



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

21 February 2024

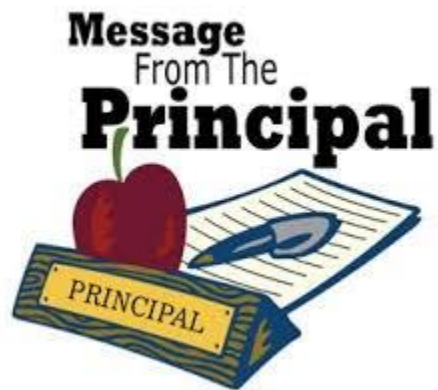
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Principal's Report



Term 1 continues to be extremely busy, with a number of firsts still being experienced for the year.

Yesterday saw students involved in their first special religious education (scripture) classes for this year - one Ethics class will be starting next week with the possibility of a couple more classes from next term. In addition, students involved in orchestra came together for the first time this year under the tutelage of Robert Jackson from the New England Conservatorium of Music (NECOM).

We took the opportunity to recognise a number of students at yesterday's first assembly of the year. Our congratulations go to the following students on being voted into their leadership roles:

Arts & Culture Captains – Edie and Lucy

Sports Captains – Hayley and Rose

House Captains –

Cunningham: Semi and Trae

Oxley: Leo and Mack

Mitchell: Julia and Tyler

Sturt: Hayley and Quinn

In addition, our Semester 1 student council representatives for Stage 1 to Stage 3 class were presented by **Mrs MacGregor**. Representatives are elected for all classes, including Kindergarten in Semester 2.

Swimming champions

I had the pleasure of presenting our 2024 swimming champions with their medallions, ably assisted by our captains, **Eleanor** and **Ethan**.

Congratulations go to:

Junior Boy Champion – Jimmy

Junior Girl Champion – Anna

11 Years Boy Champion – Joe

11 Years Girl Champion – Molly

Senior Boy Champion – Mack

Senior Girl Champion – Hayley

Students who have qualified for the Armidale Zone PSSA swimming carnival will be competing tomorrow. Permission notes went home to those who qualified.

School finance – have you signed up for Sentral?

Our hard-working office staff have been busy preparing for transition to a new finance system next week. Families are reminded that payments cannot be made to the school until 27 February, when Sentral Finance goes live. Families need to have signed up in Sentral to be able to make online payments from next Tuesday. Please contact the office if you need assistance.

Information request

At various times in our child's life, we may take them to see a pediatrician, speech pathologist, occupational therapist or other allied health practitioner. We request that families update the school and teachers where this has happened. Providing a copy of any report may allow us to better support your child, especially where specific recommendations or a diagnosis have been made.

School photos

Our students and staff have been involved in our annual school photos over the last couple of days. Every student has their individual photo taken and they are involved in class photos.

Keeping our children safe

Thank you to family members who have been helping us to keep our children safe.

The time from 3.10pm to 3.30pm is one of the busiest times around the school, particularly around bus zones on Faulkner and Dangar Streets, and it is **one of the most dangerous times in the school day with increased traffic, distracted drivers and families impatient to get into vehicles**.

Please help us continue to keep our students - your children - safe by thinking about the best location for collection of students. If collecting children from school on a regular basis, please park and collect on Brown Street (Gates 10 or 11) or Mann Street (Gate 6). While parking across the road on Faulkner Street may be more convenient to you, it may not be the safest for students and it **causes concern to bus drivers and angst in our staff when people step out onto the road as buses and other traffic are moving**. Parking north of the pedestrian crossing on Faulkner Street is safe and convenient.

Tummy bugs and other illnesses

We continue to see a number of students suffering tummy bugs, headaches and fevers.

Hand washing after using the toilet and before eating is the best method of reducing the spread of diarrhoea and vomiting. Children **should not be attending school** if they have diarrhoea or vomiting or have experienced a bout in the previous 24 hours or are displaying any symptoms of any kind. This will reduce the chances of passing bugs to classmates and teachers.

Please send a note to explain the reason for absences or ask for a medical certificate if you take your child to see a doctor. Notes are required within 7 days of the first day of an absence.

No Canteen

Moxon's canteen will not be operating for again this week or next. No orders are being taken.

