

UPCOMING DATES

11 March
Super Club

12 March
Assembly, presented by 4G

12 March
Pi day

18 March
School Photos – Pre T/F, Kindy-Yr 6

22 March
CEIS (Christian Ed in Schools)

23 March
School Photos Pre M/T & catch up
P&C AGM Meeting – 7pm

24 March
Recycling Hub excursion – Yr 2

25 March
Easter Nude Food Day

26 March
Assembly, presented by 2CW

29-31 March
Camp Birrigai – Yr 5/6

29 April
UCKHS Information Night



EXECUTIVE'S MESSAGE

We hope you had a lovely Canberra Day long weekend and enjoyed the sunshine with your families. I am very honoured this week to tell you about some 'Good News Stories' happening at Giralang.



We are very lucky this year to have two amazing school captains in Sofia and Nabeel, and two equally impressive vice-captains in Poppy and Bailey. As part of their role as ambassadors for the school, all four students will be taking on a leadership role within the Student Representative Council (SRC). The SRC meets once a week to discuss issues and student requests. The aim is to have the SRC run similarly to the Australian Parliament, with the school leaders taking on the role of Speaker of The House and Chairperson. Last Thursday was the first meeting and the feedback being exceptionally positive.

Thank you to Verdelle from Bunnings Belconnen for donating some resources for one of our internal courtyards. These resources have consisted of a sand pit and a mobile sand trolley. Our students have enjoyed using these sensory items, building and constructing using their imaginations. Verdelle is also working with us on other planned projects in our courtyards around the school. I would like to congratulate 5/6L who



participated in a Sustainability Challenge design at Bunnings Belconnen. The students were tasked with designing a sustainable house and creating a prototype using natural or recycled materials which was put on display for judging at Bunnings Belconnen. Congratulations to 5/6L who have earned a \$20 Bunnings Voucher and a composting/worm farm for our school.

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	President
Nikki Keane	Vice President
Kumalie Walker	Secretary
Sean Macintyre	Treasurer

Board Representatives

Paul Calvert (Chair)	0414 410 672
Nathan Kruger	0409 956 667
Eve Wisowaty	0431 655 865





Last week there were many happy Year 5 students who started their band journey at Giralang. The students were extremely excited to learn how their instrument is played and are excited about practicing for their first performance. Congratulations to the following students: Peter, Lucas, Oliver, Sienna, Luke H, Ruby D, Hannah, Ruby K, Buli, Jacob, Kira, Mitchell, Jenna, Amber, Anya, Xavier.



We are proud to announce that some students from Giralang have been selected to participate in a number of ensembles for 2021. Jacob, Naomi, Sofia and Amy will be a part of the ACT Primary Concert Choir. Oliver, Sofia, Tomoki, Kei and Liam have been selected to play in the ACT Primary Concert Band. The ensembles rehearse each week and perform at school, community and directorate events throughout the year. Congratulations to these talented students.

A special thanks to Mary Cruickshank, Youth Director Rotary Club of Belconnen, for supporting our students and school in donating resources and money towards our learning programs.

Finally, don't forget to follow us on Twitter. We regularly tweet about our school, our students and the wonderful learning that takes place. Jump online to take a look.



Have a great week,

Alex Breen

Executive Teacher

NEWS FROM THE FRONT OFFICE

At the beginning of each year we send home your child's information check sheet. With our new system we are not able to generate this check sheet so if your details have changed in any way please ensure you notify the Front Office of these changes so that we have up to date information regarding your child.

School photo envelopes were sent home last Friday with each student. Sibling photo and spare envelopes can be obtained from the Front Office. Envelopes can be returned to the Front Office before photo day.

NEWS FROM 4M - ELDERBERRIES

We have had a busy start to 2021 in Year 4. In literacy, we have been learning about recounts and retells and the associated grammar related to writing these. Students had the opportunity to write about their experiences of the Giralang Primary School Swimming Carnival held in Week 4. The children reflected on the day and it was evident from reading their recounts that they had a fabulous day and all had different highlights which was great to discover. Here are a few photos from our swimming carnival.



In mathematics, we have been exploring place value and strategies to use for addition and subtraction in number. Students have been expanding their understanding of measurement including length, mass, capacity and temperature. They have been working in whole class and small groups to find out more about each of these topics.



