

POSSUM PRESS



NEWS FROM ANNA

Nice Work Astrid and Hugo!

Once again, our talented students have been out in the community at large, showcasing their abilities! Over the past weeks, two of our year 4 students have been making us proud in both the arts and science. We were thrilled to see Astrid of 3/4KA participating in the ACT Public Schools creative arts celebration, 'Step into the Limelight'. Astrid is a part of the ACT Drama group and performed before hundreds of people at the AIS last week.

Congratulations also to Hugo in 3/4MA who has been voted in the top 8 students in the *Sleek Geeks* video competition hosted by the Australian Museum. Hugo was Highly Commended for his film about Dark Matter and his winning submission can be viewed here <https://www.australianmuseum.net.au/2017-eureka-prizes-finalists#sleek-geeks-primary>.



Congratulations Young Scientists!

In week 5 we hosted yet another wonderful Science Fair. We say a huge thank you to Leslie Carr for her superb organisation of the fair, the judging panel and the prizes. We also thank her for the facilitation of all entries into the SEA*ACT Science Fair this week. We await the results of the ACT wide science fair, but are already very proud of the quality of entries from our students throughout the school.

Book Week

What a wonderful Book Week celebration we had. Our staff performance even won praise from the author of 'Chip' herself via our Facebook page! Book Week celebrations across the nation conclude with the Children's Book Council of Australia announcing their awards. Most of the shortlisted books are in our library and Keilly Pownall has been using these books with classes, sharing the ideas and images used by these amazing authors and illustrators. Congratulations to the following books which won overall:



THURSDAY 31 AUGUST : Term 3 Week 7



ACT
Government
Education

CONTACTS

Maribyrnong School

Ph: 6142 0570

www.maribyrnongps.act.edu.au

FACEBOOK: Maribyrnong Primary School-Kaleen



Board Chair Lauren Newman
laurennewman_13@yahoo.com.au

P&C President Meg Holesgrove
maribyrnongpandc@gmail.com

Possum Pantry Canteen

Wednesday to Friday Ph: 6241 5974
<http://www.flexischools.com.au>

Communities@Work ph:0405 124 312
Breakfast Club and After School Care

Westpac School Bank Account
BSB 032 777 Account 001615

DATES TO REMEMBER

SEPTEMBER

- 1 CEIS –opt in program
- 5 Lolly Day at Preschool
- 7 School Board 6.00 pm and P&C 7.00 pm in the Library
- 8 Lolly Day
Walk or Ride to School Day Assembly at 2.15 pm- Music program item
- 12-13 Kindy Health Screening
- 18 Learning Journey and Grandfriends' Day- Special Assembly at 9.15 am

The Maribyrnong Primary School
NEW phone number is 6142 0570.
Please update in your contacts.

Father's Day Stall

Thank you to our amazing P&C coordinators for organising a wonderful Father's Day stall on Tuesday and Thursday. Once again the stall had a range of gifts available to purchase for significant males in our families. Our students always enjoy independently shopping for these presents, and we thank all the coordinators and volunteers who make it possible.



Active August

Friday will mean the beginning of a new month, and so the end of our participation in Active August. This month we have been delighted to welcome community members who have assisted us to try out some new activities such as a mini Parkrun, Bollywood Dancing and Zumba! The focus of the scheme is to highlight the importance of 60 minutes of activity and to *Move a Generation*. Sponsorship of our students can still be made via <https://www.mycause.com.au/page/151156/maribyrnong-primary-school>

SRC and P&C Lolly Day

Every year we hold a Lolly Day at Maribyrnong to collect sealed bags of lollies for the P&C to use at our annual Twilight Fair. In exchange for a bag of lollies, students are all invited to wear their own clothes (mufti) on **Friday 8 September**. Students who attend preschool Monday- Wednesday can bring their bag on **Tuesday 5 September**. SRC representatives will be responsible for the collection of donations.



Learning Journey and Grandfriend's Day- Monday 18 September.

