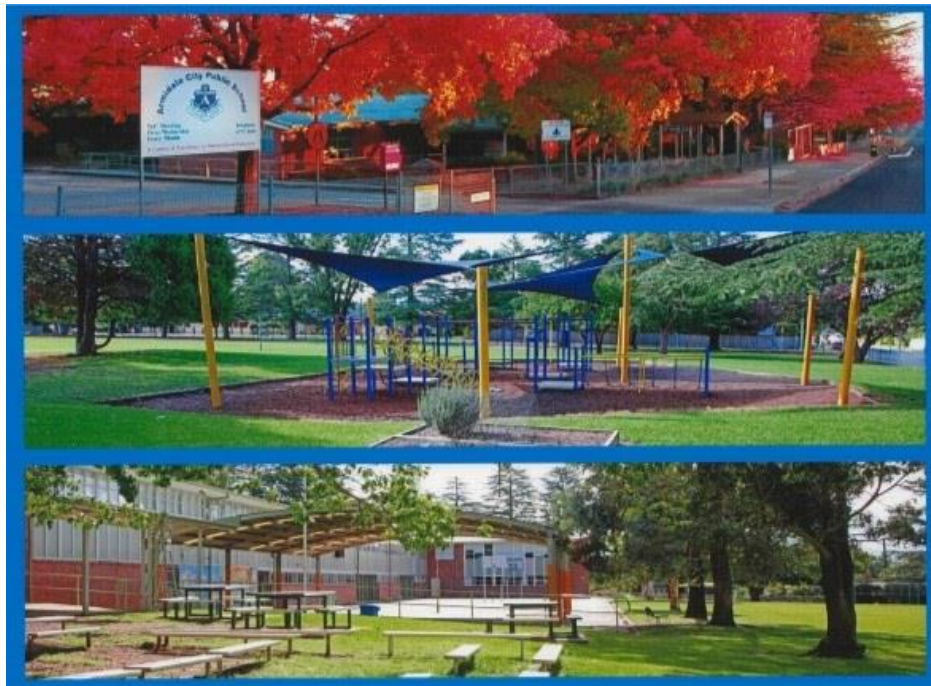




The Blue and White Armidale City Public School "the heart of Armidale" Quality Teaching since 1861

4 June 2025

In This Issue



- **Principal's Report**

- Calendar
- P&C News
- K-2 Assembly
- Sports News
- Arts and Culture News
- General Information
- Mrs Ridley's word of the week
- Community Advertisements
- Contact Us

Principal's Report



We have had a very busy term with student involvement in eisteddfods, a range of sporting events, and cultural events such as the Multicultural Public Speaking competition and debating workshops last week. Congratulations go to **Arotrika, Zaeem, Edden** and **Molly** who were successful in their respective finals. They will go on to represent the school at the local final later this term. Congratulations also go to **Oliver** for his selection in the North West football (soccer) team.

Uniforms

With the recent change in temperatures, we are finding more students wearing non-uniform items and an increase in the number of jumpers, jackets and hats left on the school grounds. If

you are missing uniform items, they may be found in the basement area for students in Years 2 – 6. Where clothing is labelled, it is more likely to make it back to its owner.

Families are reminded that students should be wearing full school uniform. Coloured North West jumpers are reserved for wearing as part of sports uniform on Fridays for students in Stages 2 and 3. Coloured jackets can be worn over a blue school jumper.

Our clothing pool has a good stock of pre-loved school jumpers available at the very reasonable price of \$3 each. Having one or more spare jumpers on hand can ensure that students are warm and in uniform while waiting for washed items to dry during winter.

No toys or collectibles

Families are reminded that toys and collectibles should not be brought to school unless it is for organised show-and-tell. Sometimes students like to bring some of their most precious items to school and can be quite upset if they are accidentally broken or someone else swaps or takes items when they shouldn't. Collectibles such as Pokémon cards and Labubu dolls should not be brought to school.

Respiratory illness and tummy bugs

Unfortunately, our school has continued to experience the effects of COVID-19, influenza, colds and pneumonia in the past week, along with tummy bugs.

