



#### UPCOMING DATES

##### 21-25 October

Giralang's Got Talent auditions at recess

##### 23 October

Board meeting

Yr 5/6 STEM Challenge at Parliament House

##### 24 October

Book Fair preview

##### 28 October – 1 November

Book Fair

##### 30 October

11:30am -1pm Giralang's Got Talent Final

6:30pm – P&C meeting

#### PRINCIPAL'S MESSAGE

Welcome back for term four! We are finishing strong in 2019, teachers are planned, locked and loaded with excellent learning experiences for your children.

Speaking of our teachers, this Friday is World Teachers' Day. The day is a great opportunity for everyone to recognise and appreciate teachers and the important role they play in shaping the next generation. This year, the focus is on the #brightfuture of the profession including beginning teachers starting their career. We're also celebrating the role experienced teachers play both in the classroom and supporting beginning teachers on their teaching journey.

Next week we will be attending the annual ACT Public Education Awards. This year, there are five nominees from Giralang Primary School:

- ★ Lisa Ison – primary educator of the year
- ★ Shaun Grandi – new educator of the year
- ★ Max Richardson – support person of the year
- ★ Jodie Freebody – support person of the year
- ★ Belinda Andrews – school leader of the year

Our Year 3/4 teaching team will be presenting their action research at the inaugural UC Affiliated Schools conference on Friday. I am very proud of our team and look forward to hearing their presentation.

Planning for 2020 is already underway. If your child is not returning to Giralang Primary School next year, please inform the Front Office as soon as possible (excluding year 6 students). If you have a special request for 2020, please email me at [belinda.love@ed.act.edu.au](mailto:belinda.love@ed.act.edu.au)

Belinda Andrews - Principal

TELEPHONE: (02) 6142 2630

[www.giralangps.act.edu.au](http://www.giralangps.act.edu.au)

[info@giralangps.act.edu.au](mailto: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

## STAFF CELEBRATIONS

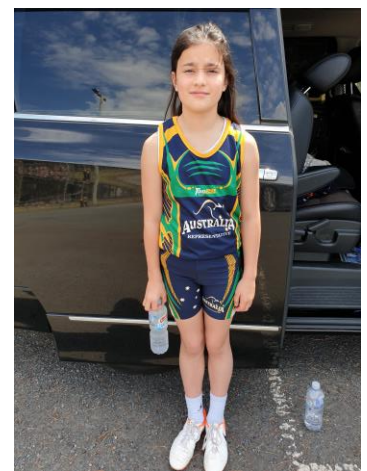


Mr and Mrs Andrews

- ♥ Congratulations to Leanne Nicol and husband Ben who welcome son number 4 yesterday. Ashby Mathew has arrived safely and is completely adored by his 3 big brothers.
- ♥ Congratulations to Sally Gladwin who became engaged to partner Richie during the holidays. We wish you a lifetime of love, health, happiness and eco warrior adventures! We are so happy for you.
- ♥ Finally, I became Mrs Andrews over the school holidays as David and I eloped... well sort of! Our parents were there, too. Thank you for all the lovely well wishes, it was a beautiful day!

## STUDENT CELEBRATIONS

- ★ Congratulations to Elsie Georgievski (5I) who competed in the Junior Australian Oztag Championships during the school holidays. This is such an amazing achievement, we're so proud of you!
- ★ Our years 3 and 4 students have been recognised with an award for the 2019 Chief Minister's Reading Challenge. Natalie Garrett and student representatives will attend the awards ceremony next week at the National Library. Great reading years 3 and 4!
- ★ Congratulations to Samuel Knight and Hikari Robinson on their nominations for the Fred Hollows Humanity Award. Samuel and Hikari will be recognised next month at a special ceremony with Fred's widow Gabi Hollows AO.



Elsie Georgievski Year 5

## FAMILY STATEMENTS AND OUTSTANDING BAND PAYMENTS

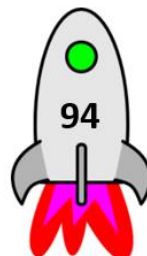
Family statements will be forwarded home this week. There is still some outstanding year 5 and year 6 Band payments. Please contact Belinda if you are experiencing difficulty making these payments.

