



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

15 February 2023

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Principal's Report



I was very proud to accompany our captains, **Ayalla** and **Edward**, as they represented our school at the 2023 National Servicemen's Commemoration service this past Sunday. In addition to our captains laying a wreath, Ayalla recited the National Servicemen's Ode.

Student Council Representatives

Each semester, two students from classes in Stages 1 to 3 are elected to represent their class on the Student Representative Council. Kindergarten students are elected to represent their class in the second half of the year. The K-2 SRC representatives for Semester 1 2023 were presented with their badges last week. The SRC representatives in Years 3 – 6 were announced at yesterday's assembly and they will receive their badges once they have arrived. Congratulations go to the following representatives who will be involved in their first meeting this week:

K/1G Rylee and Grace

1C Hamish and Ciara

1/2W Alex and Maddie-May
2C Freddy and Indie
2L Pheonix and Mischa
3/4C Alfred and Taylor-Paige
3/4H Richard and Zhiyan
3/4J Milad and Lilah
3/4M Lachlan and Edden
3/4S Lachlan and Susannah
5/6K Bobby and Hayley
5/6R Hamish and Zoey
5/6S Beau and Amelia
5/6T Amjad and Aadabjit

COVID and Tummy Bugs

In the past two weeks, we have had several members of Stages 1 and 2 classes contract COVID-19, with many others displaying symptoms or being close contacts. Students, staff and parents who experience even the mildest of symptoms are reminded **not attend school**. To limit the spread of the virus it is vital that students who display any symptoms are sent home. We appreciate the prompt response of parents and carers when contacted and are thankful that families are keeping children home who are not well, testing and isolating where positive and symptomatic.

The correct use of rapid antigen tests allows families to identify cases and ensure that positive cases do not attend school. If you or your child has symptoms and returns a negative RAT they will still need to stay home until no longer displaying symptoms. Please contact the school if you require more rapid antigen tests.

This week we have also had several students present with **tummy bugs**. As this is a COVID-19 symptom it is advised to test for COVID-19 and remember that students should not return to school until 24 hours after the symptoms subside.

School Photos

Class photos have returned to group photos this year, so some students may not appear if they were absent. Students who were absent on their photo day will have the opportunity to have individual photos taken over the next two or three weeks.

Take care,

Deborah Nay







COVID-smart measures for schools

Information for parents, carers and students



We know that being together in the classroom is the best thing for our students' learning, growth and welfare. This term we will continue to implement several measures to allow us to prioritise both the wellbeing of our students and a consistent and productive learning environment.



Stay home if unwell

- If your child is unwell, you must keep them at home. If they are displaying COVID-19 symptoms, they should take a COVID-19 test (PCR or RAT) and follow the advice from the NSW Government on [managing COVID-19 safely at home](#).
- Your child should only return to school when they are symptom free.



Vaccinations

- Vaccinations for COVID-19 and other viral illnesses are one of the best ways of protecting yourself, your family and the community. Vaccination is a safe and effective way to give your immune system a helping hand against many illnesses.
- All eligible students and staff are strongly encouraged to keep up to date with their vaccinations to protect their health.
- All staff working in schools for specific purposes (SSPs) are required to be double vaccinated against COVID-19 or hold a valid medical contraindication.



Rapid antigen testing

- Rapid antigen tests (RATs) should be used if your child is displaying COVID-19 symptoms.
- Students who test positive to COVID-19 are encouraged to notify their school and register their positive test results with [Service NSW](#) to have access to timely advice and support from NSW Health.
- Schools will maintain a reserve stock of rapid antigen tests onsite for surveillance testing purposes in the event of an outbreak.



Hygiene and cleaning

- Students are encouraged to regularly wash their hands with soap and warm water, and to use personal protective equipment as required.
- Boosted day cleaning of schools will continue on high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways.



Ventilation

- Fresh air is the most effective form of ventilation to minimise the risk of transmission.
- During the warmer months, cooling will be used together with ventilation methods to balance thermal comfort.
- All learning spaces in government schools have been checked to ensure appropriate levels of ventilation and air purifiers have been provided where needed.
- Using outdoor spaces will continue to be encouraged where possible.



