



# The Blue and White Armidale City Public School

the heart of Armidale

*Quality teaching since 1861*



## 2 November 2022

### Debating, Maths and ICAS Awards



Armidale City Public School were Zone Debating Champions in the Premier's Debating Challenge - Eliza, Tom, Sam, Ayalla, Bridget, Stephanie, Kithmi

Newcastle Permanent Mathematics Competition - Distinction awards to; Keanu, Jacob, Ayalla, Boki, Jake, Christian, Bridget, Eliza, Victory, Rebecca  
High Distinction Awards to; Reuben, Tristan, Tim, Tom and Sam. Sam was also the Northern Tablelands top achiever for Year 6.

Math Olympiad - Top 25% Jacob, Tim, Sam, Christian, Bridget  
Perfect Score and medallion awards to; Tristan, Reuben, Tom

ICAS Science Distinction awards to; Jake, Tristan  
ICAS Writing Distinction Award to; Joe

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# Calendar

7 Nov	Kinder Thalgarrah Excursion (New Date)
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
18 Nov	Northern PSSA Cricket Trials
21 Nov-2 Dec	Swim School
23 Nov	Kinder Orientation Day 9:30am-1pm
28 Nov	Year 6 Dinner
29 Nov	Final PSSA Cricket Trials
30 Nov	Kinder Orientation 9:30am—1pm

## P&C NEWS

Don't forget to submit your wonderful Colouring-In works-of-art by this **Friday 4 November!!!** (please hand them to your class teacher). We can't wait to see how talented and artistic you all are!!



Please join us at 6.30pm in the school hall tonight **2 November** for our **General Meeting**. This marks a return to face-to-face meetings and it would be great to actually see some new faces.  
**Hope to see you there!!**

## PRINCIPAL'S REPORT

Congratulations go to **Mrs Campbell**, **Mrs Cornall** and **Mrs Close** on being recognised on Friday evening at the New England Education Cooperative annual awards celebration as part of World Teachers' Day. **Mrs Campbell** received the JA Sutherland Memorial Award for a Significant Contribution to Education in 2022, which is made to professional educators and/or citizens for a significant contribution to education. **Mrs Close** and **Mrs Cornall**, as our English as an additional language or dialect team, were presented with the HTB Harris Memorial

Award for a Significant Educational Program in 2022. This award is made to a school or community organisation for a significant program or coordinated approach leading to the fulfilment of an educational need or the solution of an educational program. These staff members are worthy recipients of these awards.

## Opportunity Class 2023

Parents of students who participated in the assessment in July for placement in the Opportunity Class for 2023 are asked to check their emails as offers were sent out on Friday. The list of students offered positions or placed on the reserve list were determined on the test scores, which were ratified by a panel who met over the last vacation in Sydney. If your child has been placed on the reserve list, please continue to check your emails in case a late offer is made following others declining the offer.

## Selective High School Application

If you would like to have your child considered for Year 7 selective high school entry in 2024, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply and the link to the online form are available at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

**Applications close on 16 November 2022.** You must apply before the closing date. You must submit only **ONE** application for each student.

The Selective High School Placement Test will be held on **Thursday 4 May 2023**.

## Parent Survey - Final Opportunity

Parents can provide valuable feedback by clicking on the following *Tell them from me* link by this Friday, 4 November 2022. To date **only four parents have completed the survey** so far. It would be wonderful to have the majority of families provide feedback at:

<http://nsw.tellthemfromme.com/sx9jb>.

## Kindergarten Transition - Not Long Now

Children who have a completed enrolment applications 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 an application to enrol your child as yet, this can still be made online at <https://enrol.education.nsw.gov.au/#/?schoolCode=1057>

## Trees Down!

Due to the rain and extremely high winds, we have had some trees down and irreversible damage to others. We will have these trees removed as soon as we can. Please be cautious around any trees that are taped off around the school as they are deemed unsafe.



