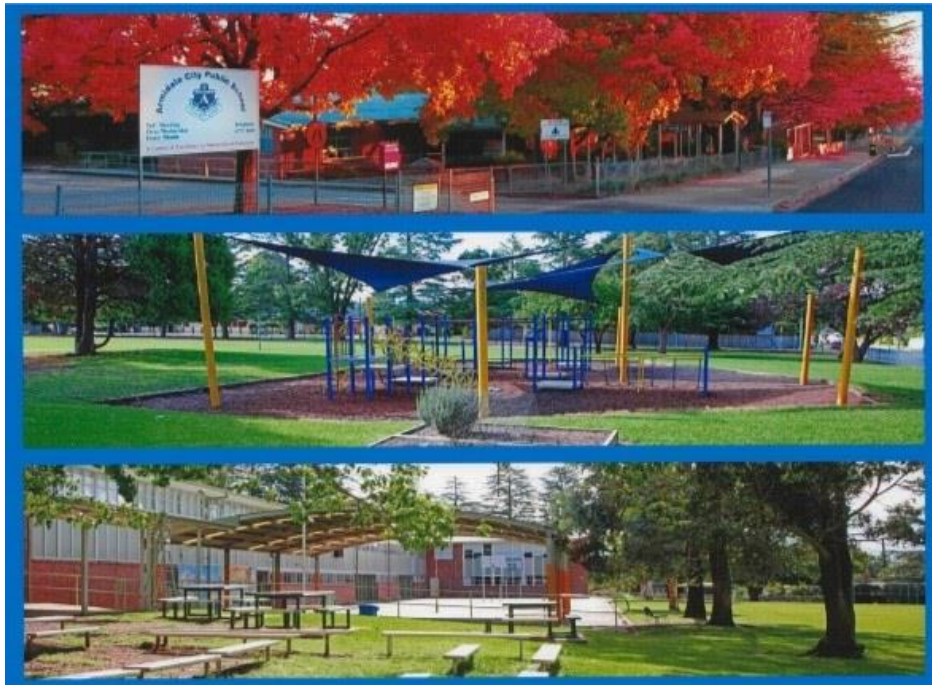


The Blue and White
Armidale City Public School
"the heart of Armidale"
Quality Teaching since 1861

16 October 2024

In This Issue



- **Principal's Report**

- **Calendar**
- **General Information**
- **Mrs Ridley's Word of the week**
- **Community Advertisements**
- **Contact Us**

Principal's Report



Welcome back to Term 4. I hope that families had an enjoyable break, and students are energised for the last ten weeks of the year. It will be a very busy time as we learn and prepare for reports, performances and various extra-curricular experiences.

Zooper Dooper day

As the temperature climbs a little, Mrs Carson is organising a *Welcome Back Zooper Dooper* day tomorrow, Thursday 17 October. Students can bring along \$1 to purchase this ice treat and boost our excursion fund, which helps to reduce the costs for all students.

Good luck Year 12

Year 12 students are currently undertaking their final exams. These students remain in our thoughts, and we wish them well in their exams and the journey beyond.

Cleaners Day

Today is Thank You Cleaners Day. We are extremely fortunate to have two of the best cleaners available in New South Wales. Our thanks go to Myron and Paul for the work they do every day and the extra support that they provide our students and staff.

Book Fair coming next week

The second Book Fair for this year is being held from 21 – 31 October. Students are able to purchase books and other items during their class library lessons and during second half lunch. Parents and carers are welcome before and after school on 28 and 29 October.

Kindergarten in 2025

If you have not applied to enrol your child in Kindergarten for 2025, please do so as soon as possible to ensure that you are advised of any Orientation to School activities this term. Enrolment applications can be made online at <https://enrol.education.nsw.gov.au/#/?schoolCode=1057>

Transition to school activities will be held on Wednesday, 6 November, 13 November and 20 November for those children who have completed their enrolment.

Free internet access?

