



The Macquarie Memo

Issue 37: 25 November 2019

From our Deputy Principal

Dear Families and Friends

Last week both bands had exciting events. The year 6 band participated in Bandstravaganza and the year 5 band had a combined practice with Aranda Primary School. Congratulations to all the students who participated - both were highly successful. If you would like to experience some of the music the bands have been learning please come to this week's assembly.

Thank you to the P&C for the Trivia Night on Friday night. What a fun event for our students.

In preparation for semester two academic reports to be emailed to all families on Thursday 12 December, every family should have received a test email during the day today. This email was sent to the address provided to the school as being the best email contact for each family. Please check your spam and junk email boxes if it does not appear in your inbox. If you did not receive the email please advise us by emailing admin@macquarieps.act.edu.au. Include your child's name so we can ensure we update your email address prior to December 12. If you do not have email access and require a hard copy of your child's report, please let the front office know by Monday 9 December.

All ACT Schools are required to implement an evidence based Social, Emotional Learning (SEL) Program. During 2019 Macquarie Primary School has been implementing the MindUP program.

What is MindUP?

MindUP teaches social and emotional learning skills that link cognitive neuroscience, positive psychology and mindful awareness training utilising a brain centric approach.

The program supports students to learn to self-regulate behaviour and mindfully engage in focused concentration required for academic success. MindUP nurtures optimism, enhances perspective taking, empathy and kindness as well as fostering complex problem-solving skills which help resolve peer conflicts and eliminate bullying and aggression.

What are the benefits of Social Emotional Learning?

Social Emotional Learning is the process through which students acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage their emotions, set and achieve positive goals, understand and show empathy for others, establish and maintain positive respectful relationships, and make responsible decisions.

Durlak et al. (2011) conducted a meta-analysis of 213 rigorous studies of SEL in schools which indicates that students receiving quality SEL instruction demonstrated:

- better academic performance: achievement scores an average of 11 percentile points higher than students who did not receive SEL instruction;
- improved attitudes and behaviours: greater motivation to learn, deeper commitment to school, increased time devoted to schoolwork, and better classroom behaviour;
- fewer negative behaviours: decreased disruptive class behaviour, noncompliance, aggression, delinquent acts, and disciplinary referrals;
- reduced emotional distress: fewer reports of student depression, anxiety, stress, and social withdrawal.

Parents can use some of the strategies we introduce through MindUp at home. Some examples include:

- Connecting with your child through mindful moments - taking time to immerse yourself together in present activities, like listening to sounds, or taking a walk outside, can enrich enjoyment
- Practising gratitude at a family meal - simply noting one thing we are thankful about helps induce positive emotions
- At the end of the day, ask your child to share one or more things that went well today - this helps foster a positive mindset.

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Tuesday 26 November
Meup Meup swimming lessons
Board meeting 4:30pm

Wednesday 27 November
Assembly hosted by Year 5 & 6 bands
Preschool excursion to markets

Thursday 28 November
Preschool excursion to markets

Friday 29 November
Market Day

Wednesday 4 December
Year 6 Farewell committee meeting 5:30pm

Tuesday 17 December
Year 6 Farewell Assembly
Year 6 Farewell dinner

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From our Deputy Principal continued...

Last time I wrote for the newsletter I shared information about the Parent Forum on Bullying. I'd like to continue providing ideas on how you can talk to your child/ren about bullying. For older children you may want to read the book *Wonder* by R. J. Palacio or watch the movie together if you prefer. For younger children there are several picture books that provide opportunity for conversation:

- *Stick and Stone* by Beth Ferry and Tom Lichtenheld is a story about sticking up for your friends
- *Stand Tall* by Patty Lovell is a story about a young girl who knows what to do when a bully picks on her.
- For more ideas go to this link <https://readingaustralia.com.au/2016/03/6-books-about-bullying-and-violence/>.

If you would like the handouts from the forum please don't hesitate to contact the front office.

Have a great week.

Jodie

FRENCH NEWS

2019 ACT French Poetry Competition

During term 3 students from years 3-6 were provided with the opportunity to enter the ACT French Poetry Competition. This involved learning a French poem for their year level and in two categories: Francophone and Non-Francophone.

The students' entries were submitted at the end of term 3 and judged by staff at the Embassy of France in Australia (Canberra).

Macquarie Primary School received a first place for the Year 6 Francophone Category and an Encouragement Award for Year 4 Non-Francophone Category. The two students received their awards at the Alliance Française last Friday evening.

Félicitations

Year 4 Non- Francophone

Nina N – Encouragement Award
Mahtaya F – Participation Certificate

Year 5 Francophone

Zacherie G – Participation Certificate

Year 6 Non-Francophone

Rai A – Participation Certificate

Year 6 Francophone

Perrine G – First Place



A huge congratulations to all the students who entered this year's competition. Each student will receive their certificate at this week's assembly.

