



The Blue and White Armidale City Public School "the heart of Armidale" Quality Teaching since 1861

29 November 2023

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Principal's Report



Our students were thrilled to 'step up' into the next grade for half a day yesterday. While some talked about being a bit nervous at the start of the day, students were very comfortable with the new environment. We anticipate few worries at the start of the new year.

Thanks go to **Mrs Clarke** for organising this wonderful initiative and to our teachers for preparing a range of engaging activities.

Finishing with a bang!

The next couple of weeks are among the busiest of the school year with time set aside to recognise our students in sports, arts, culture and academics, and to polish and present a full school performance, which is a wonderful way to end our school year. The following is a brief calendar of events:

Thursday, 30 November – Sports, Arts & Culture assembly. School Councillors for 2024 will be announced.

Monday, 4 December - *Excelling with Honour* assembly.

Year 6 Farewell.

Tuesday, 5 December - Rehearsal for Presentation Day at Armidale Secondary College. Students who are involved will need to return notes by this Friday. All students will be able to wear **their alternate sports shirt** to school.

Wednesday, 6 December – P&C dinner meeting at Bowling Club from 6.30pm.

Thursdays, 7 December - Presentation Day at Armidale Secondary School. All students attending. Wear **full school uniform**. School Captains for 2024 to be announced.

Monday, 11 December - Full dress rehearsal for school performance.

Tuesday, 12 December - Matinee and evening performances.

Wednesday, 13 December - Reports sent home.

Thursday, 14 December - Sprinkler Splash for K-2 students.

Friday, 15 December - Last day of school for students and most staff.

Water safety lessons

Most of our Stage 3 students have been involved in water safety lessons this week. Stage 2 students completed their water safety lessons last week. We have been fortunate to fit all hours in for Stage 2, although it was compacted due to rain. We will compact the Stage 3 program if necessary.

Keeping children and road users safe

Families are reminded that it is unsafe to do a U-turn in the streets around a school, particularly into an active bus zone. There are a number of drivers coming from different directions, including from houses and the school car park, and pedestrians crossing the streets around the school. Please help us to keep pedestrians, families in cars and passengers in buses safe.

Tummy bugs

In the past couple of weeks, we have noticed an increase in the number of students suffering tummy bugs. There are a number of viruses that can cause diarrhoea or vomiting. Please seek medical assistance if your child develops a rash, shows signs of dehydration or the symptoms beyond a couple of days.

Hand washing after using the toilet and before eating is the best method of reducing the spread of diarrhoea and vomiting. Children **should not be attending school** if they have diarrhoea or vomiting or have experienced a bout in the previous 24 hours. This will reduce the chances of passing the bug to classmates and teachers. Please send a note to explain the reason for absences or ask for a medical certificate if you take your child to see a doctor.

End of year reports

Student reports will be provided to students on Wednesday, 13 December 2023. Parents are reminded that children in Years 1 – 6 who are achieving at the expected level will be seen as 'sound' and awarded a C grade. Please take the time to read the explanation of grades on the front of each report. Kindergarten students will not receive a grade like the older children.

Will your child be at ACPS in 2024?

Please inform the school as soon as possible if your child or children will not be attending Armidale City Public School in 2024. Teachers try to ensure that students are placed with at least one friend, so it is important that we consider only those children who will be at our school next year so that we don't have some children impacted by not having a friend that we thought would be here and then isn't. Classes are considered over a lengthy period of time and changes could be made to classes up until the first day of next year in an attempt to get them as right as we can.

Staff **return to school** on 30 January for two days of professional learning ahead of students in Years 1-6 returning to school on **Thursday, 1 February 2024**. Kindergarten students will start school on **Tuesday, 6 February 2024** after being involved in Best Start assessments.

Mother's Day Fete - 2024

Thanks to the wonderful parents who attended the Fete meeting on Monday afternoon, Armidale City Public School P&C will be holding our Mother's Day Fete next year after a year's hiatus. The committee has formed and will be looking for people to help out with organisation, running a stall or coming along in support and have some fun. Save the date – **11 May 2024**.

