

ABERDEEN PUBLIC SCHOOL

NEWSLETTER

17th October 2017, Week 2 Term 4

Website <http://www.aberdeen-p.schools.nsw.edu.au>

FORTHCOMING DATES

October

Tue 17th – Fri 20th Canberra Excursion Stage 3
Tuesday 24th High School Discussion 3.15pm
Friday 27th WTAW Gratitude Assembly
SRC Cake Stall

November

Thursday 2nd P & C Disco

December

Thursday 7th Year 6 Farewell
Wednesday 13th Presentation Day
Friday 15th Last day of School for Students

BANKING DAY IS THURSDAY

LOOK OUT CANBERRA, HERE WE COME!

Students, parents and Stage 3 teachers had an early start to the day as they boarded the bus bound for Canberra. I wish all those attending a wonderful and safe excursion. We are looking forward to regular updates from Mrs Pennell and Mrs Loveridge so stay tuned to our Facebook page and Skoolbag for postings.



HAT DAY

Thank you to everyone who participated in Hat Day last week. An amazing total of \$171.00 was raised for the Rotary and Upper Hunter Youth Council initiative.

DINNER & DISCO on 2nd NOVEMBER

If you plan on eating and dancing at this Term's disco, don't forget to bring your order and money to the office by Friday 20th October. No late orders will be accepted. For those just interested in dancing the night away, you can pay at the door on the night.



APS is a PBL School.

PBL stands for Positive Behaviours for Learning

READY **RESPECTFUL** **RESPONSIBLE**

Focus Value: **READY**

Focus Area: **Lining up**

Expectations:

- ✓ Walk directly to lines when bell sounds
- ✓ Sit quietly
- ✓ Hats off and belongings in your bag
- ✓ Listen to and follow instructions from teachers and leaders
- ✓ Walk in two quiet lines to your classroom

Thank you to all our students who are READY everyday and meet our expectations for lining up.

GRATITUDE PROJECT ASSEMBLY – GET IN ON THE ACT!

The Aberdeen committee of Where There's A Will (WTAW) have committed to taking part in the Gratitude Project. Gratitude is giving thanks. Practising gratitude can increase wellbeing, happiness and strengthen relationships for both the receiver and giver.

As part of the Gratitude Project, the WTAW volunteers have been helping our students to surprise our teachers and support staff at a special assembly to celebrate National Teacher's Day 2017. We are not sure what they have planned but all will be revealed at our **K-6 Assembly in Week 3**.

The community is invited to get involved and write a letter or short note of gratitude for a member of staff at Aberdeen PS. If you wish to participate, clearly state who the letter is for and what they do or have done that you are grateful for and why. Place your notes in the 'spotty' box in the school office.

SRC "SWEET TOOTH" CAKE STALL

On the day of the special assembly, our SRC is holding a cake stall at recess to show our support and gratitude for the wonderful opportunities the Where There's A Will charity has provided for students, families and staff of APS.

HAVE YOUR SAY...WHAT DO YOU LOOK FOR IN A HIGH SCHOOL?

We are seeking a number of parent volunteers with students in Years 4 and 5 to participate in a small group discussion regarding Scone High School.

The group discussion will be centred on understanding what parents want from a local high school; what you currently know about your local high schools and your opinions of the various high schools in the area.

The discussion is planned to take place **on 24th October 2017 at 3.15pm in the APS Hall**. The meeting should take around 45 minutes.

If you are interested in attending then please call Aberdeen PS on 6543 7271 to register your attendance.

Thanks in advance for your time.

CLASS SNAPSHOTS

1 Blue



Artwork time: creating Toucans

2 Lime



Last term, 2 Lime were working on counting money. During this activity, students had to collect as much money as they could and then count it.

3 / 4 Black



Students in 3/4 Black playing "Multo" to improve multiplication skills.

