

# Chapman Primary Communicator

Term 1, Week 10

Thursday, 6 April 2023

## Coming Events

### Thursday 6 April

- Last day Term 1

### Friday 7 April

- Good Friday Public Holiday

### Monday 24 March

- Day 1 Term 2

### Tuesday 25 April

- ANZAC Day Public Holiday

### Wednesday 26 April

- 2024 ACT Public School Enrolments Open
- ThinkUKnow Parent Presentation  
(Parents and carers of year 3-6 students)

### Thursday 27 April

- Questacon Science Circus Incursion  
(kindergarten – year 2)

### Tuesday 2 May

- ACT Swimming Championships
- Dance Nation Program

### Wednesday 3 May

- School Board Meeting

### Thursday 4 May

- Year 4 Yuraby Walk

### Friday 5 May

- P&C Disco

### Tuesday 9 May

- Dance Nation Program

### Wednesday 10 May

- P&C Meeting

### Thursday 11 May

- P&C Mother's Day Stall

### Friday 12 May

- Cross Country Carnival

## Recent Notes Home

- 2023 BASE Reports – kindergarten
- Year 2 Icon Water Cotter Dam Excursion
- P&C Disco (email communication)
- Letter to the Community – Director General – Term 2 (email communication)
- ThinkUKnow Parent & Carer Presentation (email communication years 3-6)
- Information for year 6 Parents and Carers (email communication year 6)

All notes available at: [Chapman Primary Website – Notes Home](#)

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## Principals Message

Dear parents and carers,

### Parent involvement that makes a difference in a child's learning

There are four key things that parents can do to support their child's learning to support our consistent message of improving the learning at Chapman Primary School:

#### ***Having High Expectations***

The research shows undeniably, that high parental expectations have the greatest impact on student achievement. The positive attitude parents have toward their child's education, teacher and school is significantly related to increased academic performance. Further, parent involvement is significantly related to academic performance above and beyond the impact of a child's intelligence. High expectations at home support children's achievement.

#### ***Talking about school at home***

Studies have shown that parents talking to their children about school and school activities at home, have a great impact on children's learning. Our Seesaw App is a wonderful forum which continues to frame conversations with families at home.

#### ***Positive attitude and good work habits***

As students get older, the impact parents can have on their child's academic achievement decline. Parents can't teach their children everything they need to know, but the habits they encourage at an early age, have long-lasting benefits, through to High School. Parents can assist by helping their child develop a sense of personal competence, encouraging persistence, showing them how to plan and manage their time, handle distractions, and ask for help when they need it.

#### ***Reading with Children***

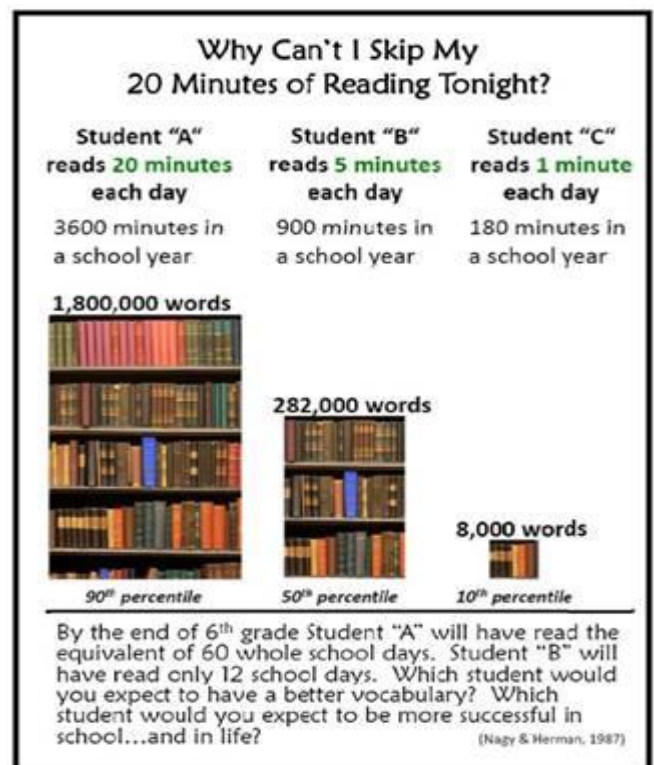
Parents make a major difference by reading and talking about books and stories with their children, in any language. Parents can help build a crucial foundation for successful literacy through conversation and reading together, which develops the motivation to read, a greater level of comprehension, and strong oral language skills.

