

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

4 December 2024

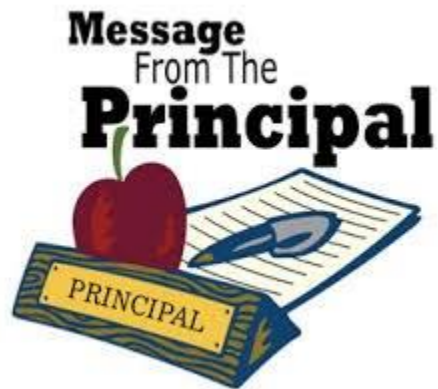
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Principal's Report



Our school debating team head to Wollongong this Sunday in readiness to compete in the State the Premiers Debating State Championships next week. We wish **Edden, Joni, Lillyanne** and **Naomi** well and thank **Mrs Woods** for her support of this team this year.

Stage 2 students have been involved in practical water safety lessons this week at the local pool or in theoretical lessons at school. Our thanks go to **Mrs Kelly** for her organisation, and the teaching and support staff involved in teaching or supervising students. These lessons provide students with skills that will help keep them safe for the rest of their lives and are invaluable ahead of summer holidays when so many families take advantage of the warm weather to cool off at pools, lakes, creeks, rivers and beaches.

Farewell Year 6

Our Year 6 students had the opportunity on Thursday evening to celebrate their time at Armidale City Public School before heading off to their respective high schools next year. It was wonderful to see them enjoy each other's company over a lovely dinner, dressing up and photos, cake and finishing the evening with singing and dancing.

We appreciate the work that **Mr Townsend**, his team of fabulous Stage 3 and the small band of dedicated parents who helped ensure that our students received a fitting farewell.

The P&C have again provided funds for Year 6 students to enjoy a celebratory high tea on the last day of the year. Families will then have the opportunity to farewell students through the 'tunnel'.

Transition

Most of our Year 6 students participated in Orientation Day at Armidale Secondary College yesterday. This was the final opportunity for students to be involved in transition to their new setting.

Students entering the Opportunity Class in 2025 were also involved in a day of transition yesterday following a meeting of students and parents on Monday afternoon. This provided students from a range of schools the opportunity to meet with other members of the class ahead of joining us in 2025.

School Play

All classes have been busily working on their component of the school performance in readiness for Monday, 16 December. There will be a matinee performance from 11am and the evening performance from 6pm. A full dress-rehearsal will be held on Friday, 13 December.

All families have been offered the opportunity to purchase one ticket per family ahead of the remaining tickets being available for online purchase via Trybooking from 10 December.

Presentation Day

Presentation Day will be held at the Armidale Secondary College multipurpose centre on Thursday, 12 December, with the doors opening from 10:30am for an 11am start. The names of the 2025 school captains will be announced on this day. All parents who are well will have the opportunity to attend in person. Parking is available in the car park below the den on the day. Please be respectful of residents around Armidale Secondary College by not parking across driveways. Students will be bused, free of charge, to the venue due to the generosity of our P&C.

End of year reports

As with Semester 1 reports, student reports will be provided via the Sentral Parent Portal on Monday, 16 December 2024. Please contact the office if you need assistance accessing the portal.

Parents are reminded that a student working at the expected level for their grade will receive a C grade, which is sound. Students who need more support to achieve grade outcomes may be allocated a D grade. Students who are able to apply their knowledge and skills across other subject areas may be awarded a B or an A grade. It is important to read the description of each grade on the front of the reports. Unfortunately, English is no longer broken into three areas for awarding of grades. As such, a student who works at a B grade level in one area but a C grade level in other areas may receive an overall C grade. Kindergarten students will not receive a grade like the older children. Reading the comments may enlighten you around the areas in which your child is stronger than other areas.

Dates for the calendar

Holidays commence on Wednesday, 18 December. All students will return to school on Thursday, 6 February 2025. Kindergarten will also start on Thursday, 6 February 2025 and will participate in Best Start assessments withing the first four weeks of next year.

Zooper Dooper day

We will be holding one more Zooper Dooper day on Monday, 16 December following the matinee performance. The cost is \$1 each.

