



Anula Primary School news

Dear parents and carers,

Thursday 14th February, 2019
Term 1 • Week 3

Upcoming Events

Assembly Dates

Wednesdays

- 27 February—Area 8
- 13 March—Area 4
- 27 March—Area 1
- 10 April—Area 2

Pupil Free Day

Friday 5th April

Thank you so much to the families who attended Tuesday night. It was fabulous to see the event so eagerly supported. Many families left some wonderful comments for our teachers. It is brilliant for teachers to hear that the hard work and dedication to their profession is appreciated and valued, so thank you. There are formal parent/teacher interviews being held in week 7 so this will also provide you the opportunity to have a more formal conversation with your child's teacher around academic progress, their progression towards their learning goals and how they are going both socially and emotionally which is as equally important to opening up to new learning and achievement.

It is with great pleasure that I welcome Amber Lu to our school. Amber is an exchange student here from China to teach our mainstream children Mandarin. The Early Year's classes from Transition to Year 2 will receive a half hour lesson every week and the year 3 to 6 classes will have an hour lesson per week. We feel very privileged to enter this partnership with the Department of Education as well as the Confucius Institute from Charles Darwin University. Amber will be here 5 days per week for the entire year. She will be a real asset to our school and of great benefit to our students.

On Tuesday Athletics NT held a trial afternoon in the assembly area to showcase their program that will be held every afternoon on the school grounds from 3pm – 4pm on a Tuesday. The afternoon session is open to all year levels and the cost of the weekly sessions is covered by the sports voucher, so there are no out of pocket expenses. The program teaches the children the fundamental skills of throwing, catching and kicking enveloped in team and individual sport activities that focuses on building sportsmanship and fair play. If you would like your child to be a part of the lessons it is not too late as they only had a trial on Tuesday. Please contact the front office for enrolment details.

This term we are very privileged to have Shirley Neve return to our school working in a different capacity. Shirley has had a real interest and passion in Play Therapy and as part of the successful completion of her studies she is required to conduct 100 clinical hours of working with children as a Play Therapist. We are very fortunate to have Shirley completing a large component of her 100 hours here at Anula and she is working with a number of our families across all year levels of the school. It is wonderful to have you back Shirley and what an exciting opportunity for our families and students.

A reminder the annual AGM will be held in the library on Tuesday 26th February, commencing at 6pm. The AGM will focus on delivering our annual school report and our targeted focuses and projected deliverables for 2019. Elections will take place for continuing and new members. There will be a short school council meeting following the AGM. We always welcome new members to our school so if you would like to be involved please come along. I look forward to seeing you there.

Have a wonderful remainder of the week and a restful, enjoyable weekend.

Kind regards

Melinda



School Contact Details

Phone: (08) 8997 7500

Text: 0427 016 460

Email: anula.admin@ntschoools.net

Web: www.anulaprimarieschool.com



Physical Education/Health

As a committed and passionate Physical Education and Health teacher at Anula Primary School for the past several years, I have witnessed the many benefits of sport participation for children and believe that physically active children are more likely to mature into physically active adults. Some of these benefits include:

- reducing the risk of obesity
- increasing cardiovascular fitness
- healthy growth of bones, muscles, ligaments and tendons
- improving the coordination, balance, sleep, social skills, cooperation and leadership
- mental health benefits, such as greater confidence

Supporting Learning:

To help support your child's learning could you please ensure your child brings a nutritious lunch and recess (try to limit sweets/package foods where possible).

Water bottle, closed shoes, bucket hat and sunscreen if they have allergies.

Supporting Clusters:

To enable students to participate in as many cluster days as possible, parent support is vital. If you're in a position to volunteer for one of our cluster days please get in contact with myself or the front office to let us know. I will provide a list of events in the corridor with permission notes. Please note, late notes will not be accepted.

Term Program:

This term, students will be learning team sports that incorporate elements of kicking, catching, bouncing and fundamental movement skills.

If you would like to get in touch with me please don't hesitate to send an email to ryan.starkey1@ntschoools.net or give me a phone call on 0439 860 947 or pop into my office and have a chat. Kind regards, Ryan Starkey.



