



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

16 August 2023

In This Issue



- **Principal's Report**

- **Calendar**
- **General Information**
- **Class News 2L and 3/4S**
- **Arts and Culture News**
- **Sports News**
- **Mrs Ridley's Word of the week**
- **Community Advertisements**
- **Contact Us**

Principal's Report



Wow! What an evening! My congratulations go to the many students and staff who were involved in *An Evening with ACOS* last Thursday evening. The Armidale Secondary College multipurpose centre held 800 people in the audience, with over 600 amazing students performing from Armidale City Public School, Armidale Secondary College, Ben Venue Public School, Drummond Memorial Public School, Martins Gully Public School, Newling Public School, Rocky River Public School, Sandon Public School and Uralla Central School. Individual schools produced at least one item, with students from several schools collaborating in the Aboriginal dance group, massed choir and combined orchestra.

This truly was a community of schools coming together to provide opportunities for our students and demonstrating public education at its best. The talent that was on show was phenomenal and I could not have been prouder of every student involved. I am also very appreciative of the time and effort our staff members volunteered to ensure that our students were prepared to give their best performance and were well-supervised and safe throughout the evening – a fabulous team effort!

Science Week

Many of our classes are currently celebrating Science Week. **Mrs D'Arcy** has organised the *McGrath Paper Plane Competition* to be held in honour of Mr McGrath, who held an annual paper plane competition. Classes will also be involved in a range of science activities throughout the week.

Chess

Our school hosted the Junior Chess League tournament today. Young chess players from across government and non-government schools came together to share their love of the game and demonstrate their skills. Our thanks go to **Ms Raftery** for overseeing this event.

Pedestrian and road safety

In the past, families have been reminded of the need to take care with regards to safe pedestrian and road behaviour around the school.

Just as important, is the need to watch out for students who have left the vicinity of the school and are walking home from school or who are getting off a bus closer to home.

Buses and cars act like a wall, preventing drivers from seeing children who may be about to walk onto the road. Children do not have our lived experiences and the ability to judge the speed a vehicle is travelling nor the distance that they are from a vehicle. Vehicles are heavy and slow to stop. Students running out onto the road are at risk, but so too are the drivers who attempt to avoid them, other drivers, passengers, and other pedestrians.

Allowing children to enter or exit a vehicle from the traffic side of the car places them in danger. For safety of the children and other drivers, children should always enter or exit a vehicle on the footpath side of a vehicle. Children playing with balls on the footpath also places them in danger as they do not think before running onto the road after a dropped ball. For their safety, children should not be playing with balls or other items when walking beside a road so they can be aware of their surroundings.

Advice around pedestrian and road safety for families can be found on the *Kidsafe* website (<https://www.kidsafensw.org/safety/road-safety/pedestrian-safety/>).

The *Centre for Road Safety* also has information available at (<https://roadsafety.transport.nsw.gov.au/stayingsafe/pedestrians/vulnerablepedestrians/children.html>).

Parents are reminded that they **should not be walking through bus zones** during operation times as this is not safe for our students or families. We do not want a tragedy for our school or our town. Please use pedestrian or children's crossings, or park on the side of the street closest to the school.

No gum

While many students may chew gum outside of school, we are asking that chewing gum and bubble gum not come to school. Unfortunately, we have noticed an increase in gum on paths and other hard surfaces this term. This week, we have had gum caught in the tread of a student's shoe and another

walk some fresh gum onto carpet. In addition to spreading respiratory germs, discarded gum is detracting from the cleanliness of our school and is adding to the workload of our hardworking cleaners. We appreciate your support in helping keep students safe and our school clean.

Whale

Following consultation with our asset maintenance officers around the physical deterioration of the *whale* near the cricket nets, it will be removed this week to ensure the safety of our children. The low, nearby wall will be kept with the plaque from the whale being attached for posterity.

