

POSSUM PRESS



NEWS FROM JEN

THURSDAY 27 OCTOBER: Term 4 Week 3

In true style the spring weather has certainly been mixed, beautiful one day and a bit chilly the next. Our students have enjoyed the warmer weather and all the opportunities it brings. Please ensure that hats and water bottles are coming to school every day. We like our children to be well protected and well hydrated so they can engage in all learning experiences.

Carbon Challenge

The Carbon Challenge ran throughout August. It provided a great opportunity for our school community to become more involved in sustainable practices. Over 20 challenges were provided throughout the month for families to participate in. In total, Maribyrnong families saved 378 249.98kg of emissions, with over 100 members! We enjoyed hosting the awards ceremony on Wednesday 21 September. The school received \$1500 which will go towards the construction of a greenhouse or garden beds. We look forward to keeping you up to date with our sustainable initiatives.

Day for Daniel

Friday 28 October is 'Day for Daniel'. The Daniel Morcombe Foundation started this initiative in an effort to build community understanding of their personal safety. By directly assisting educators and parents through the funding and development of child safety educational resources as well as assisting young victims of crime, the Foundation continues to empower all Australians to make their local communities safer places for all children. We ask that all students wear red on Friday and bring a gold coin donation to go towards the Daniel Morcombe Foundation as we participate in this important initiative to keep kids safe. For more information or resources please visit the following website <http://www.danielmorcombe.com.au/>



Preschool Disco and Morning Tea

This Wednesday our four preschool groups joined together for a disco in the hall. The SRC reps showed their leadership skills once again as they led the preschoolers in doing the Gummy Bear, Macarena and Sid's Dance from Ice Age. Our preschool educators and families showed a few great moves also! This was followed by our combined morning tea for our preschool families. It was a great opportunity for our families to get to know each other before becoming kindy parents. Thank you to everyone who came along and joined in the fun.

Class Formation

Just a reminder that we will be working on our class formations for 2017 in the coming weeks. If you believe your child's placement needs special consideration please let me know in writing as soon as possible. This can be done via email Jennifer.howard@ed.act.edu.au or through the eForm on the App or by making an appointment through the front office. It is imperative that all requests are made directly to me so that I am able to ensure appropriate considerations are made. Please remember that requests cannot be made for specific teachers.



ACT
Government
Education

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P&C President Sharon Houston
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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

OCTOBER

28 Last day of **Aquasafe**: year 2 only

NOVEMBER

4 P&C TWILIGHT FAIR
4.00 - 8.00 pm (No assembly)

9 Kindy 2017 Transition Day #1
11.30 to 12.15 pm

11 Remembrance Day

16 Kindy 2017 Transition #2
11.30 - 12.15 pm

18 Assembly 2.15 pm

22 Kindy 2016 - National Zoo &
Aquarium Excursion



Maribyrnong Primary School



Plus
much
much
more...



Twilight Fair

Friday 4
November
4-8pm

Don't miss
out! Come
along and
join in the
fun!

Twilight Fair

It isn't long to go now. The annual Twilight Fair promises to be an adventure filled event, catering to all interests. If you haven't volunteered yet there is still time. Many hands make light work and there are still a flurry of jobs to be done before Friday 4 November and on the actual night. Please come to the front office and find a spot of time you can support our wonderful school, alternatively you can complete the volunteer eForm on the App. Please remember if you are a regular volunteer, you will need to register for a Working With Vulnerable People card with the Office of Regulatory Services. There will be a special sign in station near the library on the night.

Kindergarten Transition Visits

Our kindergarten 2017 transition visits will start on Wednesday 9 November. We will welcome 63 new students to the 'big school'. The children will have the opportunity to meet the teachers for next year, engage in a literacy task, a numeracy task and meet some of the buddies for next year. Our senior students have been visiting our preschool so that our preschoolers have a seamless transition into kindergarten. In the coming weeks there will be shared story reading, ice block buying and playground adventures. We know the year 4 and 5 students enjoy this leadership role and take the responsibility of being a buddy to a kindergarten child very seriously. It is wonderful to see them negotiating, clarifying decisions and working with the younger students in our school.



Kindergarten Information Session

On Wednesday 16 November the kindergarten educators for 2017 will present the Kindergarten Information Session from 6.00 pm in the library. This is a great opportunity to hear about our kindergarten program, approaches and tips to support your child in the transition. There will also be the opportunity to ask any questions that you may have in regards to all things kindergarten. We look forward to seeing you there.

Thank you for your ongoing support.
Jen.

THE BIG GIG

On Tuesday, some of our year 3 and 4 students participated in the Music Engagement Program (MEP) concert, The Big Gig at Llewellyn Hall. Our students had a wonderful time singing with students from over 30 schools across Canberra, accompanied by the big band from Telopea Park School. Thank you to Symone and Justine for taking them on this excursion.