## VOLUNTARY CONTRIBUTIONS – TWO MORE! THANK YOU 😊

Voluntary Contributions 2019

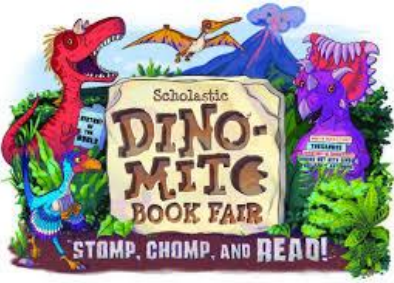


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94

## SCHOLASTIC BOOK FAIR – 28 OCTOBER – 1 NOVEMBER 2019



Giralang Primary School is hosting the Scholastic Book Fair next week (week 3).

This is a great opportunity to stock up on books for your family's reading and to plan for Christmas presents!

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

Books, posters & stationery will be on sale before and after school. We look forward to welcoming you in the library from 8:30-9:00am and 3:00-3:30pm all week!

## NEWS FROM THE GROWTH MINDSET TEAM

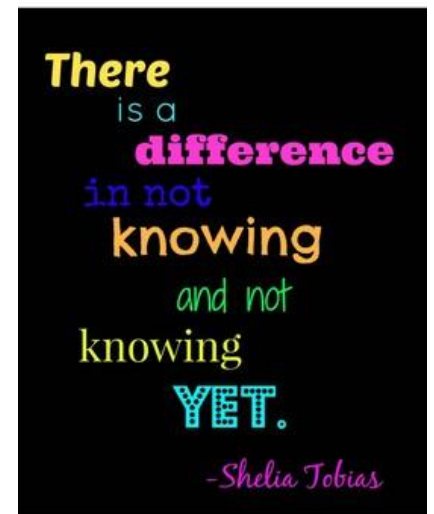
Giralang Primary is a Growth Mindset school because we are actively involved in teaching the students that learning is a process fraught with failures, mistakes, successes and triumphs. We try to foster in students an independent problem-solving nature. This is needed for learning; as well as the characteristics of independent learners who own their own learning goals and have the wherewithal to see their progress through to achieving their own goals, that is, character traits of grit, determination, resilience, confidence and adventurousness.

Developing these characteristics takes practice and that practice is often in the face of adversity - when mistakes are made, emotions are high, or defeatism is getting in the way of success. Having a Growth Mindset is like having a tool kit for working through the ups and downs of life. When life becomes challenging people need to be able to go to their tool kit and access their abilities that help them to persevere.

Using positive self-talk or flipping a negative thought around can help reframe a challenging experience. At school we talk about a fixed vs a growth mindset. The distinction is in viewing a challenge as an opportunity to learn rather than seeing it as some kind of character flaw.

As parents you can help support your child with flipping negative self-talk by adding the word 'yet' to the end of negative statement ie, "I can't do this" - "yet!", "I'm not good at this" - "yet!", "I don't understand" - "yet!", "It's not working" - "yet!" and "I don't know the answer" - "yet!"

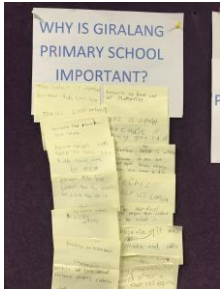
Growth Mindset Team, Elise Wark and Anne Mahony





## NEWS FROM YEAR 2

What a great start to Term 4! We are proud of all our students and we had wonderful feedback from the staff and instructors at AquaSafe. Everyone showed great manners, caring for others and enthusiasm towards their participation and learning. In the program the students learnt about water safety including getting in and out of lifeboats, treading water, wearing lifejackets and signalling if they need help. The children finished the course feeling a lot more confident and knowledgeable about keeping themselves safe in the water.