Applying for entry – Opportunity Class or Selective High School

Applications for placement in Opportunity Classes and Selective High School classes are now open. Families can check out more information at

<https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools>

Wellbeing at home this summer

In the *Happy Families* article this week, Justin Coulson provides a list of five things that can help families make the most of summer. He states *(T)hese holidays, use your family time wisely—not by being everywhere and doing everything but by simply being together and giving everyone in the family the chance to pause, reflect, and enjoy the richness of life.*

Take care,

Deborah Nay

INSIGHTS

happy families SCHOOLS

ISSUE 8 | TERM 4 | 2024

The BEST Way to Spend the Holidays

Building Wellbeing at Home This Summer

The school holidays are a unique opportunity to cultivate deep family bonds, healthy habits, and a sense of freedom and self-expression in your family. And they're nearly here!

Instead of rushing through endless activities or striving for perfection, the following five principles will help you create a balanced and joyful summer holiday experience for your family.

5 Ideas to Help Your Family Make the Most of School Holidays

1. Prioritise Presence Over Perfection

The school holidays are a rare opportunity to spend uninterrupted time with your children. While it can be tempting to fill every day with perfect plans or carefully curated activities, the real benefit comes from your presence. Children don't remember the specific outings or events as much as they remember how their parents made them feel.

Set aside distractions (like phones, emails, or work) during your time together. Engage in open-ended conversations, delight in the simplicity of everyday moments with your child, and enjoy the shared experiences that only come when you're truly present.

2. Cultivate Slow, Mindful Days

In our fast-paced world, we often forget the value of slowing down. The school holidays provide the perfect opportunity to create a rhythm that's more relaxed. There's no rush to get from one scheduled event to the next. Encourage your family to embrace the unstructured moments—whether it's reading a book slowly, taking a walk, or simply doing nothing at all.

Mindful moments aren't just about relaxation; they promote emotional resilience. When children see their parents embrace stillness, they learn to value time with themselves and discover that joy doesn't always come from being busy.

3. Encourage Autonomy and Agency

Holidays are an ideal time for children to explore their independence. Instead of micromanaging every detail of the day, let your children take the lead on certain activities. Allow them to make decisions about what to do, what to eat, or where to go. This sense of autonomy fosters confidence and helps build important life skills.

Trust your children's judgement and allow them to make their own decisions—this builds self-esteem and resilience.

4. Build Routines That Foster Stability

While the holidays offer a break from the structure of school, children thrive on routine. Rather than having completely open-ended days, create a loose structure to your time. Regular meals, consistent bedtime routines, and predictable pockets of activity can help children feel safe, secure, and emotionally balanced. Routines don't have to be rigid, but the repetition of positive habits—whether it's morning walks, family time, or even quiet moments—helps ground everyone during a time of potential upheaval.

5. Foster Play and Creativity Over Achievement

The holidays should be a time to step back from the need to perform and instead embrace the freedom to play and create without any external pressure. Encourage your children to explore new forms of creative expression: drawing, building, writing, or just daydreaming. Let them roam freely in their imagination. This unstructured creative time not only boosts their emotional health, but it also develops their problem-solving abilities, enhances their adaptability, and helps them learn through trial and error in a low-stakes environment.

The Wellbeing Effect of Balanced Holidays

If you're the kind of family that pushes for progress, achievement, and success, this is particularly important for you.

Know that the best "holiday" is not based upon the number of activities you can fit in or the milestones you can tick off. It's about creating space for growth, connection, and rest. If you must do something academically oriented, keep it simple by encouraging your kids to read. It's the one activity that is good for academic achievement without feeling like it's focused on academic achievement.

These holidays, use your family time wisely—not by being everywhere and doing everything but by simply being together and giving everyone in the family the chance to pause, reflect, and enjoy the richness of life.



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 happofamilies.com.au.