Kindergarten information evening

Parents of children starting school in 2024 will be able to join **Mrs Rubie** and I for a face-to-face information session next Thursday, 24 August from 6.30pm in the school hall. After several years of organising virtual Kindergarten information evenings, it will be nice to meet with people in person. Come along to learn more about school readiness and have your questions answered. We do ask that people stay away if unwell.

We are asking that all applications to enrol in Kindergarten in 2024 are provided to the school as soon as possible to ensure that you are advised of any Orientation to School activities in Term 4. Applications for non-local placements are welcome but are not a guarantee of acceptance. Our enrolment committee will meet later this term to determine acceptance of placement and parents will be notified in the last week of this term. Enrolment applications can now be made online at <https://enrol.education.nsw.gov.au/#/?schoolCode=1057>

Take care and stay safe,

Deborah Nay

We Need to Talk About Parent Wellbeing

Mental Health is on everyone's lips. With 44% of Australian adults having experienced a mental disorder over the course of their lives, and 1 in 5 having experienced symptoms of a mental disorder over the last 12 months, it's no surprise that Google searches for mental health queries reached an all-time high in 2021.

Additionally, across Australia there are 102 days dedicated every year to raising awareness of important mental health and wellbeing related topics, including *Neurodiversity Week* in March, *World Infant, Child and Adolescent Mental Health Day* in May, and *R U OK? Day* in September. A growing number of Australian states and territories are also promoting *Mental Health Month* in October.

With all the talk about mental health and wellbeing, it's valuable to understand that mental illness and mental health are actually different things. On the one hand, we have mental illness. Low mental illness means you aren't experiencing symptoms of mental illness (such as depression and anxiety), high mental illness means you are. And on the other hand, we have mental health. If you have high mental health, you have a generally positive mood and outlook on life and are functionally optimally. You are said to be 'flourishing'. If you have low mental health, you may feel hollow or empty, and have a generally low mood. You are said to be 'languishing'.

For most people experiencing mental illness, interventions such as therapy and medications are both valuable and necessary. However, to improve mental health and lead a flourishing life, there are simple changes that anyone can make even if they are struggling with mental illness.

Let me ask you a simple question.

What makes life most worth living for you?

The simplest way to experience improved mental health and wellbeing is to identify the answer to that question and then find a way to do a little more of those things each day. Let me outline a few things science points us to that can help:

1. Sleep

This might be the most boring thing I can put on the list of ideas to bolster wellbeing (for you and your kids). But it might also be the most valuable item on the list.

Have you noticed what a difference it makes when you feel well rested? Have you noticed how much better you behave (not to mention the kids) when you've had a full night's sleep? It's no surprise that sleep loss is

associated with negative moods and impacts emotional regulation. Sleep makes you a better parent. It makes you a better partner, employee... it makes you a better person. Prioritising a solid 8 hours of sleep per night is just about the best thing you can do to be happier.

2. Build Connection

Relationships are at the core of our wellbeing. Find ways that you and your children can connect with one another and with others regularly and in healthy, positive ways. Simple ways to build connection are smiling at each other (even fake smiles can amplify and initiate feelings of happiness), spending quality time together, and telling the people around you that you love them.

3. Get Active

A recent study from the University of South Australia found that exercise is 15 times more effective than counselling or the leading medications at improving symptoms of depression, anxiety, and distress. Physical activity also keeps our brains healthy, increases positive mood and increases self-esteem, as well as reducing the risk of heart disease, cancer, and increasing bone health. The World Health Organisation recommends that children and adults aim for about 60 minutes of moderate to vigorous aerobic activity daily, but if you're just starting out, replacing sedentary time with physical activity of any intensity will offer health benefits.

4. Slow Down and Smell the Roses

Nature is fuel for the soul. Spending time interacting with nature has a long list of benefits (including improved academic and task performance, stress reduction, reduced violence, increased inspiration, and improved mood), which can be achieved in as little as 120 minutes a week. You can boost your nature time by shifting the route of your walk to go through your nearest green space, taking your lunch break outside, or planning a weekly family trip to the forest, beach, or Botanic Gardens.