Masks

- Mask-wearing is strongly encouraged where possible for all students, staff and visitors, particularly indoors and/or when physical distancing is not possible, and if they have been exposed to COVID-19.
- Mask-wearing is required at all times for staff, volunteers and other workers who support our students who are at greater risk of serious illness should they contract COVID-19, whether they be in schools for specific purposes (SSPs), support units or mainstream classrooms.



Visitors

- Visitors can attend school sites regardless of their vaccination status.
- Visitors who are engaging directly with students in certain higher-risk settings for school operations and curriculum delivery and allied health partners for the wellbeing of students, may be required to wear masks.



Activities

- Health and safety risk assessments will be integrated when planning activities, including excursions and overnight camps.
- Parents and carers will be made aware of the risk of exposure and will need to give permission for certain activities.



Responding to local situations

- Schools will work with the department's Health, Safety and Staff Wellbeing case management team to respond appropriately to local situations, including outbreaks of viral illness.
- In some cases, schools may temporarily introduce additional measures as a 'circuit breaker', including requiring mask-wearing, postponing or limiting non-essential activities and directing cohorts to learn remotely.



Learning remotely

- Schools continue to have access to digital, guided and printed learning resources to support students who need to learn remotely.

For more info, visit education.nsw.gov.au/covid-19/advice-for-families

Telephone interpreter service

If you need further information please call your school principal. If you need an interpreter to assist you with your enquiry please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. Tell the operator the phone number you want to call, and the operator will get an interpreter on the line to assist you with the conversation. You will not be charged for this service.

The NSW Government is committed to ensuring school operations continue while prioritising the safety and wellbeing of students and school staff.



P&C News



Welcome to returning families, and an extra special welcome to all our new families. The P&C has a busy year of events planned for 2023, but we need lots of help to get them off the ground. Our Annual General Meeting is **on 1 March**. Please come along - it's a great way to meet other parents and get involved in our wonderful school.

School Calendar



16 Feb	PSSA Swimming
20 Feb	PSSA District Tennis Trials
22 Feb	Vision Screening ES1 Students
24 Feb	Toasted Sandwich Meal Deal
27 Feb	Sydney Academy of Chess Regional Final at ASC
1 Mar	P&C Welcome Picnic and AGM

**BOOK CLUB
ISSUE 1
CLOSES FRIDAY, 24 FEBRUARY**

Class News from 2C and Mrs Clarke

2C have had a fabulous start to the year, we are settled into routines and are shooting for the stars. We have been learning about phonemes and graphemes and how they are connected and can be different. In English we have been learning about 'context' and how our lifestyle and environment helps shape different meanings as a reader. We loved the book 'Our Island' and learnt a lot of new vocabulary. We are enjoying the night journey around Australia with our current book 'Under the Southern Cross'.

2C have enjoyed using the laptops to explore the features of a Word document and have been excited by the clever things they can do to change their work. In maths we have been identifying and sorting shapes and learning about vertices and isosceles triangles. We have also been looking at place value of numbers and clever addition strategies.