The Arts

The Arts program at Anula is carefully structured to build skills, confidence and knowledge of all things Art. The Art Room is in Area 10. The walls have a mural featuring local wildlife; magpie geese, red-tailed black cockatoo and frilled neck lizards spray painted by one of our parents.

In Term 1, students will be focusing on the following areas:

- Transition – Making an Art book and Introduction to the Art room - and everything in it!
- Year 1/2 – Developing new skills - dragon making.
- Year 3/4 – Sculpture from recycled materials.
- Year 5/6 – Drawing skills and studying famous artists; Leonardo, Yayoi Kusama, Vincent Van Gogh.

'Art Club' is open on a Wednesday during lunch with opportunities to discover, explore and create. Parents are always welcome to drop in – especially at the end of the day to see what your child has created, what the program looks like, how you can help out or find out what we collect and recycle.



Science

Already I have had wonderful experiences with your children this last week with students bringing me a vacated chrysalis, showing me iridescent beetles and asking me many questions such as "Do fish see water the same way that we see air?" I truly look forward to the continuation of this wonder and curiosity throughout the year while conducting our Science program.

This term we are learning about living things (Biological Sciences) – what they need to survive, how they are different to non-living things, why they live where they live, what happens when their habitat changes, and the big one – how do humans impact on other living things? If you or someone you know works in a science related field and would like to participate in our program e.g. by talking with students or loaning resources please feel free to contact me at Fiona.courtney@ntschoools.net. I'm also keen to hear from anyone who'd like to get involved in the Earth Turtle Environment Group and developing our school's sustainable practices.



RUN, JUMP, THROW, FUN!!!

Anula athletic skill development program

Term 1 Week 3-11

Tuesday's 3-4pm –Anula School Oval

Contact the school office to register NOW, spaces are limited.

Use your sports voucher - \$100.00 per student



KIDS CONNECT

Save the Children will be providing wellbeing support for students and families at Anula Primary School during 2019, via the Kids Connect program.

Kids Connect is an evidence based, structured wellbeing program that supports children to obtain and develop social and emotional skills and tools. Some topics covered are respect, problem solving, self-regulation and bullying. These topics are covered through group activities, games, challenges and interactive learning opportunities.



Self-regulation



Bullying

Students will have the opportunity to participate in the program via referrals from the School Principal and teachers. Kids Connect is voluntary, with parents/carers required to sign a consent form before their child commences the semester length program. Parents/carers are also encouraged to attend end of term family events to celebrate their child's achievements. Looking forward to seeing you around the school!



Welcome to 2019. Thank you to these lovely students, Ali Abou Jalalah and Sienna Ridley for modelling our wonderful Year 6 shirts.

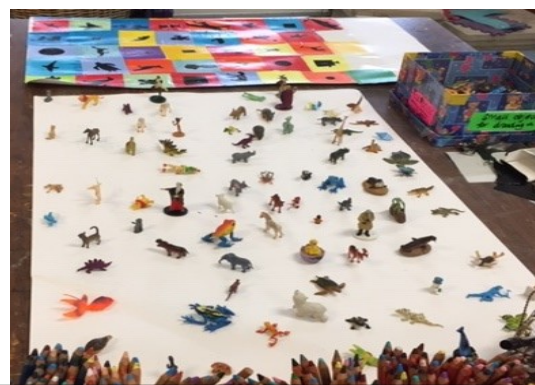
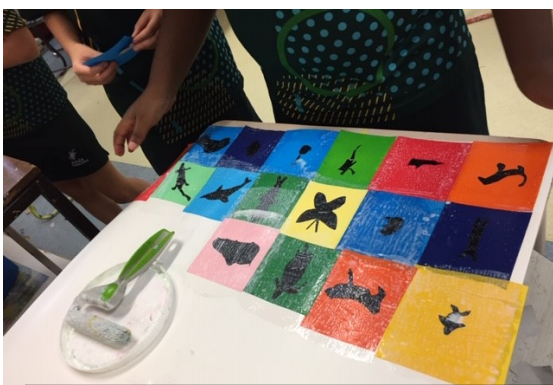


Keeping Our Children Safe!

To improve road safety at our school, we now have a monitored children's crossing morning and afternoon.

Please encourage your child to cross at the monitored crossing (near Springhill St).

