



The Blue and White Armidale City Public School

the heart of Armidale

Quality teaching since 1861



25 November 2020



■ 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

23 Nov - 4 Dec	Year 3-6 Swim School
2 December	6.30pm P&C Meeting
10 December	Year 6 Dinner
11 December	Presentation Day
16 December	Last Day for Term 4
27 January	Staff Development Day
28 January	Staff Development Day
29 January	Year 1-6 Student First Day

P&C MEETING

Please join us for the last P&C meeting for 2020 next Wednesday, 2 December at 6.30pm (via Zoom).
Contact Melissa Gibbs (P&C Secretary) for the Zoom details and also if you would like to add an item to the Agenda.

PRINCIPAL'S REPORT

In recent years, it has been observed that children are being exposed more frequently to ideas and content for which they are not sufficiently mature. This seems to have come about as children have had greater exposure to social media, online gaming and video. Many of these are accessed via the internet on mobile and other smart devices that are sometimes not adequately supervised.

As we head to Christmas, parents and carers will be considering the purchase of smart devices. Others may already have these devices in use at home. Do you know what settings your devices have that will prevent children from being exposed to sexually or violently explicit material, even accidentally? Do you know your child's passwords for accessing online games or social media so that you can monitor these? It is important that parents and carers know exactly what children can access and that devices are used in communal areas where they can be supervised. Unfortunately, opening some seemingly innocent content can expose children to shocking video or photos. Information that may help parents deal with cyber safety can be found at <https://www.cyber.gov.au/acsc/individuals-and-families/parents-and-guardians>

With the increased use of mobile devices, we have also noticed an increase in sleep disturbance for children. The blue light from screens will affect the quality of a person's sleep. For a child to be able to settle to and maintain sleep it is recommended that screens are turned off at least an

hour prior to bed and that screen time is limited throughout the day. A lack of sleep can increase hyperactivity, lack of concentration and increased aggression.

Grounds remain closed

Over the last few months, our school grounds have remained closed to community use. The school is open for student use during school hours, but not outside of school hours during the COVID-19 pandemic. For the safety of our students, we ask that community does not enter the school grounds until further notice.

Before and after school care survey

As part of the NSW Government's \$120 million Before and After School Care (BASC) commitment, parents at all NSW schools were recently invited to complete a *Have Your Say* survey. The survey asked parents to tell us how they are using Out of School Hours Care, how much it costs them, whether they plan to keep using it, and what difficulties they experience in accessing it. The survey results have helped us to better understand the needs of families and what's important to them.

Parents are now being asked to complete a [quick follow-up survey](https://surveys.education.nsw.gov.au/s3/OSHCParentSurvey) by **Friday 27 November 2020**. You can access the survey at <https://surveys.education.nsw.gov.au/s3/OSHCParentSurvey>. This information will help us to target the rollout of more before Out of School Hours Care services in the right areas.

If your child does not require Out of School Hours care, we ask that you please still complete the first section of this survey as it gives us important information about the level of demand at your school.

End of year

With so many disruptions to learning brought about by COVID-19, it is important that students attend school on time every day until Wednesday, 16 December. Holidays commence on Thursday, 17 December. Students going into Years 1-6 will return to school on Friday, 29 January 2021. Kindergarten will start on Tuesday, 2 February 2021 after participating in Best Start assessments. More information to be provided to parents of enrolled Kinder students before the end of this year.

Take care,

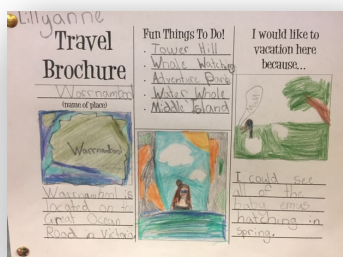
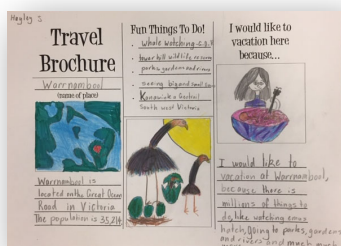
Ms Deborah Nay
Principal

1/2D CLASS NEWS

Term 4 for Year 1/2D has been action packed with exciting learning challenges, celebrating school and nationwide events and team building opportunities to reinforce our class motto *Together We Can!*



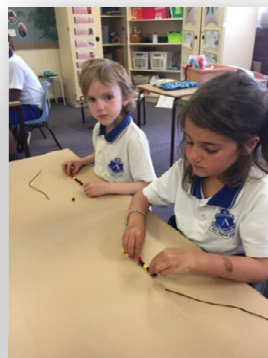
The students have become experts on penguins this term as our literature unit has been based on the movie **Oddball**, which is based on a true story of a threatened penguin colony in Victoria. The children have researched and written a film review, composed a persuasive text to convince their audience of the best venue to watch a movie and designed a travel brochure for Warrnambool, the location of the film.