Captures of the live-streams are now available at <http://livestream.com/accounts/5867449/BigGig>
(Maribyrnong features at about 21 minutes in- enjoy!)

We are moving into what can be one of the busiest times of the year! Lots of family activities seem to spring back into action with the warmer weather and longer days. We also can see the end of the year fast approaching and for lots of families this can be a time of change. Many people in defence families will find that they are moving onto other places and this can be as a whole family or with one family member needing to be away from their family for a period of time.

Changes in family structure can lead to stress. Stress is often described as a feeling of being overloaded, wound up, tight or worried. When our bodies feel stressed we respond by activating our nervous system which help us react to effectively get through the stressful situation.

Sometimes stress can cause other symptoms such as headaches, sleep disturbance, upset stomach, anxiety, irritability, fatigue and feeling moody.



Learning to manage stress in healthy ways is very important.

Simple techniques such as learning to recognise and change behaviours that contribute to stress, as well as techniques for reducing stress can be of assistance. It is important that you look after your mind and body to reduce stress and its impact on your health.

Identify warning signs. Signs you are stressed could include tensing your jaw, grinding your teeth, getting headaches, or feeling irritable and short tempered.

Identify triggers. Triggers can raise our stress levels. If you can identify and anticipate them you can practise calming yourself down beforehand, or even find ways to avoid them.

Spend time with people who care. Spending time with and sharing your thoughts and feelings with people you care about and who care about you can help you to feel less stressed. It's important not to 'bottle up' your feelings.

Establish routines. Having predictable rhythms and routines in your day, or over a week, such as regular times for exercise and relaxation, meal times, waking and bedtimes, can be calming and reassuring, and can help you to manage your stress.

Look after your health. Make sure you are eating healthy food and getting regular exercise. Take time to do activities you find calming or uplifting, such as listening to music, walking or dancing.

Practise relaxation. Make time to practise relaxation. This will help your body and nervous system to settle and readjust. Consider learning a formal relaxation technique such as progressive muscle relaxation, meditation or yoga; or make time to absorb yourself in a relaxing activity such as gardening or listening to music.

If you are experiencing stress and would like support, please make a time to come and talk with us.

Jackie Sampson – Defence School Transition Aide.

(Information taken from Australian Psychological Society – Understanding and Managing Stress).

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Lights on Learning!

Focusing on Kindergarten!

Kindergarten had a wonderful term three creating the Snowlet Kingdom through our Storyline Unit. We would like to thank all the parents and grandparents for attending our exciting Learning Journey and helping us celebrate.

This term we have many things to look forward to including an excursion to the zoo and our first end of year school concert.

In literacy this term we will be looking at the features of information reports. The children will be researching, organising information, and writing reports about countries around the world and the animals that live there.

We have just finished checking our understanding of digraphs and we will be moving on to learn about blends.

In maths we have been revisiting addition strategies. We have been practicing counting on, using number lines, visualising and using Friends of Ten.

We have been learning how to collect information and display our data on a graph. We will also be learning more about three dimensional shapes and their features.



Our unit of inquiry this term will focus on developing an understanding of maps. The children will learn how to locate different continents and countries around the world. They will learn about the geographical features of these places and the unique animals who live there.

We will be visiting the zoo later this term to find out more about these animals. We would like to have some parent volunteers to assist us. Please let us know if you are available.

We are looking forward to a busy and exciting term.

Thank you for all of your support.

Naomi, Sarah and Alex.

Lights on Learning!

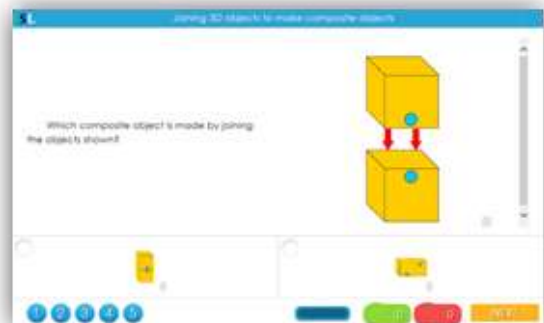
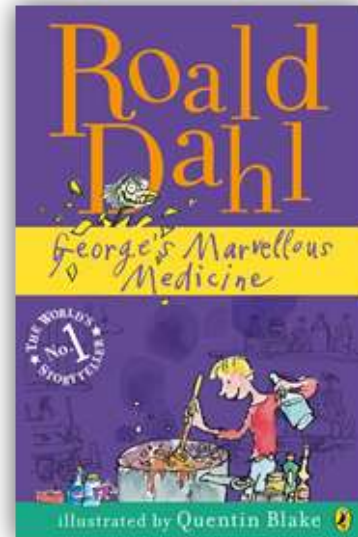
Focusing on LSUA!

Hello from everyone at the LSUA! We have been working hard from day one this term. The students have been doing a lot of study around our moods, how they affect us as individuals and others around us, and the steps we can take to ensure we stay in the best possible mood for as long as possible.

