



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

22 March 2023

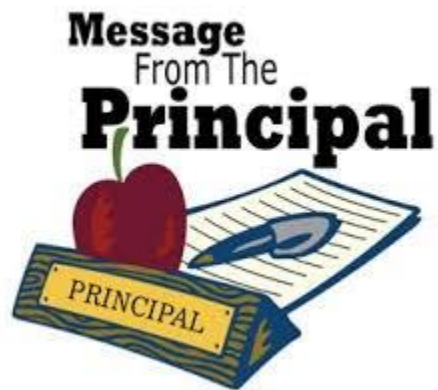
In This Issue



- **Principal's Report**

- **P&C News**
- **Calendar**
- **General Information**
- **Class News K/1 Green and 3/4M**
- **Mrs Ridley's Word of the week**
- **Community Advertisements**
- **Contact Us**

Principal's Report



Congratulations go to our students in Years 3 and 5 on the manner they have approached their involvement in NAPLAN this past week. They have remained calm when faced with any technical issues and been positive about the process, giving their best effort on the day. Catch-up sessions will be run over the next couple of days.

Fire Drill

Yesterday, our school conducted a routine evacuation, or fire, drill. Staff and students moved quickly and calmly to the oval area with all classes assembled within 6 minutes of the alarm being sounded. Evacuation drills are essential in preparing students and staff in case we experience an actual emergency, and they help us to identify any areas for improvement.

Moving into Year 7 in 2024

Our thanks go to the many parents or carers who have already completed the online expression of interest (EOI) to high school. Online Expressions of Interest (EOIs) as well as Placements Not Required (PNRs) will close on 31 March 2023. Please go to <https://year7.enrol.education.nsw.gov.au/?schoolCode=1057> to either apply or confirm that you will

not need to apply to a NSW Government high school in 2024. If you require assistance, please contact the school.

If your child will not be attending a NSW Government high school in 2024 you still need to inform your primary school by submitting a Placement Not Required (PNR) response.

Election this weekend

The P&C will be running a barbecue at the local election this Saturday, 25 March. As you pop in to vote, you might grab a 'democracy sausage' and purchase some tickets in the Easter raffle to support our school community.

Departure time

Parents are reminded that there is no supervision after school, except for those children catching buses. Please ensure that you collect children at 3.10pm and not ask children to play on equipment until you arrive. The safety of our students is important to us.

Autumn Festival

Our school will be joining other public schools in the Autumn Festival parade on 1 April. We will be marching as part of the Armidale Community of Schools. Further information will be provided when this becomes available.

Resurfacing Mann Street - delayed

While we expected to have a section of Mann Street resurfaced yesterday, this did not happen. It is anticipated that Armidale Regional Council will go ahead with this work at some point. We will notify you via School Stream as soon as we are made aware. Thank you for ensuring that this area was free of vehicles as requested.

Take care,

Deborah Nay

P&C News



Can you cook a good snag?

ACPS P&C are needing volunteers to help with a BBQ at school this Saturday, 25 March to feed voters at this year's state election.

If you answered yes, fantastic! If no, we would still love your help! We will be cooking and selling sausages from 7am-1pm. If you think you can lend a hand for an hour of two please call Anna Manners on 0412667472 or email anna.manners86@gmail.com

Even if you are unavailable to help, come and see us and grab a sausage sanga to support our school.

Thank you to everyone who has donated items for our Easter Raffle. Raffle tickets for our Easter Baskets can still be returned to the School Office.



School Calendar



- 22-27 Mar** Year 3 and Year 5 NAPLAN Catch up.
- 28 Mar** 2C, 2L and 2W Thalgarrah Excursion.
- 28 Mar** North West Boys and Girls Hockey Trials.
- 29 Mar** North West Boys and Girls Basketball Trials.
- 30 Mar** 1C, K/1G and 1W Thalgarrah Excursion.
- 31 Mar** 3:15pm- 4:15pm AFL Auskick After School Program
- 31 Mar** Armidale Zone PSSA Boys and Girls Football Trials

**BOOK CLUB
ISSUE 2
CLOSES FRIDAY, 24 MARCH**

General Information

**GENERAL
INFORMATION**

Harmony Day



Harmony Day 29 March 2023

On Harmony Day we celebrate living in a community that strives to live in peace and harmony by showing respect, understanding and kindness towards others.

