

The Blue and White  
Armidale City Public School  
"the heart of Armidale"  
Quality Teaching since 1861

1 May 2024

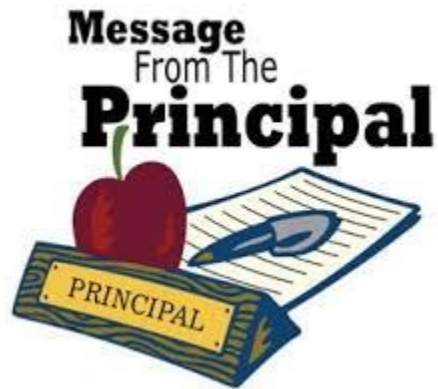
**In This Issue**



- **Principal's Report**

- **Calendar**
- **General Information**
- **Mrs Ridley's Word of the week**
- **Community Advertisements**
- **Contact Us**

## Principal's Report



Welcome back to Term 2! I hope everyone had a great break. The students have returned looking happy and ready to learn. As the weather is quickly cooling down, PLEASE LABEL your child's jumpers and jackets.

Our Staff Development Day for Term 2, involved all teachers completing 5 hours of Professional Learning. Teachers participated in a variety of learning modules addressing explicit teaching, learning intentions and success criteria, and assessment.

Thank you to those students who were able to join us at the ANZAC Day march in town last week. It was a beautiful day, and it was a privilege to see three local WWII war veterans presented with a special medal.

Yesterday, we had our own ANZAC service led by our school councillors. Aiva gave the Acknowledgement of Country and Euan played the Last Post. They all did a terrific job, and all our students were extremely well mannered and respectful. Well done!

During the holidays, our hall received an upgrade of the sound system. It was put to the test yesterday and it proved to be easy to use with excellent sound. Also in the holidays, construction of our yarnning

circle began. Thank you to Hugh and Cooper for building this new space. The students have already been making use of it.

Not many sleeps until our Mothers' Day Fete on Saturday, 11 May. If you are able to spare some time to volunteer to help in anyway, please contact us. The fete committee will be very appreciative.

Moxons will NOT be supplying lunches for the foreseeable future. Please ensure your child has lunch.

The annual cross country will be held tomorrow. All students in Years 3-6 will take part. Year 2 students who turn 8 this year are also able to participate. Please make sure your child wears their sports uniform and has a hat and water. Good luck!

I am looking forward to this very busy term with lots of learning, Eisteddfod, athletics carnivals and much more.

Take care,

Leonie MacGregor

Relieving Principal



INSIGHTS

happy families SCHOOLS

ISSUE 1 | TERM 2 | 2024

## The Power of Habit

James Clear, author of *Atomic Habits*, writes that,

*"Goals are for people who care about winning once. Systems are for people who care about winning repeatedly."*

We rise or fall according to the level of our systems. But family systems often don't exist. Chaos, rush, and stress dominate. Spontaneity works on some days. Exhaustion wins on others.

If systems and habits are at the core of our successes, developing effective, usable systems becomes a skill that matters.

Can you write out your morning system? Your weekly meal system? Your exercise routine or system?

What's the system for strengthening your relationship with your spouse or partner? Your kids?

**Here are three practical systems I recommend:**

### Mornings

- Prep everything from uniforms, shoes, and schoolbags to breakfast choices and lunch decisions the night before.
- Get enough sleep (that's children and parents).
- Wake up early enough to be ready before the kids need to get started.
- Wake your children up with at least a 15-minute margin in case of challenges.
- Reduce correction and direction and build connection by asking how you can help.

Develop your morning system along these guidelines and watch your family's effectiveness and connection shift.

### Getting on the Same Page

- Have a weekly couples meeting and a weekly family meeting (with treats if necessary).
- Ask, "What's working this week?", "What's not?", and "What will we work on next week?"
- Make a plan and ensure kids and partner buy-in.
- Integrate accountability processes each morning or evening.

### Building a Better Relationship

- Touch each other when you pass in the corridor, sit in the car together, or anytime you can.
- Answer the phone with delight rather than "Yep?" or "What's up?"
- Schedule a regular date (that doesn't include watching a screen).
- Share long kisses when you leave the house and when you return.
- Remember to say "Hi" and "Bye."
- Say, "I love you", and use their name.
- Have sex that focuses on female pleasure. (As the famous book is titled, *She Comes First*). Prioritise sexy time so it isn't 10p.m. exhausted "get it over with" sex.
- Have a night away together once every quarter/term.

These are idea starters, not gospel. Creating positive habits together with small and consistent daily actions aligned with your system moves the needle.