To ensure that we limit the spread of these viruses and bacterial infections, we ask that you keep students who are displaying symptoms at home and test for COVID-19 in the case of respiratory illness. They can return to school once symptom free. In the case of tummy bugs, students need to stay away from school least 24 hours following the last sign of vomiting or diarrhoea. If your child does not show signs of improvement, please check with a doctor.

We thank those families who are letting us know when there is a positive case of COVID-19 so that we can let the rest of the community know to watch out. The symptoms are quite varied and some can be very mild.

Arrival and Departure Time

Recently, we have seen students arriving before 8am and leaving as late as 3.50pm. Families are reminded that there is no supervision of students before 8.40am. If your child lives within a ten-minute walk from school, they should not be leaving home before 8.30am. There is no

supervision after school, except for those children catching buses. Please ensure that you collect children at 3.10pm. We ask that you not encourage or allow children to play on equipment as some try to do so unsupervised. The safety of our students is important to us.

If you are going to be later than 3.15pm for pick-up, your child should wait at Gate 1 where they can be supervised with bus students until 3.30pm. We cannot guarantee any supervision after this.

Teaching our children self-control

Dr Justin Coulson says that self-control is one of the most important life skills that children can develop. In the following article, he provides three suggestions to help our children, and ourselves, develop greater self-control.

Take care,

Deborah Nay

INSIGHTS

happy families SCHOOLS

ISSUE 6 | TERM 2 | 2025

Teaching Our Kids Self-Control: The Superpower that gets results

Self-control is one of the most important life skills our kids can develop. Whether it's a toddler throwing a tantrum, a tween interrupting in class, or a teen glued to their phone instead of doing homework — self-control (or the lack of it) shows up in every stage of parenting.

Here's some encouraging news: self-control is a learned skill. And just like learning to read, ride a bike, or play an instrument, our kids can improve their self-control with practice, guidance, and the right tools — no matter their age or temperament. (And so can we.)

What is Self-Control (And Why Does It Matter So Much)?

At its core, self-control is our ability to manage our thoughts, emotions, and behaviours in ways that help us reach our goals. Note that the "goals" aspect matters here. Three-year-olds don't have goals due to limited cognitive development, so they don't think about whether to express or suppress their emotions. They just let it all out!

For kids, that might mean calming down instead of hitting, waiting their turn instead of pushing in, resisting a distraction rather than giving in and losing focus, or walking away from an argument rather than fighting back.

Research shows that strong self-control develops from about age three or four, and most kids are ok with it by around age 8-10. Self-control is linked to better relationships, improved wellbeing, greater academic success, and more positive life outcomes — even decades [later](#). But it's not just about long-term success. It's also about helping our children live more peaceful, connected, and meaningful lives day-to-day.

Three Self-Control Strategies That Work — At Any Age

Whether you're parenting a four-year-old or a fourteen-year-old, here are three practical, research-backed strategies that help children build better self-control:

1. Distraction and Attention-Shifting

Temptation thrives on attention. The more kids focus on the thing they want (the lolly, the device, the comeback in an argument), the harder it is to resist. Help your child shift their focus. Younger children might need a change of scenery or a new activity. Older children can be encouraged to engage their minds elsewhere — a different task, music, movement, even humour. Shifting attention isn't avoidance. It's smart regulation. Look at the cloud. Go for a walk. Sing a song. Pray or meditate. Shift focus and increase control.

2. Reframing the Situation

The way we *think* about something changes how we *feel* about it. If a child is obsessing over not being allowed something, help them see it differently. For little ones, this might sound playful: "Imagine that biscuit is actually a piece of broccoli." For older children, it might mean encouraging

them to look at the bigger picture: "Will this still matter tomorrow?" or "What's the most helpful way to handle this?"

3. Using a Role Model — The 'Batman Effect'

A powerful technique, especially for younger children, is to have them imagine what someone they admire would do. "What would Batman do?" "What would Wonder Woman say?" For teens, this evolves into a question of identity and values: "Who do you want to be right now?" "What would someone you respect do here?" Stepping outside ourselves, even momentarily, gives us clarity and control.

What About Kids Who Struggle More Than Others?

Some kids — including those with ADHD, anxiety, or other challenges — may find self-control especially hard. The research tells us that the *same strategies* still work, and in fact, they often benefit these children even more. With consistency, support, and understanding, they can absolutely grow in this area. Your biggest challenge here will be that it takes a bit of extra work. But that's the case for most things where these challenges exist.

