



ABERDEEN PUBLIC SCHOOL NEWSLETTER

12th February 2019, Week 3 Term 1

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



FORTHCOMING DATES

February

Thursday 14 th	Good for Kids Good for Life Consent forms due to office NRL Cyber Safety
Tuesday 19 th	Kindergarten Bus Safety Program P & C AGM in Library 6pm Zone Swimming Carnival
Thursday 21 st	Youth Council Meeting

Dear Parents and Students,

During the holidays, six classrooms were painted. This has freshened rooms up considerably and whilst work is ongoing it shouldn't cause disruption to classes as it will occur outside of school hours.

BE BOWLED OVER AT APS!

The school was successful in acquiring a school sporting grant in Term 1. This has enabled the school to purchase two lawn bowls kits and in the coming weeks students will have lessons to develop their skills. The bowls can be used on any flat surface, allowing us to make use of spaces such as the basketball court, hall and COLA. Lawn bowls was chosen as a community activity that is available in Aberdeen so should students develop an interest, they may be able to pursue it in the local community without having to travel outside of Aberdeen. If you are interested in helping with instruction, please see your child's teacher or contact the school to register your interest.

P&C – PARTNERING SCHOOLS IN EDUCATION

Our P&C is holding its AGM next Tuesday. I encourage all available parents to attend to find out how the P&C supports your child's education at APS. This is a wonderful way to be involved in your child's schooling and all that is required is your time. I hope to see you next Tuesday at 6pm in the school's library.

BEST START KICKS OFF NEXT WEEK FOR KINDER

Kindergarten teachers are preparing to commence the Best Start Assessment with our youngest students. This is a compulsory assessment conducted by all schools within the first 5 weeks of Kindergarten. Following the assessment, parents and carers will be invited to meet with their child's teacher to discuss how they can best support their child's learning at school and at home.

MAKE A SPLASH AT THE SWIMMING CARNIVAL

Good luck to all our swimmers today as they attempt to swim their way into qualifying for the Zone carnival on the 19th. For less competitive swimmers and non-swimmers, thank you for your participation and support. Remember,

it is better to have tried and failed, then to never have tried at all.

FAILURE - SOMETHING TO BE CELEBRATED

This year we will be celebrating failure as a positive step in the learning process. Every time we fail at a new endeavour, it leads us to new learning. The keys to success are **persistence, perseverance and learning from experience**. To help motivate us to keep striving to achieve our goals, we will be asking students to think of a goal they would like to achieve this term and write on a soccer ball to post in our goal posts. Each time an attempt is made, children will be asked to draw a smiley face on their soccer ball. Once the goal is achieved, children can take the soccer ball home to share their achievement with family.

Regards,
Coralie Kerrigan
Principal

STUDENT CONTACT DETAILS, EMERGENCY CONTACTS AND MEDICAL CONDITIONS.

Forms were handed out yesterday. Could you please check that the details are accurate, amend if necessary, and return to the office signed even if there are no changes. We want to be sure that you have seen the form and all details are correct. It is very important that our details are accurate as we may have to contact you in the case of an emergency.

Good for kids
good for life



Helping Improve Your Child's Health

Aberdeen Public School has been partnering with the Good for Kids, Good for Life program to encourage children's healthy eating and physical activity since 2006.

In order to assess the impact of this program and inform future opportunities to improve child health, you are invited to take part in research being conducted within the school.

An information and consent form (one per child) was sent home this week. If you choose to participate in this research you will need to complete one consent form per child enrolled at this school by Thursday 14th February 2019.

EMAIL: hnelhd-goodforkids@hnehealth.nsw.gov.au

Look out for your information and consent form.



Health
Hunter New England
Local Health District



PLAY school

At Aberdeen Public School

A play-based group for 0-6 year olds, focused on parent education and child development, run by a qualified primary school teacher

Free

Every Monday during school terms, beginning Week 3,
February 11th 2019

9:30am- 11:30am

Tea and Coffee provided

Please bring your own morning tea, hats and water bottles.

Guest speakers/ presentations
throughout the term

For further information or to register your interest, please contact Aberdeen Public School on 0265437271 or email Aberdeen-PS@det.nsw.edu.au

You did it!
Congratulations

PRINCIPAL'S AWARDS

K RED	Callie K. -making great choices during learning time and always trying her best.
K/1 PURPLE	Skye M. - fantastic effort in handwriting.
1/2 LIME	Oliver D. - a focused and mature approach towards his learning.
1/2 YELLOW	Grace P. - using thoughtful responses when participating in class discussions.
3/4 BLACK	Ella W. - consistent dedication to the presentation of her work.
3/4 ORANGE	Molly W. - using numeracy skills to order 4-digit numbers in ascending and descending order.
5/6 GREEN	Toby S. - fabulous descriptive language during imaginative writing.
5/6 MAGENTA	Blyhe D. - making a concerted effort to work to the best of her ability.

MERIT AWARDS

K RED	Travis B.
K/1 PURPLE	Maddison N.
1/2 LIME	Miley C.
1/2 YELLOW	Thida A.
3/4 BLACK	Lilikah C.
3/4 ORANGE	Sophie W.
5/6 GREEN	Rylee D.
5/6 MAGENTA	Connor L.

PBL AWARDS

K RED	Lochlan T.
K/1 PURPLE	Ciannah S.
1/2 LIME	Lily R.
1/2 YELLOW	Noah McG.

RESPECT

3/4 BLACK	Dean M.
3/4 ORANGE	Lilli W.
5/6 GREEN	Rochelle M.
5/6 MAGENTA	Charlie O.