I thank you for supporting Chapman Primary School to create a supportive and welcoming culture that invites everyone to support student learning and school improvement.

As we sign off for the end of term 1. I wish everyone a safe and happy time during the school holiday period. I trust everyone gets some time to do those things you enjoy doing with family and friends.

Yours faithfully,

James M. Barnett  
Principal



## Opening soon: 2024 school year enrolments

Enrolments for the 2024 school year for students transitioning schools or starting at a school, open 6.00 am on Wednesday 26 April including for students progressing to high school or starting in preschool and kindergarten. Families can [apply online](#).

# ThinkUKnow

## Parent/Carer Presentation

Our school will be hosting a ThinkUKnow presentation on Wednesday 26 April from 5:30 pm. All parents, carers and teachers are encouraged to attend.

**When:** Wednesday 26 April at 5:30 pm (term 2 week 1)

**Where:** Chapman Primary School Hall

ThinkUKnow Australia is an evidence-based education program delivered nationally to prevent online child sexual exploitation.

ThinkUKnow Australia is a partnership between the Australian Federal Police, Microsoft Australia, Datacom and the Commonwealth Bank of Australia. The program is delivered in collaboration with policing partners New South Wales Police Force, Northern Territory Police, Queensland Police, South Australia Police, Tasmania Police, Western Australia Police, as well as Neighbourhood Watch Australasia.

The presentation will be delivered by a local law enforcement member and an industry volunteer. The presentation is pro-technology and addresses topics including self-generated child abuse material, online grooming, sexual extortion, and importantly encourages help seeking behaviour.

This is a fantastic opportunity for you to learn more about young people and the online environment, and how you can help them to be safe and responsible users of technology.

To allow us to ensure we have enough chairs, we ask families to please RSVP via email to [chapmanps.info@ed.act.edu.au](mailto:chapmanps.info@ed.act.edu.au)

For more information or if you have any questions, you can visit [www.thinkuknow.org.au](http://www.thinkuknow.org.au) or contact **Jodi de Ligt** via the front office on 6142 2400.

**THINK UKNOW**  
.org.au

### Comfortable talking to your kids about technology and the internet?

A ThinkUKnow cyber safety and security presentation will take place on

**DATE:** Wednesday 26 April 2023 – From 5:30 pm

**LOCATION:** Chapman Primary School Hall

**The session will cover:**

- What young people SEE, SAY and DO online
- The challenges they may face
- How to report and get help if things go wrong

Visit [www.thinkuknow.org.au](http://www.thinkuknow.org.au) for more information about online safety and security.

**OUR PARTNERS**

AFP Datacom Microsoft



## House Spirit Day

Staff and students celebrated another highly successful House Spirit Day on Friday 24 March.





# Enviro Squad

The Enviro Squad is an environmental leadership group of year 3 students. These dedicated students spend time each week to complete certain tasks or to discuss all things environmental.

Some responsibilities of these students include:

- 👉 Promoting special sustainability events
- 👉 Monitoring recycling bins
- 👉 Playground rubbish removal
- 👉 Training classes on waste wise practices
- 👉 Being a good waste wise model.



Last week the Enviro Squad visited the Cooleman Farm Neighbourhood Park in Chapman. Our students met members from the Cooleman Farm Neighbourhood Park committee who explained their role in forming and caring for the park. Enviro Squad members extended on their learning about caring for the environment and built a connection to this park in our school's neighbourhood. The students worked with the committee members to plant seedlings and plants.