Our P&C have taken the opportunity to provide a sausage sizzle meal deal last week with a small band of volunteers and are looking to organise another meal deal next week. Further information will be sent out on School Stream and as notes with students. Funds raised go towards the school excursion fund which reduces the cost of excursions for our students.

Take care,

Deborah Nay



School Student
Broadband Initiative

An Australian Government initiative
powered by nbn

Are you eligible for free nbn broadband at home until December 2025?



Scan the QR for more information.

You might be eligible if you:

- have a school-aged child
- have no active nbn broadband connection or have not disconnected in the last 14 days. Having the internet on a mobile phone is ok
- live in a premises that is serviced by the nbn network

To check your eligibility, or to get help using your voucher:

- Contact the National Referral Centre 1800 954 610 (Mon-Fri, 10am-6pm AEDT)
- www.anglicarevic.org.au/student-internet
- Callback, webchat, translating and interpreting services are available.



INSIGHTS

happy families SCHOOLS

ISSUE 4 | TERM 1 | 2024

Low Effort, High Pay-off Parenting

Parents of today parent more intensively than any other generation of parents. Here's what I mean by that:

A thousand years ago, the question parents were asking wasn't "Will my kids enjoy these homemade protein balls?" Instead, it was, "How do I find food to feed my family?" (Although with the current cost of living crisis, maybe we're asking that a little more again today).

A couple of hundred years ago, the question wasn't "Will my 9-year-old like their book week costume?" It was, "Should I send my 9-year-old to work in the local coal mine?" Now today's parents ask, more than ever before, "How can I be a 'good' parent?"

Parenting entered the dictionary as a word in 1918. It's only been a touch over 100 years. But even then, the idea of parenting being something that we "do" only began to be emphasised from around the late 1970s. Before that, you were a parent (*noun*), but you weren't particularly focused on how you parented (*verb*).

Now, there are literally hundreds of parenting books on the shelves. Parenting is intense. Fetishised. Even competitive.

Research is telling us that many parents feel overwhelmed or even burnt out.

The good news is that we can scale back our efforts without it being detrimental to our kids. We can also make tiny adjustments that can have a big impact.

The Pareto Principle (better known as the 80/20 rule) is how this works... although I think after this we should start calling it the Pareto Principle! This principle, first observed by the economist Vilfredo Pareto, states that 80% of the outcomes stem from only 20% of the effort. In other words, by focusing on a handful of low effort, high pay-off factors, we can prioritise our efforts and focus on what matters most.

Here are a few simple swaps you can make

These require little to no extra time or planning, and that can maximise the impact we have as parents.

1. Swap out the vague and uninspiring question "How was your day?"

- You know that they only ever grunt back "fine" anyway. Instead, swap in questions that invite them to really talk about their day. You can ask them to tell you two good things and one bad thing that happened that day. Or play a guessing game where you try to guess what each other's favourite moment of the day was.

2. Swap out the guilt you have for not spending time with your kids

- Swap out the guilt you have for not spending time with your kids while you are at work or attending to other responsibilities. Guilt without action doesn't help anyone. Instead, swap in 10 minutes of being completely present each day. Turn off your phone, put down the to-do list, and spend just 10 minutes completely engaged with your child.

3. Swap out trying to enforce dozens of rules

- No one enjoys being micromanaged. Instead, swap in having a family meeting to determine a handful of general rules that address safety, respect, and other important values. Simple rules such as, "we don't hurt people or property" and "we choose to spend time together" can capture most situations, and determining how the rules apply supports your child's developing autonomy and competence.

4. Swap out pressuring your child to do homework or study for a test

- They'll do much better educationally if their motivation for completing these tasks comes from within. Instead, swap in reading together in the evenings. Being exposed to lots of books is one of the most impactful things we can do as parents to support our children's learning.

5. Swap out listening to music or sitting together in silence on your drives

- While singing along to Taylor Swift together can be bonding, there's something even better you can do on occasion. Instead, swap in having discussions about crucial topics. The car can often feel like a non-confrontational place to have discussions about what it means to be kind, how to approach bullying, and what consent means.

We don't need to parent harder. We need to parent smarter. By balancing efficiency and effectiveness, we can be the best parents we can be, without burning ourselves out in the process.



