



*living to learn*

## **Term 1 Week 6**

**Date – Monday 4 March 2024**

Collaboration Respect Motivation Resilience Positivity

### **MARCH**

Mon 4-6	Year 6 Camp Borambola
Tues 5	Breakfast Club 8.30 am – 9.00 am
Wed 6	Assembly - Science Meccano
Thurs 7	Breakfast Club 8.30 am – 9.00 am
Fri 8	Swimming Carnival International Womens Day
Mon 11	Public Holiday
Wed 13	Meccano Enrichment
Tues 19	Close the Gap Day Breakfast Club 8.30 am -9.00 am
Wed 20	Meccano Enrichment
Thurs 21	Harmony Day Breakfast Club 8.30 am – 9.00 am
Fri 22	National Ride to School Day
Tues 26	Breakfast Club 8.30 am – 9.00 am
Wed 27	Meccano Assembly
Fri 29	Good Friday

### **APRIL**

Mon 1	Easter Monday
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### **School Contacts**

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<http://www.lathamps.act.edu.au/>

Wow, time flies when you are having fun, and this week will be no different with year 6 on camp from Monday to Wednesday, a whole school assembly on Wednesday, followed by our swimming carnival on Friday. A lot of work goes into organising these events. A special shout out to Greg and the year 6 team who most likely will be without sleep for the next 3 days while on camp, and to Toni and the year 2,3 and 4 team for their amazing organisation and preparation for the swimming carnival. Good luck to all our campers and competitors!

An update on some of the amazing groups and opportunities we have happening at Latham Primary School. We provide many opportunities for students to engage with additional programs that support personal resilience, self-regulation and connection with others.

Our Meccano volunteers are back at school delivering weekly STEM sessions for identified students in years 3 and 4. All students that participate comment on the fulfilling nature of these sessions as well as the accomplishment gained when completing a complex project.

We also have our weekly Delta Dogs program running. Delta Dogs believe that the human-to-animal bond improves quality of life, and this evident by the smiles and rich conversations that happen between students, dogs and dog owners. These sessions are offered to students across year 2 to 6. All



students are nominated by teachers with a lens of enhancing skills in communication, connection and collaboration.

PBL update – All teachers and staff met earlier this year and worked hard on creating a positive acknowledgement system flow chart – a how and why to getting a ‘shout-out’. Staff also worked toward a consensus on what is a minor incident and major incident. This work is vital for staff understanding but also for students and families.

Once we have finalised our flow charts these will be displayed in all classrooms, around school and shared with families. A key part of PBL is making sure we celebrate and reinforce positive behaviours. A massive congratulations to all students with over 1000 shout-outs been given out since week 1 for being Safe, Respectful, Responsible or a Learner.

Eddy Bright  
Exec Year 1 & DEPs



Acknowledgement of Country

Dhawra nguna, dhawra Ngunawal.  
Yanggu gulanyin ngalawiri, dhunayi, Ngunawal dhwara.  
Wanggaralijinyin mariny balan bugarabang.

We at Latham Primary would like to acknowledge and thank the Ngunawal people for letting us play, learn, and live on this land. We respect your connection to this country, ongoing culture, and elders. We will help pass on knowledge of Ngunawal culture, languages, and traditions.

*Ngunawal Language Revival Project Working Group 2018*

*Latham Primary School Cultural Integrity Project Team and Student Acknowledgement Working Group 2018*





# WALKING ON COUNTRY IN YR 1



This year in Year 1, we have been exploring and connecting to country by going on walks in the playground. These walks encourage creativity, resourcefulness, and curiosity—all skills learned through the dynamic interaction of children with each other and connection to the world around them. On some of our walks, we have focused on sounds we can hear, nature patterns we can feel and treasures we can find.

Using these walks as inspiration, we have co-constructed an Acknowledgement of Country for us to use in the classroom. The students wanted to include in our acknowledgement how we look after and care for nature.

We also use these walks to write about the connections we have made and the interesting things we have found. Students can use these writing opportunities to write about how they feel connected to Ngunnawal land along with the interesting sites they have noticed during the walks.

Our classroom also has a First Nations display. We use this area to display all of our quality literature that has a First Nations author. As we read one of these stories, we add it to the 'Indigenous Map of Australia' to show the students which mob/country the author comes from. Students can access this space during investigations to read the stories, but also play with the sensory items to further connect to the stories and illustrations they are reading.





