



Colonel Light Gardens Primary School NEWSLETTER

WINDSOR AVENUE, COLONEL LIGHT GARDENS, SA. 5041 P: (08) 8276 1523 F: (08) 8374 1038



8th August 2019

Issue: Term 3 Week 3



LITTLE SPROUTS EXCURSION



Government of South Australia
Department for Education

PRINCIPAL: Rick Bennallack
DEPUTY PRINCIPAL: Brianna Frahn
ASSISTANT PRINCIPAL: Penny Rowe
ASSISTANT PRINCIPAL: Simone Percy

PRINCIPAL'S NEWS

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DIARY DATES

- 09/08/19 - **YR6/7 GROWTH & DEVELOPMENT
RMS 1, 2, 3, 6, 7, 8 & 9**
- 09/08/19 - **SCHOOL TOUR 9:30am**
- 09/08/19 - **LITTLE PATCH THEATRE 10:30am
RMS 01, 02, 03 & 04**
- 09/08/19 - **LITTLE PATCH THEATRE 1:30pm
RMS 22, 23, 24 & 25**
- 12/08/19 - **READING IS MY SECRET POWER
INCURSION RMS 1, 2 & 3**
- 12/08/19 - **GROUNDS COMMITTEE MEETING
8:00am**
- 12-16/08 - **YR4/5 ALDINGA CAMPS**
- 15/08/19 - **LITTLE SPROUTS EXCURSION
RMS 22 & 23**
- 16/08/19 - **YR6/7 GROWTH & DEVELOPMENT
RMS 1, 2, 3, 6, 7, 8 & 9**
- 16/08/19 - **W/S ASSEMBLY 12:20pm**
- 19-23/08 - **BOOK WEEK**
- 21/08/19 - **MAGIC MILLIONS FESTIVAL
CHOIR REHEARSAL 9:30am**
- 21/08/19 - **OHSC COMMITTEE MEETING
6:30pm**
- 23/08/19 - **YR6/7 GROWTH & DEVELOPMENT
RMS 1, 2, 3, 6, 7, 8 & 9**
- 23/08/19 - **BOOK WEEK PARADE
10:20am**
- 26/08/19 - **EDUCATION COMMITTEE MEETING
7:00pm**
- 28/08/19 - **SCHOOL TOUR 12:00pm**
- 30/08/19 - **SCHOOL CLOSURE**

Dear Parents, carers, students and community friends, STUDENT SAFETY

For all those who have attended one of the 17 volunteer information sessions I have held this year, you would know that student safety and security at CLG is my highest priority. The vetting process to become an accredited volunteer at CLG is extremely rigorous.

As you would also know, our school and surrounding grounds are not heavily fenced. This is part of the wonderful appeal of our school, however at times it can cause some problems.

The school day finishes at 3:10pm, any student not collected or not authorised to walk home by the 3:20pm bell is required to come to the office until their parent or carer arrives. This means that after 3:20pm the only students on the school grounds are those attending our Out of School Hours Care (OSHC) or are part of a sports coaching team which of course is supervised.

Other students randomly riding bikes or shooting baskets after school is not permitted as this impacts on the supervision of up to 120 students attending OSHC every day. We have recently had some issues with both CLG students and older students from other schools trying to come and use our facilities when OSHC students are being supervised in the yard. This situation is potentially not safe and cannot be permitted.

Mortlock Park and the playground which belong to the council is a public area for students to play and ride their bikes, however inside the school grounds when students are present needs to be off limits to the public.

CHANGE OF THE SCHOOL DAY STRUCTURE

We constantly review what we do and how we can make changes in our work to better meet the needs of our students. Earlier this year we established a school day working party to look at what adjustments if any we could or should make to our school day to support our students with their learning, wellbeing and behaviour.

After reviewing multiple data sets, current research and the logistics needed to equitably run a school, we are proposing a change to the school day structure for 2020 onwards. Under the education regulations we need to provide 320 minutes a day of instruction. How we break that time up between breaks is up to every school to decide.

We currently have a structure of 120 minutes then recess (20 minutes), 120 minutes then lunch (40 minutes), 80 minutes then home.

For 2020 we are proposing adjusting the structure to 160 minutes then lunch (30 minutes), 100 minutes then afternoon break (30 minutes), 60 minutes then home. The first block of 160 would include 10 minutes of lunch eating time. The school day would still start at 8:50am and school would still conclude at 3:10pm. To give you a visual of these changes, please see the table later in the newsletter.

