### A Guide to Bicycle Maintenance: 8 point safety check

<table>
<thead>
<tr>
<th>Feature</th>
<th>What are you checking for?</th>
<th>Maintained</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bell or horn</td>
<td>• rings or sounds clearly and loudly</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Brakes</td>
<td>• bike wheel does not rotate when brakes are applied</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Brakes pads</td>
<td>• pads are not worn down</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Chain</td>
<td>• should be well oiled and not sag</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Front white reflector</td>
<td>• is secure and clean</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Red rear reflector</td>
<td>• is secure and clean</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Tyres</td>
<td>• firm tyres</td>
<td>☐ Yes</td>
</tr>
<tr>
<td>Yellow wheel and pedal reflectors</td>
<td>• are secure and clean</td>
<td>☐ Yes</td>
</tr>
</tbody>
</table>

### A Guide to Correctly Fitting a Helmet

- Can you place just two fingers between your eyebrows and your helmet?
- Can you fit just two fingers between the helmet strap and your chin?
- Do the straps join in a "V" just below your ears?
- Has an adult checked your helmet?
Principal’s Report—Week 9

Our Art Extravaganza display is on tomorrow night, Thursday 10 September in the school hall. Parents and family members are welcome to come along and see the tremendous work done by students. Thank you to school staff who have coordinated the extravaganza and ensured this event has taken place in 2015, so we can recognise the wonderful student talent in our school.

Congratulations to students and staff for the outstanding performances at ‘A Night with ACOS’ held last Wednesday. Your efforts and commitment are to be commended. Thank you to parents and families who supported the involvement of children in this event. This was a great showcase of public education and the efforts of staff in putting in the extra time and effort to seeing Armidale City Public School students participate is a great example of what Armidale City Public School staff do to provide extra opportunities for our children.

We have also had lots of fun in maths! Our favourite activity so far would definitely be the pattern stations. We learned how to make repeating patterns of 2, 3 or 4 repeated objects using fun materials such as dinosaurs, beads, building blocks and for an extra challenge we used coloured magnetic letters. We also had so much fun dressing up for our Book Character Parade and sharing our favourite books with each other. We are all a little tired and are looking forward to our Spring holiday break!

We also have great writing! The amazing Kinder Green have had a very busy Term 3! We can’t quite believe how fast it has flown by. We have had all kinds of fun continuing our reading and writing journey. One of our favourite authors is Oliver Jeffers and we did some fabulous independent writing in response to this beautiful story about friendship. Our art works that we did to go with our writing, blew Mrs Rubie’s socks off!

The P&C meeting for September will be held tonight, Wednesday, 9 September from 7.30pm in the school library. All current members are invited to attend and new members are more than welcome.

Parents are reminded that if your child’s routine in the afternoon changes from their usual routine that the school office and class teacher should be advised each time the changes occur. This enables staff to ensure students go where they are meant to and that students know clearly what they are meant to do - avoiding school staff having to make phone calls at the end of the day when students are not sure about how they are getting home, where they are meant to go, etc. This is a vital component of our daily duty of care for students and we thank parents and families for their support with this matter.

This term Armidale City Public School is again participating in the Woolworths Earn and Learn program. The program has finished and completed sticker cards can be placed in the box at school or at Woolworths. This term Armidale City Public School is again participating in the Woolworths Earn and Learn program. The program has finished and completed sticker cards can be placed in the box at school or at Woolworths.

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