A big thank you to Barbie, Kane and Janace who will be helping your child cross safely.



Playing a quick memory game shows how good we are at noticing tiny details - noticing what's missing from the panorama in front of us! Using this knowledge students drew an outline of one of these tiny objects. Using the specialized cutting technique of moving the paper around the descending scissor blade, students cut out their shapes. Then they use rollers to apply the diluted PVA glue onto coloured squares and cut out shapes to make a whole poster. Every class produced a poster in week 1 in just 50 minutes!!!



Learners of the Week



EARLY YEARS

McDONELL - Marley Liddle, Zac Milford
 WHITE - Owen Greene, Samuel James
 PHILPOT - Oscar Maddison, AJ Clayton
 CURRINGTON - Simon Regmi
 SCOTT - Shyla Quickenden, Andrew Laing
 THORNE - Zac Hay, Lolita Reynolds
 CORERA - Sydney Veung-Yong, Aiden Fazzolari
 CROSS - Anna Vu, Erika Casey
 TSEBERAS - Aiden Wu

PRIMARY YEARS

HANSEN - Aeldrich Tugano
 GRAY - Baden Dixon, Richard Tomlins
 ELLIS - Jamaine McGee, Emma Allen
 LEES - Jessica Hardwick, Artemios Skandalariis
 MITSAKIS - Bethany Moore, Manolis Melas
 C. WILSON - Willow Clark, Ralph Van Voskuilen
 NEWMAN - Claire Hornsby, Giorgos Chatziminis



This week's attendance figures per year level

Transition	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
93.54%	88.96%	92.93%	88.25%	94.78%	89.13%	90.22%

Transforming Sleep and Rest for Children – Parent Workshop

Do you have a child who struggles with...

- Getting to sleep and staying asleep
- Sleeping long enough
- Snoring
- Sleeping in their own bed
- Excessive daytime sleepiness?



Sleep is essential for children's health and wellbeing. While sleeping, the brain processes and retains information learnt during the day and makes it accessible for future use through long term memory. Lack of sleep impacts on mood, behaviour, judgment and learning.

Deb Hopper (Occupational Therapist) will explain how sleep difficulties affects children's development, learning and emotions, and practical strategies for helping children learn how to get to and stay asleep.

Topics covered include:

- The importance of sleep to developing healthy children both physically and mentally;
- The impact of anxiety and stress on sleep;
- How to change your environment to improve sleep for children;
- Developing and adapting sleep routines to promote healthy sleeping habits through using communication, sensory and behavioural strategies.

Getting proper sleep is the most important issue when children have other behavioural or developmental difficulties.

When you leave this workshop you will have practical strategies to use tonight with your child.



Teaching Kids to Manage Anxiety – Parent Workshop

Anxiety is an extreme and persistent worry that interferes with participating in everyday life at home, school and in the community.

Impacting about 7% of children, it can be debilitating and devastating for children.

Symptoms might include:

- panic attacks;
- physical fear reactions;
- avoidance of situations;
- social withdrawal;
- negative 'behaviour';
- self regulation difficulties; and
- learnt fear for specific events that can easily be triggered.



Deb Hopper (Occupational Therapist and author) will explain the extent of anxiety in children and provide practical and easy to understand strategies to support children and decrease anxiety. Deb is the author of *Teaching Kids to Manage Anxiety: Superstar Practical Strategies* and *Fireworks Freak-Out: How Eddy and Monica Chill-Out*.

Topics covered include:

1. Signs of how to recognise your child is anxious;
2. The extent of anxiety in children;
3. How you can teach children language and words to tell you how they are feeling;
4. An overview of Deb Hopper's Just Right Kids Model for kids to communicate when they are anxious;
5. Practical strategies for helping kids with:
 - Learning Anxiety
 - Sensory Anxiety
 - Social Anxiety
 - Emotional Anxiety
 - Transitional Anxiety

When you leave this workshop you will have practical strategies to use tonight with your child.



If you are interested in any of these courses please come to front office where we have the enrolment forms you can complete.

ORCHARD BUSY BEE

Saturday 2nd March

8am—10am

Meet at the bike cage.



The 'Just Right Kids' Sensory Processing Workshop - For Professionals

Do you have a child who struggles with...

