

# **ParentACTion**

The parent voice on public education

Term 3, 2017

**ACT Council of Parents & Citizens Associations** 

# New option for food at school

Canteens are one of the most important services that P&Cs provide for schools, but the burden for volunteers is immense. Council's Communications Officer, Janelle Kennard, investigated a new option for Canberra schools looking to provide a food service without leaning on the P&C.

Supported by an ACT Health Promotion Grant from the ACT Government, the YMCA Canberra has been looking into school canteens and the ways in which schools and P&Cs can be supported to provide a viable, healthy food service for their community. It soon became apparent that one of the significant challenges to the viability of individual school canteens was the limited scale of their market. And there were schools with little or no canteen service that were looking for easy options. So the YMCA began an innovative trial at three lucky ACT primary schools.

"We progressively rolled out the Y's Bites service during term two, firstly at Charnwood-Dunlop, then Red Hill School and Palmerston," explained YMCA Grants Coordinator, Diane Percy. "There has already been a fantastic response and orders are increasing every week!"

The meals are prepared in a centralised, commercial YMCA kitchen under the supervision of Senior Chef Jessica Ardaiz and in accordance with ACT school food and drink policies. "It's good healthy food, cooked using quality fresh ingredients," Jessica told me.

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Meals are produced in the YMCA's commercial kitchen by Head Chef Jessica Ardaiz.

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### From the President



John Haydon

Occasionally I get to mumble and stumble my way through a radio interview about one or another schooling topic. After one recent

interview about school funding I'm told a listener rang in and said it was typical of P&C Council to score an 'own goal'. I think that listener believed that I was saying private schools were better than public schools because I had pointed out unfairness in the funding and resources available.

In fact I believe that public schools are a better option for parents than private schools. Firstly, public schools are secular. Parents of course have the right to have their children raised within a religious framework, but teaching a particular religion in school creates an 'us and them' mentality. Let's leave religious instruction to the church, mosque, synagogue...

Secondly public schools are open to all and help students to learn to relate to other students from all backgrounds, not just their own microcosm. This must be valuable for their future lives as citizens in a diverse society.

Public schools are supported by a large 'head office' in the form of the Education Directorate, with the provision of policy and management assistance to the school enabling the teachers and principals to get on with focusing on the needs of their students. The Directorate is also there for those rare occasions when parents need to go over the head of the principal to appeal against a decision or raise a complaint. None of this applies to small independent schools.

Public schools do not have fees: if you can afford it, you can use the money saved for extra educational experiences for your children, such as sports coaching, music or art lessons, even travel. These provide better value for money.

Overall, I think public schools are a better choice. But there are still significant inequities in the way resources are provided to public schools as compared to private schools and it is totally appropriate that Council seeks to highlight these inequities when it can and lobbies to have them redressed.

Which brings me to school funding, a topic which consumed much of the media's attention of late. Almost all schools in Australia, including those we call 'private' receive money from both the federal and state/territory governments. The media attention was almost solely on the federal government's funding. For each school a School Resourcing Standard (SRS) is calculated as an allocation for each student (roughly \$10,000 for primary students and \$12,000 for secondary students) plus loadings to allow for student and school disadvantage. Under the legislation passed in June the Commonwealth commits over the next six years to fund public schools to 20% of their SRS, up from the current 17%, and private schools to 80% of their SRS, up from the current 76.8%. It falls to the State and Territory governments to provide the balance of government funding for both public and private schools, and who knows to what extent they will do that. In Canberra we are fortunate that the ACT Government provides around 97% of the SRS for public schools with the additional 16% from the Commonwealth making Canberra public schools generally better funded than public schools in other jurisdictions.

The legislation passed is a move closer to genuine needs-based funding and public schools benefit but there remain large inequities, not least in the capacity of private schools to select students. The lauded 'school choice' is in reality not parent choice of school as proponents claim, but choice by the school as to which students they accept. I hope that a future Commonwealth government will legislate to increase its 20% funding of public schools which will be to the advantage of those students whose parents either deliberately chose or had no choice in enrolling their child in an inclusive school system. •

# New option for food at school

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There is a choice of hot meals such as lasagne, chicken enchilada and curry, as well as a range of wraps, salad box, drink or muffin. The YMCA provides materials so that schools can promote the service. Parents order and pay online.