PRINCIPAL'S AWARDS

K Yellow	Memphis J
1 Blue	Jai Dee A.
1/2 Purple	Jarred M.
2 Lime	Abbergail N.
3 Orange	Reilyn G.
3/4 Black	Jordan H.
4/5 Red	Phoebe T-M.
5/6 Magenta	Will H.
5/6 Green	Mahaleia F.

All Parents are invited to the Gratitude Project Assembly on Friday 27th October. Students will be showcasing work, however there will be no other awards given at this assembly.

Merit Awards

K Yellow	Cruz P.
1 Blue	Samuel J.
1/2 Purple	Ethan H.
2 Lime	Charly S.
3 Orange	Fletcher D.
3/4 Black	Travis D.
4/5 Red	Jack G.
5/6 Magenta	Sienna O.
5/6 Green	Mia D.

Kids Matter Awards

K Yellow	Charli W.	Success
1 Blue	Austin O.	Success
1/2 Purple	Lars A.	Confidence
2 Lime	Dylan S.	Success
3 Orange	Keiran O.	Persistence
3/4 Black	William G.	Resilience
4/5 Red	Camden O.	Persistence
5/6 Magenta	Linden T.	Happiness
5/6 Green	Liam J.	Honesty

PBL @ Assembly

K Yellow	Lucy N.
1 Blue	Jazmine Mc.
1/2 Purple	Lars A.
2 Lime	Charly S.
3 Orange	Preston B.
3/4 Black	Ava R.
4/5 Red	Tate S.
5/6 Magenta	Vanessa H.
5/6 Green	Jordyn F.

The prize this week is hot chips.

Merit Badge

Lexia-Lee H.
Connor L.

LUNCHTIME ACTIVITIES LAUNCH IN TERM 4

This week we have on offer for students:

Monday	Touch Footy Skills Card making Choir
Tuesday	Drama Club
Wednesday	Netball
Thursday	Sewing & Gift making (Handicrafts) Media Club
Friday	Band (Recess)

What's on offer next week?

Monday	Card making Choir
Tuesday	Drama Club
Wednesday	Netball Touch Footy Skills
Thursday	Sewing & Gift making (Handicrafts) Media Club
Friday	Band (Recess)

Thank you to our generous community members who have volunteered to participate in the Lunchtime Activities. If you would like to be involved, please contact the school office to provide your name and phone number.

ARE YOU LEAVING US?

In planning for 2018 classes, we ask that any families who won't be returning in 2018 notify the office as soon as possible. If you know of any new families who may be considering Aberdeen PS in 2018, please ask them to contact the office to provide student details.

CAR PARK SAFETY



Notice For Parents and Guardians

Yellow cones are being placed across the driveway of the bottom carpark during the afternoon. Please refrain from parking across that driveway as we are trying to maximise the safety of our students walking to and from vehicles. We appreciate your assistance with this issue.

CLEANING STAFF REQUIRED

If you are looking for a career change or thinking of re-joining the work force, contact Broadspectrum to enquire about employment opportunities.

Email: nswschoolsrecruitment@broadspectrum.com

Phone: 02 8855 6451 and speak to the Recruitment Team

Visit our website: www.broadspectrum.com

SCONE FILMS

Scone Films will be screening the romantic comedy, *The Big Sick*, starring Ray Romano of *Everybody Loves Raymond*.

Don't be put off by the title! This very funny and heartfelt cross-cultural courtship in New York, is rated 98% by Rotten Tomatoes. Rated M, it will screen at 7.30pm Friday 20th October, at their pop-up cinema at the Senior Citizen's Centre, Oxford Road, Scone. Tickets are \$12. To be sure of a ticket, purchase in advance at Hunt a Book, Scone. Running time is 2hr. Everyone is welcome. Details www.sconefilms.org.au www.facebook.com/sconefilms

SHARE YOUR WORLD!

WITH AN OVERSEAS EXCHANGE STUDENT!





