Dear Parents and Carers

Tomorrow is the last day of another productive and gratifying term at Good Shepherd and marks the half-way point of the school year. It’s hard to believe we are there already! The upcoming holidays are a good opportunity for the children to have some down time from the rigours of the school day. Sleep-ins and pyjama days are eagerly anticipated at my home for myself and my children.

ARE YOUR CHILDREN GETTING A GOOD NIGHTS SLEEP?

On the subject of sleep, this might be a good time to consider the amount of sleep your child/children is/are getting and the quality of that sleep. The popularity of digital devices such as iPads, has lead to a jump in sleep disorders, with experts warning the light emitted from digital screens can have a disturbing effect on the body clock. Most disruptive to the body clock is short wavelength blue light - exactly what backlit portable screens shine directly into the eyes. It is recommend that these devices are shut down up to two hours before bed time, to try to reduce the impact of these light sources on sleep.

Children will often tell me that they were up watching TV to well past the time that would allow them to have the hours of sleep needed to function at an optimal level. Primary school children should get between 10–12 hours of sleep per night. Lack of sleep can be attributed to many problems children can experience in a school day if they are tired. These include aggressive and antisocial behaviour, being moody and irritable and the inability to concentrate on their school work. How does your family stack up against this information? I know I for one will be talking to my children about the importance of enough sleep and what they do in the time leading up to bedtime.

ADMINISTRATION BLOCK REFURBISHMENT

You may have noticed if you have been at the school in the past week that the Administration Block is almost ready to be moved in to. We are just waiting on the arrival of the new library furniture. The first few weeks of the new term will see a return to the school offices, library and staffroom being in this building. There is still some landscaping to be done out the front to finish off the project. Until this landscaping is done, we will be cordoning off half of the road directly in front of the school for the children to sit while waiting to be picked up. Pick up will not begin until 3:20pm so that children, who are walking with their parents to their cars, can do so in safety. Brad is away this week attending the Australian Principals Conference in Cairns, along with 1400 other principals from 30 countries. He has been reporting back daily about the learning and discussions he has been part of. We look forward to his return and to hear what he has in store for Good Shepherd in light of this.

STAFF FAREWELLS

Tomorrow we will bid farewell to Mrs Alison Graeber as she leaves Good Shepherd for a time, to have her first precious baby. On behalf of our school community I would like to wish Ally every blessing as she and her husband Rob begin the adventure of parenthood. Miss Kristy-Lee Walker will join our staff from the beginning of Term Three to teach Year Five.

We will also be farewelling Ms Nicole Thorne who has been with us for the past 2 and half years as one of our Health, Lifestyle and Sustainability teachers. We are sad to see Nicole go as she has been a great asset to the school community with her keen interest in the area of Health and Physical Education. She knows how to grow some decent vegetables as well! We wish Nicole all the best in the future and hope to see her around doing relief teaching next term. Mrs Brooke Thompson will be returning to Good Shepherd next term to step into Nicole’s role as she re-joins the staff after taking maternity leave.

Miss Nat Zarb has been privileged to be chosen to represent the Archdiocese of Canberra Goulburn at the 2014 World Youth Day in Rio de Janeiro. She will be travelling to Brazil during the holidays and will return to school in Week 3. We congratulate Nat on this wonderful opportunity and wish her all the best in her pilgrimage. We look forward to hearing all about WYD 2014 when she returns.

Finally, I hope you all have a great holiday and I ask that God bless your family and your homes at this time and return everyone back to school safely next term.

Ursula Jamieson
Assistant Principal
The heart of God.

**Library News**

**CANBERRA - OUR REGION, OUR HISTORY**

**CANBERRA REGION**

1938 The Federal Capital Territory is renamed, officially, as the Australian Capital Territory on 29 July.

1939 January

Canberra endures a record hot spell including 8 consecutive days of temperatures above 38 degrees Celsius. Bushfires burn large areas west of the Murrumbidgee and threaten Mount Stromlo. Canberra hosts the jubilee congress of ANZAAS (The Australian & New Zealand Association for the Advancement of Science) with guest speaker H.G. Wells (author, best known for science fiction).

