

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

6 September 2023

In This Issue



- **Principal's Report**

- **Calendar**
- **General Information**
- **P&C News**
- **3-6 Assembly**
- **2023 Book Week**
- **Class News 3/4J**
- **Sports News**
- **Mrs Ridley's Word of the week**
- **Community Advertisements**
- **Contact Us**

Principal's Report



This week we recognise our outstanding school administration and support staff. These people are *essential to our school* and *essential to our community*. Our office staff are front line workers, often being the first point of contact with parents and visitors, as well as the people our students turn to when not feeling well or are injured. Our support officers work closely with students to support their learning and encourage perseverance when tasks are tough. Thank you to **Mrs Campbell, Mrs Boyd, Mrs Petersen, Miss Madi, Miss Chloe, Miss Heidi, Samya, Khokhi, Shiroq, Hiyam, Andrea** and **Hugh**. Our teaching staff are also very appreciative of your dedication and support.

Professional learning

Yesterday afternoon, our teaching staff were joined by teachers from Ben Venue Public School and Drummond Memorial Public School to learn more about the new 3-6 English Syllabus and 3-6 Mathematics Syllabus. This has been the first opportunity for our teachers to participate in professional

learning beyond the K-2 curriculum and replaces half of one staff development day from the end of Term 4. The new curriculum is to be implemented from the beginning of 2024.

Book Week

Many of our students and staff took the opportunity to dress as a book character to celebrate Book Week at Armidale City Public School last week. Our thanks go to the parents and carers who helped with sourcing or constructing costumes.

Bush Fest

Approximately 60 students from Stages 2 and 3 took part in a special musical opportunity at the New England Conservatorium of Music (NECOM) today. They started the day in a workshop, preparing to perform later this afternoon.

Kindergarten in 2024

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>

Take care and stay safe,

Deborah Nay



ISSUE 8 | TERM 3 | 2023

R U OK?

I'm not really supposed to say this, but R U OK Day has always sat a little uncomfortably with me. I know we need to show we care – and I'm all for that. I know we need to be willing to have the tough conversations – and I'm all for that.

The trouble for me is twofold: first, asking "are you ok?" doesn't tend to feel authentic in most casual conversations. This, we can change, by having more meaningful conversations. But second – and importantly – in the unlikely event that someone says "No, I'm actually not doing so well" we tend to be a little unsure of how to respond. This is the case whether we're talking to a friend or one of our kids.

Our insights articles are typically about parenting. This article can still apply to parenting, but really, this one's for everyone who has ever wondered how to ask if someone is ok, or who has felt unsure about how to respond when things *aren't* ok.

R U Ok?

Think about how we typically ask someone how things are for them. Common questions might be:

- **How are you?** (Common responses are "not bad", "fine thanks", or a sigh followed by "I'm ok".)
- **How was your day?** (Common responses are "meh", "mmmm hmmm", or "fine".)
- **What's wrong?** (Common responses are "nothing" or a big gush of emotions.)

Let's consider a couple of important factors:

1. What have they already told you?

Perhaps their body language is slumped. Maybe they seem to have been crying or are jittery, upset, or even antagonistic.

2. How's your timing?

Asking a question about emotions when someone is emotional or tired can trigger responses that aren't helpful. Sometimes we might even become irritated when we get a one-word answer like "fine". Timing matters.

3. Is there an audience?

If others are around, a person will want to "maintain face". Face needs describe the way we try to look like we have it together so no one judges us. An audience reduces the likelihood that someone will be honest with us.

4. How have you asked?

We often ask if people are ok because we've seen that they're looking like they're struggling, but we ask at the wrong time or in front of a crowd... or perhaps we ask the wrong way. A quick "what's wrong?", or "how are you" can sometimes give the impression that we're not interested in the answer.

5. How is your relationship?

A lesson I've learned the hard way is that if I don't share a strong enough relationship with someone, my questions about how they're doing won't go very far. (Face needs play a role here again.) A person has to know – deep in their bones – that you've got their back if they're going to open up.

How to ask the question

There are many ways to find out how someone is. Here are three suggestions:

First, when you see that someone isn't doing so well, you are away from others, the timing is right, and the relationship is strong, ask "Are you ok?" The question should be asked with eye contact (and a gentle touch – perhaps on the shoulder – if appropriate), compassion, and a clear desire to know more.