WHY CHANGE?

- Experience tells us that students learn best at the beginning of the day when they are rested and energised – teachers want to have a longer learning block in the morning (before the first break) to make the most of this optimal learning time
- We also feel having a shorter afternoon block would benefit many students – currently we have 80 minutes after lunch before going home – the new structure reduces this to 60 minutes
- Currently some classes have a 60 minute specialist lesson (PE, Japanese, Health Music and Art) and some classes only get a 40 minute lesson – this is not equitable – we want to ensure every class has at least 50 minute specialist lessons
- Many children eat their lunch at recess – we want to have the lunch eating time earlier in the day – many schools have made this adjustment
- The 40 minute lunch play time is too long for some students to cope – many issues in the yard happen in those last 10 minutes - rather than a 20 minute recess and a 40 minute lunch, we are proposing 2 breaks each of 30 minutes (still the same amount of total play time)

PRINCIPAL'S NEWS Cont...

These proposed changes have been discussed at our two most recent Governing Council meetings and are supported by over 80% of our staff. Our Early Years' teachers in particular feel the longer morning, shorter afternoon and a shorter lunch break will make a significant difference to their students.

I am sure some families may feel that a morning block of 160 seems very long. The expectation would be that during this time, every class would have:

- A 10 minute fruit break, often while they work
- A 20 minute fitness lesson to break up the session and re-energise students (Some classes would be scheduled for their 50 minute PE lesson during this time once a week)

What do you think? Email questions, comments or feedback to me at rick.bennallack149@schools.sa.edu.au or, if you would prefer, to our Governing Council Chair at gc.chair867@schools.sa.edu.au

The current school day structure:

Doors open	8:45am	-----
Lesson 1 – school starts	8:50am	60 minutes
Lesson 2	9:50am	60 minutes
Recess	10:50am	20 minutes
Lesson 3	11:10am	60 minutes
Lesson 4	12:10pm	60 minutes (this includes 10 minutes of lunch eating)
Lunch play	1:10pm	40 minutes
Lesson 5	1:50pm	40 minutes
Lesson 6	2:30pm	40 minutes
School concludes	3:10pm	-----

The proposed 2020 school day structure:

Doors open	8:45am	-----
Lesson 1 – school starts	8:50am	50 minutes
Lesson 2	9:40am	50 minutes
Lesson 3	10:30am	60 minutes (this includes 10 minutes of lunch eating)
Lunch play	11:30am	30 minutes
Lesson 4	12:00pm	50 minutes
Lesson 5	12:50pm	50 minutes
Afternoon break	1:40pm	30 minutes
Lesson 6	2:10pm	60 minutes
School concludes	3:10pm	-----

Kind regards



Rick Bennallack

Principal

0412 261 231

rick.bennallack149@schools.sa.edu.au

WHAT'S HAPPENING IN ROOM 2?



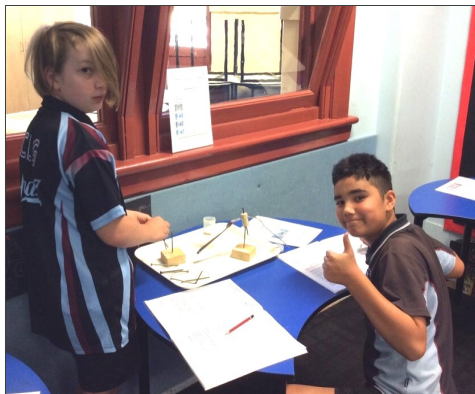
Aquatics Action



Team work on Sports Day



Science with Lab on Legs



Mylor Camp



Debating in Parliament

ROOM2



Buddy Class



Maths with our peers



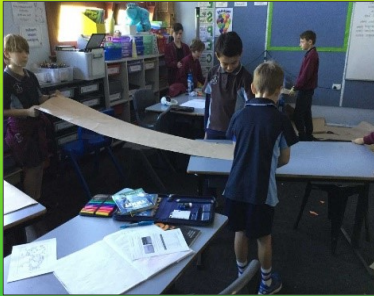
Canberra trip



WHAT'S HAPPENING IN ROOM 19?



