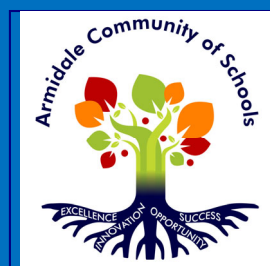




The Blue and White Armidale City Public School

the heart of Armidale

Quality teaching since 1861



26 October 2022

New England Dance Festival



New England Sings



Some images provided by Simon Scott

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■ Fax: 02 6771 2262
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Calendar

| | |
|----------|---|
| 27 Oct | Bell Shakespeare Performance |
| 2 Nov | Yr 6 English as an Additional Language Dialect students Orientation at ASC |
| 2 Nov | Kindergarten Thalgarrah Excursion |
| 8-11 Nov | Year 4 Lake Keepit Excursion |
| 8-9 Nov | Year 3 Thalgarrah Excursion |
| 9 Nov | Year 6 Orientation Day ASC |
| 16 Nov | Kinder Orientation Day 9:30am-1pm |
| 16 Nov | Year 6 Orientation Day ASC |
| 17 Nov | Year 7 2023 Parent Information Night at ASC |

P&C NEWS

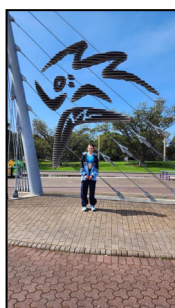
Great to see plenty of fantastic colouring competitions entries so far. You have until Friday 4 November to be in the running for some of these amazing prizes. Remember to hand them in to your classroom teacher.



Please join us next Wednesday 2 November at 6.30pm in the school hall for our next General Meeting. This is the second last P&C meeting for the year - hope to see you there.

PRINCIPAL'S REPORT

Congratulations go to **Claire, Edward, Jared, Mack** and **Trae** on achieving their personal bests in their respective events at the State athletics carnival last week.



Last Friday, our school dance group performed in Tamworth Dance Festival. This group of thirty students were supported by **Miss Singh**, who choreographed the dance and ran weekly practise sessions in preparation. Our thanks also go to the parents who assisted with transporting students to Tamworth. Low level flooding due to heavy rain throughout Friday meant that the students were fortunate to attend their performance.

Our *New England Sings!* choir members, and those from many schools in the New England area, did a magnificent job in preparing for and performing on the weekend. They had been involved in three months of rehearsals at the Old Teacher's College and during school choir lessons. Our thanks go to **Miss Rowland** and NECOM staff in supporting our students through rehearsals and the concert performances. It was also wonderful to see current and past students and staff involved in the primary and secondary choirs and orchestra after a three-year hiatus of this New England Conservatorium of Music (NECOM) event.

We understand that many parents were unable to obtain tickets for the *New England Sings!* concert as these sold out quickly through NECOM. As this was a NECOM event and not a school event, we were not able to acquire tickets for parents. NECOM did provide the opportunity to access live streaming where tickets were not available.

Communication With Parents

Since 1 September 2022, the primary means of communication with parents has been through the *School Stream* app. We moved to this platform in an attempt to improve communication with families. Our *Blue & White* is made available each Wednesday, along with notices relating to COVID-19, excursions, events and activities. The benefit of this app is that it enables us to share information and updates as they come to hand. It is important that parents register with *School Stream* to be able to receive notifications in a timely manner.

Online notes for excursions and activities, such as the Bell's Shakespeare performance, are being made available through *School Stream* in an attempt to ensure that families receive the information in a timely manner and link more easily to online payment. Absentee notes can also be submitted through *School Stream* without cost to families.

Facebook, the school website and emails are also used to communicate with families. It is important that parents monitor emails, including junk mail, and *School Stream* notifications to stay informed. We also have limited copies of the *Blue & White* available for collection through the front office.

Parent Survey

Parents are able to provide valuable feedback by clicking on the following *Tell them from me* link: <http://nsw.tellthemfromme.com/sx9jb>.

Kindergarten Transition Coming Soon

Children who have a completed enrolment application will be able to participate in three transition sessions between 9.30am and 1pm on Wednesdays, 16, 23 and 30 November 2022. If you have not completed applied to enrol your child as yet, this can still be made online at <https://enrol.education.nsw.gov.au/#/?schoolCode=1057>

Take care,

Deborah Nay
Principal

Congratulations

MINI EXTREME CHESS COMP

The winner of our Mini Extreme Chess Competition is **Joe** from 3/4M.