School Calendar

Calendar

TERM 4

2-6 Dec	Water Safety Year 3 & 4
5 Dec	Whole School Play Rehearsal
5 Dec	Issue 8 Book Club Due
6 Dec	Chess Club 5/6R Classroom 8:40am-9:10am
9 Dec-11 Dec	State Debating Challenge at Stanwell Tops
9 Dec	Presentation Day Practice
10 Dec	End of Year Play Online Ticket Sales Open at 8:30am
10-11 Dec	OC Class Camp to Thalgarrah

11 Dec	Mufti Day- Bring a food item for the Christmas tree
12 Dec	Presentation Day
13 Dec	Play- Full Dress Rehearsal
16 Dec	Play Performances
16 Dec	Zooper Dooper Day- \$1 each
17 Dec	K-2 Sprinkler Splash
18 Dec	Last Day for 2024

Notes and Money Due

Activity and Cost

OC Class Thalgarrah Camp- \$60

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

Christmas Tree Food Donation & Mufti Day



The Student Representative Council (SRC) met recently and decided to support our local community by creating a Christmas tree made out of food. The food will then be donated to a local food bank.

All families are asked, if possible, to donate an item of food to help create our tree. We would like items which will bring a little bit of cheer at this time of year. Suitable items include non-perishable items (e.g. canned food) and other items with a longer shelf life (biscuits, sweets, etc).

Please **DO NOT** bring fresh meat, items that need refrigeration or quickly perish.

Donations can be brought to school from now up until Thursday, 12 December. Please consider donating and helping make a happy Christmas for someone in our local community.

On Wednesday 11 December, Students can wear play clothes, to prepare their uniform for presentation day. This will be the perfect opportunity to bring in a food item.

Thank you,
Members of the SRC



Arts and Sports Assembly

Congratulations to all of the students who were received certificates at our Art and Sports Assembly on Monday, for representing the school, zone, region and state in Arts and Sporting events.











2025 School Councillors

Congratulations to Rose, William, Jimmy, Euan, Mabel, Annabell, Edden and Hatem who were elected as 2025 school councillors. The School Captains will be announced at presentation day.



GENERAL INFORMATION

Room 301- End of Year School Play



ARMIDALE CITY PRESENTS

Room 301

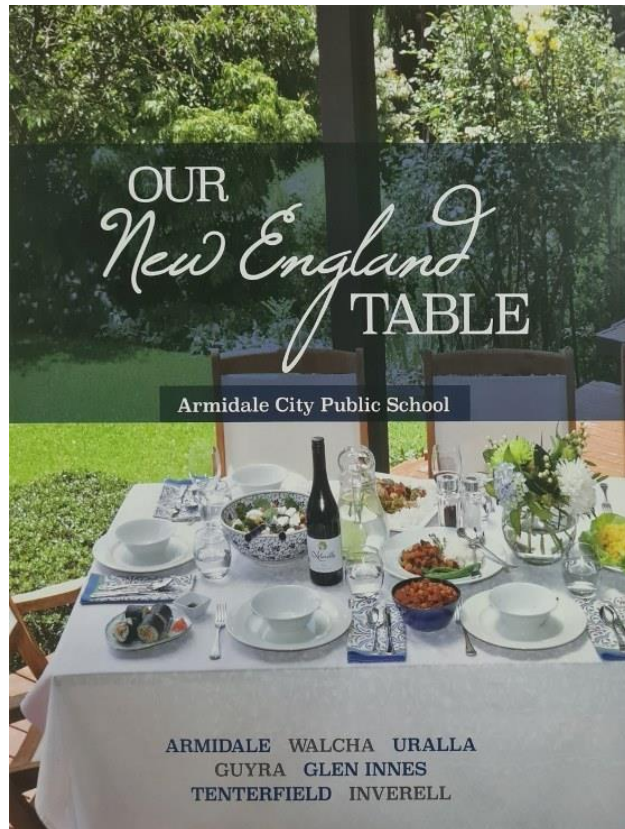
@ *The Bowerbird Hotel*

16 DECEMBER
2024

Day performance- 11am
Night performance- 6pm

VENUE: ARMIDALE CITY PUBLIC SCHOOL AUDITORIUM
ALL REMAINING TICKETS WILL GO ON SALE 10 DECEMBER AT 8:30AM
[HTTPS://WWW.TRYBOOKING.COM/CWMUU](https://www.trybooking.com/cwmuu)
\$5.00 PER TICKET-LIMITS APPLY, STRICTLY NO PRAMS

Armidale City Cookbook



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.