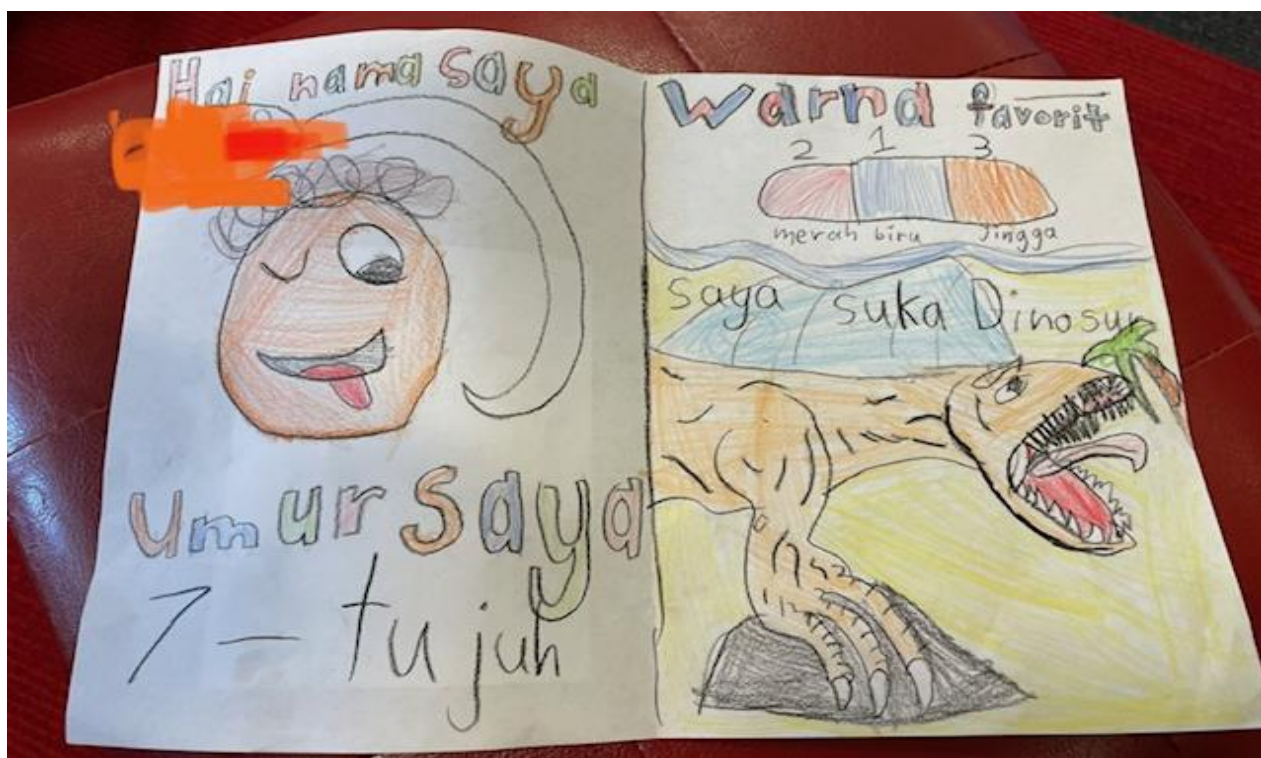




# Indonesian

This term, we have had a whole school focus on using greetings and giving some basic personal information such as names, ages and the city in which we live.

Selamat (sel/ah/mut) - Pagi (pah/ghee) - Siang (see/uhng) - Sore (sore ay) - Malam (mah lahm)	Good/well/safe – - Morning - Midday/Afternoon - Late afternoon - Evening/night
Siapa nama kamu? (See/ah/pah nah/mah kah/moo)	What is your name?
Nama saya _____ (Nah/mah sigh/ah)	My name is _____
Berapa umur kamu? (Ber/ah/pah oo/moor kah/moo)	How old are you?
Umur saya _____? (Oo/moor sigh/ah)	My age is _____
Kamu tinggal di mana?	Where do you live?
Saya tinggal di _____	I live in _____ (town, suburb, city)



I have been asked about good resources for practising Indonesian at home. Here is basic list for you to try.

