outstanding homework. He has made an excellent map of the world and located us here in Gungahlin. What a fabulous thing to do as part of their learnings in Geography.

Class Visits
In Ms Morgan’s Preschool class students have been learning how to read using the pictures as help. The students are learning about the different characters and settings in a story book and exploring reading by linking the characters and scenery together. It was terrific to see the students help each other learn through both sharing thoughts and understandings with partners and offering help and advice to those students selected to pick the picture that matched the text to which they had just listened. Ms Morgan’s Preschool students are keen learners and they loved the challenge matching the part of the story they had heard to a picture which they then placed on their class storyboard. It is exciting to see young learners keen to expand and enhance their reading skills.

Before and after school supervision
Just a reminder that the school does not provide supervision before and after school. Parents are asked to make sure your child arrives to school as close as possible before the bell rings at 8.55am and that children are picked up at 2.55/3.00pm. Executive staff are on duty and the front office should be contacted in an emergency. The Gungahlin Regional Community Service does provide before and after school care at the school for children in Kindergarten to Year 6. They can be contacted on ph 6228 9208.

Calendar Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 13 August 2014</td>
<td>Outdoor Ed-Yr 8 Ski Trip, 5:30am – 8:30pm.</td>
</tr>
<tr>
<td></td>
<td>Senior Music Excursion Gungahlin College.</td>
</tr>
<tr>
<td></td>
<td>Yr 8 - Tanken Centre trip to Sydney.</td>
</tr>
<tr>
<td>Thursday 14 August 2014</td>
<td>Year 3 Rock the Block (every Thursday for term 4).</td>
</tr>
<tr>
<td></td>
<td>Diamond Gallery excursion-National Museum.</td>
</tr>
<tr>
<td>Friday 15 August 2014</td>
<td>Whole school BUDDIES activity 9:15am.</td>
</tr>
<tr>
<td>Tuesday 19 August 2014</td>
<td>Home Reading Hour 6-7pm. Yr 9/10 outdoor ed aquatics bronze medallion course-Pool.</td>
</tr>
</tbody>
</table>
Student Medical Conditions and Treatment Plans

Students requiring treatment for a known medical condition are required to have a treatment and management action plan. These forms are available from the main administration office. It is very important to have this information to us as soon as possible.

It is very important for the parents of students with a treatment and action management plan for these medical conditions to keep these up to date and that the medication required and left with the front office staff has not exceeded its use by date. Can we ask for all parents to please take note of the expiration date as a reminder and check with the front office if you are unsure of the expiration date on your child’s medication?

Collecting Students During School Hours

If you are intending to collect your child early for an appointment or otherwise, it is important to remember to send a note to your child’s teacher with the details so that the teacher can send your child to the front office to meet you at the appropriate time. It is not always possible for us to send our runners to collect children from classes and we try not to make PA announcements during class time as it can be disruptive to the school as a whole. If you are unable to send a note to the teacher, then the alternative is to come to the front office, sign in the visitor book, pick up your child from the classroom and then return to the front office to sign yourself and the student out.

Road & School Grounds Safety

We ask all parents to be sure if your child rides a bike, scooter or skateboard to school they wear a helmet and safety gear and follow the rules of the road. It has been extremely distressing for motorists to have students using our roads unsafely and putting themselves at risk. Please make every effort to ensure your children travel safely to and from school. 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. Rules help to keep our school environment as safe as possible and free from accidents.

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

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
Early Childhood

Preschool

It has been another busy fortnight in the preschool. The children have been displaying amazing smiles for their preschool photos and should be a great keepsake for years to come. A big thank you to the fundraising committee and preschool families, for another successful fundraising opportunity with our picture plates. The children have really enjoyed decorating their plates and are looking forward to the end product. Another friendly reminder to parents and carers - please ensure your child arrives with a coat, jacket or jumper in their bags, as Outside Investigations is an integral part of our program.