ROOM 19 HAPPENINGS



Literacy block - Maths rotations - Geography - Science - Lab on Legs - Maritime Museum - Buddies
- Fitness - Digital technologies - Art - Physical Education – Health – Music – Japanese – Aldinga



In Room 19, we strive to be hardworking, honest, focused and respectful.

TEAM WORKER AWARD RECIPIENTS



TEAM WORKER

JUNIOR ASSEMBLY

RM 01	Jenita S	Aubrey P
RM 02	Alexander K	Yacov M
RM 03	Jack Q	Dimitri N
RM 04	Jonah G	Ava B
RM 13	George S	Kayla S
RM 14	Elijah K	Riley M
RM 15	Manuela O	Kiana V
RM 22	Eliza T	Lee M
RM 23	Ollie G	Ivy S
RM 24	Braxton H	Maya P
RM 25	Charlotte T	Maya B

EXPERT LEARNER AWARD
presented to

APRIL SUMMER

For actively displaying and practicing the attribute of being a

TEAM WORKER

FIONA APPLEBY
Class Teacher

Rick Bernolack
Principal

SENIOR ASSEMBLY

RM 1	Maggie H	Jacob H
RM 2	Tarique K	Emma L
RM 3	Casper H	Thomas B
RM 6	Leila G	Fred P
RM 7	Charlie S	Jack K
RM 8	Harry C	Billy K
RM 9	Phoebe S	Neel M
RM 11	Oliver A	Hudson V
RM 12	Abigail M	Evan W
RM 16	Ethan T	Emmett A
RM 17	Lachlan H	Charlotte S
RM 18	Prudence R	Xavier C
RM 19	Lara B	Darcy E
RM 20	Jake S	Max P
RM 21	Jesse J	Jakeb E





2019 SA PREMIER'S READING CHALLENGE

Students have until **September 6th** to complete the SA Premier's Reading Challenge.

We would like to say congratulations to these reading treasures who have recently completed their challenge:

Room 1 - 9: Jarred R, Finn D, Dylan H, Jacob H, Sam B, Evie Z, Tyler H, Chloe M, Luke T, Lewis S, Thomas B, Jack M, William H, Lukas E, Will V, Sophie W, Alex G, Jacob H, Siena G, Jack K, Charlotte B, Charlie S, Thomas R, Cally S, Flynn S, Hudson L, Lotte K, Harper C, Luella C, Eliana Z, Kit M, Sien M, Phoebe S, Lucas A and Alicia D

Room 11 - 15: Scarlett F, Lucy A, Lewis E, Jack H, Amber P, Joshua P, Austin P, Eva C, Scarlett B, Chloe H, James H, Sophie R, Esther F, Emma H, Hannah B, Jenaya V, Leo Mi, Olivia B, Charlie R, Emma H, Evelyn S, Arshia A, Robert F, Elliot K, Katharina G, Samuel S and Manha K

Room 16 - 21: Yashica S, Verity F, Lauren H, Mary C, Daisy H, Asher C, Milla R, Zak F, Evie C, Benji W, Stephen J, Hugo W, Prudence R, Opal W, Phoebe S, Zoe A, Xavier C, Johanna K, Miriam T, Penny B, Lulu O, Jackson R, Thomas T, Emma C, Lacey S, Leila R, Mia D, Sadie K, Milo D, Lucas V, Matt N, Zac B, Hayley M, Elizabeth W and Jessica T

Room 22 - 25: Olivia U and Mickey S

10...9...8...7...6...5...4...3...2...1...

We're on the countdown this term to finalise the Premier's Reading Challenge. Please encourage your children to Read, Read, Read and then continue to read after the Challenge has finished. Reading is an important activity to include in your everyday life

Follow the link below to SA's Premier Reading Challenge website, where you'll find pages of information on the challenge including timelines and age appropriate book-lists etc..

<http://www.premiersreadingchallenge.sa.edu.au/prc/pages/home>

SCHOLASTIC BOOK CLUB ORDERS

BOOK CLUB LOOP ORDERS CLOSE **FRIDAY 9TH AUGUST**

N.B. The school does not accept payment for Scholastic Book Club orders, please follow payment instructions on your book order form.



BOOK WEEK - READING IS MY SECRET POWER!

