

Week 4, Term 2 | 22 May 2019

UPCOMING DATES

20-24 May

Scholastic Book Fair

24 May

Year 5 excursion

Assembly hosted by 2K

27 May

Reconciliation Day Public Holiday

29 May

11:30am-1:10pm-Alpaca Therapy visit

30 May

UCHSK On The Road Show

Belconnen Zone cross-country

31 May

9:15am-11am Rostrum Final

6 June

Year 5 Combined Band hosted by

Giralang Primary School

DEPUTY PRINCIPAL'S MESSAGE

This week is Public Education Week and to celebrate our annual Art Show is OPEN! We had a big turnout for the 'sneak peek' and grand opening last night. The P&C provided lovely refreshments for the parents as they enjoyed the opportunity to mingle, hear choirs and bands and look at the work completed by our young aspiring artists. Thank you to Skye Knight, the Art Committee and our classroom teachers for their efforts. If you were unable to attend, it is not too late, you can still purchase your child's artwork throughout the week.

Thank you to the P&C for their wonderful organisation and hard work at the election BBQ onsite at Giralang Primary last weekend. We appreciate all those helpers who baked or donated their time to participate in this major fundraising opportunity. It was a great success, well done!

Voluntary Contributions...Did you know?

The Library Trust Fund enables us to keep up to date with all the latest hot reads for our students in multiple copies, and to build up the non-fiction section.

The Building Trust Fund enables us to prepare for the next project in our external learning environment. Most recently, this fund supported us to complete the multipurpose court and roof, and the spider-web equipment.

We have **226** families at Giralang Primary School in 2019. So far, **55** families have made their voluntary contribution. It's not too late! These voluntary contributions are tax deductible so now is the perfect time make yours with the end of financial year approaching. Invoices will be sent home by the end of next week as a gentle reminder to those who may have overlooked payment in the hectic start to the year.



TELEPHONE: (02) 6142 2630

www.giralangps.act.edu.au

info@giralangps.act.edu.au

TWITTER: @GiralangPrimary

School Office Hours: 08:30-15:30

P&C Association

Brooke Pearson and
Janelle Kennard

Kumalie Walker

Ryan Wilson

Sean Macintyre

Presidents

Vice President

Secretary

Treasurer

Board Representatives

Kathryn Couter (Chair) 0414 410 672

Nathan Kruger 0409 956 667

Eve Wisowaty 0431 655 865

CROSS COUNTRY

Last Friday students competed in the annual cross-country carnival. It was a lovely autumn day, which was appreciated by staff, students and parents who came to cheer us on. We could see students using their growth mindset and persevering to achieve their personal best. With many red faces students arrived at the finish line with nothing left in their tank. Students who are selected to participate in the next level of competition, Belconnen Zone carnival, will be notified this week. Thanks to Kieran and his team for organising another successful sporting event.

CONDOLENCES BOOK TO MARK THE PASSING OF ENRICO TAGLIETTI

A custom-made public Condolences Book is available for those wishing to mark the passing of Enrico Taglietti. The book is located inside Dickson Library (nearest the southwestern courtyard) and the National Trust of Australia (ACT) will make it available for public access until the end of May.

LUNCHTIME CLUBS

Giralang Primary offers a variety of formal and informal clubs at lunch times each week. They assist students to learn new skills, grow independence and enable friendships with mutual interests to form. Throughout the year these clubs will vary as we hope to have a good cross section of interests covered. Some of the clubs facilitated by or multi-talented staff this term include:

Monday	Table Tennis
Tuesday	Scratch – computer programming
Wednesday	SRC Band
Thursday	Bike club Choir
Friday	Lego Club

SCHOOL VALUES TICKETS

Students have been working hard to fill the rocket with values tickets already this year. Our goal is to fill the rocket by the end of the year. Each student who receives a ticket puts their name on it and tells Miss Love what they have done to deserve it. She is so impressed with all the stories of helping others, using manners and demonstrating positive school values.

The purple ticket is for being 'caring'. The orange ticket is for showing 'cooperation'. The blue ticket is for showing 'courtesy'.

Staff have also been teaching social and emotional growth skills through our Friendly Schools Plus program.