It isn't long now until Learning Journey and Grandfriend's Day on Monday of week 10. The classes are all working hard to demonstrate their understandings from their Storyline inquiry units and are taking great pride in articulating their learning, ready to share this with you. The day begins with an assembly at 9.15 am, and allows all classes from kindergarten to year 6 to showcase an element from their inquiry unit. We have a focus on sharing our learning with all family generations and look forward to welcoming many visitors to share our wonderful school.



Anna.



TY IN YEAR 6 RECENTLY REPRESENTED THE ACT FOR AFL IN DARWIN.
GREAT JOB TY 🏈



Friday 8 September will be Walk and Ride to School Day at Maribyrnong Primary. Students who do not live in area can still participate by being dropped a short walking distance from the school.

All students that walk or ride to school on the day will need to see Mr. Deane out the front of the 5/6 unit so they can enter the draw for prizes.

The prizes will be drawn at the assembly in the afternoon.

Defence Family Matters (DFM) magazine is published by Defence Community Organisation (DCO) for the families of Australian Defence Force personnel. The magazine is full of interesting articles, stories and ideas. Most items are quick and easy to read and give information that might be useful to you and your family.

In a recent edition of the magazine there was an item about "Top Tips to Help Maintain Your Wellbeing." A defence lifestyle can present a unique set of circumstances to families and the way we cope is strongly related to our wellbeing and the wellbeing of those around us.

The following are some ideas taken from this article.

1. Sleep well – Sleep helps us cope with day to day stress and physical exhaustion
2. Eat well – Try eating regular well balanced meals and maintain your fluid intake. Keep an eye out for healthy recipes and share them with your friends.
3. Planning and prioritising – Try to focus on one thing at a time, keep calm and plan ahead.
4. Tune in – Listening to music can help you relax and increase your creativity, productivity and focus.
5. Switch off – Take a walk outside, read a book or take time to do an activity that does not involve a screen.
6. Engage with others – Connect with people. Surrounding yourself with positive people will make you feel more positive.
7. Join in – Join a group, club, gym or society or whatever you are interested in! Get involved and make some social connections.
8. Exercise – exercise makes you feel better and can improve your mental health.
9. Seek advice and support – Sometimes it helps to talk to someone. A friend, your GP or an organisation like the Defence Family Helpline on 1800 624 608 might be a good place to start.

If you would like to read more items from Defence Family Matters (DFM) Magazine, published by Defence Community Organisation (DCO) they can be found on <http://www.defence.gov.au/DCO/DFM/>



Jackie Sampson - Defence School Transition Aide.

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Our Maribyrnong Values...



Collect the Woolworths Earn & Learn stickers and drop them in the box at the front office or preschool. Thank you for your support.

Myth # 4 There is only one way to teach viewing

The goal of teaching viewing is for students to become competent, independent and critical users of multimodal texts. In most teaching and learning situations, the gradual transfer of knowledge and understanding involves the planned release of responsibility for making meaning from teacher to students. Explicit teaching fosters this gradual and systematic release. Students need to be given opportunities to practise and apply new knowledge and understanding, with the teacher providing timely and explicit feedback.



What are the procedures for teaching viewing?

Teachers use different instructional procedures to scaffold learning in response to student needs. The procedures are characterised by a number of widely accepted steps or stages that are generally applicable to all phases of development.

They are:

- modelled viewing
- shared and interactive viewing
- guided viewing
- viewers' circles
- applied viewing.

When selecting viewing procedures, the following questions help ensure students gain the maximum benefit from each session.

- What is the purpose of the session?
- What viewing procedure will allow the appropriate degree of student participation? e.g. Do students need explicit teaching or time for purposeful practice?
- What resources will be required?
- How will students be grouped?
- What will be planned for the other students while working with a small group?
- What classroom routines are in place to enable students to work independently?

So.....this myth is BUSTED!



You can see that there are a wide range of teaching approaches and considerations when teaching viewing to students.