Thank you from Mrs Clarke and the superstars in 2C

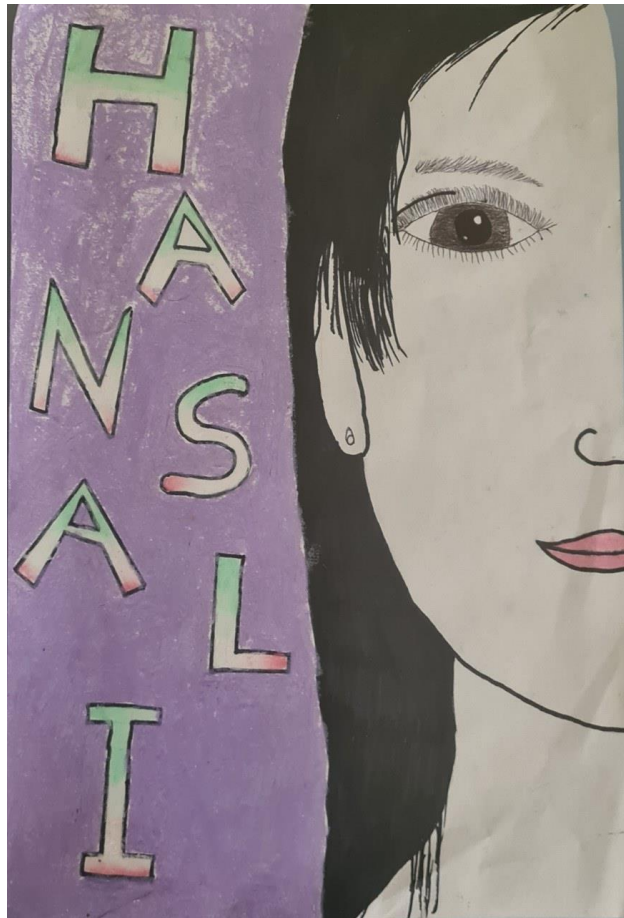


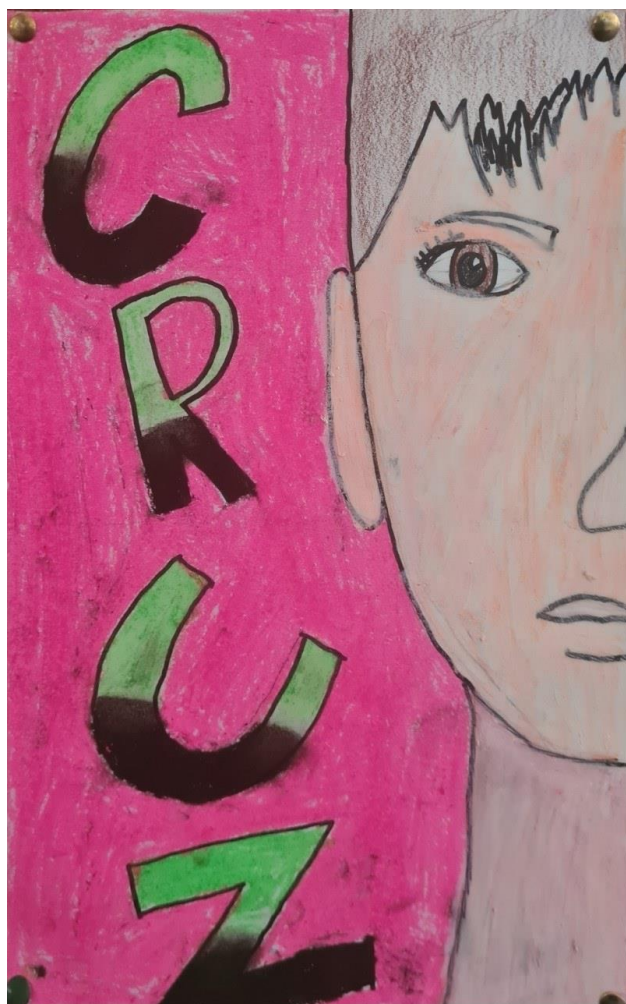
Class News from 5/6T and Mr Townsend

5/6T News We've had a busy and exciting start to the year with students taking on leadership positions, getting involved in sporting events and starting their in-class school work. We have been working on

improving our introductions to narrative by learning how to write a 'sizzling start'. We can't wait to read the student's engaging introductions and see how they implement these writing techniques as the term progresses. In Science, students have had the chance to experiment with electrical circuits, making small motors and light Bulbs come to life with the use of various materials that conduct electricity. Later this term students will have the chance to construct a circuit that becomes part of their magical cupboard that makes items come to life. Congratulations to all those students already engaging themselves in the extra opportunities provided by the school. We'd like to encourage all students to listen for further opportunities in sport, creative arts and academics. You just never know, you might find something that becomes a great passion.