And What About Us?

Let's not forget — self-control isn't just a challenge for kids. As parents, we're often running low on patience, energy, and calm. When you feel like you're about to snap, try these quick self-control strategies for yourself:

- **Use your name** in self-talk: "Jess, take a breath. You can handle this."
- **Zoom out:** Ask, "Will this still matter next week?"
- **Get into nature:** A few minutes outside can reset your whole nervous system.

Our kids *catch* our calm (or our chaos). The better we *regulate* ourselves, the easier it is for them to learn to do the same.

Final Thoughts

We're not aiming for perfection. We're raising humans, not robots. Our children will still have meltdowns, make impulsive decisions, or act before they think — just like we do sometimes. But every time we coach them through those moments, we're giving them tools they'll use for life.

So next time your child is about to lose it — or you are — remember: this is not a character flaw. It's a learning moment. And with time, support, and the right tools, self-control *can* be learned.

And your calm, consistent presence? That's the best teaching tool of all.



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

4-5 Jun	OC Thalgarrah Camp
5 Jun	Year 5&6 STEM Day
6 Jun	Armidale Zone Netball Trials
9 Jun	Public Holiday
11 Jun	Armidale Zone Softball Trials
12 Jun	North West Cross Country

12-13 Jun	Colour the Earth Art Camp
13 Jun	PSSA Soccer match
13 Jun	AFL Clinic
13 Jun	ACOS Combined Primary/Secondary Dance Ensemble Rehearsal
16 Jun	ACOS Aboriginal Dance Rehearsals
17 Jun	3-6 Assembly
19 Jun	ACOS Massed Choir Rehearsal
20 Jun	AFL Clinic
20 Jun	ACOS Combined Primary/Secondary Dance Ensemble Rehearsal
24 Jun	North West Netball Trials
25 Jun	North West Boys and Girls Touch Football
27 Jun	School Athletics Carnival

Notes and Money Due

Activity and Cost

Stage 3 Canberra Excursion instalment \$150

Year 4 Coffs Harbour Excursion instalment \$100

Athletics Track Carnival- \$3.50

P&C Pasta Meal Deal - Due 11 June

Athletics Day Meal Deal- Due 23 June

Stage 3 STEM Day at ASC- \$4

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

P&C News

Don't forget to order your pasta meal deal by **11 June**. The order form has been sent home or can be found below.

Our next P&C meeting is on **tonight at 6pm** in the library.

The clothing pool is in need of items, if you have any old uniforms in good condition, we would love to have them. Please drop any items to the office

For more information call Narelle on 0412 882 159

Pasta Meal Deal

Pasta Bolognese & Popper Lunch

Friday 13th June 2025

☐ **Beef Bolognese \$6.00**

☐ **Vegetarian \$5.00**

☐ **Gluten free beef \$6.00**

☐ **Gluten free Vegetarian \$5.00**

Notes to be returned to office or class teacher by Wednesday 11th June.



K-2 Assembly

Congratulations to the following students who received certificates at yesterday's assembly

Kinder Purple

Maddie, Kyarnah, Beau and Kyra

Kinder Blue

Sebastian, Ray, Clayton and Evan

1C

Felix, Maizy, Phoenix and Kymani

1R

Berivan, Anannya, Azhar and Xana

2C

Christopher, Daisy, Charlie and Kelsea

2R

Kyle, Hamish, Kedrick and Aveen

The following students have had their work selected as Work of the Fortnight. Their work will be on display in the front office soon.