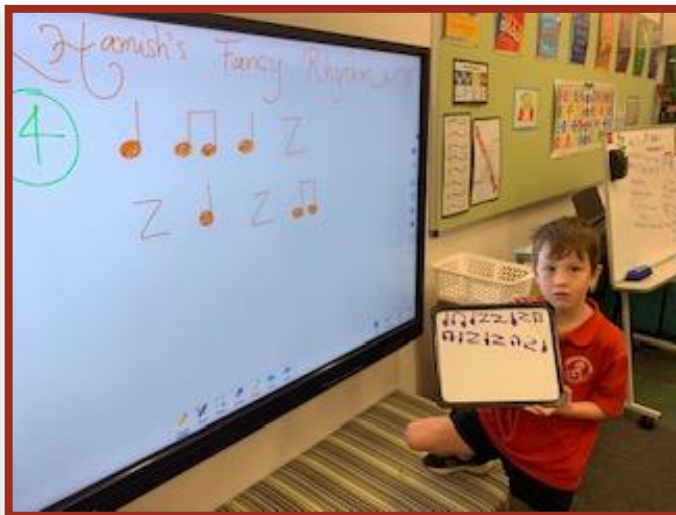
- Any language learning app, such as Duolingo, Drops, Memrise. Some of these are free, some require a subscription- just go as far as you can with the free access.
- IndonesiaPod101: <https://www.indonesianpod101.com/>
- Aussie Educator Indonesian: <http://www.aussieeducator.org.au/curriculum/indonesian.html>
- Learn Bahasa with Bu S <https://www.youtube.com/@BuSBahasa>

# Music

In Music, kindergarten students are learning to write and play rhythms using musical notation.







The Year 5 Band had their first performance at the last assembly!





# Sport & PE

Our junior school students have been participating in AFL clinics run by AFL ACT. We have had so much fun learning marking, handballing, and kicking. Thank you to Ken, Lily, Eli and Sergi for helping us to learn and have lots of fun along the way. Even on wet days, we were able to go to the hall and learn some new skills.



Mr Howell



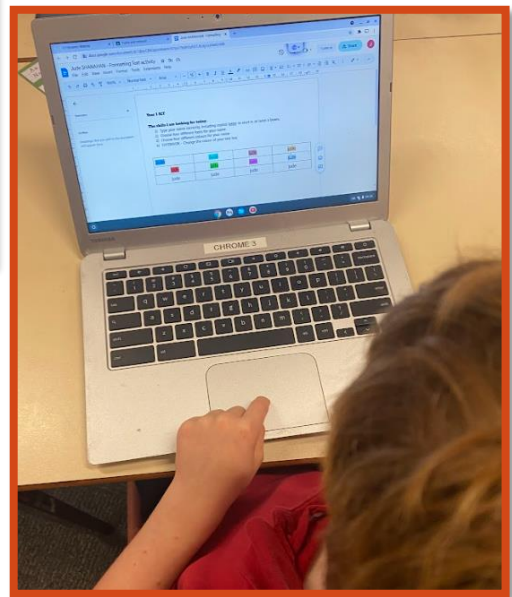


# STEM



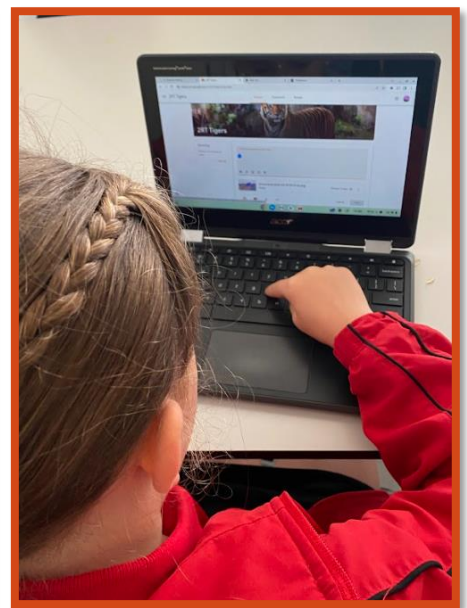
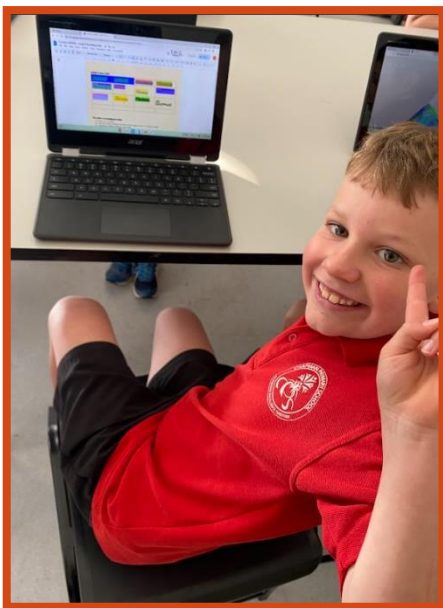
We have had lots of fun in Technology lessons this term.