Take care and stay safe,

Deborah Nay

School Calendar



Calendar

| | |
|---------------|-------------------------------------|
| 30 Nov | Didgeridoo Workshop 8:30am-9:10am |
| 30 Nov | Sports and Arts Assembly |
| 4 Dec | Year 6 Farewell Dinner |
| 5 Dec | Presentation Day Practice at ASC |
| 6 Dec | P&C Meeting- 6:30pm in the library |
| 7 Dec | Presentation Day at ASC |
| 7 Dec | Didgeridoo Workshop 8:30am-9:10am |
| 11 Dec | Play- Full Dress Rehearsal |
| 12 Dec | Play- Matinee and Night Performance |
| 13 Dec | Report cards sent home |
| 14 Dec | Didgeridoo Workshop 8:30am-9:10am |
| 14 Dec | K-2 Sprinkler Splash |
| 15 Dec | Last day of school for 2023 |

2024

| | |
|----------------|-------------------------------------|
| 1 Feb | First Day of School for Year 1 to 6 |
| 1-5 Feb | Kindergarten Best Start Testing |

Notes and Money Due

Due Date **Activity and Cost**

Today Stage 3 Water safety Note and \$20

1 Dec Play- Ticket pre-sale form and \$5



INSIGHTS

happy families SCHOOLS

ISSUE 8 | TERM 4 | 2023

Apply before Scrolling

The 3M's of Digital Nutrition

We have a love/hate relationship with our devices and online activities which are complex and multifaceted. 'Screen time' isn't just one thing. It's a gazillion different things depending on the device you're using and the content you're consuming on various the platforms you log into (and freely hand out our data and feed our keystrokes to!).

While time spent online is an important measure - time is a non-renewable resource and you can only spend it once - there are other factors that you can consider. They will help shift your screen-based media use more into a positive and purposeful gear.

Here are my 3M's of Digital Nutrition - apply them before you or your children choose to engage in online spaces.

Mindful

Being mindful in relation to your digital habits means directing your attention so that you are present to your actions, that you have moment-to-moment awareness of, and responsibility over your activities online.

Mindfulness keeps you away from time-wasting 'digital rabbit-holes'. It helps you to avoid going online to numb out or ignore your feelings, or to cope with the discomfort of some parts of everyday life. Developing healthier coping skills than scrolling and streaming is important for you and your child.

Being mindful means pausing, and thinking more broadly about how what you do, say, click on and scroll through impacts your overall health and wellbeing (one swipe at a time). When you zoom out and think about how your use (and your kids' use) of devices snowballs over weeks, months, and years, it can help you be more attentive and present.

Questions to ask yourself:

- ▶ How do I feel in my mind and body before I go online?
- ▶ What am I truly seeking when I go online and will I find it there?
- ▶ How does being online change my feelings or physical sensations?
- ▶ How can I get better at 'reading' and 'listening' to these cues?
- ▶ How can I remain focused and present while online?
- ▶ How can I notice when I am risk of overloading my senses and need to step back from the screen?+

Meaningful

As humans we often search for meaning and enjoy having things in our life of significance and interest to us. When there is so much content available online, from video games to conquer and TV series to stream across multiples

services, to influencers and personalities to follow on social media, its valuable to check in with how these activities align to the things you care about.

Algorithms are designed to work hard to capture your attention. It's easy (especially when you are not mindful) to slip into being distracted by digital fairy floss that doesn't help advance you towards what you value.

Recently I stepped back and re-evaluated who deserves my attention. This included removing two(!) accounts of guys mowing lawns that I had become fascinated by. Given I don't plan on a career in grass maintenance, it was time to unfollow them!

When you have clarity with your values (and live aligned to them) you have a greater sense of purpose. This contributes to you being the person you want to be (both online and IRL, in real life).

Questions to reflect on:

- ▶ How is what I am viewing/reading/playing relevant to or aligned to my goals?
- ▶ How does this action/activity contribute in a positive way to my life and overall sense of wellbeing and satisfaction?
- ▶ Have I made time to clarify my values and think about what I care about and what gives me purpose?
- ▶ Am I following people, celebrities and influencers that contribute meaningfully to my life?
- ▶ How might I curate the accounts I follow so they align more to the stuff I care about?
- ▶ What deserves my attention?

Moderate

We all only have 24 hours in a day, so how you choose to spend our time is something that you can control and develop discipline around (especially when you have switched on your mindful awareness and are clear on what is meaningful to you).

Moderating yourself online doesn't just mean keeping an eye on the clock and being able to regulate your usage. It's your ability to show restraint when engaging with other people (often from behind a screen or keyboard) in digital spaces. Being able to moderate what you (or your children) say and how you react in situations matters.