TAKE A LEAP OF FAITH

Have you ever considered inviting an exchange student into your home? WEP is looking for Australian families to join their community of volunteer host families!

That your family to an intercultural experience like no other by hosting an exchange student from overseas. Share a piece of your heart and your backyard and support a young person make his/her dream of living and studying in Australia come true.

If you have a room to spare and an interest in other cultures, we would love to hear from you! Remember, sometimes the greatest rewards in life come from taking a leap of faith or doing the things you never thought you would.

CONTACT WEP

1300 884 733 INFO@WEP.ORG.AU WEP.ORG.AU

MEET DAVIDE!

"I have a passion for the arts. I dedicate a lot of my time to photography, drawing, music and writing. I am also addicted to reading and I'm a great cook. I have an active nature and I enjoy outdoor sports such as volleyball, biking and running. I'm from a talkative family and I love to tell them all about my day. I hope my host family enjoy the experience as much as I will!"

STEP 1 - REQUEST PROGRAM INFO

- Email or call Sylvia at WEP: sylvia@wep.org.au / 03 9698 4733

STEP 2 - CHOOSE YOUR STUDENT

- WEP will send you comprehensive program and student information, so you can choose the student best suited to your family.

STEP 3 - PREPARE FOR ARRIVAL

- WEP will assess your application, prepare you for your student's arrival and take care of everything, including school enrolment, assistance with your application for relevant working with children checks, flights, insurance, and more!





**MUSWELLBROOK GIRL GUIDES
and RAINBOW BRICKS LUG
present**

UPPER HUNTER BRICK SHOW

A LEGO FAN EVENT



**SUNDAY 22 OCTOBER 2017
9AM TO 2PM**

**ST JAMES' PRIMARY SCHOOL
SKELLATAR STOCK ROUTE
MUSWELLBROOK**



**TO BE HELD IN CONJUNCTION WITH
ST JAMES' PRIMARY SCHOOL
SPRING FAIR**

**LEGO DISPLAYS LEGO FOR SALE
FREE BUILD AREA**

**ENTRY \$5 EACH OR \$15 PER FAMILY
(LEGO SHOW ONLY)**



Does my child need sunlight to be healthy?

- Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW, most children will get enough vitamin D through their everyday activities.
- Children with very dark skin and babies whose mothers have low vitamin D may be at risk of low vitamin D.
- Sunlight is not the best treatment for nappy rash or jaundice.



Is sunscreen harmful to my child's health?

There is no evidence that using sunscreen is harmful for children – but remember:

- Sunscreen does not provide complete protection and should always be used with clothing, hats and shade.
- Allergic reactions can occasionally occur. Look for sunscreen made for children or for sensitive skin.
- There is currently no evidence that nanoparticles are harmful to health – however Cancer Council sunscreens do not contain nanoparticles.



Is my child safe from sunburn in the car?

- Glass blocks some but not all UV radiation, so protect children on long car trips.
- Avoid having car windows open near children.
- Window shades or tinting will provide extra protection.



Don't forget:



Protect your child's skin

The cause of almost all skin cancers in Australia is exposure to ultraviolet (UV) radiation from the sun. Children and babies have delicate skin, so limiting their exposure can reduce their risk of developing skin cancer – and help prevent freckles, moles and painful sunburn.



When does my child need protection from the sun?

All areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days.

Check the SunSmart UV Alert daily on www.cancercouncil.com.au/sunsmart or in the weather section of newspapers. Whenever it is 3 or above, use our top SunSmart tips.



Top SunSmart tips

- Choose sun-safe clothing, such as longer-style shorts and skirts, and T-shirts and dresses with sleeves, collars or covered necklines.
- Choose a wide-brimmed, bucket-style or legionnaire hat that protects the face, neck and ears. Keep spare hats in your car or bag.
- Encourage play in the shade, but keep hats, clothing and sunscreen on.
- Apply SPF30+ broad-spectrum water-resistant sunscreen to any exposed skin. Reapply every two hours, or more often if wiped or washed off.



