

4/15 19 March 2015

CALENDAR OF EVENTS

16-27 March	K-2 Swimming lessons
Tues 24 March	P&C Meeting, 7pm
Fri 27 March	Belconnen Swimming Carnival
Wed 1 April	Parent Info Session: Applying for High School, 5:30pm – Year 6 Unit
	Parent Info Session: Volunteering at Kaleen Primary, 5:30pm - Library
Thurs 2 April	SRV Crazy Hair & Socks Day
Tues 7 April	KPS Cross Country Carnival
Wed 8 April	Parent Info Session: ICT – Using the Web at Home, 5:30pm - Library
Fri 10 April	Last day of Term 1
	Whole school assembly, 2:15pm
Tues 28 April	First day of Term 2

Last Thursday, Kaleen Primary students participated in Harmony Day activities to celebrate Australia's diversity. The activities promoted cultural respect and diversity. Our Year 6 students highlighted their potential in the first test of their leadership by the efficient way they worked with all students and directed them throughout the program. Fantastic effort Year 6 students you made us all proud!



Minister for Education and Training Joy Burch MLA with Year 5 students Patrick, Mahnoor, Shoojo, Latoya and Thara at the "Say No to Racism" launch

Also last week, Kaleen Primary hosted the launch of the "Say No to Racism" program that

aims to build an engaging school culture by providing an environment where students feel that their culture, history, past experiences and identity are recognised and valued. Equally importantly, it helps students to feel a sense of belonging with their school and that other cultures, history, experiences and peoples are valued and worth learning about.

The program educates students on different cultures whilst reinforcing school's values and aims to empower students to take action to prevent and reduce racism. The Student Representative Council will support this by promoting anti-racism, cultural diversity and social inclusion to all students. It will also facilitate inclusive student activities to develop strategies to improve equity, fairness and the quality of school life for all students.

NDIS INFORMATION EVENING

The National Disability Insurance Scheme Information evening will be held at Macgregor Primary School on Monday 23 March at 6pm. Representatives from the National Disability Insurance Agency and the Education and Training Directorate will cover the following topics:

- Raising awareness of the NDIS and NDIA
- An explanation and discussion of the application process
- Answering any questions from parents or school staff

If you have any questions regarding this information evening please contact Kyrie Douch, Disability Education Partner for North/Gungahlin and Belconnen by email kyrie.douch@act.gov.au or 6205 2714.

FUNDRAISING FOR VANUATU

Our Student Representative Council has voted to run a **CRAZY** hair and/or **CRAZY** socks day on Thursday 2 April for a gold coin donation to raise money for UNICEF to support families who have lost their homes and possessions during the recent cyclone in Vanuatu.

STUDENT HEALTH AND WELL BEING

Continuing the theme from our last newsletter - I draw your attention to the "7 Habits of Highly Effective Sleepers". Below are some tips and hints to help your child develop good sleep habits.

1. Maintain a regular and consistent sleep schedule for children. Have a set bed-time and waking time – and stick to it!
2. Bed time routine is important. Encourage "winding down" activities in the hour prior to bed. Switch off the TV, tablet or computer during this time; engage in a quiet activity (like reading); start to lower the ambient light level.
3. Especially in the afternoon, avoid caffeinated products (including chocolate!). Also, try to time the evening meal such that children have time to digest their food prior to heading to bed.
4. Look at your child's room. Their bedroom should be dark, quiet and not too hot or too cold at night. They should only have one or two toys in the bed with them – bed is for your child, not their teddies!
5. Minimise screen time. Remove all TVs, tablets, computers and other devices from your child's bedroom. Research has indicated that the blue light emitted from the screens of such devices can disrupt the production of Melatonin, which regulates the sleep-wake cycle.
6. Exercise is important! Expending energy throughout the day promotes physical fatigue – as little as 20 to 30 minutes of daily exercise can help. Relaxing exercise, such as yoga or gentle stretching, may be

more beneficial in the afternoon to promote sleep in children.

7. Quiet minds promote sleep. If your child is a worrier, schedule time in the afternoon (well before bedtime) for your child to state and address their worries. If the worries are raised again at bed time – you are able to mention that they were dealt with earlier in the day. Relaxation and meditation can be a nice way to calm a busy mind at the end of the day – see www.dinosnores.com as an example.

If you have any concerns about your child's sleeping habits, please contact your family's General Practitioner.

INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS (ICAS)

Students from Year 2 (English and Mathematics only) and Year 3 – 6 are invited to take part in the 2015 International Competitions and Assessments for Schools (ICAS) in Science, Writing, Spelling, English, Mathematics and Digital Technologies (formerly known as Computer Skills). An information letter went home with students on Wednesday so please check your child's bag if you haven't received this or check the school website under "Our School" then "Notes".