Second, you might follow the suggestion above but instead ask "How are you feeling?". This question opens a dialogue that can also be productive.

Third, say what you see. (This is my preferred option, although it may not always be right.) In this instance, you might say, "It looks like you're having a really rough time at the moment." Or you could say, "I might be reading this wrong, but lately I feel like it's been a struggle for you." This leads to a more natural "are you ok?"

When they say they're fine

People often hide how they're really feeling. They don't want to look weak or incompetent. Or perhaps they don't want to be honest – with you or themselves.

A friend recently shared the following with me:

I was on a walk with a few mates. We walk regularly together – at least twice a week. After a walk, Shane came up to me and said, "No one cares about what I'm going through. But I'm falling apart. I just don't think I can keep doing this. And no one is checking in."

My friend had checked in with Shane that day (and every other day they met) with a standard "how are things, mate?" and Shane had met that question with a smile, a nod, a handshake, and a "yeah, great mate. You?"

Now and then, it's good to pause and say something like, "Ok, that's the standard answer. But how are things... really? Are you ok?"

Often it's the second question that makes the difference.

Where to from here?

When someone gives you an indication that they're struggling – that they're not really "ok" – you might sometimes get stuck. What do you say?

Clumsy statements like "you'll be ok" often spill from our lips. We mean well. But this rarely helps.

Well-intentioned advice might be our natural response. It's rare that someone who is not ok actually wants our advice though. This is better saved for later.

Instead, try the following:

1. Say thanks. "I really appreciate you letting me know."
2. Validate. "Things can be really rough sometimes."
3. Listen. "I'm here and I'm listening"
4. Offer support. "If there were anything at all that I could do, what would it be?" or better yet, "I think I can help. Are you open to...? (and make an offer of support like a meal or a regular catch up?)"

And if someone is in real danger, **call Lifeline on 13 11 14**.



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 7 books about families and parenting. For further details visit happyfamilies.com.au.



School Calendar



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
9 Oct	First Day of Term 4 for both Staff and Students

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



P&C News



The next P&C Meeting is on tonight at 6:30pm.

Unfortunately, the Father's Day Breakfast that was scheduled for Friday, 8 September has been cancelled due to unforeseen circumstances.

3-6 Assembly



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

- | | |
|-------------|--|
| 3/4C | Bana, Kushmi, Lucy and Arwen |
| 3/4J | Anna, Douglas, Chloe and Sandar |
| 3/4M | Cafe, Dilbar, Ajay and Joe |
| 3/4S | Louis, Pije, Spencer and Susannah |

3/4H	Jaxon, Zhiyan, Alana and Gemma
5/6K	Niwar, Zion, Yasir and Blake
5/6T	William, Jared, Fayad and Frankie
5/6S	Trae, Ekhlās, Charlie and Wesam
5/6R	Hayley, Joni, Felicity and Ovindu

Congratulations to the following students who received Work of the Fortnight at yesterday's assembly.

3/4C	Niamh
3/4J	Molly
3/4M	Ivy and Mehran
3/4S	Brooks and Unique
3/4H	Jaxon
5/6K	Zander
5/6T	Minh
5/6S	Amelia
5/6R	Darcy



Book Week 2023



Thank you to Everyone who came dressed as their favourite book character for our Book Week Dress Up Day and Parade. We had so many fantastic characters with so much effort put into costumes. Thank you to **Mrs Girard** for organising such a fun day.



















































































