



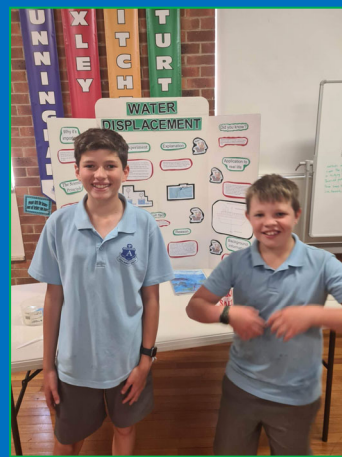
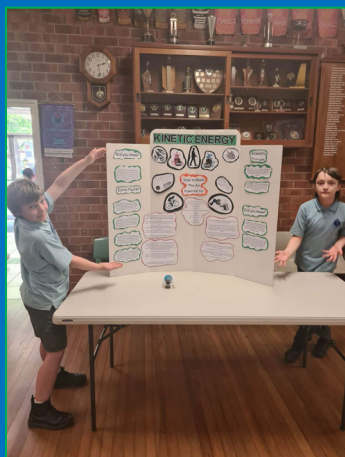
The Blue and White Armidale City Public School

the heart of Armidale

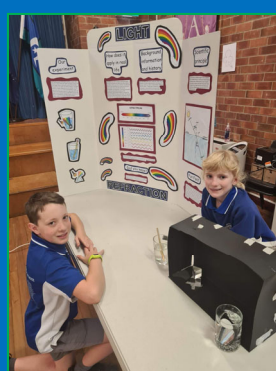
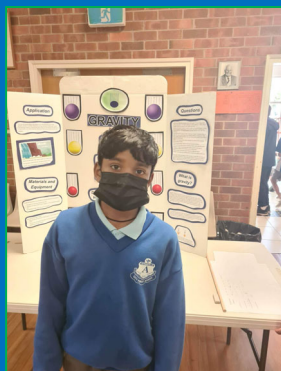
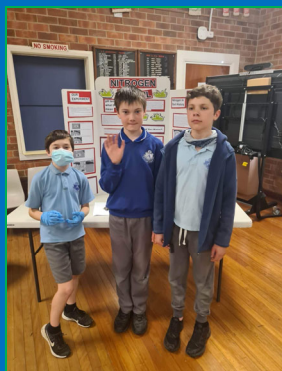
Quality teaching since 1861



23 November 2022



5/6R SCIENCE FAIR



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Calendar

21 Nov—2 Dec	Water Safety Program
28 Nov	Year 6 Dinner
29 Nov	Final PSSA Cricket Trials
30 Nov	Kinder Orientation 9:30am—1pm
1 Dec	OC 2023 Parent Meeting
7 Dec	Matinee and Night Performance of School Play
13 Dec	Presentation Day
16 Dec	Last Day of Term 4
31 Jan	First Day of Term 1 2023 Years 1—6
3 Feb	First Day Kindergarten 2023

P&C NEWS

Next Tuesday 29 November at 5.30 in the school hall there will be an initial meeting for the 2023 Mother's Day Fete. Please come along and show your support for this treasured school tradition (If early indicators are not good, the fete is unlikely to go ahead next year).



Next Thursday 1 December the P&C will be holding a Sausage Sizzle in the Mall as part of Council's Christmas in the Mall celebration. This event will go from 5-9pm. If you can spare any time to help (BBQing, serving, taking money), we'd very grateful. Please contact Melissa Gibbs (melissagibbs76@gmail.com) or Anna Manners (anna.manners86@gmail.com) to let us know your availability. Hope to see you there!!

PRINCIPAL'S REPORT

Congratulations go to **Eliza, Iris, Jem, Hayley, Linh, Riley, Naomi** and **Tj** on their honesty, positivity and engagement when participating in a special Supporting School Success: Student Regional online forum. They were wonderful representatives for the students of Armidale City Public School and the rural north of NSW, providing feedback about belonging to and doing well in school. The convenor and I were impressed by how articulate these students were and the ease at which they discussed issues and proposed possible solutions. The information gathered will be added to that collected from other focus groups across the state to assist the Department of Education in planning for the next five years.

Swimming and Water Safety

Our thanks go to **Mrs Kelly**, ably assisted by Mrs Campbell, for her organisation of this year's swimming and water safety lessons. We need to also recognise the teachers, support staff and swimming instructors for the work that they do to ensure that these valuable lessons go ahead. Primary students who do not participate in swimming lessons are involved in water safety lessons at school. We have one more week of lessons next week.

