



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

30 April 2025

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Principal's Report



As we return to the second term of 2025, I hope that students and staff have managed to enjoy some rest and relaxation over the holiday period. Usually as we move into autumn, there is an uptick in various illnesses. To ensure that we keep students and staff as well as possible and attending school we ask that students experiencing any vomiting or diarrhoea should stay away from school until 24 hours after the last event. Hand hygiene is essential in keeping us all healthy moving into the colder months.

I was privileged to join 17 students and two teachers from Armidale City Public in the town Anzac Day march last Friday. My thanks go to the students and staff for giving their time to participate, especially during the school vacation.

Staff development day

Staff were involved in a full day of professional learning around *Curriculum and high potential and gifted education* on Monday. High potential and gifted education was a state-wide area of focus in New South Wales to start Term 2. Teachers spent time on Tuesday further developing their knowledge and skills around explicit teaching and looking at the revised reporting format.

Anzac commemoration

This afternoon, students and staff remembered those who served in a range of conflicts to ensure we could live in peace. This year marks the 110th anniversary of the landing at Anzac Cove during World War I.

School cross country

Students who are 8 years old in Year 2 this year and those in Years 3 to 6 will participate in the school cross country event on the school site **tomorrow**. For comfort, students are encouraged to wear their sports uniform and comfortable, well-fitting shoes for running.

Opportunity class and selective high school assessments

Students who have elected to participate in the opportunity class or selective high school assessments for possible entry to these classes in 2026 will have been notified of the date and time for assessments through the appropriate portal parents applied through. To ensure that students have their Test Admission Ticket for entry, a copy has been printed and will be provided to them in case families are unable to print these themselves. A digital ticket will **not** be accepted.

Unlike previous years, these assessments will be conducted online on either **this Friday, Saturday or Sunday** at an allocated non-school site listed on the ticket. Students in Year 4 will need to arrive at the venue at 8:00am for an 8:30am start. Students in Year 6 will need to arrive at the venue at 12:00pm for a 12:30pm start. It is the responsibility of families to transport students to and from the venue. Please note the start times for the different assessments.

Life Skills GO

At Armidale City Public School, we are committed to creating a safe, supportive, and engaging learning environment for all our students. To further this commitment, we have partnered with Life Skills Group to implement the Life Skills GO program. This evidence-based, online platform is designed to nurture the social, emotional, and physical development of your child, equipping them to thrive both in school and in life.

It involves the students checking in regularly in class with their teachers, using a digital check in tool. Our decision to adopt Life Skills GO is driven by the need to implement trauma-informed

practices that enhance student engagement, improve classroom behaviour, and boost learning achievement. By doing so, we aim to create a positive classroom environment that leads to better attendance rates, fosters a safe and supportive atmosphere, and ensures that every student feels secure, valued, and capable of academic success.

This initiative is not just about immediate outcomes but about building a resilient and thriving school community where all students can reach their full potential. We believe that by investing in the well-being of our students, we are laying the foundation for their future success. It will take time for this to be well integrated into our school routine; we thank you for your ongoing support whilst we do so.

For best effect, we are ensuring that students can identify the various emotions through concurrent implementation of the Zones of Regulation program in classrooms. Students have been involved in lessons since this began last term and these will continue throughout the year to assist them regulate their emotions.

Election fundraiser

An election cake stall and barbecue will be held on Saturday, 3 May outside the school hall, which will again be a voting booth. This is a fundraiser for our school P&C.

Congratulations to the winners of the 16 Easter prizes on the last day of Term 1. Thanks go to families for donating a range of Easter treats and to members of the P&C for organising tickets and preparing the prizes. It was lovely to see so many of our students take away prizes this year.

Protecting childhood

In the following article, Dr Justin Coulson asks *what happened to our children's childhood*. He also provides a few questions that may assist in getting the balance right for our children.

Take care,

Deborah Nay

Protecting Childhood

Born in the 1970s, I enjoyed a carefree childhood in a lower-to-middle-class suburb. My parents worked long hours, leaving me free to explore the neighbourhood with my best mate, Andy. We rode bikes, played marbles or footy, hung out at the local arcade shop, and climbed trees until dark—all this and more from around the age of seven or eight! If you're even close to my age, you probably enjoyed similar freedoms and opportunities. I want the same for my children, but it is increasingly unusual and unattainable for many.

Questions about safety abound. Children have ever-increasing academic loads. Schedules for both children and their parents are busier than ever. Extra-curricular activities are more popular than ever. Screens have proliferated. And downtime is harder to find than ever before.

What has happened to our children's childhoods?

Play: The Work of Childhood

Play is integral to building successful, resilient children, and its importance starts in infancy. For infants, play involves touch, sounds, peek-a-boo, and interactive floor time. By preschool age, children delight in messy play with water, sand, and crafts, and their physical activity and social interactions increase. Early primary school children still enjoy creative play but begin to focus on games with rules and outdoor activities, emphasising social interaction.

The Benefits of Unstructured Play

Play fosters essential skills, including setting boundaries, understanding social norms, negotiating, and creativity. Unstructured play before age ten is particularly beneficial.

Rough-and-tumble play with parents is especially fun and educational in terms of teaching limits, communication, and physical coordination. The best part about these play activities is that they are easy, healthy, educational, and low-cost. Ultimately, play is the work of childhood, laying the foundation for resilient lives.

Are We Doing Too Much?