I visited the impressive kitchen as meals were being prepared, packaged and labelled with the child's name and class. The meals were then transferred into an insulated box and into the van on its way to Charnwood-Dunlop Primary School. It was a relatively small delivery – 25 orders – the day I visited, but the YMCA is regularly delivering around 300 lunches each week to the three schools on the trial.

I met the van at the school. The food was transferred to the school's canteen where a team of student volunteers eagerly sorted the meals into class baskets, checked off the contents against a list of ordered meals and, donning their special aprons, delivered the baskets to classrooms just in time for lunch.

"The kids just love it," Diane from the YMCA told me. "They get to participate in delivering the healthy meals and whoever helps gets to wear the Y's Bites aprons."

The feedback is very positive on the food, according to Diane. "It's tasty and fabulous, the kids tell us, and they also like the packaging – it looks 'cool', is completely recyclable and the branding is fun and colourful."



Year five and six students at Charnwood-Dunlop Primary School sort the meals into class baskets.



Proud student volunteers deliver the meals.

"It is a great service to the parents. The short time frame is challenging for the chef and her team – orders come in by 5pm the night before and are at the school by 11am, for those schools with an early lunch break," Diane says. "But our systems are in place now and working well."

One spare meal is also provided for every 20 ordered, in case there is a mistake or a dropped meal. This is particularly appreciated by the school's Deputy Principal, Rob Lans, who was enthusiastic about the service. He told me that both staff and students were enjoying the food, that the YMCA had been very accommodating of their needs, and things were working smoothly.

"Other school canteen operators are interested in the Y's Bites healthy food program, having the option to order healthy pre-packaged snacks and hot meals directly from us which they sell via their own ordering or counter services," said Diane. "In the future it will make it easier for school canteens to offer a greater selection of healthy lunches on their menu." •

### Council: here for parents

### Why does the ACT Government help fund Council? Executive Officer, Terry Sanders, explains.

In an agreement with the ACT Government, Council receives an annual grant to:

- support affiliated school P&C associations
- promote parent participation in government schools
- advise government on views, expectations and concerns of parents and carers
- participate on relevant committees and working parties.

To continue to receive our grant, Council demonstrates that it is achieving these purposes in an annual report and grant acquittal for the Education Directorate (EDU). Council's Executive Committee, office staff and P&C association Council Delegates must work together to meet our obligations. We rely on many parents and carers to attend Council meetings and events, represent us on external committees and contribute to our input to government.

How Council achieves the first purpose above should be obvious to all P&C members but if you are not aware then look at the P&C Resources on our website (freshly updated!) and sign up for our email bulletins. Below is a summary of how Council fulfils the last three of our purposes.

### **Promote parent participation**

Council promotes active parent partnerships with schools through its everyday work by:

- including information in our magazine and on our website about successful collaborations between P&Cs and schools
- exchanging information at Council meetings (each meeting has a session called 'Issues from P&Cs')
- encouraging P&Cs to consider that they are more than just fundraising bodies – they have an integral role in linking parents with schools
- developing and putting in place strategies to promote parent participation, for example our Schools and Communities in Partnerships sub-committee has worked with

- Companion House to help migrant families connect to schools
- providing telephone and email advice to P&Cs and individual parents on strengthening communication and relationships with schools
- helping to ensure that EDU policies give due weight to parent/carer views and participation by providing comments on draft policies
- promoting ways in which parents and their P&Cs can support their schools and school communities
- developing in conjunction with EDU a volunteer recognition and appreciation certificate
- maintaining Council's media profile and increasing Council's social media presence and public awareness.

### Advise government on parent views

Council meets regularly with both the Minister for Education, the Director General and senior officers at EDU. At these meetings, matters are raised which have been brought to Council meetings by P&C association delegates, members of the Executive or resulting from our annual members' survey. The meetings also provide Council representatives with the opportunity to present parents' positions on important subjects such as:

- the effectiveness of ACT schools and school autonomy
- inter-agency action in dealing with students with challenging behaviours associated with family issues
- the government promise to provide a 'tablet' for every secondary student, and BYOD and Google Apps concerns
- emphasis on the teaching of languages in schools
- need for centralised funding for interpreter services at ACT schools
- 'Schools for All' and 'Safe Schools' policies
- school and class capacity issues

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- renovation of older schools and school fencing
- disability transport issues
- gifted and talented students
- school principals and their relationship with their P&C
- establishment of an independent appeals review authority
- clarifications around the school food and drink policy and fact sheets
- school crossing supervisor trial
- recognition of school volunteers
- preschool classes and late enrolments
- unsociable (violent) conduct
- delays in replacing principals and teachers.