BOOK WEEK - WEEK 5

'Reading is My Secret Power' is the theme so please start thinking about costumes for our eagerly anticipated Book Parade on **Friday 23rd Aug**. We have plenty of books to choose from covering all types of genres. E.g., sport, fantasy, horror, comedy and movie characters. (most movies these days are taken from books)

During Book Week the students will enjoy fun competitions, activities and story reading. The short listed books are already being looked at and discussed within classes. I wonder which ones will win?

To follow up this Book Week fun, we are very privileged to have not one, but two local authors / illustrators coming to visit us in **Week 6**.

↳ **DANIELLE CLODE** - a local zoologist and author

↳ **DONNA GYNELL** - a local book illustrator and author.

OVEREXPOSED AND UNDER PREPARED - DIGITAL SAFETY

In week 2 we hosted Wendy Hill from Kidz Biz, to speak to parents about digital safety. Wendy has a health background and brought a wealth of information to share with parents. She went into detail about how students can be exposed to inappropriate content through the internet, apps and popular games.

It was alarming to hear some of the statistics around how often young people are being exposed to content beyond their years and beyond their level of comprehension. We learnt about how children's brains are not yet developed enough to deal with the exposure to inappropriate content including images, messaging and games. You can find more research here <https://www.esafety.gov.au/about-the-office/research-library>

Wendy then went on to talk about how we can protect children and support them to have positive experiences with digital devices. Strategies included:

1. Get educated and review the games, apps and websites that your child wants to use before you allow them to use them.
2. Put restrictions on your child's device or your internet service so that they are unable to access content that is not suitable. Talk to you child about why you have done this.
3. Take time to talk. Talk to your child about what they are doing online and take the time to do it with them. Talk to them about what they should do if they see something inappropriate online.
4. Talk to other parents and your child's school to find out what is popular.
5. Monitor your child's access.
6. Pay attention to age-restrictions. Most social networking apps are rated 13 and above, this should be applied to your child.
7. Establish clear rules and be consistent. This includes storing devices in a common area in the home and setting time limits when children are using devices.
8. If your child is being bullied online, save the evidence, report it to your child's school and support your child to understand why it is inappropriate, 'Speak, even if your voice shakes' the Dolly campaign

You can find heaps of great parent information sheets, advice and tips about digital safety on the eSafety Commissioner's website found here <https://www.esafety.gov.au/parents>

There is a great page about 'Are they old enough?' which gives parents advice about how old a child should be to access certain content <https://www.esafety.gov.au/parents/skills-advice/are-they-old-enough>

Parents can find out how to set up parental controls on their child's Apple devices by visiting <https://support.apple.com/en-us/HT201304> it is highly recommended especially if they are part of the schools BYOD program.

If your child is using an Android device you can find information of how to set up restrictions to content here <https://www.techadvisor.co.uk/how-to/google-android/android-parental-controls-3461359/>

Parents can also find reviews of popular apps, games, movies and websites on the Common Sense Media website found here <https://www.commonsensemedia.org/>



An example of an app that many students at CLG are currently using is TikTok. Common Sense Media rate this app as 16+. It has a lot of inappropriate content in the videos posted by other people including inappropriate language, sexualised behaviour and consumerism.

If you would like any further support with digital safety or you are concerned about digital content your child is accessing, please contact Penny. Parents, staff and students need to work together to ensure the safety of all children at CLG.

Penny Rowe
Assistant Principal
Digital Learning and Pedagogy

LEARN TO SPEAK ROBOT

This year we have joined a new initiative and committed to completing the Commissioner's Digital Challenge, 'Learn to Speak Robot'. Learn to Speak Robot is designed for students in Years 3 to 6 and offers hundreds of basic programming based activities. It is directly linked to the new Digital Technologies curriculum, which aims to teach students about the digital world and how digital devices work. More than 90 schools across the state have signed up to participate.

Students must complete at least four activities to earn a certificate and recognition for completing the challenge. The activities range from programming characters to dance at a party to understanding an algorithm and creating a list of specific instructions. We are very privileged at Colonel Light Gardens Primary to have access to a range of devices and robotics equipment. Teachers will be supported to complete the challenge with their classes.

'The challenge aims to spark curiosity and to instil a sense of possibility around the various areas leading to digital empowerment' *Helen Connolly*

The activities are from a range of sources such as Code.org, where students can engage in self-paced online digital activities and the Digital Technologies Hub, which provides activity ideas to teachers, students and families.