## End of year for students

Parents are reminded that the **last day for students is currently Friday, 16 December 2022** following the transfer of the Term 3 staff development day to Monday, 19 December. We are still awaiting further information around whether they will finish a day earlier due to the additional staff development day announced during the holidays. You will be notified as soon as we are advised.

Take care,

Deborah Nay  
Principal

# Congratulations

## 3-6 CLASS AWARDS

<u>3/4C</u>	<u>3/4M</u>	<u>3/4H</u>	<u>5/6K</u>	<u>5/6T</u>
Bailey	Siord	Toby	Isabelle	Alen
Euan	Mack	Hayden	Lynca	Tristsn
Mackenzie	Lilah	Zaid	Khadem	Aedan
Dilwaz	Niamh	Darcy	Paige	Alaa
<u>3/4J</u>	<u>3/4S</u>		<u>5/6S</u>	<u>5/6R</u>
Joni	Tyler		Khadreena	Alexander
Hunter	Fahed		Alia	Emelia
Lucy	Taliah		Stella	Christian
Liam	Susannah		Dipankar	Darcy



## WORK OF THE FORTNIGHT

3/4J	Zac	5/6K	Connie
3/4M	Hayley and Reuben	5/6T	Hansali
3/4S	Oliver	5/6S	Naveen
3/4H	Hannah	5/6R	Bridget and Zoey

## News from 2C

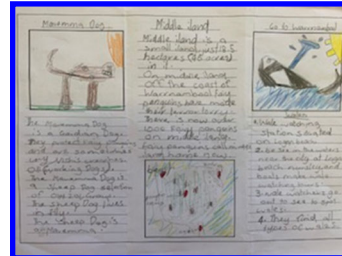
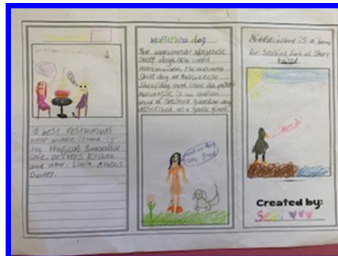
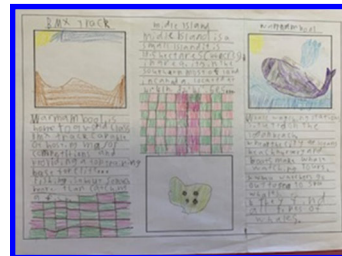
2C are having a wonderful Term 4 and have been getting super clever ready to move into Year 3. We have been loving our unit based on the movie 'Oddball' and have made amazing travel brochures about Warrnambool and Middle Island. 2C are really interested in the conservation project that uses Maremma dogs to protect the fairy penguins and have been researching facts on the penguins.


We have been learning to type using the correct finger placements on the keyboard and are making really good progress.

In maths, 2C have been using rulers to measure accurately using centimetres and are making great progress at ruling straight lines of a given length.

We will soon be preparing our class item for the school musical and look forward to all of the end of year events that will take place over the remainder of the term and celebrating our wonderful year together.

**Mrs Clarke and 2Clever**






**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.



**Word of the Week**  
**Waggish (WAG-ish)**

## Helping your young perfectionist



There's a perception in our society that perfectionism is a good thing, akin to 'being perfect.' That it's something we should strive for or drop into conversation in job interviews... Yet the reality is quite different.

Perfectionism leads us to place unreasonably and often unrealistically high expectations on ourselves. Essentially, it causes us to raise the bar so high, that we frequently wind up feeling like failures, consumed by frustration and self-blame.

Of course, this can be very unsettling to witness in our kids and it can be hard for us to know how best to help. It can start when our children are very young and grow with them in intensity and impact. Perhaps you have a young child who refuses to draw because her drawings don't look exactly like those of an adult artist. Or maybe your little guy becomes so distressed by a small mistake in his homework, that he insists on starting all over again in his unhealthy quest for perfection.

If you have older kids, perhaps they refuse to submit an assignment because it's not perfect, or they won't run the cross country because they know they won't win.