In the past 12 months Council also wrote a submission for the ACT budget and provided feedback to the Australian Charities and Not-for-profit Commission and Access Canberra on P&C reporting obligations. Council representatives discussed challenges for canteens at the Collaborative Working Group on Food in Schools and commented on school traffic and buses at the School Transport Liaison Committee and meetings with Transport Canberra.

Our submissions and committee input is based on the views of P&Cs put forward through our general and sub-committee meetings, formal opportunities to comment on draft submissions and through member surveys, and based on detailed research by our policy officer.

### **Participate on committees**

Council is represented on a wide range of committees or working/reference groups consulting on areas such as community health, animal ethics in schools, sustainability initiatives in schools, careers and transitions, digital citizenship, child protection, and disability education. We also promote and find parent representatives to participate in more formal bodies such as the Board of Senior Secondary Studies and the College Enrolment Appeals Committee.

#### Get involved

We'd urge anyone interested in getting more involved in schooling in Canberra, having their say or representing the point of view of parents to come along to one of our regular meetings (the fourth Tuesday of the month in term time, see the back page for dates). Representative positions on a broad range of government working groups are usually filled at our Annual General Meeting in term four (November 28 this year).



September 7

Teaching & Learning 51 Fremantle Dr, Stirling

7pm

Centre for

### **Future of Education Forum**

What do you want from your school?

What might our schools look like?
How can our schooling system be improved?

Join us to hear about the Future of Education consultation and then have **your** say. Everyone is welcome.

Please let others know by displaying the poster included in this magazine prominently at your school.

Brought to you by ACT Council of P&C Associations and Canberra Preschool Society

### Farewell Joan Kellett

We pay tribute to the life and work of Joan Kellett — friend, mentor, Life Member of Council and passionate advocate for public education — who passed away in June.

Those of us who knew Joan are saddened by her death. As Council Executive member, Viv Pearce, put it: "Public education and families with students with special needs in the ACT are the poorer given Joan is no longer with us."

Joan was involved with the ACT public education system since the early days of its establishment. She was a member of the Council Executive for over 30 years — an astounding service and contribution which can hardly be adequately acknowledged here. She provided a strong voice for the perspective of parents on dozens of government committees from those examining learning assistance to the steering committee which was tasked with overseeing the creation of our secondary colleges. She contributed to Council's understanding, to submissions and policies, and was a founding member of Council's Disability Working Group.

Joan was an active member of the P&C at North Ainslie Primary, Lyneham High and Dickson College and also served as Board Chair at each school, and on the Turner School Board.

Joan was a successful advocate for the founding values of the ACT school system, special needs education and a major figure in Canberra's swimming community. She remained a community activist, with a strong commitment to community partnerships. She had a tremendous ability to get people to act together.

"She was a link person," explains fellow lifemember, Graeme Evans. "She would cause people to understand how their particular enthusiasm knitted with the enthusiasms of others."

"Joan was the guardian or custodian of the founding values of the ACT school system particularly the management of schools in partnership with the community. She had a detailed knowledge of the system since its inception – we'll no longer be able to say 'I know, let's ask Joan'."



Joan at one of her favourite places—the pool—where she volunteered for decades and helped promote the sport of swimming. Photo: Chris Pearce

"When Joan spoke at a P&C Council meeting you listened because you knew she would have a sensible and worthwhile contribution to make, drawn from years of active participation," said Viv Pearce.

"She was also a very kind and caring person, supporting and listening to parents under stress who felt their children's needs were not being met by the ACT education system. She would make the time to listen when others did not."

Viv recalls Joan's mentoring of parents within P&C Council – "I personally would not have had the confidence to join the P&C Council Executive, let alone stand for President, if it had not been for Joan's wise words and encouragement. I know over the years many other executive members have benefitted from contact with Joan. The importance of her urging parents to play an active role in ACT public education cannot be underestimated."

