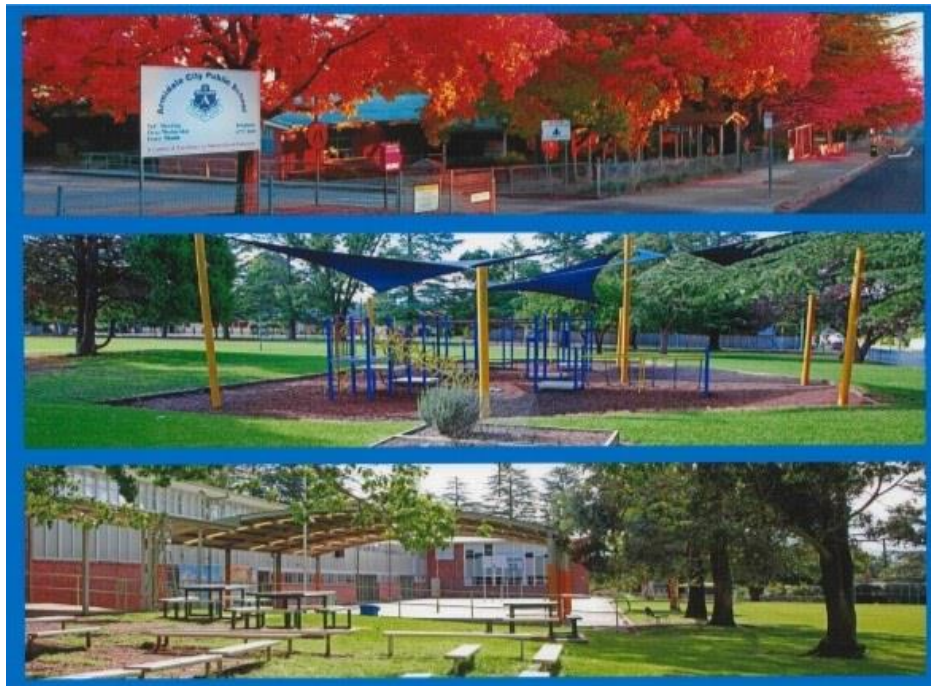


The Blue and White  
Armidale City Public School  
"the heart of Armidale"  
Quality Teaching since 1861

26 March 2025

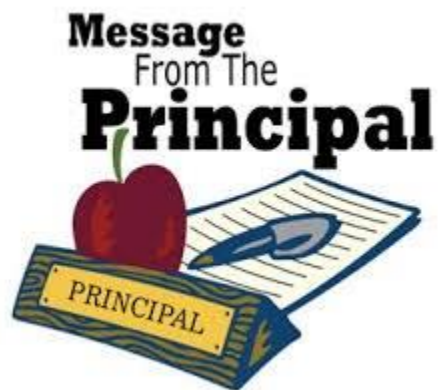
**In This Issue**



- **Principal's Report**

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- **General Information**
- **Mrs Ridley's Word of the week**
- **Community Advertisements**
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## Principal's Report



Many of our families have arranged to meet with teachers this week and next for Parent-Teacher interviews. This is a great opportunity to find out how your child is going and pass on some additional information to teachers before Semester 1 reports go home at the end of Term 2.

My thanks go to teachers and office staff for persevering with the Sentral booking system and for accommodating families where there may have been some confusion. We understand that this has been a learning curve for families as well as staff.

### **Representation – sports and culture**

We have had students participating in a range of sporting events this week. We had 19 students participate in the North West swimming trials on Monday. We are awaiting information on students selected to represent at State level.

Five teams of students competed in the New England School Futsal Titles in Armidale yesterday. Our 10 years boys team came second. Our two senior/12 years girls came first and second. Our senior/12 years boys' teams came third and fourth, both knocked out in their semi-finals, just missing the finals in a competition with seven teams. **Mrs Carson** and **Mr Townsend** were very proud of the effort by all.

Today, our school hosted the *Kids Literature Quiz* for our area. There were 25 teams competing from primary and secondary schools across the New England / North West, a larger number of competitors than in previous years. Our thanks go to **Ms Raftery** for organising this event. We are very proud of the efforts the 16 students from Armidale City Public School involved.

### **URGENT - Apply for Year 7 placement in a NSW Government high school in 2026**

Expressions of interest to nominate for placement in Year 7 next year are open until Friday, 28 March 2025. Thank you to families who have completed their expressions of interest already. If you have not done so already, please can complete the expression of interest form at <https://year7.enrol.education.nsw.gov.au/?schoolCode=1057>

### **Emotional coaching**

There are times when our children reach out in a heightened state, sometimes following an interaction with someone else. In the following article, Justin Coulson provides some advice around how to coach young people to avoid the trap of **high emotions = low intelligence**.