Looking for more information to support your child's literacy or numeracy development? Please contact Jantiena Batt through the front office or by email jantiena.batt@ed.act.edu.au

BOUNCE BACK! and Bouncing Back!

Last fortnight we looked at the different ways you could support your child to bounce back. This fortnight we will continue to look at the key messages to communicate to your child about 'bouncing back'.

It is important that children understand these messages.

- Life is mainly good, but now and then everyone has a difficult or unhappy time. Things always get better even though sometimes they may take a bit longer to improve than you would like. It is important to stay hopeful and expect things to get better.
- You will feel better and have more ideas about what to do if you talk to someone you trust about what's worrying or upsetting you.
- Unhelpful thinking isn't necessarily true and makes you feel worse. Helpful thinking makes you feel better because it is more accurate and helps you work out what to do.
- No one is perfect. We all make mistakes and find out there are some things we can't do well.
- If you can find something positive or funny in a difficult situation, no matter how small, it can help you to cope better.
- We all need to take fair responsibility for the things we did or didn't do that contribute to a difficult or unhappy situation. However, we should not over-blame ourselves because circumstances, bad luck or what others did may have contributed to the difficult situation too.
- If a situation can't be changed you just have to accept it and live with it.
- Don't make yourself miserable by exaggerating how bad something is or by assuming that the worst possible picture is the one that will happen.
- When something goes wrong it usually only affects one part of your life. Concentrate on things in your life that are still going well.

What can you do to help your child?

- Help your child to take responsibility for what happens. When something doesn't work out for them, draw up a pie chart with them of:
 - How much was due to me?
 - How much was due to others?
 - How much was bad luck and circumstances (i.e. being in the wrong place at the wrong time)? Also encourage them to consider the situation from the other person's viewpoint.
- When something bad happens for your child, help them to keep things in perspective by asking them:
 - Does this really matter? Are you getting upset over very little?
 - On a scale from 1 to 10, how important is this to you?
 - What's the worst thing that can happen? Do you think you can handle that?

These questions help your child to stop catastrophising and stop getting too upset over things that will get better or improve in time. What would you like to know about KidsMatter or BOUNCE BACK? Send your questions to Jantiena.batt@ed.act.edu.au and it will be answered in the next KidsMatter Update.

Lights on Learning!

Focusing on 3/4 Galapagos Islands

Students in the 3/4 unit have been busy learning all about the First Fleet! We have looked at what life was like in Britain during the 18th Century. Students created individual or group posters that display their understanding on this topic. All students put a huge amount of effort into their posters. We cannot wait for you to see this amazing work during **Learning Journey and Grandfriend's Day!**



The students have taken on a new identity...they have become convicts! We researched and all students got to choose their convict. Using the information they found online and their imagination, they created their very own convict portraits!

Earlier this term the students participated in the NSW and ACT Threatened Species Art Competition. All teachers were so impressed with the effort and incredible detail that students included in their art piece. There was a total 1,600 entries....we are so pleased to announce that four students from the 3/4 unit are finalists! Their art work piece will be displayed in Sydney in September. Well done Dennis, Caitlin, Alice L and Leia. Aliya's art work will be displayed in the WIRES newsletter. We will share this with you when it comes out. Well done to all students!



We look forward to seeing you all at Learning Journey and Grandfriend's Day on 18 September!

Kylie Apps, Lee Brown, Naomi Devlin, Michelle Ashworth and Justine Minchin.

POSSUM CAFE NEWS

Week 8 Term 3	Wednesday 6 September	Thursday 7 September	Friday 8 September
9.00 am - 1.30 pm			
9.00 am – 12.00 pm	Kim		Jane
11.00 am – 1.30 pm			
Week 9 Term 3	Wednesday 13 September	Thursday 14 September	Friday 15 September
9.00 am - 1.30 pm			
9.00 am – 12.00 pm	Kim		Jane, Liz M, Wendy,
11.00 am – 1.30 pm			

Volunteers Needed for Friday's in September – NO PREVIOUS EXPERIENCE NECESSARY!