Helping children enjoy childhood includes managing extracurricular activities. The rise in sports and other pursuits at younger ages has sparked debate about whether kids are overscheduled. Critics argue that excessive activities may rob children of their childhood, creating unnecessary stress and competition among parents.

Free play and unstructured time are crucial for children's well-being, allowing them to explore, be curious, and develop creativity. However, structured activities can also provide safety and development in a modern, less child-friendly world. These activities help manage screen time, offer developmental benefits, and give parents peace of mind.

How to Find the Right Balance

Finding the right balance between structured activities and free play is challenging. There is a line that balances the competing demands of structure, growth, and enrichment with stress, financial costs, and protecting childhood. The problem is that none of us really knows where that line is until we've crossed it. It's different for each child, and it changes as they mature and develop.

Questions to Ask Yourself

Rather than me telling you where to draw that line, here are some questions to ask yourself to get the balance right for your children.

- Am I anxious about my child's success in life, or am I trying to improve my child's wellbeing?
- Does your child feel like you care about the outcomes more than they do?
- Are your kids excited to participate?
- Does your child have time to play with friends?
- Are they getting enough sleep?
- Does your child get free play time?
- Do you make time to do nothing alone or together?

Letting Children Just Be

Childhood is shrinking. Those years of carefree innocence are being crowded out. Yet play, curiosity, slow and agenda-free development, and the chance to pursue interests that align with personal strengths are some of the most important gifts we can give a child to truly experience childhood. They get to make their own decisions, write their own rules, and have their own experiences. There's a strong connection between feeling in control of our lives and being happy. When our children see us, they do not need to be burdened with more work and study. They need us to fall on the floor, tickle, wrestle, and laugh. They need opportunities to learn and create; to sit quietly on the grass under a tree and stare at clouds; to experience the simplicity of childhood; and to simply be.



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 2 2025

1 May	ACPS Cross Country
2 May	Book Fair Starts
2 May	OC and SHS Testing
2 May	UNE Open Day 5/6R
3 May	Federal Election
5 May	NW Rugby League Trials
5 May	PSSA Tennis Knockout V Tamworth PS

6 May	K-2 Assembly
7 May	P&C Meeting 6:30pm
8 May	Cross Country backup day
9 May	Armidale Zone Football Trials

Notes and Money Due

Activity and Cost

Year 4 Expression of interest, Coffs Harbour Camp- \$50 Cash, Due 7 May

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



1 - From 2 May. Running for 2 weeks

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.

Next P&C Meeting- 7 May 2025 at 6pm in the library

Fete Committee - our first fete meeting will be at 6.30pm, Thursday, 15 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.

Easter Raffle- Thank you to everyone who supported our easter fundraiser last term. The lucky winners were-

1. Coventry
2. Ria
3. Wayne
4. Siriwarhana
5. David
6. Girard
7. Christopher
8. Darcy
9. Mdrazin
10. Tina
11. Djaylen
12. Ria
13. Madi
14. Mdrazin

15. Evan

16. Les

Clothing Pool- There are plenty of Jumpers, long pants and other winter items in the clothing pool. The clothing pool is open during school office hours, Monday to Friday.

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

General Information

Updating Family Details

Have any of your details changed?

Please amend any details via the Sentral Parent Portal.

Please include/amend any emergency contacts who are able to collect your children from school.

Good for kids
good for life



PUMPKIN SCONES



INGREDIENTS

- 2 cups wholemeal self-raising flour
- 1/2 teaspoon ground nutmeg
- 60g unsalted butter, chilled and cubed
- 1/2 cup reduced fat milk, plus extra for brushing
- 1/2 teaspoon lemon juice
- 2/3 cup mashed, cooked pumpkin

DIRECTIONS

1. Preheat oven to 220°C.
2. Line baking tray with baking paper.
3. Sift flour and nutmeg into a bowl. Using fingertips, rub butter into flour mixture until it resembles breadcrumbs.
4. Add milk, lemon juice and pumpkin. Stir until a sticky dough forms.
5. Turn out dough onto a lightly floured surface. Knead until just smooth.
6. Using a lightly floured rolling pin, gently roll dough until 2cm thick.
7. Using a 6cm round cutter, cut out scones. Press leftover dough together and repeat until no dough remains.
8. Place scones on prepared tray and brush with milk.
9. Bake for 12-15 minutes.

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



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

Community Notice Board

Armidale Basketball Association

Minibasketball

Term 2 2025



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 5 May – 30 June (Not on June long weekend)
- Contact Armball@bigpond.com to get put on the email list for more information.
- Players can pay Annual Registration through the ABA website by registering via Connect - armidalebasketball.tidyhq.com
- Term or Game Fees can be paid at the stadium or via Direct Deposit
- No team required, just register online 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. 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 \$55.50 (turning 8-11yrs) or \$70.50 (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

Minibasketball Coordinator
0417622859



Armidale Basketball Association



2025 Term 2 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 4 May – 29 June (not on long weekend)

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

Come and join in with our regular coaches Mark, Lynette and Kya to help build confidence in ball skills.

Both **new and returning** players should register each term online at <https://aussiehoops.basketball/>, a website that has some great resources for parents. 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. The kids learn basketball skills from a mixture of fun drills and games 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
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armball@bigpond.com
Aussie Hoops Coordinator



Mrs Ridley's Word of the Week

Word- **Absquatulate** (ab-skwoch-uh-leyt)

Definition- (verb) to leave somewhere abruptly

Example Sentence - He has **Absquatulated** and taken the cake with him!



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