### **Dates to remember**

P&C meeting is next Wednesday, 2 April in the Library starting at 6pm.

Harmony Day will be celebrated on Wednesday, 9 April.

Easter Hat parade and last day of term is Friday, 11 April.

Town Anzac Day march will be held on 25 April, which is in the holidays.

Staff return to school for Term 2 on Monday and Tuesday, 28-29 April. Students return on Wednesday, 30 April.

Take care,

## I Answered an Unknown Number During Filming

### *The Parenting Breakthrough that Happened Between Takes*

A couple of weeks back I was in Sydney filming Season Three of *Parental Guidance*. Studio days are long. It's demanding work. (I'm thrilled to say that the show is going to be amazing again this time around!)

During a brief break, my phone rang. **"Unknown number."** I hesitated. I only had about five minutes before I had to be back in hair and makeup. I had no idea who was calling me, and I needed to be in the right headspace for the next studio session. It was going to be a heavy one.

I glanced at the number on the screen again. No idea. And then, impulsively, I answered.

*"Hello, this is Justin."*

*"Daddy?"* The sobbing, nearly inaudible voice belonged to my 14-year-old daughter, Lilli. Her tears told me everything I needed to know. My little girl was not doing well.

What would you normally say in this situation? *"What's wrong? Talk to me. What happened? Why are you crying?"*

With the best of intentions, this is where we typically begin to interrogate our child. I chose a different path.

*"Oh, Lilli. You're crying. It sounds like you're having an awful day."* I stopped. Waited. Then, *"I'm here for you if you feel like talking."*

Lilli opened up like a flower after rain. She was on school camp, distressed, and calling from a teacher's phone (since phones were, rightly, banned). A boy had fat-shamed her. Several of the kids were creating challenges. She was struggling with their immaturity. And camp felt awful.

### **When Emotions Run High, Intelligence Runs Low**

Our children's big emotions create ripple effects throughout their lives. For our child, these emotions can leave them feeling disconnected from us and others. They derail interest in school, learning, hobbies, and engagement in life itself.

For us as parents, big emotions (either in our child or ourselves) cloud judgement and decision-making. They hijack our effectiveness, making it difficult to concentrate on anything else.

In short, high emotions = low intelligence.

## Emotion Coaching: The Science Behind the Approach

Pioneering research by Dr John Gottman has revealed that children whose parents practice "emotion coaching" develop stronger emotional intelligence and resilience. In his landmark studies published in *"Raising an Emotionally Intelligent Child,"* Gottman found that emotion-coached children experience fewer behavioural problems, higher academic achievement, better social relationships, and improved physical health compared to their peers.

The research shows these children develop greater self-regulation skills and the ability to calm themselves in stressful situations. Most importantly, the parent-child relationship benefits from deeper trust and connection, creating a secure base from which children can explore their world with confidence.

### The Five Steps of Effective Emotion Coaching

Coming home from camp was not an option for Lilli. Instead, I followed these five crucial steps to support her through her emotional moment—and no, you don't need a psychology PhD to do this:

**1. Be emotionally stable and mentally present:** I took a deep breath, centred myself, and gave Lilli my complete attention despite the studio pressures waiting for me. Your calm creates a safe harbour in their emotional storm.

**2. Say what you see—no judgement or direction:** "Lilli, that sounds so hard. This must feel so rough." Simple observations acknowledge their experience without telling them how they should feel or behave.

**3. Offer to hug, help, or hear them:** "I'm here for you if you feel like talking." This gives them options while assuring them of your unconditional support.

**4. Let them process with your strength and support:** I remained silently supportive as Lilli worked through her feelings. Your steady presence gives them the security to experience difficult emotions fully.

**5. Ask how they want to move forward:** "What do you think might help in this situation?" This empowers them to develop their own solutions while knowing you're ready to guide if needed.

Whether your child is 4, 14, or the 44-year-old partner you married, these steps serve as a powerful guide.

Sometimes you do have to step in, make decisions, and take action. But more often, your child simply needs you to be there emotionally. Not as a therapist. As a parent who listens.

Support. Don't solve.



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](http://happyfamilies.com.au).