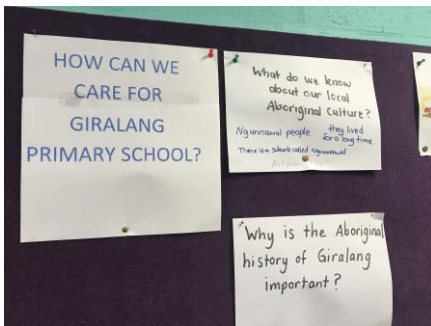


This term Year 2 are focusing on our sense of place. We will be investigating, researching and developing our understanding of where we live and go to school. This includes the history, environment and values at Giralang Primary and the suburb of Giralang. Students are asking why Giralang Primary School is special. They are also investigating the Aboriginal history surrounding Giralang in the hope to find out more information about the Ngunnawal people that lived here.

This term students are enjoying drama lessons. They have been introduced to collaborative, focus-style games to get their mind and body ready to perform. Students formed tableaux and explored interpreting body language through improvisation. It has been loads of fun and many laughs have been had! We are extremely impressed with the level of support for each other and the confidence students have.



We are looking forward to our final weeks teaching this amazing, intelligent and kind group of students. They really are exceptional, and we are proud of them in every way!



## P&C NEWS

Thank you to everyone who helped make term 3 such a smashing success for the P&C through fundraising, volunteering, coming along to meetings and contributing in too many ways to be named. The Mexican Fiesta Disco rounded out the term wonderfully and raised over \$1100! Thank you to everyone who volunteered on the night and a special shout out to Jennifer Sexton and Alica Tschierschke for organising such a wonderful event.

Don't forget to drop your apples off to the Front Office tomorrow in preparation for celebrating World Teacher's Day this Friday. If you would like to bake something special or help set up on Friday morning, we'd love for you to get in contact.

Our next meeting is Wednesday 30<sup>th</sup> October, and we'd love to have lots of people there as we discuss the implementation of the edible garden. 6:30pm at the front office, nibbles and wine provided!

## CANTEEN NEWS

Hi and welcome back everyone!

As many backyards have exploded into life, the canteen would LOVE any excess herb or vegetable donations. Cindy has been using fresh parsley, onions and carrots in her meat patties and home-made bolognese sauce, so it would be great to have some organic, home-grown produce going into those little bellies at lunch time! Please leave any loving donations with the lovely ladies at the Front Office.

The canteen is no longer using canola or spray oils in the canteen. Did you know that canola oil is a by-product of rapeseed oil which was first used to lubricate ships, steam engines, and other machinery during the industrial revolution? Rapeseed oil wasn't widely consumed because it was harmful to humans so it wasn't until the 1970s when scientists discovered a genetic modification technique which made the end oil product (canola oil) safer for human consumption.

Do your own research but here is a good link <https://www.thehealthyhomeeconomist.com/canola-oil/> with an interesting video on the cleaning and bleaching process of genetically modified rapeseeds which are washed in a chemical solvent for over an hour and bleached to lighten the colour. Due to this heavy refinement process, canola oil isn't recognised by our DNA and over-consumption can cause health issues. As Cat and I are passionate about what our children are consuming, the canteen has replaced all canola and spray oils (chemicals in spray oils is another for another article!) with extra virgin olive oil which has widely-known health benefits for everyone :)

Carly and Cat, Canteen Business Managers

## ENFORCEMENT AROUND SCHOOLS

Parking Operations use a Licence Plate Recognition vehicle (or electronic chalking), which regularly patrols school environments to increase safety for children. Motorists that commit an offence will receive their infringement notice in the mail (rather than on their windscreen) 5-7 days after the offence.

While the school can become congested during the peak times, illegal parking should be avoided at all times as it creates an unsafe environment for children and local residents. Parents are welcome to park on side streets around the school, but please remember to park legally. Infringements for parking on nature strips, footpaths, verges, street corners and near children's crossings start from \$114.

More information is available on the Transport Canberra website to promote safe behaviours around schools. Please help to make our school community safe.



## LOST SCHOOL CLOTHING

Some parents have reached out to the school to ask other parents and carers to please check the labels of their children's clothing, to see whether their children have taken the incorrect uniforms home by accident, and are wearing them without realising. Thank you for your assistance on this matter.

Also, when parents and carers are next in their children's classroom, please feel free to check the lost property baskets in every classroom, to collect clothing that doesn't make it home ☺

Please remember to label all articles of clothing. This is particularly important at this time of year when layers are coming off and jackets and jumpers are left lying in the playground.