NEW BOARD CHAIR

Congratulations to Kathryn Couter who has been elected as our new School Board Chair. Kathryn will be ably assisted by school principal Belinda Love, parent representatives Eve Wisowaty and Nathan Kruger, teacher representatives Natalie Garrett and Kieran Blackwell and community representative Helen Hai.

ENROLMENTS 2020

Enrolments for the 2020 school year opened on 29 April 2019. All ACT children are guaranteed a place in their local public school for Kindergarten to year 12. However, due to growth in recent years in enrolments in the public system, some schools no longer have the capacity to take “out of area” enrolments. These schools have been identified as “Category A” schools and a list appears on the Education Directorate website.

You will not be able to seek enrolment for your child at one of these schools unless you live within the school’s priority enrolment area (ie, the school’s geographic zone). All schools will, however, consider cases where there are legal issues, or exceptional circumstances based on student wellbeing. To avoid disappointment, you are encouraged to check the information on the Education Directorate’s website so you can make the best decision for your family from the options available.

THE GIRLS ESSENTIALS EVENT

On Wednesday 15th May year five and six girls attended Kaleen Primary to participate in a social and emotional learning program called the Girls Essentials Program. We joined the Kaleen Primary girls and learned all about some important issues facing all girls.

First, we learned about the power and magic of words and that we need to recognise that our words can hurt or heal. We all created a Journal so that we can record some of our thoughts and feelings and reflect on events.

Then we learned about the importance of friendship and how we can deal with friendship issues in a sensitive and responsible way. We were reminded that one kind comment can make a huge difference and we can all make time for kindness in our day.

Finally, we discussed the stereotypical images of women that we see in the media and advertising every day and how this can affect our body image. We were reminded that we should focus on being healthy and happy and that healthy bodies come in all shapes and sizes. We all need to learn to *‘love the skin we are in!’*.



SRC EVENT – ALPACA THERAPY VISIT

Being compassionate and showing empathy for the plights of others who may be less fortunate and taking action in an attempt to lessen their burdens, is a key component of what the SRC tries to instil in the SRC students. Our student representatives are chosen by their peers because they show an aptitude for leadership.

The SRC students are excited to share with our community that they have chosen to support a local Giralang charity for this term's fundraiser. Alpaca Therapy is a charity that is based in Giralang. You may have seen the alpacas being taken for walks in the local parklands. By supporting Alpaca Therapy, the SRC will not only be supporting a 'very' local charity but also, through that charity, will be supporting their efforts in visiting sick, elderly, or isolated people in the Canberra community.

On Wednesday 29 May (Week 5) Alpaca Therapy is coming to our school to introduce the students to Hercules and possibly baby Paprika (if she has grown enough). **Students are also encouraged to wear any alpaca-themed items to school on the day if they wish.** We would be very grateful for the donation of a gold coin to support the SRC's efforts in fundraising for this worthy cause.

Who: All students Preschool to Year 6
What: Alpaca Therapy Visit
When: Wednesday 29 May 2019
Cost: Gold coin donation to be forwarded to the Alpaca Therapy Program



If you would prefer your child did not participate in this incursion, please let your class teacher know as soon as possible.

SRC Co-ordinators, Anne Mahony, Alana Coghill and Elise Wark

GROWTH MINDSET



Giralang Primary School is a Growth Mindset School. We encourage the students to embrace the opportunity of learning so that they may achieve their goals and gain self-confidence. Self-confidence develops through feelings of success and achievement.

Thomas Edison, the famous inventor of the light bulb, not only achieved his goal but paved the way for others to further develop that technology. Of course, we don't have to be famous inventors to achieve. We determine what our successes will be by following our interests, choosing our own goals, considering what steps need to be taken, as well as which skills we will need to develop in order to achieve success. Asking your child, "What do you want to be good at?" is probably a good place to start.

As parents you can help develop your child's Growth Mindset by sharing your own experiences in developing characteristics of grit, determination, resilience, confidence and adventurousness. Also, sharing the obstacles that made it hard for you to be persistent and how you eventually overcame them may help them recognise that this process is true for everyone.

Embrace new adventures and learning.