**Fun activities in the last fortnight!**

**From footy to face paint, we do it all!**





## Wellbeing Wednesday

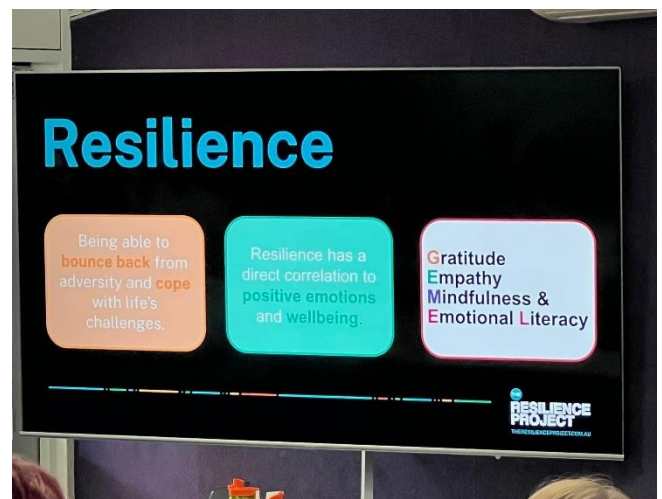
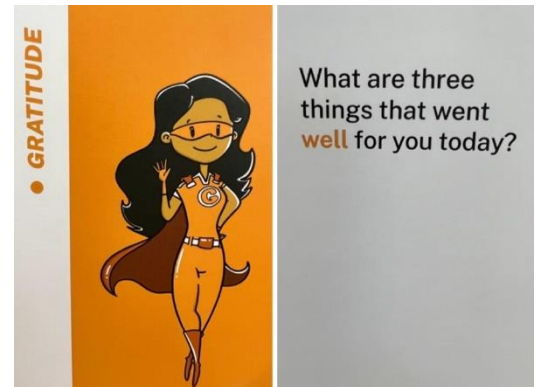
Last week, our classes started engaging with The Resilience Project (TRP) lessons.

Everyone has their very own TRP journal where they will reflect and record learning about gratitude, empathy, and mindfulness (GEM).

### Teaching TRP Workshop

Latham Primary School staff collaborated with St Michael's Primary School for the delivery of a 'Teaching TRP workshop'.

This workshop is designed to inspire staff to teach and integrate The Resilience Project (TRP) effectively. The workshop aims to build capacity and knowledge of wellbeing amongst our educators while equipping them with practical tools to embed GEM (Gratitude, Empathy, Mindfulness) + EL (Emotional Literacy in the classroom, staffroom and school environment.







## The Resilience Project at Home - Gratitude

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives – this only takes 21 days! Practising gratitude every day increases our levels of energy, and helps us to feel happier and more focused, determined and optimistic. It even helps us have better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits – let's all try to be grateful for the things and people in our lives every day!

### Whole Family Activity:

#### Gratitude Scavenger Hunt

- As a family create a scavenger hunt list of things that make you happy or you are grateful for, you can make your own list or use the examples below:
- Something that makes you happy
- Something you love to smell
- Something you enjoy looking at
- Something that is your favourite colour
- Something you like in nature
- Something that is useful for you
- Each member of the family uses the list and has to find as many things as they can.
- You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.
- After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

### Family Habit Builder:

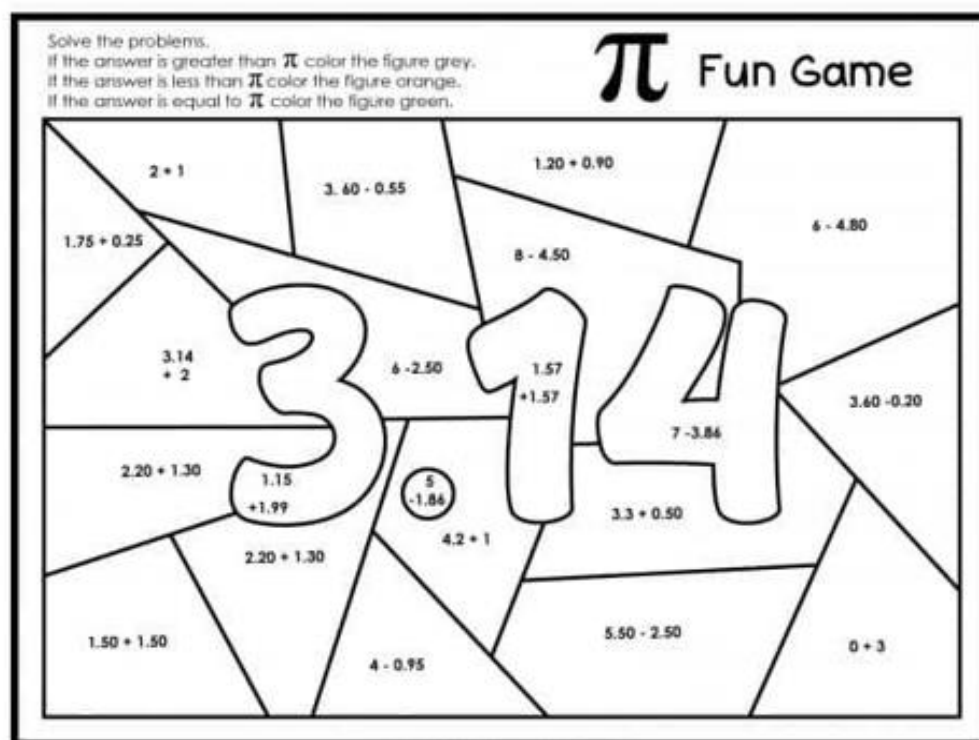
Every night at dinner, have each person talk about their favourite thing about that day.