The Australian Government's School Student Broadband Initiative (SSBI) offers free home internet for eligible families. To qualify, families must have a child enrolled in an Australian school, not have had an active nbn® service in the past 14 days and live in an area with nbn® access. Families can check eligibility by contacting the National Referral Centre via 1800 954 610, visiting its website, or emailing studentinternet@anglicarevic.org.au.

Families and carers can apply until 31 December 2024. Eligible households will receive free home internet until 31 December 2025.

Bouncing back!

Justin Coulson reminds us that building resilience is an ongoing process. In the attached article, *15 Ways to Raise Kids Who Bounce Back: No Fluff, Just Grit*, he helps us to understand what matters about resilience. If you want kids who face life's curveballs with their heads held high, Justin provides 15 suggestions that you may find helpful.

Take care,

Deborah Nay



INSIGHTS

happy families SCHOOLS

ISSUE 1 | TERM 4 | 2024

15 Ways to Raise Kids Who Bounce Back: No Fluff, Just Grit

Here are two propositions that matter when it comes to understanding resilience.

i. Life is hard. Full stop. End of story. Despite what Instagram promises, it rains when you need sunshine, the kids will be “too tired” when you’re running late...and the potty-training toddler, who’s been dry for a week, will save a truly epic nappy blowout for the moment you strap them into their car seat for a four-hour road trip. Oh, and don’t forget the inevitable chorus of “I’m hungry!” that erupts precisely three minutes after you’ve finally cleaned up the hurricane of a meal they just declared they “didn’t like.”

ii. People are resilient. It’s in our nature. We are designed that way. Unfortunately, we are fed a lie. We are told that challenges break us. And so we try to make life comfortable. We try to avoid the hardships that are guaranteed to hit us. And we do the same with our kids, scooping them up out of harm’s way so we can “protect” them.

But what if I told you that resilience is a muscle built through experiences and relationships? What if I told you that you can’t be resilient unless you face those hardships? If you want kids who face life’s curveballs with their heads held high, here’s the blueprint:

- 1. Forge Unbreakable Bonds:** Kids need to know they’ve got a corner in this crazy world where they’re safe, loved, and unconditionally accepted. That’s the foundation for everything else. The best research tells us that this is numero uno. They need to know you’re there for them no matter what. (But that doesn’t mean you’ll do everything for them!)
- 2. Give ‘Em the Reins (Sometimes):** Let them make choices, even small ones, so they learn to trust their gut.
- 3. Feelings Aren’t the Enemy:** Teach them that it’s okay to feel ALL the feels. But also give them the tools to navigate those emotions without getting swept away. Emotions come and go, just like waves on the beach. Help them learn to recognise and ride those waves... the good ones and the not so good ones.
- 4. Celebrate the Climb, Not Just the Summit:** My eldest daughter and I hiked a huge hill in the Rocky Mountains. It was exhausting. After an hour of climbing I stopped and stared at the summit. She started to tell me it was too far. I spun her around and asked her what she could see. “We’ve come a long way huh? That view is amazing.” She turned to face the mountain and kept walking up it.