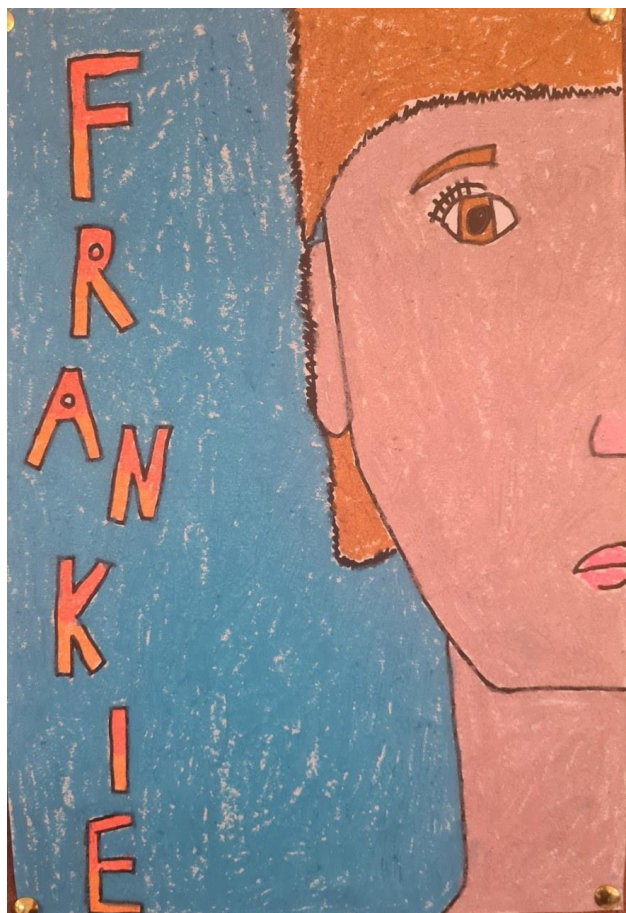














Stage 2 and 3 Assembly



Week 4 Class award recipients

3/4C Alfred, Taylor-Paige, Arwen and Hatem

3/4J Milad, Seini, Alice and Cohen

3/4M Harold, Errin, Edden and Makenzie

3/4S Spencer, Yarran, Luka and Phoebe

3/4H Brayden, Alana, Zhiyan and Yillarrah

5/6K Hannah, Shay, Edie and Seth
5/6T Jared, Hansali, Liam and Audrey
5/6S Imogen, Amelia, Hayden and Mackenzie
5/6R Jaylan, Joni, Zoey and Alexander

Work of the week

3/4C Lucy
3/4J Rose
3/4M Mabel
3/4S Lotem
3/4H Yethumi
5/6K Lyla
5/6T Minh
5/6S Imogen
5/6R Ayalla, Rebecca, Ethan and Ben

Stage 2 and 3 SRC representatives for Semester 1

3/4C Alfred and Taylor-Paige
3/4H Richard and Zhiyan
3/4J Milad and Lilah
3/4M Lachlan and Edden
3/4S Lachlan and Susannah
5/6K Bobby and Hayley
5/6R Hamish and Zoey
5/6S Beau and Amelia
5/6T Amjad and Aadabjit





Mrs Ridley's Word of the week



Paresthesia (par-uhs-thee-zuh)

Noun: an abnormal sensation, as prickling, itching, etc

Origin: Paresthesia, "an abnormal sensation," comes from New Latin, a revived variety of Latin used in scientific literature

Rugby League Clinic



Students from Kindergarten to year 6 will participate in a Rugby League Clinic over the next 6 weeks. The NRL Sporting Schools program is designed to teach students the basic skills and concepts of rugby league in a non-contact, safe environment. Lessons have been developed to include action packed game-based activities that build on fundamental movement skills, are fun and engaging, while promoting the benefits of being physically active and enjoying learning new skills with classmates and friends.

Developed in partnership with Dr Greg Forrest from the University of Wollongong, this program is underpinned by an innovative games and sports teaching approach in a non-contact, safe environment. The program aims to improve students game sense and focuses on further development of fundamental movement skills, teamwork while being inclusive, safe, and fun.