STUDENT ACHIEVEMENT

Congratulations to the following students:

On 14 March Aditya (5L) and Arya (2S) participated in the Pi competition to celebrate "Ultimate Pi Day" at Dickson College. Students from across our cluster gathered to participate in a competition to recite as many digits of Pi as possible. Students ranging from Year 2 to Year 12 competed in three divisions: Primary, High School and College/Open. Congratulations to our Primary School champion Aditya who



recited 191 digits and Arya who received a high achiever award for her efforts in the junior school section.



Earlier in the year I asked my parents if I could shave my head for The Worlds Greatest Shave. I've always wanted to do it. Last Friday my Mum and my sisters shaved my head. The World's Greatest Shave raises money for Leukaemia research and I have raised \$660. If you are quick it is still possible to donate. Go to the World's Greatest Shave website then search James Rowntree. I have really enjoyed raising money for a good cause and I'm thinking about doing it again next year, my Dad even said he'd do it with me.

Jamie (5B)



In the recent Canberra Centenary Photo competition, Taylor (4L) won first place in the 7 year old category for a picture of the acorn playground she took at the arboretum. She won a 3D solar powered acorn mosaic. Older sister Latoya (5B) won first place in the 9 year old category for a picture she took of a metal gate and the Telstra Tower. Her prize was a 3D collage picture made of recycled television glass.

Lachlan (1Q) recently competed in the Junior Baking Competition (Under 12's) at the Royal Canberra Show. He won 1st place for his cake and 3rd place for his Anzac biscuits.



SUMMING UP

It has been another great week of learning and fun at Kaleen Primary with our Student Representative Council Years 1-6 (Wednesday fortnight), recorder band (Tuesdays and Thursdays), social chess club (Tuesdays) and homework club (Tuesdays and Thursdays) commencing. Activities like the homework club that provide students additional support with their learning are part of our ongoing commitment to providing extension and enrichment opportunities for our students. If you come to the front office over the next few weeks you will notice changes. These changes are being implemented to improve communication, make our school more welcoming and promote our diversity. Next edition, I will be highlighting the key priority areas from our school strategic plan and major initiatives planned for 2015.

Thank you for the photos and articles about our amazing students – I have really enjoyed learning about their talents and enterprise – please keep them coming!

Just a reminder that our next Parent and Citizens meeting is scheduled for Tuesday 24 March at 7 pm in our school library. You would be very welcome!

Laurie Campbell – Principal

WHAT'S ON @ THE RESOURCE CENTRE

Additional Borrowing Times

Monday and Wednesday between 3-3:30pm
Tuesday, Wednesday and Thursday lunchtimes
from 1:10-1:35pm

Internet Cafe

Wednesday mornings – 8:45-9:30am

Volunteers Required

Friday mornings – 9-11am
for resource preparation – book covering,
stamping and hinge taping

For further information, contact Julia or Krissy
in the Resource Centre

BOARD REPORT

The board met for the first time this year on Tuesday 17 March. The board discussed enrolment numbers and school facilities as the current Preschool cohort move into Kindergarten and beyond over coming years.

Julia Tapp discussed the KidsMatter framework and the next phase of implementation, the social and emotional learning programs. The KidsMatter action team are exploring existing programs already used at other schools and those that staff have used elsewhere. Other proposals include making the foyer more welcoming, providing additional seating throughout the grounds and enhancements to the junior playground to provide activities for junior students (Kindy to Year 2) as well as make the play spaces more structured/less open to assist in the transition from Preschool to Kindy. We discussed the whole school approach to a common language used from Preschool to Year 6 to provide consistency and encourage school values.

The board was informed that the school is currently considering options for ICT devices as an alternative to the "computer lab" model to ensure the best technology to match modern learning requirements.

We also discussed Voluntary Contributions and decided that the amounts will remain the same as for the past two years - \$95 for one child and \$150 for a family. A note will be sent home to each family. Please be aware that as voluntary contributions are confidential, a note must be distributed to each family regardless of whether you have paid or not. If you have already made a contribution, we thank you kindly for your donation and please disregard any further notices.

Kate Rowntree, the outgoing board chairperson, was thanked for her tireless commitment on the board over the past two years.

The board will meet again early in Term 2. If you have an issue you would like to discuss, the board parent representatives' contact details are on the front of every newsletter.