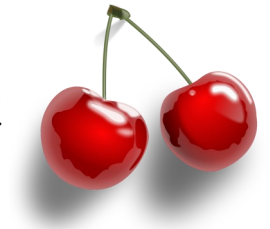
NEWS FROM THE P&C

Kids Trivia Night

Thanks to everyone who came along to our last event for 2019 – the kids trivia night last Friday. It was a fun and somewhat competitive evening with our children keen to show off their general knowledge. Congratulations to the winning teams and thanks to all the parents who helped out on the night.

Cherry drive: order now

Our final fundraising event of the year is the Cherry Drive. Orders can be made using Flexischools with online orders or order forms are available from the office. Proceeds will be used in the upgrade of the school playground. Cherries can be ordered until 5pm on Friday 6 December with delivery scheduled for Wednesday 11 December. Costs - 1 kg Box \$19.00, 2 kg Box \$30.00, 5 kg Box \$50.00



Preschool pop up uniform shop - Last week!

Uniforms will be available to try on and purchase at preschool on Tuesday 26 and Thursday 28 November from 9 to 9:30am.

Uniform shop: Get organised for 2020

The main uniform shop next to Oasis will operate as usual until Wednesday 11 December. Price lists and order forms are available from the office or school website at http://www.macquarieps.act.edu.au/our_school/uniform

Friday 6 December is the last day to order uniform items with Flexischools for delivery in 2019. Orders received after Friday 6 December can be collected at our open times just before school goes back in 2020.

Last weeks of...

- **Breakfast Club.** Free toast and weetbix from 8:45 am—9:00am for all students and friends of MPS.
- **Canteen.** Logon to www.flexischools.com.au to view the full menu and to make an order before Friday 8:30am (sorry no cash orders).

Other P&C news: Gardens and Grounds update

Did you know that our garden and grounds sub-committee has been busy throughout the year with various projects and tasks to improve and enhance the school grounds?

Working together with the school we have:

- progressed landscape architect plans for the new Adventure Zone garden
- developed the garden of first impressions (the rose garden in front of the Brindabella Building)
- removed unnecessary fences that divided the landscape
- pruned and maintained bushes around buildings including making little passageways for kids to play in
- had a successful working bee to replant the sculpture garden.
- installed musical instruments in sculpture garden
- raised garden beds by the library steps
- purchased a lawn mower for the Building Services Officer to use
- planted callistemons in front of staff parking to avoid glare into classrooms.

Sheree Murray

P&C President

NEWS FROM THE STUDENT REPRESENTATIVE COUNCIL

Belconnen Community Service (BCS) Giving Tree

The SRC are proud to be partnering with Belconnen Community Service to make Christmas a little brighter for families in our community. For many, the Christmas season can be a difficult time. Some families, individuals and young people struggle to make ends meet. You can make Christmas a little brighter for someone in Belconnen by giving generously to the BCS Giving Tree.

Each year, with generous donations from our community, BCS prepare and distribute up to 100 hampers to households in Belconnen. A hamper contains some delicious treats, special decorations and a gift for each family member.

Please bring all donated items to your child's classroom. The donated items will be collected by Belconnen Community Service.

We ask that all donations are received at school by **Friday 29 November**.

Giving Tree Donation Suggestions:

Store and movie vouchers

Children's toys

Delicious Christmas treats

Christmas decorations

Sports equipment

Interesting stocking fillers

Homewares

Books

Board games

Stationery gift packs

Personal care gift packs

Items appropriate for older children, young people and adults are encouraged.

To help BCS provide a dignified and respectful service, they kindly request:

All goods must be new and not wrapped.

Second-hand items cannot be accepted.

They do not require everyday food items.

Please note, BCS cannot accept items that do not meet current safety standards or have been recalled.

Thank you for your donations

Macquarie Primary School Student Representative Council



LIBRARY NEWS

Please remember to return ALL library books by next Friday December 6, ready for stocktake.

What does it take to make?



This term, we have been investigating how and why things are made with a focus on sustainability.

We have been researchers, collaborators and communicators.



