



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

23 August 2023

In This Issue



- **Principal's Report**

- **Calendar**
- **General Information**
- **K-2 Assembly**
- **Class News KB, 3/4H and 5/6S**
- **Arts and Culture News**
- **Sports News**
- **Mrs Ridley's Word of the week**
- **Community Advertisements**
- **Contact Us**

Principal's Report



Last Friday, the majority of Kindergarten, Year 1 and Year 2 students were thrilled to experience an adventure on the Heritage Steam Train. Some students have talked about being able to visit a variety of carriages and the engine. This is something that they will remember for the rest of their lives.

As we approach the end of August, there is a great deal happening. Yesterday, our soccer team played a match against the Ross Hill team. We also had some of our students participate in the Game Changer Challenge semi-final online. Tomorrow, our debating team will compete against the Uralla Central School team and our Year 6 students will be travelling to Armidale Secondary College for taster lessons.

We wish **Edward** and **Frankie** all the best this week as they compete as members of the North West team at the PSSA Rugby Union Championships. Our two Tournament of Minds teams are in our thoughts as they prepare to compete in the regional finals this Saturday in Tamworth.

Next week, our students in Kindergarten through Year 4 will be able to attend the postponed performance of the *Dinosaurs Down Under* show. Some of our Stage 2 students will be participating in the Stage 2 soccer gala day or the North West athletics trials instead.

Book Week

'Read, Grow, Inspire'

Armidale City Public School will be celebrating the Children's' Book Council of Australia, Book Week 2023 next week. Students and teachers will be exploring some of Australia's finest books.

Book Character Parade - come dressed as a favourite character from any book on **Thursday, 31 August**. If children would like to come as a 'G' or 'PG' rated film/DVD/TV/movie character, they need to make sure that these were based on a book. Students may wear play clothes if they choose not to dress as a book character.

Bush fires

With low rainfall this winter and a warm start to spring, there has been a recent increase in grass fires. You may find the following link helpful: <https://www.rfs.nsw.gov.au/fire-information/BFDP>

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 **tomorrow, 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



INSIGHTS

happy families SCHOOLS

DR JUSTIN COULSON

ISSUE 6 | TERM 3 | 2023

The How-to's of Healthy Parenting

If there's one thing, more than anything else, that our children need to thrive, it's health involvement. It's us. Being there. Not just for them, but with them. We don't just have their back. We're at their side... in *healthy* ways.

What involvement looks like

Involvement comes from the Latin: *involvere*. It means "to envelop, surround", or literally to "roll into". Involvement is showing love, warmth, and affection. In a practical sense, involvement can be ferrying children from one activity to another or eating together; bathing a young child or having bedtime stories. It's being across their academic, sport, or cultural experiences. How are they going at school or on their sports team? Are they aware that you care, and that you're there to support them if they need you?

At a deeper level, involvement is being present in their spaces, their conversations, and their activities: their world. This involvement can often be (and probably should most often be) benign background involvement. Perhaps you're in the kitchen while they're in the living room or the back yard. But you're present and aware. You're having regular conversations to know about their daily discoveries, their friendships, and their life. It's also their involvement in your world. Are they cleaning their room with you, or peeling vegetables for dinner with you? Are they involved in dinnertime conversations with you, playing music with you, learning a new game with you, and exercising with you? Our children want to be in our world, particularly when they're young. Are your little ones – and your big ones – welcome at the dinner table while you're chatting with friends after a barbecue? Do they get to be involved in your work, your hobbies, and even your chores?

Healthy vs unhealthy involvement

According to Professor Wendy Grolnick, a psychology researcher at Clark University in the USA, involved parents do three things:

1. invest time, attention, and energy
2. gain knowledge about their children's lives, and
3. provide support.

The crux of this conversation comes down to how we do these things.

We can do this in a *controlling* way, or we can do it in a *need-supportive* way. Investing time, attention, and energy into our child's school experience can be helpful or harmful. It depends on *how* we do it.

When we invest time and attention in a controlling way, we pore over our children's results, push our child to do better, corral them into extracurricular coaching, and harangue them for failing to win the dux of kindergarten award! It's that whole 'parent harder' kind of approach to involvement. The investment, the knowledge, and the support are set up with the best of intentions. But it's us setting the expected standard for them and pushing (sorry – supporting) them to achieve it because we have unilaterally determined that it matters.

There's that intense and controlling involvement that undermines individual motivation and wellbeing. The involvement we share is targeted towards other ends rather than being an end in itself.