## School Calendar

### Calendar

#### Term 1 2025

24 Mar- 4 Apr	Parent Teacher Interviews
27 Mar	ASC Open Evening for Future Students and Families
31 Mar	Year 7 High School Expression of Interest Due
31 Mar	School Photo Catch Up
1 Apr	Excelling with Honour Assembly
2 Apr	P&C Meeting
3 Apr	da Vinci Decathlon at TAS

4 Apr	Northern NSW Soccer Gala Day
5 Apr	Autumn Festival
7 Apr	Armidale Zone 11's and 12's Rugby League
7 Apr	Vision Screening- Kindergarten
9 Apr	Harmony Day and Harmony Day Assembly
10-11 Apr	PSSA State Swimming
10 Apr	ACOS Massed Choir Rehearsal
11 Apr	K-2 Easter Hat Parade
11 Apr	Last Day of Term 1

### **Notes and Money Due**

#### ***Activity and Cost***

Stage 3 Expression of interest for Canberra Camp- \$50 cash

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

**BOOK CLUB  
ISSUE 2  
CLOSES FRIDAY, 28 March**

# HARMONY DAY

9 April 2025



Celebrating Australia's Cultural Diversity

Keep an eye out on the Sentral Parent Portal for more information



ARMIDALE  
SECONDARY  
COLLEGE

ALL FUTURE STUDENTS AND  
THEIR FAMILIES ARE INVITED TO  
JOIN US FOR OUR

# OPEN EVENING

BBQ  
School Tours  
Meet our staff and students

*New  
Date* → THURSDAY, 27 MARCH  
4:00 - 5:30 PM



Ezidi information

## Sports News

We are so proud of our swimmers!!! Reports of a great day at the pool, happy kids, with fantastic sportsmanship on display to other competitors.















## Class News from 2R

We cannot believe that we are nearly at the end of Term 1 already! We have been very busy this term learning lots of new things and practising things that we learnt last year.

We have really enjoyed reading the books from our English units, especially *Where the Wild Things Are* and also *Sophie Scott Goes South*. We have learned all about the concepts of personification and anthropomorphism (we may still be working on spelling that word)! We are very proud of our Wild Thing oil pastel artworks, and we have had the best time writing Autumn poems. Collecting Autumn leaves and then doing leaf rubbing artworks to go with our poems.

We had a wonderful time learning about all the kinds of measurement in maths, especially learning about estimating length by using little beanbags as cannonballs.

It has been a very busy term, we are looking forward to our Easter Hat Parade on the last day of school. We are also looking forward to the holidays so that we can rest and recharge ready for a fabulous Term 2.

**The Amazing 2R and Mrs Rubie.**





## Class News from 5/6S

This term seems to have gone so quickly! We have had our swimming carnival, a visit to Healthy Harold, an AFL visit and many other fun activities. In class we are reading the book Holes, the students are eager to hear how it all ends. Linked to the book is our Connect 4 project and our awesome 3D lizard artwork.

We are also learning so much about electrical circuits through completing practical experiments and answering some really great questions posed by the students.

We are all looking forward to the holidays and resting after such a busy term. We wish everyone a safe break.

**5/6S, Mrs Schultz and Mrs Kelly**









## P&C News

2025 started with a change of hands for the Executive.

President: **Narelle Watson**

Vice Presidents: **Chantelle Graham & Joanne Akerman**

Secretary: **Claudia Waters**

Treasurer: **Karina Waite**

What does the Parents & Citizen's Association do? We promote the interests of the school by bringing parents, citizens, students and teaching staff into close co-operation and to assist in providing facilities and equipment for the school and in promoting the recreation and welfare of the students at Armidale City Public School. That sounds very official, doesn't it?! What we also do is have a lot of fun getting to know the school staff and interact with the students whilst raising money to serve the school in many ways. We are excited about another year of service to the staff and students at Armidale City Public School. Our major fundraiser for the year is our annual Fete, which will be held at the end of Term 3 this year. If you are able to help with the Fete in any way, please contact Narelle Watson at the email address below.

Donations of Easter Eggs can be delivered to the school office for our Easter Raffle, which will be drawn at the Easter Hat Parade.

The P&C meet at 6pm on the first Wednesday of every month during school term. We're investigating running our meetings over Zoom for people who may find that easier. If you are interested in being a part of the P&C, it is never too late to become a member. If you have any questions please contact Narelle Watson via email, [watnef@gmail.com](mailto:watnef@gmail.com)

**Next Meeting: 6pm, Wednesday 2 April 2025**

**Narelle Watson**



**Donations Donations**

The ACPS P and C are having an Easter Raffle, to be drawn at the Easter Hat Parade, on Friday 11 April 2025.

For this to happen we need donations of Easter eggs or non perishable Easter related items.

These can be dropped off to the office any time before Friday 4 April. Thank you.



## General Information

**Good for kids**  
good for life



### Get set for healthy snacks!

Healthy snacks are important to keep kid's energy levels up and meet their nutritional needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt, wholegrain breads, crackers and cereals.

Some tips to make choosing healthy snacks easy:

- 1 Include a vegetable and fruit snack each day.
- 2 Keep a range of healthy snacks in the fridge and pantry e.g. vegetables, fruit, pikelets, popcorn, yoghurt and cheese.
- 3 Cut up vegetables and fruit so they are easier to grab for snacks during the week.
- 4 Get your kids to help prepare snacks.
- 5 Add vegetables into homemade snacks (muffins, scones and slices).
- 6 Show your kids you enjoy eating healthy snacks.