Growth Mindset Team, Elise Wark and Anne Mahony

GIRALANG PRIMARY SCHOOL ART SHOW 2019



Thank you for coming along to our annual Art Show.

Thank you to our P&C for providing nibbles and drinks!

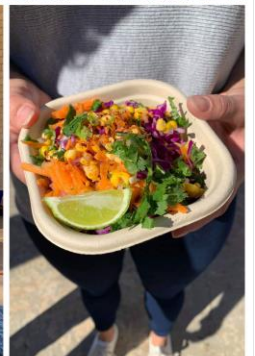
A massive THANK YOU to all those wonderful people who helped with our Democracy Sausage Fundraiser on Saturday! Whether you baked, set up, packed down, turned sausages, donated items, organised stalls, put up signs, shared the event on social media, invited friends, or came down to support on the day, we really could not have done this without you! It was a wonderful event with a great community feel, the sunshine, delicious food and beverage options, kids' activities and friendly faces really encouraged people to stay around after they had voted and enjoy the Giralang Primary School community. While we are still working out final numbers it looks like we were able to raise over \$3,000 to go towards the external learning environment, project to be decided soon. Amazing!!

While there are way too many people to thank individually for their work on the day, there are a few special mentions to be made:

- Enormous thanks to the guys at Quality Gas Solutions who very generously donated three card readers to the P&C which allowed us to accept cash and card payments on the day. Not only were these incredibly helpful in increasing profits and making it easier for people on Saturday, but we will be able to use them at future events also. Make sure you give these guys a call for all of your hot water, heating and cooling needs;
- To Gaz from Mingle Espresso Bar, who so generously loaned us their mobile coffee unit and donated the coffee beans, we are so grateful! Not only was it a great fundraising opportunity for the school but it kept our volunteers caffeinated, warm and active throughout the day. If you work or visit the city at all, make sure you swing past a grab one of the city's best coffees from Gaz and the team; and
- A final thank you to the wonderful volunteers from Kaleen High School who came down and stayed for the whole day using, their coffee training and expertise to keep those in line happy and warm as they waited to vote. We really appreciate you coming down and supporting our wonderful school.

Many thanks, The P&C Committee

DEMOCRACY SAUSAGE FUNDRAISER!





GIRALANG P&C WINTER PLAY DATE

**WEDNESDAY
5TH JUNE
3.00-4.30PM**

WHY?

**TO MEET OTHER FAMILIES
AND CONNECT WITH
THE BROADER COMMUNITY
IN A RELAXED ENVIRONMENT**

WHERE?

**SCHOOL PLAYGROUND
AND OVAL**

WHO?

EVERYONE IS INVITED!

**THE LAST PLAY DATE WAS SO
MUCH FUN, WE ARE DOING IT
AGAIN!**

**RUG UP AND BRING A PICNIC
BLANKET AND SOME FOOD TO
SHARE.**

**WARM DRINKS WILL BE AVAILABLE
SO BRING YOUR COFFEE CUP!**

CANTEEN NEWS

Thanks to all the people involved with the Election Day BBQ on the weekend, it was a huge success and it wouldn't have been possible without all the extra hands on deck.

What did you think about the plastic-free, biodegradable takeaway containers?? The canteen is looking to use these permanently so we can transition away from our plastic consumption (we are an eco-warrior school after all) and to address the issue of hot food being heated in plastic and poured into plastic containers. Whether a container is BPA free or human friendly, the heating of plastic leaches chemicals into our food and it has now been proved that these chemicals are having disastrous impacts on our health.

If you feel like a read, check out this article on the National Geographic website but please do your own research on this important topic: <https://www.nationalgeographic.com/science/2018/09/news-BPA-free-plastic-safety-chemicals-health/>

In the meantime, the canteen business managers have agreed to replace all plastic cooking implements with metal ones, but we still need some help. Do any families have unwanted stainless steel keep cups or thermoses that could be donated to the canteen? We have a strong 2-minute noodle following and there are a few kids who love a hot milo, but these are currently served in plastic. It would be so great if we could transition away from any form of food being served in plastic so if you have any unwanted stainless-steel items which can be used for noodles and hot milos, the canteen would be eternally grateful.