A form of involvement in schoolwork that supports relationship needs looks more like us taking an interest, asking how they're doing, and inviting them to think about how they'd like to do at school, and why. And it's based on developmentally appropriate timing. Our six-year-old doesn't need to be chasing straight A's! It's not important for our Grade 3 child to be reading at a high-school level! But ... if they love reading and happen to be doing well, great; because they're volitionally seeking it. Perhaps they're doing it for the sake of the activity itself. It lights them up. Learning is intrinsically motivating! Our support and involvement will facilitate rather than undermine that motivation.

In the mid-1980s, Professor Grolnick completed a study of mothers with their one-year-old children. The mothers were asked to play with their children on the floor with a toy for three minutes while being video recorded. The results were analysed to show their style of involvement. The researchers found that mothers were involved in their children's play in different ways. Some were *controlling*, trying to help their child play 'the right way'. Others were *supportive*, exploring together and allowing their child to experience the natural delight that comes through their own discovery. Involvement that supports children's sense of autonomy and positive relationship creates connection; that sense of being seen, heard, and valued. Involvement that is controlling disrupts the experience of connection and autonomy.

This healthy supportive (but non-controlling) involvement requires effort. We have to break away from the inertia of our screens, the couch, or our agendas. We also have to break away from the inertia of our upbringing, our insecurity, our ego, and our desires for our children to fulfil their potential based on our preferences. Instead we need to focus on just three things:

1. Competence. Support their competence needs by developing structures and boundaries with them.
2. Connection. Helping our child feel seen, heard, and valued. And
3. Autonomy support. Giving our children a voice and the freedom to figure things

Kids thrive under these conditions. And we become better parents.

This is an edited extract from The Parenting Revolution, the new book out now from Dr Justin Coulson.



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.

2/2

School Calendar



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 2 Football (Soccer) Gala Day
25 Aug	Stage 3 Leisure Sports
28 Aug	ICAS Maths Assessment
30 Aug	North West Athletics Trials- Tamworth
30 Aug	Armidale Schools Stage 2 Soccer Day
30 Aug	Dinosaurs Down Under Show K-4
31 Aug	Book Week Dress Up Day
1 Sep	Stage 3 Leisure Sports
4-5 Sep	PSSA Girls Rugby 7's Championships
6 Sep	Bush Fest Excursion
6 Sep	P&C Meeting

Notes and Money Due

Weekly	Leisure Sports Weekly Payment- \$8.50
25 Aug	Year 4 Lake Keepit Excursion Instalment 4, \$60
8 Sep	Stage 3 Canberra Excursion Instalment 5, \$120

**BOOK CLUB
ISSUE 6
CLOSES FRIDAY, 8 SEPTEMBER**

General Information

**GENERAL
INFORMATION**

K-2 Heritage Steam Train Excursion



On Friday 18 August, our ES1 and Stage 1 Students ventured out on their Heritage Steam Train Experience. The train travelled to Uralla and back. A fabulous time was had by all.























Book Week 2023

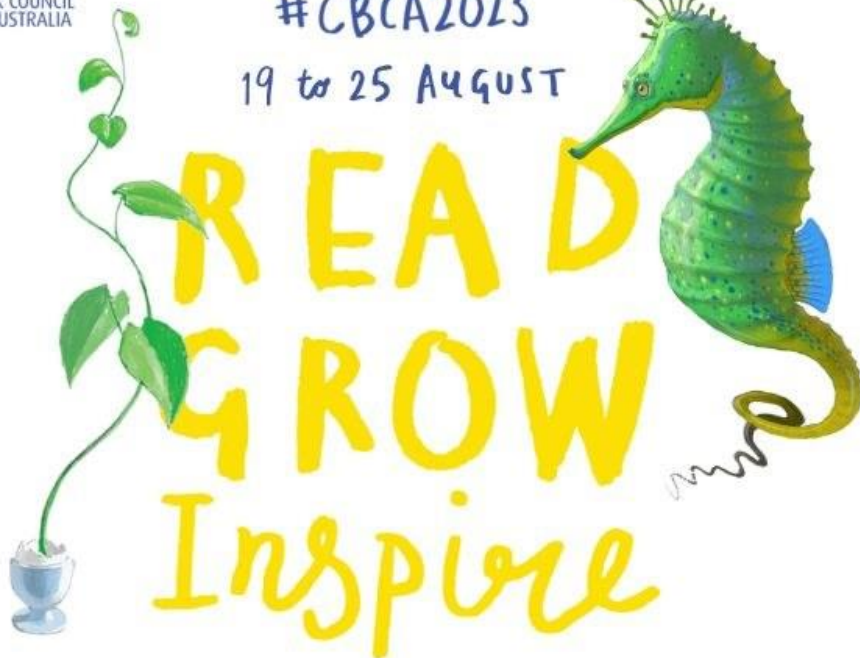


THE CHILDREN'S
BOOK COUNCIL
OF AUSTRALIA

CHILDREN'S
BOOK WEEK®

#CBCA2023

19 to 25 AUGUST



The 2023 book week parade will be held on **Thursday 31 August**. The theme this year is "READ, GROW, INSPIRE."