5. Have Fun

It might seem like a simple thing, but having a once-a-week family adventure can build connection, encourage physical activity, and get us out into nature, plus it is fun! Having fun can be free: take the soccer ball to the park, do a scavenger hunt, or take a bucket and spade to the beach.

On the road to flourishing

Work, school, homework, cleaning the house, finances... these are all important things, but they're not the things that make life worth living. If we want to get on the road to flourishing, we may need to re-prioritise our time, making sure that we build in opportunities for sleep, connection, movement, nature, and fun. Simple swaps are all it takes to bring greater positivity into your life.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.



School Calendar



17 Aug	State PSSA Boy's and Girls Football Trials
18 Aug	State PSSA Boy's and Girl's Football Trials
18 Aug	K-2 Steam Train Excursion
18 Aug	Stage 3 Leisure Sports
21 Aug	ICAS Science and Spelling Assessments
21 Aug	Cricket NSW Visit with Henry
22 Aug	PSSA Soccer Knockout V Ross Hill Public School
22-24 Aug	PSSA Rugby Union
24 Aug	Debate V Uralla Central School
24 Aug	Year 6 High School Taster Lessons
24 Aug	Ezidi Kindergarten Information Session 2pm-3pm
24 Aug	Kindergarten Information Evening 6:30pm-8pm
25 Aug	Sydney Academy of Chess Semi Final- Online
25 Aug	Stage 3 Leisure Sports

Notes and Money Due

Weekly	Leisure Sports Weekly Payment- \$8.50
25 Aug	Stage 2 Football (Soccer) Gala Day \$2

- 25 Aug** Year 4 Lake Keepit Excursion Instalment 4, \$60
- 8 Sep** Stage 3 Canberra Excursion Instalment 5, \$120

General Information

GENERAL INFORMATION

Book Week 2023



The 2023 book week parade will be held on Thursday 31 August. The theme this year is "READ, GROW, INSPIRE. More information will be sent home soon.

Good for kids, Good for Life



Good for kids
good for life



Try a new game at home

Children learn from watching, listening and copying what happens around them.

Role-modelling is important to teach children how to live a healthy, active lifestyle. Why not try a new game at home this week?

You could try:

- **Wall tennis**- 2 players face a wall. Each player is restricted to half the playing area. The server throws the ball to the wall to start play- the receiver tries to catch the ball after one bounce or on the full.
- **Bullseye**- Use household items such as buckets. Place the bucket on the ground and from 2 meters away, take turns at throwing a ball into the bucket. You can make this harder by moving further away or using smaller items (such as cup and ping pong ball).
- **Skipping competition**- Using a jump rope, take turns to see how long you can jump for without stopping. Whoever jumps the longest wins!



Source: The role of parents in children's active play (www.health.gov.au) |
Playing for life (www.sportaus.gov.au)



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.

ACOS School Uniform



Any students who borrowed a shirt, tie or ribbons for ACOS are asked to return them to Ms Raftery as soon as possible please.





Class News from 2L and Mrs Moffatt



Firstly, 2L would like to thank **Mrs Heine** for teaching us for the past 8 weeks. We learned a lot and we will miss her! We hope she enjoys the break and doesn't miss us too much.

This term is a busy one with many exciting events and activities happening. During Education Week 2L enjoyed learning about some of the history of ACPS by looking at old school photos and searching the school for the time capsule. We have been trying to guess what might be in the time capsule and thinking about what we would put in a time capsule today. Some of the suggestions were that we should put plastic or cars in there because we don't think there will be many cars in the future and think plastic may be a thing of the past!

We are very excited to ride on a steam train to Uralla and back this Friday. Thank you to **Mrs Clarke** and **Mrs Woods** for organising this great excursion.