On Wednesday 29 of March 2023, students are asked to try to wear something orange as a symbol of peace and harmony. If any student wishes to wear their traditional national dress, we encourage them to do so.

Students who come in their traditional dress should bring a change of clothes in case they are required to do sport. Some classes may arrange indoor or outdoor games to encourage fair play and fun that includes everyone.

Students will also be doing a variety of creative art, language and cultural activities relating to Harmony Day and its importance.

Students are encouraged to bring a picnic lunch for themselves (cold food only please) with food from their cultural background. Children will be encouraged to talk about their food in relation to their cultural heritage.

Armidale City prides itself on being an inclusive school that draws upon the different cultural experiences and languages that its students bring with them.

We hope you will help us to celebrate Harmony Day and promote peace!

Yours sincerely,

Alison Cornall and Belinda Close (EAL/D Teachers)

Year 6 into Year 7 Expressions of Interest

EXPRESSIONS OF INTEREST

2024 High School Expressions of Interest have been streaming in! Thank you to all those parents who have completed an online form already. For those who have not as yet, you have **9 days** left to complete the online process. All Year 6 parents need to complete the process, whether or not your child will be attending a public high school.

Copy and paste this link into your browser to begin:

<https://year7.enrol.education.nsw.gov.au/?schoolCode=1057>

Please contact the school if you need assistance or if you have any queries.

Thank you.

ES1 and Stage 1 Easter Hat Parade



K-2 Easter Hat Parade

At **12.00pm** on Wednesday, **5th April 2023** we will welcome parents and visitors to the ACPS K-2 Easter Hat Parade.

The Parade will take place on the oval, with classes seated under the COLA for Sun Safety.


Spectators will be able to stand around the outside of the Parade Arena, marked by a double row of fluorescent string, whilst the children walk around the inside.

Don't forget to sunscreen the kids and yourself and bring your sun hat! Access to the grounds is restricted before 11.50am as we have students from other stages using the playground beforehand.

In the event of WET weather, we will move the Parade into the ACPs Auditorium which, unfortunately, will not allow as many spectators, but we will do our best to accommodate all who come. In a 'wet weather' event we will send a message through the School Stream App and ensure lots of photos are taken!

We look forward to welcoming parents and visitors to the ACPs K-2 Easter Hat Parade. xxx K-2 Teachers and students xxx

Happy Families Article



INSIGHTS happy families **SERIALS**

ISSUE 7 | TERM 1 | 2023

My child is a bully

No parent wants to hear that their child is a bully. It's awful to think that your child maybe inflicting harm on someone.

If you hear that your child is being a bully, resist the temptation to panic or be defensive. Stay composed and begin to gather the facts. These tips will help:

Communicate

Let your child know that you have heard that they are bullying and that you are concerned about this. Let them know that you are worried about them and want to help. This may take many attempts as your child may feel embarrassed, or unhappy that they've been caught. Remain calm and direct and ensure your child that you want to hear their side of the story. Talking through with your child about their situation can help you understand why the aggression is occurring and help you work out what to do about it.

Some children due to their age or mental health may not be able to articulate their thoughts. Consider a visit to as health professional for further assistance.

Look ahead

Once you've gained an understanding of the causes of the bullying look ahead and work through with your child how they may act in future situations. Help them understand how their behaviour may have impacted on the other child, and what it would be like if they received that behaviour.

Reflect

Children often copy the behaviours they experience so take the time to reflect on the relationship skills that your child may be witnessing at home. If family members yell, hit or put each other down then look for ways to foster a positive family culture based on kindness, respect and empathy.