The Stage 1 history day enabled the children to experience life for a school child in the past. The outfits worn on the day were incredibly authentic and a credit to families for sourcing such brilliant costumes. The sport session for the day showcased traditional games such as drop the hanky, hopscotch, elastics and skipping. The strict school rules of the past were reinforced in our classroom including hand inspections after each play break and standing to respectfully greet adults visiting our classroom.



To celebrate NAIDOC week, the children showcased their artistic talent by creating amazing clay iwatas, bracelets using the ininti seeds from central Australia and water colour paintings based on the artwork of **Bronwyn Bancroft**, a fabulous Aboriginal illustrator.



Exploring capacity and volume in our mathematics lessons demonstrated that containers can come in many shapes and sizes, however we would not recommend you eat your breakfast out of your shoe. Well done Year 1/2D on your persistence, cooperation and passion for learning - you are the **INVINCIBLE IWATAS!**

Mrs Jo Sherrin
Class Teacher

Managing the mother load



“The mental load means always having to remember.”

Emma, a French cartoonist summed up the mental load that most mothers carry in her 2017 viral comic, ‘You should’ve asked’. In the opening scene a very hassled mother was preparing for a dinner party, while feeding her two young children, dealing with a noisy dog and answering the phone, all while she was hosting a colleague for dinner. As the dinner boils over the stove and onto the floor she looked at her partner imploringly. He unwittingly answered, “But you should’ve asked! I would have helped.”

This scene artfully exemplifies the many invisible layers of responsibility that mothers carry including arranging most household tasks, managing the family home and being on top of the fine detail in every family member’s life. This is not the case in all families, but current research reveals that the great majority of women bear the load when it comes to housework (mums do twice as much as dads), caring for children (again, mums doing twice as much as dads) and carrying the mental load for their family.

There’s only so much we can manage. For those of us who are anxious, there will be times our plates will fill, and overflow. While there’s no single way to ease the mental load that mothers carry the following ideas will help to make life more manageable:

Stop making life easy for others

Anecdotal evidence suggests that many mums will overdo preparation rather than expect others to step up and help. I have been known in the past to cook and freeze up to a week’s worth of meals prior to travelling for work. Not any more though. Magically, my husband and two school-aged children have become very capable in the kitchen as I’ve stepped back.

Delegate and let go

Delegate some household jobs to your children. Leah Ruppanner, professor of sociology at Melbourne University says, “Unless death is impending from poor domestic decisions, step back, support and allow others to learn from their mistakes.” Letting go of jobs and allowing kids to do things in their own way is hard for perfectionist personality types, but it’s essential if you are going to last the parenting journey. Surprisingly, both guilt and perfectionism ensure that many mums keep their children dependent upon them.

Diarise and check

One way to ease the mental load is to lessen the number of mental notes and details that you carry around. Set up recurring electronic calendar entries for routine tasks and check regularly. This way you have less to remember and a place to find what you need, which is more efficient and mum-friendly way of being organised.

Lower the bar

Many mothers confess that they constantly feel guilt. if they don’t put their children first. That’s a heavy burden to carry. If anxiety is a constant companion, it’s essential to lower the bar on your self-expectations. Unfulfilled expectations are proven stressors for mothers so take away tasks, rather than add to your mother load.

In closing

There’s little doubt that many mothers carry an overwhelming mental load that adds to their anxiety and stress. I’m not suggesting that you abandon your job entirely but rather to look for ways to make the mental load you carry a little lighter. In doing so, life will become easier to manage. As with all behavioural change its easiest to start small. But whatever you do, if you’re straining under the mother load make a start at releasing and sharing the load.

Parents can learn more about minimising anxiety as a mum in Dr. Jodi Richardson’s book *Anxious Mums: How mums can turn their anxiety into strength* published by Penguin Random House.

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au

