



ABERDEEN PUBLIC SCHOOL NEWSLETTER

5th November 2019, Week 4 Term 4

Website <https://aberdeen-p.schools.nsw.gov.au>



FORTHCOMING DATES

November

Thursday 7th **Intensive Swimming Notes and Money are due.** (No late notes or payments will be accepted.)
Wednesday 13th PBL Launch
Thursday 21st P & C Meeting 6pm
Monday 25th Intensive Swimming (for 2 weeks)

December

Wednesday 11th Presentation Day
Thursday 12th Year 6 Farewell

BANKING DAY IS THURSDAY

CONGRATULATIONS, CALLIE!

On Sunday 27th October, Callie R. performed at The Celebration of Strings Concert held at the Conservatorium of Music in Muswellbrook. Callie has violin tuition each Monday afternoon and proudly represented Aberdeen Public School at the concert. Well done, Callie.



Callie on stage at the Celebration of Strings Concert.

RECIPES REQUIRED

Many, many thanks to everyone who has provided a recipe for inclusion in our school and community recipe book. Time is running out though and we still need more recipes – borrow one from your best friend, steal nanna's or tear out a page from your favourite cookbook, we don't mind where you get them from, just as long as we get them! Please help, we would love to have the books printed and ready for sale for Christmas.



PBL UPDATE

Permanent signage promoting our core expectations of, 'Respect, Responsibility and Personal Best' will soon be installed around the school. Our new tag line is, 'Right time, right place, right thing.'

PBL FUN DAY – 13th NOVEMBER

The recent appearance of 'the bee' at our school assembly and mini fete, has prompted the PBL team to re-think our branding of PBL at APS. Next Wednesday 13th November the winning name (by student vote) for the bee will be announced at a whole school activity day. **We are desperately seeking the following items that we needed for the activity day:**

- plastic bottle tops
- clean tin cans (any size)
- clean plastic bleach bottles (or similar)
- old CDs
- wire coat hangers
- easy-to-grow plants (full sun) and succulents

Please send items into school before Monday.

More information about the day will be sent home this week in a separate flyer. Parent helpers are welcome. Please contact the school if you available on Wednesday to assist.

TELL THEM FROM ME SURVEY

Thank you to our fifteen parents who completed the survey online. This is a significant increase on last year's response and we appreciate you taking the time to provide feedback on the school. A summary of the survey results will be shared at our next P&C meeting.

COLOUR YOUR THREADS FOR POS. ED.

Yesterday, the school was awash with colour. Thank you to all our students who dressed in their brightly coloured outfits to help raise funds to support Where There's a Will and promote positive education.

CONNOR'S CADET CHALLENGE

Thank you to everyone who continues to support Connor by purchasing ice-blocks or cupcakes. Connor has filled a total of 156 packages, 44 to go! Donations of toothpaste, Tim Tams, roll on deodorant and small bags of lollies would be much appreciated. Any donations can be left at the office.

SELECTIVE HIGH SCHOOL APPLICATIONS

Year 5 students wanting to apply for placement at a selective high school in 2021 (Year 7) need to do so online before November 11th, 2019. Please contact the office if you require further information.

WELLBEING AND PBL CORNER
CORE EXPECTATION: PERSONAL BEST
DESIRED BEHAVIOUR: BE PROUD
STRENGTH: GRATITUDE
FOCUS: Be thankful for what you have.

Being **thankful** helps **you** to think more about other people's feelings — this is called empathy (being able to see things from another person's view). Being **thankful** also helps **you** get through life's tough times, because **you** can easily call to mind all of the good things in your life.



BRONZE BAR Lilly B. (presented at last week's assembly)

PRINCIPAL'S AWARDS

K RED Hannah A. - consistent improvement in the presentation of her work.
K/1 PURPLE Payton R. - branching out in her reading and trying more challenging books.
1/2 LIME Memphis H. - always striving to improve the quality of his work.
1/2 YELLOW Brax C. - always showing respect to his peers.
3/4 BLACK Lacie A. - her exceptional work with extended multiplication.
3/4 ORANGE Jazmine M. - persevering with two-digit multiplication tasks.
5/6 GREEN Rochelle M. - displaying impressive leadership skills when working in a group.
5/6 MAGENTA Morris B. - his excellent contributions in PDH Lessons.

MERIT AWARDS

K RED Jett P.
K/1 PURPLE Lucas R.
1/2 LIME Callie R.
1/2 YELLOW Isaac G.
3/4 BLACK Zack J.
3/4 ORANGE Lilly R.
5/6 GREEN Jacob B.
5/6 MAGENTA Jett P.

PBL AWARDS

K RED	Faith A.	Respect
K/1 PURPLE	Tye M.	Respect
1/2 LIME	Miley C.	Respect
1/2 YELLOW	Sonny D.	Personal Best
3/4 BLACK	James M.	Responsibility
3/4 ORANGE	Dominic S.	Responsibility
5/6 GREEN	Cydi W.	Responsibility
5/6 MAGENTA	Travis D.	Personal Best



K/1 PURPLE – Miss Lenton

What a busy start to the term! The excursion was fantastic and it was great to see so many people at the mini fete. Our borrowing day this term has changed to Friday and our sport day has changed to Tuesday, sorry for any confusion. Please make sure your child brings the appropriate things on those days, e.g. hats and library bags. We have the Happy Tooth dentist clinic visiting our Kinder students this Wednesday. This term is going to go quickly so it is important to make the most of every minute at school. Please make sure that your child is on time every day to ensure they can get the most out of our reading sessions.