Questions to reflect on:

- ▶ How can I tell if I am over-reacting to a situation online?
- ▶ What would happen if I did not respond to that tweet/comment/post/message or 'slept on it' before replying?
- ▶ What strategies or digital hacks can I use to moderate my time online and ensure I don't overdo it?
- ▶ How can I notice and listen to body and mind signals about when it's time to log off/take a break?

You might notice that these three principles all connect and inter-relate. Teach your kids to switch onto these ways of being online – and try it yourself. I predict the quality of your use of technology and online habits will improve!



AUTHOR

Jocelyn Brewer

Jocelyn Brewer is a Sydney-based registered psychologist who has been helping humans manage their relationship with technology for over a decade. She is the founder of Digital Nutrition – a positive, proactive technology-use philosophy that helps empower people to use the technology in their skulls to manage the devices in their homes and pockets! Instagram is the social media app she would take to a desert island if she could only have one.



Reminder- All students who bring a digital device to school, must sign it into the office in the morning and collect it after school. Students are not to keep devices in school bags.

**BOOK CLUB
ISSUE 8
CLOSES FRIDAY, 1 DECEMBER**

General Information

GENERAL INFORMATION

Library Books



This is the last week for library borrowing. From **Monday 4 December**, all library books need to be returned to the library. Overdue notices will be sent home shortly.

The last book club for the year will be ordered on **Friday 1 December**. Please let the office know if you wish to place a gift order for Christmas, so we know not to send the order home with your child.

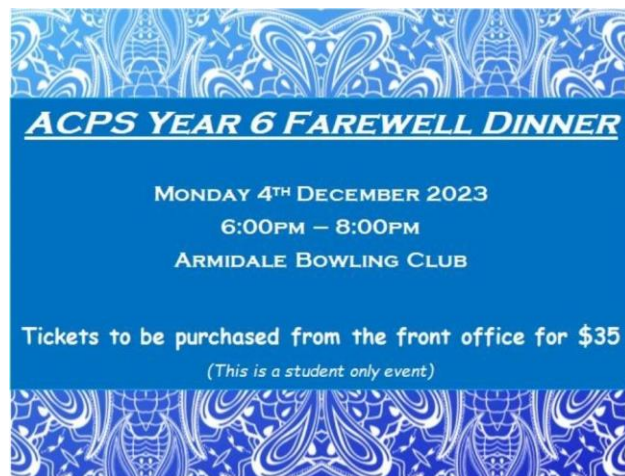


**Time to return
the Library
Books.**

Year 6 Farewell Dinner Tickets



Today is the last day to purchase year 6 Farewell Dinner Tickets. Tickets are \$35 each. Cash only please. Please call the school if you wish to use funds held at the school.



Good for Kids, Good for Life



Good for kids
good for life



Summer activities

Summertime sports are a great way to have fun and play outside in the sunshine.

Encourage your child to try a new activity to get their body moving. Just don't forget to slip, slop, slap, seek and slide!!

Why not try:

- Basketball
- Beach Volleyball
- Frisbee Golf
- Touch Football
- Hockey
- Tennis
- Swimming
- Bike riding
- Beach or bush walks



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Swap It

sw**op** **t**
everyday in the lunchbox

swop it
everyday in the lunchbox

Freeze food for fresh summer lunchboxes

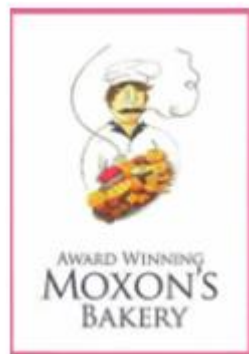
Summer is just around the corner. Save time in the mornings by making food ahead of time and storing it in the freezer!

Try these ideas:

- Sandwiches with reduced fat cheese, vegemite or roast meat are great for freezing. Put the frozen sandwich straight into the lunchbox, not only will it defrost by lunchtime, it will keep the lunchbox cool.
- Make a batch of everyday snacks on the weekend and freeze. Try banana pikelets or zucchini slice!
- Keep yoghurt cooler for longer by adding frozen berries.
- Cut an orange into quarters and freeze for a delicious cold snack.



Moxon's Lunch Orders



Moxon's Lunch Orders are now available on **Fridays** only. Please remember to send your order in to the office, with your child's name and class written on the order form along with the correct change by 9:10am. New order forms are available at the office.