Community Notice Board



AFTER SCHOOL VISUAL ART CLASSES 2023

Learn about the amazing and exciting world of the visual arts.
Classes start on Wednesday the 8th of February for 9 weeks duration

Where: Art studio in town, Armidale
(email/phone for address)
Cost: \$170 (includes good quality materials)
PHONE: 0498 560 973
EMAIL: dom.nsw@protonmail.com
Time: Wednesdays 4 - 5.30 for 9 weeks

- Creative Kids provider
- Current working with children check
- Registration with Holistic Therapists Australia
- Public liability insurance
- NESA registered teacher



- All Visual Art 2D and 3D mediums and techniques are taught
- Design principles while utilising imagination and free thinking to encourage self-expression and a love of exploration of the individual creative process.
- For older learners a deeper concentration on development of individual technique and creative risk taking enabling less fear and more confidence.



SELF EXPRESSION AND DRAMA!

After school class age 6-15

When: Thursdays 4 - 5pm Term 1 – (9 weeks) **starting February 9th 2023**

Where: Chapel Street Baptist Church Hall, Enid Street, Armidale

Cost: \$120 (Creative Kids Vouchers accepted)

Contact Dominique: 0498 560 973, dom.nsw@protonmail.com

Drama is an excellent modality for the development of important social understandings, teamwork, collective decisions, communications, trust, internal and external boundaries and respect of these with oneself and others. Topics covered include voice projection, miming, characterisation, improvisation and play preparation and performance. The teacher is a qualified holistic and clinically trained creative arts therapist as well as a qualified very experienced teacher of 25 years.

- Creative Kids provider
- Current working with children check
- Registration with Holistic Therapists Australia
- Public liability insurance
- NESA registered teacher



"Stone soup" Production 2022 Glen Innes



"Days of Joy and Heartbreak" Production 2022 Armidale



REGISTER NOW

•TACKLE READY
6-6YRS
•TACKLE
7YRS-SENIORS
•LEAGUE TAG
8YRS-SENIORS

READY TO PLAY

PLAYRUGBYLEAGUE.COM

Find us on

Facebook

Armidalerams05@gmail.com

Armidale Basketball Association



2023 Term 1 Aussie Hoops

Want to learn great ball skills?

Register and turn up to the Aussie Hoops session for rookie players 5 -12 years

10 – 11am Sundays from 5 February to 2 April (9 weeks)

'The Den' at the old Armidale High School (Butler Street South)

Both **new and returning** players should register online at www.aussiehoops.com.au. At the home page, click on 'Find your state'; enter 2350 in the postcode Search box, then click on the location 'Armidale Secondary College'. This takes you to the registration page. The cost for new players is \$100 for the 9-week term (includes basketball, personalised training singlet and backpack) while returning players will pay \$65 (no kit). Other merchandise is available for purchase, but they cannot be paid for by AKVs.

Aussie Hoops is Basketball Australia's official junior game development program for children in primary school. They learn basketball in a structured, inclusive and fun environment, developing fitness, skills and an understanding of the sport. The Aussie Hoops program aims to give children the basic skills they need to progress to and enjoy playing actual games.

Armidale Basketball is an Active Kids Provider so you can use the Active Kids Vouchers to help pay for the activity. Carefully follow the directions when registering your child (don't forget to press the Validate button after you put in the voucher number). Returning players can hand in their AKV to the office as payment (if preferred). If you have any concerns, contact Judy. Forgot your email? Contact Judy. Don't know about Active Kids Vouchers?? Check out the link: [ACTIVE KIDS VOUCHERS NSW](http://ACTIVEKIDS.VOUCHERS.NSW)

Interested in lending a hand for Aussie Hoops in coaching or administration? We need many hands to help spread the load. We are looking for a person to coordinate Aussie Hoops and the program so Mark can coach. Anyone can learn to do specific job with some great training available. We are also encouraging parents and older siblings to learn how to coach via free online coaching course provided by Basketball Australia. Go to the Aussiehoops.basketball website and search through the 'Parent' section of the website to get to the coaching course.