Unnamed uniforms left at school at the end of the year will be donated to the second-hand uniform shop for resale.

## SCHOOL BANKING NEWS

Please be advised that Friday 29 November is the last day that students that bank at the school, can order rewards for 2019.

The school banking team will be holding a special raffle at the end of the year, and those who have made at least one bank deposit this year will go into the draw to win some fantastic prizes.

Want a reward? Sign up to the Commonwealth Dollarmite Youthsaver account and bank 10 times, even if it is 50c, and you can choose your reward. Let's start saving!

Your banking team Lissi & Nicole

## PRIVATE MUSIC LESSONS

### DIANE LONDON – PIANO

Diane London has played piano since childhood and instantly developed a love for music, it is this enjoyment and appreciation that she has been passing on to others as a piano teacher for over 15 years in Canberra. Diane's training has included university study (BMUS) at the Canberra School of Music (Australian National University) as well as a Bachelor of Actuarial Studies from the Australian National University. Diane teaches from ages 4 years and upwards and also teaches many adult students at her Lyneham studio.

As part of her studies at the Canberra School of Music, Diane has been taught by some of Australia's most talented musicians, including Professor Larry Sitsky who is a prolific Australian composer, pianist, researcher and who is one of the founding members of the Canberra School of Music (ANU) and John Luxton (former head director of the Canberra School of Music (ANU)). Diane has also been taught by Wendy Lorenz, making her a 6th generation descendant student of Ludwig Van Beethoven, the lineage is - Diane London - Wendy Lorenz - Maria Curcio - Artur Schnabel - Theodor Leschetizky - Carl Czerny - Ludwig van Beethoven.

As a pianist, Diane has performed many times at the Canberra School of Music as well as performances across Canberra including the Australian Parliament House and Wesley Music Centre. Diane has also adjudicated piano competitions such as the Miles Franklin Music Festival Piano Competition.

One of Diane's key approaches to her teaching is recognising and responding to unique student needs. Instead of following just one inflexible teaching style, she prioritises developing goals with the student and then creates a plan for the student to achieve their goals.

Student goals can vary widely and can include just wanting learn to play the piano for fun, preparing for AMEB piano practical exams, learning piano to 'keep the brain active', or even learning music theory, history and composition. Diane has helped hundreds of students successfully achieve their musical goals.

\$37 per 1/2 hour lesson.

Lessons can be held at the school during school hours, or at Canberra Music Education School in Lyneham. Lessons are also offered on Saturdays.

Please contact Diane on 0414 788 380 for more information.



## Support our Mango Fundraiser

### Giralang Primary School P&C Association

**Help our fundraising; treat yourself to delicious juicy  
Kensington Pride mangoes fresh from the farm!!!**

We are having delivered direct from the farm to us, the freshest most delicious fruit available. The Mango Fundraiser picks and packs trays of fresh mangoes during their premium harvest period, and delivers them directly to us.

The number of mangoes in a tray will depend on the size, which ranges from medium to large. As a guide, each tray contains 14/16 large mangoes, or 18/20 medium fruit. The sizes may vary from tray to tray within the same harvest, so we can't specify sizes in our orders. There is a money back guarantee on every tray if not satisfied. Storage advice, tips on how to eat fresh mangoes and recipe ideas will also be provided.

**Orders due Tuesday 29<sup>th</sup> October.**

**Delivery** will be sometime late in November.

**You don't have to miss out on fresh North Queensland Mangoes!**

<b>Cost per tray</b>	<b>\$25</b>
<b>Place your order</b>	Place your order with your school or workplace contact and provide payment by cash only.
<b>Please contact</b>	Shirley Kardum on 0418 675 172.





## Order Form

**Fresh North Queensland Mangoes direct from the farm to you!**

**Remember to offer this to your family, co-workers, friends and neighbours.**

Name & Contact No.	Qty	Price	Total	Paid
1.		\$25		
2.		\$25		
3.		\$25		
4.		\$25		
5.		\$25		
6.		\$25		
7.		\$25		
8.		\$25		
9.		\$25		
10.		\$25		
11.		\$25		
12.		\$25		
TOTAL				

Remember to keep this part of the form so that you know who placed orders with you.



