



The Blue and White Armidale City Public School



the heart of Armidale

Quality teaching since 1861

15 September 2021

We Are Back!



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Calendar

17 September Last Day of Term 3
5 October First Day of Term 4

All Term 4 activities will be dependent on the advice from the Department and what level the school is operating under. All dates TBA

P&C NEWS

The P&C would like to acknowledge the hard work and dedication of the wonderful teaching staff at ACPS during the lockdown. You did your best to make the home-schooling experience for kids and parents alike as straightforward and stress-free as possible - for this we are all very grateful.

Let's hope for a less interrupted and more 'normal' Term 4. Wishing all ACPS families a safe and relaxing holiday.

PRINCIPAL'S REPORT

We were thrilled to welcome our students and staff back to school for the last week of Term 3. There has been a great deal of excitement in catching up with friends and spending time with classmates and teachers in the flesh this week, whether in class or on the playground. Zoom had its place in connecting classes but in person, on site learning, has been enjoyed with our return. After five weeks of remote learning, we participated in Wellbeing Wednesday today.

This week we have noticed the very early arrival of students to school, some up to half an hour before supervision is provided on the playground at 8.40am. To ensure that our children are safe, we ask that children are not dropped to school prior to this time.

To ensure that learning will continue to be held on site and more restrictions can be lifted before the end of the year, it is vital that everyone continues to follow the advice provided around being COVID-safe: staying home if unwell, being tested if showing any signs of respiratory or flu-like symptoms, physical distancing, hand hygiene, cough and sneeze etiquette, the correct wearing of masks, getting vaccinated as available and staying away from areas where COVID-19 has been identified in the community. As we approach the holidays, it will be important to consider all of these points and monitor what is happening in NSW and the rest of Australia to ensure that we do not see another resurgence in the spread of this virus. Up to date information can be located at <https://www.nsw.gov.au/covid-19/latest-news-and-updates>

NAPLAN results

The results from the Years 3 and 5 National Assessment Program - Literacy and Numeracy (NAPLAN) undertaken in May 2021 have been distributed today. The assessments were completed online, except for the Year 3 writing task. Parents are invited to contact the office if they have not received your child's results by 8 October.

Slideshows

Our students and staff enjoyed some tech-free time in the outdoors last week, celebrating the change of season. Mrs Korsch pulled these together with music into a short video that can be found at <https://armidalec-p.schools.nsw.gov.au/supporting-acps-students-through-covid-19.html>. Due to copyright, we are unable to publish this on an open forum such as Facebook.

To celebrate our return to on campus learning, a further video that demonstrates that we're back will be uploaded to the school website today. It will also be found at <https://armidalec-p.schools.nsw.gov.au/supporting-acps-students-through-covid-19.html>.

Tell them from me survey

Each year we survey parents to look at what we do well and areas in which we can improve. To get the most from this information, we ask that as many parents as possible take this online survey at <http://nsw.tellthemfromme.com/vn3f6>. We thank the 18 parents who have responded so far and would love to see more parents respond.

School holidays

Students will commence school holidays from Saturday, 18 September. School resumes for both staff and students on Tuesday, 5 October. The last day of Term 4 will be Thursday, 16 December 2021.

If we all take responsibility for ensuring that all COVID-safe practices are followed and we restrict our movement around the state, I hope that we will be able to start and maintain a full term of onsite learning next term so that we might also be able to also move to holding local excursions and celebrate many of our end of year events, even if following a different format. Now is definitely not the time to be complacent.

Take care and stay safe. I look forward to seeing all next term.

Deborah Nay
Principal



Don't forget to return your library books!

All library books need to be returned by this Friday, 17 September.

2C and 2R Nature Scavenger Hunt



Make time for down-time



If your teenage children live wound-up, highly scheduled lives then they need to rediscover the lost art of down-town.

Down-time is like mucking around except that it's passive. It's about kids relaxing, doing whatever it is they feel like doing - whether that's watching a screen, hanging around with siblings or mates, reading a book or simply daydreaming.

There are three compelling reasons to allow kids down-time:

1. It's great for mental health. Hard-driven kids need some time to rest their brains. The thinking wheels can't keep spinning all the time.
2. It builds relationships. You've got to be close to someone to feel comfortable down-time with them. A household needs to be relaxed and free from tension for down-time to happen.
3. It feels good, which is good reason to do something.

The art of down-time comes with age

Toddlers are too active for down-time. Their physiology ensures that when they have some free time they'll generally keep moving and exploring.

Kids in primary school start to learn the value of down-time. They generally spend down-time on their own or by mucking around with their friends.

Teenagers are natural down-timers. They do it without trying. Teens take up a lot of space during down-time at home, tending to sprawl out and fill living rooms. Many don't mind down-time with their parents if their friends don't see them.

Many parents feel uncomfortable when their kids spend too long in down-time. Busyness is seen as a virtue. Sure, it's good for our kids to be occupied a lot of the time, but active lives need to be balanced with opportunities for inactivity.

Don't confuse down-time with brooding

Brooding, like ruminating, involves a young person repeatedly visiting their thoughts, going over past mistakes, or worrying about the future. Down-time is different as it enables a young person to chill out and relax. It's free-range mindfulness, or unstructured meditation.

Down-time is a lifetime mental health, relationship-building, and happiness habit. It's something to be encouraged, rather than clamped down.

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

parentingideas.com.au

Excursion Refunds

Refunds for the Stage 3 Canberra Excursion are currently being processed. If you received a form stating you paid by EFTPOS please bring in your form and the credit card used so the refund can be processed via the terminal at the school. Please ring from the front gate (Gate 3) and a staff member will bring the EFTPOS terminal to you.

The Year 4 Lake Keepit Excursion refunds will be processed from the start of next term.

We thank you for your patience with this process.

Stay COVID safe

Our school is operating at Level 3



- Face-to-face learning on site
- Masks required for staff indoors and outdoors
- Staggered breaks and reduced mingling of student groups wherever possible
- Physical distancing for pick-up and drop-off
- Non-essential visitors not permitted



QR code check-in and check-out required for all staff and visitors.



Follow health advice and keep your child home if they are unwell.



For the latest information, visit education.nsw.gov.au/covid-19

education.nsw.gov.au



What this means for Armidale City Public School parents:

- Parents are only to enter the school grounds if they are expressly called and authorised to.
- Parents are not to enter the school grounds for the following reasons:
 - bringing children to school
 - dropping off lunch or possessions for children
 - collecting children early
 - to collect refund for excursions or to see office staff
 - to make purchases from the Clothing Pool

If you are coming to the school for any of the reasons above, please call the office on 6772 3420 and a staff member will meet you at Gate 3 in Faulkner Street.