Judy Monaghan
0417622859
armball@bigpond.com
Aussie Hoops Coordinator



WEEKLY ONLINE LESSONS AVAILABLE

Weekly online chess lessons with qualified coaches

Access to the Chess Squad Academy website

Chess games and tournaments in a safe environment

Enrol now for 2023

www.sydneyacademyofchess.com.au
(02)9745 1170

Lesson times during the week Mon-Fri
7:30am - 8:30am
3:45pm - 4:45pm
5:00pm - 6:00pm

Advanced Extension lesson
6:10pm - 7:10pm (Mon, Wed, Fri only)

Scan me for more info

FREE TERM 1 PROGRAMS FOR KIDS

BOXING FOR KIDS | 7-12 yrs

Non-contact boxing class focusing on fundamental boxing skills and improving physical condition
TUE 4:30 - 5:00 PM

HIP HOP DANCE | 8-12 yrs

Learn more about music, rhythm, coordination and explore movement in its various forms
WED 4:00 - 5:00 PM

CHILDREN'S BOOTCAMP | 7-12 yrs

Physical activities class to stay active and healthy, better stamina and condition through exercise
THU 4:00 - 4:30 PM

MOTOR MOVERS | 6-10 yrs

General movement class to work on motor skills, coordination and balance
THU 4:00 - 4:45 PM

Location: PCYC Armidale (176 Rusden Street).
Numbers are limited. Please contact Brigitta to book your spot
bvelbri@pcycnsw.org.au or 0482 165 746

These free programs are run by PCYC Armidale in partnership with UNE's Get Active United program. Get Active United program is proudly funded by the Office for Regional Youth – Children and Young People Wellbeing Recovery initiative.

Proudly funded by



LIFE CHANGING



Get Active United





Homework Help at Armidale Library

Homework Help creates a supportive group environment for children aged 5-12 to complete their homework with the assistance of a trained teacher and skilled Vinnies volunteers. These sessions are open to children looking to complete homework, improve self-esteem, develop social and communication skills and have fun!

Homework may include:

- Worksheets or longer projects assigned by a teacher
- Reading or writing practice
- Discuss concepts covered in class each week

Details

6 week program beginning Wednesday 1st March
Location: Armidale War Memorial Library (2/ 182 Rusden St, Armidale)
Time: 3.30pm-5pm
Ages: 5-12
Cost: Free (BOOKINGS ESSENTIAL)

 **SCAN ME**



Book now using the QR code, or call Cassie from Vinnies on 02 5776 0211

Good for kids

good for life



Encourage children to 'Eat A Rainbow'

Offering a wide range of colours in children's food is not only visually appealing, but also ensures that they are receiving a great variety of nutrients!

Encourage children to eat a rainbow and incorporate different coloured fruit and vegetables during Crunch&Sip at school.



Fruit and vegetables are colourful, with each colour providing different health benefits.

Purple/Blue	Red	Orange/yellow	Green	Brown/white
<u>Healthy heart + brain & memory function</u>	<u>Healthy heart + brain</u>	<u>Healthy eyesight + immunity</u>	<u>Healthy eyesight + immunity</u>	<u>Healthy heart + bones</u>
Beetroot Red cabbage Blackberries Blueberries Raspberries Purple grapes Plums	Tomato Red capsicum Strawberries Cherries Raspberries Watermelon Red apples	Carrot Pumpkin Sweet potato Pumpkin Pineapple Mango Corn Orange Peaches Nectarine Apricot	Spinach Asparagus Green apple Green grapes Peas/ Snow Peas Broccoli Kiwi fruit Cucumber Green Capsicum Beans	Cauliflower Brown pears Mushroom White peaches Bananas Potatoes Dates Parsnips



Developed by Hunter New England LHD
HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>



Contact Us

CONTACT



 US

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Fax- 02 67712262

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