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

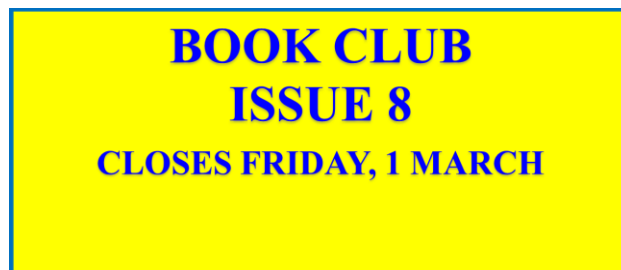
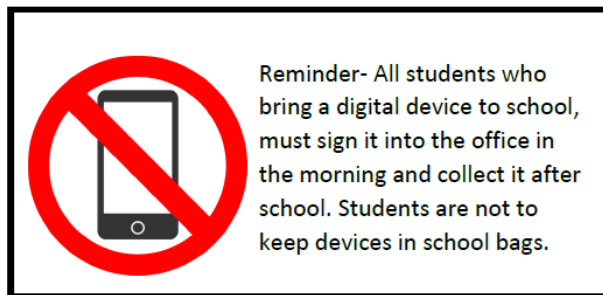
22 Feb **Armidale PSSA Swimming Carnival**

23 Feb **5/6R Thalgarrah Orientation Day**

1 Mar	P&C Pizza Meal Deal Day
4 Mar	Armidale PSSA Tennis Trials
4 Mar	Sydney Academy of Chess Tournament
6 Mar	P&C Welcome Picnic
7 Mar	Armidale PSSA Boys and Girls Basketball Trials
8 Mar	Armidale PSSA Boys and Girls Cricket Trials
11 Mar	North West PSSA Swimming
11 Mar	Kids Literature Quiz Regional Final
13-25 Mar	Life Education Van Visit
13-25 Mar	NAPLAN Testing
15 Mar	Armidale PSSA Boy's and Girl's Hockey Trials
19 Mar	Stage 1 Thalgarrah Excursion
20 Mar	Stage 1 Thalgarrah Excursion

Notes and Money Due

Due Date ***Activity and Cost***



Sports News



Armidale City Swimming Champions



Congratulations to the following students who received their age champion medallions at yesterday's assembly.

Junior Boy Champion – **Jimmy**

Junior Girl Champion – **Anna**

11 Years Boy Champion – **Joe**

11 Years Girl Champion – **Molly**

Senior Boy Champion – **Mack**

Senior Girl Champion – **Hayley**



Sports, Arts and Culture and House Captain Badge Presentation



Congratulations to our Sports, Arts and Culture and house Captains received their badges yesterday.

Sports Captains

Hayley and Rose

Arts and Culture Captains

Lucy and Edie

House Captains

Cunningham: Semi and Trae

Oxley: Leo and Mack

Mitchell: Julia and Tyler

Sturt: Hayley and Quinn



Semester 1 SRC Representatives



Our semester 1 SRC representatives received their badges yesterday. **Congratulations** to the following students.

1R	Kedrick and Ivy
1C	Jeffery and Daisy
2C	Alaa and Skyla
2R	Hugh and Eden
3/4H	Cooper and Olive
3/4S	Henry and Arotrika
3/4C	Ted and Bianca
3/4L	Charlie and Kyal Sin
5/6J	Yarran and Warzhin
5/6T	Richard and Minh
5/6S	Darcy and Latrice
5/6K	Elle and Hannah

5/6R Edden and Joni

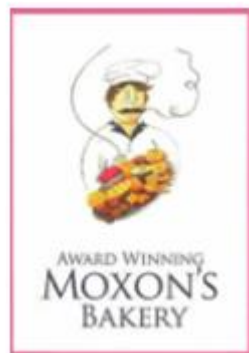
3-6M Lailo



General Information

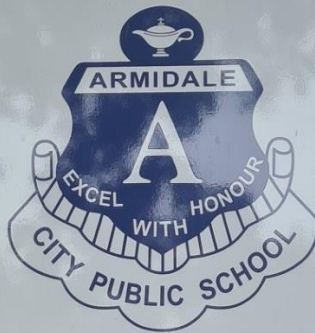
**GENERAL
INFORMATION**

Moxon's Lunch Orders



There will be no Moxon's Lunch Orders this Friday. Please ensure your child brings a packed lunch to school.