Update Contact Details

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



swop it
everyday in the lunchbox

ZUCCHINI PANCAKES



INGREDIENTS

- 1 1/2 cups wholemeal self-raising flour
- 1/2 teaspoon baking powder
- 1 egg
- 1 1/2 cups reduced fat milk
- 1 medium zucchini, grated, squeezed to remove the moisture
- Zest of 1 lemon
- 1/2 cup basil leaves, finely chopped
- Olive oil spray

DIRECTIONS

1. Place the flour and baking powder in a large bowl and whisk to combine.
2. Add egg and milk. Whisk until the batter is smooth.
3. Add zucchini, lemon zest and basil. Stir to combine.
4. Heat a non-stick fry pan on low to medium heat and lightly spray with olive oil.
5. Place heaped tablespoons of batter into the pan and cook for 2 to 3 minutes or until bubbles begin to appear. Flip and cook for another 1 to 2 minutes or until golden brown.
6. Place the pancakes onto a plate lined with baking paper and repeat until there is no remaining batter.

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



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

Mrs Riddleys Word of the week

Panacea (*Noun*)

(Pa-nuh-see-uh)

Origin: Greek (panakeia)

Definition: A solution or remedy for all difficulties or diseases; a cure-all.

Community Notice Board



DESIGN OUR COVER COMPETITION

For the 2025 Armidale Show

Proudly sponsored by:



1 - The Armidale & New England Show, formerly the Armidale & New England Pastoral, Agricultural and Horticultural Association, is the longest-running community-organized event in Armidale, with the first Show being held in 1876.

The 2025 Armidale Show will be held on 7 & 8 March 2025, and we are looking to find an amazing artwork to feature on the cover of our Show Schedule.

1. Who can participate?

Participants must fall into one of the following categories

- *Category A – 5 to 10 years old*
- *Category B – 11 to 15 years old*
- *Category C – 16 to 18 years old*
- *Category D – Digital Artwork (any age)*

2. Competition theme:

The theme for the 2025 Armidale Show is:

“Community”.



Each participant should design a cover around this theme, that includes the words ‘Armidale Show Schedule 2025’

3. Entry: This competition is *FREE* to enter

4. Conditions

1. Only one entry per person
2. All submissions should be the work of the entrant
3. All submissions should be made on an A4 sized (210 cm x 297 cm) document
4. Category A & B entries need to be signed by a guardian
5. Entries close on November 15, 2024.
6. Awards and prizes will be given for 1st, 2nd and 3rd place getters.

All entries will be displayed in the Pavilion at the 2025 Armidale Show on 7 and 8 March 2025.

The Armidale & New England Show Society's 'Design Our Cover' Competition 2025		 
<ul style="list-style-type: none">• Please submit this entry form, and your entry before the 15th of November 2024 to either:<ul style="list-style-type: none">• Via email - armidaleshowssociety@outlook.com or,• dropped into Mountview Pharmacy on Rockvale Road or Renee Maree in the Armidale Plaza		
Entrant Details:		
First Name:		
Surname		
DOB:		
Contact Number:		
I am entering in:	Category A (5yrs to 10 yrs)	<input type="checkbox"/>
	Category B (11yrs to 15 yrs)	<input type="checkbox"/>
	Category C (16yrs to 18yrs)	<input type="checkbox"/>
	Category D (Digital Artwork, any age)	<input type="checkbox"/>
Conditions of Entry: <ol style="list-style-type: none">1. Only one entry per person2. All submissions should be the own work of the entrant3. All submissions should be made on an A4 sized (210 cm x 297 cm) document4. Category A & B entries need to be signed by a guardian5. Entries close November 15th 20246. Awards will be given for 1st, 2nd and 3rd place getters. All entries will be displayed in the Pavilion at the Armidale Show in March 20257. Please provide a contact number so we can advise of the results. All details on these forms will remain confidential.		
If you are entering into Category A or Category B, please get a guardian to sign below:		
Name: _____		Date: _____



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.