## Maths Challenge

Pi Day Thursday 14 March (Week 7)

Have fun solving this problem



Or, challenge yourself and memorize as many of the first 100 digits of

$\pi =$  **3.14159 26535 89793**  
**23846 26433 83279**  
**50288 41971 69399**  
**37510 58209 74944**  
**59230 78164 06286**  
**20899 86280 34825**  
**34211 70679 ...**

On Thursday 14 March the maths team will invite students to test their cognitive skills when memorising the numbers of pi. You can also solve the above problem and hand it into the front office by Monday Week 8.

# ABC TIGHT Bike Safety Check List



**A**

**A = AIR**

- ✓ Is there air in the tyres?
- ✓ Are the tyres in good condition?

**B = BRAKES**

- ✓ Are the brakes in good working order?

**Note:** Bikes are required to have at least a working rear brake or they are not road worthy. It is better to have front and back brakes

**B**

**C**

**C = CHAIN**

**TIGHT**

- ✓ Is the chain clean, oiled and firm?
- ✓ Does the drive train and derailleur (if applicable) spin freely?



- ✓ Are the handlebars tight?
- ✓ Are the handlebars straight?
- ✓ Do the wheels and cranks move from side to side?
- ✓ Does everything stay in place with the 10cm drop test?

✗ If a bike does not pass this checklist it is not safe to ride.

## Mandatory equipment for cycling activities



Australian approved cycling helmet (Australian standard sticker should be on the inside of the helmet AS/NZS 2063)



Bike that passes the ABC TIGHT test



Fully covered footwear (no thongs, sandals)

✗ If a student does not have the mandatory equipment they cannot ride.



The Cancer Council's SunSmart Schools Program does not recommend wearing hats under helmets. Hats under helmets may interfere with peripheral vision and reduce external noise, two important elements to riding safely. To reduce the risk of over-exposure to harmful UV rays when riding, school bike riding activities and events should be minimised, when possible, between 11am and 3pm during Terms 1 and 4. Always use shade if it is available, wear sensible clothing that covers skin and apply sunscreen to reduce the risk of sun damage when riding. Riders may also consider fitting a UV protective cover to their helmet.

## The Three 2s Helmet Check



**2 fingers**  
above eyebrow



**2 ear clips**  
snug under ears



**2 fingers**  
under chin strap

- Check helmet for physical damage eg cracks in shell, worn straps, broken buckles
- A helmet needs to be secure, but not uncomfortable and should fit as follows:
  - Helmet sits flat on head, not tilted back.
  - The rim should sit about '2 finger' widths above your eyebrow.
  - The straps should not be twisted and should form a V just under the ears with the '2 ear clips' snug under the ears.
- The strap should fasten securely under the chin and not hang loose, snugly fit '2 fingers' under strap
- Wobble Wobble Check – place hands on top of helmet and wobble it, shake head. If the helmet moves out of position easily it is not correctly fitted (likely straps are loose or helmet is too big).
- Partner Check – students check each others' helmets.



**RIDE or WALK**  
to school



## Cryptosporidiosis

### What is cryptosporidiosis?

Cryptosporidiosis is an infection caused by a parasite called *Cryptosporidium*.

### What are the symptoms?

The symptoms usually include watery diarrhoea and abdominal pain. Fever, nausea, vomiting, and loss of appetite may also occur.

Symptoms usually start from 1 to 12 days (average 7 days) after a person becomes infected. Symptoms may come and go and can last from days to weeks. Symptoms may be severe and longer lasting in people with weakened immune systems.

### How is cryptosporidiosis spread?

The *Cryptosporidium* parasite is found in the faeces of infected humans or animals.

People become unwell after swallowing the parasite. Infection can occur through:

- person-to-person contact, particularly from young children to other children or their carers;
- swallowing contaminated water from rivers, streams, springs, ponds, lakes, swimming pools, the sea, bores or wells;
- handling infected animals or their manure;
- sexual contact with the risk of faecal exposure;
- drinking untreated milk;
- eating undercooked food, fruit or vegetables that have been contaminated or washed with contaminated water.

While people are most infectious when they have diarrhoea, they can still pass the infection on to others for several weeks after their symptoms have resolved.