Kindergarten Transition - one more to go

Our second transition session for students beginning Kindergarten in 2023 was held today. It was wonderful seeing how settled the children were as they developed an understanding of routines and caught up with new friends. Next Wednesday, between 9.30am and 1pm, is the last opportunity for students to participate. Families are able to accompany their child to the area of the 'train' near our Kindergarten classrooms.

Big Week Ahead

Our Year 6 students will have the opportunity to celebrate the completion of their time in primary school next Monday evening at the Golf Club. This dinner allows students to spend time together, enjoying a lovely dinner and demonstrating their moves on the dance floor. We would like to thank, in advance, the parent committee members who have been working together to ensure that this is a night to remember.

Next Thursday afternoon, 1 December, our P&C will be holding a sausage sizzle at Council's Christmas in the Mall (5-9pm). This should be a great fundraiser and will bring a fairly successful year for the P&C to a close. Perhaps you are not able to attend a P&C meeting, but you may be able to donate an hour or two to help raise more funds to support our students. Please let a member of the P&C or the school know if you are able to help in any way.

Students from across the school have been very busy rehearsing for their items in the end of year performance to be held on Wednesday, 7 December. **Mrs MacGregor** is excited to be working with students and staff to develop this year's theme after the enforced hiatus of this school tradition. We look forward to welcoming some family members to be in the audience.

End Of Year

With so many disruptions to learning brought about by COVID-19 in the past three years, it is important that students attend school on time every day until Friday, 16 December. Holidays commence on Saturday, 17 December. Students going into Years 1 - 6 will return to school on Tuesday, 31 January 2023. Kindergarten will start on Friday, 3 February 2023 after participating in Best Start assessments. More information to be provided to parents of enrolled Kinder students before the end of this year.

Take care,

Deborah Nay
Principal

The Mural Has started!

We are very excited to see that, under the guidance and artistic eye of our Artist in residence, Miss Liv, that the children of ACPS have begun contributing to this divine artwork. The artwork tells a story of the continuous path throughout all three of the pieces & a large circle representing every stage of attending school at ACPS (the journey from kindergarten to year 6 & beyond). The path starts before the circle representing ES1 & S1 and continues beyond the circle representing S3, as a child's learning journey begins before life at ACPS and will continue for a long time afterwards. The little arches around the outside of the circles represent people.



News from 1C

Wow, it is hard to believe that we are now in Week 7 and only have a little over three weeks left in Year 2! We have had a wonderful year together and I have enjoyed teaching and supporting all of the students in 2B through their learning journey. I am very proud of the efforts and academic achievements of all students in the class. At the start of this term, we welcomed two new friends to our classroom, Ivy and Makenzie.

In English this term, we have been studying the movie Oddball. All of the students really enjoyed watching the movie and were fascinated to discover that it is based on a true story. They have enjoyed completing many literacy activities about the movie including their Warrnambool travel brochure, as this is where the movie is set, and a penguin drawing and artwork.

Our history unit continues with 'The Past in the Present' and this term, students have been learning about Aboriginal sacred sites and 'Connection to Country'. We have also been examining changes in technology and how these changes have an effect on people's lives.

Students look forward to our weekly tennis lessons with Brandon where we have continued to develop and practice our tennis skills. During sport, students have been engaging in team sports activities and developing their skills to play T-Ball and Basketball.

Currently, 2B are busy rehearsing their item for the end of year performance with 2W and are excited about presenting this in Week 9.

Wayne Bulmer & 2B

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Word of the Week
Finicky (FIN-ih-kee)

CHRISTMAS CONCERTS

 Featuring Heart Strings Armidale's outstanding violin and cello students
'Nurturing Excellence'
Sunday 4th December, 2022
2:00pm & 3:30pm
 Auditorium, C.B. Newling Building
 cnr. Faulkner & Mossman Streets

 heart-strings.com.au

ARMIDALE TENNIS ACADEMY

SUMMER HOLIDAY TENNIS CAMP

HALF DAY CAMP 9AM-12PM
WK 1: DEC 20-22
WK 2: JAN 10-12
AGES 4.5-14 YRS



TRAIL RUN DOB




3/8/15/32/50K
TRAIL RUN
4 DECEMBER 2022
MT DUVAL • ARMIDALE



Register now before race day! duvaldambuster.com.au

parenting * ideas

INSIGHTS
How to recognise Autism in girls



Autism is significantly more common in boys than in girls. This skewed sex ratio has been recognised since the first cases of autism were described in the 1940s. But we're not sure why autism appears in more males than females. It may be rooted in biological differences between the sexes. Or, some experts say, it may be an artifact of the way autism is defined and diagnosed.

