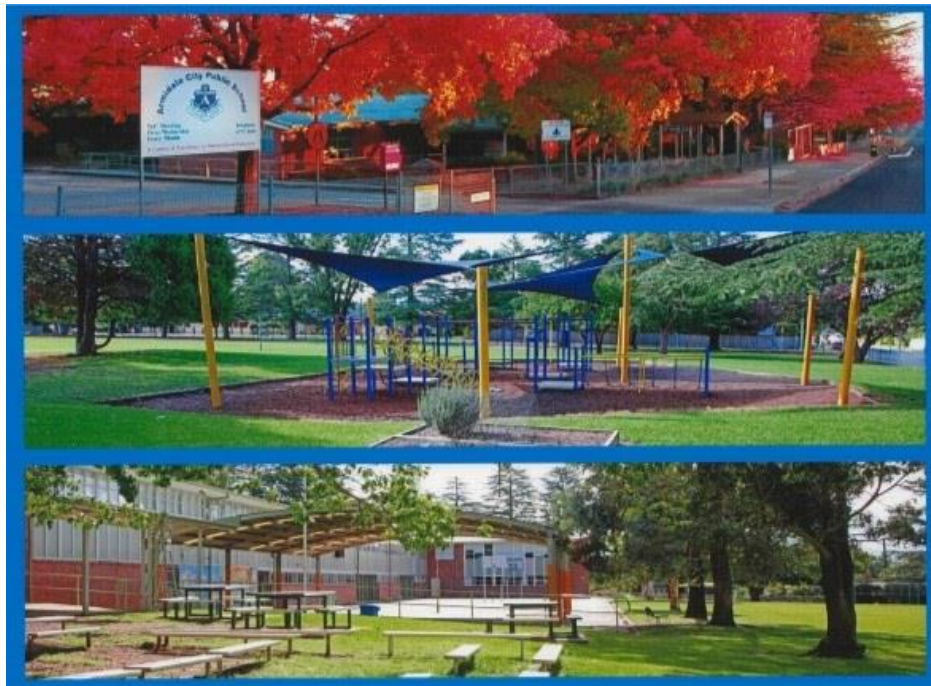




The Blue and White
Armidale City Public School
"the heart of Armidale"
Quality Teaching since 1861

9 April 2025

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Principal's Report



I was privileged to join 25 students and five teachers from Armidale City Public School and students and staff from other Armidale public schools in the Autumn Festival parade on Saturday. We were thrilled to march behind the Newling Public School drumline group – a massive task while carrying drums and keeping time over the length of the parade. My thanks go to the students and staff for giving their time to participate. It was also great to see so many other students participating in other floats and families cheering on those in the parade.

Harmony Day

Students and staff celebrated our wonderful multiculturalism at a belated Harmony Day assembly today. We were treated to students welcoming us in their first languages, with others performing a range of cultural dances while wearing traditional costumes and a moving musical performance by our younger students.

Easter hat parade

Families are invited to attend our 2025 K-2 Easter hat parade from 10.30am on Friday, 11 April on the school oval if it is not raining. To ensure the safety of students, parents and other visitors are not to approach students. If it is raining, the Easter hat parade will be moved into the hall.

The P&C Easter raffle will be drawn following the parade at approximately 10.50am. We would like to thank our families for their generous donation of Easter treats. These have made 15 wonderful prizes for the raffle.

There is still time to buy tickets.

Stage 3 excursion

The Expression of Interest notes for the Stage 3 excursion to Canberra **MUST BE RETURNED** by today, **9 April 2025**. We need to know numbers to determine the viability of going ahead with this excursion.