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.

## RAINBOW VEGETABLE NOODLES



### INGREDIENTS

- 1 teaspoon vegetable oil
- 1 carrot, grated
- 1 zucchini, grated
- 150g brussel sprouts, finely sliced
- 1/4 purple cabbage, finely sliced
- 1 red capsicum, finely sliced
- 440g hokkien noodles, prepare according to packet instructions
- 1/3 cup reduced salt soy sauce
- 2 shallots, finely sliced
- 1 tablespoon sesame seeds
- 1/4 cup fresh coriander leaves

### DIRECTIONS

1. Heat the oil in a large fry pan over medium to high heat.
2. Add carrot, zucchini, brussel sprouts, capsicum and cabbage to the pan and continually stir for 3 to 4 minutes or until the vegetables have softened.
3. Add the noodles and soy sauce and stir to combine. Cook for 2 to 3 minutes or until heated through.
4. Add the shallots, sesame seeds and coriander. Stir to combine.
5. Transfer the rainbow noodles into containers and store in the fridge until they are ready to be added to the lunchbox.

For more recipes visit: [www.swapit.net.au/resources/recipes-ideas/](http://www.swapit.net.au/resources/recipes-ideas/)



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

## Mrs Ridley's Word of the Week

### Word-Affirmation (*a-fer-ma-shen*)

Definition- **A positive statement or declaration, often used as a tool to promote self-belief and foster a positive mindset.**

Origin- **From the Latin "affirmatio" (a declaring to be true).**

### Week 7 Mindfulness activity

#### Mindful Breathing

- Practice deep, slow breathing together. Take turns breathing in for 4 counts, holding for 4 counts, and exhaling for 4 counts. This helps calm the mind and body.



# Community Notice Board



**NSW GOVERNMENT**  
**Q&A PANEL**  
**PATHWAYS IN SPORT**

Discover the pathways to success with insights from Dr. Juanita Weissensteiner, Olympians Emma Jeffcoat, Marianna Tolo, Katie Ebzery and Basketball Australia reps Nat Hurst and Michaela Ruef. Join us for an exclusive Q&A session for athletes, coaches and parents from all levels of sport. **FREE to attend!**

**12 APRIL 2025**  
4PM - 5PM  
TAMWORTH SPORTS DOME  
SHOWCOURT

# GIRLS BASKETBALL CLINIC

Tamworth Sports Dome  
New South Wales

**Saturday 12 April**  
7:30am - 9:00am  
8+ years old

**SPECIAL GUESTS**  
Nat Hurst  
Mikaela Ruef



# Women in Sport Lunch

Lessons from the past, shaping the present, inspiring the future



Lauren Jackson



Nat Hurst



Mikaela Ruff

This special event presented by **She Hoops** in partnership with **Regional Academy Games** will bring together athletes, leaders, and advocates for a dynamic afternoon of storytelling, inspiration, and meaningful conversations. Hear from trailblazers who are breaking barriers, championing equality, and paving the way for the next generation.

Friday 11th April 12:00pm - 2:30pm Wests, Tamworth \$70 - Adults \$50 - Under 15

For bookings for children under 15 please contact [shehoops@australia.basketball](mailto:shehoops@australia.basketball)



## U18 BOYS DRAFT PICK

Competitive, Fun & Evenly Matched teams

STARTS MONDAY 5TH MAY 2025 6-7PM

NEW & RETURNING PLAYERS WELCOME

TAG YOUR MATES & SPREAD THE WORD

BOI COACHES WE WANT YOU TOO SHARE YOUR EXPERTISE AND DEVELOP OUR KNIGHTS

HOCKEY NEW ENGLAND U18'S BOYS DRAFT PICK  
CALLING ALL BOYS (AGES 13-18!)

HOCKEY NEW ENGLAND IS DELIGHTED TO ANNOUNCE OUR INAUGURAL BOYS DRAFT PICK  
AND WE WANT YOU TO BE A PART OF IT!

THIS IS A UNIQUE OPPORTUNITY FOR YOUNG MALES BETWEEN THE AGES OF 13 AND 18 TO SHOWCASE  
THEIR SKILLS, TALENTS, AND POTENTIAL IN A FUN AND COMPETITIVE ENVIRONMENT.

ALL LEVELS WELCOMED. HOCKEY STICKS CAN BE BORROWED AND NEW SKILLS CAN BE LEARNT

WHAT IS THE BOYS DRAFT PICK? THE DRAFT IS DESIGNED TO ENHANCE BOYS HOCKEY IN THE NEW  
ENGLAND WITH TEAMS THAT ARE EVENLY MATCHED IT WILL BE COMPETITIVE FUN AND REWARDING.