Kindergarten

All classes have settled well back into class routines. We have some exciting events coming up this term including Book Week celebrations and RSPCA fundraiser in week 5. On Friday 22 August, students will have the opportunity to dress up as their favourite book character. On Monday 18 August, we will be decorating and selling cupcakes to raise money for the RSPCA at a market day stall. Each class will focus on a different country and will decorate their cupcakes to represent these. A friendly reminder that students are required to wear hats during B1 and B2. Please ensure hats, jumpers and other clothing items are clearly labelled with your child’s name.

Year 1

Year 1 really enjoyed their excursion to the National Zoo and Aquarium. We were excited to see all the different animals, we even got to feed a lion, giraffe and an emu and pat a snake. During the Early Childhood athletics carnival the students had fun taking part in a range of different games and activities. Last week the Camp Quality Puppets put on a live show that helped us learn how to create a supportive school community for children living with cancer. They taught us how we all have a secret power that we need to use to help us in difficult situations. Please ask your child what their secret power is and share your own.

In Literacy we have continued working on explanation texts, we are modelling how to write an explanation and the students are beginning to write about ‘How a kettle boils?’ During Numeracy we have been exploring a range of different strategies we can use to subtract. Some of these are using concrete materials, number lines and pictures. We have also started handling data and are looking at collecting data and presenting these on a graph. See if you can help your child to collect data and make a graph at home, students may bring in their work and share with their teacher.

Year 2

Year 2 students enjoyed participating in the Athletics Carnival with all students competing extremely well showing fair play and sportsmanship in all events and activities. This term in literacy we are looking at Information Reports and how to structure them correctly with facts, not opinions and how the addition of technical language makes our writing more interesting. In number groups the children are beginning to learn about multiplication using groups of, rows of and the repeated addition strategies. We have begun including Mathletics as part of our ‘Homework’ program and last week at our Terrace Assembly we were very excited to present the 1st of our awards for Mathletics. Something that I’m sure will inspire the rest of Year 2 to work towards.

Spotlight on 3KBO and 3NRO

Students from 3KBO and 3NRO are learning about map coordinates and countries close to Australia. Our class looked at the world map and found places where all our classmates were born. Students have created maps of the classroom and treasure maps. We made our treasure maps look old by painting them with tea and burning the edges (our teachers did this part). Our class is now busy creating our assessment piece which is a fantasy island. We need to include a key, grid coordinates, compass and directions for a suggested day trip. Students have created some imaginative ideas and the islands are looking amazing. We wish they were real!
**Spotlight on 4KWU and 4RPU**

Rhys and Mya, along with all of 4KWU students, have been very busy writing convict journals this term. We have utilised a convict profile and developed our understanding of the First Fleet and arrival in New Holland in 1788 to construct a convict journal. Whilst exploring and developing our convict journal entries, we have been experimenting and applying the use of figurative language, descriptive words, adverbial phrases and historical terms within our journal entries. Students are enjoying their journey through Australian history!

4RPU have thoroughly enjoyed having Mrs Genevieve Dawes teaching us for the first few weeks of Term 3. Sadly she has had to return to the University of Canberra to continue with her study. We will miss her greatly. We also loved the Athletics carnival last Wednesday. All students participated in many of the events with lots of numerous personal bests. We also appreciated all the encouragement and great sportsmanship being shown by all members of our class and other students from across our sector.

**Spotlight on 5TWA and 5ACA**

This fortnight our classes have been learning about geography. We have been researching different climates in Australia and have learnt that the most common climates in Australia are temperate, arid and tropical climates. We are also looking at different characteristics of these areas, concentrating on temperature, vegetation, land use and rainfall. It is great to see the students so involved with this unit. Along with this, we have been developing visual representations of these climates and have been justifying why we have included particular images and colours on our artwork. Students are really enjoying this subject and are excited to start looking at Europe and North America as our next geography focus.
Touch Football
Congratulations to Cody, Tony, Jovan, William (Flash), Jared, Cam, Toby and Caleb who have made it into the 3/4 Amaroo Touch Football Boys Team. The Boys will compete on 29 August at the Deakin. The Year 5/6 Girls and Boys team should be announced next week.