5. **Self-Care Isn't Selfish:** A well-rested, nourished kid is better equipped to handle stress. Teach them healthy habits, and model them yourself. And remember, no health habit supports resilience better than getting enough sleep.
6. **Asking for Help is a Superpower:** Create an environment where they feel safe expressing their needs. Make it clear that asking for help isn't a weakness, it's a smart move.
7. **Set the Bar... But Keep It Reachable:** Break down big goals into bite-sized chunks. Celebrate progress, and help them see that even small steps matter.
8. **Be Their Resilience Role Model:** Share your own stories of overcoming challenges. Let them see that setbacks are part of life, and bouncing back is possible. The dinner table is the best place for these chats. Or the car. Or walking the dog. Or on the trampoline. Or anywhere! Just have the conversations.
9. **Laughter is the Best Medicine:** Inject some fun and silliness into everyday life. Teach them to find the humour in situations, even tough ones.
10. **Let Them Explore Their Passions:** Encourage curiosity and support their interests, even if they seem quirky or unusual. It's about finding their spark.
11. **Roll with the Punches:** Life throws curveballs. Help them see change as an opportunity, not a threat.
12. **Find Their "Why":** Help them discover what matters to them, what lights their fire. A sense of purpose fuels resilience. This will be most helpful for older kids.
13. **Turn Problems into Puzzles:** Teach them to approach challenges with curiosity and creativity. Brainstorm solutions together, and let them take the lead when possible.
14. **Build Them Up, Brick by Brick:** Focus on their strengths, their unique qualities. Remind them of their wins, big and small. A strong self-image is a powerful shield.
15. **Routine Creates a Safety Net:** Predictability provides a sense of control, especially during turbulent times. Establish healthy routines, but allow for flexibility when needed.

Remember, building resilience is an ongoing process. It's about nurturing a mindset, not checking off a list. Be patient, be present, and most importantly, be the safe harbour your child needs to navigate life's choppy waters.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. 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



Calendar

TERM 4

17 Oct Zooper Dooper Day \$1 each

21-31 Oct Term 4 Book Fair

23-24 Oct	State Athletics
24 Oct	New England Sings Rehearsal
24 Oct	Premiers Debating Challenge V SHPMS Online
25 Oct	Grandparents Day
26 Oct	New England Sings Rehearsal
27 Oct	New England Sings Concert
29 Oct- 1 Nov	Year 4 Lake Keepit Departs
30 Oct	5/6R Far Out Science
31 Oct- 3 Nov	Tournament of Minds International Competition
6 Nov	Kindergarten Transition

Notes and Money Due

Activity and Cost

Year 4 Lake Keepit payment - Check Installment Note

Year 3 Thalgarrah Payment - \$90

Please ensure you check your parent portal regularly for all upcoming activities and payments that are due.

General Information

**GENERAL
INFORMATION**

Equipment requirements for Students



Please ensure your child has all the equipment they require for term 4.

ARMIDALE CITY PUBLIC SCHOOL
EQUIPMENT REQUIREMENTS FOR EACH CLASS

Item	Kindergarten	Stage One Year 1 & 2 (Sport Day - Thursday)	Stage Two Year 3 & 4 (Sport Day - Friday)	Stage Three Year 5 & 6 (Sport Day - Friday)
Pencil HB	Yes (6 per term)	Yes (6 per term)	Yes (4 per term or as necessary)	Yes (4 per term)
Coloured Pencils	Yes	Yes	Yes	Yes
Textas	No	No	Yes	Yes
Twistable Crayons	Yes	Yes	Yes	Yes
Pencil Case	Yes (small only)	Yes (Small only)	Yes (Small only)	Yes (Small only)
Ruler	No	No	Yes - Wooden or firm plastic	Yes - Wooden or firm plastic
Eraser	No	No	Yes	Yes
Glue Stick (Bostik - Blu)	Yes (2 per term)	Yes (2 per term)	Yes (2 per term)	Yes (2 per term)
Sharpener	No	Yes, Barrel Sharpener	Yes, Barrel Sharpener	Yes, Barrel Sharpener
White Board Marker (Non- Permanent)	Yes (2) (per term)	Yes (2) (per term)	Yes (2)	Yes (2)
Biro — Blue/Black	No	No	No	Yes (2 per term)
Biro — Red	No	No	No	Yes (2 per term)
Take Home LIBRARY Bag	Yes	Yes	Yes	Yes
Take Home READER Bag	Yes	Yes	No	No
Paint Smock/Art Shirt	Yes	Yes	Optional	Optional
Plastic Document Wallet	Yes	Yes	Optional	Optional
1 Box of Tissues (240)	Yes <u>2 per term</u>	Yes <u>2 per term</u>	Yes <u>2 per term</u>	Yes <u>2 per term</u>
A4 Homework Book (96 page)	No	Yes	No	No
1 Packet Playing Cards	No	Yes	Yes	No
Whiteboard Duster	No	Yes	No	No
Earphones	No	No	Optional	Yes

It is essential that all items are labelled clearly with your child's name and class. It is also important that you regularly check your child's equipment supply and restock when necessary. Thank you for your help!

