

# The Blue and White Armidale City Public School

the heart of Armidale Qnality teaching since 1861

## 17 November 2021



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Community of

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19 November	Stage 3 Leisure Sport
22 November	Kinder Thalgarrah excursion
24 November	Kindergarten Orientation
24 November	3/4C & 3/4M Thalgarrah excursion
25 November	3/4E & 3/4B Thalgarrah excursion
26 November	Stage 3 Leisure Sport
3 December	Stage 3 Leisure Sport
7 December	Year 6 Farewell dinner
16 December	Last day of school

### P&C NEWS

To celebrate the end of a difficult year on Thursday 2 December (Week 9) the P&C is offering a SUPER Meal Deal - both morning tea and lunch!! Notes with details will be coming home shortly (please return note and money by **Monday 29 November**).

Our last P&C meeting for 2021 will be held on Wednesday evening (6.30pm) 1 December. We are planning on holding the meeting at a local establishment (yet to be decided) for dinner.

If you would like to come along please inform Secretary Melissa Gibbs at <u>melissagibbs76@gmail.com</u> by **Friday 26 November**. It would be great to see some new faces in readiness for 2022!!

#### PRINCIPAL'S REPORT

Our thanks go to the parents and carers who remain off school grounds and maintain a distance of at least 1.5m from others when dropping off or collecting students. You are helping to protect our students, staff and the wider community from COVID-19, especially as the virus has been active in Armidale in recent weeks.

If unwell or displaying even the mildest of symptoms, it is recommended that a COVID test is taken and you stay home. Staff and students require a negative result and to be symptom free prior to return to school.

Fully vaccinated visitors who have been invited to school for specific activities may enter the school. An example of this is the return of scripture teachers yesterday. We continue to ask that parents stop outside Gate 3 and contact the office rather than entering the school grounds or office area.

### Road Safety - keeping children safe

We all want the children of Armidale City to be safe on the way to and from school. Please pay attention

to the signage about where to park and times that bus zones are active to avoid any fines. Parents are reminded that the staff car park is not for parent parking or setting down or collecting of children. This is an area that students use each morning and afternoon.

We ask that parents help us to keep children safe by making use of the **pedestrian crossings** on Dangar, Brown, Faulkner and Mann Streets and not walking near or between buses when collecting students. Concerns have been raised around several students crossing busy roads unaccompanied, especially on Dangar Street.



<u>Dangar St</u> Crossing

<u>Brown</u> <u>Street</u> Crossing





<u>Faulkner</u> <u>Street</u> Crossing

Mann Street Crossing



#### Kinder Orientation

Our 2022 Kindergarten students returned to Armidale City Public School for their second orientation session today. The children will have one more opportunity to experience 'big school' before next year.

### **Opportunity Class**

Several of our Year 4 students participated in the Opportunity Class placement test this morning. Where this assessment is historically a paper-based test, it was held online for the first time. Parents will be contacted by mid-January with results, with some offers not made until late January.

### Staff development day variation

Our students and teachers will attend their last day of this academic year on Thursday, 16 December. The following day has been scheduled as a staff development day. Due to some presenters not being available on this date, our staff will have participated in CPR and anaphylaxis training, as well as professional learning around Aboriginal Culture and Histories after school hours by the end of November.

### Trespassers on site

Over the weekend, at least two unknown people entered the school grounds, removed heavy metal covers from two deep pits and left these uncovered. This was extremely dangerous for our young children. Police were contacted. We are asking community members to contact police if they notice unauthorised people on the school grounds.

Take care and stay safe,

### <u>Deborah Nay</u> <u>Principal</u>

#### News from 1C

The children are all settling in well after our holidays and home learning time. We are excited about the remaining weeks of Term 4, which are looking to be very busy.

Each Wednesday, we have been enjoying trying out different team sports, such as hockey, cricket and T-Ball and learning some of the basic skills involved in each sport.

We have enjoyed our unit looking at different types of poetry and even had a go at writing some for ourselves. We made a book based on the story "Smarty Pants" and illustrated each page.

When we look back at ourselves from the start of the year, we can see that we have grown and learnt lots. Our reading is amazing and we are writing longer, more interesting pieces of work.

