Expert Panel Review on Students with Complex Needs and Challenging Behaviour

You may have heard the report of the Expert Panel Review on Students with Complex Needs and Challenging Behaviour and the Government response was recently released. The Government will be acting on all of the recommendations in the report.

The Expert Panel recognised that the ACT has strong schools systems and achieves outstanding results on many measures. The Review rightly draws attention to the commitment, expertise and good practice that is evident in many schools.

It also identified challenges for schools in supporting students with complex needs and challenging behaviours. This is an important issue for all of us in the Canberra community and we will be working with other schools and services to build on the great work already being done.

There will be further opportunities to allow families and students to discuss the report and Government response, however I encourage you to discuss the report with me on 62057322 should you have any questions.

The report and the Government response can be found on the Education and Training Directorate website: www.det.act.gov.au

National SunSmart School Status awarded

Our school has been awarded status as a SunSmart School. A copy of the school’s SunSmart policy will be available on the school website next week. You are encouraged to read it, as being SunSmart is a shared responsibility between the school and the parents/carers. The SunSmart policy addresses the wearing of SunSmart hats, clothing and sunglasses, the application of sunscreen, shade and outdoor activities. Remember that in the ACT.

Beginning of August is Sun Smart Hats On for all of us!

End of May is Hats Off day!

If your child has lost their SunSmart hat in their house colour these are available for purchase from the front office for $5.00.
Christian Education in Schools

Following a parent request, we have booked Christian Education in Schools to present a 1 hour lesson on ‘Christmas Celebrations’ on Monday 14th December. The time is yet to be confirmed but it will be during normal school hours. If you would like your child to attend please contact the front office on 62057322 or via email info@charnwoodps.act.edu.au and we will send home the required consent forms and information. Parents are able to request religious lessons in any religion and organise for the appropriate organisation to present similar lessons at the school.

School Strategic Plan

As you may be aware our school completed external validation this year.

The full External Validation Report will soon be available on the school website.

We are currently writing a new Strategic Plan for the school for 2015-2020.

We have based the priorities in the Strategic Plan on the recommendations from the external validation report, data from our school satisfaction surveys as well as system and school assessment and survey data.

Please contact the school on 62057322 if you would like to meet with a member of the executive team to find out more and have your say about what should be included in the Strategic Plan.

We value your input into the School Strategic Plan.

Year 6 Market Day

On December 2, 2015 Year 6 will be hosting a market day. At market day there will be different stalls for student engagement and enjoyment. The stalls will include a Beauty Stall, Fear Factor, Food Stalls, Water Splash, Raffle, Wheel of Fortune, Chocolate Throw and Minute to Win it. To make market day run smoothly and to save time, we have sent a note home about market day dollars. Market day dollars is a way for children to use money safely and easily to ensure that market day is a success and everyone has an enjoyable time.

Sonya & Madison
Year 6 Leaders
Kindergarten Vet Clinics

During weeks 5 and 6 some of the pre-schoolers visited the ‘Vet Clinic’ set up by one of the Kindy teachers.

All the children had an opportunity to talk about their pets, and discuss with other students their concerns.

This was a great opportunity to build stronger relationships with other students and teachers in the school.

A very big thank you to Drs Tony and Michael from the Gungahlin Vet Hospital for their very generous donation of vet supplies for our “Kindy Vet Clinics”.

Here are some of the pictures from the preschool visit.

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Reading Workshops

This year we have implemented Reading Workshops right across the school. From 9.30-10.30 everyday students have been engaging in a variety of reading activities that build their strategies and confidence. As part of the implementation phase we have been collecting a lot of data from our reading results and student surveys and we are really excited with what we are seeing. The students are feeding back that:

- On average they now use twice as many strategies to read unfamiliar texts
- On average they have had a 20% increase in their desire to read
- On average they have a 10% increase in their confidence to read difficult words

Teachers are really happy to see students being able to verbalise their reading strategies and really importantly are seeing a huge growth in engagement and excitement around lessons. We are really proud of these short term results and can’t wait to see what Reading Workshops in 2016 brings. A huge thank you to the families who are fitting reading into their routines at home, reading for enjoyment at home really helps develop confidence and refine skills.
Mental Health—River of Well-being

When a person’s brain is well integrated they enjoy mental health and well-being. Imagine a peaceful river running through the countryside. That’s your river of well-being. When you’re in the water peacefully floating along in your canoe, you feel like you’re generally in a good relationship with the world around you. You have a clear understanding of yourself, other people and your life. You can be flexible and adjust when situations change. You are stable and at peace.

Sometimes, though, as you float along, you veer too close to one of the river’s two banks. This causes different problems depending on which bank you approach. Instead of floating peacefully in the river you are caught up in the pull of tumultuous rapids and confusion and turmoil rule the day. You need to move away from the bank of chaos and get back into the gentle flow of the river.