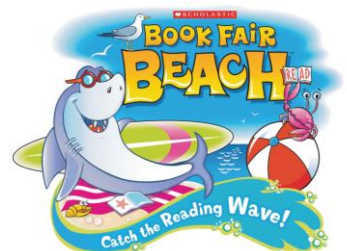
LOST PROPERTY

With the temperature on the thermometer dropping, make sure you rug up! With the weather being cold and students being outside at recess and lunch it is important they are wearing appropriate clothing. Due to an increase in the number of layers being worn, there is an increase in lost property. Make sure all items are labelled and you have a look in the school lost property to collect any missing items.

SCHOLASTIC BOOK FAIR

The Scholastic Book Fair is in full-swing! You can visit the Book Fair this week (20-24 May) between 8:30am–9am and 3pm-3:30pm daily.

As always there is an array of quality books at reasonable prices.



GIRALANG PRIMARY SCHOOL

CROSS COUNTRY 2019



NEWS FROM YEAR 1

In Literacy, students have been creating recounts of their weekends and their holidays, making sure to include lots of information such as who, what, when and where. We are now beginning to learn how to write procedures. This will involve making lots of fun things to write procedures about. We've explored short vowel sounds for our letter and sound focus. Students enjoyed learning how to identify and find short vowels during 'big book' reading and independent reading. Recently, we have moved on to identifying and finding digraphs.

The students have been participating in a variety of activities and games to further develop their understanding of place value and addition in Maths. We have also been focusing on time. The students enjoyed making their very own clock to practise o'clock and half past the hour times. We will continue to learn more about numbers for the rest of the term.

We began the term by exploring light and sound as an inquiry focus. Students enjoyed participating in a variety of activities to learn about how we hear sound and how we sense light.

Year 1 is really excited to be attending a ranger-led program at the Botanical Gardens this week! We will be participating in the 'Indigenous use of plants,' program, exploring the medicinal uses of plants in health and wellbeing. This ties in beautifully with our Inquiry focus for the rest of the term, describing how to keep self and others healthy, safe and physically active.



PROTECT YOURSELF AND YOUR FAMILY FROM THE 'FLU

Getting vaccinated is the best way to prevent your family getting the flu this winter. The flu vaccine can save a child's life.

The vaccine is safe, and everyone 6 months of age and over, including pregnant women and young children, should get the vaccination.

Children are more likely to contract the flu, spread it around, and are at a higher risk of serious complications if they get sick. The flu is highly contagious and is spread easily through childcare centres and schools.

The flu vaccine is free in the ACT for:

- children aged 6 months to under 5 years
- pregnant women
- people 65 years of age and older
- all Aboriginal and Torres Strait Islander people aged 6 months and older, and
- people aged 6 months and older with some medical conditions such as severe asthma, heart or lung disease, diabetes or weakened immune systems.

Where to get your flu vaccination

Everyone can get a flu vaccine from their GP or immunisation provider. People over 16 years of age can also get a vaccine at some pharmacies.

ACT Government Early Childhood Immunisation Clinics provide a free flu vaccination for children aged 6 months to under 5 years. To book an appointment, call Community Health Intake on 02 5124 9977.

Learn more about influenza and where to get your vaccination at health.act.gov.au/flu





PART 2: How to create a healthy snack

The key to building a healthy, nutritious and filling snack for your kids is choosing from a wide range of whole foods and combining them together in a delicious combo.

A snack that offers a good source of fibre, protein and healthy fat also adds lots of nutrients plus works to fuel their little bodies and keep them feeling full.

Here are some snack combo ideas for quick, easy options for your kids:

- Sliced banana with yoghurt and a sprinkle of chia seeds
- Carrot and cheese sticks with hummus dip
- Wholegrain crackers spread with avocado and a small tin of tuna
- A small tin of baked beans with grated cheese
- Cottage cheese with strawberries, flaked almonds, sprinkle of cinnamon and a drizzle of honey
- Apple and cheese slices
- Soft boiled egg with wholegrain toast 'soldiers'
- Smoothie with 1 cup reduced fat milk, ½ cup strawberries, ¼ cup rolled oats + drizzle honey



NEWS FROM TRANSPORT CANBERRA



As you may be away, the month's free travel period comes to an end on Sunday 26 May 2019. With paid services starting next week on Monday 27 May, students are being reminded to top up their MyWay cards or purchase tickets to avoid fines of up to \$181 for travelling without a ticket.