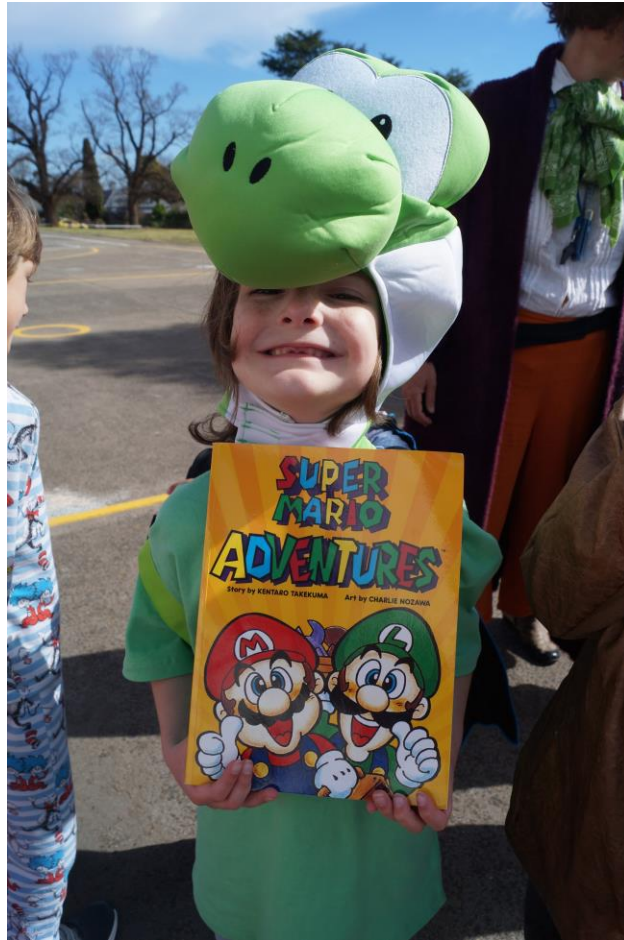






























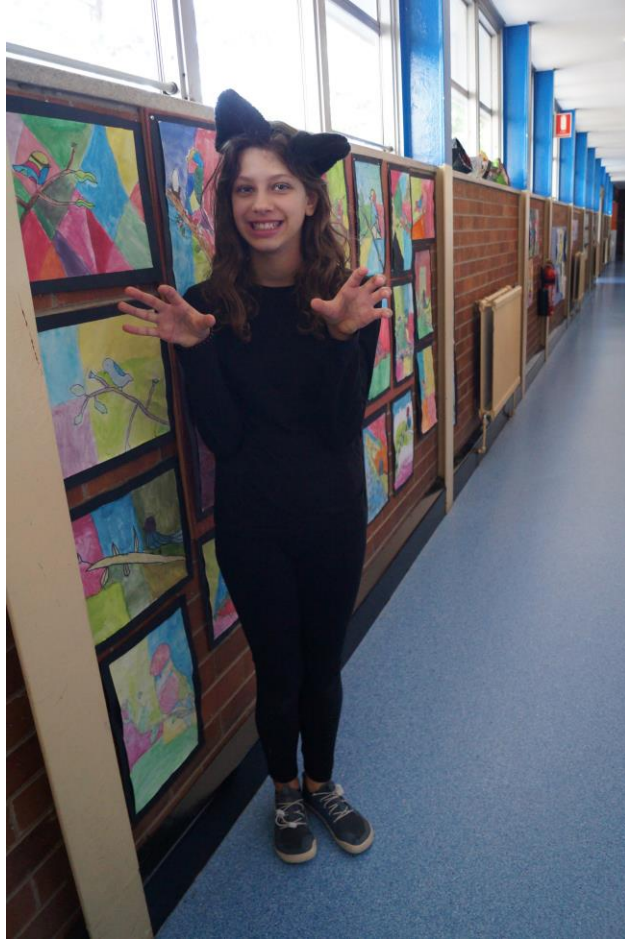












































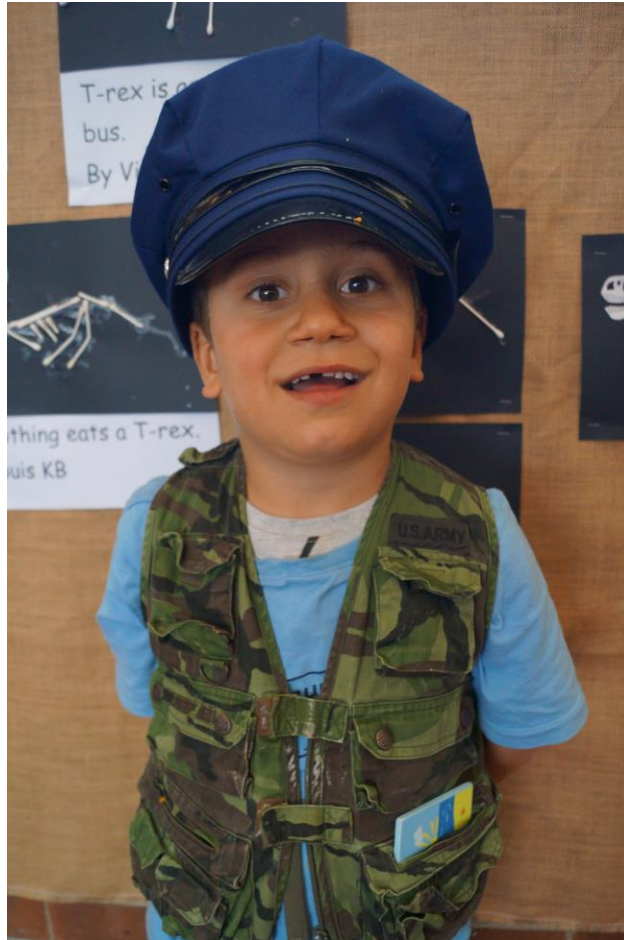






















































Class News from 3/4J and Miss Joyce



Today **3/4J** had a visit from **TJ** in stage 3 who read to us as part of Indigenous Literacy Day. He welcomed us in language and was a fantastic reading ambassador. We then joined the livestream event and shared in Indigenous literacy from around the country. We have been presenting some fabulous homework projects, discovering interesting information on Clown fish, Devils hole pupfish, Kookaburra's, Barramundi and many more. The students are looking forward to the rest of the presentations this week. Our class is reading Wylah and are enjoying the journey her character is taking us on. We are reading and

writing information reports in literacy time and building our knowledge on fractions in maths (maybe ask us to help cook and cut food into fractions).

Congratulations to **Molly** who performed the school song on the piano for assembly, it has been several years since we have had a student play along with us and she did a fabulous job.

We have a number of students looking forward to attending the Todd Woodbridge cup in a few weeks to play tennis and had a number of students participate in the North West Athletics carnival in Tamworth last week. Congratulations to **Chloe** who is off to Sydney next term.

Sports News



Girl's PSSA Rugby 7's Championships



Congratulations to **Frankie** who represented North West in the Girls 7s Rugby Union PSSA Championships on Monday and Tuesday this week.



Zone Athletics



Congratulations to **Edward** and **Hayley** who received their Zone Athletics Age Champion Trophies at yesterday's assembly.



