



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

30 August 2023

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Principal's Report



Yesterday, I had the privilege of presenting some of our staff with service certificates. Congratulations go to **Ms Raftery** on achieving over **30 years** of service with the Department of Education. **Mrs Girard, Mrs Jones, Mr MacGregor** and **Mrs Ridley** are also congratulated on being recognised for **20 years** of service.

Congratulations also go to our two teams that participated in the regional finals of Tournament of Minds in Tamworth last weekend.

Today has been very busy with half of our Year 3/4 students involved in the inaugural Armidale Schools Stage 2 soccer gala day organised by Mrs Carson and Mr Townsend, supported by a wonderful group of Stage 3 students. This event included teams of students from across Armidale public schools. In addition, students from Kindergarten to Year 4 were treated to a special show about Dinosaurs Down Under which had been postponed from Science Week. A number of students also completed at the North West Area athletics trials in Tamworth.

Book Week

Armidale City Public School will be celebrating Book Week for 2023 tomorrow morning with a special parade of students dressed as their favourite character from any book. Parents and other students will be able to view the parade from 9.30am on the school oval.

Bush Fest

Approximately 60 students from Stages 2 and 3 will be participating in a special musical opportunity at the New England Conservatorium of Music (NECOM) next Wednesday. They will start the day in a workshop, preparing to perform later in the day. Information about the performance is attached.

Kindergarten in 2024?

Our thanks go to the parents who joined the Kindergarten information session last Wednesday evening. **Mrs Rubie** outlined transition sessions and what to expect once children start 'big school' while parents had the opportunity to have questions answered.

If you have not applied to enrol your child in Kindergarten in 2024, please do so 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>

Father's Day

This Sunday, we recognise all fathers and father-figures in our lives. Wishing all father-figures a very happy Father's Day. Attached to this Blue and White is a timely *Insights* article that discusses how fatherhood has been redefined.

Take care and stay safe,

Deborah Nay



DR JUSTIN COULSON

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Fatherhood Redefined

Dads of all kinds are important contributors to families. Biological fathers, step-fathers, legal guardians, foster-fathers, grandfathers, even close family friends acting as faux fathers can all perform important roles in families. There is even a YouTuber who acts as "Dad" to 4.6 million subscribers, who turn to him for "Dadvice" about everything from how to shave a beard to how to inflate a tubeless wheelbarrow tire.

However, the benefits of having a present and involved dad go far beyond having someone around to teach wheelbarrow maintenance. In fact, Harvard family scholars Marc Grau Grau and Hannah Riley Bowles state that "The importance of engaged fatherhood is now undismissible in ways it was not in earlier decades."

Fathers are not like mothers. Fathers parent in unique ways, which offers unique and important benefits to their families and children.

Here's a few things dads can do to be uniquely helpful:

Take paternity leave

Fathers who take paternity leave, especially if they take at least two weeks, are significantly more likely to dedicate their time to childcare and housework, not only during their leave period, but at least until the child is two to three years old!

Be present

It seems simple, but remember that having a present father in the home is a protective factor for reducing anti-social behaviour in boys, and reducing teen pregnancy, depression, and early sexual activity in girls.

Share the load

It's highly likely that the distribution of childcare and housework tasks isn't as even as you might like to believe it is. By stepping up and sharing the load, fathers can help close the gender gap even further, model for their children how healthy relationships function, and set expectations for their children's future relationships.

Play

Dads play in unique ways, particularly by encouraging risk taking and exploration. The sort of vigorous, stimulating rough-housing play that dads are so great at predicts enhanced social competence, while decreasing externalising and internalising behaviour problems.

Read to the kids

Reading books together, telling stories, and singing songs to the kids are all important forms of cognitive stimulation which have established benefits for improving literacy outcomes in children. Interestingly, these benefits are more pronounced when dad does the storytelling.

Talk with the kids

Dads also engage in a unique communication style with their kids. Fathers seem more likely to use bigger words when they speak to their children. Mums keep it simple. Both forms of communication are valuable for kids, but this report from the American Academy of Pediatrics points out data showing that "at 3 years of age, father-child communication was a significant and unique predictor of advanced language development in the child but mother-child communication was not."

Engage in discipline

To discipline means to instruct, teach, and guide. Parents can effectively discipline their kids by setting limits in a way that explores what's going on, explains our reasoning for desired behaviour, and empowers kids to problem solve and come up with reasonable ways forward. Fathers are typically more authoritarian than mothers, so may need to work harder to move away from coercive and punitive discipline methods.

There's so many other things dads can do to be excellent fathers. But... here's the vital thing:

Fatherhood matters. Period. Even if dad is not in the family home. Even if dad is not married or together with mum. Even when it's not part of the 'package' deal. (Which is, by the way, ideal... but the world is far from perfect.)