In English 2L have been learning about persuasive writing. We read the text "Hey, Little ant" and then used information from the text to write a persuasive argument. We had to decide whether we would squish an ant or not. There were some great arguments for both sides! We have also been learning to write complex sentences.

In maths, 2L have been developing skills to assist with adding and subtracting numbers. We have also been learning about patterns in the environment and buildings and counting patterns which is useful when solving multiplication problems.

In Pd/H/PE, we have been learning about "Staying Safe". We are talking about our areas of strength and looking at areas we can improve on.

Our focus this term in CAPA is drama. We have been exploring mime as an artform. It is so much fun.

During sport we have been learning some dances such as the Chicken Dance, Hokey Pokey, Nutbush and the Mexican Hat dance. We are getting better at keeping in time.

2L and Mrs Moffatt





In Melbourne, amazing beaches have beautiful water - under
the southern cross.
Paige



Turtles lie beneath the deep blue sea.
Ethan

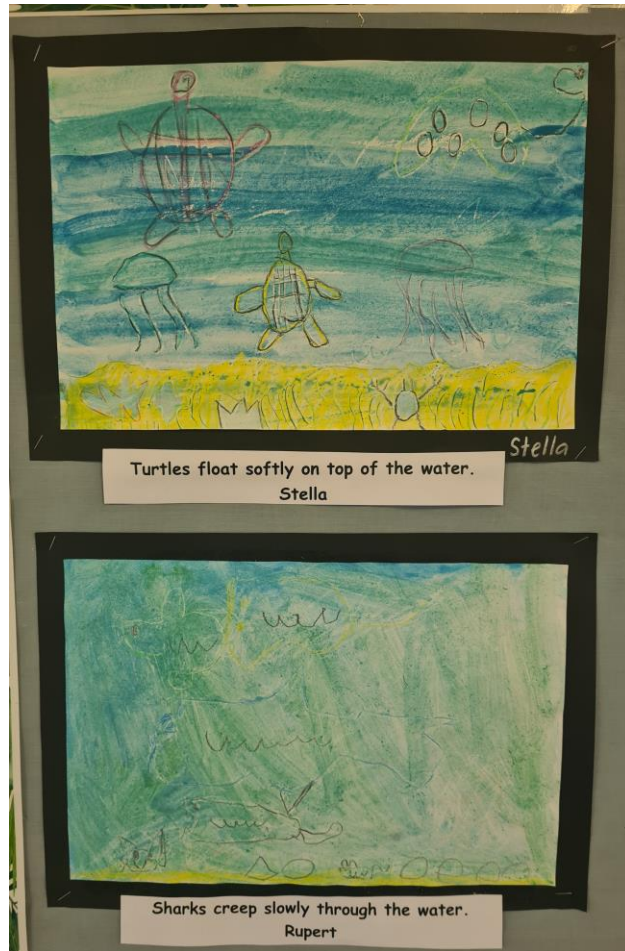




Turtles swim quickly through the water.
Tan-Minh



Sharks swim peacefully in the clear water.
Arotrika



Class News from 3/4S and Miss Singh



3/4S has been busy this week engaging with our creative side! Students have been learning about traditional Aboriginal and Torres Strait Islander art techniques to compose their own original works. Knowing the effort and care that goes into each and every paint stroke has helped us to appreciate this art form so much more.

Our book for this term "Wylah" by Jordan Gould and Richard Pritchard has captivated our class. We have enjoyed learning about Marr country's culture and megafauna through this exciting book series.

Congratulations go out to our SRC representatives this semester **Anmol** and **Unique**.

3/4S and Miss Singh





Arts and Culture News



Spelling Bee



Congratulations to our **Zach** and **Chau** who competed in the regional final Spelling Bee on Friday 11 August.



Sports News



PSSA Football Championships



Best of luck to **Edward** (boys' team) **Mrs Mac** (girl's coach) and **Frankie** (girls' team) who are members of the North West teams in Nelson's Bay at the PSSA Football championships this week.