Athletics Carnival
Congratulations to all students who competed at the Athletics Carnival on Wednesday. It was great to see students cheering on and supporting their fellow competitors. We would like to thank all parent helpers who assisted on the day, your assistance made the day run smoothly and we appreciate your help. Age Champions and District representatives will be announced next week.

MEGA Cricket Clinic
ACT Cricket will be running a MEGA Cricket Clinic for all students from Year 1 – 5 on Tuesday 12 August at the school. Please ensure your children wear suitable footwear, bring a hat and a drink bottle on the day.

Amaroo School Satisfaction Surveys
The 2014 School Satisfaction Surveys will be conducted from 11 to 29 August 2014. Parents and carers, school staff and students (in years 5 to 10) will be asked to participate in these important surveys. The survey results will contribute to the school improvement process, which aims to achieve high standards in student learning, innovation and best practice in ACT public schools. The surveys include nationally agreed parent and student items and our 2014 School Board Report will include a summary of our school survey results for these national items. Although the survey is voluntary, we hope you will participate. It won’t take much of your time and it will help us understand areas where we are doing a good job and areas for further development. A letter and/or email about the parent survey will be sent to you in this week. The key results from the 2013 School Satisfaction Surveys have been published in a brochure which is available at www.det.act.gov.au under publications.

Amaroo School’s New 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.
Year 6

It has been a busy start to the semester. You should have received the Year 6 parent guide and assessment grid with all the exciting learning opportunities listed for this term. We have two incursions this term; “The Wonderful World of Roald Dahl” in week 5, which will be our focus for Book Week, and “World of Maths” hands on activities in week 10. Notes and information will be coming your way soon.

Two quick reminders; please stock up student’s pencil cases and retrieve lost property from the library.

Year 7

Week 2 saw many of our students visit Sydney for two days. Students were well behaved and were excellent representatives of our school. Students visited Taronga Zoo, the National Maritime Museum and the Nicholson Museum. Highlights included the bird show at the zoo, going into the submarine at the Maritime Museum and touching ancient artefacts at the Nicholson Museum. Thank you to Mrs Longmuir for organising this excursion.

In Maths students have been continuing to learn about angles. They have learnt about the construction of angles using a compass. They have learnt to identify the relationship between angles and parallel lines when a transversal cuts them.

In Science students have been learning about classification of the living world. One of the interesting things they are discovering is the impact of invasive species on the Australian ecosystems. Students will soon be dissecting a squid. This will help students understand the anatomy of invertebrates.

In English students are exploring the world of myths and legends. They are engaged in a variety of learning activities including reading and creating myths.

In History students are continuing to investigate Ancient China. Students’ vocabulary is expanding to include concepts such as Emperors, dynasties and the Mandate of Heaven. They are also learning about the many inventions that arose in Ancient China are still used today.

Year 8

Year 8 has been busy with lots of activities occurring around the school. Students have commenced their study of Geography with a unit on migration patterns examining reasons why people migrate. In English students are completing a novel study examining characters and re-enacting parts of the novel. In Science students are continuing their study of the various systems of the body and their functions. A unit on measurement is being studied in Maths with students investigating perimeter, area and volume of composite shapes.

The year 8 team would like to remind students that they need to bring in a hat for break times.

Chess

There is a lot of chess action happening at Chess HQ this term!

Year 4 students are focussing on learning the chess strategy called the ‘Royal Knight Fork’. Ask your child for a lesson, you will be impressed! Students are also learning how to focus, think and plan for extended periods and to a high level.

Year 5 students are learning new opening strategies and talking about how a chess match is like a narrative with a beginning, middle and end. They are focussing on which specific chess skills and strategies are used during each specific part of the match.

Chess Clubs

Thursday at B2 Chess Club is open for all students in the library.

Chessperadoes after school chess club is continuing this term. Please note that there will be no club on Wednesday 27 August, 2014 (Week 6).