Families can visit the 'families' section of the Digital Technologies Hub to explore activities designed for engaging with your children at home <https://www.digitaltechnologieshub.edu.au/families>

Penny Rowe

Assistant Principal

Digital Learning and Pedagogy

LEARN TO SPEAK ROBOT

A brand new digital
thinking challenge for
children in South Australia



Our school is an official Commissioner's Digital Challenge registered school so our Year 3-6 students can take part in the Challenge at school.

There are also options to take part in the Challenge at home with family or in the community for children of all ages.

Learn more at [CommissionersDigitalChallenge.net.au](https://www.commissionersdigitalchallenge.net.au)

2019 - 2021 TERM DATES

YEAR / TERM	TERM 1	TERM 2	TERM 3	TERM 4
2019	29 Jan - 12 Apr	29 April - 5 July	22 July - 27 Sept	14 Oct - 13 Dec
2020	28 Jan - 9 Apr	27 April - 3 July	20 July - 25 Sept	12 Oct - 11 Dec
2021	1 Feb - 16 Apr	3 May - 9 July	26 July - 1 Oct	18 Oct - 17 Dec

CANTEEN NEWS

PIZZAS ARE BACK!!



Due to the supplier unable to make them, I have been seeking an alternative, as it is one of my most popular items on the menu.

We will now be doing **homemade pizzas** (same size, same toppings) **\$3.50**. I will do my best to keep up with the demand, as it will be dependent on availability of the pizza bases. Each Monday morning will be allocated to making pizzas for the week. If you would like to be part of this **Pizza Team** please pop in Monday mornings to the canteen.

INTRODUCING NEW ITEMS THIS TERM

- ↳ **Cheese 'n' Crackers - \$2.00**
- ↳ **Single Cannelloni with Napolitana sauce and cheese - \$4.00**
- ↳ **Vegetarian Pattie Burgers - \$6.50 or with cheese \$7.00**



We are introducing new food containers in the canteen, which will reduce the environmental impact.

- They are made from 100% renewable sugar cane fibre.
- Biodegradable within 45 days
- Home compostable

The Enviroboard Clams will be used for;

- Nachos
- Hot spuds
- Salad
- Cannelloni



DIARY NOTE: - Sushi Special will be on **Tuesday 17th September** for Japanese week celebrations. Forms will go home end of August. Keep an eye out for it.

Kelly Gilbert Canteen Manager

WELCOME TO OUR SOCIAL WORK STUDENTS

We are fortunate to be hosting two Flinders University Social Work Masters students, **Kate Winnall** and **Xinyu Shi (Sharon)** until the end of Term 4. Kate and Sharon bring a range of knowledge and experience and will be working with staff and students to develop their awareness and understanding of student wellbeing and support services in schools. We are looking forward to the positive contribution they will make to the wellbeing of our students and learning from their expertise.

Simone Percy Assistant Principal
Student Wellbeing and Engagement



Hi everyone. I am very excited to be doing my Master of Social Work placement at Colonel Light Gardens Primary School. A little bit about me - I have an honours degree in psychology and am now increasing my understanding of external factors that influence psychosocial health and wellbeing through studying social work. As a social worker student, my role in the school environment is to learn about the ways student wellbeing and learning is supported, and to assist children to achieve their full potential.

When I am not attached to my laptop or reading, I indulge myself in my love for cooking and gardening, especially edibles. I am passionate and concerned about our environment and do everything I can to make a difference, such as banning single-use plastic from my own life nearly two years ago. Other interests include photography, travel, furniture restoration, and animals.

I am genuinely interested in the experiences of students, staff and parents, so please feel free to have a chat. Thank you to everyone at Colonel Light Gardens Primary for being so welcoming.

Kate Winnall

WELCOME TO OUR SOCIAL WORK STUDENTS Cont...



Hi everyone. My name is **Xinyu Shi** and you can call me **Sharon**. I am from China and I completed my undergraduate back in China. I came to Australia to study social work and now I am a Master of Social Work student for Flinders University and currently I am doing placement in Colonel Light Gardens Primary School until the end of term 4. I am so excited to join the school community and to start my social work role to support the wellbeing of children.

I like cooking, photographing and doing some handiwork like Seal Cutting.

When I am free, I like to cook Chinese food, and I also like to shoot some beautiful scenes around me.

I am looking forward to working with kids, teachers, staff and parents.