We recently finished Roald Dahl's *Georges Marvellous Medicine* during our comprehension lessons. The students were quite worried about the toxic nature of Georges 'medicine' and all agreed that it should not be made at home!

We have finally finished our upcycled mosaic table. The students were rewarded with their perseverance with a wonderful art work that will remind them of the benefits of sticking with a task, even when you can't see the end in sight. It now lives out the front of our classroom complete with some Halloween decorations.

In numeracy the students have all continued to work hard on Studyladder on their Chromebooks to increase their knowledge of 2D/3D shapes, place value and multiplication and division. They work through at least 10 activities every day!



In literacy we have been focusing on our persuasive writing skills. We are all very good at verbalising our arguments for or against a given topic, even if we don't agree with it! We are now learning to write down our arguments in a strong, logical manner.

In computer skills we have mastered the home row keys. We have now added the e and n keys and are now trying to beat our own high scores every week!

Have a great last term everyone!

Chris and Sally.

Spring is in the air! Warmer weather and longer days seem to generate a greater motivation to be up and about making the most of all the great things that our school has to offer.

So far in P&C Give an Hour we have looked at book covering, assisting in the classroom, helping in the canteen and volunteering at the one of the biggest school events of the year, **The Twilight Fair (held on Friday 4 November from 4.00 pm to 8.00 pm).**

This week in the P&C Give an Hour we are again looking at the many ways you can give an hour to support the Twilight Fair.



1. The first way you can help out is by signing up to be a volunteer on one of the many stalls that will be in operation on the night. You can volunteer by filling in a slip at the front office, using the Skoolbag App or emailing our P&C directly on the email address on the front page of this newsletter.
2. The second way you can help is by donating items. We are looking for saleable books for our book stall. We will soon be sending out requests for items such as baked goods to be sold on the night. If you enjoy craft perhaps you might like to donate things that you have made. If you are unsure about things that are needed simply drop in and ask, email the P&C or give the front office a call.
3. Thirdly, one of the biggest jobs for Twilight Fair is the setting up and packing away. If working on a stall for an hour is not your thing, coming in before the fair or staying back after the fair might just be the thing for you! Assistance will be required to set up tables, move goods for sale and set up activities. Then when all the fun has been had items will need to be tidied, packed up and stored. This is a huge job and many hands after a long and eventful day do make light work.

If you have other ideas about ways that you could Give an Hour to the Maribyrnong Twilight Fair please let us know!

Looking forward to seeing you all at the Fair!

CARBON CHALLENGE

A huge thank you to all those in our school community who took part in the Carbon Challenge during August.



Thanks to your combined efforts Maribyrnong Primary won first place in the ACT Carbon Challenge and a \$1500 prize to spend on sustainable initiatives at the school. We are hoping to purchase a greenhouse for use by every class to grow seedlings and propagate plants.




You are invited to

Kindergarten 2017

Come and meet your teachers, see your classroom and have some fun together on:

- ✓ Wednesday 9 November (11.30am-12.15pm)
- ✓ Wednesday 16 November (11.30am-12.15pm)
with your hat and lunch
- ✓ Wednesday 23 November (12.00pm-1.15pm)

We can't wait to meet you!



KEEP CONNECTED @ MARIBYRNONG

Keep connected to news with:

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



- Like us on **FACEBOOK**: Maribyrnong Primary School-Kaleen for updates.
- The Maribyrnong website:
http://www.maribyrnongps.act.edu.au/our_community/calendar

NOTES SENT/EMAILED HOME

- Kindy Excursion to National Zoo & Aquarium on Tuesday 22 November.
- Return your P&C Twilight Fair raffle tickets.

Eforms on the App:

- Volunteer for the Twilight Fair.
- Special Consideration for Class Placement in 2017

Please check your inbox for notes specific to your child's unit and check facebook and the Skoolbag App.



Receptionist/personal assistant sought for Braddon engineering firm

Ignis Solutions (www.ignissolutions.com.au) is looking for a friendly receptionist/personal assistant to join our small but growing team. The position is currently available 3 days per week, Wednesday to Friday. The successful candidate will perform reception duties, provide administrative support and assist with school pickups, currently for one child who attends Maribyrnong Primary School. A Working With Vulnerable People card and a driver's licence is required. Previous relevant experience preferred. Salary will be \$20 - \$25 per hour plus 9.5% superannuation, commensurate with experience.

If you would like to apply, then please email your cover letter and CV to: liz@ignissolutions.com.au or call Liz on 0412680702 with any queries.

COMMUNITY EVENTS

The Bite-sized
Largest Show on Earth

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Canberra - Watson

Friday 4th Nov: 7pm
Sat 5th Nov: 11am, 2pm & 7pm
Sun 6th Nov: 11am & 2pm only

Book online early
www.bite-sizedcircus.com

Tickets - 0414 823 917
Standard: Kids \$16, Adults \$22
Ringside: Kids \$25, Adults \$30
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