



The Blue and White Armidale City Public School

the heart of Armidale

Quality teaching since 1861



24 November 2021



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Calendar

25 November	3/4E & 3/4B Thalgarrah excursion
26 November	Stage 3 Leisure Sport
29 November	Money due for Super Meal Deal
2 December	Super Meal Deal
3 December	Stage 3 Leisure Sport
7 December	Year 6 Farewell dinner
10 December	Presentation Day
16 December	Last day of school

P&C NEWS

Week 9 Super Meal Deal - make sure to return your notes and money by Monday 29 November.

Cookbook Offer - have you considered taking advantage of our end of year special offer?? One book for \$10 or two books for \$15. What a Christmas bargain!!

December P&C meeting/dinner - as a special treat our last meeting for this year will be held next Wednesday 1 December 6.30pm at the Wicklow Hotel. If you would like to attend please contact Secretary Melissa Gibbs at melissagibbs76@gmail.com by this Friday 26 November. We would love to see you there.

PRINCIPAL'S REPORT

This week saw us take another step closer to broadening student access to activities in a COVID-safe way. Our Kindergarten students thoroughly enjoyed their visit to Thalgarrah Environmental Education Centre on Monday accompanied by **Mrs Ridley, Mrs Rubie, Miss Leanne and Miss Menzies**. An alternate education program was provided to allow the excursion to go ahead, regardless of the wet weather. The children appreciated getting outside and playing in the water and mud as well as getting up close to a range of creatures.

Students in 3/4C and 3/4M visited Thalgarrah today with **Mrs Carson and Mr Commens**. The children were excited to be able to participate in the excursion, even if it wasn't the overnight they had anticipated earlier this year. The remaining Stage 2 classes are expected to travel to Thalgarrah on Thursday if the weather does not prevent them. Please monitor School Stream for any updates.

Our Stage 3 students have been involved in a day of fun activities through the *Creating Chances* project today. These activities have been designed to build team work and resilience.

Safety

Safety of our students is important to us. Parents and carers are reminded that there is no supervision of students before 8.40am and that they should use pedestrian crossings or park on the side of the street closest to the school. There is easy access through Gate 3 in Faulkner Street, Gates 6 and 7 in Mann Street, Gate 9 in Dangar Street and Gates 10 and 11 on Brown Street.

Parents are also reminded that they should not be approaching other children at or in the vicinity of the school, whether they have a positive relationship with the family or not. It is important that parents do not use inappropriate language directed at or within the hearing of student and should not lay hands on another child. If you have a concern in relation to another student, we ask that you speak with staff.

Career education grant

Congratulations go to **Mrs MacGregor** on her success with securing a Rural and Remote K-12 Career Education initiative grant of \$20,000. This grant will assist in preparing resources to support students at various points of transition. Mrs MacGregor and **Mr Townsend** participated in an online symposium yesterday to commence this project. We look forward to seeing what can be achieved to support students.

Aboriginal Histories and Culture

Our teaching staff, along with some support staff, were involved in professional learning yesterday afternoon as part of the alternate Term 4 staff development day activities. We were fortunate to have three members of the Aboriginal Education team present information around Aboriginal Histories and Culture. This provided significant background knowledge and allowed us the opportunity to discuss lived experiences and further develop our understanding of the histories and cultures of our First Nations people.

End of year organisation

In line with the updated Level 3 requirements, our school will not be holding the annual presentation day as we have in the past. This year we will be recording the proceedings held in our school auditorium and broadcasting after the event as opposed to live streaming as we did last year. Parents are not permitted to attend unless invited for a specific purpose. We will be distributing Permission to Publish notes for Presentation Day 2021 which is to be held on Friday, 10 December, within the next week.

Take care and stay safe,

Deborah Nay
Principal

News from 2R

2R have been enjoying learning all about poetry in Literacy this term. We started by exploring narrative poems, focusing on Mulga Bill's Bicycle by Banjo Patterson, before moving on to a range of other forms of poetry including haiku, limericks and shape poems.

In technology, students have enjoyed experimenting with coding using iPad applications and robots such as Spheros. They are currently working in groups to identify a task and give a set of instructions to their robot in order to have it complete the task - it's much trickier than it sounds!

2R have been working hard to revise and consolidate their numeracy skills in preparation for Year 3, and have been enjoying completing challenging multiplication and division problems.

This week, 2R have been enthusiastically working on their healthy food advertisements for their PDH unit on living a healthy lifestyle. They have been incredibly creative, choosing to present their advertisements in a variety of formats including short skits, posters and videos.

2R have worked so hard throughout the year, and they are all feeling well prepared and excited for their transition to Year 3!

Ms Rowland and 2R

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 3/4M

3/4M students have been exploring poetry this term and creating different style poems of their own.

We have spent some time exploring virtual spaces and creating worlds on technology using coding and animation techniques.

This term, students have explored pop art and artists and they are now creating miniature sculptures using various wires and designs of their own.

We are really enjoying our class novel, "The One and Only Ivan" and are looking forward to seeing the movie interpretation next week.

It has been an interesting year but the student's positivity and enthusiasm for learning has been wonderful.

Today, we are off to Thalgarrarrah to participate in team building exercises, meet some animals and explore the ecosystems at the creek.

Mrs Carson and 3/4M

Year 7 book packs will be available through Armidale Secondary College canteen at the end of year for \$50. As a welcome to high school, the P&C have kindly reduced the cost of the book packs from \$60. The book packs contain all the necessary books and stationary, and include a scientific calculator that will be required from Year 7 to Year 12. Parents and carers will be notified when book packs arrive and are ready for purchase.

Game On!
Snakes & Ladders
Maths Edition

level 4, level 5, level 3, level 2, level 1

level 1: 1x3
level 2: 4x10
level 3: 8x12
level 4: 12x13
level 5: 14x16

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SCHOLASTIC

BOOK CLUB
ISSUE 8

CLOSES FRIDAY, 3 DECEMBER

Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au

Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spooned Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au

ARMIDALE TENNIS ACADEMY

SUMMER HOLIDAY
TENNIS CAMP

HALF DAY CAMP 9AM-12PM

WK 1: DEC 20-21

WK 2: JAN 10-12

WK 3: JAN 17-19

AGES 4.5-14 YRS

ATA TENNIS CAMP
ENROLMENT INFORMATION
WK1: DEC 20-21
WK2: JAN 10-12
WK3: JAN 17-19

- Time: 9.00am - 12pm
- Loads of fun activities, matchplays and more!
- Improve your game and make some new friends too
- Half day camps - fruit & treats provided
- Prizes!
- To bring: hat, sunscreen, water, snacks and your racquet - don't worry if you don't have one, you can borrow one for the days you are at camp.
- Camp will be run under current COVID-19 guidelines
- If wet weather occurs that days camp will be postponed & credit issued. A decision will be made by 8am and posted on our Facebook/instagram. <https://www.facebook.com/armidaletennisacademy>



WEEK 1 : Dec 20-21 - \$50/day or \$90 for all days
WEEK 2 : Jan 10-12 - \$50/day or \$130 for all days
WEEK 3 : Jan 17-19 - \$50/day or \$130 for all days

dave@armidaletennisacademy.com.au
Golf Links Road Armidale 2350

1 Childs Name _____ DOB _____
2 Childs Name _____ DOB _____
3 Childs Name _____ DOB _____

Please circle: CAMP 1 / CAMP 2 / CAMP 3

Any medical or other important information we should know about your child/ren?

Emergency contact Name & Number: _____