Good for kids, Good for Life



Screen free sleep

Did you know that the amount of time your child spends in front of screens can affect how quickly they fall asleep and the duration of their sleep?

It's crucial for your child to have sufficient, high-quality sleep to support their learning, play, and concentration, especially at school.

To minimize the impact of screen time on sleep:

- Avoid using digital screens within an hour before bedtime.
- Encourage your child to engage in activities like reading, drawing, or quiet play.
- Encourage your child to replace screentime with outdoor physical activity or play.



Source: Screen time and digital technology use: how it affects child and teenage sleep (raisingchildren.net.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.

K-2 Assembly



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

KB Theo, Dilovan, Violet and Asher

KB Danni-Lee, Harley, Mevan and Navarnah

K/1G Darya, Haval, Grace, Yasin, Archer and Hunter

1C Hamish, Oliver, Curtis, Bandawar, Hugh and Nane

1/2W Kyle, Clara, Killian, Zhihan, Onkar and Madeline-May

2C Vera, Armi, Indie, Xavier, Otto and Sebastian

2L Darcy, Tina, Paige, Connor, Lilly and Tan Minh

Congratulations to the following students who had their work selected as "Work of the Fortnight". Their work will be displayed in the office shortly.

KB Noah and Ivy

KP Henry and Liam

1C Alaa and Lucas

1/2W Anika and Alex

2C Oliver and Toby

2L Arotrika





Class News from Kindy Blue and Mrs Rubie



What a busy term we have had so far, with many more amazing things still to experience in the next few weeks. We are practising making words with our sounds and we are all enjoying our daily spelling tests. We have been having so much fun learning all about dinosaurs. We have used 'Webs of Understanding' to help us remember facts about different dinosaurs, we have made dinosaur fossils and fizzy dinosaur eggs. Last week for National Science Week, we joined with our friends in KP and K/1G to do different experiments. It was so much FUN! We were also very lucky to have travelled to Uralla and back on the Heritage Stream Train. We are now looking forward to Book Week and we are very excited for all of the wonderful learning we still have to experience over the rest of Term 3!

Mrs Rubie and the amazing Kinder Blue.







Class News from 3/4H and Mrs Hesselmans



We've had a very exciting term so far in 3/4H.

This term for our collaborative learning time we have been looking at sustainability. We have begun gathering information about different countries and their sustainable practices ready to create our own videos using iMovie.

Last week we had a 'Yes Day', celebrating some of our great behaviour with some chalk out on the basketball court and a handball tournament.

During our art lessons, we have been learning different Aboriginal art styles from around Australia and using a variety of tools to recreate patterns.

Education Week was this term, we spent the week discovering the history of our school and public education. We participated in a scavenger hunt to find pieces of history from around our school, including the old school bell and a time capsule.

Year three went on their first overnight excursion to Thalgarrah and had a great time learning about lifecycles and playing games that involved a lot of teamwork.

Year 4 are looking forward to their excursion to Lake Keepit early next term.

3/4H and Mrs Hesselmans



Class News from 5/6S, Mrs Schultz and Miss Kelly



In 5/6S we have been experiencing many different opportunities. We have enjoyed making paper mâché bowls for art and we have many different designs and shapes such as those below.

We have been loving our new class book called 'Holes' by Louis Sachar. It's entertaining and introduces new words that encourage us to use exciting new words in our writing.

Stage 3 have recently had the opportunity to do the McGrath Paper Plane competition where we got to design and create our own paper plane. We threw the planes last week and our class winners were **Delphine** and **Fahed**.

Leisure sports on Friday is so much fun. We get to travel by bus to the University, PCYC and the Indoor Sport and Rec Centre. 5/6S love all the sports, such as badminton, bowling, boxing and boot camp.

There is also a lot of excitement in the room as we chat about our Stage 3 excursion coming up next term and also our visits to Armidale Secondary College and Book Week!

Thank you!

Written by Louella, Amelia, and Lyla in 5/6S









Arts and Culture News



Game Changer Semi Final

THE
*** GAME ***
CHANGER
CHALLENGE

Game Changer Semi Final was held online yesterday. Good luck to the Wicked Caretakers - Ayalla, Rebecca, Naomi, Hayley & Julia. We look forward to hearing your results once all other finals have been held.