Competitions

Congratulations and good luck to the following students who have earned a place in the ACT Junior Chess League Championships this year;

Viv, Jennifer, Benn, Philip, Issac, Romaan, Nick, Katelyn, Flynn, Josh, Isaac and Jaxon will be representing in the ACTJCL Secondary Chess Championship at Radford College on Friday 22 August, 2014.

Lochlan, Ben, Jaidan, Callum, Jackson, Sarah, Josh, and Donkar who will be representing in the ACTJCL Primary Chess Championship on Wednesday 27 August, 2014 at St Jude’s Primary School, Holder.

Checkmate!
Pathways Plans

Year 10 students have been given a consent form to access the online Pathways Planning website. It is important that this form is filled out and handed back to homeroom teachers so students are able to access this website which will provide them with opportunities to develop self-awareness and to practise decision making, goal setting and self-management. Information from this site is also very useful during the college transition process. Extra copies of the notes are available from the Fishbowl.

Gungahlin College course selection interviews

Reminder: Course selection interviews for Year 10 students who have enrolled at Gungahlin College will be held on afternoons during the week of 18 - 22 August.

Some Senior Science News

Five Amaroo Senior School students have received Bronze CREST awards from the CSIRO. The CREST awards (Creativity in Science and Technology) recognise students who have designed and carried out an open-ended science investigation or technology project of a high standard. All students taking the Science elective Science Investigations aimed to work towards the award and the students who were successful were Vivian, Flynn, Kat, Mabior, and Adam. Projects were as diverse as the laying habits of chickens and finding the best material for school science lab coats. Congratulations to these students for their high quality and interesting scientific investigations.

Balancing your education and out of school commitments

Many Amaroo School students have part time jobs, sporting and extra-curricular commitments and carer responsibilities. Successfully balancing these and academic work can be challenging and requires students to be highly organised. During AmStudy students have an opportunity to focus on developing better organisational skills. If you are experiencing difficulty managing your workload speak to your Study Coach, ideally before it hits crisis point. They can help you prioritise your workload and make a plan of action.

Amaroo School has a range of Pastoral Care staff that can help support you when you are having difficulties. Visit their office in the TAS building to speak to the Youth Worker, Defence workers or Chaplain. Visits should occur during recess, lunch, before or after school. If you need to see them during class time you will need to organise an appointment and they will liaise with your teacher.

Research says that students with more than 10-15 hours of out of school commitments each week can begin to experience a negative impact on their academic achievement.

Languages

Nara University High School Visit October 2014 – 5 HOST FAMILIES STILL NEEDED

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 Thank you for your support. We look forward to a wonderful visit!

Year 8-10 Japan Trip 2015 – INFORMATION NIGHT IN WEEK 6

The Languages Team have begun planning the 2 week Japan trip to be held at the end of Term 3 2015. The trip provides an invaluable learning experience for our Japanese Language students to experience life in Japan. Their experience will include attending a Japanese school for 3 days, visiting world heritage cultural sites, visiting the Hiroshima Peace Museum and exploring more contemporary culture in areas of Tokyo, including Tokyo Disney Land. Expression of Interest notes have been sent out inviting interested parents to an Information Night to be held at 6pm on Wednesday 27 August in the Languages Room (GLA 215).
Japanese

Year 4 Japanese: Our Year 4 students are completing weekly activities involving their favourite Japanese characters. We are now learning how to say their favourite character does something on a certain day. We will soon start learning the time and the daily activities of their characters in Japanese.

Year 5 Japanese: Year 5 students have learnt greetings, and how to ask someone’s name and answer in Japanese. We have started learning how to count up to ten with actions this week. Please ask your child for a demonstration.

Year 6 Japanese: Students have been working hard learning their Hiragana. We have also started a unit on Japanese homes. Students are learning what a Japanese home is like, how it is designed and the names of different rooms and features. See if your child can name some of the rooms in your house!

Year 7 Japanese: Year 7 have been finishing off their unit on pets and family. Ask your child to show you how to introduce the various members of your family, talking about position in family (eg father, mother, older brother) their age, where they live and what they like.