But we also know that many autistic girls remain undiagnosed because many of the social signs of autism are less obvious in girls than they are in boys. One way that girls are "flying under the radar" of a diagnosis is the use of camouflaging as a coping mechanism.

Camouflaging means to pretend to know how to socialise by using observation, imitation, and adopting a persona or wearing a mask to meet social demands. An autistic girl – like an autistic boy – does not intuitively know what to do or say in a social situation. Social challenges are a hallmark of being on the autism spectrum. Compared with most boys, however, from a very young age an autistic girl will often closely observe and analyse her peers before making the first step. She will use imitation and acting to be able to conceal her confusion when socialising with peers.

What to Know about Autistic Girls

Unlike most autistic boys, girls are more likely to be able to accurately interpret and answer questions about social interactions, social situations, and friendship. However, they rely on intellect rather than intuition, so their responses will be slower, making it difficult for them to keep up in a group setting or with typically-developing and more socially skilled girls. Consequently, autistic girls tend to choose single close friendships rather than being part of a group. They often find males more appealing as friends because male friendship dynamics may be perceived as being easier to understand.

Autistic girls often show a willingness to follow the rules, a natural tendency to shyness, and social naivety. Such qualities can mean that they are easily missed in a classroom where louder children gain the teacher's attention. Autistic girls are usually very hesitant to ask for help. They may fear drawing attention and are often self-directed and perfectionistic, so do not wish to be seen as stupid or making a mistake.

Autistic girls can focus much of their intellectual energy on learning about their social world, hence special interest topics may have more of a social focus, such as mental health, self, friendships, animals, celebrities, literature, and fantasy. Sometimes it is not the topic that differentiates them from their peers so much as the intensity of their hyper-focus on it.

Despite their frequently better coping mechanisms and ability to camouflage their social difficulties, their social difficulties are very real, on a par with those of autistic boys, and cause enormous stress, confusion, and exhaustion. In addition, autistic girls experience sensory processing challenges at the same level or more than autistic boys. These challenges generally lead to high levels of anxiety in the classroom and playground. When this occurs, you may observe an autistic girl:

- become overwhelmed in social situations
- be reluctant to participate in class activities

Provided as a part of our school's Parenting Ideas membership parentingideas.com.au

parenting * ideas


- be unable to communicate verbally (situational (selective) mutism)
- feel judged negatively by their peers
- withdraw from social interaction

During primary school autistic girls can appear to have no social difficulties, successfully 'keeping it together' at school. In fact, an autistic girl may be able to do such a great job at "wearing a mask" and fitting in that nobody would believe she has autism. However, the toll on their energy levels and emotions can be high. Girls will often come home feeling exhausted, irritable, and overly emotional, following a day processing both the academic and social curriculum. Over time secondary mental health concerns often develop including anxiety and depressive disorders, self-harm, eating disorders, and suicidality. The average age of diagnosis for autistic girls around the world is 12-13 years old, coinciding with the first year of high school, when the social world suddenly becomes far more complex, and hormonal changes that increase anxiety exacerbate autistic features.

What Next?

So now you know the signs, what do you do if you think you could have an autistic daughter? If you are a parent, approach your daughter's teacher. Share this article and discuss what they have observed. If you are a teacher, you may approach the parents and ask them how their daughter is going at home. Mention the signs that concern you and share this article with them. Acknowledge that you are not a diagnostician, and you may be wrong, but that you are concerned and wish to do all that you can to assist their daughter.

To take the next step to obtain a formal diagnosis (or at least to investigate), carefully consider the level of experience of the Clinical Psychologist, Paediatrician or Psychiatrist you choose. The field of understanding the female presentation of autism is an emerging one and many health professionals did not receive training as part of their degree. Approach your local autism association for names of diagnosticians who are experienced in signs of autism in girls and women.



Dr Michelle Garnett
 Dr Michelle Garnett is a clinical psychologist who has specialised in autism for nearly three decades. She has written six highly regarded books on autism for parents and professionals, including a seminal text on autistic women. For further information visit www.attwoodandgarnett.com or via [Facebook](https://www.facebook.com/attwoodandgarnett).

Provided as a part of our school's Parenting Ideas membership parentingideas.com.au

Word of the Week

Dictionary meaning

Finicky means "very particular in tastes or standards."

Did You know?

If you're a reader of a certain age (say, a Boomer, Gen Xer, or even a Xennial), you may remember cheeky television commercials featuring Morris, a finicky housecat who only eats a certain brand of cat food. (Morris is still featured on product labels.) Morris's tastes in cuisine are not only very particular, but very fine as well, and that's appropriate given the origin of finicky. The word came about as an alteration of finicking, itself an alteration of another adjective, finical. It's believed that finical derives from the adjective fine.