PRINCIPAL’S REPORT—WEEK 6

A huge thank you to the students, staff and parents who have supported our new ‘Lunch Inside’ initiative. I have had the pleasure of having lunch with kinder each day since the start of the trial. It is a great opportunity to get to know our students. As an early observation of our trial, I would encourage parents to check their children’s lunchbox when they get home to see what children are eating. Children will be bringing home any uneaten food. I would also encourage parents to ensure children have at least one sandwich, a piece of fruit (other than sip and crunch) and a water bottle each day. I have attached to today’s newsletter a sheet with ideas for children lunchboxes. I ask that parents ensure all children have sufficient high energy food for the day to ensure they are able to maintain concentration and energy levels throughout the day.

Last night was the first meeting to organise our annual school fete. Although only a few enthusiastic people attended the meeting, some great ideas were put forward and the initial preparation put in place. I would urge all parents to get involved in the Fete either by helping on a stall, donating goods or helping in the organisation and of course by attending on the day. Next week’s newsletter will contain information about stalls where help is needed and donations that are needed.

Saturday 15 March 2014 the Armidale Autumn Festival is on again. Each year the Armidale public schools participate as a Community of Schools. Children and families are encouraged to come along and walk as a school to celebrate with the community. Students are asked to wear their school uniform. If your child is from another country, I would like to encourage them to wear their national dress at the Autumn Festival. A permission note will be sent home early next week. I encourage all families to take part and support the Autumn Festival and Public Schools.

It is that time of year when High Schools are looking at enrolments for 2015. Monday 10 March 2014 all...
Year 6 students will receive enrolment forms for their local High School. These forms are to be completed and returned to the Front Office by Friday 21 March 2014.

Harmony Day celebrations will take place on Wednesday 19 March. On this day we celebrate the cultural diversity of our school and indeed the Armidale community that we live in. We endeavour to give all our children the skills and attitudes necessary for them to live in peace and harmony by fostering a culture of respect, understanding and kindness towards others. Students are asked to try and wear something orange as a symbol of peace and harmony. If any student wishes to wear their traditional national dress we encourage them to do so. All classes are planning to hold a multicultural food tasting event for the students, and would appreciate it if families could send along a labelled dish of finger food in the morning to share at lunch. After lunch the students will be doing a variety of art activities relating to Harmony Day and its importance. I would like to thank Mrs Cornall for her work in organising the special events for the day and for her work in supporting our ESL students and their families within the school. I encourage all students to bring along some food from their culture to share but I would also remind parents that they need to contact class teachers if your children have any food related allergies.

Student safety is a topic which often takes a spot in our weekly newsletter but unfortunately it continues to be a huge concern for staff. Over the past six weeks school teachers have regularly spoken to all students about the importance of Road Safety. However, every afternoon we continue to see children run across the road in very dangerous places to parents waiting on the other side. As adults we must ensure we model correct safety for our children and follow the road rules which have been put in place to keep our children safe. I urge parents to think about the safety of your children and the devastating impact an accident involving a child has on families and friends. I would remind parents that there is a 40km speed limit around the school.

A reminder - Applicants for Year 7 placement in a Selective High School in 2015 are required to take the Selective High School Placement Test to be held from 9.00am to 1.15pm on Thursday 13 March 2014. The test centre for students is Duval High School.

PLEASE NOTE: THE CARPARK IS FOR STAFF ONLY. PARENTS ARE ASKED NOT TO USE THE CARPARK TO PICK UP AND DROP OFF CHILDREN

Cherrie Paterson
Principal (A)

WORK OF THE FORTNIGHT

| KB  | Jade Foster |
| KR  | Saho Brown |
| KG  | Eva Pilkington |
| 1/2P | Jaden Streeting |
| 1/2S | Georgia Ridley |
| 1/2W | Shannan Eichorn |
| 1/2C | Liam Cornish |
| 3/4J | Tahli Smith |
| 3/4T | Zaiden Kennedy |
| 3/4R | Alexander Cristani |
| 3/4RT | Grace Rodrigues-Anderson |
| 3/4KS | Reed Dawson |
| 5/6K | Singleton Heremaia |
| 5/6J | Piyumi Ekanayake |
| 5/6Mac | Oliver Pennington |
| 5/6R | Roanan Kelsall |

SPORTS NEWS

What a busy fortnight it has been for ACPS in the sporting arena.