Year 8 Japanese: Students are finishing off the unit on verbs and daily activities. We have also completed a short unit on the atomic bomb and Hiroshima which coincides with the anniversary of the dropping of the atomic bomb. Students encountered information from a range of sources about this tragic event and it was great to see them expressing and reflecting on their own viewpoints.

Year 9/10 Japanese: Students had a great excursion to Gungahlin College and had a lot of fun participating in a college Japanese lesson. We then went on to the Kokoro restaurant and had a yummy obento lunch! The students were wonderful ambassadors for our school! Currently we are learning about past tense and using this to report back on activities and events. Look out for the Japan Trip Expressions of Interest notes this week!

French

France/Belgium Trip Club:
Thank you to the families who have returned the chocolate money. We will be ordering another batch of chocolates and you will receive these THIS week. The final Parent Information Night will be held on Thursday 4 September 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. We have also organised an incursion for the students attending the trip on Friday 12 September to have a group final bonding meeting. More information about this will be emailed in the next few weeks

Year 3 French:
We have continued enjoying lots of games and activities in French classes this week, and we have begun learning how to ask and answer questions about how we are feeling. This week, the students also met BBC’s Muzzy, a French-speaking monster character who will be helping the students to learn French. This week 3KBO was Muzzy’s Magnifique Class and received a special message on their whiteboard from him!

Year 5 French:
Our Year 5 students are settling back into their French learning with enthusiasm. We have been revising numbers and basic questions and answers through games and songs. We particularly enjoyed the Carrousel Theatre Incursion on Thursday 31 July!

French Carrousel Theatre Incursion:
On Thursday 31 July, 80 of our Year 5 students were once again wowed by a wonderful show by Carrousel Theatre. This time we enjoyed the story of Aladdin and the Magic Lamp with great special effects, amazing handmade puppets and colourful backdrops! We look forward to seeing next year’s show!

Year 6 French:
Students have been working on their family tree assignment in class. The students’ drafts are looking fantastic and some very creative family trees are being developed. Students are really gaining confidence with writing in full French sentences on a range of topics about their family members! This assignment is due in Week 4.
**Year 7 French:**
Students in Year 7 are working on their ‘Off-Line’ Facebook assignment in class where they are creating a cover page for Facebook in French. They are 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:**
In their unit, “Les Jeunes Français”, students are working on comparing and contrasting life as teenager in Australia and in France, particularly focussing on free time activities, houses, the media and family life. Students have had opportunities to reflect on what is important to them as an Aussie teenager and completed a personal Coat of Arms with explanations in French.

**Years 9/10 French:**
Students are busy creating a new character for the Extr@ 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 sat for the Assessment of Language Competence tests last week and these have been returned to ACER for electronic marking. Results will be conveyed to students and parents as soon as they are received. Well done to all of our keen students who participated!

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**Library News - Book Week is coming next week.**
Each year, schools and public libraries celebrate the longest running children’s festival in Australia with Book Week activities related to the Children’s Book Council shortlisted books. Amaroo School will also include celebrating **Literacy, Numeracy and Science Week activities** across the school to highlight the importance of effective literacy, numeracy and science skills for life. You may also wish to check out the Science Week website ([http://www.sciencewee](http://www.sciencewee)) for family friendly activities to attend in Canberra during the month of August.

**Main events for Book Week for P-6 students:**
Students from Kindy to Year 5 may dress as their favourite story character on **Friday morning 22 August 2014**. The emphasis is on using materials you already have at home that can be recycled or re-used rather than buying costumes. Remember to make sure your child is warm in the costume. **Preschool students will also have their own dress-up days and your child’s teacher will let you know the details this week.**

During Book Week all **Preschool to Year 5** classes will be reading the Children’s Book Council shortlisted books and will **Connect to Reading** through visual arts activities. Details of the Children’s Book Council of Australia short-listed books can be found at [http://cbca.org.au](http://cbca.org.au) and will be read to students in their library time.

**Friday 22 August: The book character dress-up parade** for Kindy to Year 2 will be held during the sector assembly at 9:15am.

