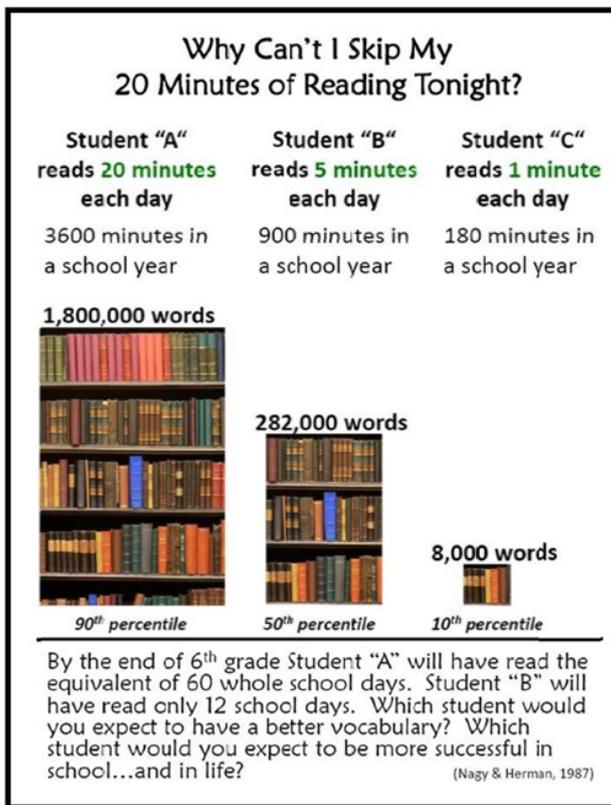


Why regular reading at home matters



Happy reading!

Julia Ison
Executive teacher

STUDENT INJURY

Insurance and Ambulance Transport

The Education Directorate does not provide any insurance cover for injury, disease or illness to students resulting from school activities or school-organised excursions. Claims for compensation are met where there is a legal liability to do so. Liability is not automatic and depends on the circumstances in which an injury, disease or illness was sustained.

As there is no automatic insurance cover for personal injury, if your child is injured at school or during a school organised activity/excursion you should therefore consider whether taking out personal insurance cover for your child is warranted.

This insurance might cover contingencies including medical/hospital expenses, ambulance transport outside the ACT, and cancellation of transport/accommodation or loss of/damage to luggage.

The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during an approved school organised activity within the ACT.

THE BRAVE PROGRAM

Are you worried that your child is experiencing anxiety? With the return to school, many children are excited, ready for the challenges in the year

ahead, and for the learning at school. But some children will experience anxiety. The role of parents in helping their children learn to manage anxiety is a key to success. And, of course, the more a parent understands about anxiety, the better they are able to help their child. There are many excellent online resources to assist parents and children who experience anxiety. Here are a couple that I really like:

The Brave Program is funded through Beyond Blue and is an excellent resource for parents and children. It is an interactive online program for the prevention and treatment of childhood and adolescent anxiety. A flyer for the 3-7 years program is attached to the newsletter. Jump online to look at this, or their programs for 8-12 years and 12-17 years. <https://brave4you.psy.uq.edu.au/>

Another favourite is the Australian website heysigmund, written by psychologist Karen Young. She starts an article on dealing with School anxiety with:

"Anxious kids are brave kids. They are creative, thoughtful and have the potential to light the world on fire, every one of them, often in unexpected ways. When anxiety takes hold though, it's overwhelming. It can shut down their potential, their engagement with the world and their self-belief. It feels awful and life becomes more about avoiding anxiety than it does about embracing life in ways that flourish them. This can be turned around and although anxiety doesn't generally go away, it can be managed so that it stays in the background and out of their way. For anxious kids, the important adults in their lives are a powerful ally in helping to make this happen."

Jump online to get more information and ideas on how you can support your child.

<https://heysigmund.com>

FOUND

A helicopter drone, lost last Thursday has been found. If it is yours please contact Denise in the front office

GUM TREES DROPPING LIMBS

At this time of year gum trees (Eucalyptus species) are prone to drop limbs without warning as a result of the consistently higher temperatures, prevailing winds and low rainfall patterns. Schools are requested to ask students, staff and visitors to avoid congregating, walking or parking vehicles under native trees particularly larger specimens until conditions improve.

STUDENT BANKING

Don't forget student banking every Friday.



Spotlighting Weetangerera



brought to you by year 4 and

Howard Gardner's — Multiple Intelligences



Gardner's research suggests there are eight intelligences. We have a natural preference for certain learning styles but all of them can be developed and nurtured. We all thought we knew our preferred learning style but after completing a number of tasks and an inventory there were some surprises.

Think about these questions:

- ♦ I love books.
- ♦ I can add and subtract in my head.
- ♦ I often see pictures when I close my eyes.
- ♦ I play at least one sport or physical activity on a regular basis.
- ♦ I like to sing and or have a pleasant singing voice.
- ♦ I am the sort of person that others come to talk to when they have a problem.
- ♦ I like to spend time alone.
- ♦ I have a garden and or like to work outdoors.

What's your preferred learning style?

I like working with people.



This picture makes me feel...



Picture this.



Making up music patterns.



Playing Boggle.



I like to make things.



Solving logic problems.



I like to work on my own.