Xinyu Shi (Sharon)



SAPSASA , P.E. & AFTER SCHOOL SPORTS (ASS) UPDATE

SAPSASA BOYS & GIRLS BASKETBALL COMPETITION

Both the boys and girls Basketball teams played on **Thursday 25th July**. The boys: **Samuel, Trent, Sam, Petros, Lachie, Louis,** and **William** played at Pasadena Stadium with coach **Kim Boothey**. The girls: **Sage, Sophia, Lucy, Alana, Nellie, Amelia, Renee** and **Chloe** at Morphett Vale Stadium with coach **Tamra Waye**. Both teams came third overall, missing out on a higher placement by points, all had equal wins. *Congratulations Teams!!*



SAPSASA ORIENTEERING TEAM

Congratulations to **Thomas B, Riley T, Jesse L, Liam A, Samuel C, Sam Z, Thomas T, Oliver B** and **Izaiah K** who will be competing in the SA Schools Orienteering Relay Championships on **Friday 13th September** at Bonython Park. Practice sessions are on Fridays at lunch time with **Mrs Boothey**.

COMMUNITY UPDATE

Softball - Preseason and come and try sessions to play Softball will be held on **25th August**. More information at www.sturtfalcons.softball.org.au

Football - The Next Step SANFL program is due to start in October. Register via this website link: <http://sanfl.com.au/get-involved/learn/>

Kim Boothey PE Teacher



COMMUNITY NEWS



SUMMER SEASON TRIALS

All players welcome!

TUESDAY 17 AND 24 SEPTEMBER 2019

Intermediates and Juniors (ages 8-17) 6.00pm - 7.30pm
Seniors (ages 18 and above) 7.30pm - 9.00pm

Priceline Stadium, Mile End



REGISTER NOW!
WWW.CHEERIONETBALL.COM

For any queries - Ph: 0419 810 656, Email: secretary@cheerionetball.com

Friday's
12:30 - 2:30pm

During school term
 Clarence Gardens Kindergarten
 45 Dinwoodie Ave, Clarence Gardens

Clarence Gardens Playgroup



Everyone is welcome

Playgroup is a great place to meet other parents while helping your child develop their social skills and prepare for kindergarten.

With new craft activities every week, playdough, toys, puzzles, a fabulous garden with climbing equipment for gross motor play, sandpit, painting, stories, songs and much more!

\$5 per session, bring lunch/snack and a drink bottle



Find us on Facebook or call 8293 5986

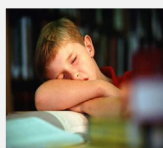


Clarence Gardens Kindergarten
 play • explore • learn

Does your child or teen have a SLEEP PROBLEM?

Does your child:

- refuse to go to bed at night
- have trouble falling asleep
- wake up and cannot get back to sleep
- have trouble waking up or getting out of bed in the morning
- often sleep in their parents' bed or bedroom or need a parent present to help them fall asleep
- miss school or feel fatigued throughout the school day



The **Child & Adolescent Sleep Clinic** at Flinders University offers treatments for children and adolescents of all ages (including infants from 6 months of age). To book an appointment, please call or email us on the contact details below.



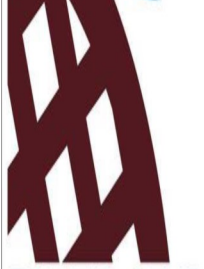
Child & Adolescent Sleep Clinic
 Flinders University
 School of Psychology



8201 7587

casc.enquiries@flinders.edu.au

HOPE WARD



TENNIS CLUB

www.hwtc.com.au

HOPE WARD TENNIS CLUB OPEN DAY

Do you, a family member or friend have an interest in tennis... then please contact us or come along to our Open Day on:-

SUNDAY 25th AUGUST

10.30am - 1.30pm

(Includes free sausage sizzle from 12 noon)

HWTC welcomes new players of all standards for our upcoming season, commencing in October - Junior Competition (Friday nights/Sat. mornings); Senior Competition (Sat. afternoons). We are a registered Hot Shots club and our Club Coach provides private or group coaching to players of all levels. We also offer Monday night social tennis under lights - just \$5/person.

Enquiries: Seniors - Madeline Hill on 8277 3937

Juniors - Lyn Pettman on 0418 851 873

HOPE WARD TENNIS CLUB
 TWEED STREET
 CUMBERLAND PARK