Kindergarten have been using BeeBots to learn about coding and positional language.



Years 1 and 2 have been developing their skills in Google Docs. They have been learning how to format a document, changing font, size and colour.

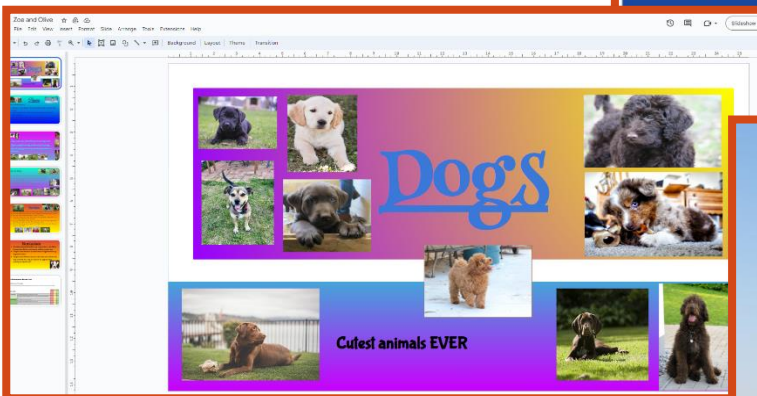
Year 2 – Inserting tables, copy and paste skills and posting to Google Classroom.



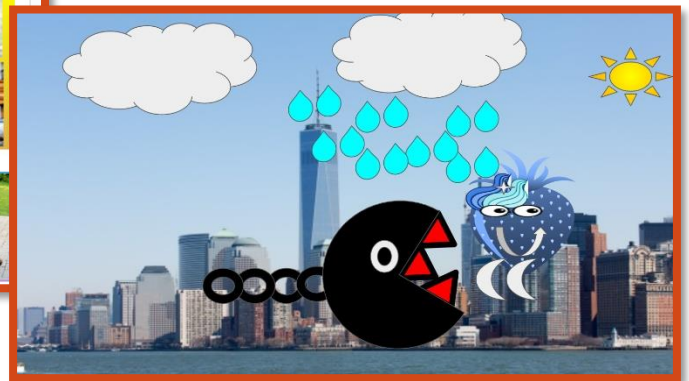


## Year 3 – Adding images and formatting Google Slides.

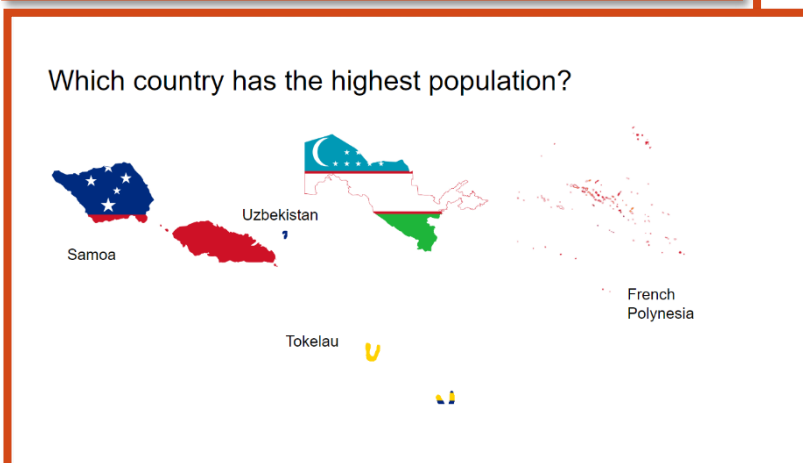
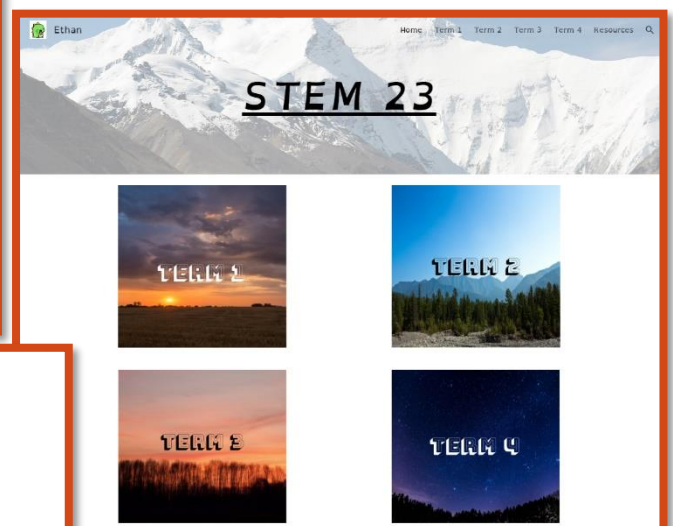
Years 3 and 4 have been working on Google Slides, developing their formatting skills and creating simple animations.