Armidale City Public School
Moxon's Bakery Canteen Order Form
FRIDAY Only

Name: _____

Class: _____

Orders must be handed into the school office by **9:10am**
 Friday morning, with correct change - No EFT Available

| Item | Price | Qty | Total \$ |
|--|--------|-----|-------------|
| Hot Food | | | |
| Plain Beef Pie | \$5.00 | | |
| Mini Plain Beef Pie | \$2.50 | | |
| Beef Cheese & Bacon Pie | \$5.50 | | |
| Plain Sausage Roll | \$4.50 | | |
| Spinach And Feta Roll - VEGO | \$4.50 | | |
| BBQ Sauce | \$0.50 | | |
| Tomato Sauce | \$0.50 | | |
| Cold Food | | | |
| Chicken, Cheese, Lettuce, Mayo Wrap GF Option Available – Please circle | \$5.00 | | |
| Lettuce, Carrot, Cheese, Tomato Wrap - VEGO GF Option Available – Please circle | \$5.00 | | |
| Ham & Cheese Sandwich | \$4.50 | | |
| Chicken, Cheese & Mayo Sandwich | \$4.50 | | |
| Cheese & Vegemite | \$3.50 | | |
| Snacks | | | |
| Fruit Salad Tub - GF | \$4.50 | | |
| Custard & Jelly Tub | \$3.00 | | |
| Finger Bun | \$2.00 | | |
| Chocolate Muffin | \$2.50 | | |
| Smartie Biscuit | \$1.50 | | |
| Choc Caramel Slice - GF | \$5.00 | | |
| Zooper Dooper Ice block | \$1.00 | | |
| Drinks | | | |
| 300ml Plain Full Cream Milk | \$2.00 | | |
| 300ml Chocolate Flavoured Milk | \$3.50 | | |
| 300ml Strawberry Flavoured Milk | \$3.50 | | |
| 350ml Water | \$2.00 | | |
| Orange Juice Popper | \$2.50 | | |
| Apple Juice Popper | \$2.50 | | |
| Total Cash: | | | \$ |

Class News from 3/4J



We have had a fabulous year in 3/4J and look forward to next year. We had swim school last week with many of us making big progress over the week. Our stage continues to prepare for the end-of-year performance (don't forget the pre-ticket sale ends this week) and we are having so much fun!!! We spent the afternoon reflecting on the things we have enjoyed this year.

Riley- I have loved participating in our "Yes" day activities,

Ria- I am excited to perform in the school play, **Josie-** I really enjoyed swim school, **Lucy-** I had the best time at Lake Keepit,

Molly- I am excited to perform with the orchestra for presentation day,

Cohen- I enjoyed the soccer day because we had fun and got to play against other schools,

Lilah- I enjoyed all the opportunities we have had this year,

Bailey- I loved Thalgarrah,

Chloe- I like having nice classmates,

Milad- I liked the trip to the trout and tomato farm,

Seini- I liked fishing at the trout farm,

Anarla- I like playing football at lunch and

Charlie- I liked the overnight stay at Thalgarrah.

P&C News



Thank you to those who attended the fete meeting on Monday afternoon. We are excited to say **The P&C Mothers Day Fete for 2024 going ahead!** Thank you to everyone who indicated their willingness to help. Watch this space for further opportunities to help and join in the fun!

The next General Meeting will be held on **Wednesday 6 December from 6:30pm**. All welcome.

Armidale City Public School Clothing Pool

WE ARE



OPEN

MONDAY TO FRIDAY

08:40AM - 03:20PM

Quality Uniforms at Low Prices

3-6 Assembly



Congratulations to the following students who received class awards at yesterday's assembly.

| | |
|-------------|---|
| 3/4C | Saly, Leo, Tilly and William |
| 3/4J | Lailo, Seini, Lilah and Milad |
| 3/4M | Nioaka, Zamen, Aras and Cooper |
| 3/4S | Violet, Mackenzie, Petirini and Luka |

| | |
|-------------|---|
| 3/4H | Darcy, Yillarrah, Tom and Tyson |
| 5/6K | Bailee, Bobby, Mack and Seth |
| 5/6T | Sandra, Aadabjit, Hansali and Bailey |
| 5/6S | Ned, Delphine, Jamie-Lee and Lyla |
| 5/6R | Zoey, Astrid, Joshua and Darcy |

The following students had their work selected a work of the fortnight. Their work will be on display in the office shortly

| | |
|-------------|--------------------------|
| 3/4C | Naitik |
| 3/4M | Elanora |
| 3/4S | Lachlan and Sarah |
| 3/4H | Tristan |
| 5/6K | Ellie |
| 5/6T | Tj |
| 5/6S | Brax |
| 5/6R | Ayalla |





Mrs Ridley's Word of the week



Voracious (Adjective)

(Vo-ray-shuss)

Definition: **Voracious** is an adjective used to describe someone who has an insatiable appetite, whether for food, knowledge, or experiences. It suggests an intense desire or hunger.