The Armidale Zone swimming carnival was recently held in bleak conditions, however, the much needed rain didn’t dampen the spirits of the competitors or spectators. A huge thank you to Julie Cook for timekeeping and Joe Russell for setting up our shade tents or should I say rain shelters. The following children were successful at the carnival and will now compete at the North West Swimming Carnival on Monday 10 March 2014. Congratulations to April Boyd, Nick Bugden, Jessica Burgess, Lucy Cook, Hamish Doak, Aaron George, Andrew Henderson, Henry Jackes, Clio Knight, Zoe McShane, Clancy Roberts, Kael Streeting, Angus Towie and Laura Towie.

The boys’ and girls’ cricket teams played their first game in the PSSA knockout. The boys played Ben Venue and the girls travelled to Glen Innes, to play Sir Henry Parkes. Both teams were defeated but Mr Townsend was extremely impressed with the effort and sportsmanship of all players.

Congratulations to the following children who were successful at the Armidale Zone basketball trials; Amy Showell, Sophie Hay, Shae Lee Murray, Brittany Swanson, Mangarchot Maluach, Ely Sisson, Ethan Kirkwood, Chris Tall and Kau Chadar. The children will travel to Tamworth to trial for the North West teams later this term.

This week’s winning house is Cunningham.

Mrs Sue Kelly
Sports Coordinator
Harmony Day
March 19th 2014

On Harmony Day we celebrate living in a community that strives to live in peace and harmony by showing respect, understanding and kindness towards others.

On Wednesday 19 of March, 2014 students are asked to try and wear something orange as a symbol of peace and harmony. If any student wishes to wear their traditional national dress we encourage them to do so.

We are planning to hold a multicultural food tasting event for the students in each classroom at 1:00pm, and would appreciate it if families could send along a labelled dish of finger food in the morning to share at lunch. If you do wish to make a hot dish, please assist by bringing it up to your child’s classroom by 12:30pm as we have limited heating facilities. Children are asked to bring a plastic/paper dish or plate and spoon to use on the day. Parent helpers to assist with sharing lunch on the day would be greatly appreciated. If you can help, please indicate below.

After lunch the students will be doing activities with a language focus relating to Harmony Day and its importance.

We hope you will help us to celebrate Harmony Day and promote peace!

CHICKEN POX
We currently have a student with suspected Chicken Pox.

NSW HEALTH advise us of the following:

**Symptoms**
Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.

**Exposure time:**
Time from exposure to illness is 2-3 weeks.

**When should your child return to school?**
If your child contracts chicken pox they should be kept at home for 5 days after the rash first appears and until the blisters have all scabbed over.

You Can Do It!

**Getting Along Key**

Students continue to participate in lessons on **GETTING ALONG**.

Here are some helpful hints to use at home.

Things to say to encourage **Getting Along** behaviour:

- “You are taking time to find out more about a person without judging them.”
- “You think before you act. What a great attribute.”
- “Empathy is being able to stand in someone’s shoes. You try to see things from another’s point of view.”
- “You care about your community.”

*Play By The Rules*: by following important school rules, you will live in a better and safer place where everyone can learn.

*Be socially responsible*: Be sensitive to the needs and feelings of others, act honestly and help make your community a safer and better place to live and learn.

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Cool Lunch Box Ideas

Good eating habits begin in childhood. For children to keep up their energy levels and get through a hectic day at school, they need to eat a variety of foods. This pamphlet provides simple, tasty and nutritious ideas to include in your child’s school lunch box. The lunch box ideas below consist of a snack, lunch and drink combination. Use the ideas provided in this pamphlet or make up your own. Try to include fruit and reduced fat milk, or another reduced fat dairy product, in the lunch box every day.