1/2 YELLOW – Miss Clendinning

Somehow, we're nearly halfway through the term and there is still plenty to get done. Intensive swimming notes are due this THURSDAY for Year 2. Don't forget to remind your child to pack their hat and drink bottle now that the warmer weather has found us. Please check in with Seesaw regularly to ensure you do not miss any important information.



Working on fundamental movements during PE – Fly like the wind, Isaac!

3/4 BLACK – Mrs McTaggart

In Science, we have been learning how bees pollinate flowers and help make fruit and veggies. If you want to know more about bees, then please come to our assembly item on Friday!

In English, our focus is on using a variety of sentences of differing length in our writing. Check out our spelling sentences to make sure we are writing interesting sentences for homework!

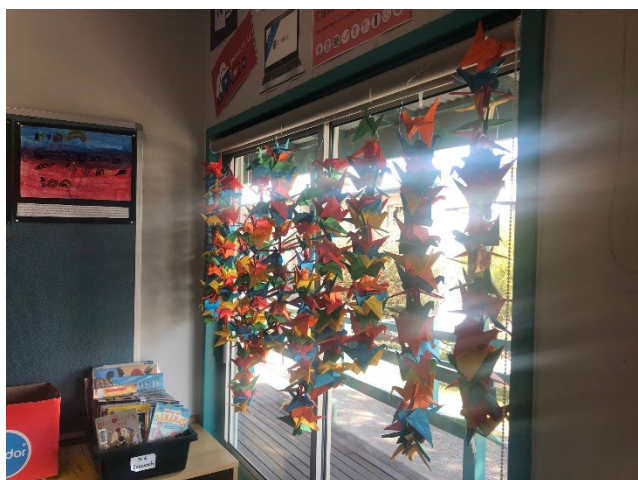
Reminder: Library day is Thursday for the remainder of the term – originally it was on Wednesday, but due to a busy timetable, it has been moved to Thursday afternoons. Swim school notes are due back on 7th November. No late notes will be accepted.



3/4 Black express their gratitude on Pos Ed Day.

5/6 MAGENTA– Mrs Pennell

Over the past 5 weeks, Magenta have had the great pleasure of Miss Adelle Shibble's company in the classroom as a pre-service teacher. This is Miss Shibble's last week and we would like to thank her for putting so much time and effort into teaching our class. Our room looks fabulous, decked out with a flock of paper cranes that the students made with her! We wish Miss Shibble all the very best with the remainder of her studies and future teaching career.



Origami with Miss Shibble – Paper Cranes

P&C NEWS

Next P&C meeting will be on Thursday 21st November. 6pm all welcome.

Canteen Roster

Wed 6th - Fiona Gilbert

Fri 8th - Liz Austin & Courtney Dever

Mon 11th - Toni Partridge & Melissa Roughan

NEW SCHOOL ENROLMENT ZONE – HAVE YOUR SAY ON OUR BOUNDARIES

On Tuesday 12th November, I will be hosting a meeting at the school at 6.30pm to share with our community the proposed enrolment zone for Aberdeen PS. For a limited time, our community has an opportunity to review the proposed enrolment zone and provide feedback to the Department of Education. The school zoning and revised Enrolment Policy will impact on families with siblings of

students already attending the school who are living outside of the enrolment zone as well as families who live outside of the zone and who wish to enrol their child at APS. The policy and zoning will influence the future growth of the school and available resources. To date we have received zero response. If this is still the case on Monday, the meeting will be cancelled and the school will advise the community via our Facebook page.

RSVP ENROLMENT ZONE & POLICY INFORMATION EVENING

WHEN: TUESDAY 12th NOVEMBER

WHERE: APS SCHOOL LIBRARY

TIME: 6.30PM



I/We will be attending the Information evening to discuss the Enrolment Policy and new zoning areas.

This meeting is an opportunity for the community to review and provide feedback on the local enrolment zone proposed by the Department of Education. The revised Enrolment Policy will also be discussed at this meeting.

Tea/coffee/juice and water will be available as well as light refreshments.



Australian
Childhood Anxiety
TREATMENT STUDY

Free home-based
assessment and treatment for
7 to 12 year old children with
fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

(07) 3735 3351

cadrp@griffith.edu.au

griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

Griffith
UNIVERSITY
Queensland, Australia
GU Ref No: 2019/146

Upper Hunter Physical Culture



Classes now in Muswellbrook AND Scone

Physie - A unique Australian Sport, which is a combination of Dance, Ballet and Aerobics. It's affordable Dance and Exercise for girls aged 3 years and up!!

Present this flyer for your first lesson FREE

For more information phone Ann 0448275771
Contact Miss Channy -
upperhunterphysie@hotmail.com

The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	Homemade bliss balls
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	Homemade fruit muffins

For snack ideas visit healthylunchbox.com.au

healthylunchbox.com.au



INVITATION

Showstopper Ability Services

Invites

Aberdeen Public School

To celebrate with us the
International Day of Persons with Disability
Open Day

On the
3rd December 2019

Starting at
9 am - 2pm

At
116 Waverley St, Scone, NSW

RSVP: 29th November 2019



The simplest way

... to know when sun protection is required.

UV is not like the sun's light which we see, or the sun's warmth which we feel. Our senses cannot detect UV so it can be damaging without us knowing.

Protect yourself in five ways when the UV is 3 and above.



Sun protection is required today from _____ to _____
Maximum UV Index: _____

Approved for distribution by the NSW Government and the SunSmart campaign. © 2019 Cancer Council NSW

When UV is 3 or above you need to SLIP, SLOP, SLAP, SEEK, and SLIDE!

Go to www.sunsmartnsw.com.au/resources to download our free resources to document your local daily sun protection times and help you implement best-practice sun protection.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au