It won't be long before we say goodbye to Year 1 and start our journey into Year 2.

Mrs Cook & Mrs Cordingley

### Year 6 Farewell Dinner

Date: Tuesday 7 December 2021 At: Armidale Golf Club Time: 6pm—8pm Price \$35.00

Please purchase tickets by 1 December from the Office

#### News from 5/65

We have had such a busy term so far and are really enjoying being back in the classroom after remote learning. We've been researching and writing information reports on natural disasters and are about to begin poetry writing.

The highlights of the term have been continuing to complete creative artworks, such as our apple sketches, bushfire scenes and we can't wait to start our natural disaster dioramas. Students will need a shoe box or similar size box to complete these. We've also loved going back to leisure sports.

Finishing our class text 'Holes' was both awesome and sad as we have enjoyed this text a lot and become quite attached to each of the characters. We enjoyed all the twists and turns in the storyline and loved the ending.

We'd like to take this chance to wish everyone a wonderful end of term.

### 5/6S and Mrs Schultz



### 2021 Book Fair

Our 2021 Book Fair has commenced in the library. This week, students will have the opportunity to browse through the books and create a wish list to take home. Next week during scheduled library lessons, students will be able to purchase books.

Alternatively, students can fill in the order form provided from the library and return to the front office with correct money. These orders will be processed and delivered to students on Tuesday.

Due to current COVID restrictions, we are unable to have visitors attend the Book Fair.

The Book Fair is cash only and correct money would be appreciated.

#### parenting **\***ideas

INSIGHTS

#### Turn your anger around without yelling



We've all had those days. You know the ones... the days where your child has refused to get ready for school, thrown food at their brother and is in a right mood. Your teenager slams the door when you ask them to clean up their bedroom. You ask and ask again. And again. And the kids just won't listen. That, or if they listen, they won't do as they're told!

When days like this happen – and they do – you can get so angry that you lash out only to regret your actions later on. With smacking now widely regarded as less acceptable, the lashing out often takes the form of yelling. It's probably fair to say that yelling is the new smacking.

#### Yelling is harmful

Researchers believe that yelling at kids can be just as bad as smacking. Yelling has also been linked to lower self-esteem in children and young people. Children who are raised in a horne where yelling is common have a higher risk of developing psychological issues. When parents use yelling as a discipline measure, kids have an increased risk of developing behavioural problems, anxiety, stress and depression.

#### Understand, don't reprimand

When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the moming and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

#### Use humour

Humour is one of the best ways to take away anger and reduce stress. A good friend of mine was teaching his daughter to drive. The whole family was in the car while the daughter was driving when she missed a comer and ended up crashing into a petrol station sign. My friend looked at his daughter and at his family and said, "Well, while we're here, does anyone need to use the bathroom?" By using humour, my friend released the tension in the situation. Then they could calmly talk about what had happened and how to resolve it. What a wonderful way to turn away from anger!

#### Stay calm and kind

Self-talk is now recognised as a great way to regulate your emotions and change your behaviour. When you're starting to get upset there's a mantra that you can use: 'I'm going to be calm and kind.' When you repeat this phrase, it reminds you of what you want, and helps you to better regulate your own emotions. Calmness is something of a superpower that can have have such a positive impact on those around you.

#### parenting **\***ideas

#### Create psychological distance

All parents seem to have just a bit more patience with someone else's child or young person. Pretend that you're 's favourite aunt who rarely never gets cranky at the kids. She always finds a way to be kind, even with the challenging child or teenager, if that doesn't work for you, pretend your child is a neighbour's kid!

#### In closing

Yelling turns children and young people away. Speak softly. Speaking softly forces them to listen closely, and it make everyone feel better.

Most parents hate yelling (as do their kids). When you are calm and kind, and look to understand, not reprimand, you will be able to keep anger and yelling out of your home. That's better for your kids and for you.



#### Dr Justin Coulson

Dr Jostin Coulos helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising realient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulosn's Happy families podcast on Apple Podcasts and Spotify. For further details visit <u>www.happyfamilies.com.au</u>