During the month's free travel period, whilst drivers have encouraged all students to tap on and off, it has been brought to our attention that there are some students who are not.

Tapping on and off is required by all customers travelling on light rail and buses, and also provides Transport Canberra with accurate data to plan and review services in the future.

Where can I get a MyWay card?	A select number of newsagencies, post offices, and Access Canberra outlets. For the full list visit: https://www.transport.act.gov.au/tickets-and-myway/get-myway/recharge-agents
I'm a student, how much does it cost?	<p>A MyWay card is \$2.50, and then you'll need to top it up for travel.</p> <p>Concession:</p> <p>Tertiary: \$1.61</p> <p>School student – school day: \$1.22</p> <p>School student – non-school day: \$1.61</p> <p>Weekday cap: \$4.80</p> <p>Weekend/public holiday cap: \$2.17</p>
I want to catch a bus and light rail – will it cost me two tickets?	All MyWay fares include a free 90-minute transfer period so you can connect to a different bus or light rail service or commence your return journey using the same ticket within 90 minutes of purchase. Daily tickets are valid until midnight on the day of purchase.
What if I forget to tap on/off?	<p>If you don't tap on, you could be fined up to \$181.</p> <p>If you don't tap off after a trip, you'll be charged a <u>default fare</u>.</p>
My balance is low, how do I recharge?	You can instantly top up your card at a recharge agent, set up an autoloan direct debit online, or top up at a ticket vending machine at all light rail platforms and major bus stations.

BACK TO BOOMANULLA FAMILY AND COMMUNITY DAY

10 AM - 1 PM
SATURDAY 25 MAY 2019

Come and celebrate the
re-opening of Boomanulla Oval

Walk and talk
through the Garden
of Achievement

Face painting
Storytelling

Free food & drinks
Music

Jumping castle
Basket weaving

PCYC Gaming
trailer

Sporting club
demonstrations



If you have tickets for the **NRL Raiders v Cowboys** game for the Indigenous Round, catch a free ride on the Reconciliation Bus to G.I.O Stadium at midday.
(To the game only, not return)



NRL LEAGUE STARS PROGRAM

League Stars is delivered over several weeks. In this time the participants will experience the excitement of being a League Star after school, participating in a range of activities in an enjoyable and safe environment. Each week of the program your child will focus their skill development in the areas of basic game play and movement before they are ready to apply what they've learnt in a modified non-contact game of Rugby League. All information can be found at <http://leaguestars.com>.

Age Group	Years K-6
Program Length	6 weeks (1 session per week)
Session Length	60 minutes
Cost	\$75
Each participant also receives a program pack filled with a backpack, ball, ball pump, shirt and stickers.	
Program Outcomes	Game play concepts and rules, Fundamental Rugby League skills (catch, pass, kick), Movement skills (agility, balance, coordination), Teamwork and cooperation, Confidence and self-esteem, Positive association with sport & physical activity

Program Location in Term 2:

- Amaroo
- Goulburn
- Gowrie
- Harrison
- Kambah
- Queanbeyan

To register, please visit: <http://leaguestars.com>



AUSTRALIA'S
PREMIER
COLLECTABLES
SHOW



Presents

CANBERRA TOY & HOBBY FAIR

A show the whole family can enjoy

Saturday 25th May 2019

University of Canberra High School Kaleen

104 Baldwin Drive, Kaleen

9am - 3pm



- Australiana
 - Comic Books
 - Die-Cast vehicles
 - Plastic kits
 - Model railways
 - Magazines
 - Paper ephemera
 - Pop culture items
 - Coca Cola
 - Trading cards
 - Action Figures
 - + lots more
- Admission:**
Adults - \$5
Seniors - \$3
Children 5-12 - \$3
Family (2 adults, 2 children) - \$15

Public transport:



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For more information, please contact:

APCS show coordinator

1300-727-971 or 0497-544-197

visit - www.ashow.com.au



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