



In the Eagle this week:

- **Wellbeing and Resilience**
- **Trivia Night**
- **The other 3 R's**
- **Life Education**
- **Sports News**
- **Magellan**
- **MCSS Open Night**
- **P&C Fundraisers**

From the Executive Teacher

Wellbeing and Resilience at Evatt School

At Evatt, we as a staff greatly acknowledge the importance of the wellbeing of our students and how this can bare an influence on student engagement, learning and achievement. In fact, student wellbeing is one of the school's priorities in our current Strategic Plan which guides our continual school improvement over the next five years.

There are a number of wellbeing programs that educators implement in their classrooms that address the physical, social and emotional needs of our students:

- **TRUST-** Trauma sensitive classroom practices. Two years ago the entire staff received comprehensive training and development in understanding of effects of trauma on student mental health and learning and building strategies to assist students with trauma to engage successfully in classroom. TRUST principles are the core of our practice at Evatt.
- **Friendly Schools Plus** – This is a social/emotional program implemented from K-6. *Friendly Schools* is the first Social and Emotional Wellbeing and Anti-bullying Initiative for schools developed through extensive research with Australian children and adolescents. It is recognised nationally and internationally as a comprehensive, evidence-based approach that can reduce bullying behaviour.
- **SoSafe!** - This a social safety program that was originally designed in a local specialist school for developing social awareness for students with cognitive disability. This program operates in our three Learning Support Units and the 1/2 unit. This program focuses on the different kinds of relationships in the family and community and strategies for maintaining personal safety in the wider community.

18 May 2018

Monday 21 May

School Banking
Life Education

Tuesday 22 May

Life Education
Preschool Mon/Tue groups: CMAG – note/payment due

Wednesday 23 May

Life Education
Maths Olympiad
Circular Rhythm note/payment due

Thursday 24 May

Canteen Open
Breakfast Club: 8.30am – 9.00am
Oz Tag Clinics – ANT's & 1/2
Life Education
Preschool Thur/Fri group: CMAG – note/payment due

Friday 25 May

Canteen Open
Assembly: 2.15pm – Year 3/4
Life Education

***Don't forget to check
the Back Page***



- Beautiful Minds - *An outsourced program that provides self-esteem and confidence education for girls and boys aged 11-17. The students and parents from 3-6 participated in this program last year and we received such positive feedback that we will now provide this program annually.*
- Life Education - *Is a preventative health organisation that endeavours to empower children with the confidence to make safer and healthier choices now and in the future.*

Below are some web links that your family may find useful for more information or resources in children's mental health and wellbeing:

<https://beautifulminds.com.au/>

<https://www.kidsmatter.edu.au>

<https://headspace.org.au/>

Alternately the Belconnen Community Service offers a range of mental health and wellbeing services:

<https://www.bcsact.com.au/>

Have a lovely weekend!

Michelle Van Puyvelde

Executive Teacher/DECO, ANTS and Preschool Team Leader



Come along to the Evatt School Trivia Night.

It will be a great night filled with fun, laughter, games and lots of prizes.

Over 18's only

When: Friday 22 June 2018

Time: 6:30pm for a 7pm start

Where: Raiders Club Kippax, Hardwick Cres Holt

Cost: \$20 per head (this includes a platter of hot food per table)

Book tables of ten for \$200, individual tickets are also available.

Please contact the front office to book and pay for your tickets. Tickets must be purchased by Friday 8 June 2018.

We look forward to seeing you all there.

The other 3 R's

In days of Olde, children went to school to learn the 'three R's:' Readin, Writin' and 'Rithmetic. Today I want to start a discussion about the three R's of Resource Management: 'Reduce, Reuse, Recycle.' There is an important reason that they are phrased in such a way. It reflects their importance in the method. Today's lesson is REDUCE.

Reduce our reliance on packaging:

I'm sure you've all seen the Facebook posts of cling-film covered avocado halves or sliced onions. The point that these images are trying to get across is that fruit and veg come already packed in a skin that will at least last the trip home. It doesn't need the extra wrapping, or the polystyrene tray on which it is displayed. Today, most fruit and veg is available in its raw state, so it doesn't take much to pick up a whole avocado (minus the produce bag), some tomatoes (hand-picked) and pop them, as is, into your calico shopping bag or basket.

Reduce the use of plastic shopping bags:

You would notice that I mentioned the calico shopping bag. This is because, no matter which shopping bag you choose, be it the \$1 'eco-bag' or the 15c 're-usable' bag, they are all made from a plastic, and will eventually break down, get damaged, or thrown out. They become plastic pollution sooner or later.