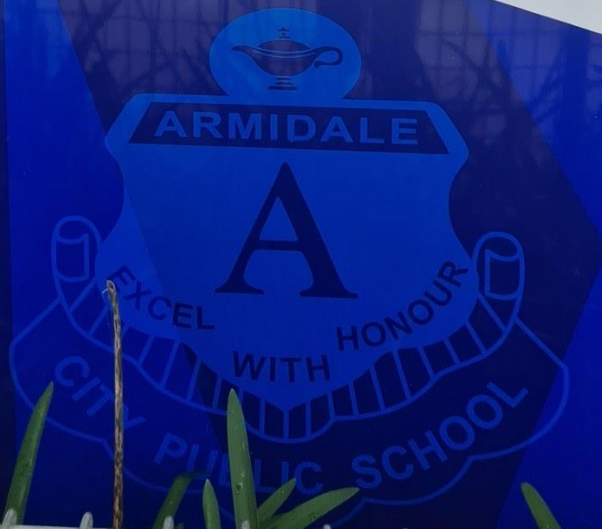
School Gate Numbers

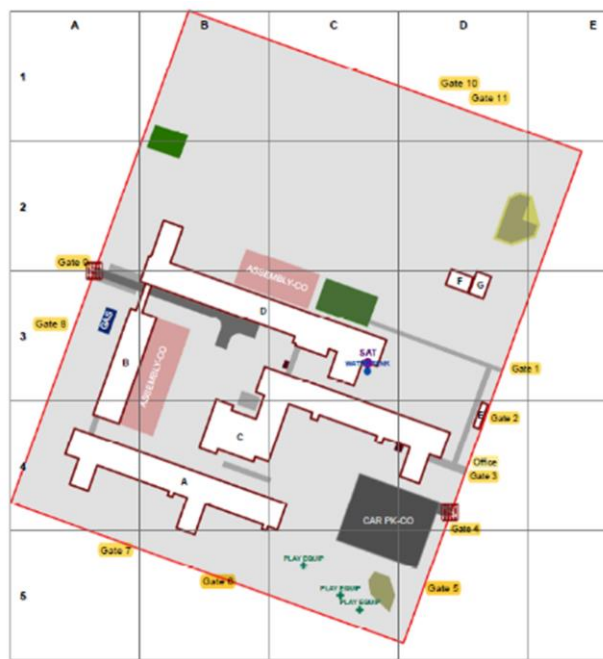


Gate 3

Main Entrance

All Visitors please report
to Administration





Mrs Ridley's Word of the week



Mellifluous (Adjective)

(muh-lif-loo-uh s)

Origin: Latin

Definition: Sweet or musical; pleasant to hear.

Community Notice Board



East Armidale United Football Club Junior come and try day 2024!



**When- Sunday the 25th of
February
Where- Doody Park
Time- 11am**

FREE!!

- ⚽Football skill activities
- ⚽FUN activities
- ⚽Sausage Sizzle
- ⚽Icy Poles

Beginners of all ages welcome!



5-16 years

**Join our club for an afternoon of family fun while
trying out your soccer skills ready for the 2024
season!**

CULTURE FEST

Civic & Curtis Park, Armidale
5:30pm - 9:30pm

Culture Fest is back in 2024!
We're bringing the diverse mix of
cultures and people that make
up our vibrant region together
for a big party. Food, dance,
music, bars, cultural displays and
pop-up shops. Still free. All are
welcome.

Let's celebrate
our community

9.3.24

une
University of
New England

ARMIDALE
Regional Council



UTS UNIVERSITY
OF TECHNOLOGY
SYDNEY

THE KIDMAN CENTRE



THRIVE WORKSHOPS 2024

Practical classroom strategies for children
struggling to manage their emotions.

**4TH
JUNE**

8:30 - 3PM
Armidale (location TBC)

To register your interest please fill in the following form:
<https://forms.gle/UqZvBopvUdRR5mKF7>

www.tkc.uts.edu.au

Armidale Basketball Association

Minibasketball

Term 1 2024



Minibasketball games for Primary School children

GAMES

4pm Mondays for Years 3 & 4

5pm Mondays for Years 5 & 6

Back at The Den!! Armidale Secondary College (Butler Street South)

- Sessions will commence on Monday 12 Feb - 8 April (8 weeks)
- Contact Armball@bigpond.com to get put on the email list for more information.
- Players can register and pay term fees through the ABA website - armidale.basketball.net.au
- Look for the Registration button with our Lion logo.
- No team required, just register and pay game fees online and turn up ready to play
- Uniforms supplied
- Training sessions for rookies at 10-11am Sundays
- For new players who wish to access the personalised kit which includes a ball, singlet and term fees for \$100, you can do your initial one-off term registration through aussiehoops.basketball. It is open to all primary school aged players. This site is run by Basketball Australia and is different to the NSW Basketball registration procedure which is run through the ABA website.

