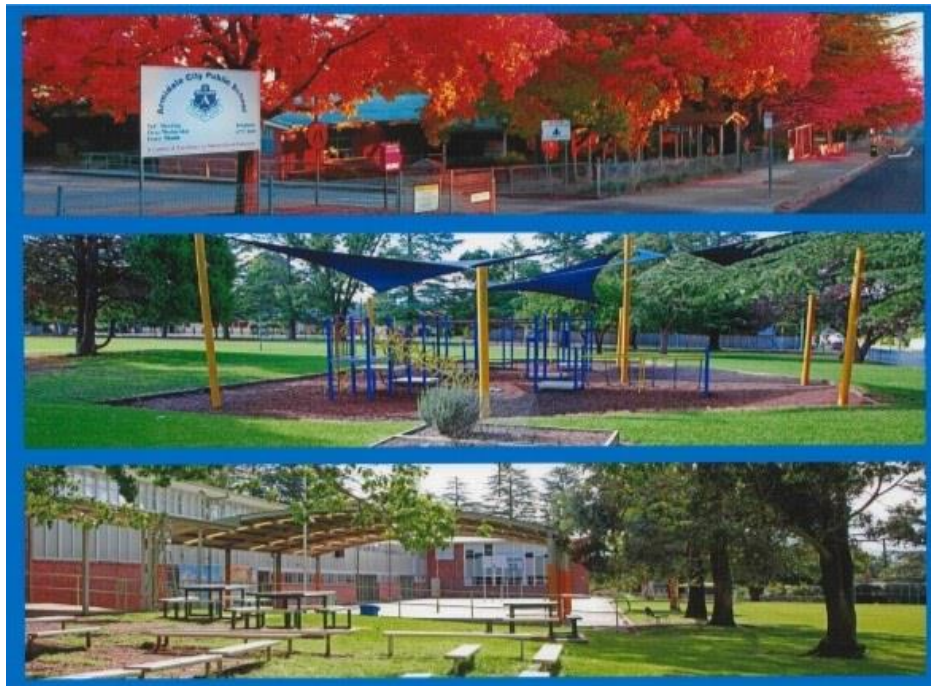


The Blue and White
Armidale City Public School
"the heart of Armidale"
Quality Teaching since 1861

2 April 2025

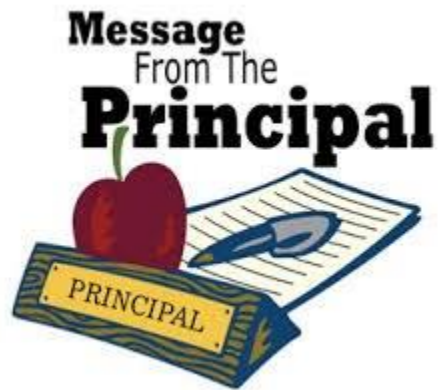
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Principal's Report



Congratulations go to **Millie** on being selected to swim at the State Swimming Championships following the North West Swimming Trials. She was named Junior Champion at these trials.

Millie, Molly, Oliver and **Jimmy** are also to be congratulated on being selected as members of their respective North West hockey teams last week.

Information about reports for families – Kindergarten to Year 6

From next term, we are introducing updated school reports.

Our reports will be based on the new format that has been developed by the NSW Department of Education in response to feedback from parents and educators to make reports easier to read and understand.

Your child's report will still show their progress across all subject areas.

Teacher comments will appear in Mathematics, English, and the General Comment section, in line with department policy.

The general comment for Kindergarten students also covers all other key learning areas, including creative arts, HSIE (geography and history), personal development, health and physical education, and science and technology.

A new achievement scale and descriptions provide a clearer picture of your child's progress.

Parent-teacher interviews remain an important way to discuss your child's progress and achievement in more detail. We welcome your feedback or questions about the new report format, which will be provided via the Sentral Parent Portal in the last week of Term 2.

Opportunity class and selective high school assessments

We have been advised that families of students participating in the opportunity class or selective high school assessments for placement in 2026 will be informed of the date and location of this year's testing after 3pm on 17 April 2025 via the application dashboard. Testing will be carried out over three days and not at a school this year. More information can be found at <https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools>

Habits of happy families

Dr Justin Coulson provides seven habits of happy families in the following article. He includes a brief outline of what each habit might look like for you. It is well worth the read.