Our Inquiry Unit of work on 'Exciting Explorers' has increased students' understanding about the history of exploration, transport and how to read timelines. We have learned about well known explorers around the world, what life was like when they lived and the impact their journeys had on people. Children have used this topic for their visual art theme and created some eye catching and unique pieces of artwork.



We are so excited to see where the year ahead will take us. If the past 6 weeks are anything to go by, we are going to see lots of growth in our learning and have heaps of fun together in the process. If you have any questions, please don't hesitate to contact me on lauren.margules@ed.act.edu.au - Lauren Margules- Year 4 classroom teacher

NEWS FROM THE LIBRARY

As Term One continues at a rapid pace, the library is abuzz with literature and learning. Year 1 has been examining some of the ways authors develop characters in their stories. Year 2 have been investigating the library's nonfiction collection and the way nonfiction books are organised and written. Year 4 have been responding to stories through drama and art, and a lovely display has gone up in the stairs to the Cloud. At the same time, Year 5/6 have been busily working on a "Hot Reads" display which will become a permanent feature of the library. This will be a focus area where students can come to find or share a great chapter book to read.

In other news the Chief Minister's Reading Challenge is about to start - more on that next time - and we have added many new books to the library's catalogue BUT... many of these books are sitting in boxes because we are struggling to find time to cover paperbacks as our regular parent helpers have moved on to high school. In other words...

YOUR LIBRARY NEEDS YOU!!

Can you spare an hour or two on Thursday mornings? Once? Twice? On an ongoing basis? If so, we'd love to serve you a cup of tea or coffee while you cover books with contact. If covering the books sounds daunting (don't you just hate it when the contact bubbles?), maybe you'd be happy to just cut contact to size?

If you are able to chip in, please email julian.wark@ed.act.edu.au

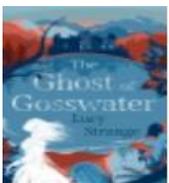
Some new additions to the library catalogue:



Jetty Jumping by Andrea Rowe. A lovely book about facing fears and the positive outcomes that are possible from mistakes.



Tupaia, Isaac and Cook: The Search for the Great South Land by Mark Wilson. Mark Wilson's books thoughtfully address history topics and are very useful in the classroom. This book supports Year 4's learning about great explorers of history.



The Ghost of Gosswater by Lucy Strange. An eerie fantasy mystery set in the Lakes District of England. Well worth a read for the seniors.

Thank you,

Julian Wark

HARMONY DAY

Harmony Day is celebrated annually on 21 March in Australia. Harmony Day began in 1999, coinciding with the United Nations International Day for the Elimination of Racial Discrimination. The overall message of Harmony Day promotes social cohesion and racial harmony, and it is expressed through community participation, inclusiveness, celebrating diversity, respect and belonging.

The designated colour for Harmony Day is orange so on **Friday 19 March** all students at Giralang Primary are encouraged to wear orange clothes or their National Dress! We will be participating in a variety of activities in our class and with our Buddies to celebrate the wonderful diversity we have in our school where '**Everyone Belongs!**'



NEWS FROM LAURA FUNNELL – SPORT COORDINATOR

On Tuesday March 2, the year 3/4 and 5/6 Rugby League team participated in a Gala Day at the Bruce ovals. Over the course of the day each team played 4 games of football. The year 5/6 team won all 4 of their games and the year 3/4 team won 3 out of the 4. Both teams showed enthusiasm and great sportsmanship throughout the day and are to be commended on how they represented our school with pride. A huge shout out to all the parents that supported the students and in particular Jonny Villatobas and Brett Funnell for coaching the teams.

During week 7, the year 5/6 Touch Football team will be competing in a gala day at the Lyneham sports fields. We wish them all the best.



NEWS FROM P&C

P&C AGM

Our AGM will be happening on Tuesday 23 March at 7pm, with in person or virtual attendance. At the AGM we will fill committee positions and check in with our sub-committees, before moving into a quick P&C meeting. At our last meeting we approved purchasing for two new BBQ's and a new travel speaker for the school, as well as discussing a range of initiatives we hope to help develop around the school utilising the community garden and Nude Food committee. It was great to have so many people attend and contribute to these discussions which influence our planning, fundraising and involvement opportunities at the school.