Friday 8 September – one of the canteen managers will be away and we will urgently need help.

Friday 15 September is SPECIAL LUNCH – This is a fun day to volunteer in the canteen.

If you would like to help in the canteen please email:

Maribyrnongprimarycanteen@gmail.com or drop in to see Rouvaye or Zoe between 9.00 am and 1.30 pm Wednesday to Friday.

Thank you.

P&C GIVE AN HOUR OF POWER



This week the P&C Give an Hour is all about giving an hour to your school P&C to attend a P&C meeting.

Our school P&C holds a meeting twice a term usually in the third and eighth week of the school term starting at 7.00 pm in the school library. Everyone is welcome to attend.

The role of the P&C is to bring parents and citizens together, assist in providing facilities and equipment for the school and promote the welfare of the students at the school as well as encourages parent and community participation.

Our P&C is a great place to meet people, find out what is going on at our school, have an update on things that are happening, have your say and ask questions about things in our community.

Although P&C meetings are formal in the sense that we have official roles such as president, secretary and treasurer and are required to keep minutes of our meetings, they are quite a relaxed environment where lots of interesting topics are introduced and discussed.

Taking the time to join in the discussion about things that are happening in your school might just be your way of giving an hour this year.

Could coming along to our next P&C meeting on Thursday 7 September at 7.00 pm in the library be your hour of power?

NOTES TO COMPLETE

- Expression of Interest – **year 5/6 in 2018 Borambola Camp.**



KEEP CONNECTED @ MARIBYRNONG

- Download the **Skoolbag-Maribyrnong Primary App** to keep up to date with news, alerts, complete absence or excursion notes.



- Like us on **FACEBOOK** for updates: Maribyrnong Primary School-Kaleen.



- The Maribyrnong website and full calendar:
http://www.maribyrnongps.act.edu.au/our_community/calendar

2017/2018 ENTERTAINMENT BOOK

Support Maribyrnong by purchasing your 2017/2018 Entertainment Book for loads of entertainment ideas and discounts:
<https://www.entertainmentbook.com.au/orderbooks/27692k>

See what's inside



20% of every membership sold contributes to our school. Help us achieve our goal by sharing this link with your Friends and Family. Thanks for your support!

HEAD LICE NOTIFICATION

We have been notified of a case of Head Lice in the school. You are advised to examine your child's hair to determine whether or not an infection has occurred.

For more information and to access the fact sheet – Head Lice, visit:

<http://www.health.act.gov.au>

Registrations are open for the 2017/2018 Junior Cricket season

Boys and Girls

Milo in2cricket – 5-8 years – develop skills and enthusiasm

Milo T20 Blast – 8-11 years – maximum 90 minutes playing time, same venue every week

Junior Teams – U11-U18, divisions 1 and 2, Saturday or Sunday morning competitions (some younger teams play on Friday evening)

Girls Teams – U13s modified and U17 competition – both on Friday evenings. We are really keen to welcome more girls to join our cricket club – our first two teams played last summer and were very successful!

To register for the Ginninderra Junior Cricket Club, follow this link: Playcricket.com.au

1. Enter your postcode
2. Select: Ginninderra Cricket Club **Junior**
3. Select the player type
4. Complete the form



Visit www.ginninderraicc.com.au for more information or contact

- Club Registrar—Damian Eason: 0402 200 263 or gicc.registrar@gmail.com
- Girls Liaison—Liz Murphy: 0416 102 168 or gicc.girlscricket@gmail.com

Looking for holiday ideas... download the App!



Have fun at Corroboree Little Athletics!

Come and Try + Information Day:

Sunday 10th September

10am—12pm

Dickson Playing Fields

Hawdon Pl and Antill St, Dickson

Season starts Saturday 14 October

Corroboree welcomes Children from all backgrounds and Children with physical or mental disabilities.

Register online at:

www.corroboreela.com

Ph: 0402 236 674 (Ingrid—President)



School Banking is on Wednesdays in the Canteen from 8.45 am to 9.00 am. A new competition will launch in term four. Stay tuned for more information.