It's not just about what you do today, but about what you do every day. Your family's happiness and your parenting effectiveness will reflect the habits you establish over time.



AUTHOR

**Dr Justin Coulson**

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: *The Happy Families Podcast*. He has written 9 books about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).

## School Calendar



### Calendar

<b>2 May</b>	<b>Final Boy's Cricket Trials</b>
<b>2 May</b>	<b>ACPS Cross Country</b>
<b>6 May</b>	<b>OC Open Day 10am-2:30pm</b>
<b>7 May</b>	<b>K-2 Assembly</b>
<b>8 May</b>	<b>Premiers Debating Challenge Workshop</b>
<b>8 May</b>	<b>Public Speaking Club</b>
<b>9 May</b>	<b>Selective High School Test at ASC</b>
<b>10 May</b>	<b>PSSA Gold Trials</b>
<b>13 May</b>	<b>GRIP Leadership Conference- Stage 3 Leaders</b>
<b>14-17 May</b>	<b>PSSA Tennis</b>
<b>15 May</b>	<b>Public Speaking Club</b>
<b>16 May</b>	<b>Da Vinci Decathlon State Final- Sydney</b>
<b>17 May</b>	<b>Armidale PSSA Netball Trials</b>
<b>17 May</b>	<b>New England Futsal Trials- Tamworth</b>

### Notes and Money Due

### ***Activity and Cost***

Stage 3 Camp Deposit - \$50

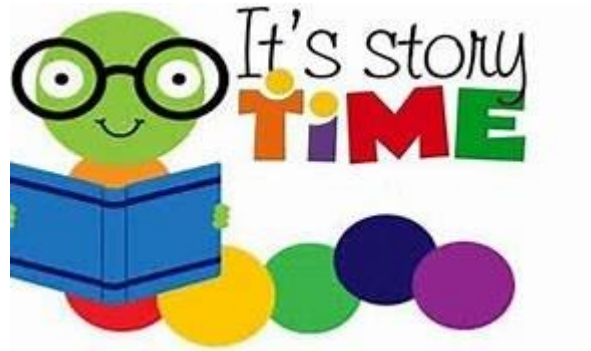
Year 4 Lake Keepit Deposit - \$50

Year 3 Thalgarrah Payment - \$90

## **General Information**

**GENERAL  
INFORMATION**

### **Story Time in Kindergarten**



Kindergarten studying The Very Hungry Caterpillar. Well done to Ms Killen and Mrs Shepherdson









Picture Plates



Picture Plate orders are due back to the office by 10 May.



**Picture  
products**  
since 1977

**Pictureplate** is the original 25cm melamine art plate, it's dishwasher-safe and tough enough to use every day—use paints, pens and photos to make a memory to treasure forever



## What will you create?

There's more—see tips and our full range of products at [pictureproducts.com/drawing](http://pictureproducts.com/drawing)



Make mum and dad's favourite time of day even better with their very own personalised **Ceramic Mug**, while the **Plastic Mug** is the perfect partner for picnics in the backyard or beyond



It's always time to smile with the 25cm melamine **Pictureclock** or the 20cm MDF **Small Clock**



Your picture above 12 tear-off month pages helps this **Calendar** keep the family organised



A fabric **Tote Bag** perfect for library books, sleepovers, gym clothes or shopping trips



Keep hydrated through the day with **600ml Water Bottle** (shown) or backpack-friendly **400ml** size

2 April 2024

**Pictureplates Fund Raising Project**

We invite all parents to share in this wonderful fund raiser.

How often have you wished there was some permanent way you could keep the drawings and paintings your children do at school? Their artworks are brought home and proudly displayed for everyone to admire. But most times they just disappear.

Now it is possible to have those drawings preserved as a family keepsake, both decorative and useful.

Pictureplates are simply beautiful. Children love eating off their very own Pictureplates, and as the years go by and they grow up and have their own families, their Pictureplates will bring back memories of those happy carefree childhood years.

A sample of a Pictureplate is attached. The fliers have all products pictured **Our school will only be doing the plates and plastic or ceramic mug.** You will be amazed to see what can be done with your children's drawings.

Drawings are to be done at school under careful supervision.

To join in this exciting and creative activity please fill in the Pictureplates Order form and return it with cash (or a cheque made out to the school) in an envelope marked "PICTUREPLATES".

