Dear Parents and Carers,

Welcome to Week 6! At the last junior school assembly our Year 4 prefects shared three tips for happiness. While their suggestions were aimed at our young students there was certainly some inspiration for me and I thought it was worth sharing with you too:

**Number 1- OPTIMISM:** Be a positive person and think happy thoughts. Thinking happy thoughts means being persistent and resilient - when things get hard keep trying, take a deep breath and move on.

I have found Dr Martin Seligman’s work around ‘Learned Optimism’ helpful in building a positive outlook by changing self-talk so that challenges and mistakes are seen as opportunities for learning. If you have time for further reading, check out: [http://www.pursuit-of-happiness.org/about/](http://www.pursuit-of-happiness.org/about/)

**Number 2- CREATE CHANGE:** Be the kind of person you would be friends with. If you feel happy being around people who laugh or who are kind and caring, then be that person first.

Our prefects went on to share the quote from Mahatma Gandhi: ‘be the change you want to see in the world’. I have always loved that quote and it means two things to me. Just like the message for our students, the first implies my responsibility to do what I am asking of others. The second impact this quote inspires is around my responsibility in creating change. Yes, it can be easy to complain about the things I don’t think are working. However, unless I actively look at my contribution toward a solution or talk to the people who can help, then things stay the same. At our school, you may see something that you think could be improved- a positive change can only happen if you talk to the people who can make a difference. At these times, I encourage you to talk to your child’s teacher, team leaders, Mr Yarrington, Mr Holmes or myself.

**Number 3- CARE:** Help others. It’s a good feeling to help and care for others.

This third tip is something that I highly value in educating the whole child and we have some shining examples of our students helping...
others. You have seen this in the past term where students have led initiatives to fundraise for great charitable causes. We have a team of high school students, The Harrison Sisterhood, who are providing a teacher’s morning tea this week to share their passion and highlight the issues around human trafficking in Cambodia. Since the start of the year, every 3/4 class has been planning for and leading playground games for our kindergarten students, because they care that our younger students have positive interactions when they go out to play. On Thursday as part of World Environment Day, we have Matt Hunt, the CEO of Free the Bears coming in to talk to our students at lunchtime. It is an exciting opportunity for our young leaders to be inspired by how just an ordinary person is making a difference on a global scale.

After such a long message this week, it’s probably worth finishing with a song. If you’ve got the time, have a listen to Xavier Rudd’s ‘Messages’: http://www.youtube.com/watch?v=tRBSnwWwWEE

I like the line near the end of the song: ‘with each gift that you share, you may heal and repair, with each choice that you make you may make someone’s day.’

What a great reminder that the power to make a difference is in our hands! I am looking forward to a fabulous week and will be doing my best to follow these three tips for happiness....... how about you?

Allison Edmonds

**Enrolling for 2015**

Reminder: If you have completed your application for enrolment online for Preschool you need to bring in the required documents listed below:

- Birth Certificate
- Immunisation Certificate
- Proof of Residential Address

Enrolment forms must be completed online. If parents do not have access to the internet they can complete the form at school. Please see the front office staff for assistance. Please note: students currently enrolled at Harrison **do not** need to complete an enrolment form for Kindergarten or Year 7. [Online Enrolment Form]

**Uniform Policy**

The School Board has endorsed the recommendation to include an option for girls to wear shorts or long pants. This does not replace the official School Uniform. A copy of the options and guidelines for implementing the uniform policy are attached or can be found on the website. Please see link [Uniform Policy Guidelines]

**Library News**

**Book Club**

Issue 4 of Scholastic Book Club was distributed last week. Orders are due in by **Friday May 13**. Please send orders in a labelled envelope to the library with either exact cash or a credit card receipt.

**Overdue Books**

If your child recently received an overdue note from the library, please help them to find and return the books. If you have a query about the note, please contact the library staff.

Pamela Gaukroger
Teacher Librarian

**Japanese News**

**Thousand Paper Cranes Project**

In preparation for the Harrison School trip to Japan this year our aim is to make 1000 paper cranes. Students from Years 8-10 will be visiting our sister school in Nara, Tomio Dai San. In addition to this, they will also be visiting Hiroshima.

Reminder: If you wish to complete a Crane please follow the link below. [Origami Crane]

---

**ASSEMBLY CERTIFICATES**

Congratulations to our Principals Award Recipients:

Rebecca W    Acsha Riju
Harrison Hoppers Represent the Heart Foundation

The Harrison School skipping team practice three times a week to keep themselves fit and healthy. The team has worked so hard that they have secured a spot as one of the Canberra Demonstration teams for the Heart Foundation. To represent the Heart foundation, these girls have the responsibility to promote Jump Rope for Heart. Jump Rope for Heart is a fun and easy way to keep your heart healthy and to help the Heart Foundation save lives!