Reduce the number of plastic containers in the household:

If your household is anything like mine, you have multiple drink bottles that are either missing a lid, or a lid missing a bottle. Through moving house, damage, or misplacement, they have become a useless piece of plastic. And what can be done with them? Not much, if you believe the hype around 'recycling conspiracies. It is the same with any plastic containers lurking in the back of the kitchen cupboard. Granted, as the logo says, some of them do last a lifetime... but what then? Plastic is plastic. It is a polymer of oil that will eventually break down and become plastic pollution.

Reduce the reliance on bottled water:

We've all been guilty of this one. Out and about with the little-uns and someone remarks:

'I'm thirsty!'

So we buy a \$1 bottle of water from the nearest newsagent/shop. These plastic bottles make up the majority of pollution in Australian waterways. They are a wasteful, throw away product – especially when you consider the mark-up on the product. Many use the argument that this water is 'enhanced' in some manner or that it's cleaner than tap water. The hard truth is that in most Australian towns and cities tap water is just as safe as any bottled water. Production of tap water also has a lower 'energy footprint' than filtered waters. Certainly the concentrations of metals such as fluoride, aluminium, or chlorine are safe enough for any healthy individual to drink. Your kidneys and liver have evolved to take care of these things before they reach dangerous levels. These levels are certainly safer than the benzene, PCBs or BPAs that may be leached out of decaying plastics. They breakdown and become plastic pollution.

Reduce the chaos:

The key to change is planning. To reduce the reliance on bottled or packaged products, make lunch and fill up water bottles before leaving the house. Double check that everybody has what they need. Include your 'Action Mug and Spoon' for that coffee on the run 😊 Plan to eat in. Keep those extra shopping bags or collapsible crates in the back of the car, so you don't need to buy more at the store. Buy groceries in bulk to reduce the overall amount of packaging. Grow your own if you can; then fresh veg is only a walk away.

For more ideas, check out these websites:

<https://schoolsrecycle.planetark.org/documents/doc-885-recycling-system-guide-final.pdf>

<http://www.plasticfreejuly.org/about.html>

<http://www.plasticpollutioncoalition.org/guides-schools>

<https://myplasticfreelife.com/>

ZE.



Life Education has been empowering children and young people to make safer and healthier choices through education for nearly 40 years.

We are Australia's largest preventative health organisation, endeavouring to empower children to live a safe and healthy life through education.

By placing preventive education at the core of our work, we want to instill in children the confidence to make safer and healthier choices now and in the future.

www.lifeeducation.org.au.

Notes Due:

***PLEASE NOTE:** Paper notes are sent home on Wednesdays. Copies can be accessed at the following links*

BYOT Information Sheet

http://www.evattps.act.edu.au/_data/assets/pdf_file/0003/406821/letter_to_year_3_-_6_parents_re_BYOT.pdf

2018 – Voluntary Contributions and Stationery Contribution K-6

http://www.evattps.act.edu.au/_data/assets/pdf_file/0019/409060/2018_Vol_Cons_and_Stationery.pdf

Preschool – Voluntary Contributions and Arts and Craft Contribution

http://www.evattps.act.edu.au/_data/assets/pdf_file/0020/409061/2018_Vol_Cons_and_Craft_Supplies_-_preschool.pdf

Canteen News and Menu 2018

http://www.evattps.act.edu.au/_data/assets/pdf_file/0004/414175/Canteen_News_and_menu_term_1_2018.pdf

Trivia Night

http://www.evattps.act.edu.au/_data/assets/pdf_file/0019/423343/Trivia_night_-_note.pdf

Assistance for 2019 Fete

http://www.evattps.act.edu.au/_data/assets/pdf_file/0020/423344/Assistance-for-Fete-Letter_2018.pdf

ICT Permission

http://www.evattps.act.edu.au/_data/assets/pdf_file/0008/416924/ICT_Permissions_note.pdf

SeeSaw

http://www.evattps.act.edu.au/_data/assets/pdf_file/0009/416925/Seesaw_permission.pdf

Circular Rhythm Show

Year K – 6

Due: 23 May 2018

http://www.evattps.act.edu.au/_data/assets/pdf_file/0003/422805/Lucas_Proudfoot_show.pdf

Preschool - Mon/Tue – CMAG

Due: 22 May 2018

http://www.evattps.act.edu.au/_data/assets/pdf_file/0004/422806/Inventors_and_Discoverers_CMAG_Excursion_May_2018.pdf

Preschool - Thur/Fri - CMAG

Due: 24 May 2018

http://www.evattps.act.edu.au/_data/assets/pdf_file/0005/422807/Explorers_CMAG_Excursion_May_2018.pdf

Sports News

Belconnen Region Cross Country Carnival

Last week notes were given to students who placed in the top 5 of their age group at the Evatt Cross Country carnival inviting them to participate at the Belconnen Region Cross Country carnival at Mount Stromlo on Thursday 31 May. Please make sure you return your note by Thursday 24 May, as notes will not be accepted after this date.

