



Hughes NEWS

TERM 3 ISSUE 3

28 August 2020

Hughes Primary School acknowledges the Ngunnawal People, the traditional owners and custodians of this land.

Principal's Message

Positive Education: As part of our implementation of the Geelong Grammar Positive Education curriculum, we have a school wide focus on understanding strengths. Character Strengths can positively influence the way we think, feel and behave.

Through a series of guiding questions, our staff and students are investigating and developing their understanding of character strengths through a variety of learning engagements including: strength spotting in rich literature, identifying their own strengths, undertaking gratitude activities and learning about the aspects of Hope Theory. If you are interested in learning more about strengths and how they can be utilised at home to support the wellbeing of your children and family, publications by both Dr Justin Coulson <https://www.happyfamilies.com.au/> and Professor Lea Waters <https://www.leawaters.com/> are excellent resources. Students today watched this simple and highly informative clip on Character Strengths as part of our virtual assembly: <https://www.youtube.com/watch?v=JLUOILRbazA>

Luke McKay (our fulltime Youth Worker) led the whole school in a game of Character Strengths Bingo! Great fun!

Protective Behaviours: At Hughes PS, the Protective Behaviours program is an important element of our social and emotional development and wellbeing practices. We aim to ensure students are mindful of the importance of being safe,

feeling safe and talking about it. Safety networks are explored, and two key messages are highlighted.

- We all have the right to feel safe all the time
- Nothing is so awful we can't talk about it with someone.

You can find further information about Protective Behaviours online at <http://www.protective-behaviours.org.au> or of course, through your child's class teacher.

Playground supervision: At lunch and recess (in addition to the clubs that happen across the school) we have three teachers on playground duty as well as a minimum of two Learning Support Assistants providing targeted support. We also have staff who pop out and play a game of soccer or meet a small group of kids in the garden. So, whilst always a minimum of five staff, we at times see seven or eight staff out with children. Staff on duty wear yellow high visibility vests so that children can identify them easily if help is needed. We encourage children to always seek help from the teacher on duty. The reality is that we sometimes have issues to follow up from unstructured play at break times as all schools do. Children are learning every day and sometimes that learning occurs through making mistakes. We view and value every interaction as a learning experience and know that inappropriate choices are part of learning from time to time.

Principal:

Nina McCabe

Deputy Principal:

Sarah Harris

Executive Teacher:

Kirsty Stewart

Executive Teacher:

Nicole Merchant

Preschool Teacher:

Susan Jones

Business Manager:

Gaye Broad

School Secretary:

Karen Stone-Tolcher

IEC Office:

Pansy Sung

Board Chair:

Clyde D'Rosario

P&C President:

Lara Gladwin

Courage, Achievement, Resilience, Engagement

Groom Street HUGHES ACT 2605 Phone: 6142 0730

www.hughesps.act.edu.au

Email: info_hughesps@ed.act.edu.au

Principal's Message continued

Our approach to follow up involves these steps:

- collecting information from all children involved - every child's voice is valued;
- determining if a school expectation has been broken;
- discussing with the child what they wanted to achieve and how they could do this more appropriately as well as the impact their choice had on others;
- when relevant, a restorative discussion to talk through what happened, the impact on others and how this will be avoided in future;
- consequences put in place for hurting others, e.g. from time off the playground up to suspension for continued occurrences or extreme violence;
- contact with parents for any issues involving hurting, or ongoing concerns - we want to work in partnership; and
- documentation of the incident on our student administration system.

We have found that use of this very systematic approach helps children to understand what happened, why and how they could use more appropriate strategies to achieve a need. If you would like to discuss this approach in more detail, please get in contact with:

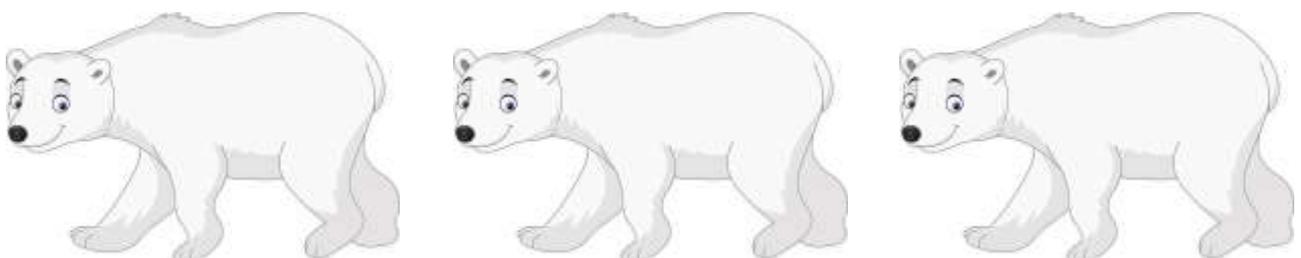
Kirsty Stewart (Executive Teacher Preschool – Year 2 kirsty.stewart@ed.act.edu.au);

Nicole Merchant (Executive Teacher Years 3 – 6 nicole.merchant@ed.act.edu.au) or

Sarah Harris (Deputy Principal and Team Leader for IEC and LSUA sarah.harris@ed.act.edu.au).