Use consequences

Consequences for bullying can be useful if they are related to the behaviour and reasonable in nature. For instance, it's reasonable for a teenager involved in cyber-bullying behaviour to lose their internet access and phone use privileges as they've failed to stick to the expectations laid down about responsible use. The length of time for loss of privileges depends on the severity of the issue and your child's attitude. As a rule of thumb lengthy loss of privileges can be ineffective as kids cease to care when they're too long.

Restore relationships

'How will you fix this?' is something a child who bullies needs to hear. Discuss with your child how they will make some restitution to the child or young person they've hurt, whether it's through a written apology, playing a game with a child who they've excluded or apologising to a child whom they humiliated in front of their peers.

Monitor the situation

Your child's bullying may be a one-off event, however stay mindful of your child's behaviour, their state of mind and the way they continue to relate to others. Let your child know that you want to help them be happy, to enjoy positive friendships and relate well to others.

Bullying is an emotive term that leaves most of us shaken when we hear it. It helps to think of bullying as a being a behaviour resulting from poor decision-making or poor communication skills rather than as a reflection on your child. The latter is hard to change, however the former is always up for change and improvement.



AUTHOR

Michael Grose

Michael Grose 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.



Road Safety

Road safety

Keeping children safe in and out of the car

A child who is properly secured in an approved child car seat is less likely to be killed or injured in a crash than one who is not.

Children aged between four and seven years cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in a child car seat.

National child restraint laws require your child to be restrained in the car as follows:

0 – 6 months

Approved rear-facing child car seat.

6 months – 4 years

Approved rear or forward-facing child car seat.

4+ years

Approved forward-facing child car seat or booster seat.

145cm or taller

Suggested minimum height to use adult lap-sash belt.

For more information and to find and compare a range of child car seats, visit childcarseats.com.au

Here are a few things you can do to help keep your children safe in and out of the car:

- Children should remain in the car until an adult opens the 'Safety Door'. This is the rear footpath side door of the car.
- A sleeping child must remain firmly buckled up while in the car.
- Assist your children to buckle up – always check the seatbelt is buckled up firmly and not twisted.

- Make it a rule that every passenger must be securely buckled into a seatbelt or child car seat before you start the car.

- Always help your child get in and out of the car through the 'Safety Door'.

Never leave a child of any age in a vehicle without adult supervision. Children may rapidly suffer from dehydration, heat exhaustion and organ failure if left unattended, especially on hot days.

For more information on keeping our kids safe around schools visit the families section on safetytown.com.au



Messages to share with your children

- Click, clack, front and back
- Always buckle up safely
- Get in and out of the car on the footpath side



Too many lives lost on NSW roads.
Our goal is zero.

Picture Plate Orders

Picture Plate orders will close on Friday 31 March. If you wish to place an order, please send in the below note and money to the office.



**Picture
products**
since 1977

Pictureplate is the original 25cm melamine art plate, it's dishwasher-safe and tough enough to use every day—use paints, pens and photos to make a memory to treasure forever



What will you create?

There's more—see tips and our full range of products at pictureproducts.com/drawing



Make mum and dad's favourite time of day even better with their very own personalised **Ceramic Mug**, while the **Plastic Mug** is the perfect partner for picnics in the backyard or beyond



It's always time to smile with the 25cm melamine **Pictureclock** or the 20cm MDF **Small Clock**



Your picture above 12 tear-off month pages helps this **Calendar** keep the family organised



A fabric **Tote Bag** perfect for library books, sleepovers, gym clothes or shopping trips



Keep hydrated through the day with **600ml Water Bottle** (shown) or backpack-friendly **400ml** size

ARMIDALE CITY PUBLIC SCHOOL

27 February 2023

Pictureplates Fund Raising Project

We invite all parents to share in this wonderful fund raiser.