- Behavioural difficulties
- Emotional meltdowns
- Self-regulation difficulties
- Concentrating
- Learning difficulties at home and in class

Sensory Processing is very likely to be part of the problem.

Deb Hopper (Occupational Therapist) will explain how sensory processing affects child's behaviour at home, school and in family life.

Topics covered include:

- What is sensory processing, the basics of neurology and how this impacts on function, emotions and self regulation
- Creating a balance between sensory and cognitive approaches
- Creating practical strategies for everyday use in your school or clinic
- Using sensory and cognitive approaches to reducing anxiety and increase participation in daily tasks
- Changing home and classroom environments to support sensory functioning

Bring your tricky case discussion questions for group brainstorming

When you leave this workshop you will understand what sensory processing is, how it effects children and how to identify sensory difficulties in children. You will take home strategies that you can begin to use straight away to help the children in your life.

Network with other professionals where you can obtain ongoing support.



Penalties apply for the following breaches of law:

- Failure to have adequate lighting on bicycle at night
- Riding bicycle incorrectly
- Carrying excess persons on bicycle
- Riding within 2 metres of rear of motor vehicle
- Failing to give way to pedestrian
- Riding in race or trial without permit
- Bicycle rider holding onto moving motor vehicle
- Riding bicycle without helmet, or without a securely fastened helmet
- Rider failing to ensure child or young person wears a helmet on a bicycle designed to carry them.

Requirements for safe cycling:

- 1 Bell or horn in good working order.
- 2 White light at front that works.
- 3 White reflector at front.
- 4 Brakes that work.
- 5 Seat and handlebars adjusted to suit the rider.
- 6 Red reflector at rear.
- 7 Red light at rear that works.
- 8 ALWAYS wear a helmet!



For further information regarding road safety please contact the Department of Planning and Infrastructure, Road Safety Branch.

DARWIN

GPO Box 2520
Darwin NT 0801
Phone: 08 8924 7019
Fax: 08 8924 7077
Email: roadsafety@nt.gov.au

ALICE SPRINGS

PO Box 2130
Alice Springs NT 0871
Phone: 08 8951 5354
Fax: 08 8951 5151

www.roadsafety.nt.gov.au

For current legislation refer to the *Northern Territory Traffic Act and Traffic Regulations*.

www.nt.gov.au/dcm/legislation/current.html

cycling safety



Rules to remember when riding your bicycle



Helmets

- For a person under 17 years of age, an approved helmet must be worn at all times while riding, correctly fitted and fastened.
- For a person 17 years of age or older, an approved helmet must be worn, correctly fitted and fastened, when travelling on a road or on a bicycle lane that forms part of the road.
- The above helmet requirements apply to the rider and any person being carried on a bicycle.

Note: An approved helmet is a helmet that complies with Australian Standard AS/NZS 2063.

You must always have:

- At least one effective brake.
- A bell, horn or similar warning device in working order.

In addition:

When riding at night or in hazardous weather conditions causing reduced visibility, the bicycle must have:

- **Front light** – a flashing or steady white light that is clearly visible for at least 200 metres.
- **Rear light** – a flashing or steady red light that is clearly visible for at least 200 metres.
- **Rear red reflector** – that is clearly visible for at least 50 metres when a vehicle's headlights shine on it.

At all times when riding:

- Keep at least one hand on the handlebars.
- Do not carry more persons on the bicycle than it is designed to carry.
- Do not hold onto another moving vehicle while riding a bicycle.
- Always give hand signals to indicate which direction you are about to travel.
- Do not cause a traffic hazard by moving into the path of a driver or pedestrian.
- Do not carry a load that flaps, sways or overhangs the sides, front or back of the bicycle.
- If you are 16 years old or older, you may carry a person under 10 years in a bicycle trailer if it is safe to do so and the person is wearing a securely fitted and fastened helmet.

When cycling on bicycle paths and footpaths:

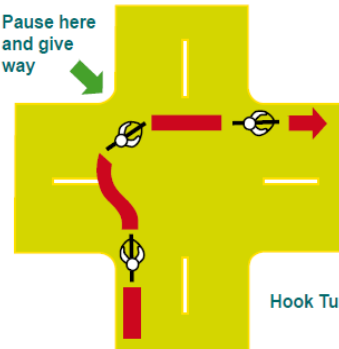
- You must keep to the left of any oncoming bicycle rider.
- You can ride on footpaths (unless prohibited by a 'No Bicycle' sign), but you must keep left and give way to pedestrians.
- Use your bell or horn to warn others, especially when riding up behind them.