Anne-Maree Wigney – Parent Representative

SWIMMING CARNIVAL 2015



Fun for all in and out of the water – junior school activities at the swimming carnival

A wonderful day was had by all at this year's combined Kaleen and Giralang Primary Schools swimming carnival. It was a fantastic day that saw a high level of participation from all students across the school in both swimming races and novelty events. Not only were superb efforts achieved by our experienced swimmers, many of our less experienced swimmers showed amazing determination, many completing events they had never attempted before. Participation and fun was a feature of the junior school rotations. Teachers were impressed not only by the outstanding performances in the pool, but by the encouragement, support and camaraderie demonstrated by all Kaleen and Giralang students. The cooperation between the students from both schools was fantastic!

Thank you to all staff and the many parent helpers and spectators who contributed their time and support throughout the day. Special thanks to the precision time keeping assistance provided by parent helpers Katherine and Anne-Maree Wigney.

Murrumbidgee are the 2015 Kaleen Swimming Champions winning a very closely contested carnival with Hawkesbury second, Snowy third and Cotter fourth. This year very few points separated all four houses – every swimmer earned points for their house. Full results are displayed in this newsletter. Congratulations to all students, staff and parents involved.

Health and Physical Education Committee

SWIMMING CARNIVAL RESULTS 2015

BOYS			GIRLS		
<i>EVENT</i>	<i>PLACE</i>	<i>NAME</i>	<i>EVENT</i>	<i>PLACE</i>	<i>NAME</i>
100m Open Events					
Freestyle	1	Kyle	Freestyle	1	Eli
	2	Luke		2	Olenka
	3	Sam		3	Khiana
	4	Jakub		4	Sophie
Backstroke	1	Kyle	Backstroke	1	Olenka
	2	Luke		2	Khiana
	3	Jakub		3	Marni
	4	Josh			Amy
Breaststroke	1	Kyle	Breaststroke	1	Eli
	2	Luke		2	Amy
	3	Andy		3	Sophie
	4	Zach		4	Marni
Butterfly	1	Luke	Butterfly		
200m IM	1	Kyle	200m IM	1	Eli
	2	Luke		2	Olenka
	3	Hugh		3	Amy
50m Freestyle					
8yrs 2007	1	Ananth	8yrs 2007	1	Anna
	2	Rayeed		2	Piper
				3	Chloe
9yrs 2006	1	Aden	9yrs 2006	1	Melissa
	2	Edmond		2	Tessa
	3	Callum		3	Angelina
	4	Will		4	Lauren
10yrs 2005	1	Kyle	10yrs 2005	1	Sophie
	2	Sam		2	Thara
	3	Gen		3	Marni
	4	Zach		4	Laura
11yrs 2004	1	Jack	11yrs 2004	1	Olenka
	2	Shoorjo		2	Amy
	3	Patrick		3	Faith
	4	Jamie		4	Ananya
12yrs 2003 & over	1	Luke	12yrs 2003 & over	1	Eli
	2	Daniel		2	Khiana
	3	Cameron		3	Aimee
	4	Josh		4	Emily

SWIMMING GARNIVAL RESULTS 2015 (continued)

BOYS			GIRLS		
EVENT	PLAGE	NAME	EVENT	PLAGE	NAME
50m Backstroke					
10yrs & under	1	Kyle	10yrs & under	1	Laura
	2	Sam		2	Anna
	3	Zach		3	Finella
	4	Matthew		4	Sophie
11yrs 2004	1	Jack	11yrs 2004	1	Olenka
	2	Hugh		2	Asher
	3	Patrick		3	Ananya
	4	Alexander		4	Amy
12yrs 2003 & over	1	Luke	12yrs 2003 & over	1	Eli
	2	Daniel		2	Khiana
	3	Josh		3	Lily
	4	Josh		4	Ashlea
50m Breaststroke					
10yrs & under	1	Kyle	10yrs & under	1	Jacinta
	2	Andy		2	Finella
	3	Sam		3	Sophie
	4	Zach		4	Anna
11yrs 2004	1	Hugh	11yrs 2004	1	Amy
	2	Luann		2	Olenka
	3	Shoorjo		3	Ananya
	4	Alexander		4	Faith
12yrs 2003 & over	1	Luke	12yrs 2003 & over	1	Eli
	2	Daniel		2	Khiana
	3	Cameron		3	Lily
	4	Josh		4	Emily
50m Butterfly					
10yrs & under	1	Kyle	10yrs & under	1	Anna
	2	Sam		2	Finella
	3	Archie		3	Thara
		4		Marni	
11yrs 2004	1	Hugh	11yrs 2004	1	Olenka
	2	Shoorjo		2	Amy
	3	Patrick		3	Faith
	4	Alexander		4	Charlotte
12yrs 2003 & over	1	Luke	12yrs 2003 & over	1	Eli
	2	Daniel		2	Khiana
	3	Josh		3	Aimee
	4	Vaun			

HARMONY DAY CELEBRATIONS @ KPS

Preschool Afternoon Tea



On Tuesday 17 March Kaleen Preschool held a wonderful Harmony Day afternoon tea for the families of red and purple groups. Thank you to all the families who brought some afternoon tea to share, it was great to sample so many foods from different cultures. We look forward to hosting many more community events throughout the year!