ACT School Sport 12&U Rugby League

Congratulations to Ben and Jamie who competed at the ACT School Sport 12&U Rugby League Championship last Thursday. Ben was in the Gold team and had a successful day, until an unfortunate loss in the semi-finals. Jamie was a member of the successful Green team who won the 12&U ACT Rugby League title for 2018.



Evatt School Track and Field Carnival

Evatt School's Track and Field carnival is on Friday 6 July at the Charnwood sports fields. Further details will be sent home soon. We are optimistic and are hoping for a sunny day with no wind.

School Sport - Sport Trials

Please check the School Sport website (www.schoolsportact.asn.au) for information on the following trials.

- 12&U Regional Girls Touch
- 12&U Regional Boys Football (soccer)
- 12&U ACT Boys Football (soccer)
- 12&U ACT AFL
- 12&U Regional Boys Touch
- 12&U Regional Girls Netball
- 12&U Regional AFL

Flying Highs

Congratulations to the following students, who were awarded a Flying High, at last week's assembly.

Esther - The Entomologists

Zoey – The Herpetologists

Riley – The Herpetologists



INVITATION

Year 7 2019 Open Night

Tuesday 22 May

6.00-8.00pm

High School Campus Conley Drive Melba

**Parents, Carers and Students, You are invited to our
Open Night for Year 7 2019. Come along and
experience the MCSS Curriculum Showcase
and learn more about innovative programs at MCSS:**

- ◆ International Baccalaureate Middle Years Program
- ◆ Magellan and FastPace Programs (application only)
- ◆ Honours Program
- ◆ MCSS Trade Skills Centre
- ◆ Talented Athlete Program



Enquiries 6142 0333

www.mcss.act.edu.au

TWO CAMPUSES, ONE COMMUNITY



Evatt School P&C

Events and dates to note

- CSIRO planting day - must register as limited spaces
<https://events.csiro.au/Events/2018/March/28/Ginninderra-Community-Planting-Days-2018>
- Trivia Night - Save the date - Friday 22 June

Expressions of Interest

We are thinking of including a Farmers Market at our Fete this year. We would like to ask for expressions of interest from families and community members who grow their own produce at home and would be interested in donating their home grown goods to be sold at the fete on 4 November. Please email to evattpc+president@groupspaces.com to register your interest.

Uniform shop

Will be running on Thursday 24th from 4-6pm at Our Place OSHC (next door to Preschool)
Second hand items will be available for purchase.

Jumpers with logo - \$10

Girls dresses - \$10

Don't forget if need something from second hand store feel free to email - krystacordina@gmail.com with your request and Krysta will see what is available.

Uniform Orders:

http://www.evattps.act.edu.au/_data/assets/pdf_file/0006/408381/Uniform_information_2017.pdf

Canteen

Online ordering instructions can be found at:

http://www.evattps.act.edu.au/_data/assets/pdf_file/0003/273414/Canteen_Online_Ordering_InstructionsPDF.pdf

MCSS Magellan Program

The MCSS Magellan program extends the learning opportunities in STEM subjects for selected Year 5 and 6 students from local primary schools.

This Semester, the 10 week program has 42 students participating for 3 hours of extension classes on Friday mornings at the MCSS High School campus.

This semester we are running programs in Mathematics and Forensics and will finish with an excursion to CSIRO Discovery Centre and our Student Exhibition.

Parents of involved students are invited to attend the Exhibition and Presentation which will run from 1.30 - 2.45pm at the MCSS College Campus on Friday 15 June.

Jenny Brereton, MCSS Primary Magellan coordinator



Canberra Entertainment
2018 | 2019

Learn about the Entertainment Digital Membership



Give Mum the one gift she'll use all year



SEE WHAT'S INSIDE

UP TO \$60 (going up to over \$25,000 of value)

Give Mum an Entertainment Membership this Mother's Day and she can enjoy more than 12 months of valuable dining, shopping and travel offers! Buy from us today and you'll also be supporting our School. Hurry, they're selling fast!

BUY FROM US NOW.

<https://www.entertainmentbook.com.au/orderbooks/23e967>



Prize valued over \$1,000

Purchase your Membership by April 30, 2018 for your chance to WIN:

- 2 nights accommodation at any Rydges Hotel and Resort in Australia and New Zealand
- \$500 David Jones Gift Card

RYDGES **DAVID JONES**

UP TO \$40 Value	UP TO \$30 Value	UP TO \$30 Value
		
UP TO \$50 Value	UP TO \$100 Value	10% OFF
		DAVID JONES
20% OFF	10% OFF	10% OFF
		COUNTRY ROAD

Evatt School P&C Fundraiser

A BBQ is being operated by Evatt School P&C on the day. Please register, come along, and support both your school and the Canberra environment.