Kinder Purple

Nusaiba and Mason

Kinder Blue

Braxton

1C

Karen and Charlie

1R

Miqdad and Dineli

2C

Christopher and Daisy

2R

Ivy and Dildar





1 - Charlie 1C



2 - Daisy 2C



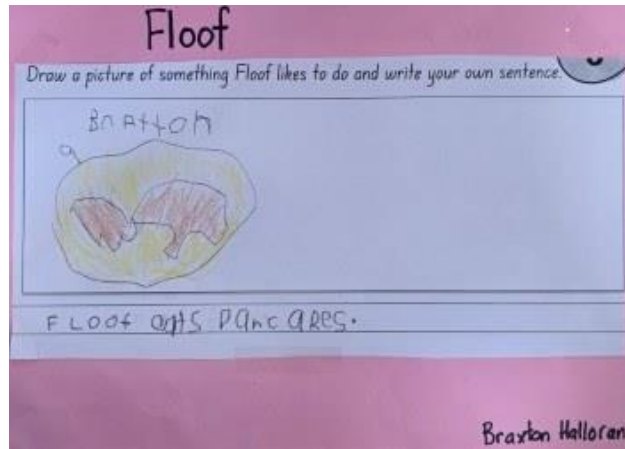
3 - Ivy 2R



4 - Dineli 1R



5 - Dildar 2R



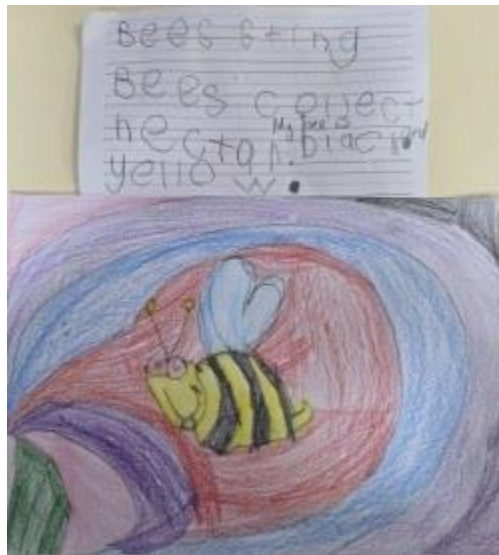
6 - Braxton Kinder Blue



7 - Karen 1C



8 - Miqdad 1R



9 - Mason Kinder Purple



10 - Nusaiba Kinder Purple



11 - Christopher 2C

Sports News

Armidale Zone Touch Football Trials

The touch football gala day was held in Walcha on Friday. Our students went down in their first match in the knockout but played some fantastic touch footy. Congratulations to **Zara, Molly, Ella, Alfred, Zac, Jimmy, Alfred** and **Charlie** for making the possible v probable matches **Jimmy, Charlie** and **Ella** were successful in gaining selection in the Armidale Zone teams to trial for North West later in the term.



North West Football Trials

Oliver, Charlie, Chase, Violet & Molly who visited Tamworth as members of the Armidale Zone football team to trial for North West.

Congratulations to **Oliver** on his selection in the North West team





North West Rugby Union Trials

Charlie and **Jimmy** attended the North West Rugby Union trials in Tamworth on Thursday as members of the Armidale Zone team



Arts and Culture News

Multicultural Public Speaking competition

Congratulations to **Arotrika, Zaeem, Molly** and **Edden** who have been successful at the school final for the Multicultural Public Speaking competition today. They will now go on to represent the school at the local final later in the term.



General Information

Important Safety Reminder for Drop-Off and Pick-Up

Dear Parents and Guardians,

To ensure the safety of all children, we kindly ask that you **use the designated pedestrian crossing** when dropping off or picking up your child. Walking behind parked cars or while cars are parking can be dangerous, as drivers may not see pedestrians when reversing.

Please help us keep our school a safe environment by following these simple guidelines:

- Always **use the crossing** when moving to and from the school grounds.
- Avoid walking behind vehicles to prevent accidents.
- Stay alert and teach children safe walking habits.
- Where possible, park on the school side of the road.

Thank you for your cooperation in prioritising the safety of our students.

Kindergarten 2026 Enrolments Open



12 - Go to [Enrolment - Armidale City Public School](#) to enrol

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



Good for kids
good for life



Indigenous Game: Tambil Tambil

Pronounced '**tam-bil tam-bil**'
This is a throwing and dodging skills game.

Players:

- Groups of 4-12 players

Playing area:

- A designated area suitable for the activity.

Equipment:

- Paper ball, sponge balls or soft fleece balls
- A small shield (bat) for protection only- optional.

Game play and rules:

- One player represents a kangaroo. The kangaroo stands 10-15 metres in front of a group of players, who are spread out along a line.
- The 'kangaroo' hops or runs around in front of the group, dodging the throws until they are hit by a thrown ball. When hit, the player falls over, and the player who hit him or her becomes the new kangaroo
- A supply of balls is provided for the throwers. Players do not move out past the line to retrieve thrown balls unless the game is stopped and they are directed to do so.