### What treatment is available?

Most people usually recover with rest and extra fluids. Medication is generally not recommended but may be prescribed by doctors in complicated cases.

## Who is at risk?

*Cryptosporidium* can infect anyone. However, those who are most likely to become infected with *Cryptosporidium* include:

- people in close contact with others who have cryptosporidiosis;
- children who attend childcare;
- parents of infected children;
- health care and childcare workers;
- swimmers who swallow even small amounts of recreational swimming water;
- people who drink untreated water;
- international travellers, particularly to or from developing areas;
- people who work with animals;
- men who have sex with men.

People with weakened immune systems are at risk for more serious disease and should see their doctor if symptoms develop.

## How is it prevented?

### Hand washing

Hand washing is a very effective way of preventing person to person spread of *Cryptosporidium*. Hands should be washed with soap and running water for between 10 to 15 seconds:

- after going to the toilet or changing nappies;
- after handling animals or their manure;
- after working in the garden;
- before preparing food or drinks;
- before eating.

### Nappy changing

Nappies should not be changed on tables or counters where food is prepared or eaten. Change areas should be cleaned with warm soapy water and disinfectant after every nappy change.

### Do not drink unpasteurised milk or untreated water



People should avoid drinking unpasteurised milk or untreated water (for example from rivers, creeks, lakes, or dams). If untreated water is the only available source, boiling water will kill *Cryptosporidium*. Avoid swimming in natural waters (e.g. rivers, creeks, dams, surf) within a week after heavy rain.

### Safe food handling

Make sure all foods are cooked thoroughly and wash or peel all raw vegetables and fruits before eating.

### How is it controlled?

Children who have diarrhoea should be kept home from preschool, childcare or play group until 24 hours after the diarrhoea has completely stopped.

People who work in food preparation, childcare centres, aged care facilities, or health care facilities should not return to work until 48 hours after their diarrhoea has stopped.

People with cryptosporidiosis should not swim, wade, or paddle in swimming pools or recreational water facilities for at least two weeks after diarrhoea has stopped. Also, towels and linen should not be shared for at least two weeks after diarrhoea has stopped.

### Need more information?

For more information about cryptosporidiosis, contact your doctor or call the Health Protection Service, Communicable Disease Control Information Line during business hours on (02) 5124 9213.

*Communicable Disease Control Section at the Health Protection Service is responsible for the investigation and surveillance of notifiable or infectious conditions in the ACT in order to control or prevent their spread in the community. This includes the promotion of immunisation, education and other strategies that help to limit the spread of diseases.*

*Cryptosporidiosis is a notifiable disease. Cases notified to ACT Health are investigated by Public Health Officers.*

### Acknowledgement

1. Heymann DL, 2015, Control of Communicable Diseases Manual, 20th edition.

#### Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.

## INFORMATION



**ACT**  
GOVERNMENT

**ACT Health**

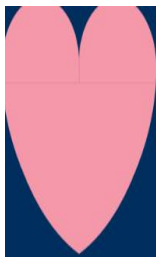


If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: [www.health.act.gov.au/accessibility](http://www.health.act.gov.au/accessibility)

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# City Hill Ideas Exhibition

How would you transform City Hill park to become an accessible, natural hub in the city centre?

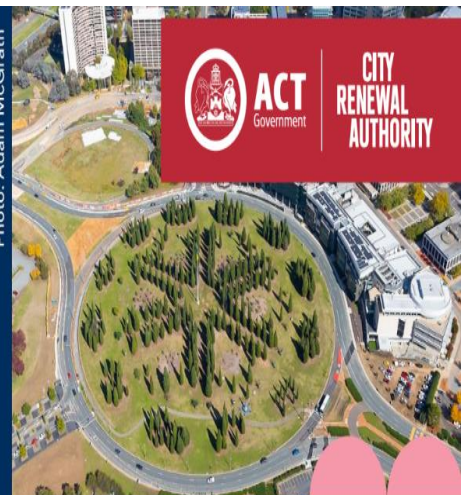
City Hill park is over 4 hectares of open space in the heart of Canberra's City Centre. It is time to consider how City Hill park could be enhanced for residents and visitors alike.

From 13 Feb to 25 March 2024, we will be asking for ideas on the future of City Hill park.

Schools and tertiary educational settings are encouraged to take part. This is an opportunity for students to develop skills in place making, people-centered design and landscape design. The City Hill 'Ideas Brief' will make it easy to draw or describe ideas.

The ideas will be displayed at a public exhibition. There will also be events such as the 'Discover City Hill Day'.

Photo: Adam McGrath



**ACT**  
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**CITY  
RENEWAL  
AUTHORITY**

Find out more by scanning the QR code or follow the link  
<https://yoursayconversations.act.gov.au/cityhill>