How often have you wished there was some permanent way you could keep the drawings and paintings your children do at school? Their artworks are brought home and proudly displayed for everyone to admire. But most times they just disappear.

Now it is possible to have those drawings preserved as a family keepsake, both decorative and useful.

Pictureplates are simply beautiful. Children love eating off their very own Pictureplates, and as the years go by and they grow up and have their own families, their Pictureplates will bring back memories of those happy carefree childhood years.

A sample of a Pictureplate is attached. The flyers have all products pictured. *Our school will only be doing the plates and plastic or ceramic mug.* You will be amazed to see what can be done with your children's drawings.

Drawings are to be done at school under careful supervision.

To join in this exciting and creative activity please fill in the Pictureplates Order form and return it with cash (or a cheque made out to the school) in an envelope marked "PICTUREPLATES".

Please return your order by Friday 31st March 2023

Thank you

Ms Maria Rafferty
Coordinator

Deborah
Ms Deborah Nay
Principal

Pictureplates Order

I have enclosed \$_____ cash/cheque

Prices: \$30 Picture Plate
\$25 Ceramic Picture Mug
\$25 Plastic Picture Mug

Name of child _____ Class _____

I would like to order _____ Picture Plate/s
I would like to order _____ Ceramic Mug/s
I would like to order _____ Plastic Mug/s

Are extra copies of plates/mugs needed? YES / NO If YES, how many? _____

Parent/Guardian Signature _____

Class News from K/1Green and Miss Rowland



We have had a wonderful start to the term in K/1G! Our Year 1 students have loved helping Kindergarten learn everything they need to know about school. We are all settling in beautifully to our new classroom and doing some amazing learning. In Science, we have been learning all about living things and what they need to survive. We even did an experiment! To find out how plants get their water, we got some celery and put it in some coloured water to see what would happen. When we came back the next day, the celery had changed colour. The leaves changed colour, and the special straws that the celery uses to drink water had changed colour too! We loved planning our experiment, guessing what would happen, and observing the celery to see the results. We can't wait to learn more about living things this term!

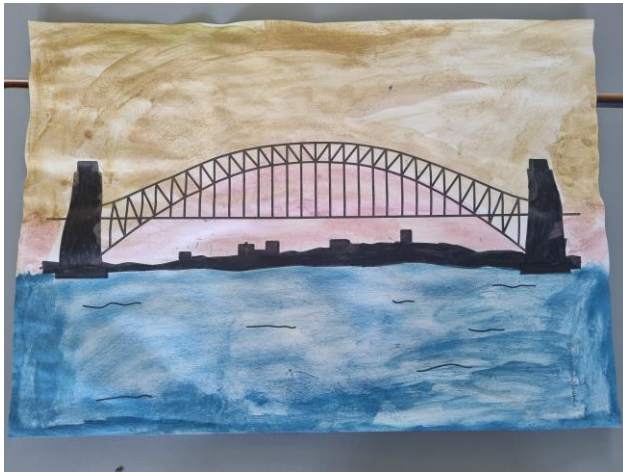


Class News from 3/4M and Mrs Carson



3/4M have had a fantastic start to the year and have nearly finished their first term together! Our year 3 students will be finishing their NAPLAN this week after showing wonderful resilience. We have been travelling around Australia, getting to know different places and what can be experienced there. Many of our students are up to creating sculptures in collaborative project time and it is great to see their creativity shining through. This time has been challenging for some and with experience will come the skills necessary to be more independent and self- driven learners. There has been positive feedback from maths groups with all students trying hard to develop their skills and enjoying the chance to work in different class groupings. During art time, we have looked at many wonderful artists and attempted to recreate some of their famous artworks. There are many break time opportunities for the students to participate in from; cards, soccer, computers, drawing club and dancing. I commend all the students on their willingness to have a go and join in the opportunities that the school presents for them. Mrs Carson









Mrs Ridley's Word of the week



implacable (im-PLAK-uh-bul)

Adjective: Implacable means "not capable of being appeased, significantly changed, or mitigated."