Save the Polar Bears: Congratulations to Hughes PS for our very successful fundraiser yesterday to 'Save the Polar Bears'. This initiative - which raised \$580 - was instigated by Bridget, Millie, Ollie L and Matilda. As a school, we were keen to support these students regarding their social concern about the declining numbers of polar bears. A very casual week for me as I came to school in my PJs on three days (to support our fundraiser and to participate in 'Sleep Over Day' at the preschool with both our Owls and Butterflies groups). Wearing my normal attire next week might come as a bit of shock!

Warmest regards
Nina McCabe
Principal



Stranger Safety Message

This is reminder to help our children understand the importance of stranger safety and the need to report any unusual incidents or approaches to staff immediately.

If you become aware of an incident, or notice anyone acting suspiciously around a school or child, contact police immediately on 131 444 or in the case of an emergency call 000. If you witness incidents or if you have any information that could assist Police, contact Crime Stoppers on 1800 333 000. Information can be provided anonymously.

Please support us to keep our children safe by having conversations about moving safely around the community and what to do if they ever feel unsafe. You may wish to visit the AFP website section on [Child Safety](#) for tips. In addition, the [Safety4Kids](#) is a nongovernment website that has useful information and links. The [Constable Kenny website](#) also has a number of tips for parents.

The school and the Education Directorate will continue to work with ACT Policing on this issue.

Contact: schooloperations@act.gov.au

Phone: [6205 3313](tel:62053313)



ANU Tax Clinic

- » Trouble completing a tax return?
- » Not sure whether you need to lodge a tax return?
- » How do you access MyTax?

The ANU Tax Clinic provides guidance and information on income tax matters.

Book a Free Consultation

For eligibility criteria and bookings, visit

- » rsa.anu.edu.au/anu-tax-clinic

For any enquiries contact us at

- » taxclinic@anu.edu.au

Or call us on

- » 02 6125 4853

Hughes Primary - Clubs

Time	Monday	Tuesday	Wednesday	Thursday	Friday
First Lunch (11:10 - 11:30)	 Origami (Japanese Room)			 Chess (4B)	
	 Sustainability Squad (3J)			 Year 5 Band (Hall)	 Loose Parts (Bimberi)
2nd Lunch (11:30 - 11:50)	 Year 6 Band (Hall)	 Coding Club (Bimberi)	 Lego (KP)	 Gardening (Fairy Garden)	 Cooperative Games (2C)
	 Year 5 Bikes (bike shed)			 Karaoke (Mrs V's Room)	
Recess (1:15 - 1:40)	 Sustainability Squad (3J)			 Loose Parts (Bimberi)	
	 Year 6 Band (Hall)	 Coding Club (Bimberi)	 Year 5 Band (Hall)	 Gardening (Fairy Garden)	 Year 6 Bikes (bike shed)
	 Year 5 Bikes (bike shed)		 Lego (KP)	 Karaoke (Mrs V's Room)	 Cooperative Games (2C)
	 Gardening (Fairy Garden)	 Drawing/Craft (2C)		 Bubble blowing (Fairy Garden)	



Tuesday 15 September 2020

7-8 pm

webinar

Transition to school

Tips and resources for parents supporting children who are starting school or preschool

Parents and carers are invited to hear about the research supporting transitions, and ways to help prepare children and families for starting school or preschool.

A resource kit will be available

To register (or request resources):

Facebook - ACT Council of P&C Associations

or phone: 02 6241 5759

Presented by the P&C Council and the ACT Education Directorate.



ACT Council of Parents & Citizens Associations



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- | | |
|--|--|
|  laptops & tablets |  lessons & activities |
|  uniforms & shoes |  books & supplies |
|  sports fees & gear |  camps & excursions |

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact
your local Saver Plus
Coordinator