September

The population of Canberra was 10,000 when Prime Minister Robert Menzies declared Australia at war with Germany. A rapid expansion occurred with some 3,000 public service families brought to Canberra as well as military personnel. With Australia developing direct diplomatic relations with foreign countries, there was also an influx of diplomatic staff. The United Kingdom appointed their first High Commissioner to Australia in 1936. Canada appointed a representative in 1937 and the United States of America opened a mission in 1939.

http://earlycanberra.webs.com/index.htm#437467877

**GUNGALIN AREA**

Mulligan’s Flat

Mulligan is not included in historical records, but he may have been a convict who had a hut somewhere in the area well before the main settlement began. The Mulligan’s Flat Reserve takes the name used for this area of land. It must have been in common use to define the area. Aboriginal people hunted, gathered and maintained a rich cultural tradition in and around this region for thousands of years and surveys of these areas have identified many sites containing stone artefacts. An Aboriginal stone procurement site lies within Mulligans Flat and is commemorated by a sign on the northern side of Mulligans Flat road, nearly at the ACT border, in the part of the nature reserve known as ‘Little Mulligans’.

**WHAT'S ON IN TOWN?**

July 2013 school holiday programs - 08/07/2013 to 10/07/2013 National Film and Sound Archive Monday to Wednesday: 10am - 12pm 6248 2000 $5.00 - Children must be accompanied Bring the kids along to the July 2013 school holiday programs at the National Film and Sound Archives (NFSA). They can go from Creation Station NFSA to Mawson Station Antarctica or build noisemakers to create live sound effects for Frank Hurley's 101 year-old footage.

Kanga Cup International Youth Football Tournament - 07/07/2013 to 12/07/2013 The Kanga Cup is an annual youth soccer tournament held in Canberra. It is the most prestigious youth soccer tournament of its kind to be currently operating within Australia and is the largest of its kind in the southern hemisphere. Please check their website for match times kangacup@capitalfootball.com.au Various venues.
3rd July 1913. Head Lice.

Dear diary,
This week we have had head lice at school. I don't know how it started, but we all have to be treated for them. Mr Davis made us all write a note to take home to our parents. Mr Davis picked those children with the best penmanship, which meant that Joe only had to write a note for our family. Amelia and I have older brothers so we wrote notes for some of the younger children. Mr Davis also said he was closing the school for a day so that we could all be 'seen to' and then we would come back to school the day after tomorrow.
I didn't feel itchy at all until Mr Davis started talking about it. Then he did a biology lesson on them. We had to draw them and learn about their life cycle. Mr Davis has a great interest in insects. He has collections of pinned butterflies and beetles. The more we learnt about the lice the more I wanted to scratch.
When we got home we told Ma about the note and that school would be closed tomorrow. She sat down at the table and just looked at us shaking her head. Then she asked us to get all of the brushes and combs, the pillow cases and sheets. Then Joe and I had to cart water from the pump to put in the copper for boiling. Once that was boiling, everything we had collected went in the water for at least 30 minutes.
Ma put some water on the stove for a cup of tea. Pa came in and was told about the note. He and Ma talked for a little while before Pa went and got his razor. Ma fetched her scissors and a very fine toothed comb. We sat at the table and waited. Pa announced hair cuts all around if we found any lice and a complete head shave for the boys. I couldn't believe it!
Pa started with Joe's head and Ma started on Henry's. The boys both have brown hair which is supposed to make it easier to see the nits in. The boys had to sit very still while they had their heads checked. Ma asked me to read to everyone so that we had something to think about besides itching. Ma and Pa poured tea tree oil into a basin and dipped the combs in it before running it through the hair. Ma says it helps to catch any nits and kill them. After half an hour the boys were given the all clear and they had a final rub of oil put through their hair. Their heads were then wrapped in strips of linen to keep the oil in. Pa said that they looked like they were wearing a turban that Aunt Agnes would sell in her shop. He said he'd go and look for some feathers to decorate the turbans with. I giggled and Joe poked out his tongue at me. Pa said if he saw it again he'd chop it off. Joe and Henry groaned when they saw the turbans. Pa told them that it was better than having no hair at all, especially as it is winter! Once the boys were done Ma dished up dinner. I thought she had forgotten me and I was feeling very pleased until Joe bought it up. Ma said she needed an awful lot of time to go through my hair, so she needed to eat first.
After dinner Ma started on my hair. She undid my plait, pulled all my hair forward over my eyes and checked little sections at a time. The oil didn't smell too badly, but the comb scratched my scalp and found hair knots I never knew I had. Pa got the boys ready for bed, then he sat down to read to us. He had one lamp and Ma had the other close to my head so she could see. The bench was uncomfortable and I started to fidget. Ma hit me on the head to get me to keep still. My neck hurt from holding it still in a lot of different positions and my back ached from trying to keep it straight. It took an hour to finish my hair, then I also got the oil and turban treatment.
We have to keep these things on until tomorrow morning. Then Ma will wash it out with a mixture of water and vinegar. This doesn't smell nice, according to Pa, so Ma says she will give us a lemon rinse to finish. At least we didn't have lice.
I wonder how many children will return to school with very, very, very short hair?