Name:	
Email address:	
Contact Number:	
Total No. of Trays:	
Total Paid:	\$

Payment Method: ☐ Cash

- Please return this form and full payment to **School Front Office** by **Tuesday 29<sup>th</sup> October**.
- Mangoes will be ready for collection from the school in late November.  
(The date will depend on when the mangoes ripen).
- We will call or email you to confirm arrival date.
- Any enquiries, please call Shirley Kardum on 0418 675 172.



# GIRALANG PRIMARY SCHOOL

## TERM FOUR CALENDAR 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1 Oct</b>	14  Yr 2 Aquasafe _____	15 Cricket clinics	16 Cricket clinics	17	18 Soccer clinics
<b>Week 2 Oct</b>	21  Giralang's Got Talent auditions at recess _____	22 Cricket clinics	23 Cricket clinics 5/6 STEM Challenge <b>Giralanger</b> Board Meeting	24 Yr 1 excursion to NMA Book Fair preview	25 Soccer clinics  World Teachers' Day 2pm Assembly 5I
<b>Week 3 Oct/Nov</b>	28  Book Fair sales _____	29 Cricket clinics	30 11:30am-1pm Giralang's Got Talent final  6:30pm P&C meeting	31	1 Soccer clinics
<b>Week 4 Nov</b>	4	5 Cricket clinics	6 Cricket clinics  <b>Giralanger</b>	7	8 Soccer clinics  9am-1pm Yr 5 Combined band to McGregor
<b>Week 5 Nov</b>	11 2pm Remembrance Day assembly 6W	12	13	14 11:45am 2020 School Captain speech assembly	15 Soccer clinics
<b>Week 6 Nov</b>	18	19 9am-1pm Yr 6 Combined Band at Turner school  Board Meeting	20 <b>Giralanger</b>  11:30am-12:30pm Kindy 2020 transition  5:30pm Yr 6 Bandstrav at Llewellyn Hall	21	22 Year 6 Market Day  2pm Assembly Preschool
<b>Week 7 Nov</b>	25 3/4 pre-camp visit to Birrigai	26 Parents & carers volunteer 'Thank You' Morning Tea	27 Japanese Fun Day  1-2pm Preschool Come and Play	28	29
<b>Week 8 Dec</b>	2 12-3pm Christian Education in Schools  12:30-2pm Rats of Tobruk Christmas Lunch	3	4 11:30am-12:30pm Kindy 2020 transition  3-4pm Kindy 2020 transition Stay and Play  <b>Giralanger</b>	5	6  2pm Assembly 3/4I
<b>Week 9 Dec</b>	9 End of year awards	10	11 11:30am-12:30pm Kindy 2020 transition class groupings	12	13 Year 6 graduation assembly, dinner and disco
<b>Week 10 Dec</b>	16	17	18 Move Up Day!  <b>Giralanger</b>	19  Last day of school!	20

School Canteen is open Wednesday to Friday each week  
School Uniform Shop is open every Friday at 8:30am

Front Office is open each day 8:30am – 3:30pm.  
Phone: 6142 2630



## *'Conversations and Connection'* Mental Health month 2019

### Information for parents

Looking after our mental health and wellbeing is as important as looking after our physical health. One of the best things you can do is to stay connected with your kids by enjoying time together and having regular conversations about how they are feeling and how they see their world.

During October, there are some great opportunities for families to connect at the Mental Health Community Coalition [community events across Canberra](#) where you can have fun, relax and learn more about mental wellbeing.

Sometimes you need more information and help. We have compiled some great resources from leading mental health organisations to help you and your family have positive conversations about caring for your mental health.

However, if you or your child are finding it hard to cope with day to day life stresses, your doctor (General Practitioner GP) or your school psychologist are good people to talk too about positive ways to address issues and develop healthy mental health habits.