Grandparents/ Grandfriends Day





**GRANDPARENTS' and
GRANDFRIENDS' DAY**

WHEN: Friday 25 October 2024

**TIME: 10.30am Classroom Visit
11am Morning Tea in
The Rose Garden**

Hope you can join us.

*Children whose grandparents are
attending are asked to please bring a
small plate of cake, biscuits, slice,
sandwiches or fruit to contribute to
the morning tea.*



Armidale City Cookbook



OUR
New England
TABLE

Armidale City Public School

ARMIDALE WALCHA URALLA
GUYRA GLEN INNES
TENTERFIELD INVERELL

We still have plenty of the School Cookbooks available to purchase at the office. They make fantastic gifts and are on sale for only \$10 each.

Tiles needed for Art



We are on the hunt for donations of coloured tiles we can use for an art project. We plan to mosaic with them so it's fine if they are big, small or broken. Please drop to the front office for Mrs Mac. Thanks for your help

2025 Kindergarten Information




ARMIDALE CITY PUBLIC SCHOOL

KINDERGARTEN 2025 ENROL NOW

Enrolment applications for Kindergarten 2025 are now being taken. If your child turns 5 years of age before 31 July 2025, they are eligible to start school at the beginning of the year. Please visit our school website or phone the office for more information.

REGISTER NOW

 02 6772 3420

 <https://armidalec-p.schools.nsw.gov.au/>

 ARMIDALE CITY PUBLIC SCHOOL



KINDERGARTEN 2025 ORIENTATION DAYS

Wednesday 6 November 9.30-11.30am
Wednesday 13 November 9.30-11.30am
Wednesday 20 November 9.30-11.30am

Please drop off and collect your child at Gate 6 on Mann Street.

This event is for children who are already enrolled at Armidale City Public School for Kinder 2025. If you are still wanting to enrol your child please do so asap.

Please make sure your child has a water bottle, a broad brimmed hat, a small container with a piece of fruit or vegetable for crunch and sip and a container with healthy food for recess.

Please contact the school if your child is not able to attend a session.

 02 6772 3420

Contact Details

time to
UPDATE



Moved House? New Phone Number? New Email address? Change of Emergency Contacts?

Please let us know as soon as possible if any of your details have changed. You can do this by calling the office on 6772 3420 or by logging into the Sentral Parent Portal and changing your details there.

Good for kids Good for life- Swap It

Good for kids

good for life



Hydrate with H2O

Did you know your body is made up of 50-70% water?

Water is essential in a healthy diet. It helps transport nutrients through our bodies, digest food, remove waste, regulate body temperature, and also keeps our teeth and mouth healthy.

As we come into summer, it's important to keep our bodies hydrated.

Encourage your child to choose water as a drink by:

- Packing a water bottle in their school bag everyday
- Packing a frozen water bottle in their lunchbox during summer
- Encouraging your child to drink water when playing sport
- Serving plain water in a jug. Try adding ice-cubes and fresh fruit pieces such as lemon, orange, blueberries or strawberries for flavour
- Using a re-usable drink bottle that your child has chosen



Source: Hydration tips for children (www.healthdirect.gov.au)



Hunter New England
Local Health District

@HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

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.

PASTA SALAD



INGREDIENTS

- 1/4 cup pasta bows (uncooked)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup snow peas or green beans, chopped
- 1/2 cup canned corn kernels, drained
- 1/4 cup carrot, finely diced
- 80g reduced fat tasty cheese, cubed or grated
- 1 tablespoon lemon juice
- 1/4 cup fresh basil, parsley or chive (optional)

DIRECTIONS

1. Boil a large saucepan of water.
2. When water is boiled, cook pasta according to the packet instructions until al dente.
3. Combine pasta with all other ingredients in a large bowl and stir to combine.
4. Transfer to airtight containers and store in the fridge until ready to be added to the lunchbox.

