WEEK 5

Week 5! almost halfway through Term 1 already. It has been a very busy week with children attending Life Education Van, the first round of the cricket knockout, district swimming and Clean Up Australia Day later this week. Every week at Armidale City provides amazing opportunities for our students to learn and achieve, thanks to the commitment of our great staff.

Thank you to all parents who attended last week’s parent Information Evenings. It was great to see so many parents actively involved in their children’s education and eager to find out how they can support their children’s learning.

While talking about supporting the school, I would like to invite all parents and friends to come along to next week's P&C meeting which will be a planning session for this year's school fete. The fete is held on the Mother's Day weekend which is the 11 May. A lot of work goes into the fete by parents, staff and community members and some planning has already taken place as a result of last year's Fete. The fete is a great opportunity to meet new people and work with a fabulous committee to raise money for our school. Please come along and share your ideas as we are always looking for new ways to raise funds. Some stalls will be looking for helpers and some may be looking for people to organise them. Every offer of help is welcome.

This Friday all Kindergarten children will take home their first Best Start report. The information in the reports is based on the initial testing completed in Week One. Parents are reminded that this testing was completed four weeks ago and already most children have made great progress in their learning. The parent report outlines for parents, the kinds of activities they can involve their child in at home to ensure they continue to make great progress. The Best Start reports are sent home in Week 5 each term.
Congratulations to all students who braved the cold weather last Thursday to participate in the District Swimming Carnival. All children represented our school with pride and can be proud of their achievements. I would like to congratulate Mrs Kelly on her hard work at the carnival. As District Co-ordinator, Mrs Kelly was responsible for the organisation of officials and events. Congratulations also to all the students who have made it to the regional finals. We are fortunate enough to have 10 students who will go on to compete at the North West Swimming Championships on March 5. The students are listed in the sports report. We wish them all the best of luck.

Some classes across the school have visited the Life Education Van. Students who visit the van will work through a unit of work to follow up on the messages and lessons learned in the van. The lessons will be completed in class and support the outcomes in the PD/Health Syllabus.

Next week some of the students who are involved in the “Exploring Early Childhood” course at Duval High School would like to talk to some of our new Kindergarten students and parents. The students will visit the classrooms one afternoon during the week and then they would like to talk to some of our Kindergarten parents who are waiting to pick up their children in the afternoon.

Sports Report

Congratulations to the following children who will be representing ACPS at the North West Swimming Championships, Tuesday 5 March.

Aaron George: 9 yrs boys, Jnr Relay
Clancy Roberts: 11 yrs 50m, 11 yrs butterfly, 11 yrs breaststroke, 11 yrs backstroke, Snr Relay
Jesse Streeting: 12 yrs 50m, Snr Butterfly, All Age 100m, Snr 200m IM, Snr Backstroke, Snr Breaststroke, Snr Relay
Henry Sindel: 12yrs 50m, Snr Butterfly, Snr Relay
Sam Watson: Snr Relay
Ethan Kirkwood: Jnr Relay
Andrew Henderson: Jnr Relay
Hamish Doak: Jnr Relay
Lucy Cook: 11yrs 50m Butterfly, 11yrs Backstroke
Sha Talkes: 11yrs Backstroke

Good luck to you all.

A huge thank you to: Margie Roberts, Jim & Julie Cook, Julie & Jason Waters, Lisa & Joe Russell who generously gave up their time to assist at the District Swimming Carnival. Your continued support is greatly appreciated.

Today, the ACPS boys' cricket team played their first round of the PSSA Knockout against Ben Venue. At the time of print we did not have a final result. We look forward to hearing from the team later today. We will keep you informed.

Sue Kelly
Sports Organiser

Book Club

Issue 1 orders have been distributed. If you have any problems with these orders could you please contact me in the Library.

There are still a couple of unclaimed orders from last year. The order forms had no name on them. If you feel that these orders could be yours please let me know.

Library

All students need to have a Library Bag to help protect the books that they borrow from the Library.

This will prolong the life of our valuable resources.

Library days this year are currently:

Monday: 3/4BT, 3/4T, 1/2S, KB and KR
Tuesday: 5/6R, 1/2P and 1/2K (now every week).
Wednesday: 3/4J, 3/4R, 5/6K and 1/2W
Thursday: 5/6Mac, 5/6J 5/6B and 1/2T.

Competitions

Information on ICAS Competitions is being distributed to all Stage 2 and Stage 3 classes this week. Children who have shown an interest have received notes. If parents would like more information, or would like to view some past papers please contact Mrs Docksey.

Stage 3 classes will also receive information on the Primary Research Project.

Premier’s Reading Challenge

It is time to again work towards completing the Premier’s Reading Challenge. All classes have now received their recording sheets.

The rules for the challenge and book lists can be viewed on the Premier’s Reading Challenge website.

Last year we had 301 students complete the challenge. Let’s increase the number in 2013.

Mrs Judy Docksey
Librarian

Cherrie Paterson
Relieving Principal
Friday 22 March 2013 is National Ride2School Day however, Armidale City will be celebrating on Monday 25 March 2013. We are inviting children to bring their bikes/scooters to school on this day. Constable Fiona McCormack, Police Liaison Officer, will be in the school from 1.30pm to check over the children’s bikes and to talk about bike/road safety. If children are riding their bikes on the day, they need to be fully aware of road safety rules and we ask that the parents accompany them. Parents who do not want their child to ride to school can drop the bike off either in the morning or over the lunch break. Bikes will be stored under the COLA, in the Primary Playground. All children will be participating in Constable McCormack Road Safety Awareness afternoon.

If you would like more information on these events please call into our office and check out our Community Noticeboard.
Tomorrow's Geniuses

The students in Stage 3 have been working on a Creative Recycling Project for Science this term: The students had to create a recycled product (both decorative and functional) from plastic shopping bags or a recycling project suitable to use in our school. This has produced some fantastically imaginative and creative results thus far. It is very reassuring for the future, to see what talented and creative kids we have in our school, have a look at the pictures below.
Invitation to Participate in the Rural Outreach Mental Health & Resilience (ROMHAR)

Study conducted by the University of New England.

The incidence of depression is higher in rural communities than in urban settings, and less than half as many of the people from rural communities who report a mental health disorder seek help for it compared to their peers in urban settings. The suicide rate in rural communities in Australia is also higher than for urban areas.

However, despite the relatively poorer mental health in rural and regional communities, no comprehensive and representative data are currently available regarding the associations between various demographic, health and biomedical predictors of mental health in rural and regional Australia. To address that issue, the Rural Outreach Mental Health & Resilience (ROMHAR) Study has been developed by the University of New England.

The ROMHAR study will use an interdisciplinary model to collect data from four sites throughout Australia, and will include a wide range of biological and psychological variables that have been linked with mental health.

As a member of the New England community, you are invited to participate in the ROMHAR study. Please note that the study needs participants who have no mental health problems as well as those who face challenges in that area. Therefore, your participation is both welcome and vital to the success of ROMHAR.

If you participate, you will be asked to (i) fill out a questionnaire, (ii) give a sample of mouthwash and a saliva sample, and (if you agree) a small sample of your blood.

Thank you for considering this study. Your participation is very important to its success.

Yours sincerely,

Professor Chris Sharpley

Associate Professor Myfanwy Maple

Collaborative Research Network for Mental Health and Well-being in Rural & Regional areas.

Contact email: ROMHAR@une.edu.au

Phone: 02 6773 3700