Sports News



PSSA Football Knockout



Our football team took on Ross Hill yesterday in the PSSA knockout. Unfortunately, this is the end of the journey for us going down 3-0. The boys played well and demonstrated fantastic sportsmanship throughout the rounds. Congratulations.

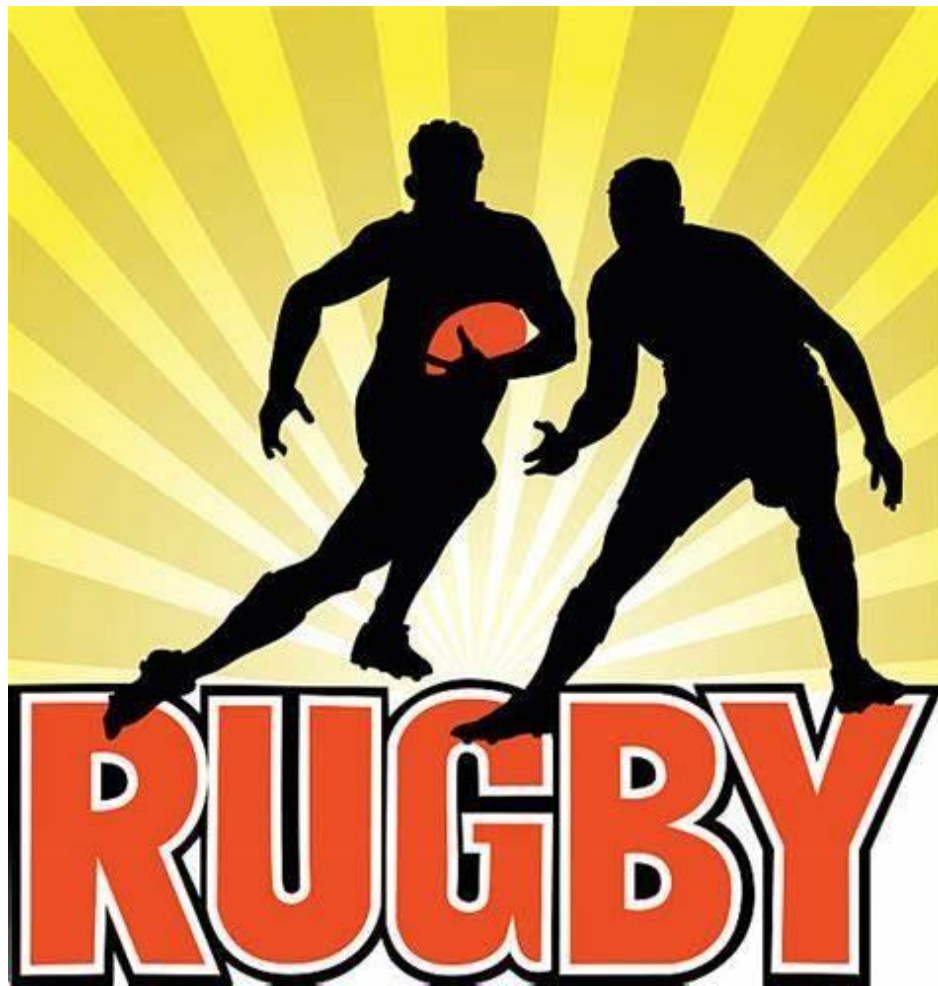








PSSA Rugby Union Championships



Good Luck to **Edward** and **Frankie** who are in Camden this week as members of the North West team. They are participating at the PSSA Rugby Union Championships.



Cricket NSW Visit



Thank you to Henry and the team from Cricket NSW for coming and running a skills session with some of the Stage 2 and 3 students. The school was lucky to receive a bat signed by two members of the Under 19 Australian team and a NSW Breakers player who also attended.







Mrs Ridley's Word of the week



Oracular (adjective)

(aw-RAK-yuh-ler)

Oracular can describe something that is used to forecast or divine, or that resembles or relates to something used for such purposes. **Oracular** can also describe a person who resembles an oracle—a person (such as a priestess of ancient Greece) through whom a deity is believed to speak.

Community Notice Board



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



BUSH FEST

Join us for Bush Fest in Concert

Parents and friends are invited to join us at the BushFest concert on Wednesday, September 6, 2023 at 1pm. Led by renowned children's conductor Paul Jarman, our small schools can't wait to showcase all their hard work.

Cost: Free

Time: 1pm

Venue: NECOM Auditorium, Armidale Teachers College,
Cnr Mossman & Faulkner Streets

For more information contact
admin@necom.org.au or 6788 2135





2 DAY VIP EVENT

20% OFF
EVERYTHING*



AUGUST 24TH & 25TH



INSTORE & ONLINE

*T&C's apply, no rainchecks, savings off original prices.



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

Contact Us



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