Joe defeated **Mack** in the grand final.

Congratulations Joe!!



DISTRICT ATHLETICS

Congratulations to our place getters at the District Athletics last term.

Missing from picture:
Ella, Jared, Trae



Word of the Week

Iconoclast (eye-KAH-nuh-klast)

News from 3/4H

The students of 3/4H are very excited about everything coming up this term. We ended Term 3 strong with some phenomenal habitat dioramas and have begun our next collaborative task with the rest of Stage 2. We are learning all about the sun this term and have started to create artworks that will display our understanding of seasons.

In English, we are focusing on poetry and had some fun creating a QR code word wall of poetry terms.

In art, we have been learning about different types of sculptures. We have made, paper sculptures, origami, and foil sculptures.

Everyone is looking forward to the upcoming excursions later on in the term.

Mrs Hesselmanns and 3/4H

News from 2R

This term, 1/2R are excited to be exploring the 2015 movie Oddball as our focus text. Students loved viewing the movie and would like to share their thoughts:

"The 2015 movie Oddball is a great watch. It is set on Middle Island, Victoria. A fox is trying to eat the penguins, so Swampy puts Oddball on the island. The penguin centre nearly closes, but it stays open". - Remy

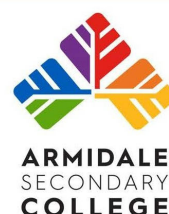
"The best part was the end because Jack went crazy. Five stars". - Milad

"The penguins were in danger from the foxes. Oddball saved them with help from Swampy, Olivia and Emily". - Nioaka

"The best part was when Oddball ran through the street and knocked the apples over because it was funny". - Emily

1/2R students are looking forward to continuing their exploration of Oddball through their research projects. They have selected a range of relevant topics including Fairy Penguins, Maremma Sheepdogs and Middle Island, and they are working hard to collect information and create a presentation to share with the class. It's an exciting term for 1/2R and they can't wait to get cracking!

Miss Rowlands and 2R



ARMIDALE
SECONDARY
COLLEGE

YEAR 6 STUDENTS MOVING INTO YEAR 7, 2023 AT ARMIDALE SECONDARY COLLEGE

Enrolment application forms are now overdue for Year 6 students who are planning to attend Armidale Secondary College for Year 7 in 2023.

Only Year 6 students who have submitted a completed enrolment form (online or paper copy), along with the relevant supporting documents, will be permitted to attend the Orientation Day at ASC on **Wednesday, 16 November**.

Please contact Armidale Secondary College on 6776 7400 as soon as possible if you have any queries, or need assistance with completing your student's enrolment form.



Halloween

— IN THE —
BEARDY ST. MALL, ARMIDALE

**FRIDAY
OCTOBER
28 2022** | 5PM—9PM
FOOD TRUCKS
TATTERSALL'S
LICENCED BAR

SCARY HAUNTED GROTTOS
TRICK OR TREATING
STILT WALKERS
ROVING CHARACTERS
BALLOON ARTISTS
LIVE MUSIC 7PM-9PM
VINNIE AND THE CUBAN MISSILES

NSW Regional ARMIDALE Regional Council

Armistide Triathlon Club

SUNDAY 13th NOVEMBER 2022
RACE START 9:00AM
ENTRY \$30.00 PER TEAM

HIGH SCHOOL YEAR 10, 11 & 12 SCASH PRIZES
HIGH SCHOOL YEAR 7, 8 & 9 SCASH PRIZES
DAVE ROBBING PERPETUAL TROPHY for Fastest High School Team
PRIMARY SCHOOL 10 YEARS AND ABOVE SCASH PRIZES

3 Person Teams / Registration on the day

Registration between 7:45-8:45am / race brief 8:50am
Race Start 9:00am

Entry is on the day, printed and completed entry form must be brought to the event with fees.