Stage 2 Todd Woodbridge Cup Tennis Day



On Monday 14 August, some of our Stage 2 students played off for a place in the two teams to head to the regional finals of the Todd Woodbridge Cup. It was great to see so many students being active, having fun and playing with sportsmanship.











Mrs Ridley's Word of the week



Vicinity (noun)

(vuh-SIN-uh-tee)

Vicinity is often used as a synonym of neighborhood meaning "the area around or near a particular place." It can also mean "the quality or state of being near" or "an approximate amount, extent, or degree."

Community Notice Board





**At the Railway Station,
Brown Street
"Why buy when you can
borrow?"**

Memberships available for:

Families, Playgroups, Preschools, Family
Day Carers, Grandparents, TAFE &
Teaching Students

6mth Membership \$35

12mth Membership \$60

Gift Memberships Available

Monday 9.30am - 3.00pm, **Thursday**
9.30am - 11.30pm & **Saturday** 9.30am -
12.00pm.

PH: 0491 601 240 Email
armidaletoylibrary@gmail.com

Armidale Toy Library acknowledges the support
of DEPT ED



Helping children with a disability learn to swim

Rainbow Club offers a fun and safe community for children with a disability to have personalised swimming lessons catered to their needs.

Make a
Booking
Today!



Specialty
designed



Confidence
goals



Qualified swim
teachers



30
minute
lessons



9 week
terms



Local
community



Social
participation



Registered
provider



Vouchers
accepted



Make Booking

Rainbow Club is a network of social swimming clubs for children and young persons with a disability

Make a Booking!
myrainbowclub.org.au/register/

myrainbowclub.org.au

rainbowclubaustralia
 rainbowclubaustralia
 RainbowClubAust
 Rainbow Club Australia

ARMIDALE SYMPHONY ORCHESTRA

in Concert

FEATURING
Robert van Gend, Conductor
Johnny van Gend, Soloist

MOZART
 La Clemenza di Tito Overture
WIENIAWSKI
 Violin Concerto no. 2 in D minor
VAUGHAN WILLIAMS
 Serenade in A minor

SUNDAY 20 AUGUST, 3PM
 LAZENBY HALL, UNE

\$25 ADULT
 \$10 SCHOOL STUDENT
 \$5 CHILD

TICKETS ARE AVAILABLE AT:
[HTTPS://WWW.TRYBOOKING.COM/CJTSV](https://www.trybooking.com/CJTSV)







Level 1, 209-213 Beardy Street
 Armidale NSW 2350
 Ph: 0403070484

Members of the Australian Tutoring
 Association



From Tuesday 1 August, Your Tutor Armidale is offering supervised homework sessions in town where students in Year 5 to Year 9 can complete their homework under supervision and access academic help with their homework.

WHERE? 209-213 Beardy Street, Level 1

WHEN? weekdays during term time, 3.45pm to 6pm

HOW MUCH? \$30 per session

Places are limited so register your interest by contacting us on 0403070484 - Thank you!



HELP US, HELP THEM



ANIMALS

This year we rescued over:

- 210 sea birds, 105 turtles, 3 seals
- NSW will lose the sanctioned and accredited 'forever home' for marine wildlife deemed unreleasable by government wildlife authorities including bottle-nosed dolphins, Australian sea lions, Little Blue Penguins, Freshwater and Sea Turtles, rays, sharks and over 20 species of fish



STAFF

- 50 full-time, part-time and casual jobs for team members in marine animal care, maintenance, bookings, administration, cafe and management
- Our long-term custom for hundreds of suppliers which has negative flow-on effects for the community.



TOURISM

- Estimated 15-million-dollars annual contribution to the local Coffs Coast economy through tourism



EDUCATION

- Thousands of school students have participated in our marine conservation excursions and work experience programs.
- Nearly 3,000 TAFE students have completed their animal care studies with placements at our marine conservation park and rehab facility.