She will be sorely missed. •

A community gathering to celebrate the life and contributions of Joan Kellett OAM will be held at the YMCA's Leumeah Lodge, 48 O'Hanlon Place, Nicholls on Saturday 19 August at 2.00 pm. All are welcome. Dress: Colourful

# Building resilience in kids

The Belconnen Community Service has some tips on using the arts to build resilience, and runs some terrific programs.

We all want our children to be resilient, to bounce back from adversity and learn from their mistakes. We want them to be bright, brave and adventurous, to set goals and achieve them. But when setbacks pile up, children can become so anxious that they're scared to try in case they might fail.

The Belconnen Community Service Bungee Youth Resilience Program uses art to create a safe space where children can build courage and resilience. The skills they learn in Bungee classes help them to feel more confident in the rest of their lives.

Tutors in the program are professional artists and art therapists. We asked them for some tips for building resilience through encouraging and developing your child's creativity.

### All creative arts are about communication

Introduce children and young people to the arts as ways of communicating. Music, story-telling, colours, shapes and lines are all languages. We can learn to speak these languages as well as to read them. The languages of the arts are all fantastic for communicating about strong and complex emotional states.

### Help them but don't do it for them

Children need to feel safe when they try new things or have a go at something that hasn't gone well in the past. So when embarking on a creative project, help them but don't do it for them. They need lots of encouragement; absolutely no negative comments. Support them to overcome obstacles and persevere to complete projects.

### Exhale - don't hold it all in

If you keep breathing in but never breathe out, you'll soon feel like you're suffocating. You're desperately trying to take in more air but you're already full. What you need to do is exhale and make some room. Then inhaling will be easy.

This can be a good metaphor for life. Often young



people can be desperately trying to take everything in and make sense of it. Lessons at school; social lessons in the playground and online spaces; and a myriad of confronting events all over the world can make them feel overwhelmed and suffocated.

Creating art can be like exhaling. Making music, drama or visual art, or even just talking and expressing themselves creatively and passionately can clear their head and make some room to find strengths they never thought they had.

### **Encourage risk taking**

Being prepared to take risks is vital to creating good art. It's also an essential part of living a good life. Attempting to do something that you never thought you could do is scary, but learning new skills is uplifting and rewarding.

Encourage your child to try new techniques and approaches. This can apply to any form of creativity. If they usually draw on a small scale, encourage them to make something bigger and more freeform. If they usually read music, suggest that they learn to play a favourite piece from memory. Whenever we take risks, we learn. When we fail and try again, we are bouncing back and being resilient.

### Share your own stories

Creative projects can be challenging and things

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# Building resilience

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don't always turn out the way we plan them. Children need to be listened to and feel that they're understood, but you don't have to solve



their problems for them. You can show that you understand by sharing your own stories. Children often feel like they're the only ones going through problems. Help them to understand that they're not alone and that it's ok to not have all the answers all the time.

### **Enrol in the Bungee Program**

Places are available in the Bungee drama and visual arts after-school classes. Call 62640200 or email bungee@bcsact.com.au to arrange an intake interview.

# Tracking election promises

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in Australia and develop a model that is most suitable for Canberra. They were initially aiming for the program to commence in term three this year but, given it is the first time a program of this type has been rolled out in the ACT, the decision was made to delay the implementation to ensure it "meets the needs and expectations of users". The selection of schools is well under way, with the selection process due to be finished by term four and supervisors expected to be working on crossings by term one next year.

*Promise*: Individual traffic-management plans for each ACT school

Progress: Work has begun on these plans which will provide useful information to improve safety, increase active travel and reduce congestion at schools, as well as identify potential changes to roads or road marking around schools. Funding has been allocated in the ACT budget and plans are being developed by Transport Canberra in conjunction with schools. They are due to be completed for the 20 schools selected above by the beginning of next year. Transport Canberra inform us that once the crossing supervisor trial is up and running they will then "start developing

traffic management plans for additional schools, however it is yet to be determined how the schools will be prioritised".

#### **Better Facilities**

Council is very pleased to see the commitment of funds in this area.