Mary.
The heart of God.

General Information

NEW BUILDING TO OPEN SOON

The Shepherd Spy
T2. Wk 10

With the new building almost complete some of the Shepherd Spies were given a sneak peek! We saw some exciting things! Lots of different rooms, that were colourful and bright, like something you’d have never seen before! It was an exciting and interesting experience. We loved the new library! It was designed by Mrs A and had a funky, retro feel. We look forward to the rest of the students being able to share these wonderful new places.

Interview: Mrs Dennis, aka ‘the acting Mrs Jones’

What do you like or dislike about your job?

Mrs D: Working with the students, parents & Mr Gaynor (he’s not too bad!). It is hard when students come into sick boy who are not sick. I wish they would let me know that they just want company.

Do you enjoy working in this smaller building?

Mrs D: It is nice, but can be small and cramped. I like to be organised!

How could we as a school make your job easier?

Mrs D: Always having a smile and using your manners. I also spend hours sorting lost property! Please remember to take your clothing with you when you leave the playground.

Special Reminders

• Please play with people of your own age or class group.
• Mini Vinnies food collection.
• Girls please remember hair ribbons must be school colours.
• Remember to sit down at eating time.
• Have you found Lyle this week?
• No nail polish or incorrect jewellery at school.

Guess who?

1. Which Year 6 student is Good Shepherd’s Rostrum Finalist?
2. Which student won a ‘Hotwheels’ video camera in the life competition?
3. What are the 5 leadership groups at Good Shepherd?
   Wk 6 Answers: Lanissa, Imogen, Miss Zarb

Written and compiled by the Year 6 Shepherd Spy Team 2013
To be together....

Sports News

GOOD SHEPHERD NETBALL

Yr 5/6 SNOW: What a fantastic game before the holidays. Snow's passing was awesome and they won convincingly 16-4. Enjoy the well-deserved break girls (and parents) and we'll see you on the 20th of July.

Yr 4 CYCLONES: The Cyclones didn’t have a game on the weekend due to the other team forfeiting. The girls now get a well-earned rest until our first game back on the last Saturday of the holidays.

Yr 4 STORMS: Storms had another great (although wet) game out at Chamwood. Their defence has improved so much since the start of the season and they are also getting lots of opportunities at goal. Time for a well-earned break - see you all on 20 July.

YR 1 HURRICANES: The Hurricanes say a sad farewell to Angelina this week as she played her last game before her big family adventure! What a game it was too. Some amazing defending in the goal circle and passing between players is getting better and better! Hooray Hurricanes!

YR 3 TSUNAMIS: What another fantastic win by our awesome netball team. These girls are really starting to play together as a team and using what they have learnt in training out on the court. Marley, Nina and Megan are very proud! And, of course, so is your coach!

YR 2 LIGHTNING: Lightning played our last game for the term against BNA Sapphires. It was a close game with the final score 4-3. Every week the girls continue to play with enthusiasm and develop their skills, testing out different skills during the game. Have a great holiday girls.

Holy Spirit Parish
Trivia Night

Saturday 17 August

Seated by 7.15pm
To start at 7.30pm

$100 per table (tables of 10) or
$10 per player to join a table
(payments on registration)

BYO Drinks and Nibbles, Tea & Coffee provided

Online registration now open!
holyspiritgungahlin.org.au

Or
Registration forms available from Parish schools and at the Church

CELEBRATING CANBERRA'S CENTENARY | CANBERRA100.COM.AU