Dates to remember

Autumn Festival Parade will be held from 11.30am on Saturday, 5 April.

Daylight savings time ends, Sunday 6 April.

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 to school on Wednesday, 30 April.

Take care,
Deborah Nay

INSIGHTS

happy families SCHOOLS

ISSUE 8 | TERM 1 | 2025

The Habits of Happy Families

As I have surveyed and worked with thousands of families over the years, there are a small handful of habits that I see parents practice that make their families happy. And they are astonishingly powerful. In this article I will share those habits by describing the principle, discussing how it works in practice, and offering a provocation to get you thinking.

1. Assume Positive Intent

Principle: Your children are not actually trying to ruin your life. They're trying their best with limited skills and resources. Sometimes they can be clumsy. They only have their 'L' plates on.

In Practice: When your child does something upsetting, pause before reacting. Ask yourself, "What need is my child trying to meet?" Then, address the need rather than just the behaviour. "I can see you're frustrated. Let's figure this out together."

Provocation: We wouldn't assume your colleague intentionally sabotaged a project, yet we're quick to believe our children are orchestrating psychological warfare against us. Your child isn't a criminal mastermind plotting your demise. They're just hungry, tired, or struggling to communicate. The fastest way to turn a good kid bad is to treat them like they already are.

2. Laugh Together

Principle: Shared joy creates bonds that withstand life's challenges.

In Practice: Have family movie nights with comedies. Share funny stories. Play ridiculous games. Create inside jokes. Laugh at yourself when you make mistakes. Make silly faces, tell dad jokes, and celebrate the ridiculous moments of family life.

Provocation: Most families spend more time coordinating schedules than creating memories. The average household shares fewer than 20 minutes of laughter per week, yet we wonder why everyone feels disconnected. If your family hasn't had a proper belly laugh together in the last few days, your family culture is in critical condition.

3. Fix Things Fast

Principle: Conflict is inevitable; prolonged disconnection is optional.

In Practice: Be the first to apologise, especially if you're the parent. Name what went wrong. Take responsibility for your part. Ask what would help. End with physical connection. A hug, high five, or fist bump resets everyone's nervous system.

Provocation: Your silent treatment isn't "teaching them a lesson". Nor is yelling or threatening. It's teaching them that love is conditional. Every hour of unresolved tension between you and your child is rewiring their brain to expect conditional acceptance in future relationships. Your pride isn't worth the therapy bills they'll have later.

4. Stay Close

Principle: Children of all ages are biologically wired for connection with their parents.

In Practice: Create daily rituals of connection: bedtime stories, morning cuddles, after-school check-ins. Sit on their bed for five minutes at night. Drive them to school when possible. Find small ways to connect throughout the day that show you're thinking of them.

Provocation: Your child's push for independence is a façade. Behind it is a child desperately hoping you won't believe the act. While you're respecting their "independence" by backing off, they're interpreting your distance as abandonment. Your children need you more, not less—they just need you differently as they grow. They want your involvement in a supportive, not a controlling, way.

5. Listen Fully

Principle: Being heard creates security and builds trust.

In Practice: Put down your phone when your child speaks. Make eye contact. Ask follow-up questions. Reflect back what you hear. Don't immediately jump to solutions or lectures. Sometimes say, "Tell me more about that."

Provocation: If your screen time report shows more hours on social media than minutes of eye contact with your children, you're outsourcing the most important relationship they have right now to someone or something else. Your child will remember exactly zero of your "important" emails or Instagram reels, but they'll never forget the times you chose your phone over their story.

6. Create Meaningful Traditions

Principle: Family rituals create stability and identity in an unpredictable world.

In Practice: Establish weekly family nights, seasonal celebrations, birthday traditions, or Sunday dinners. They don't need to be elaborate—consistency matters more than complexity. Even simple traditions like Sunday morning pancakes create anchors of belonging.

Provocation: In a culture where kids construct identity through screens and peers, your family traditions are fighting for your children's sense of self. Without these shared experiences, your family becomes little more than roommates who occasionally share Wi-Fi. The traditions you neglect creating today are the memories your children won't have tomorrow.

7. Have the Hard Conversations

Principle: Children need parents who are brave enough to discuss difficult topics.