The book character dress-up parade for **Year 3 to Year 5** will be held during our Gallery Gathering at 2:00pm in the Hall.

**An optional activity:**
This year on Tuesday 19 August 2014, we are excited to offer our Kindergarten to Year 6 students the opportunity to attend a touring play from South Australia titled, *The Wonderful World of Roald Dahl*. This is an optional activity that you may like to offer your child. Cost is $8.00 per student. Permission notes went home last week.
Mathematics & Science

Education Perfect Maths Championships 2014

The students of the middle school have been busy completing a variety of maths questions for the Education Perfect Maths Championships 2014. All students with Education Perfect and Language Perfect logins received complimentary entry into this event. Year 8 Students embraced the competition and 8GPG has even won a pizza party as a reward for their efforts. Students at Amaroo School answered a total of 95,888 questions during the 10 day competition. We also placed in the following categories

- 12th overall globally (out of 806 schools)
- 1st overall in ACT (out of 20 schools)
- 8th overall in Australia (out of 586 schools)

A number of certificates are being forwarded to the school and will be distributed at the middle school assembly. Congratulations to all students involved.

Mathematics Challenge

Results from the Mathematics Challenge Competition run by the Australian Mathematics Trust have arrived. Congratulations to all of the students who participated in this very difficult problem-solving competition. By taking challenging opportunities such as this and pushing themselves beyond their comfort zones, they are helping themselves to grow and learn. The competition is only offered to the very best students, so achieving any special award certificates that are given to the top percentiles of this group is really difficult! Special congratulations go to the following students who achieved special awards:

- Distinctions (the highest level achieved by any Amaroo students) were awarded to Brooke S and Thomas C in year 3, Lachlan P in year 5, Thasaangan D in year 6 and Linda K in year 7.
- Credits were awarded to Daniel U in year 3, Matthew K in year 6, and Timothy H and Adam P in 8.
- Maanav S in year 6 achieved a proficiency award. All other students will be given certificates of participation.

Any participating students who are interested in looking at the correct solutions to the problems can see Caroline Christenson in the Senior School for a copy.

Science

In November last year a group of Year 8 students were selected to be filmed for the Science by Doing website. The website has a collection of units designed to assist teachers with implementing the Science curriculum. The students were Emma, Mitchell, Tanisha, Theresa, Chloe, Zac Emily and Jeremy. The students were filmed performing experiments for an Energy Unit completing activities such as imploding cans, building motors and using the Van der Graff generator. This educational resource will be used by Australian schools for years to come.

ACT Chief Minister’s Anzac Spirit Prize 2015 Competition

All students in years 9 and 10 are invited to enter the ACT Chief Minister’s ANZAC Spirit Prize 2015.

The competition is running as part of centenary commemorations of the 1915 ANZAC Landing at Gallipoli. All ACT students in years 9 or 10 in 2014, aged between 14 and 17 years of age, are invited to participate in this competition. Students who competed in previous competitions are eligible to re-apply unless they were previous winners.

Students are required to submit an original, creative response addressing the competition task. Information about the competition, including the Itinerary, Terms and Conditions, the Student Entry Form and the Assessment Rubric are available on the ACT Education and Training Directorate’s website:


STUDY TOUR DETAILS

Up to four winning students, accompanied by two ACT teachers, will represent the ACT on a funded 14 day Study Tour of Turkey, including Istanbul, Troy and the Gallipoli Peninsula, from 16 to 29 April 2015. The group will travel with a battlefield tour specialist and visit World War I commemorative sites and celebrate the centenary commemorations for ANZAC Day in 2015, at either ANZAC Cove in Gallipoli, or the Battlefields of France, subject to the Commonwealth Department of Foreign Affairs and Trade’s travel advice.

INFORMATION SESSION

An Information Session, outlining the Task and the Study Tour details, will be held for parents, students and teachers at the Hedley Beare Centre for Teaching and Learning, 51 Fremantle Drive, Stirling at

5.00 pm on Tuesday 19 August 2014.