U-turns and safe driving

Families are reminded that **making a U-turn in a bus bay** or on any of the four streets surrounding the school at the beginning or end of day when buses and other vehicles are in the vicinity of the school **is unsafe**. No-one wants to be responsible for injuring or killing a child who steps onto the road and may not be easily seen or causing several students to be hurt on a bus if it needs to brake or swerve to miss hitting a vehicle doing a U-turn. Drivers are also reminded of the need to slow down at the start and end of the school day. **Please help us to keep all children safe.**

The following information has been taken from <https://www.nsw.gov.au/driving-boating-and-transport/roads-safety-and-rules/stopping-giving-way-turning/u-turns-three-point-turns>

You must not make a U-turn:

- *at intersections without traffic lights where there's a 'No U-turn' sign*
- *at intersections with traffic lights, unless there's a 'U-turn permitted' sign*
- *across a [single unbroken dividing line](#) or double unbroken dividing line*
- *across double dividing lines with an unbroken line closer to you*
- *on motorways and freeways.*

When making a U-turn, you must:

- *have a clear view of approaching traffic*
- *start your U-turn from the marked lane nearest to the centre of the road*
- *start your U-turn to the left of the centre of the road if there are no lane markings*
- *make the turn without obstructing traffic*
- ***give way to vehicles and pedestrians***
- *indicate before you start to turn.*

After you turn, check your mirrors and blind spots again, indicate, and only pull out when it's clear and safe.

Dates to remember

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. We will meet at the East Mall around 10.20am to march to Central Park.

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

Election cake stall and barbecue on Saturday, 3 May.

Take care and enjoy the school vacation period,

Deborah Nay











School Calendar

Calendar

Term 1 2025

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

Term 2 2025

28-29 Apr	Staff Development Days
30 Apr	First Day of Term 2 for Students
2 May	Book Fair Starts

Notes and Money Due

Activity and Cost

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

Year 4 Expression of interest, Coffs Harbour Camp- \$50 Cash

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







P&C News

Election Day - Saturday, 3rd May 2025. We are holding a BBQ and Cake Stall at ACPS for the Federal Election. If you are able to help out with the BBQ or providing home cooked cakes/slices/biscuits for the Cake Stall that would be amazing.

Fete Committee - our first meeting will be at 6.30pm, Thursday, 15th May in the School Library. If you would love to join this amazing committee then come along to the meeting for a fun way to help our school.

If you have any questions, please let Narelle know on 0412 882 159 or email watnef@gmail.com

General Information

Farewell Mrs Jones

Last week we farewelled one of our wonderful staff members **Mrs Felicity Jones**. Mrs Jones has been a teacher with the Department of Education for over 23 years and was presented with her service medal during her farewell morning tea. We wish her well on her next chapter.



Good for kids
good for life



ZUCCHINI SLICE



INGREDIENTS

- 6 eggs
- 1 1/2 cups wholemeal self-raising flour
- 1 cup reduced fat tasty cheese, grated
- 3 medium zucchinis, grated, squeezed to remove moisture or drained in a colander
- 1 medium carrot, grated
- 1 brown onion, finely diced
- 1 clove garlic, crushed
- 1/2 teaspoon pepper

DIRECTIONS

1. Preheat oven to 180 °C. Line a loaf tin with baking paper.
2. Add eggs to large bowl and whisk.
3. Add remaining ingredients.
4. Pour mixture into the tin and bake for 25 minutes or until a knife inserted comes out clean.
5. Allow to cool for 10 minutes in the tray before transferring to a wire rack to cool completely.

LUNCHBOX TIP

Slice and freeze in individual portions ready to be added straight 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-**Euphoria** (yoo-faw-ree-uh)

Definition- **A state of intense happiness and well-being, often associated with a high level of mental and emotional positivity.**

Origin- **From the Greek "euphoros" (bearing well, healthy).**

Mindfulness activity

Listening to Music Mindfully

- Listen to a song together and focus entirely on the music. Discuss how the song makes you feel or simply enjoy the moment without distractions.