**Snack**
- piklets with margarine spread and jam
- half a corn on the cob (pre-cooked and wrapped)
- small tub reduced fat yoghurt (plain or fruit)
- small can or tub of fruit
- veggie sticks (e.g. carrot, capsicum) with a small tub of salsa dip
- fruit loaf with margarine spread
- banana, ricotta and sultanas wrapped in wholemeal lavash bread
- reduced fat cheese stick or triangle and sultanas
- small tub of yoghurt (plain or fruit)
- vegetable soup in a thermos served with a bread roll spread using margarine

**Lunch**
- reduced fat cheese and chutney sandwich, with fruit in season and water
- ham, mustard and tomato sandwich, with fruit in season and water
- tuna, lettuce and avocado in a wholegrain roll, with fruit in season and water
- chicken and lettuce rolled up in Lebanese bread, with fruit in season and plain, reduced fat milk in a thermos (to keep it cold)
- peanut butter sandwich, with fruit in season, small tub reduced fat yoghurt (plain or fruit) and water
- rye bread sandwich using lean meat (choose sandwich meats with the Heart Foundation's Tick of approval), with small tub of carrot sticks, celery sticks, and cherry tomatoes and water
- homemade pizza (make your own pizzas the night before with Lebanese bread, tomato paste, vegies and reduced fat cheese. They taste great cold the next day!), with fruit in season and water
- chicken or turkey, celery and lettuce sandwich, with fruit in season and water
- kidney beans (mashed), tomato, spinach leaves and avocado in a wholegrain bun, with fruit in season and water
- vegetable soup in a thermos served with a bread roll spread using margarine, with fruit in season and water

**Nutrition Tips**

Children eat different amounts of food according to their growth patterns. For smaller appetites pack smaller serves - cut sandwiches into quarters and chop up fruit into bite-size pieces.

- Calcium is lacking in many children’s diets – provide a calcium-rich food like milk, cheese or yoghurt every day.
- Children under two years of age need full-cream milk and dairy products for extra energy. After two years of age, gradually introduce reduced fat milk and dairy products.
- Fruit has more fibre and less kilojoules than fruit juice. Make fruit a regular lunch box item.
- Include water or reduced fat milk as a daily drink, with fruit juice as an occasional treat.
- Use margarine spreads or mayonnaise made from oils such as canola, sunflower, soybean and olive oils.

**TIPS**

- Freeze drinks in summer and use as the lunch box cooler (place inside box or strap it to the box with an elastic band). This will help keep food cool as well as safe to eat.
- Involve your child in choosing their own lunch from the range of healthy options provided in this pamphlet. It’s okay if they eat the same food everyday as long as their food choices are mostly healthy.
Regular School Attendance

Information for parents and carers

Did you know? If students miss as little as eight days in a school term, by the end of primary school they will have missed a year of education.

Why must I send my child to school?

Education in New South Wales is compulsory. This means all children from six years of age and under the minimum school leaving age are legally required to attend school.

From 2010, all New South Wales students must complete Year 10. After Year 10 and until they turn 17 years of age students must be:

1. in school or registered for home schooling, or
2. in approved education or training (e.g. TAFE, traineeship, apprenticeship) or
3. in full-time, paid employment (average 25 hours per week) or in a combination of work, education and/or training.

Principals are legally responsible for keeping accurate records of student attendance.

Principals are also responsible for deciding if the reason given for an absence is justified.

For this reason, Principals may request medical certificates or other documentation for long or frequent absences explained by parents as being due to illness.

If Principals don’t consider an explanation to be satisfactory, they will record the absence as unjustified.

It is important to understand that the New South Wales Department of Education and Training may prosecute parents (including carers) if children of compulsory school age have recurring numbers of unjustified absences from school.

Must I send my child every day?

YES. It is a condition of enrolment that you send your child to school every day.

A small number of absences may be justified if your child:

- has to go to a special religious ceremony
- is required to attend to a serious and/or urgent family situation (e.g. a funeral)
- is too sick to go to school or has an infectious illness.

Head lice infestations can be a common occurrence, particularly in primary schools. Parents should check their child’s hair regularly for head lice and undertake treatment where eggs or lice are identified.