CONTACT DETAILS For further information, please contact Karen Moore Ph 62052808.
Pastoral Care

Timetable below lists all the activities run by the Pastoral Care team.

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

Defence News

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. All outstanding questionnaires will need to be submitted by the 15 August 2014 to the Front Office or Fishbowl.

Legacy Week
Legacy Week is Australia’s iconic fundraising campaign which began in 1942. It is also known for its Badge Day and the iconic badges offered as a token of appreciation for the donation made by the public. The funds raised from Legacy Week help Legacy continue to assist approximately 100 000 widows and 1 800 children and people with disabilities Australia-wide. They provide essential services such as, counselling, special housing, medical, advocacy and social support.

Thousands of Australian Defence Force personnel are currently deployed overseas. Legacy stands ready to assist their families should the worst happen.

There will be an opportunity for staff and students to purchase Legacy merchandise during Legacy Week.

Badges: $2 and $5
Wrist Bands: $3
Pens: $5

Legacy Week runs from 31 August to 6 September. For more information please contact Jo Farmer (DTM)

DSTA and DTM contact hours are as follows:

Michelle Nazzari (DSTA)
Monday to Wednesday 9am to 2:30pm
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
Dear Parents and Students

Seven Things All Mentally Tough People Avoid

Posted on August 4, 2014 by Dr Ramesh Manocha

Studies have shown that there is a correlation between mental toughness and self-control. To achieve those long-term goals there are things mentally tough people avoid. In all of these different contexts, one characteristic emerged as a predictor for success. It wasn’t social intelligence, good looks, IQ, or physical health. It was “grit,” which the dictionary also defines as “mentally toughness.”

Duckworth describes this quality in successful people as “perseverance and passion to achieve long-term goals; having stamina; sticking with your future day in and day out and working hard to make that future a reality; a marathon not a sprint.” Her studies have shown that there is a correlation between mental toughness and self-control. To achieve those long-term goals there are things mentally tough people avoid. Here are seven of those:

1. Being negatively influenced by others
   Once they set their mind on a goal, nothing or no one can deter them from it. These people have set their face like flint to their destiny and they will not be deterred. They understand what Napoleon Hill, author of Think and Grow Rich, once said, “The number one reason people fail in life is because they listen to their friends, family and neighbours.”

2. Allowing fear to rule.
   We face many fears in our quest for success. For instance, the fear of failure, fear of criticism and fear of rejection. Mentally tough people see fear not as a voice telling them they will lose but as a sign that they are about to win. As Mark Twain said, “Courage is resistance to fear, mastery of fear – not absence of fear.”

   Small minded people see the world with blinkers on. They limit themselves and therefore others by their own prejudice. Mentally tough people like the former Prime Minister of England Benjamin Disraeli state, “Life is too short to be little.” They have learnt to dream impossible dreams and follow their heart, realising it already knows what the dreamer wants to become.

4. Being threatened by others’ successes.
   Mentally tough people genuinely relish the success of others and take lessons from them into their own life. They realise every emotion has a positive and a negative side. Therefore, they “covet” the qualities in those who win and say to themselves, “I admire that quality in you and I will embrace that quality and develop that in my life.”

5. Wasting emotion in fighting past fights.
   I received some of the greatest wisdom from a mentally tough friend of mine who recently sold his successful legal practice after a lifetime of hard work. His advice was, “I have seen many people wasting their emotion and money fighting the past. If those same people had invested that emotion and money in their future goals, they would have been so much more happier and successful.”

6. Being controlled by outside stimuli.
   In Duckworth’s studies, she has found that people who are mentally tough are more self-controlled. They have the ability to overcome the hourly temptations of modern incarnations such as Facebook, Angry Birds, Krispy Kreme donuts, and other pursuits which bring pleasure in the moment, but are immediately regretted.

7. Resistance to change.
   Mentally tough people relish in change, embrace change, and know that what got them where they are today will not take them where they want to be tomorrow. Not only do they love change, but they understand that change must first happen in them before it happens through them. or as Mahatma Gandhi said so well, “You must be the change you wish to see in the world.”