Community Notice Board



NEW ENGLAND FUTSAL
Winter Futsal Comp

ARMIDALE	GLEN INNES
<ul style="list-style-type: none">• Friday's from 5pm• The Den - Armidale• 6 year olds to Opens• Mixed• Juniors = \$235 per player (full season)• Opens = \$90 per team (per game)	<ul style="list-style-type: none">• Thursday's from 5:30pm• Glen Innes Indoor Sports• 6 year olds to Opens• Mixed• Juniors = \$235 per player (full season)• Opens = \$90 per team (per game)

ACTIVE KIDS VOUCHERS ACCEPTED

For more information, email newengland@australianfutsal.com
or call 0400 695 395

Proudly affiliated with Australian Futsal



April School Holiday Workshops



Handmade Easter Egg Basket & Easter Egg Decoration \$15 - \$17

16th April 10.30 -11.30am AGES | 5 - 9 years.
We ask that all children are accompanied by an adult during the workshop.

Create Your Own Stop Motion Animation \$31 - \$35

Bring your creativity to life by making your own stop motion animation. BYO own device & free apps.
16th April 1.30 -4.00pm AGES | 10+ years

Paint & Shake (primary) \$23 - \$26

Unleash your inner artist in this fun painting session!
23rd April 10.30am - 12.00pm AGES | Primary age

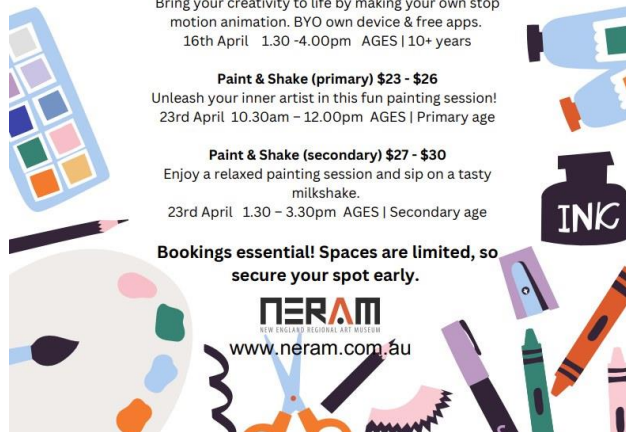
Paint & Shake (secondary) \$27 - \$30

Enjoy a relaxed painting session and sip on a tasty milkshake.
23rd April 1.30 - 3.30pm AGES | Secondary age

Bookings essential! Spaces are limited, so secure your spot early.

NERAM
NEW ENGLAND REGIONAL ART MUSEUM

www.neram.com.au





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 GOVERNMENT
TAMWORTH SPORTS DOME
BASKETBALL AUSTRALIA
BASKETBALL AUSTRALIA

murawin

Weaving Our Stories

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

PCYC

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 Ruef

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



U18 BOYS DRAFT PICK

Competitive, Fun & Evenly Matched teams

STARTS MONDAY 5TH MAY 2025 6-7PM

NOMINATE INDIVIDUALLY

NEW & RETURNING PLAYERS WELCOME

TAG YOUR MATES & SPREAD THE WORD

EOM - COACHES WE WANT YOU TOO SHARE YOUR EXPERTISE AND DEVELOP OUR JUNIORS

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

HOCKEY NEW ENGLAND IS EXCITED TO ANNOUNCE OUR ANNUAL 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 JUNIOBS@HOCKEYNEWENGLAND.ORG.AU

CHECK OUT OUR FACEBOOK!

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

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*



Scan to book
or visit
qoctor.com.au

Action plans
available
7 days a week



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



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
armidalejuniorrugby@gmail.com

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
  instagram.com/dkfcarmidale

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

Centcare 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 18 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

Essential Kids In Mind (EKIM) - 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.
EKIM 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, smarter 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

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

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

CONTACT DETAILS



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

With outreach services provided across the diocese


Contact Us:
Ph: 1800 372 626
E: contact@centcarenew.com.au
www.centcarenew.com.au
or find us on Facebook:
www.facebook.com/CentcareNEW

Centcare NEW acknowledges the traditional custodians of this land and pays respect to the Elders past and present.

Centcare
New England North West
Rural Resilience
We are committed to the service of our people.
All programs and services are FREE or attract a nominal fee.

How can we help your family?

**March
April
May
2025
Program
Armidale**



CALL 6738 7200

An Australian Government Initiative

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