Translated information about head lice and how to treat them can be found at https://www.det.nsw.edu.au/languagesupport/documents/headlice/infosheet.htm

Advice from NSW Health indicates that there is no need for students to be sent home or excluded from school because of head lice. Head lice, is not a valid reason for prolonged absences from school.

Why is regular attendance at school important?

Regular school attendance will help your child to succeed in later life.

Attending school every day makes learning easier for your child and helps children to build and maintain friendships with other children.

If your child doesn’t learn the basic skills in the early years of school, they may develop learning problems in later years.
Why is arriving at school on time important?

Arriving at school and class on time:
- ensures that your child doesn’t miss out on the important learning activities scheduled early in the day when they are most alert
- helps your child to learn the importance of punctuality and routine
- gives your child time to greet their friends before class and therefore reduces the opportunity for classroom disruption.

Lateness is recorded as a partial absence and must be explained to the school the same way as other forms of absence.

What should I do if my family is going on holiday in school time?

Parents and carers are encouraged not to withdraw their children from school for family holidays. Families should try to arrange holidays during school vacations.

If your family holiday is during school time, inform the school principal in advance and request leave and/or an exemption from school.

Depending on the circumstances and how long the leave will be, you may ask the school to provide tasks that can be completed while your child is absent.

Must my child attend all activities, including daily fitness and sport?

YES. Sport and other physical activities help to keep your children healthy. Children are expected to attend all regular school activities, including sport.

Do not keep your child away from school for the following:
- birthdays
- shopping
- minding other children
- routine check ups or care such as hair cuts
- minor family events
- sleeping in.

Medical and other health appointments for your child should be made either before or after school or during the school holidays.

What should I do if my child has to stay away from school?

If your child has to be absent from school, it is important to tell the school and provide a reason for your child’s absence. To explain an absence parents and carers may:
- send a note, fax or email to the school
- telephone the school, or
- visit the school.

All absences must be explained to the school. Bilingual absentee notes and further information on attendance can be found on the Department’s website under the heading School Attendance (School Attendance) at https://www.det.nsw.edu.au/languagesupport/documents/index_s.htm

The principal of the school has the right to question parents’ or carers’ requests for their child to be absent from school.

The principal may also question any explanation given for a child’s absence from school.

My child won’t go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. The principal may seek support from a home school liaison officer or Aboriginal student liaison officer.

Who are home school liaison officers and Aboriginal student liaison officers?

Home school liaison officers and Aboriginal student liaison officers have been specially trained to help you with your child’s attendance.

They work with school communities to encourage all students to attend school regularly.

For further information about the Home School Liaison Program you should contact the program manager at your local Department of Education and Training regional office. Contact numbers can be found at the website address:


Do you have problems with getting your child to school, for some of the following reasons?
- won’t get out of bed
- won’t go to bed
- can’t find their clothes, books, homework, school bag...
- school lunches not ready
- slow to eat breakfast
- homework not done
- watching television late at night or when they should be getting ready for school
- test or presentation at school
- birthdays
- screaming and not letting go of you.

Here are some suggestions which are based on setting regular routines:
- Have a set time to be out of bed
- Have a set time to go to bed
- Have uniform and school bag ready the night before
- Make lunches the night before
- Have a set time for starting / ending breakfast. A routine is important.
- Set time for daily homework activities
- Turn the television on for a set time and only if appropriate
- Be firm, children must go to school
- Provide lots of positive encouragement
- Be firm, a birthday is not a holiday
- Time arrival at school to coincide with bell time and leave quickly. If arranged with the teacher beforehand, place your child’s hand into that of the teacher and then leave.

Do you need an interpreter?

Interpreting services are provided where possible for parents and carers who do not speak or understand English well and for Deaf parents and carers who use sign language. For more information on interpreter services contact your school or phone the Telephone Interpreter Service and have them contact the school. The telephone number to ring is 131 450. Ask for an interpreter in the required language and the interpreter will call the school and stay on the line to assist you with your conversation. You will not be charged for this service.

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Student Welfare Directorate
NSW Department of Education & Training

English 2