## Year 4 – Creating characters and animations.



Years 5 and 6 students built their own Google site for sharing their STEM learning this year. They have begun to develop interactive quizzes on Google Slides. Year 5 and 6 students will be designing quiz games for the junior students to use in classes next term.





## Author in Residence Program @ CPS

Hello Chapman community,

The Author in Residence program has continued this term with excellent character development and story ideas from year 4 and 6 students.

The focus for the last weeks were story boarding, drafting and editing.

Students in year 4 used the mini whiteboards to start coming up with 'scenes' or story ideas and then developed these further by sketching them out. Once they completed their story boards, they began making up a dummy book. Some may bring these home to work on in the holidays. Some of the best quality work may be selected in the 'Chapmanthology', a selection of student writing. More information on this to follow.

The year 6 students are powering on with their rhyming narratives and they will continue to work on publishing these in the first two weeks of Term 2. There are some amazing stories developing and I can't wait to see and read their finished books!

Please see a selection of student story boards below.

Next term I am looking forward to working with the year 5s and Kindy students.

Happy writing everyone!



An example storyboard for a 32 page picture book





# School Psychologist Corner

**“Chronic irritability. Grouchy. Moody. Easily frustrated. Annoyed. Short-tempered.” Does this sound like your child?**

In a recent discussion on irritability from [ADDitude](https://www.additudemag.com) (a website with loads of support for families impacted by ADHD and other common childhood concerns) a few important points have been shared:



- All youth experience these symptoms of irritability from time to time.
- However, an emotional state that can be characterised by being easily prone to anger, especially if it's persistent, intense, and impacts functioning, could indicate something more than typical child development.
- Irritability can be caused or triggered by stress or insufficient sleep.
- Irritability occurs when we are unable to gain the goal or reward we want.
- Healthy brains learn when to expect rewards and how to adjust behaviour to work successfully towards gaining the desired reward.
- It is thought that irritable youth do not have this skill well-developed.
- Irritable youth may misinterpret something simple as highly threatening.
- This type of irritability predicts internalising disorders like depression and anxiety – and we know that these diagnoses are escalating amongst our young people.

There is hope, and there are some evidence-based principles to trial at home:

1. **Support practices to feel calm** – breathing exercises, relaxation techniques, progressive muscle relaxation
2. **Exercise** away the hostility
3. **Curb electronics**
4. Teach that anger is a **signal**, not an outcome – all feelings are ok, but it's important to be mindful in our actions

More hints and strategies can be found here:

<https://www.additudemag.com/category/parenting-adhd-kids/positive-parenting/>



As always, if symptoms persist, support from a medical or allied health professional is always recommended. The waitlists for in-person support are lengthy, but there are other options to explore here while you are waiting: <https://www.mindmap.act.gov.au/s/>

Wishing you many calm and positive moments as you navigate family life.

*Cheryl Edward*

School Psychologist





# Active April 2023

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



# Update from the P&C

## Canteen

Open – Wednesday, Thursday and Friday

[Online orders via](#)

## Uniform Shop

Monday – 8.45 am to 9.15 am  
Thursday – 2.45 pm to 3.15 pm

[Online Orders](#)

## OSHC

Before School: 7.30 am - 9.00 am  
After School: 3.00 pm – 6.00 pm

[Contacts](#)

## Term 2 P&C Meetings

Our next P&C meeting will be held on Wednesday 10 May. All P&C meetings are held in the staff room, commencing at 6.15pm. We warmly encourage all parents and carers to come along and see what we do!