Variations:

- Players throw their weapons 'weakly' at each other by lobbing, rolling or bouncing tennis or sponge balls towards each other. (This is recommended for younger players.)

Safety factors needed to be considered to avoid injury to the dodging player. The use of soft balls and keeping a distance of at least 2m is advised. Avoid aiming balls above the waist. It is possible to substitute a person for some types of targets.

Source: Yulunga Traditional Indigenous Games | Australian Sports Commission (sportaus.gov.au)



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.

VEGETABLE PASTA SAUCE



40 MINS

4 SERVES

INGREDIENTS

- 2 teaspoons olive oil
- 1 onion, finely diced
- 1 clove garlic, minced
- 1 red capsicum, finely diced
- 1 can crushed tomatoes (no added salt)
- 50g ham, diced
- 2 carrots, grated
- 2 zucchinis, grated

DIRECTIONS

1. Heat olive oil over medium heat in a medium sized non-stick saucepan.
2. Add onion and garlic. Cook until translucent.
3. Add capsicum, tomatoes, ham, carrots and zucchini.
4. Cook for 15 minutes or until the sauce has thickened. Stir occasionally.
5. Serve with the pasta of your choice.

LUNCHBOX TIP

Remember to always pack an ice brick when packing ham in 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- **Paradigm** (Pair-uh-dime)

Definition- (Noun) A typical example or pattern of something; a model.

Etymology- From Greek *paradeigma*, meaning "pattern, example."

Community Notice Board

Keeping Kids In Mind

Keeping Kids In Mind is a five week course offering support for separated parents in a time of change and uncertainty, helping them understand the impact of separation or divorce on children.

- ☛ handle strong emotions better
- ☛ understand how entrenched conflict affects children
- ☛ tips for parenting during tough times

This course satisfies the requirements of a court ordered separated parenting course.

Registration is essential.

Course entry by interview

To book your place
please call

6738 7200

WHEN: 5 x Tuesdays

10.30am to 1pm

17th & 24th June, 1st, 8th & 15th
July 2025

WHERE: 150 Rusden Street,
Armidale

COST: \$100 waged \$70 unwaged
(payment plan available)



Centacare
New England North West
Rural Resilience
THE SOCIAL SERVICES AGENCY OF THE CATHOLIC BISHOP OF ARMIDALE

FAMILY
RELATIONSHIP CENTRE
HELPING FAMILIES BUILD BETTER RELATIONSHIPS
 **An Australian Government Initiative**

FREE

Practical Parenting

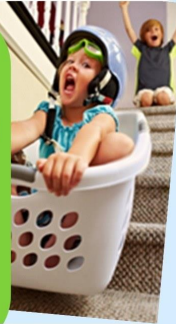
Practical Parenting offers strategies to nurture your child's mind and to take the stress out of parenting.

Sick of repeating yourself?
Giving in to stop the whining?
Stop shouting and start connecting!

Explore:

- 12 strategies to help your child
- Better ways to discipline
- Improving the relationship with your child
- Helping children with their emotions
- What gets in the way of parenting

**Yes?
Come
to the
course**



WHEN: 2 Mondays: 23rd & 30th June 2025

TIME: 10am - 1pm

WHERE: Centacare Armidale - 150 Rusden Street, Armidale

Registrations are **essential**

This course will only run if there are enough

numbers

For more
information or to
register, ring the
Facilitator - Pedro
on **6738 7200**



Food Blessings

An initiative based on Foodbank NSW & ACT Ltd



Open Every Thursday, 1pm to 4m

Fill a standard shopping bag with foodstuff and other household items for a set price (\$20) per regular shopping bag.

Those holding a Health Care Card, Pension Card or Student (university or TAFE) Card are eligible for these discount items. If you are doing it hard, come and talk to us.

**Come to 67-69 Erskine Street,
Armidale Seventh-day Adventist Church hall.**

All transactions at this stage will be cash only.

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](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 \$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
0417622859
armball@bigpond.com
Aussie Hoops Coordinator





Do you have a pensioner concession card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops


saverplus
1300 610 355 saverplus.org.au



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