I would like to leave you with words from probably the greatest mentally tough person in our lifetime, Steve Jobs: “Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma – which is living with the results of other people’s thinking. Don’t let the noise of other’s opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

- Chris Gaborit

via What do all mentally tough people do?.

Meg (meg.lewis@ed.act.edu.au 62053328) and Fiona (fiona.mckinnon@ed.act.edu.au 62058916) School Psychologists
Gungahlin Community Craft Fair
Supporting children and youth through Chaplaincy
Saturday 20 September, 10am - 4pm
Salvation Army Hall
30 The Valley Way, Gungahlin

Contact us for more information about:
• Booking a stall.
• Entering a quilt in the display.
• Craft Workshops.
• Items already available for sale.
• Chaplaincy in Gungahlin Public Schools.
• Volunteering or donations.

Visit us at www.facebook.com/GungahlinCommunityCraftFair or email craft fair co-ordinators Deb Horscroft and Robyn Fisher at gungahlincraftfair1@gmail.com
Junior Touch Football

SUMMER COMPETITION STARTS SOON
REGISTER NOW

OCTOBER, 2014
DEAKIN
KIPPAK
AMAROO
WANNIASSA
SOUTHWELL PARK

WHEN: Monday – Thursday
DIVISIONS: Girl’s/Boy’s/Mixed
COST: School Years
K-4 $65 & 5-10 $85 each
REGISTER: acttouch.com.au
CONTACT: Mark Moro
PHONE: (02) 6212 2880
EMAIL: mark.moro@acttouch.com.au

acttouch.com.au
PLAY NRL.COM
### Community News

Amaroo School does not necessarily endorse the products or services advertised.

Please see more after school services for students and families and other items of interest in our Parents biz Directory through our Amaroo School App through your App Store on your mobile device.

<table>
<thead>
<tr>
<th><strong>Antoinette Karsten Art</strong>, Art classes and holiday workshops</th>
<th>Email or call Antoinette for more info. <a href="mailto:antoinettekarsten@hotmail.com">antoinettekarsten@hotmail.com</a> Mob: 0422693546</th>
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<td>Drawing, painting, sculpture, and lots of other fun projects to develop skills and confidence in our young creatives. Ages 10-16.</td>
<td>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</td>
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| 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. | **Gungahlin Dance Academy**
Exceptional dance training for all ages
Fully equipped studios in Amaroo

| **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. |
| 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 |
| 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 |
| **Nurturing Within Yoga**  
13yrs & up (existing program) | Wednesday evening class classical Hatha Yoga general  
TERM 3 10 week program  
Amaroo School  
7pm - 8.30pm  
Amaroo School |
| --- | --- |
| **Nurturing Within Yoga**  
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 | Please contact Michelle on (m) 0417288460 email  
michjono@bigpond.com or connect via the Nurturing Within Yoga FB page and PM |
| **National Tae Kwon-do**  
Our Children’s program offers a professionally designed age-specific curriculum that has been especially developed to teach children in a fun and enriching way. | Classes at Amaroo School.  
All enquiries  
Phone 0414 898 888  
www.nationaltaekwondo.com.au |
| **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 more details contact Krisha Jilson on:  
Phone: 0403-156833  
Email: canberrabollywood@bigpond.com  
Website: www.canberrabollywood.com.au  
Join us on face book:  
www.facebook.com#!/pages/Canberra-School-of-Bollywood-Dancing-CSBD/242646885787711 |
| **ENROL YOUR CHILD IN DRAMA TODAY! FOR TERM 3!**  
**ACTing Up!**  
Creative Drama Classes  
Do you have children between the ages of 5-12yrs? Do they love Drama and Singing? If so consider enrolling in our friendly and creative drama classes. | To register your child, please contact Brooke on  
P: 0409 135 921 E: actingup.act@gmail.com  
W: www.actingupact.com |
| **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. | For sales and orders please contact:  
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