Mrs Ridley's Word of the week



Auspicious (adjective)

(aw-SPISH-us)

Something described as **auspicious** is full of promise, showing or suggesting that future success or good results are likely. **Auspicious** can also mean “attended by good fortune.”

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**

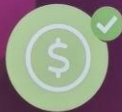


↑ Register now before race day!

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





FREEDOM OF ENTRY MARCH | 28 OCT



75th ANNIVERSARY
 12th /16th HUNTER RIVER LANCERS

Open Days
 9am - 1pm | 26 - 27 October
 Curtis Park
 75 Faulkner St

12pm - 2pm 28 October
 Central Park
 125 Dangar St


Freedom of Entry March
 Saturday 28 October 2023 at 11am


The Freedom of Entry march will commence at 11am at Curtis Park and conclude at Central Park.

An opportunity for our community to honour the men and women of the 12th/16th Hunter River Lancers of the Australian Army.

ALL WELCOME

For more information visit 










NIBL

NORTHERN INLAND BASKETBALL LEAGUE

FOR BOYS & GIRLS AGED 8-17



STARTS SOON!

 <p>MEGA GALA DAY</p> <p>TAMWORTH</p> <p>SUN 10TH SEP</p> <p>9AM-3PM</p>	<p>ROUND 1</p> <p>GLEN INNES GUNNDAH</p> <p>SUN 17TH SEP</p> <p>9AM-3PM</p>	<p>ROUND 2</p> <p>ARMIDALE GUNNDAH</p> <p>SUN 24TH OCT</p> <p>9AM-3PM</p>	<p>NORTH & SOUTH CROSSOVER</p> <p>TAMWORTH</p> <p>SUN 12TH NOV</p> <p>9AM-3PM</p>
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★ Pre-register to receive your FREE playing singlet & shorts!



MEMBERS OF AN ASSOCIATION - \$60

NON-MEMBERS - \$80

COACH, SCORETABLE & REFEREE - FREE

bit.ly/NIBL2023



BASKETBALL NSW

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

Contact Us



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