Community Notice Board



ARMIDALE JUNIOR CRICKET 2023/24 SEASON

WOOLWORTHS CRICKET BLAST

For Boys and Girls aged 5 – 10. Your kids will make new friends, learn new skills and experience the thrill of being part of a team




JUNIOR CRICKET – UNDER 11'S TO UNDER 15'S

Hardball competitive cricket in the Armidale & District Junior Cricket competition.

Fixtures to be played Saturday mornings across the summer.


Scan the QR code to search local junior clubs in the Armidale region





FUN, FREE FOOTBALL IN THE HEART OF ARMIDALE




ARMIDALE FOOTBALL UNITED



register here

**EVERY FRIDAY FROM 20 OCTOBER 2023
3.45-5PM
ROLOGAS FIELDS, ARMIDALE
FOR AGE 8-14**

CONTACT EMILY@CREATINGCHANCES.ORG.AU FOR MORE

QUOTA CLUB OF ARMIDALE



Christmas TREE AND WREATH DECORATING EVENT

Old Courthouse forecourt
Thursday 30 November

Christmas Tree entries \$25 per tree
Christmas Wreath entries \$10
(or free entry if the wreath is for sale on the night)

Tree Categories - Best
Club Tree
Business Tree
Schools Tree
Other Organisation Tree eg church, Girl Guides
- People's Choice -
Wreath Categories -
Individual/Family



★ ★ ★

Quota Christmas Tree & Wreath Decorating Event Thursday 30 November 5:00pm

Create a decorated Christmas tree that promotes your organisation in the community. Represent your organisation through the decorations you choose or the way you decorate your tree, whether it is a service club, tennis club, school, business, church, cultural group or other organisation. Or create a decorated Christmas wreath as an individual or family.

Christmas Tree Entry fee: \$25 per tree
Wreath Entry fee \$10 per wreath
(or you may enter your wreath for free and sell your wreath on the night. Quota receives the sale price in lieu of an entry fee).

Entry fee payment: Westpac BSB 032-607 A/C 120662,
OR cash/cheque with posted entry form or
at time of delivery.

Please deliver trees and wreaths to the Old Courthouse forecourt between 3.00 - 5.00pm Thursday 30 November.
Pick up trees and wreaths from 8.00pm
Thursday 30 November
or between 4.00 - 6.00pm Friday 1 December.

Use battery operated lights only
You may assemble your tree onsite in the Old Courthouse forecourt
Trees need to fit into 90cm square and may be entered as a 'floor' or 'table' displayed tree
Wreaths need to hang on a wreath hook and will be displayed on wrought iron gates.

Complete the entry form, scan and email to:
amandacooper1062@gmail.com, or
post to PO Box 258, ARMIDALE, 2350
to be received by Tuesday 28 November
People's Choice voting will be open 5.00pm - 7:30pm
Thursday night only.
Visitors will be able to purchase \$1.00 voting tickets to vote for their favourite tree for the People's Choice tree award.

For further information contact Amanda 0414 680 821

★ ★ ★

Are You Ready to Play Rugby League in 2024?



Registrations Open Dec 1

We Offer

- Tackle Rugby League from Under 6
- League Tag, Females from 8 years
- Accepting the \$50 NSW Active Kids Voucher
- Subsidy forms for large families
- Club bus for away games

HOW TO REGISTER

Visit
www.playrugbyleague.com
scan the QR code or
Phone Wendy- 0447 270 580




Please email armidalec-p.admin@det.nsw.edu.au if you wish to have your notice included in our newsletter.

Contact Us



Armidale City Public School

Address- 142-152 Faulkner St, Armidale NSW 2350

Phone- 02 6772 3420

Email- armidalec-p.admin@det.nsw.edu.au

Fax- 02 67712262

Visit us on the web at www.armidalec-p.schools.nsw.edu.au