For more recipes visit: www.swapit.net.au/resources/recipes-ideas/



Artwork: "The heart of a child" by Lara Went, Warimi Artist

Mrs Ridley's Word of the week



Sanguine (adjective)

(san-gwin)

Origin: Latin (sanguineus)

Definition: Optimistic or positive, especially in an apparently difficult or bad situation.

Community Notice Board



FREE

Practical Parenting

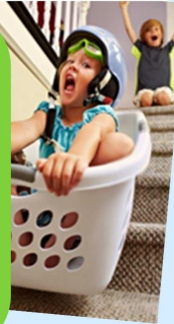
Practical Parenting offers strategies to nurture your child's mind and to take the stress out of parenting.

Sick of repeating yourself?
Giving in to stop the whining?
Stop shouting and start connecting!

**Yes?
Come
to the
course**

Explore:

- 12 strategies to help your child
- Better ways to discipline
- Improving the relationship with your child
- Helping children with their emotions
- What gets in the way of parenting



WHEN: 2 Mondays - 21st & 28th October 2024

TIME: 10am - 1pm

WHERE: Centacare Armidale - 150 Rusden St, Armidale

Registrations are essential

This course is subject to numbers

For more information ring the Facilitator Pedro on **6738 7200** or to register, contact the Family Relationship Centre through Centacare NENW **1800 372 826**



FREE

Surviving Your Adolescents

For more information ring FACILITATOR on **6738 7200** or to REGISTER contact Centacare NENW **1800 372 826**

Learn how to manage and let go of your 11-22 year

The Surviving Your Adolescents course covers:

- What is normal adolescent behaviour, what is not
- How to manage teen risk-taking
- The Four Things Not To Do
- The Four Ways to improve your relationship
- Taking on a new role with your teen
- How to keep the communication channels open
- Helping your teen learn to manage their emotions
- How to help prevent behaviour problems in your teen



WHEN: Over 2 Tuesdays - 22nd & 29th October 2024

TIME: 10am - 1pm

WHERE: Centacare Armidale, 150 Rusden Street, Armidale

COST: FREE



Registration is essential. This course is subject to registration numbers.



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.



Give to kids in care this Christmas!

Challenge Foster Care is a proud community partner in the 2024 Susan Roskell Toy Drive. Help us ensure every child in need receives a gift this Christmas.

How you can help:

Make a financial donation

Click & Collect a gift - our team will handle collection! (this is our preferred option)

Donate new toys and gifts (unwrapped) or gift cards



Your generosity can make a huge difference in the lives of children in foster care and community organisations that the Toy Drive supports.

Scan the QR code to visit our website for gift ideas, Click and Collect details and to learn more about the Toy Drive. Note, all gifts will be sorted mid November, so don't delay.

All Challenge Foster Care offices are drop-off locations and able to accept financial donations too.


Speak to our Foster Care team on 1800 084 954.
challengecommunity.org.au

SCAN HERE



CHALLENGE
Community Services

Foster Care



Family Connect and Support



Your link to family and community connections support

Family Connect and Support (FCS) assists children, young people and families experiencing life challenges to access specific and appropriate support services in their local communities and minimise the impacts from escalating to a point of crisis.

Our services include:

- Parenting challenges
- Financial stress
- Substance use
- Family dynamics and breakdown
- Housing issues
- Mental health concerns
- Domestic and family violence

To find out more information or to make a referral call 1300 006 480.

NSW GOVERNMENT **benevolent** SOCIETY AUSTRALIA

FCS provides services to New England, Hunter, and Central Coast LGA's

Contact Us

CONTACT
 f @ 📞 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