NOMINATE INDIVIDUALLY:

- NAME
- DOB
- EMAIL

SEND NOMINATION TO [knights@hockeynewengland.org.au](mailto:knights@hockeynewengland.org.au)

CHEEK OUT OUR FACEBOOK!

[HTTPS://WWW.FACEBOOK.COM/GROUPS/HOCKEYNEWENGLAND](https://www.facebook.com/groups/hockeynewengland)



**HNE**  
**2025 Junior Hockey**  
**Come & Play**  
 So many options all abilities welcomed

SATURDAY	MONDAY
8.30am U/16's Girls	4.15 pm U9's Mixed
9.30 am U/8's Mixed	4.15 U12's Mixed
10.30 am U/12's Mixed	8pm U15's Mixed
11.30am U/14's Girls	6pm: U18's Boys Draft Pick (Individual Nominations)
<b>START DATE</b> Saturday 3rd MAY 2025	<b>START DATE</b> Monday 5th MAY 2025

Email: Juniors@hockeynewengland.org.au  
 Check out our facebook!  
<https://www.facebook.ca/en/groups/HockeyNewEngland>

## STEWART HOUSE CHARITY DRIVE



Stewart House provides essential medical care, confidence-building activities, and a supportive environment where public school children in need can reset, thrive, and embrace a brighter future.

**Envelopes must be returned to enter the draw!**

**Draw:** Friday, 23 May 2025

### Important:

Online payments ARE NOT an automatic entry into the draw.

Please return your envelope(s) to your school with a receipt number (if paying online) for entry in the draw.







## NEW ENGLAND FUTSAL JUNIOR/SENIOR MIXED COMP EXPRESSION OF INTEREST

**Age Groups:** All Ages - Age splits will be decided once registrations are in  
**Where:** Glen Innes, Armidale, Tamworth and Armidale  
**When:** Starting week of 21 April, 18 rounds in total with a 3 week break after week 11 for holidays  
**Cost:** \$220 per player (\$12.20 per week!)



**REGISTER YOUR INTEREST TODAY**

For more information contact  
✉ [newengland@australianfutsal.com](mailto:newengland@australianfutsal.com)



**HIPPY Armidale is enrolling now for 2025.**

**HIPPY School Readiness - early learning for families. Families Learning Together!**

HIPPY stands for Home Interaction Program for parents and youngsters.

#### About HIPPY

HIPPY is a **FREE AND FUN** early learning program for school readiness, a 2-year program for families with 3- and 4-year-old children.

Parents and carers can be a HIPPY Tutor for two years and be paid for 30 hours per fortnight.

HIPPY Tutors support parents and carers to give children positive play-based learning experiences at home and in the community.

#### Join today!

Phone: 02 67727243 or 0408488829 and ask about HIPPY.

The Home Interaction Program for Parents and Youngsters is funded by the Australian Government Department of Social Services. The Brotherhood of St. Laurence holds the licence to operate HIPPY in Australia.

The views expressed here are those of the author and do not necessarily represent the views of the Australian Government or officers of the Department of Social Services. (On appropriate document).

HIPPY was developed at the NCJW Research Institution for Innovation in Education at the Hebrew University of Jerusalem, and the HIPPY Programs are affiliates of HIPPY International.

**Curriculum materials (activity packs and storybooks) comply with the Australian Early Years Learning Framework.**

©Copyright © [year of creation] by Yissum Research Development Company of the Hebrew University of Jerusalem Ltd. All rights reserved. Exclusively licensed to HIPPY (C.Y) International Ltd.

#### Contact details:

Ann Haining  
HIPPY Armidale Coordinator  
New England Family Support Services,  
89 Rusden Street, Armidale NSW 2350  
Email: [ann.haining@familysupport.org.au](mailto:ann.haining@familysupport.org.au)  
Ph: 02 67882210  
Mobile: 0408488829

# Same-day online doctor

*for back-to-school health*

## Is your child's action plan up-to-date?

Keep them safe with an  
action plan for allergies,  
anaphylaxis or asthma\*

## Need a carer's certificate?

Request one  
on the spot\*



Action plans  
available  
7 days a week

Scan to book  
or visit  
[qoctor.com.au](https://qoctor.com.au)



Trusted  
Australian  
doctors  
since 2017

\*subject to doctor's assessment



# HOLIDAY RUGBY CLINICS ARMIDALE

NEW ENGLAND



**DATE: 14TH APRIL 2025**

**LOCATION: NEW ENGLAND GIRLS SCHOOL  
(NEGS BACK FIELD)**

**TIME: 930AM - 1230PM**

For More Information Please Contact: [steph.lennon@nsw.rugby](mailto:steph.lennon@nsw.rugby)



**ARMIDALE JUNIOR RUGBY UNION**



Representative pathways through Central North Rugby Union

Free entry to ALL Waratahs home games for Registered players!