While it's great for our kids to hold high expectations of themselves, aiming for perfection actually sets them up to fail. Their habitual 'all or nothing' thinking leads to the unhelpful belief that if they don't achieve 100%, they're as good as flunked. Their focus on their mistakes rather than on their successes often affects their self-esteem, fuelling a vicious cycle that can lead to stress, depression and anxiety if left unchecked.

The sooner we help our kids break this unhealthy habit, the better. So let's look at a few tips for doing just that.

### Reduce your praise

There are two ways in which we tend to praise children. 'Content praise' often draws attention to the end product, for example, "What a fantastic drawing!", or to a fixed quality in a child, such as "You're so clever". In contrast, 'process praise' focuses on how your child got there. When we use process praise, we draw attention to their good ideas, problem solving approaches, effort, persistence, concentration and enthusiasm.

While it's helpful for all children to experience more process praise than content praise, this is particularly true for children with perfectionistic traits. This allows us to draw the focus away from how impressive the end result might (or should) be and instead highlight the importance of having a go, trying their best and learning along the way.

For example, rather than saying, "What a fantastic drawing! You're an amazing artist - what were you worried about?", it's more helpful to say something like, "It's great to see you having a go at drawing. I love watching you try new things"; or, "I love seeing the ideas you come up with when you draw".

Of course, most of the time we needn't praise children at all. Saying simply, "Drawing is fun isn't it?", is often enough to provide children with that all important sense of connection.

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

parentingideas.com.au

### Model making mistakes

At my children's school, they're taught to embrace 'flaming' - learning through failure. Admittedly, my children witness me 'flaming' all the time at home, but in the eyes of your child, you might seem perfect. It's helpful for your kids to see that you make mistakes too, and importantly to learn through your modelling how mistakes can be managed.

Look for (or create!) opportunities to do this. When you're planning on bringing some spoons to the dining table, you could bring knives over instead and say, 'Oops, my mistake. Not to worry. I'll just go back and swap these over.' Or, perhaps you could draw alongside your toddler and deliberately keep from drawing inside the lines, commenting to your little one as you go, 'I love drawing with you'. By doing so, you model for your child that mistakes are okay, that they needn't hamper their enjoyment of a task and importantly, that the end result isn't all that matters.

### Teach your child to speak to themselves as a friend

How does your child talk to themselves?

Would they speak to a friend in the same way?

No? Then what might they say instead?

We all know how much our inner voice can affect how we feel. Teach your child to be kind to themselves. To be supportive, forgiving and encouraging, even when they make mistakes.

### Consider how you react when your child behaves in an 'imperfect' way

Do you respond calmly when your child accidentally spills cereal all over the kitchen bench or do you tend to overreact? It's important when we're teaching our children that they needn't be perfect, that our responses back this up.

By accepting our children as they are - wonderful, 'good enough' young learners - we teach them to do the same. And that's so much better than perfect.



Dr Kaylene Henderson

Dr Kaylene Henderson is a trusted Child & Adolescent Psychiatrist and one of Australia's leading parenting experts. She's also a grateful mother of three. Find her online 'advice packs', free website resources, social media channels and popular seminars at [www.drkaylenhenderson.com](http://www.drkaylenhenderson.com). You can also watch Dr Kaylene Henderson's free video tip for tackling perfectionism here: <https://adoseofawesomeness.com/free-video-tip-series/>

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

parentingideas.com.au

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight

= 4 weeks



= Over 1 year missed

1 day per week

= 8 weeks



= Over 2.5 years missed

education.nsw.gov.au

## Word of the Week

### Dictionary meaning

Waggish means "resembling or characteristic of a wag"—a wag being a clever person who is prone to joking—and is also a synonym of humorous.

### Did You know?

One who is waggish acts like a wag. What, then, is a wag? It has nothing to do with a dog's tail; in this case a wag is a clever person prone to joking. Though light-hearted in its use and meaning, the probable source of this particular wag is grim: it is thought to be short for waghalter, an obsolete English word that translates as gallows bird, a gallows bird being someone thought to be deserving of hanging. The wag in waghalter is the familiar wag having to do with movement, and halter is another word for a noose