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

CRICKET BLAST

FREE 4-WEEK PROGRAM

NSW GIRLS AFTER SCHOOL BLAST CENTRE

BASIC SKILL DEVELOPMENT THROUGH TO SHORT FORMS OF CRICKET
MAKE NEW FRIENDS AND LEARN NEW SKILLS INCLUDING CATCHING, THROWING AND TEAMWORK
ALL EQUIPMENT SUPPLIED
FREE GIVEAWAYS

register now

Location: Armistide Sportsground Indoor Centre
1 hour session every week for 4 weeks - Age: 7-12
Start Date and Time: Tuesday 8th Nov - 4pm-5pm
Email: melissa.norup@cricketnsw.com.au Ph: 0478285755

FOOTBALL UNITED

AFTER-SCHOOL FREE PROGRAM

EVERY WEDNESDAY
26TH OCTOBER - 14TH DECEMBER
3.45PM - 5PM

ROLOGAS SPORTING FIELDS (OFF TAYLOR ST.)

FOR GIRLS AND BOYS AGED 8 - 12

A football program for Primary School students that explores resilience, decision-making and values to make better choices in football and life.

REGISTRATION ESSENTIAL
SCAN QR CODE

Get Active United
NSW
creating chances
BEN@CREATINGCHANCES.ORG.AU
MORE INFO

parenting*ideas

INSIGHTS

Disarming anxiety before it becomes a disorder



In urban Australia it takes approximately eight years between onset of symptoms and a diagnosis of an anxiety disorder, and over twice that time in rural settings. That's a long time for a child or young person to live with the turmoil of anxiety without getting the help they need.

Kids with a diagnosis of an anxiety disorder include those experiencing social anxiety, separation anxiety, generalised anxiety, panic disorder, obsessive-compulsive disorder, and specific phobias or overwhelming fears. Beyond Blue statistics states 1 in 14 children experiences an anxiety disorder. Sadly, a great deal of childhood anxiety goes undetected.

Early detection is critical

Anxiety can be overlooked for many reasons. Often day-to-day functioning of anxious kids isn't affected in obvious ways, and they can appear happy, but the signs of anxiety will be there if you know what to look for. Anxiety shows through behaviour and language, and is felt physically by a child. Avoidance and over-planning are the two most common behaviours displayed by anxious kids. Long before they become a child's patterned response to anxiety-inducing events there are generally many subtle signs of anxiety including poor concentration, irritability, becoming upset over minor issues and constantly seeking reassurance. Anxious children and young people can feel nauseous, experience headaches, have difficulty sitting still and constantly feel on edge.

Anxiety is individual

Just as children display symptoms of anxiety in unique ways, they also react differently to everyday events. One child's highly anticipated school camp maybe another child's anxiety-inducing nightmare. Knowing the events that trigger anxiety in a child or young person is key to early detection and management.

The tools anxious kids need

Children and young people who experience anxiety need self-management tools to allow healthy functioning and prevent anxiety from deteriorating into a full-blown disorder. Knowledge of how and when to use management tools such as mindfulness, deep breathing, exercise and thought distancing are critical to good mental health, allowing kids to turn the dial down on their anxiety while they get on with the activities that make them happy.

Lifestyle factors that minimise anxiety

Anxiety maybe commonplace but its origins are complex. Poor diet, lack of exercise, social media, sleep problems and an inability to relax all play a part in exacerbating a child's anxiety. And of course, the pandemic is a frightening time for children.

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

parentingideas.com.au

parenting*ideas

Attempts to help children minimise anxiety need to include healthy eating that ensures good gut health, frequent exercise that releases adrenalin and the stress hormone cortisol, plenty of endorphin-inducing free play in natural environments and developing good sleep habits that will last a lifetime.

In closing

No child or young person should suffer needlessly from anxiety. Life can feel very grey when anxiety is a constant companion. As a parent you help your child by being on the lookout for early signs of anxiety, recognising the events that cause your child stress and teaching them the tools they need to push anxiety into the background while they get on with enjoying life. Anxiety is not something to be feared, but a condition to be understood and managed before it spirals into a disorder needing professional intervention.



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

Word of the Week

Dictionary meaning

Iconoclast originally referred to someone who destroys religious images or who opposes their veneration. It is now used to refer broadly to anyone who attacks widely accepted beliefs or institutions.

Did You know?

Iconoclast comes from the Greek word eikonoklastēs, which translates literally as "image destroyer."