Take special care of babies:

- When outside, keep babies well shaded at all times.
- Use covers for prams and strollers.
- Sunscreen may be safely applied to any small areas of skin not protected by hats and clothing.



For more help

- If you have any concerns about sunscreen, vitamin D, nappy rash or jaundice talk to your doctor or chemist.
- Check out www.cancercouncil.com.au/sunsmart
- Call Cancer Council Helpline on 13 11 20.

UHCS presents Cinema Under the Stars FREE community event

**6pm 20th October @ Denman Recreational Area
(Rugby League Fields)**



BBQ, Popcorn & Fairy Floss.
Cold Drinks, Coffee, Hot Chocolate, Iced Coffee & Milkshakes will be available to purchase.

Fun activities before sundown, including TOYBOX

Come dressed in your favourite Inside Out colour!

Movie starts at sundown

Picnic blankets welcome. This is an alcohol and glass free event. Children must be accompanied by an adult



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BHP Mt Arthur Coal



UPPER HUNTER
COMMUNITY SERVICES Inc.



This service is proudly provided to you by:
Upper Hunter Community Services Inc.
QLB Community Centre
On Bridge & Market Streets • Muswellbrook
Phone 02 8342 3515 • www.uhcs.org.au

The simplest way

...to add Spring produce to your menu.

Adding seasonal produce to your weekly menu not only tastes better, but buying fruit and veg in season can be up to 35% cheaper than other times of year.

Here are four easy ways to add more Spring vegies and fruit to your day:

- **Add some legumes** – add chickpeas to your salad, stir kidney beans through your bolognese sauce, add canned lentils to your sausage roll mix.
- **Put vegie sticks in every lunch box** – carrots are super cheap in Spring, cut them into sticks and pack them with a small container of hummus.
- **Roast vegies and use in sandwiches** – roasted pumpkin and zucchini are delicious on wholegrain bread.
- **Make fruit salad cups** – cut up some strawberry, apple and rockmelon and put in a cup for a sweet, tasty treat.



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It

The simplest way

...to download our free resources.

We have a bunch of great resources on our website for you to print out – free – to help make your whole family healthier.

- Reward your kids using our **My Fruit and Vegetable Chart**.
- Plan ahead, save time and money with your **Family Menu Planner**.
- Make packing lunches easier with our **Healthy Lunch Box Planner**.
- Learn how to manage fussy eaters with our **Strategies for Fussy Eaters Guide**.
- Get new ideas for healthy snacks with our **Fruit and Vegetables Snacks Guide**.
- Find out when to buy your fruit and vegies in our **Seasonality Guide**.



Visit <https://tinyurl.com/ycp5a89a> to download.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It

The simplest way

...to make tasty tabouli.

Serves: 6 | Preparation: 10mins | Cooking: 30-60mins

Ingredients

- ½ cup uncooked bulgar*
- 2 cups reduced-salt chicken or vegetable stock, hot
- 2 bunches Italian flat leaf parsley, chopped
- 1 bunch mint, chopped
- 3 shallots, chopped
- 3 Roma tomatoes, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice



Method

1. In a large bowl, pour the boiling stock over the bulgur. Let sit for 30-60 minutes until softened and then strain through a fine mesh sieve. Cool.
2. Combine the bulgur, parsley, mint, shallots and tomatoes in a large bowl. In a small bowl, combine the olive oil, lemon juice and pinch of salt. Pour over the bulgur mix and toss to mix well.

*Bulgar is a cereal made from whole wheat partially boiled then dried. It can be substituted with couscous or quinoa.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It

Explore the future and win with School Banking.

Term 4 is here and the Future Games competition is in full swing, with two exciting prize draws to enter. Get started by making three or more School Banking deposits during the competition period – from Monday 14 August 2017 to Friday 10 November 2017.