From Term 2, we will start P&C Meetings with a "Chapman Conversation"- a special topic of interest with a guest speaker. There is no obligation to attend the remainder of the meeting.

### Wednesday 10 May - term 2, week 3

Cheryl Edward, our School Psychologist, will present on the Social Emotional Learning SEL program 'MindUP' which is being implemented this year across all year levels P- 6.

The meeting will conclude with a Special AGM to fill outstanding positions on the P&C Executive Committee.

**Wednesday 14 June - term 2, week 8** will include an information session with Jacinta Froud, Chapman Primary's Author in Residence 6.15 pm -6.30 pm.

Reminder emails and Class Carer messages will be sent the week before the meeting.

## Canteen

The Canteen is excited to introduce two new winter warmer menu items. From term 2, Butter Chicken with rice and Vegan Vegetable Curry with rice will be available for lunch orders only on Wednesday, Thursday and Friday. Both curries are mild and gluten free.

## Book Club

We are pleased to announce that the book club will be resuming in term 2. A big thank you to Nichole who has taken on this volunteer role. Please note that ordering and payment for the book club will now be online only. Specific information will be provided in term 2.

## Disco

Chapman P&C's first disco for 2023 will be on Friday 5 May - week 2, term 2 and all Chapman Primary and Preschool students are invited.

What you need to know:

- **Friday 5 May (week 2)** in the school hall.
- The Junior Disco (preschool to year 2)  
**6.00 pm until 7:15 pm.**
- The Senior Disco (year 3 to year 6)  
**7:30 pm until 9.00 pm.**