### RESOURCES

#### 1. What is good mental health?

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way. ([Headspace.org.au](https://headspace.org.au))

[Helping kids identify and express feelings](#) (Kids Helpline weblink for primary age children)

[What is mental health? What is mental illness?](#) (Headspace weblink and [factsheet](#) for secondary)

[Health services information for parents & carers](#) (Headspace weblink)

[How to support a family member](#) (Headspace weblink)

[How to help a friend going through a tough time](#) (Headspace weblink and [factsheet](#))

#### 2. How do we look after our mental health?

Developing your own positive ways to handle tough times can make you more resilient, develop your selfawareness and build your confidence.

[Developing positive parent-child relationships](#) (Raising Children weblink for primary age children)

[Building resilience - pre and primary school aged](#) (Healthy Families BeyondBlue weblink)

[Staying connected with your teen](#) (Raising Children weblink for secondary)

[Tips for healthy mental health](#) (Headspace weblink and [factsheet](#) for secondary)

[Raising a difficult issue with teenagers](#) (Raising Children video)

[Tips for beating exam and study stress](#) (ReachOut weblink)

[Tools and apps for health and wellbeing](#) (ReachOut weblink)

### **How do events and stresses impact our mental health and what can we do?**

External events (accidents, wars or terrorist attacks) and natural disasters (storms, drought or bushfires) and the repeated coverage through TV and digital media, can be distressing especially for children and young people.

[Helping children cope after tragic events](#) (Australian Psychological Society weblink and [factsheet](#))

[Talking about scary stuff in the news](#) (Healthy Families BeyondBlue weblink and [factsheet](#))

[Traumatic events, the media and your child](#) (Emerging Minds weblink and [factsheet](#))

[How can I support children during a drought?](#) (Emerging Minds weblink, [factsheet](#) and [infographic](#))

[How to cope with anxiety about climate change](#) (ReachOut weblink)

[Resources to help and support adults and children before, during, and after a disaster or traumatic event](#) (Emerging Minds weblink)

### **OTHER USEFUL LINKS FOR FAMILIES**

- Kids Help Line <https://kidshelpline.com.au/>
- Lifeline <https://www.lifeline.org.au/>
- Youth Beyond Blue <https://www.youthbeyondblue.com/>
- Headspace <https://headspace.org.au/>
- Beyond Blue <https://www.beyondblue.org.au>
- Emerging Minds <https://emergingminds.com.au/>

For more information or assistance please talk to your child's teacher (in primary schools) or your school psychologist or your Student Wellbeing team. Alternatively contact your GP.

October 2019

## TENNIS CANBERRA CLUBS



- Barton Tennis Club
- Erindale Active Leisure Centre (Tuggeranong)
- Majura Tennis Club (Dickson)
- Old Parliament House Tennis Club
- Reid Tennis Club
- Turner Tennis Club
- Wesley Tennis Club (adj. Telopea Park School)

### After-School & Weekend Tennis Coaching by Tennis Canberra

We invite new and returning players to join a weekly tennis junior program at a Tennis Canberra Club. A free trial is available for players who are new to the game or if you are returning after a break from the sport.

To request a trial session please email [play@tenniscanberra.com.au](mailto:play@tenniscanberra.com.au) your kid/s age, experience and which part of Canberra you want to play. We will get back to you with the best options available.

**Sign up:** [www.tenniscanberra.com.au/junior-tennis](http://www.tenniscanberra.com.au/junior-tennis)  
**Email:** [play@tenniscanberra.com.au](mailto:play@tenniscanberra.com.au)  
**Phone:** 0416 186 121

Looking for something old, something new,  
something to eat, something to do?



## Kaleen Primary School Mini Market Day

Market stalls  
 Jumping castle  
 Cake stall  
 Japanese food  
 Barbecue  
 Coffee stand  
 and more...

### 10am 'til 2pm Sunday 27 October


AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

We believe in growing girls through the hidden elements of our curriculum; your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Over 200 girls recently shared the stage with Hugh Jackman in The Man. The Music. The Show! Arena Tour to sold-out audiences around the country. We're proud to have represented Qantas in the 'I Still Call Australia Home' advertisements and at live events for the past 20 years.

Now accepting 2020 enrolments for our rehearsal venue in Deakin.



Join us at our **OPEN DAY** on **November 3**  
 Call 1800 338 142


AUSTRALIAN SCHOOL OF PERFORMING ARTS
asp@girlschoir.com.au