Please return your order by Friday 10<sup>th</sup> May 2024

Thank you

Ms Maria Rafferty  
Coordinator

Ms Deborah Nay  
Principal

**Pictureplates Order**

I have enclosed \$\_\_\_\_\_ cash

Prices: \$28.00 Picture Plate

\$24.00 Ceramic Picture Mug

\$24.00 Plastic Picture Mug

(please circle)

Name of child \_\_\_\_\_

Class \_\_\_\_\_

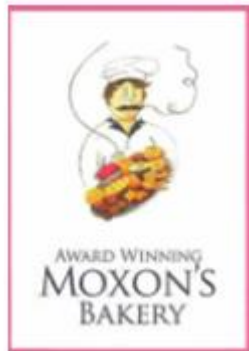
Are extra copies of plates/mugs needed? (please indicate below)

YES / NO

\_\_\_\_\_ copies of original drawing

Parent/Guardian Signature \_\_\_\_\_

## Moxon's Lunch Orders



**There will be no Moxon's Lunch Orders until further notice. Please send a packed lunch with your child.**

Good for kids Good for life- Swap It

# Good for kids good for life



swop it  
everyday in the lunchbox

## BANANA PIKELETS



### INGREDIENTS

- 1 over ripe banana, mashed
- 1 cup wholemeal self-raising flour
- 1 egg
- 3/4 cup milk
- 1/2 teaspoon vanilla essence (optional)
- Olive oil spray

### DIRECTIONS

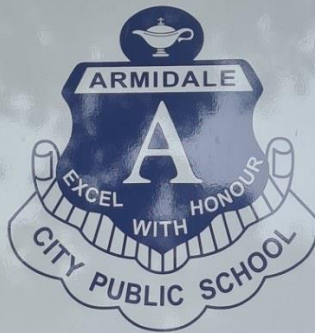
1. Sift flour into a bowl.
2. Add egg and milk and whisk until batter is smooth.
3. Add mashed banana and stir to combine.
4. Heat a non-stick frypan on medium heat and lightly spray with olive oil.
5. Place heaped tablespoons of batter in the pan and cook for 2 to 3 minutes or until bubbles appear on the surface of each pikelet.
6. Gently flip and cook for another 1 to 2 minutes or until golden brown.
7. Place pikelets on a plate lined with baking paper and continue to cook until no batter remains.

For more recipes visit: [www.swapit.net.au/resources/recipes-ideas/](http://www.swapit.net.au/resources/recipes-ideas/)



Artwork: "The heart of a child" by Lara Went, Worimi Artist

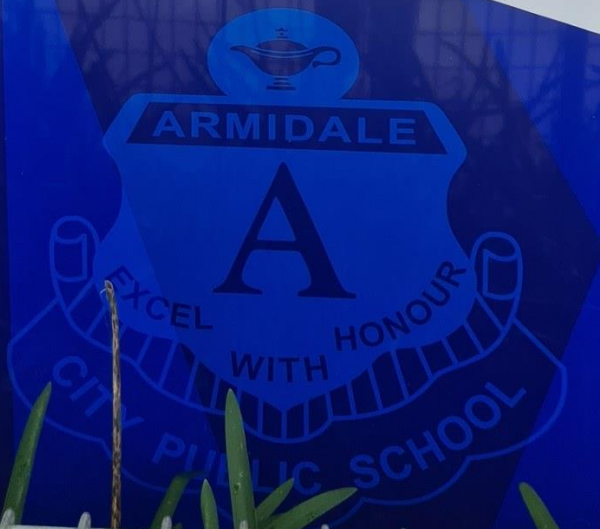
**School Gate Numbers**

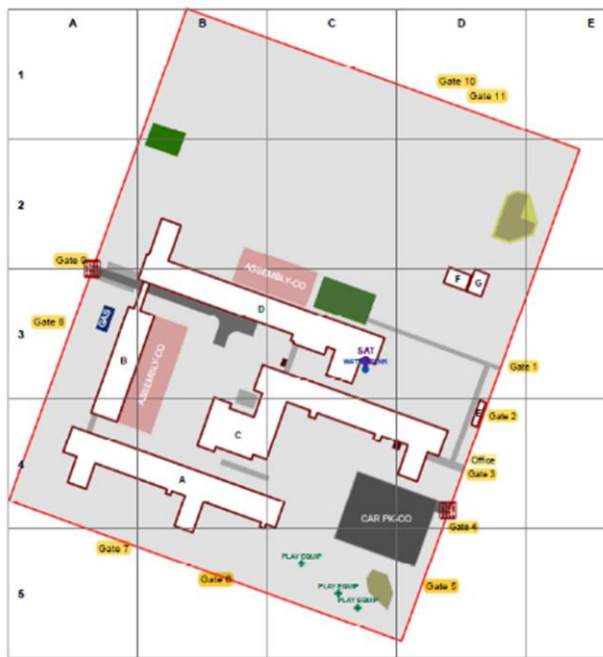


# Gate 3

Main Entrance

All Visitors please report  
to Administration





## Mrs Ridley's Word of the week



**Verdant** (adjective)

(ver-dent)

Origin: Latin

Definition: Green with vegetation; covered with green plants or grass.