PLEASE DONATE

Marine wildlife needs a voice.
Dolphin Marine Conservation Park has been their voice for over 50 years





**3/8/16/32/50K
TRAIL RUN
24 SEPTEMBER 2023
MT DUVAL • ARMIDALE**



↑ Register now before race day!

duvaldambuster.com.au

100,000 temporary jobs

Register to work at the referendum



All jobs
are paid



No election
experience is
needed



Training is
provided

You can work before, on and after referendum day.

Register now
13 23 26 aec.gov.au/electionjobs





NIBL

NORTHERN INLAND BASKETBALL LEAGUE

LOCAL GALA DAYS FREE



GUINNEDAH	GLEN INNES	TAMWORTH	INVERELL	ARMIDALE
SUN 6TH AUG	SUN 13TH AUG	SUN 13TH AUG	SAT 19TH AUG	SAT 26TH AUG



PLAYER REGISTRATION:
bit.ly/NIBL_LGD_PLAYER

REFEREE & COACH REGISTRATION:
bit.ly/NIBL_REF_COACH



Player Skills & Games:
 U10 / U12: 10am-12pm
 U14 / U16 / U18: 11am-2pm (includes refereeing)
Intro to Coaching: 10am-2pm (ages 15+)
Learn to Referee: 11am-2pm (ages 12+)



Hi there,

Just in case you missed it, the Northern Inland Basketball League (NIBL) is just around the corner and it's bigger & better than last year! To kick things off, there is a **FREE Basketball Gala Day running in Armidale on Saturday August 26** at the Multi-Purpose Centre at Armidale Secondary College. The skills & games sessions are aimed at new or returning basketballers who want to learn some new skills, be active and have fun making new friends. Available for both boys and girls, aged 8 - 17 years.

There is also the opportunity to learn and gain accreditations in refereeing, coaching and scoring. These introductory refereeing and coaching sessions are for everyone including players, parents, siblings or community members looking to either give back to the sport or start their journey to become a qualified ref or coach. We really want to grow the game of basketball in the New England, and part of that is developing the referees, coaches and scorers. We need you and would love to see you on the court for NIBL this year! Please get involved to help make NIBL 2023 a great success.

Attend ONE of our Local Gala Days at one of the venues below:
 Armidale: 26th AUGUST 2023

Player Skills & Games:
 U10 / U12 (born 2012-2015): 10am-12pm
 U14 / U16 / U18 (born 2006-2011): 11am-2pm (includes refereeing)

Intro to Coaching: 10am-2pm (ages 15+)
Learn to Referee: 11am-2pm (ages 12+)

The Local Gala Days are FREE to attend, we just ask that you register using the link below or the QR code on the poster to assist us with our planning:

PLAYER REGISTRATION: bit.ly/NIBL_LGD_PLAYER
REFEREE & COACH REGISTRATION: bit.ly/NIBL_REF_COACH

If you enjoy the FREE Local Gala Day, you're going to want to sign up for Northern Inland Basketball League (NIBL) which involves the Mega Gala Day and three NIBL rounds throughout September - November. There is a cost involved in the full program. This year, **everyone who signs up for NIBL will receive a playing uniform at the Mega Gala Day, which they will then wear to all of the rounds** where they play other kids around the New England region. You don't want to miss out on the uniforms!! NIBL registrations will open very soon.

To stay up-to-date with NIBL like our facebook page, [NIBL - Northern Inland Basketball League](https://www.facebook.com/NIBL-Northern-Inland-Basketball-League/), or visit our webpage, <https://www.bnsw.com.au/new-england-region/>
 Any questions please feel free to contact your local basketball association or reply to: NIBLCommittee@outlook.com
 We hope to see you on the courts in August!

Regards
 Judy Monaghan
 Armidale Basketball Association Inc.
armball@bigpond.com
 0417622859

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