NOTES HOME & REMINDERS

All notes are available on our school [website](#)

| EVENT DETAILS | YEAR GROUP | DATE DUE BACK |
|--------------------------------|-----------------|--------------------------|
| SAS reporting email collection | All families | ASAP |
| Year 6 Farewell invitation | Year 6 | RSVP by 6 December |
| Class Dojo | All families | ASAP |
| Class Creator and ACER | All families | ASAP |
| Band payments | Members of band | Payment ASAP |
| Voluntary contributions | All families | Payments always welcomed |

MERIT AWARDS

Please congratulate the following students who will receive merit awards at Assembly on Wednesday:

Burugun - Sireen and Krish

Gula - Prithika and Imogen

Buru - Ella and Tanya

Tamariki - Tia and Nathan

Yurwan - Maddy and Miles

Whanau - Hector and Dinar

Jooba Budgiels - Pranav, Angus and Tristan

Woggabaliri - Neve and Om

Maliki - Arnav and Alana

Birrigai - Annika, Elyssa, Ilan, Ayok, Liam, Luca and Dacoda

Gurumbul - Abbygail and Isobel

Wollway - Ryan and Eden

Ohana - Shaban

Daramoolen - Owen and Maidah

Komiti Reta - Reuben and Jaquie

Meup Meup - Michael and Alex

RECEIVE THE MACQUARIE MEMO VIA E-MAIL

If you would like to receive the Macquarie Memo via email, please email admin@macquarieps.act.edu.au or contact the Front Office.

Macquarie Primary is an ANAPHYLAXIS AWARE SCHOOL

Avoiding all nuts and soft shell crab.

SCHOOL CONTACT DETAILS

Office hours: Monday — Friday 8.30am — 3.30pm

Uniform Shop — Opening Hours

Monday: 8.45am—9.15am
Wednesday: 3.00pm—3.30pm
Friday: 8.45am—9.15am

Library

Open for families
Mon, Tue, Thur, Fri
8.30am—9.00am

| | | | | |
|--------------------------|------------------------------|--------------------------|--------------------|----------------------------------|
| Phone K-6 site: | 02 6142 1550 | Principal | Danielle Porter | danielle.porter@ed.act.edu.au |
| Phone preschool: | 02 6142 1570 | Deputy Principal | Jodie Rowell | jodie.rowell@ed.act.edu.au |
| Email: | admin@macquarieps.act.edu.au | Executive (P-Yr2) | Stacey Naden | stacey.naden@ed.act.edu.au |
| Website: | www.macquarieps.act.edu.au | Executive (Yr3-6) | Veronique Canellas | veronique.canellas@ed.act.edu.au |
| Facebook: | http://www.facebook.com/ | Business Manager | Ann Walker | ann.walker@ed.act.edu.au |
| P&C President | Sheree Murray | Board Chair | Janet Hope | janetehope@gmail.com |
| | macquariepandc@gmail.com | | | |

COMMUNITY NOTICES



VIEIRA DANCE SCHOOL OF EXCELLENCE 2019

presents

ARABIAN NIGHTS

A magical show of dancing, music and
humour for the whole family

2pm & 6pm, Saturday 30 November 2019

Queanbeyan Performing Arts Centre,
251 Crawford Street, Queanbeyan

<https://theq.net.au/>



JANUARY HOLIDAY
CRICKET CAMPS & T20S

ACT CAMP 1
20th - 22nd January
Radford College,
1 College Street, Bruce.

ACT CAMP 2 (GCC)
23rd - 24th January
Kippax Oval
Ormsby Place, Holt.

ACT CAMP 3
28th - 31st January
Radford College,
1 College Street, Bruce.

TIMES: 9AM - 3PM EACH DAY
(8:30am early drop off, pick up
no later than 3:30pm please).



\$375 FOR 4 DAYS
\$295 FOR 3 DAYS
\$110 A DAY

Catering for ages 7-15 we offer intensive individual and group skill development for all ages and stages across all facets of the game. With an excellent coach to player ratio and incorporating current and former first class cricketers it's the perfect environment for the kids to have heaps of fun, make new friends and take their game to a new level.

PHILOSOPHY

We are passionate about helping each and **every player achieve their goals** and reach their potential through expert coaching in a **fun, challenging, positive and professional environment**. Through the game of cricket we ultimately aim to help our players **learn, grow and develop** into becoming better people.

Up to 4 days of T20 games and high-quality coaching with specialists in batting, bowling, fielding & wicketkeeping focusing on the specific technical, tactical, psychological & physical skills required in each discipline.

Players will be exposed to a variety of games and drills designed to improve confidence, self belief, concentration, team work and leadership skills all while having a ball with their friends.

SPECIAL GUEST COACHES HAVE INCLUDED:

- Steve Smith
- Peter Neville
- Daniel Christian
- Trent Copeland
- Geoff Lawson
- Pat Cummins
- Chris Tremain
- Scott Henry
- Ben Rohrer
- Kurtis Patterson
- Josh Lalor
- Jono Dean



BOOK NOW

DAVID DAWSON - 0434 210 082
ADMIN@PROPERFORMANCECRICKET.COM

PROPERFORMANCECRICKET.COM

@properperformancecricket @properperformancecricket



**Here to assist any
person who wants
information or to
chat about
parenting**

Call us
6287 3833
9am-5pm