Uniform Shop

Just a reminder that our Uniform Shop opening hours have moved to Mondays 8:30am-9:30am. You can also order at our online store by following the link below and we will deliver your order to your child's classroom. The second-hand store is located near the front office and is open during school hours. Purchases can be made at the front office for \$2 per item.

<https://giralang-primary-school-pc.square.site/uniform-shop>

Nude Food

Our next Nude Food day is coming up on Thursday 25 March (Wk 8) and will be Easter themed! Freshly baked, spiced fruit and fruitless hot cross buns will be available for recess, with roast lamb, pulled pork or baked cauliflower with a side of roasted vegetables to fill up hungry tummies at lunch. Follow the link below to order by Monday 22 March.

<https://giralang-primary-school-pc.square.site/nude-food>

We are looking for a new P&C president for 2021. If you are interested please shoot us an email, we'd love to hear from you! Our current president is happy to sit down and talk about what the role looks like and requires if you would like to know more.

Brooke Pearson

P&C President



NEWS FROM THE NUDE FOOD COORDINATORS

Thanks to everyone who supported the Nude Food day in Term 1 and big thanks to Brooke who cooks and manages all the admin, as well as our volunteers (including a Dad this time!) who dedicate their time to this wonderful cause.

As Autumn is here, and Easter is just around the corner, the nudies will be serving the following items on THURSDAY 25 March:

Recess:

Home made hot cross buns served with butter

Option 1: bun with fruit; and

Option 2: plain bun with no fruit.

Lunch:

Roast mains served with crackle, a side of steamed beans, baked potatoes & carrots

24 hour sous vide roast lamb;

Pulled pork in home made bbq sauce;

Turmeric-spiced whole roast cauliflower with lemon yoghurt dressing.

Please ensure your **orders are in by Monday 22 March** to ensure we have enough time to source our ingredients and that no one misses out because we haven't catered enough.

For those new to the school, in late 2019 the canteen managers, myself and Cat, started up a Nude Food day to promote tasty, nutritious, home-made and unprocessed meals to our little people. Food is information for our DNA. The myriad of numbers and vegetable fats found in processed foods, aren't natural and therefore, aren't recognised as information for our cells.

Cat and I are so passionate about this we wanted to provide an alternative for other health conscious people in our community. All of our meals are free from preservatives, colours and additives. We also do our very best to avoid vegetable fat and have eliminated any plastics used during the cooking process. The heating of plastic is another avenue for carcinogens to enter our food chain. This includes the transfer of hot liquids into plastic containers, something else we have addressed by replacing all takeaway containers with a more human and earth friendly option, made from recycled natural fibres, which are also compostable.

If you ever have any questions, feedback or complaints, please come and see us in the playground or get in touch via the front office. It's everyone's canteen and we welcome the chance to improve and involve anyone who's interested in health from food.

With love and gratitude,

Carly and Cat

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 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 to 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.





Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146

HOLIDAY HAPPENINGS™



The next Holiday Happenings edition is now available online.

To see the *Programs, Activities & Events* happening these holidays go to:

www.holidayhappenings.com.au/online-booklet

Come play AFL with the Belconnen Cats in 2021



Registration now open

Develop skills, coordination, teamwork,
and have fun with your mates.
For age groups 5 to 17yrs

Information and contact details at

www.belconnencatsafl.com.au



THE SMITH FAMILY – SAVER PLUS

Did you know you could receive up to \$500 in matched savings for your child's extracurricular activity costs?
Here's a list of the most common activities our participants use their funds for:

- Swimming or dancing lessons
- Instrument lessons like guitar or piano to name a few
- Sports club fees like netball or football registration
- School camps
- Tutoring classes
- Foreign language lessons
- Scout membership fees



Check if you're eligible to join by visiting www.saverplus.org.au

Brodie Wales Saver Plus Coordinator ACT/Queanbeyan | The Smith Family

brodie.wales@thesmithfamily.com.au

Ph 02 6283 7606 | mob 0448 730 305

Corner of Launceston & Easty Streets

Woden, ACT, 2606 - www.thesmithfamily.com.au - Keep in touch! Find us on Facebook 