Play the Future Savers app for a chance to win a Nintendo Switch

The Future Savers app is an amazing adventure in augmented reality that brings the future and the Dollarsmites to life, teaching fun money lessons along the journey.

After playing three exciting games, unlocked week by week, students need to complete the online entry form at currentbank.com.au/futuregames by Friday 10 November 2017 to go in the draw for a Nintendo Switch.

Download and play the Future Savers app from Monday 16 October 2017. Simply search Future Savers in the App Store (iOS) or Google Play (Android). For more information about the app and the Future Games competition, visit currentbank.com.au/futuregames



YOUTH MENTAL HEALTH FIRST AID COURSES NOW AVAILABLE - FOR OCTOBER 2017

Where there's a Will is providing an opportunity for parents, sports coaches, teachers and youth workers from the Upper Hunter to complete officially certified Youth Mental Health First Aid (YMHA) training next month.

Course participants will learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Developing mental health problems covered:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Eating disorders

Mental health crisis situations covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol abuse
- Severe psychotic states
- Aggressive behaviours

With one in four Australians aged between 16-24 having a mental health issue, with suicide being the leading cause of death (age 15-44), with one person dying every four hours from suicide in Australia and with half of all life-time mental health disorders starting by age of 14 we strongly encourage parents and carers to consider participating in this training.

The course, which gives participants official accreditation in YMHA, normally costs \$500 and it is provided by Where there's a Will in partnership with Glencore for **FREE**.

Where there's a Will is particularly keen to see more men undertake YMHA. So far this year, 180 people in the Upper Hunter have completed the course. Just 15 of all participants have been men. With men at greatest risk of suicide and with men least likely to seek help we'd also like to see more men complete YMHA.

Dates and registration details for the next group of courses are listed below.

More courses will be held over the next 12 months, so please also register your interest with contacts below if you would like to receive details when the next round of courses are confirmed.

TOWN	DATES	CONTACT	EMAIL
Muswellbrook	Saturday 21 - Sunday 22 October	Taya Elphinstone	muswellbrook@uhwheretheresawill.com.au
Murrumbidgee	Monday 23-Tuesday 24 October	Heather Rancoud	murrumbidgee@uhwheretheresawill.com.au
Denman	Wednesday 25-Thursdays 26 October	Julie Power	denman@uhwheretheresawill.com.au
Scone	Saturday 28 - Sunday 29 October	Pip Baker	mhfa@uhwheretheresawill.com.au



NATIONAL TEACHERS DAY 27 October 2017 GRATITUDE PROJECT

Dear Parents / Carers / Grandparents / Community Members

The Aberdeen - Where there's a Will Town Committee is inviting our community to celebrate this day by showing gratitude to Aberdeen Public School's teachers and support staff.

Our teachers and support staff try to do what is best for our children and for that we are grateful. Gratitude is giving thanks. Practising gratitude can increase wellbeing, happiness and strengthen relationships. These benefits are for both the receiver and giver. For this reason we are asking you to practise gratitude.

To be involved simply write a letter of gratitude for a teacher and/or support staff of your choice. Be sure to clearly state who the letter is for, what they have done/do that you are grateful for and why. The letter does not have to be long, you can write as many as you like and you can choose to do these anonymously if you wish.

For example:

*"To Mr Smith,
Thank you for helping Toby with his reading, because of your help he is showing more interest and actually starting to enjoy it.
Thanks kindly -Anonymous"*

After writing your letters make sure to take the time to read it to yourself to experience the personal benefits of expressing gratitude. Then simply place the letter(s) in the spotty box at the office by Friday October 20.

These letters will then be presented at a special assembly on Friday 27 October 27.

Thank you for your assistance with this project, it is much appreciated.

Kind regards

Jaclyn Geerin & Jodie Mayall – Town Coordinators
Aberdeen – Where there's a Will



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

From: _____