**4-12yrs Gala Days**  
- dates on our website

- 4-5 yr olds Mixed - Walla Rugby
- 6-7 yr olds Mixed - Tri Rugby
- 8-12 yr olds Mixed - Gala Days
- Free Holiday Clinic - 14 April 9:30 @ NEGS

**Primary Schools 7s**  
Term 1 and 2 - Chat to your school

**North West Regional Youth Comp (NWRYC)**

- Central North Clubs & Schools
- 13-16 yr olds - girls (10a-side) Friday Night comp
- 13-16 yr olds - boys Friday Night comp
- 17-18 yr olds girls 10 a side boys 15 a side Fridays Nights & Saturdays to enable club commitments
- Played in central locations

**Register Now** - visit our website for prices & to register. Free socks, shorts & jersey!  
Email us your questions and follow us on facebook for upcoming events, training and clinics.

More Info : >>>>>>>>>>

[armidalejuniorrugby.com](http://armidalejuniorrugby.com)  
[armidalejuniorrugby@gmail.com](mailto:armidalejuniorrugby@gmail.com)





# PRIMARY SCHOOLS CN&NE ZONE 7's

Register Via the link!



## When & Where:

- Tamworth - 1st of April
- Armidale - 2nd of April
- Moree - 9th of April
- Scone - 10th of April

---

Stage 2 & 3  
Boys, Girls & Mixed

For more Info email - [steph.lennon@nsw.rugby](mailto:steph.lennon@nsw.rugby)

REGISTER NOW TO PLAY FOR

# DEMON KNIGHTS FOOTBALL CLUB

JOIN THE DKFC JUNIOR SQUAD FOR THE 2025 SEASON!



SCAN ME



<https://tinyurl.com/dkfcrego>

REGISTER  
NOW

Same low fees as 2024, PLUS register before 10th April to score a FREE hoodie.

Don't miss out, secure your spot today and gear up for an epic season!

[dkfcarmidale@gmail.com](mailto:dkfcarmidale@gmail.com)

[fb.com/DKFCArmidale](https://www.facebook.com/DKFCArmidale)

[instagram.com/dkfcarmidale](https://www.instagram.com/dkfcarmidale)

Demon Knights Football Club Armidale dominates from Juniors to Premier League, uniting passion and skill.





## AFTER SCHOOL VISUAL ART CLASSES 2025

Learn about the amazing and exciting world of the visual arts.  
Classes start on Tuesday the 18<sup>th</sup> and Wednesday the 19<sup>th</sup> of February for 8 weeks.

Where: Art studio in town, Armidale  
(email/phone for address)

Cost: \$170 (includes good quality art materials)

PHONE: 0498 560 973

EMAIL: [dom.nsw@protonmail.com](mailto:dom.nsw@protonmail.com)

Time: Tuesdays & Wednesdays 4 - 5.30 for 8 weeks

- Creative Kids provider
- Current working with children checks
- Registration with Holistic Therapists Australia
- Public liability insurance
- NESA registered teacher and Art Therapist



- All Visual Art 2D and 3D mediums and techniques are taught
- Design principles while utilising imagination, critical and free thinking to encourage self-expression and a love of exploration of the individual creative process.
- For older learners a deeper concentration on development of individual technique and creative risk taking enabling less fear and more confidence.
- Ancient historical design and natural history topics explored, embedding holistic teaching across educational subjects.





**SOUTH ARMIDALE UNITED FC**



SCAN QR CODE FOR LINK TO PLAY FOOTBALL

# JUNIOR REGISTRATIONS OPEN

USE CODE:  
**SOUTH2025**  
FOR DISCOUNT ON  
JNR REGISTRATIONS

CONTACT:  
**SOUTHARMFC1@GMAIL.COM**  
**ABBY 0421 528 247**  
**EMILY 0423349277**



**O'GRADY  
DRAMA  
New England**

Armidale Playhouse

**Mondays**  
**K-Yr3: 3:30pm-4:30pm**  
**Yr4-Yr6: 4:30pm-5:30pm**  
**Yr7-Yr12: 5:30pm-6:30pm**

want to act? want to be on stage?  
 Boost self-confidence, communication and language skills. Self-development through drama!