On Friday Mrs Res and Mrs McMinn took the Harrison School skipping team on a tour around Canberra promoting the Heart Foundation’s ‘Jump off’ day. They visited Schools such as St John the Apostle School, St Peter and Paul School and Kingsford Smith School. The girls did an amazing job!

Our best wishes go to Tilly Cools, a Harrison Hopper member. This weekend she is travelling up to Brisbane for a State Championship Skipping tournament. We’re looking forward showing our talent at our Jump off day here at Harrison in Term 3, 2014!

2014/2015 ENTERTAINMENT™ BOOKS AND MEMBERSHIP

The 2014 / 2015 Entertainment™ Memberships Entertainment Book/ Membership Order Link

Thanks for your support!
Contact: Pamela Gaukroger 61422200 pamela.gaukroger@ed.act.edu.au

Defence News

The Defence Special Needs Support Group is offering families the opportunity to attend a Sue Larkey / Tony Attwood workshop on “Caring for someone with ASD” in Canberra on 27 June - nationalcommittee@dsng.org.au or call 1800 037 674 for more information.

With so many events at Harrison School as well as the wider community, please take the time to check out the noticeboards outside the front office. Along with Defence information, you will find flyers on many community events/workshops as well as sporting groups and activities.

The Defence Family Helpline operates 24-7 and is staffed by qualified human services professionals including social workers and psychologists – 1800 624 608

Once or twice a semester we send out an email to ADF families. If you would like to receive our email contact jennifer.welsh@ed.act.edu.au

Holly and Jenny

Defence Kids

We hope you enjoyed the cards, mosaics, colouring and robots over the last couple of weeks. Week 7 will be another break week. We hope to see you all again in Week 8 to participate in some really fun games. Yrs. 5-10 Gardening Group will continue with the planting and weeding of the café gardens. You are doing a wonderful job and should be proud of your hard work.

Mrs Welsh and Mrs Mattison

Harrison Hearts

We are back again tomorrow (Wednesday) 1:30-2:30pm- multipurpose room in the Library. This week we hope to complete the music sheets for Ms Da Silva and covering the books for 3/4HTH. See you there! All are welcome.
HSCA NEWS

HSCA FACEBOOK PAGE
Harrison School Community Association
Face book page
Harrison School Recipe Book
For detailed information on topics below please see the Harrison School Community News on Thursday.

Harrison Art Show
(harrisonartshow@hotmail.com)
(Student Pamphlet and Entry Information)
Entry Collection/Drop Off Times
Monday 2 June to Friday 6 June 8.30am – 9:00am in the Hall.
Last date for accepting entries Tuesday 10 June. Times and Location to be confirmed.

Art/Sculpture Entries
Thank you to Aarwun Gallery who will be sponsoring the Art/Sculpture Prizes for students. The Sponsor has confirmed there will be no theme, that student’s art/sculpture work can be any topic the student chooses.

Photography Entries
Thank You to Ted’s Camera Stores and Another Happy Customer who will be sponsoring the Photography Prizes for students. The theme for this year, for all age groups is "Colour".

COLOUR is one of the first things you notice, and it can change the way you feel, think or behave. COLOUR is everywhere; in your garden, your toy box, your fridge, and even on you!
We are looking for photographs that will make us stand back and say "WOW! Look at that Colour!" The entire scene maybe one colour, or several colours; or perhaps there is just a small amount of colour that contrasts and stands out from the background (like a little red spider on a white table!). Don’t forget to think about the composition of the photo too, as this helps to convey the impact of the scene you are photographing.
Think about how the colours around you make you feel, and take a photograph that will make everyone else feel that way too.

Link to website: Student Information Pamphlet and Student Entry Forms and Art Show Information

Don’t forget you can always email Christina at harrisonartshow@hotmail.com with your questions in relation to entries or the Art Show.

Harrison School Recipe Book
Harrison School Recipe Book
HARRISON SCHOOL RECIPE BOOK
Reminder: Don’t forget to add your favourite recipe to the Harrison School Cook Book

Mr. Yarrington tasting Katelyn’s delicious Milo Cup Cake

In short, we need YOUR HELP in submitting recipes! Think of those you have grown up with - ones your Grandma taught you. Please be aware of copyright issues: if you are submitting a published recipe, you will need to state where it has originally come from and understand we may not be able to include it in our book. To make your life easier, you can submit your recipes via our online link Harrison School Recipe Book. Please call Suzanne Barnes on 0400 664 243 if you would like further information or if you would prefer to send in a hard copy of your recipe.

HSCA FUN RUN
THANK YOU to all students, staff and parents who participated and made the afternoon so much fun! Due to weather and time constraints we had to shorten the intended course but everyone seemed to have fun none-the-less.

For those who have been collecting sponsorship please have your forms and money into the front office by Wednesday this week as we will be ordering all the prizes for delivery within two weeks after that.

Please note - if you are ordering more than one prize, you need to add up the top end of the category, not the bottom. Please email hscafundraising@hotmail.com if you have any questions.