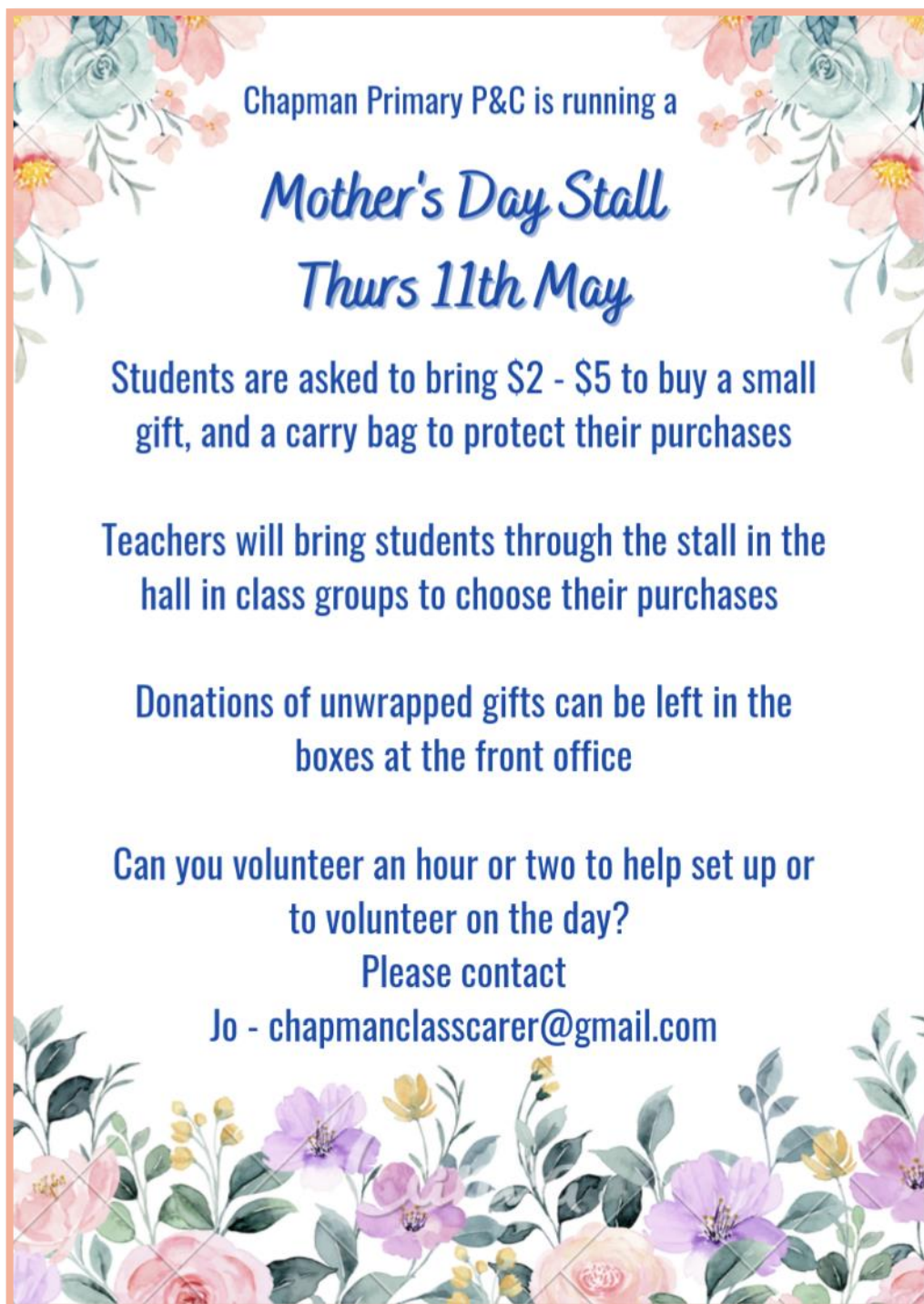




What you need to do:

1. Buy tickets online through the uniform shop (or available on the door at the night)  
<https://chapman-ps-uniforms.square.site/product/disco-entry/26?cs=true&cst=custom>
2. Fill in the online permission form <https://forms.gle/kZWSGox3xai4tZwo7>
3. Check in for the Disco at the school hall at the start time of the disco.
4. Collect your child from the school hall at the end time.
5. Volunteer if you can [VolunteerSignup - Online volunteer signup sheets - Chapman Primary Disco 5 May 2023 signup sheet](#)

The canteen will be selling drinks and snacks on the night. Please also encourage children to bring their own water bottles.



## Other Messages

### Enrolment information sessions: Children with developmental delay, diverse learning needs and disability.

An online session on **Wednesday 19 April from 6:00 pm - 7:00 pm** will provide parents and carers of children with developmental delay, disability, and diverse learning needs with information on the 2024 school year enrolment process and developing a relationship with their child's next school. The session will be relevant for the enrolment of students from preschool through to college, including specialist school enrolments.


Sessions for parents and carers about supporting school transition will be held in term 3. Parents and carers can register by emailing [EDUCommunityPartner@act.gov.au](mailto:EDUCommunityPartner@act.gov.au) and they should include the school year their child will commence in 2024 (i.e., preschool, year 9 etc.).

The best STEM program in town

**Young Engineers STEM**

**ROBOTICS LAB**


**Term 2 2023**  
*Enrol Now*



**Group 1**  
**Bricks Challenge**  
Kindergarten to Year 2


**Group 2**  
**Engineering+Robotics**  
Year 3 to Year 6


**Chapman Primary School**  
Every Monday  
Weekly Classes  
Starting on the 1st May 23  
From 3.15pm to 4.30pm



Contact us;  
0490808138  
[canberra@young-engineers.com.au](mailto:canberra@young-engineers.com.au)  
[www.young-engineers.com.au](http://www.young-engineers.com.au)

Follow the booking link below and look for your school  
<https://app.classpro.com/portal/yecbr/classes>



 **@YECanberra**  
**#YECanberra**

**ACT CRICKET COACHING**

**ACT EASTER HOLIDAY CRICKET CAMPS**

**18 - 20 APRIL 2023**

9:00am - 3:00pm  
after-hours care may be available for additional charge on request

Reid Oval  
Cnr Eureka St & Limestone Ave

Suitable for ages 6-16  
(groups within the program to be age appropriate)

**What's included?**

- A structured & enjoyable program with a wide variety of cricket drills, activities and games
- A fun, team-based learning environment
- Coaching that covers all aspects of the game including batting, fast and slow bowling, fielding, running between wickets, and wicketkeeping
- Technical, tactical & game sense tuition
- Qualified & experienced coaches
- T10 Challenge Cup
- Daily & weekly prizes up for grabs!



For more info, please contact Holly Halford-Smith on 0400125342 or [activeallsports@outlook.com](mailto:activeallsports@outlook.com)

 **Capital Clinic**  
Physiotherapy

**SCAN ME**