In Australia, there are more than 1 million single parent families, and 86% of those families are mother-led. Additionally, data from the US suggests that 27% of non-resident fathers don't see their kids at all. That is a lot of kids who are growing up with absent fathers.

Living away from the kids does not mean that a father can't provide them with the benefits of being involved. This meta-analysis of 52 studies finds clear support that non-resident fathers can still have a positive impact on their children's academic achievement, behavioural adjustment, and emotional well-being. Being involved matters. Having a positive father-child relationship matters. Taking an interest in child-related activities matters. Spending time with the kids matters.

Mothers are not fathers. Mothers can't fill in for absent fathers; they can't provide their children with all the benefits that come from having involved and present fathers in their lives.

And fathers are not mothers. They don't parent in the same way. Instead, they provide unique, important contributions to their families; contributions that should not be dismissed or devalued.



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



31 Aug	Book Week Dress Up Day and Parade
1 Sep	Stage 3 Leisure Sports
1 Sep	Debate V Walcha Central
4-5 Sep	PSSA Girls Rugby 7's Championships

6 Sep	Bush Fest Excursion
6 Sep	P&C Meeting
6 Sep	North West Chess Finals in Tamworth
8 Sep	Father's Day Breakfast
8 Sep	Stage 3 Leisure Sports
14 Sep	NAIDOC Morning Tea and Activities
15 Sep	Stage 3 Leisure Sports
22 Sep	Stage 3 Leisure Sports
22 Sep	Last Day of Term 3

Notes and Money Due

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

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

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".

Our Book Week Parade will be held on the main oval, starting at 9:30am. Visitors are able to attend if well.



Swap It



Sandwich filling inspiration

Sandwiches are a great everyday lunch option! Looking for inspiration to try some new sandwich fillings? Try these!

- Bulk out the sandwich with vegetables. Try using carrot, tomato, lettuce, baby spinach, avocado, beetroot, cucumber or pineapple as the bulk of the sandwich.
- Try using leftover lean meats, boiled eggs, reduced fat cheese, BBQ chicken (skin removed), canned fish, turkey, roast vegetables, falafel or tofu to switch-up fillings!
- Swap your spreads! Instead of butter or margarine try cream cheese, cottage cheese, avocado, hummus or tzatziki.

Class News from K/1 Green and Miss Rowland



Science Week Spectacle

K/1G students dove headfirst into the amazing world of science for our K/1 science week event. The budding scientists in **K/1G** explored a range of interactive activities and experiments designed to introduce them to key science concepts. From hands-on chemistry experiments with Skittles to investigations into friction and absorption, there was something to captivate every budding scientific mind.

All Aboard!

K/1G had a blast stepping back in time during our unforgettable Steam Train excursion! Students enjoyed picturesque views of the Armidale and Uralla countryside and experienced the sights and sounds of a bygone era. Their excitement was palpable as they peered out of the train windows, spotting local landmarks (and lots of sheep) and waving at delighted onlookers. We can't wait for the steam train to visit Armidale again!

K/1G are eagerly awaiting the exciting learning opportunities we have to look forward to this term, including the Dinosaurs Down Under show and our Book Week celebrations. We can't wait to share more of the excitement with you!

K/1G and Ms Rowland







Class News from 5/6K, Mrs Kelly and Mrs Jones



5/6K have been participating in many wonderful activities this term, including a group of students performing in an '*An Evening With ACOS*'. We have continued to work on improving our tennis skills and enjoying some great rallies and showing good sportsmanship.

In Visual Art we have been making Paper Mache bowls and we have just finished painting them. We had a lot of fun and are proud of the bowls we have created and their unique and individual designs.

Informative texts have been the focus of this term's writing activities and we have been developing our researching skills investigating different topics. We were intrigued when we investigated the history of Armidale City Public School about how it has changed over the years from Armidale Demonstration

School until now. Currently we are writing about a chosen landmark and creating a brochure to present with our mini model. We have found some very interesting information about some of the famous landmarks around the world.

In Science **5/6K** students have been learning about major geological and extreme weather events such as earthquakes, volcanic eruptions, tsunamis, drought and cyclones.

5/6K, Mrs Jones and Mrs Kelly





Arts and Culture News



Year 6 into Year 7 Taster Lessons



Some of our year 6 students headed over to Armidale Secondary College on Thursday for year 6 into year 7 taster lessons. A big thank you to ASC for a wonderful morning and to all the leaders that helped.





Sports News



Armidale City Students at State Gymnastics



Gymnastics
New South Wales



Mrs Ridley's Word of the week



Foible (noun)

(FOY-bul)

Foibles are minor flaws or shortcomings in character or behavior. In fencing, **foible** refers to the part of a sword's blade between the middle and point, which is considered the weakest part.

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

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Please email armidalec-p.admin@det.nsw.edu.au¹ if you wish to have your notice included in our newsletter.

¹<mailto:armidalec-p.admin@det.nsw.edu.au>

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