**now enrolling for  
Term 1!**

email Ben for an info pack:  
[newengland@ogradydrama.com.au](mailto:newengland@ogradydrama.com.au)

[www.ogradydrama.com.au](http://www.ogradydrama.com.au)

**Armidale Basketball Association**

**Minibasketball**

**Term 1 2025**



Everyone is invited to come along to our **FREE** Gala Day on Feb 9 at The Den to get a taste of what Aussie Hoops/Minibasketball is all about. Check out the poster below

*Minibasketball is full games for Primary School children in years 3-6*

**GAMES**

*4pm Mondays for Years 3 & 4  
 5pm Mondays for Years 5 & 6*

At The Den!! Armidale Secondary College (Butler Street South)

- Sessions will commence on Monday 10 February – 7 April (9 weeks)
- Contact [Armball@bigpond.com](mailto:Armball@bigpond.com) to get put on the email list for more information.
- Players can register through the ABA website by registering via Connect - [armidalebasketball.tidyhq.com](http://armidalebasketball.tidyhq.com)
- Term or Game Fees can be paid at the stadium or via Direct Deposit
- No team required, just register and pay game fees 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](http://Aussiehoops.basketball). It is open to all primary school aged players. This site is run by Basketball Australia and also has lots of resources for parents and coaches.

**Annual Registration \$50 (turning 8-11yrs) or \$65 (turning 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](#)

Contact Judy if you have any queries.

Judy Monaghan  
[armball@bigpond.com](mailto:armball@bigpond.com)

Minibasketball Coordinator  
 0417622859





## Armidale Basketball Association

ABA Everyone is invited to come along to our **FREE**  
Gala Day on Feb 9 at The Den to get a taste of  
what Aussie Hoops is all about. Check out the poster below



### 2025 Term 1 Ford 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 9 Feb to 6 April (9 weeks)

Located at '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 9-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. Don't know about Active Kids Vouchers?? Check out the link: [ACTIVE KIDS VOUCHERS NSW](#)

Judy Monaghan  
0417622859  
armball@bigpond.com  
Aussie Hoops Coordinator





# Parent Pathways

You can scan our QR code



Parent Pathways is a support service for parents and carers with children under 6 years old.



Parent Pathways connects parents and carers with someone who can help them meet their goals.

## Other ways this service can support parents and carers



Help with child care.



Community support.



Help with your study or work goals.



Study or training.

## How to find more information



You can call us.  
1300 012 476



You can visit our website.  
[www.bamara.com.au/parent-pathways](http://www.bamara.com.au/parent-pathways)

### FAMILY RELATIONSHIP CENTRE

Childcare and the Family Relationship Centre are here to help you strengthen family relationships; help families stay together; and assist families through separation.

#### COURSES FOR SEPARATED PARENTS

**Building Connections** - One session - FREE  
This program aims to help separated parents have healthy and strong relationships with their children.

The pre-mediation program covers:

- ways of communicating with the other parent
- the impact of separation and conflict on children,
- setting goals for future parenting

#### Armidale 2025

**March**  
Wed 12 Mar 5.30 - 8.30pm ONLINE  
Wed 19 Mar 10am - 1pm  
Wed 26 Mar 5.30 - 8.30pm

#### April

Wed 9 Apr 5.30 - 8.30pm ONLINE  
Wed 23 Apr 10am - 1pm  
Wed 30 Apr 5.30 - 8.30pm

#### May

Wed 14 May 5.30 - 8.30pm ONLINE  
Wed 21 May 10am - 1pm  
Wed 28 May 5.30 - 8.30pm

#### June

Wed 11 Jun 5.30 - 8.30pm ONLINE  
Wed 18 Jun 10am - 1pm  
Wed 25 Jun 5.30 - 8.30pm

### PARENTING PROGRAMS

**Keeping Kids in Mind (KKIM)** - 5 sessions - FEES APPLY  
- helps parents handle strong emotions better, understand how entrenched conflict negatively affects children and provides tips for parenting during tough times.  
KKIM satisfies the requirements of a court ordered separated parenting course.

**COST:** Waived \$100, Unwaged \$70 with concession card

**5 Tuesdays** - 27 May, 3, 10, 17, 24 June - 10am - 12.30pm

#### PARENTING COURSES - Surviving Your Adolescents

Two sessions - FREE - 10am - 1pm  
Provides parents with some useful skills for dealing with teenage behaviour. What is normal behaviour for a teenager; how to manage risk-taking; tips to maintain and improve your relationship with your teenager; and the Four Cardinal Sins (what not to do) and what to do with your teens.

**Armidale 2025** - 2 Tuesdays - 11 & 18 March, 8 & 15 April - 10.30am - 1.30pm, 6 & 13 May - 10.30am - 1.30pm

#### Tuning Into Teens

4 sessions - FREE - 10am - 1pm  
Would you like to learn how to:  
- be better at talking with and understanding your teen?  
- help your teen learn to manage their emotions,  
- help to prevent behaviour problems and teach your teen to deal with conflict?

