



KIDS DISCO!

Proudly Supporting Camp Quality



Friday 7th December 2018
Armidale City Bowling Club, Dumaresq Street



Tickets: \$8pp
Drinks and snacks available for purchase

Time: 6:00 to 7:30pm

Ages: 5-13 years
Adult Supervision— all with Working with Children Check

Theme: Christmas

Tickets may be pre-purchased from the Bowling Club, or on the night and must be presented at the door

BOOK NOW at the Armidale City Bowling Club, 02 6772 5666



Armidale Triathlon Club

HUTCHINSON & HARLOW SCHOOLS TEAM CHALLENGE

SUNDAY 25TH NOVEMBER 2018

RACE START 8.00AM

ENTRY \$30.00 PER TEAM

HIGH SCHOOL YEAR 10,11 & 12 DAVE ROBBINS PERPETUAL TROPHY + \$CASH

HIGH SCHOOL YEAR 7, 8 & 9 \$CASH PRIZES

PRIMARY SCHOOL 10 YEARS AND ABOVE \$CASH PRIZES

3 Person Teams / Pre – event Registration Only

Team number allocation 7.30am / race brief 7.50am

Race Start 8.00am

All entries to your school for collection on Friday November 23rd

All enquires to Paul Billings 0411 400 740/ Facebook: Armidale Triathlon Club

**Entry Forms
Available at our
school office...**



TRADITIONAL CAROLS SERVICES

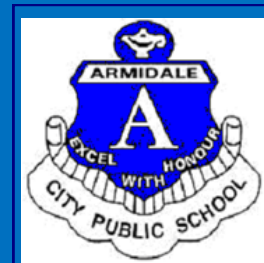
Call for singers

Rehearsals: Thursday 7 – 8:30pm
Armidale Uniting Church Rusden St.

Parents and friends of Armidale Community of Schools are invited and welcome to participate in the annual traditional carols services at the Uniting Church and St Peters Anglican Cathedrals on **Sunday 16th December 2018**. Rehearsals and services will be conducted by Inga Brasche over 9 weeks.

REHEARSALS COMMENCE THURSDAY 18TH OCTOBER

Contact: inga.brasche@det.nsw.edu.au



The Blue and White Armidale City Public School

the heart of Armidale
Quality teaching since 1861



14 November 2018



Bailey and Anna at the Remembrance Day Service .



Khaam, Dezi, Oscar and Flynn,
our AWESOME Chess Team.



Khaam, receiving his
Newcastle Permanent
Award.

■ Address: 142-152 Faulkner St, Armidale NSW 2350
■ Phone: 02 6772 3420
■ Email: armidalec-p.admin@det.nsw.edu.au

■ Fax: 02 6771 2262
■ Website: www.armidalec-p.schools.nsw.edu.au

Calendar

18-22.11.18	State Debating Final in Wollongong
19.11.18	1/2B, 1/2C & K/1P CBD Excursion
20-25.11.18	Schools Spectacular Excursion
20.11.18	1/2L & 1/2KS CBD Excursion
20.11.18	2pm K-6 Assembly
21.11.18	12noon-3pm Kinder Orientation 2019
26.11-7.12.18	3-6 Water Safety Program
28.11.18	9am-3pm Kinder Orientation 2019
05.12.18	6.30pm P&C Meeting
07.12.18	9.30am Arts/Sports/Counsellors Assembly
12.12.18	Evening School Performance
13.12.18	Matinee School Performance
14.12.18	11am Presentation Day at AHS
17.12.18	Year 6 Dinner
19.12.18	Last Day of Term 4 for Teachers and Students

P&C NEWS



P&C MEETING

Wednesday 5 December 6:30pm
In the Library, all welcome!

P&C ANNOUNCEMENTS

\$1000 worth of cookbooks sold at Eat, Drink Live, Festival in Inverell last weekend. Special **thanks** to **Maria Russell** for coming over to help on the day.

The P&C has also donated \$8800 this week to help towards school costs: \$3000 of this money will go towards the purchase of new technology; \$2100 has helped to reduce the cost of excursions for each student. The remainder will fund the cost of Presentation Day and support students going to Schools Spectacular and the State Debating finals.

VOLUNTEERS

Only weeks until Christmas! Sue **really** needs volunteers to donate an hour or so to help sell books at:

THIS Sat 17 November: Black Gully Festival

Sun 25 November: Armidale Markets in the Mall

Thu 29 November: Afternoon to Evening, Armidale Council Christmas Market.

Your help would be very appreciated at any one of these events so please get in touch with Sue Gooley on 0406 166 772.

All money raised goes towards the Stage 1 COLA.