In Practice: Create an environment where no question is off-limits. Talk about bodies, relationships, disappointments, and fears in age-appropriate ways. Don't wait for the "perfect moment". Use everyday opportunities to address important topics briefly and naturally.

Provocation: Your discomfort with difficult conversations doesn't make them unnecessary. It makes them urgent. The conversations you avoid having with your children will be filled by Google, YouTube, or the kid on the bus with wildly inaccurate information. If you won't have these conversations, someone else—or something else—will, and you probably won't like their curriculum.



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 1 2025

3 Apr	da Vinci Decathlon at TAS
4 Apr	Northern NSW Soccer Gala Day
5 Apr	Autumn Festival Parade
7 Apr	Armidale Zone 11's and 12's Rugby League
7 Apr	Vision Screening- Kindergarten
7-8 Apr	Rugby Union Skills Sessions
7 Apr	5/6R Visiting Scientist Day
9 Apr	Harmony Day and Harmony Day Assembly

9 Apr	Year 5 and 6 Expression of Interest due for Canberra excursion
10-11 Apr	PSSA State Swimming
10 Apr	ACOS Massed Choir Rehearsal
11 Apr	K-2 Easter Hat Parade
11 Apr	Sydney Academy of Chess online final
11 Apr	Debate Club
11 Apr	Last Day of Term 1

Notes and Money Due

Activity and Cost

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

Picture Plate/mug orders due on Friday 4 April. Order forms are avail at the office.

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

HARMONY DAY

9 April 2025



Celebrating Australia's Cultural Diversity

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

Picture products
since 1977

Pictureplate is the original 25cm melamine art plate, it's dishwasher-safe and tough enough to use every day—use paints, pens and photos to make a memory to treasure forever

WINNER
2021
PROFESSOR &
AWARDS FOR INNOVATION AND DESIGN

What will you create?
There's more—see tips and our full range of products at pictureproducts.com/drawing

Make mum and dad's favourite time of day even better with their very own personalised **Ceramic Mug**, while the **Plastic Mug** is the perfect partner for picnics in the backyard or beyond

It's always time to smile with the 25cm melamine **Pictureclock** or the 20cm MDF **Small Clock**

Your picture above 12 tear-off month pages helps this **Calendar** keep the family organised

A fabric **Tote Bag** perfect for library books, sleepovers, gym clothes or shopping trips

Keep hydrated through the day with **600ml Water Bottle** (shown) or backpack-friendly **400ml** size

1 - Due Friday 4 April

Sports News

Congratulations to Millie who achieved Age Champion at the Armidale Zone Carnival. Millie received her medal at yesterday's assembly.



Excelling with Honour Assembly

Congratulations to the following students who received Excelling with Honour certificates at yesterday's end of term assembly.

Kinder Purple	Xavier and Lacie
Kinder Blue	Edmund and Hailyn
1C	Sienae and Dolev
1R	Oleena and Micah
2C	Minh An and Archer
2R	Violet and Jeffrey
3/4Mac	Clara
3/4S	Vera and Arotrika
3/4E	Indie and Albert
5/6J	Alfred and William
5/6S	Bianca and Lachlan
5/6C	Gemma and Hatem

5/6T

Cafe and Chloe

5/6R

Leo and Xingyan



Armidale City Public School

P & C Meeting

When: Wednesday, 2nd April 2025

Time: 6pm

Where: ACPS Library

If you would to come along, it's not too late to become a member of the P&C Association.

Inquiries: Narelle Watson

0412 882 159

watnef@gmail.com



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



swop it
everyday in the lunchbox



INGREDIENTS

- 2 heads of broccoli, cut into florets
- 500g pasta, any short pasta will work well such as bows, penne or shells
- 2/3 cup parmesan cheese, grated
- 1/4 cup fresh mint leaves
- 1/4 cup parsley leaves
- 1 clove garlic, crushed
- Zest and juice of 1 lemon
- 1/3 cup raw unsalted cashews (can be substituted for almonds, pine nuts or sunflower seeds)
- 1/2 cup olive oil