Phone
1300 610 355

Email
CanberraSP@
thesmithfamily.com.au

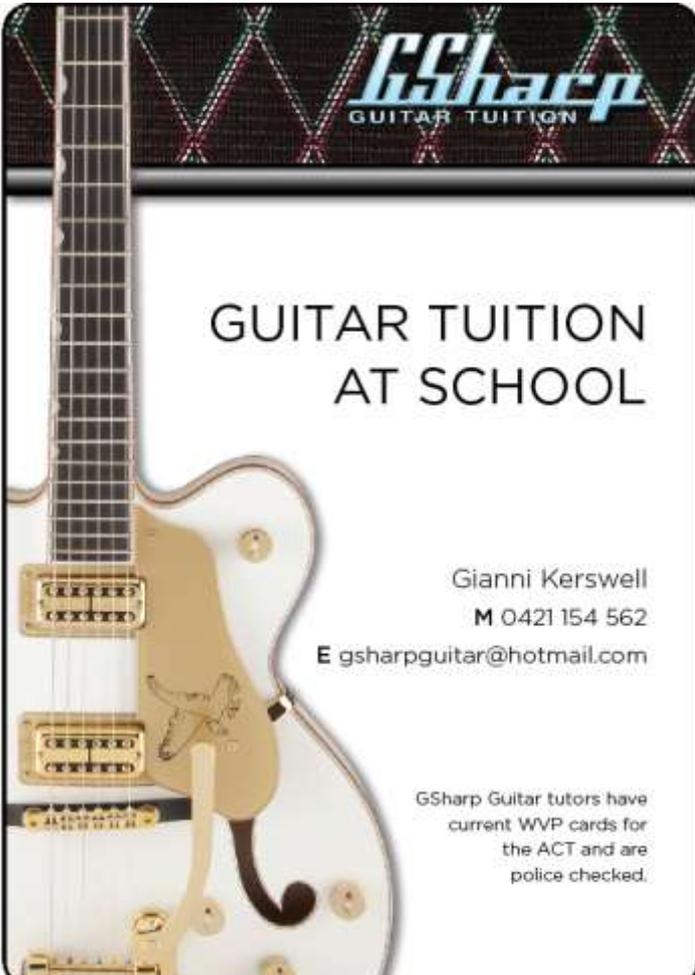
Online
saverplus.org.au

Find us on Facebook 



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



GSharp
GUITAR TUITION

GUITAR TUITION AT SCHOOL

Gianni Kerswell
M 0421 154 562
E gsharpguitar@hotmail.com

GSharp Guitar tutors have current WVP cards for the ACT and are police checked.

CANBERRA WE ARE HERE FOR YOU

FREE telephone counselling sessions Monday to Friday 9am-5pm

Sessions via Zoom or Skype
Limited availability for FREE face-to-face counselling sessions
Facility our services are available temporarily suspended

Contact us for a FREE confidential chat

 **6287 3833**  parent

 parentline@parentlineact.org.au



www.flexischools.com.au

ONLINE ORDERING



- Available 24/7
- Convenient for parents
- Removes paper orders and cash
- FREE registration

Online ordering is more convenient, providing a 24/7 payment and ordering system that can be accessed from home, work or a mobile device.

No more fumbling around for coins in the morning or sending kids to school with excess cash, online orders are faster and more accurate giving parents peace of mind that their order and payment is received accurately at the school.

Registration is free and only takes a few minutes.

EASY, ONLINE REGISTRATION

- Go to www.flexischools.com.au
- Click REGISTER
- Enter your email
- You will be emailed a link to an online form - follow the link
- Choose a username and password and complete the form
- Add each student and their class
- Top-up the account - VISA or Mastercard preferred.



Place lunch orders from your iPhone, iPad or mobile device!

For help call **1300 361 769**



Scholastic Book Club Orders

Our latest Scholastic Book Club orders have been distributed this week so please keep an eye out for them coming home with your child! The books are packaged up in our re-useable book bags, so I'd be grateful if you could please return the empty book club bags to the box in reception to be used for future orders. Thanks to everyone who placed an order and helped us to earn free books and teaching materials for our classrooms.



Bonnie, Book Club Coordinator



Healthy Kids Canteen Menu

Hughes Primary School

Order online at www.flexischools.com.au

term 3
2020

Wednesday & Friday

Sandwiches & wraps

Rainbow Delight Salad: Layers of cucumber, lettuce, tomato, grated carrot	\$4.50
Egg & Mayo: Egg, mayo, crunchy lettuce	\$4.50
Chicken & Salad: Chicken, tomato, carrot, lettuce, cucumber, mayo	\$5.50
Toasted cheese	\$4.00
Extras: cheese or chicken	add \$1.20

Gluten free available on request

Salad

Design your own salad Add egg, cheese or chicken	from \$4.50
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Hot meals

Pasta Napolitana (with or without cheese. Gluten free available)	\$4.70
Veggie fried rice	\$4.50
Crispy chicken or Falafel wrap: with lettuce and your choice of sauce	\$4.20
Beef lasagne	\$5.30
Pasta bolognese (with or without cheese. Gluten free available)	\$5.30
Chicken nuggets x 6	\$5.00
Mac and cheese (veg) (Friday only)	\$5.00
Sausage Roll (Friday only)	\$4.00
Sauce sachet	\$0.30

Snacks

Watermelon tub	\$2.00
Milo cookie	\$1.20
Koala Popcorn: lightly salted	\$2.50
Jelly & custard	\$1.80
Banana bread	\$1.70
Warm cheese roll	\$3.20
Chocolate mousse cup	\$2.20
Garlic bread	\$2.00

Drinks

Water: 600ml	\$2.00
Juice (tropical, apple)	\$2.00
Moove flavoured milk (choc, strawberry): 250ml	\$2.60
Plain milk	\$2.00

Frozen

Frozen juice cup (apple, blackcurrant)	\$2.00
Twisted frozen yoghurt	\$2.80



MEAL DEAL
(Wednesdays only)

1 hot food item (different each week)

1 frozen juice cup

1 mini choc muffin \$7.50