Annual Registration \$50 (8-11yrs) or \$65 (12-17yrs)

Plus Term game fees are \$55

Active Kids Vouchers can be used to offset online payments.

Need info on Active Kids Vouchers?? Check it out [HERE](#)

Please note: Armidale Basketball is still working to get their 2024 accreditation for AKV Provider status and hope to have it up before the end of February.

Judy Monaghan
armball@bigpond.com

Minibasketball Coordinator
0417622859



Armidale Basketball Association

2024 Term 1 Aussie Hoops

Want to learn great ball skills?

Register online and turn up to the Aussie Hoops session for rookie players 5 -10 years

10-11am Sundays from 11 Feb to 7 April (8 weeks)

Returning to 'The Den' at Armidale Secondary College via gate 3 (Butler Street South)



Both **new and returning** players should register online at <https://aussiehoops.basketball/>

At the home page, click on 'Find your state'; enter 2350 in the postcode Search box, then click on the location 'Armidale Secondary College'. This takes you to the registration page.

The cost for **new players** is **\$100** for the 8-week term (includes a basketball kit with singlet, ball and term fees) while **returning players** will pay **\$65** (no kit). Other merchandise is available for purchase, but they cannot be paid for by AKVs.

Aussie Hoops is Basketball Australia's official junior game development program for children in primary school. They learn basketball in a structured, inclusive and fun environment, developing fitness, skills and an understanding of the sport. The Aussie Hoops program aims to give children the basic skills they need to progress to and enjoy playing actual games.

Armidale Basketball is an Active Kids Provider so you can use the Active Kids Vouchers to help pay for the activity. Carefully follow the directions when registering your child (don't forget to press the Validate button after you put in the voucher number). Returning players can hand in their AKV to the office as payment (if preferred). If you have any concerns, contact Judy. Forgot your email? Contact Judy. Don't know about Active Kids Vouchers?? Check out the link: [ACTIVE KIDS VOUCHERS NSW](#)

Please Note: Armidale Basketball is still in the process of obtaining their new AKV Provider status and hope to have it up soon.

Interested in lending a hand for Aussie Hoops in coaching or administration? We need many hands to help spread the load. We are looking for a person to coordinate Aussie Hoops and the program so Mark can coach. Anyone can learn to do specific job with some great training available. We are also encouraging parents and older siblings to learn how to coach via free online coaching course provided by Basketball Australia. Go to the aussiehoops.basketball website and search through the 'Parent' section of the website to get to the coaching course.

Judy Monaghan
0417622859
armball@bigpond.com
Aussie Hoops Coordinator





New England Conservatorium of Music

MINISINGERS is the perfect introduction to music, singing and performance for children in Years K – 2 and is ideal for young children wishing to learn an instrument in the future. Singing in a fun and friendly environment with others helps every young person develop their confidence, self-esteem, communication and social skills. There are lots of fun action songs and musical games which develop skills in pitch and rhythm, concentration, co-ordination and memory.

Rehearsals take place at the Armidale Teachers' College each Wednesday of the school term from 4:00 – 4:45pm. Fees per term are \$62.00.

CANTILENA is for students in Years 3 – 6, performing more complex unison melodies, 2 and 3-part songs and providing additional performance opportunities as the choristers gain in confidence. Cantilena rehearsals take place at the Armidale Teachers' College each Wednesday of the school term, from 4:00pm – 5:00pm. Fees per term are \$83.00.

Choral program members join for a whole year of activity including 9 weekly rehearsals during school terms, are guided by specialist music educators, and present concerts throughout the year. Active and Creative Kids vouchers are accepted. To enrol, [New Student – New England Conservatorium of Music \(necom.org.au\)](http://necom.org.au)



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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Fax- 02 67712262

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