DIRECTIONS

1. Bring 2 pots of water to the boil.
2. Add half the broccoli to one pot and par-cook until just tender. Drain and set aside.
3. Meanwhile, add the pasta to the other pot and cook for 2 to 3 minutes. Then add the remaining half of the broccoli, cooking until the pasta is al dente and the broccoli is tender. Set aside. This broccoli will not be used to make the pesto.
4. Place the par-cooked broccoli, parmesan, mint, parsley, garlic, lemon juice and zest, cashews and oil into a food processor and blitz until well combined.
5. Add cooked pasta and broccoli into a large bowl, add the pesto and stir to combine.
6. Transfer to containers and store in the fridge, 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, Worimi Artist

Mrs Ridley's Word of the Week

Word-**Positivity** (*poz-a-tiv*)

Definition- *The practice or quality of being optimistic and focusing on positive thoughts, experiences, and outcomes.*

Origin- *From the Latin "positus" (placed, positive).*

Mindfulness activity

Stretching or Yoga

Do simple stretches or family-friendly yoga poses together. Many free resources are available online, and it's a great way to bond while relaxing.

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

NSW NSW Athletics Australian Games ACADEMIES OF SPORT BASKETBALL AUSTRALIA BASKETBALL NSW



Sponsored by
Aboriginal Affairs NSW

Weaving Circles

FREE WORKSHOPS FOR WOMEN & GIRLS
OF ALL BACKGROUNDS

Open to 11 years & older



Connect with
others, while learning
the traditional art
of weaving.



Free workshops during April school holidays

- ⦿ Apr 14th | 2:30pm-4:30pm
- ⦿ Apr 15th | 10am-12pm & 2:30pm-4:30pm
- ⦿ Apr 16th | 10am-12pm & 2:30pm-4:30pm
- ⦿ Apr 17th | 2:30pm-4:30pm

Where: Kent House 141 Faulkner Street, Armidale

Contact: Melissa - 0410321791 | melissa@murawin.com.au



Register Now

**SCHOOL
HOLIDAY
PROGRAMS**

LEARN, PLAY & GROW

-  **BASKETBALL**
-  **SCIENCE**
-  **NERF/LASER TAG**
-  **ESCAPE ROOMS**
-  **CRAFTS**
-  **PICKLEBALL**
-  **OZ TAG**
-  **FUTSAL**

And more! Kids Vouchers Accepted
Book 2 days, and get the 3rd at 50% off



BOOK NOW



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



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

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



<p>SATURDAY</p> <p>8.30am U/16's Girls 9.30 am U/8's Mixed 10.30 am U/12's Mixed 11.30am U/14's Girls</p> <p>START DATE Saturday 3rd MAY 2025</p>	<p>MONDAY</p> <p>4.15 pm U9's Mixed 4.15 U12's Mixed 8pm U15's Mixed 6pm: U18's Boys Draft Pick (Individual Nominations)</p> <p>START DATE Monday 5th MAY 2025</p>
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Email: Juniors@hockeynewengland.org.au
 Check out our facebook!
<https://www.facebook.ca/en/graphics/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



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.

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Contact details:

Ann Haining
HIPPY Armidale Coordinator
New England Family Support Services,
89 Rusden Street, Armidale NSW 2350
Email: 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



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

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

DEMON KNIGHTS FOOTBALL CLUB

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



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



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

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



OUTREACH & OTHER COURSES

CONTACT DETAILS

Outreach Education Dates for 2025

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

TENTERFIELD

INVERELL - Surviving Your Adolescents -
Wednesday 7th May 2025 - 10am - 2pm

NARRABRI

MOREE

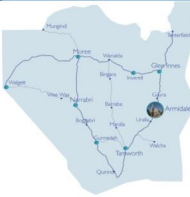
Relationship Courses

Love Isn't All You Need - FEES APPLY - per couple - \$100 waged, \$70 unwaged with concession card (Couples only)

No counselling! Work through exercises in the 7 Principles for Making Marriage Work book in private. This 6 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



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

With outreach services provided across the diocese

Contact Us:
Ph: 1800 372 826
E: contact@centacarenew.com.au
www.centacarenew.com.au
or find us on Facebook:
www.facebook.com/CentacareNEW

Centacare NEW acknowledges the traditional custodians of the land and pays a respect to the oldest past and present.



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 5KM CAMPUS TO CITY CENTER

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!







FACEBOOK.COM/CAMPUS.CENTER



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

Fax- 02 67712262

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