**Armidale 2025** - Mondays - 5, 12, 19, 26 May 2025

**Toolkit for Dads** - One 3 hour session - FREE - 10am - 1pm  
What gets in the way, what to do if you lose it, what children need, smaller ways to parent, neuroscience and kids, helping children thrive, new ways to discipline, self-care for dads

**Armidale 2025** - Wednesdays - 26 March, 30 April, 28 May, 25 June, 30 July, 27 August, 24 September, 29 October, 26 November and 17 December

### PARENTING PROGRAMS

**Practical Parenting** - FREE - 10am - 1pm

Practical Parenting offers 12 strategies to take the stress out of parenting. Sick of repeating yourself? Giving in to stop the whining? Stop shouting and start connecting!

**Armidale 2025**

**Tuesdays** - 25 March & 1 April, 22 & 29 April - 10.30am - 1.30pm

**Parenting Explosive Kids** - 3 sessions - FREE - 10am - 1pm

For parents of children who are explosive: Parents will learn to identify the child's concerns and triggers that cause the behaviour, teach the child coping skills and find workable solutions that satisfy both parent and child.

**Armidale 2025** - 3 Thursdays - 3, 10 & 17 April, 1, 8 & 15 May

**Tuning Into Kids** - sessions - FREE - 10am - 12.30pm

Would you like to learn how to:  
- be better at talking with and understanding your child?  
- help your child learn to manage their emotions and help to prevent behaviour problems in your child?  
- teach your child to deal with conflict?

**Armidale 2025**

**Mondays** - 10, 17, 24 & 31 March 2025

**Helping Children with Trauma** - FREE - 10am - 1pm

Understanding the behaviour of children with trauma, what to look for and how to help, therapeutic parenting, PACE, attachment and why it's important.

**Armidale 2025** - 3 Mondays - 7, 14 & 28 April



**FREE**

# Surviving Your Adolescents

For more information or to REGISTER ring FACILITATOR on **6738 7200**

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

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:** 2 Tuesdays - 11th & 18th March 2025

**TIME:** 10am - 1pm

**WHERE:** Centacare Armidale, 150 Rusden Street, Armidale

**COST:** FREE



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



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

## OUTREACH & OTHER COURSES

### Outreach Education Dates for 2025

**GLENN INNES - Parenting Explosive Kids -**  
Thursday 20th March 2025 - 9.30am - 2.30pm

### TENTERFIELD

**INVERELL - Surviving Your Adolescents -**  
Wednesday 7th May 2025 - 10am - 1pm

### NARRABRI

### MOREE

### Relationship Courses

**Low isn't All You Need - FEES APPLY - per couple - \$100 (wages \$70) waived with concession card (Couples only)**

No counselling! Work through exercises in the 7 Principles for Making Marriage Work book in private.

This 4 x 2 hour course teaches you the skills that you need to increase your friendship and closeness and help you with conflict.

### Armidale 2025

### 3/3/2025 Version



## CONTACT DETAILS



Our Offices are Located in:  
Armidale | Glen Innes | Gunnedah | Inverell  
| Moree | Narrabri | Tamworth | Walgett |  
Newcastle | Tamworth

With outreach services provided across the diocese.

Contact Us:  
Ph: 1800 372 826  
E: [contact@centacarenenw.com.au](mailto:contact@centacarenenw.com.au)  
[www.centacarenenw.com.au](http://www.centacarenenw.com.au)  
or find us on Facebook:  
[www.facebook.com/CentacareNENW](https://www.facebook.com/CentacareNENW)

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How can we help your family?

**March  
April  
May  
2025  
Program  
Armidale**



**CALL 6738 7200**



All programs and services are FREE or attract a nominal fee.





**ARMIDALE ATHLETICS CLUB**

# ARMIDALE 5KM CAMPUS TO CITY CANTER

A 5km fun run starting at SportUNE Consett Davis Sporting Fields, following the cycleway into the city, finishing at Civic Park.

This annual event coincides with the Armidale Autumn Festival and is open to all members of the community, of all abilities. Run or walk.

Entry fee \$10

**SATURDAY 8 AM**  
5TH APRIL 2025

Thank you to our sponsor and supporters

**REGISTER HERE!**



**rn** roberts morrow +  
**coles**  
**the life** University of New England  
**EDWARDS** COACHES  
**sportune** University of New England  
**Armidale Autumn Festival**

[FACEBOOK.COM/CAMPUS.CANTER](https://facebook.com/campus.canter)

# CONTACT 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](mailto:armidalec-p.admin@det.nsw.edu.au)

Fax- 02 67712262

Visit us on the web at [www.armidalec-p.schools.nsw.edu.au](http://www.armidalec-p.schools.nsw.edu.au)