When cycling on the road:

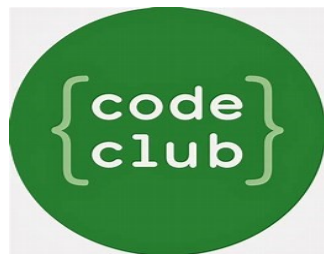
- As a bicycle rider you are "driving" a vehicle. You have the same rights and responsibilities as any other driver on the road.
- You must obey all road rules including traffic signs, lights and road markings.
- You must ride as near as practicable to the far left side of the road.
- You must not ride past, or overtake, to the left of a vehicle that is turning left.
- You can turn right from either the left or right lane of a multi-lane roundabout. If you use the left lane, you must give way to any vehicle leaving the roundabout.
- Do not ride across a road on a children's crossing, marked foot crossing or pedestrian crossing.
- Do not ride within 2 metres of the rear of a moving vehicle continuously for more than 200 metres.
- You can turn right at an intersection by making a 'Hook Turn' (see picture below) unless prohibited.

Pause here and give way



Hook Turn

protect your brains - wear a helmet!



CODE CLUB @ ANULA

lunch times in the library

Tuesdays	Years 1 & 2
Wednesdays	Years 3 & 4
Thursdays	Years 5 & 6
Fridays	all year levels

ANULA SCHOOL FAMILIES ONLY

Having trouble paying your power bills?

If you receive Centrelink assistance, you're eligible for a **FREE home energy audit** - to show you how to save money and energy.

We're giving away \$40 supermarket vouchers for the first 5 eligible participants. Don't Miss Out!

This is an exclusive offer for Anula Primary School families. Phone Lou De Mattia on 0431 336 760 or email lou.demattia@ecnt.org to book your audit.



Environment Centre NT
protecting nature | being sustainable | creating a climate for change



To all the families who attended our Meet the Teacher Night. We had a fantastic turnout with approximately 100 Families attending. We had lots of positive feedback.

'Classroom looks like a great place to learn'

'I'm so happy with my children's learning, thanks'

'Great open door policy. Very inviting classroom'

'Very impressive, thanks for your time & efforts'



Darwin's waste war

City of Darwin is developing a new waste management strategy to guide the way waste is managed in Darwin in the future. We currently throw too much waste into landfill and not enough goes to recycling streams. **We can do better!**



By reducing waste, reusing and increasing recycling, we will:

- extend the life of Shoal Bay landfill and save money
- reduce emissions, pollution and contamination created from landfill waste
- reduce energy consumption and pollution generated by creating new products
- protect limited resources for future generations
- create jobs in recycling industries.

Should we ban recyclable waste from landfill?

Would you like a third kerbside bin for green waste?

Tell us what you think about the options identified in the Waste Management Background Paper.



Visit engage.darwin.nt.gov.au to find out how to have your say.

Children's RECYCLED ART Exhibition



CALLING DARWIN YOUNG PEOPLE!

Put your creative skills to the test with a **recycled art piece** to show us how your family is waste wise and how we can create a waste free future.

Why get involved?

Darwin sends a lot of waste to landfill, in fact 88 per cent of Darwin's waste goes to landfill at the Shoal Bay Waste Management Facility. Just 12 per cent is recycled. This is bad for the environment and will cost us all a lot of money in the future. We need the ideas of young people to help make a waste free future!

Submit an entry

Individual or group works are accepted. All types of artwork are welcome from drawing, painting, printing, collage, sculpture, ceramic, photography and digital art!

Visit engage.darwin.nt.gov.au, call 8930 0197 or email engage@darwin.nt.gov.au to find out more and check out the terms and conditions.

Exhibition Information

When: On display from 17 January to 15 February 2019

Where: Live Darwin Creative Hub, The Mall, Darwin City

Win: Submit your recycled art piece by 11 January 2019 to be in the running for one of three lucky draw prizes.