ACT Council of Parents & Citizens Associations

The parent voice on public education

ACT schools have a strong history of parent support, but many P&Cs are now struggling for volunteers. To help, P&C Council, along with other parent organisations, is conducting an online survey and they'd love to hear from all parents, whether you currently volunteer or not. Find the survey here:

<https://www.surveymonkey.com/r/VolunteeringinSchools>

The purpose of the survey is better understand what motivates people to help at school and what barriers stop parents from volunteering. The results will help shape new resources tailor-made for the school environment to help schools attract new and valuable volunteers.



Western District Junior Cricket Club



REGISTER NOW to play Junior Cricket this summer with Wests.

If you are a boy or girl aged 5–13 we have a team for you.

Parents – Cricket doesn't take as long as you may think!

In2Cricket (5–7 year olds) – 1 hour session

T20 Blast (7–10 year olds) – 2 hour game

Junior Competition (10–13 year olds) – 2–3 hour game

To register, or find out more, go to playcricket.com.au and search for 'Western District Junior Cricket Club', or go to www.westsjuniors.act.cricket.com.au

At Wests we are committed to developing our players, developing a passion for the game and having fun in a friendly and positive community environment.



SEPTEMBER SCHOOL HOLIDAY PROGRAM

3 DAY CODING WORKSHOP FOR KIDS

26-28 Sept & 3-5 October, 9am-3.00pm

Nunnawal Primary School Library,

Unaipon Avenue, Nunnawal



For information and registration see www.ozcodeacademy.com or call 04 5107 1920

Register before 12 September to receive Early Bird discount of \$20
Sibling discount of \$20 applies for more than one enrolment per family

OUR MISSION

"Empowering our next generation to build creative confidence, develop critical thinking and foster collaborative teamwork, through the use of technology and preparing them for the technology-focused world and job-market they will inherit"



MARIBYRNONG UNIFORMS ARE AVAILABLE AT THE UNIFORM SHOP/THAT PARTY PLACE

1, 2 Luke Street, Holt ACT 2615
Phone: (02) 6255 3876

Open 8.30 am to 5.00 pm
Monday-Friday and
9.00 am to 4.00 pm Saturday.

Hats can be purchased through our school canteen for \$7.00 from Wednesday to Friday between 9.00 am and 12.00 pm.



BROUGHT TO YOU BY:
UC High School Kaleen P&C

WEDNESDAY 6 SEPTEMBER | 7pm-8:30pm | UC High School Kaleen

Supporting your child/teen to develop a healthy body image



A healthy body image is an important aspect of good mental health. Yet 75% of girls and 28% of boys are unhappy with their bodies and appearance. Children/teens are navigating a world of diets, supplements and Instagram filters in an effort to 'feel better' about themselves.

How can we support our children to value their bodies rather than judge them? Join the conversation and gain practical information for your family.

What we will cover

- Being a positive role model
- Building healthy habits
- Skills for positive body image
- Seeking support for body image concerns

About MIEACT

MIEACT is a leading mental health promotion organisation servicing the Canberra community for over 20 years.

Our mission is to develop and deliver education awareness programs in schools and the community that increase mental health knowledge and awareness and supports early intervention, education and health promotion.

www.mieact.org.au

GIRALANG PRIMARY P&C TRIVIA NIGHT!

Friday
September 8th

DOORS OPEN AT 7PM, TRIVIA STARTS AT 7:30PM
GIRALANG PRIMARY SCHOOL HALL

**TEASE YOUR BRAIN, HAVE LOTS OF FUN!
LOADS OF GREAT PRIZES!**

\$10 FOR ADULTS | \$5 FOR STUDENTS

TO BOOK A TABLE OF UP TO 8 PEOPLE:
e-mail: giralangpandc@gmail.com or call Val on 0401330855

**BRING YOUR OWN FOOD AND DRINK
ALL FUNDS RAISED WILL GO TO NEW PLAYGROUND EQUIPMENT**