Implacable is rooted in Latin placare, meaning "to soothe," but its im- prefix is a variant of the negating prefix in- (as in inactive) and it signals that there's nothing warm and fuzzy here.

Community Notice Board



REGISTER NOW

ARMIDALE RAMS

• JACKIE READY
5-6YRS
• JACKIE
7YRS-SENIORS
• LEAGUE TAG
8YRS-SENIORS

READY TO PLAY
PLAYRUGBYLEAGUE.COM

IGNITE
Find us on Facebook: Armidalerams05@gmail.com

ACTIVE KIDS

 **Armidale Rams** 
In conjunction with
PCYC, Headspace, TFSS, ARC
One Connection & Armidale Services
Invite you to come & spend
a morning with former NRL legend



GREG INGLIS
on Saturday March 25th
From 9am @ Rugby League Park

- Coaching stations for kids to come & try
- Registration Station •Canteen facilities
- The Greg Inglis Story -
Presented by Greg himself



It's Gotta
=be=
NETBALL
REGISTER NOW FOR 2023

VIP Netball Club
Karen Frost - 0417 129 578
Registration link at - adna.net.au

netball
NEW SOUTH WALES

ACTIVE
KIDS

IT'S BACK ON!

**East Armidale United Football Club come
and try day!**



When- Sunday 26th of March

Where- Newling School Oval

Time- 3.30pm - 5.30pm

FREE!!
Sausage Sizzle and activities
Beginners of all ages welcome!



5-16 years

**Join our club for an afternoon of family fun while
trying out your soccer skills ready for the 2023
season!**



REGISTRATIONS ARE OPEN

JOIN DKFC IN 2023!

For more information go to-

[Demon Knights Football Club](#) | [Armidale NSW](#) | [Facebook](#)



**ARMIDALE JUNIOR RUGBY UNION
CLUB INVITE YOU TO**

COME AND TRY RUGBY!

FRIDAY 24 & 31 MARCH



Do you LOVE Rugby Union? Well, come down to Sport UNE playing fields Friday 24th & 31st March from 5pm and be part of the atmosphere. Ages 13 - 18 boys and girls all welcome. It's fun and engaging and you'll meet an amazing network of rugby fans just like yourself!

Scan QR code for more info



**ARMIDALE JUNIOR RUGBY UNION
CLUB INVITE YOU TO**

COME AND TRY RUGBY!

FRIDAY 24 & 31 MARCH



Do you LOVE Rugby Union? Well, come down to Sport UNE playing fields Friday 24th & 31st March from 5pm and be part of the atmosphere. 6's, 8's, 10's & 12's boys and girls all welcome. It's fun and engaging and you'll meet an amazing network of rugby fans just like yourself!

Scan QR code for more info



ARMIDALE JUNIOR RUGBY UNION
CLUB INVITE YOU TO

COME AND TRY
RUGBY!

FRIDAY 24 & 31 MARCH



Do you LOVE Rugby Union? Well, come down to Sport UNE playing fields Friday 24th & 31st March from 5pm and be part of the atmosphere. Ages 13 - 18 boys and girls all welcome. It's fun and engaging and you'll meet an amazing network of rugby fans just like yourself!



Scan QR code for more info

Looking to play football this year.
Join Armidale City Westside FC.
Children of all ages welcome.

Scan the QR code to get started!





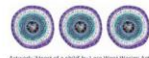
**Leftovers are lunchbox
lifesavers!**

Using leftovers in the lunchbox is a great way to save time and money! Why not try these ideas:

- Use leftover meat on a sandwich or wrap – such as rissoles or kofta with salad
- Pack baked veggies or corn on the cob as a snack
- Pack leftover pasta or fried rice for lunch

Make sure you store your leftovers in the fridge overnight and pack them with an ice brick in the lunchbox!

Find more ideas at: www.swapit.net.au



Artwork: Heart of a Chef by Lara West Watson Artist

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