*Promise:* More funding for building upgrades

Progress: Significant additional funding for school infrastructure upgrades, expansions and new facilities were a highlight of the recent ACT budget where an additional \$200million was committed over the budget period. Some works have begun (for example expansions at Amaroo School) and we look forward to seeing plans for how the remainder of the money will be spent and watching improvements being made to the school buildings which need it most.

*Promise*: Provision of portable devices for secondary students

*Progress*: The promise of a device for every ACT public school secondary student, eagerly anticipated by parents and students alike, was funded in this year's budget. We hope to be

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briefed on the proposed roll-out and device types in our meeting with ACT Education Minister Yvette Berry in September.

### Support for every student

Encompassing the need for full Gonksi funding, full implementation of the recommendations of the *Review into Students with Complex Needs and Challenging Behaviour*, and the allocation of funding for specialist teachers and interpreter services where needed, our wish-list here was long. We were able to secure some specific promises and there has been good progress.

Promise: Implementation of recommendations from the Review into Students with Complex Needs and Challenging Behaviours

Progress: The Education Directorate is continuing a long-running program of culture change and support for schools and parents in response to the recommendations of the 2015 expert-panel review. Parent briefings on progress have been held each term and some significant changes have been made. There is more work to be done to complete the plan and implement it across our schools. Council continues to support this.

The ACT budget also delivered funding for much needed school psychologists which Council hopes will be sufficient to create the promised 20 additional positions over the next four years, without having to cut corners in other areas. Progress has been slow but recruitment has now begun.

*Promise:* Scholarships for teachers to obtain advanced post-graduate qualifications in science, technology, engineering, maths and languages.

*Progress:* The ACT budget did allocate money for 25 scholarships a year to help teachers specialise in science, technology and maths.

### **Strong parent bodies**

With the lack of volunteers being desperate in many schools, we asked for commitments which would boost volunteer skills and numbers in schools and provide administrative assistance to parent bodies running school services.

*Promise*: \$1.5 million for small grants for which schools and P&Cs could apply to run projects that enhance parental engagement.

*Progress*: We were disappointed that this promise is *not* funded in the 2017-18 ACT budget.

### Co-ordinated management of schools

Council believes that schools need stronger leadership from the Education Directorate, and better coordination between Directorates, on all matters affecting schools and education.

*Promise*: An enquiry into the problems around school autonomy

*Progress*: Such an enquiry no longer seems to be on the table. Council is hoping to pursue misgivings about the current system in the *Future* of *Education* consultation in which the Minister and Education Directorate is currently engaged. •



### At our P&C...

Torrens School P&C volunteer, Alex Frawley, shares her experience with moving a school fete favourite — the silent auction — online.

The silent auction is a feature of many school fetes. You know how it works: local businesses donate items or vouchers and fete visitors view them and offer up a bid. By the end of the fete, you have a 'winner' for each item and collect the money, all of which is profit (for donated items). Some schools buy items to include, or convince businesses to donate one item for each that they purchase.

The problem with this though as Alex Frawley, a P&C volunteer from Torrens school, explained is that "people get overwhelmed at the fete and the traditional silent auction gets missed amid everything else that is going on." Sometimes it is hard to realise the full value of everything you have on offer.

So this year, her P&C decided to move the auction out of the fete and online.

"I didn't want to do it," admits Alex. "I thought that it would be a waste of my time. But I have to eat my hat. It was a raging success!"

Alex used an online auction site called 32Auctions but others exist too, such as ALLBIDS, GalaBid, Bidding Owl, and Givergy.

According to Alex, the best thing about it was that it was "very light on volunteer time." With volunteers increasingly pushed for time, that has to be a big plus!

"It was very user friendly. For each item, I added a photo and typed in a quick description. It only took around an hour to set up the whole auction page."

Once the site was ready to go, it was advertised in the school newsletter and the P&C posted links to it on their Facebook page and encouraged parents to share it. They must have done so, because soon there were buyers clicking in and adding their bids from all over Canberra. There is potentially a bigger audience online than at your



Holding your fundraising auction online means it can run for longer and reach more people, helping you to find buyers ready to hit 'sold'.

school fete, so more 'niche' items are able to find a buyer.

"It was a great way to use all the donated items that might not appeal to everyone, things that you might not want to put into a raffle," Alex explained.