But don’t go too far because the other bank presents its own dangers. It’s the bank of rigidity, which is the opposite of chaos. As opposed to being out of control, rigidity is when you’re imposing control on everything and everyone around you. You become completely unwilling to adapt, compromise, or negotiate. Near the bank of rigidity the water smells stagnant, and tree branches prevent your canoe from flowing in the river of well-being.

So one extreme is chaos, where there is a lack of control. The other extreme is rigidity, where there is too much control, leading to a lack of flexibility and adaptability. We all move back and forth between these two banks as we go through our days. When we’re closest to the bank of chaos or rigidity, we’re farthest from mental and emotional health. The longer we can avoid either bank, the more time we spend enjoying the river of well-being. Much of our lives as adults can be seen as moving along these paths – sometimes in the harmony of the flow of well-being, but sometimes in chaos, rigidity or zigzagging back and forth between the two. Harmony emerges from integration. Chaos and rigidity arise when integration is blocked.

This applies to us as parents and teachers, but also to our children and the students we teach. Many of the challenges we face as adults are when children aren’t in the flow, when they’re either too chaotic or rigid.

For example: A child wants to draw rather than doing a project. Rigidity. They erupt into crying, yelling, screaming, throwing things when asked to change what they’re doing. Chaos.

Learning is enhanced when we’re experiencing mental health and well-being. As a community, we need to do all that we can to keep each other and our children in the flow of the river.

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**CHARNWOOD AFTER SCHOOL CARE**

Where: Charnwood Dunlop School Hall
When: Monday to Friday
Time: 3:00pm-6:00pm
Cost: $29 per day (CRN/CCB’s available) $31.50 (casual care)
The Program provides an afternoon snack, inside/outside play and programmed activities. Water bottles and sunscreen are also provided.

2016 ENROLMENTS ARE NOW OPEN!!!!!
P & C Press

Hope everyone’s raffle tickets selling is going well. There are extra raffle books in the front office should you wish to sell more.

All Raffle books are due back on the 2nd Dec.

Don’t forget your School Banking. Thursday is school banking day so don’t forget to bring those bank books in.

Car Boot Update
There are now 10 stalls pre booked with household goods, jewellery, nails, candles and much more for sale.

We do need some delicious baked goods from you all to sell on the night. A note was sent home asking for baked goodness if you are unable to drop off at the Car Boot then please leave at the front office with a description and ingredients list.

If you can spare some time on the night to help out then please let me know via email or text.

These events can not go as planned without your continued support, thank you and hope to see familiar faces on Friday night..

HUGE RENOVATION SALE – Another Chance Op Shop, Ross Smith Cres, Scullin shops will be holding a huge renovation sale with 50% off the ENTIRE STORE from Monday 7 – Friday 18 December. We then close for major renovations – re-opening with a great new look Wednesday 27 January 2016. Mark the dates on your calendar. Like us on Facebook to find out more. Open 10am – 4:30pm weekdays and 10am – 1pm Saturday.

REACH OUT
CHARNWOD-DUNLOP SCHOOL NEWS

6287 3833

Being a parent is the hardest job we’ll ever have. All parents at some time experience difficulties and stress.

Parentline ACT
is a confidential, anonymous telephone counselling and information service.

Phone Parentline if you would like:

• To talk with someone about those parenting issues.
• Help with some ideas on raising children.
• Support in the important job you are doing.
• To know what is available for parents, teenagers and children.
• To build better relationships in your family.
• Help to understand your child or teenagers behaviour.

Parentline ACT.
Monday to Friday (except on public holidays), 9am to 5pm.
Phone: 6287 3833
Kids’ fishing workshop

Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am to 2 pm and involves fishing techniques, bag and size limits, and fish handling for best release techniques.

COST is $40 PER CHILD, and includes ♦ rod and reel combination ♦ shirt ♦ hat ♦ tackle box ♦ show bag—all to take home!

BOOKINGS ARE ESSENTIAL. Maximum 25 participants.

Location: Gaden Trout Hatchery, Jindabyne

Dates: Friday 15th & Saturday 16th January 2016

To book: e-mail stephen.thurstan@dpi.nsw.gov.au or ring Stephen Thurstan, 02 4220 8484 or 0438 245 190


NSW DPI fishing workshops are run with the assistance of the Fishcare Volunteers and are supported by funds from the Recreational Fishing Trusts.
Change of Contact Details

Have you changed your email address or phone number? Has your family situation changed?

Please remember to let the front office staff know immediately if your contact details have changed.

In the event of an emergency with your child/children at Charnwood-Dunlop School, it’s critical that our records are up to date so that we can reach you quickly.

Please email:
- info@charnwoodps.act.edu.au

“Please remember to let the front office staff know immediately if your contact details have changed”