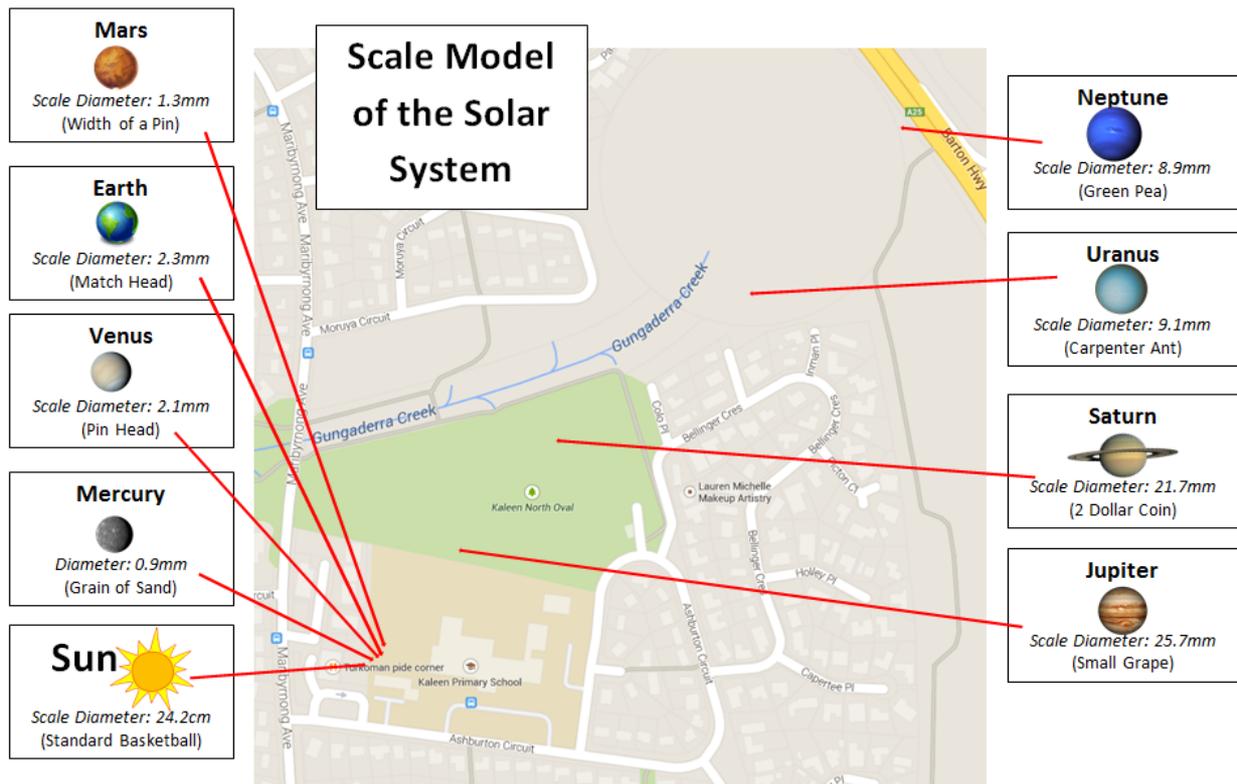
Kindy-Year 6 Rotation Activities: Inclusiveness, respect and a sense of belonging



YEAR 5 SCIENCE

This term, Year 5 have been learning about Earth's place in Space. We have been studying the solar system and the distance from the sun. On Wednesday 11 March, Year 5 made a scale model of the solar system by walking the distances of the planets from the sun. We started at the Preschool and we used a basketball as a replica of the sun. To measure the distance we used a measuring wheel and we ended up near the Barton Highway!

Chanel (5L), Mahnoor (5L), Dylan (5S) and Alyssa (5S)



'It has been an amazing experience this term, learning what is beyond us!' Aditya (5L)

'Even though we have only been in Year 5 for six weeks, Science so far has been amazing!' Alexander (5S)

'Year 5 had such a great time!' Amy (5L)