Ginninderra



Bring back the birds

by planting shrubs together at our 2018 planting days



**Join us for our
Community Planting Days**
20 and 27 May 9:30am-2pm

**Refuel with a FREE BBQ lunch!
Up to 50 spots available per planting day**

Partnering with



CSIRO and the Ginninderra Catchment Group will again partner to host the 2018 planting days, following the success of the 2017 events. Our goal is to plant and nurture a shrubby layer in the precious Box Gum Grassy Woodlands and restore habitat for a range of native plants, birds and other wildlife.

Find out more by visiting www.ginninderraproject.com.au.

**Register now at www.csiro.au/Ginninderra-Planting-Days
or by calling 1300 363 400**



End of May is Hats off Day.

Welcome back to Term 2, it is that time of the year again where we start to witness UV levels dropping off in Canberra to levels that are considered low (ie under 3) for part of the day. It is also that time of the year where confusion sets in around hat wearing in ACT schools.

So, in keeping with the **End of May is Hats Off Day** spirit, all Canberra school students (and teachers) should still be required to wear hats during recess and lunchtime throughout the month of May. Regardless of temperature! End of May spells Hats Off Day for ACT schools. For a few months anyway. Read more about UV exposure and Vitamin D [here](#).

50% off sale - Another Chance Op Shop

Join us for a 50% off sale - all clothing, linen, craft, kitchenware and artwork:
Tuesday 29 May – Saturday 2 June.

Open 10am -4:30pm weekdays and 10am-1pm Saturday.

You'll find Another Chance at Scullin Shops, Ross Smith Crescent, Scullin.

Another Chance is a project of Mosaic Baptist Church.



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 and free telephone and face-to-face counselling and information service.

Phone Parentline if you would you 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 teenager's behaviour.
- Make an appointment for a counselling session.

Parentline ACT.

Monday to Friday (except on public holidays), 9am to 5pm.

Phone: 6287 3833

Term 2 – 2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday
4	21 School Banking	22	23 Maths Olympiad	24 Canteen Open Breakfast Club 8.30am-9.00am Oz Tag Clinics- ANT's & 1/2	25 Canteen Open Life Education Assembly: 2.15pm – Yr 3/4
5	28 Reconciliation Day	29 School Banking Preschool Excursion ICAS - Science	30	31 Hats Off Day! Canteen Open Breakfast Club 8.30am-9.00am Preschool Excursion Belconnen Zone X-country	1 June Canteen Open NAIDOC incursion
6	4 School Banking Netball Clinics	5 School Photos	6	7 Canteen Open Breakfast Club 8.30am-9.00am School Photos	8 Canteen Open Assembly: 2.15pm – Yr 5/6
7	11 Queen's Birthday	12 Kinder Health Checks School Banking 2019 Kindergarten Info Night 5.30pm	13 ACT X-country Kinder Health Checks ICAS – Spelling 2019 Preschool Info Night 5.30pm	14 Canteen Open Breakfast Club 8.30am-9.00am ICAS - Writing	15 Canteen Open Beautiful Minds: Yr 3-6 Magellan Exhibition: 1.30 – 2.45pm
8	18 School Banking Netball Clinics	19	20 P&C Meeting – 6pm	21 Canteen Open Breakfast Club 8.30am-9.00am	22 Canteen Open Assembly: 2.15pm – 1/2FT and 1/2KD Trivia Night
9	25 School Banking Netball Clinics Open Day: 9.00am	26 Kenny Koala – Year 3/4	27 Kenny Koala - Kindergarten	28 Canteen Open Breakfast Club 8.30am-9.00am	29 Canteen Open CEIS Assembly: 2.15pm – Kinder Disco
10	July 2 School Banking Netball Clinics Parent/Teacher Interviews	3 Japanese Day	4	5 Canteen Open Breakfast Club 8.30am-9.00am	6 Canteen Closed T&F Carnival

Term 3 – 2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	July 23 School Banking	24	25 Maths Olympiad	26 Canteen Open Breakfast Club 8.30am-9.00am	27 Canteen Open
2	30 School Banking	31	Aug 1	2 Canteen Open Breakfast Club 8.30am-9.00am	3 Canteen Open Assembly: 2.15pm

SCHOOL PAYMENT DETAILS:

EFTPOS: Visit the front office in person, ring the front office and pay over the phone (Mastercard/Visa only).

Direct Transfer: Evatt Primary School Management Account, BSB: 032777, Account number: 001244, Reference field: 'child/family name' & 'excursion/payment name'