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

PCYC ARMIDALE JANUARY SCHOOL HOLIDAY PROGRAM




DATE	ACTIVITY	DATE	ACTIVITY
Monday 6 Jan	BRAIN BOOSTER DAY Opentype Printing, Trivia, Ball Skills, Science experiments	Thursday 16 Jan	PIRATE DAY Bullrush, Pirate games, Lasertag, Treasurehunt
Tuesday 7 Jan	SPORTS SKILLS AND DRILLS DAY Soccer Skills, Hockey Skills, Boxing skills, Dodgeball	Friday 17 Jan	HEALTHY HEART DAY Skipping Competition, Exercise Circuit, Cooking, Dodgeball
Wednesday 8 Jan	SUPERHERO DAY Frisbee games, Obstacle course, Mask making, Lasertag	Monday 20 Jan	MESSY MONDAY Courtyard Chalk, Seed planting, Slime, Obstacle course
Thursday 9 Jan	MEET MY SQUAD DAY Dodgeball, Team competitions, Tower building and Lasertag	Tuesday 21 Jan	SPORTS SKILLS AND DRILLS DAY Balloon volleyball, Drill circuit, Soccer drills, Pickleball
Friday 10 Jan	FUNKY FRIDAY Musical games, Collage craft, Exercise circuit, Dressup comp	Wednesday 22 Jan	YOUNG INVENTORS DAY Science Experiments, Sport games, Hieroglyphic writing
Monday 13 Jan	SPACE DAY Laser tag, Recycled rockets, Crab walk soccer, Bullrush	Thursday 23 Jan	CREATURE FEATURE Crab walk soccer, Animal guess who, Frog origami, Sports
Tuesday 14 Jan	SPORTS SKILLS AND DRILLS DAY Cricket Skills, Dodgeball, Volleyball Skills, Basketball Skills	Friday 24 Jan	ADVENTURER DAY Obstacle courses, Lasertag, Treasure hunt, Fitness circuit
Wednesday 15 Jan	BOOTCAMP Training Circuit, Boxing, Obstacle Course, Lasertag	Monday 27 Jan	CLUB CLOSED




TIME: 9:00am - 3:00pm | AGES: 5 - 12 yrs | COST: \$50 per day (Active PCYC Membership required)
 BOOKINGS: Scan the QR code, E-mail armidale@pcycnsw.org.au, Call 02 6772 9028 or visit the club at 176 Rudden St.
 Annual/Junior Membership (\$25 per year) required for all activities. We accept Creative Kids vouchers. WHAT TO BRING ON THE DAY: Water bottle, lunch, enclosed shoes and comfortable clothes that may get stained during play and creative time.



PCYC ARMIDALE JANUARY SCHOOL HOLIDAY PROGRAM




DATE	ACTIVITY	DATE	ACTIVITY
Tuesday 28 Jan	SPORTS SKILLS AND DRILLS DAY Boxing skills, Soccer skills, Exercise circuit, Cricket skills		
Wednesday 29 Jan	FITNESS FUN DAY Obstacle Course, Boxing, Fitness circuit, Laser tag		
Thursday 30 Jan	MOVIE STAR DAY Laser tag, Photo booth, Exercise circuit, Costume competition		
Friday 31 Jan	HEALTHY HEART DAY Skipping Competition, Exercise Circuit, Cooking, Dodgeball		
Monday 3 Feb	BOOTCAMP DAY Training Circuit, Boxing, Obstacle Course, Laser tag		
Tuesday 4 Feb	SPORTS SKILLS AND DRILLS DAY Cricket Skills, Dodgeball, Volleyball Skills, Basketball Skills		
Wednesday 5 Feb	FITNESS FUN DAY Balloon volleyball, Drill circuit, Soccer drills, Pickleball		



TIME: 9:00am - 3:00pm | AGES: 5 - 12 yrs | COST: \$50 per day (Active PCYC Membership required)

BOOKINGS: Scan the QR code, E-mail armidale@pcywnsw.org.au, Call 02 6772 1023, or Visit the club at 176 Ruesson St.
Annual Junior Membership (\$50 per year) required for all activities. We accept Creative Kids vouchers. WANT TO BRING ON THE DAY: Water bottle, lunch, enclosed shoes and comfortable clothes that may get stained.



CONTACT US





Armidale City Public School

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Fax- 02 67712262

Visit us on the web at www.armidalec-p.schools.nsw.edu.au