## Community Notice Board



### Armidale Basketball Association

#### Minibasketball

Term 2 2024



**Minibasketball games** for Primary School children

#### GAMES

4pm Mondays for Years 3 & 4

5pm Mondays for Years 5 & 6

Back at The Den!! Armidale Secondary College (Butler Street South)

- Sessions will commence on Monday 6 May - 1 July (8 weeks, no ball on June long weekend)
- Contact [Armball@bigpond.com](mailto:Armball@bigpond.com) to get put on the email list for more information.
- Players can register and pay term fees through the ABA website - [armidale.basketball.net.au](http://armidale.basketball.net.au)
- Look for the Registration button with our Lion logo.
- No team required, just register and pay game fees online and turn up ready to play
- Uniforms supplied
- Training sessions for rookies at 10-11am Sundays
- For new players who wish to access the personalised kit which includes a ball, singlet and term fees for \$100, you can do your initial one-off term registration through [Aussiehoops.basketball](http://Aussiehoops.basketball). It is open to all primary school aged players. This site is run by Basketball Australia and is different to the NSW Basketball registration procedure which is run through the ABA website.

**Annual** Registration \$50 (8-11yrs) or \$65 (12-17yrs)

**Plus Term** game fees are \$55

Active Kids Vouchers can be used to offset online payments.

Need info on Active Kids Vouchers?? Check it out [HERE](#)

Please note: Players can redeem their AKV for basketball and Aussie Hoops.

Judy Monaghan  
[armball@bigpond.com](mailto:armball@bigpond.com)

Minibasketball Coordinator  
0417622859



## Armidale Basketball Association

### 2024 Term 2 Ford Aussie Hoops

Want to learn great ball skills?

Register online and turn up to the Ford Aussie Hoops session for rookie players 5 -10 years

10–11am Sundays from 5 May to 30 June (8 weeks as no game on June long weekend)



Returning to 'The Den' at Armidale Secondary College via gate 3 (Butler Street South)

Both **new and returning** players should register online at <https://aussiehoops.basketball/>. At the home page, click on 'Find your state'; enter 2350 in the postcode Search box, then click on the location 'Armidale Secondary College'. This takes you to the registration page.

The cost for **new players is \$100** for the 8-week term (includes a basketball kit with singlet, ball and term fees) while **returning players will pay \$65** (no kit). Other merchandise is available for purchase, but they cannot be paid for by AKVs.

**Aussie Hoops** is Basketball Australia's official junior game development program for children in primary school. They learn basketball in a structured, inclusive and fun environment, developing fitness, skills and an understanding of the sport. The Aussie Hoops program aims to give children the basic skills they need to progress to and enjoy playing actual games.

Armidale Basketball is an Active Kids Provider so you can use the Active Kids Vouchers to help pay for the activity. Carefully follow the directions when registering your child (don't forget to press the Validate button after you put in the voucher number). Returning players can hand in their AKV to the office as payment (if preferred). If you have any concerns, contact Judy. Forgot your email? Contact Judy. Don't know about Active Kids Vouchers?? Check out the link: [ACTIVE KIDS VOUCHERS NSW](#)

Interested in lending a hand for Aussie Hoops in coaching or administration? We need many hands to help spread the load. We are looking for a person to coordinate Aussie Hoops and the program so Mark can coach. Anyone can learn to do specific job with some great training available. We are also encouraging parents and older siblings to learn how to coach via free online coaching course provided by Basketball Australia. Go to the [Aussiehoops.basketball](https://aussiehoops.basketball/) website and search through the 'Parent' section of the website to get to the coaching course.

Judy Monaghan  
0417622859  
armball@bigpond.com  
Aussie Hoops Coordinator



Armidale Family Day Care Service is seeking expressions of interest for a Before School Service. If you are interested, please contact Armidale Family Support on 67 72 5300 or to email them at <https://armidaleanddistrictfamilydaycare.com/contact-location/>

## Contact Us



### **Armidale City Public School**

Address- 142-152 Faulkner St, Armidale NSW 2350

Phone- 02 6772 3420

Email- [armidalec-p.admin@det.nsw.edu.au](mailto:armidalec-p.admin@det.nsw.edu.au)

Fax- 02 67712262

Visit us on the web at [www.armidalec-p.schools.nsw.edu.au](http://www.armidalec-p.schools.nsw.edu.au)