"The site gathered the winners' email addresses so at the end all I had to do was email them and arrange for them to pay into the P&C account and then pick up the item from the school. That was only maybe another hour's work"

"The site -32 auctions - was 5 stars all the way and completely free for the package I used."

There are other features offered by 32 auctions which attract a fee. For example, you can pay for the site to coordinate payment by paypal or credit card, or for the 'bids to date' to be printed out so that you can finish the auction at a fete or other event.

"I will certainly do it again next year and make it bigger, based on it being such a success this year," said Alex. "It would even be worth paying for items to put up for auction next time." •

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# Fete project

# What makes a great Fete? It's time we pooled our expertise!

The National Fete Research Project — run by the Fundraising Directory in collaboration with Queensland University of Technology (QUT) — is the very first large-scale survey of school fetes in Australia and there is excitement about what the survey will reveal. The data will be analysed and shared freely to help future fete organisers save time and resources.

Although there have been some studies about volunteering, this is the first that will examine school fetes at a grass-roots level. QUT's Associate Professor Wendy Scaife, Director of the Australian Centre for Philanthropy and Non-Profit Studies feels such a study is long overdue given the cultural significance of school fetes.

Areas to be explored include challenges with volunteering, logistics, innovative ideas and what schools find to be generally most successful.

All P&Cs are urged to contribute. Even schools that have not held a fete can participate, as information is wanted about why schools choose not to run one. The survey takes approximately 20 minutes and is open until October 13. Find it at www.fundraisingdirectory.com.au/nfrp/.

Parent bodies that complete the survey are eligible to enter a competition to win one of three Vegepod Container Gardens (valued at nearly \$500 each) for their school. •



### About us

ACT Council of Parents & Citizens Associations is the peak body for Parents & Citizens (P&C) Associations in the ACT.

We represent over 60,000 parents and carers in 86 ACT public schools.

#### About our magazine

ParentACTion is a free journal published four times a year. It is available online, plus hardcopies are provided to all ACT public school P&Cs and school boards, the ACT Legislative Assembly, senior ACT Education Directorate staff, public education organisations, the media and interstate parent associations.

Contributions, advertising and feedback are always being sought. Contributions can be emailed directly to the Editor, Janelle Kennard, at jkennard@actparents.org.au.

Views expressed in this journal are not necessarily those of the ACT Council of Parents & Citizens Associations.

### Our Executive

President: John Haydon

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#### Office hours

9.30am - 2.30pm Monday to Friday. Closed public holidays and school holidays.

## Dates to remember

Aug 17 Information session on P&C reporting obligations (ACNC & Access Canberra)

7.00pm - 8:30pm Centre for Teaching and Learning 51 Fremantle Drive, Stirling

Aug 22 Policy Conference/Council General Meeting

7.00pm - 9.30pm Centre for Teaching and Learning 51 Fremantle Drive, Stirling Sept 7 Future of Education Forum

7.00pm - 9.00pm Centre for Teaching and Learning 51 Fremantle Drive, Stirling

Sept 23- Council office closed for term break Oct 8

Oct 24 Council General Meeting

7.00pm - 9.30pm Centre for Teaching and Learning 51 Fremantle Drive, Stirling

# Tracking election promises

It has been ten months since the last ACT election. Council campaigned hard for schools and secured a number of pre-election promises. Our office team have compiled this update on the new government's follow-through on their election commitments.

Council's campaigning for public schools in the run-up to last year's ACT election centred on five areas of need identified by delegates at our regular meetings:

- road safety around schools
- better facilities
- support for every student
- strong parent bodies
- · co-ordinated management of schools

So how is progress going on the promises made in each of these areas?

### Safe school roads

Progress is good against significant promises made which aim to address traffic congestion and student safety around schools. The Active Streets for Schools program has also been extended, which is very positive.

Promise: Trial of supervised school crossings

Progress: Council was able to secure a promise of school-crossing supervisors for Canberra's 20 busiest school roads which has now been funded to the tune of \$3.2 million. Supervisors will assist children to cross roads safely by directing traffic with a stop sign and instructing children. Andrew Crichton, Manager of the Schools Program at Transport Canberra, has let us know that they are working closely with the Education Directorate to investigate how similar programs work elsewhere

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