PRINCIPAL'S REPORT

I had the privilege of accompanying our captains to the Armidale Remembrance Day commemoration last Sunday. This special event recognised the 100th anniversary of Armistice: the end of the first World War in 1918. **Anna** and **Bailey** laid a wreath on behalf of Armidale City Public School to mark this centenary.

We would like to recognise the generosity of the P&C in donating \$2,100 towards the excursion fund this year from meal deals. They have also allocated funds from the Mother's Day fete to purchase sixteen new music stands and contribute \$5,500 towards our CoLab. There will be a mufti fundraising day held on Friday, 7 December.

I would also like to thank the staff who have organised the many fundraising events that reduced the overall cost of excursions. It is through their hard work and determination that so many students have been able to participate in a range of excursions this year.

Mrs Woods would like to raise our awareness around diabetes through the following information:



November is Diabetes Awareness month, and today, November 14 is World Diabetes Day. As some of you may be aware, a couple of our ex-students, and one of our teachers, are Type 1 diabetics.

A common misconception is that Type 1 and Type 2 diabetes are the same, but this is NOT the case. Type 1 is an incurable autoimmune disease in which the immune system mistakenly attacks and destroys the beta cells in the pancreas and eventually it stops producing insulin.

Our bodies require insulin to break down sugar and turn it into energy and without it the body literally starves as it cannot process food. There are two ways for Type 1s to receive insulin and those are through an insulin pump that is attached to them or through multiple daily injections. Checking their blood glucose levels throughout the day with a finger prick test is also vital as many complications can arise. Type 1 Diabetes is 24/7. It is not caused by any lifestyle choices and it cannot be prevented. Type 1 can strike ANYONE at any age. Undiagnosed, it will lead to death.

*Please read the information regarding Type 1 below and become familiar with it. **It could save a life.** Please help us raise awareness not just for the month of November but every day. JDRF Australia are the peak body working to help turn Type 1 into Type NONE.*

Type 1 diabetes symptoms can include:

- *extreme thirst*
- *constant hunger*
- *sudden weight loss*
- *frequent urination*
- *blurred vision*
- *nausea*
- *vomiting*
- *extreme tiredness*
- *infections*
- *unexplained fruity smelling breath*

Often, the first signs are flu-like symptoms.

If you think you or someone you know has these Type 1 diabetes symptoms, call a doctor immediately, and drink fluids WITHOUT SUGAR to prevent dehydration.

Have a magnificent week.

Ms Deborah Nay
Principal

SCHOOL CHESS TEAM

On Monday our 'A' chess team went to Grafton to play Ballina. The boys went off super confident and played a superb series of games. Unfortunately on this occasion we came away losing 5 out of 8 games. **Dezi** won both his games, **Khaia** won one and drew one, **Flynn** and **Oscar** sadly lost both games. Our boys should be extremely proud of their abilities and sportsmanship. A big thanks to **Mrs Hess** for transporting the boys.

Mr Craig McGrath
Chess Organiser

5/6C CLASS NEWS

What a wonderful start to Term 4! We have begun the term with enthusiasm and positivity. Many of the students have had a fantastic experience on the excursion to Newcastle with lots of stories and laughs shared upon their return. The students have been busily writing and researching poetry for their project learning. The challenge is now to think about how can they creatively present them to their Stage 3 peers. We have also started looking at the emotional response that music can create when linked to imagery. It is wonderful to see students sharing ideas, providing constructive feedback and working together!

Mrs Megan Carson
Class Teacher

3/4S CLASS NEWS

We are all back from our wonderful adventures to Lake Keepit and Thalgarrah. Both excursions were so much fun and all students were brave, resilient and confident! Thank you to **Mrs Ridley** for her organisation of these excursions, which have allowed our students to participate in these experiences.

In 3/4S we have been focusing on poetry and have read and created some truly awesome pieces. We have loved constructing our free verse poems based on poet **Simon Mole's** guidance and ideas. Blackout poetry has been a favourite in 3/4S as it combines poetry with art. We have worked with **Dorothea Mackellar's** famous poem 'My Country' and have also written our very own emu poems with some interesting and creative crayon sketches.

This term continues to be very busy with our Water Safety program coming up (please return notes and money) and our school play rehearsals and performance.

We would also like to thank **Mrs Beattie** and **Mrs Chambers** for their fabulous work in 3/4S this year, we have really appreciated all the help you have given us!

Mrs Kate Schultz
Class Teacher



SCHOLASTIC BOOK CLUB

CATALOGUE COMING SOON

Issue 8
IS DUE BACK THURSDAY
22 November

Please hand
Book Club orders in to your **Teacher**, the Library or
to the **Front Office**.
OR use LOOP at
www.scholastic.au/LOOP

BOTTLE TOP COUNT

594 873

Please keep bringing your bottle tops in...