CLASS NEWS

K Red – Miss Purcell

All kindergarten students have settled in well to “big school”. It has been wonderful to see their smiling faces each day.

A class note was sent home last Friday. It outlines what students will be learning and equipment they require. I ask that you please send this in with your child, making sure that all equipment is clearly labelled with their name.

If you have any questions or concerns about your child, please contact me.

Miss Purcell



Kindergarten Red and Henry the bear

1/2 LIME - MRS LOVERIDGE

Welcome back to a fun and busy term. We have been settling into our new class, establishing routines and getting to know each other. An information note was sent home yesterday outlining these routines and what the students will be learning this term.

Please ensure that your child's personal belongings are clearly labelled. This will enable any lost items to be returned quickly

Homework will begin this week. Students will have a maths activity, spelling list and home reading.

If you have any questions or concerns please don't hesitate to contact me.

3/4 ORANGE – Mrs Edwards

Welcome back students and parents/carers! Students in 3/4 Orange have been very busy learning the procedures and systems of their new class. This may be a little overwhelming for some students at first, but within a short amount of time they will be feeling much more familiar and comfortable with the routine. I am very excited about the year ahead with my new team. Other teachers who will be a part of the 3/4 Orange team this term include: Mrs Mooring (PE), Mrs Keating (PDH), Mrs Thompson (Library) and Mr Stuart (Student Support).

5/6 GREEN – Mr Ramage

Welcome everyone to what is already turning out to be an action-packed start to 2019 in 5/6 Green. All students have settled well into new routines and it has been pleasing to see learning challenges being tackled with enthusiasm. I'm looking forward to seeing everyone giving their best at the swimming carnival tomorrow and living by our class motto, 'Have a go!'.



Aberdeen Public School P&C will be holding its AGM on Tuesday 19th February 2019 @ 6pm.

All positions are vacant and need to be filled for the 2019 school year. Positions include:

President
Senior Vice President
Junior Vice President
Secretary
Treasurer
Fundraising Officer

Also looking for people to join:

The canteen committee
The fundraising committee

Remember, many hands make light work and together we can make a difference.

P&C NEWS

AGM:

Our AGM meeting is being held next Tuesday 19th February at 6pm in the library. All positions are vacant and we are looking for some new people to join our committee. All welcome.

Fundraising group:

Thank you to all the parents that have put their hand up to help run some of our fundraising activities in 2019. We are still on the lookout for more helpers, please let Jodie know if you can help.

Canteen:

Thank you to everyone that has volunteered to join our canteen helpers this term. We still have a few vacancies, if you can help on any of the following dates please let Bree

know. Friday 1/3, Friday 8/3, Monday 25/3, Friday 12/4.

Breakfast Club:

A big thank you to those who responded to our call out for helpers. We are still in need of a helper on a Wednesday morning, if you can help please let Jodie know.



Breakfast Club volunteers were on deck this morning busily preparing breakfast for our early arrivers.

Have you downloaded our latest communication tools?

Skoolbag
Smartphone school to parent communication

Install the Aberdeen Public School App for FREE in the App Store and Play Store.

Like our Facebook page and keep up to date with what's happening at A.P.S.





SUPPORT FOR FAMILIES AND YOUNG PEOPLE

If you are experiencing difficulties with relationships, family and friends, or have school/career questions book a free consultation with an Upper Hunter Shire Youth Services Counsellor.

All services are free and confidential. Assistance with accessing specialist services is provided.

SPEAK TO US NOW. Call Mary on 0439 090 891 or email youthservices@upperhunter.nsw.gov.au

Visit the Council website to find out more
email: youthservices@upperhunter.nsw.gov.au
Find your nearest youth centre on Facebook



UPPERHUNTER.NSW.GOV.AU



Work at the biggest event in NSW NSW State election 23 March 2019

Get paid to help deliver democracy.

We offer a variety of roles based on your interests and experience.

You must be on the electoral roll to work at the election.

Apply now at elections.nsw.gov.au



What is Sense Rugby?

Sense Rugby is a rugby based Occupational Therapy group program designed to help kids who usually find it difficult to be part of a sports team. There are many reasons why kids may struggle to find success and enjoyment in sport. We are here to help you get to the bottom of it and send them on their way to success.

The program has been running in the Upper Hunter since October 2017. It helps to work on your therapy goals without feeling like it's therapy. Sessions are run by an occupational therapist and rugby coaches who have been provided with extra training.

Most of the children we work with live with some of the following developmental delays and conditions:

- ⇒ Autism Spectrum Disorder
- ⇒ ADHD
- ⇒ Down Syndrome
- ⇒ Dyspraxia
- ⇒ Sensory Processing difficulties
- ⇒ Emotional Regulation difficulties
- ⇒ Behavioural difficulties
- ⇒ Gross motor delays
- ⇒ Fine motor delays
- ⇒ Learning difficulties
- ⇒ Resistance, avoidance or an issue with confidence when it comes to sports or group activities
- ⇒ Differences in social skills

"My child had fun and learnt that getting out and doing physical activities in a group can be a good experience."

-Happy parent



Register now!



**Muswellbrook
Cats
AFC**

Donna Mullane 0488 435 119
sdmullane@bigpond.com
Open for boys and girls 5-17yo

 Sign up for junior footy play.afl



Where there's a Will



AUSSIE HELPERS LTD

Belltrees Vs Rouchel CHARITY CRICKET DAY

**Saturday 23rd February 2019
Belltrees Cricket Ground**



9am Belltrees Bushrangers vs Bunnan

MAIN GAME

12.30pm BELLTREES vs ROUCHEL

BBQ Lunch and drinks will be available to purchase
Please no BYO food or refreshments as all proceeds for the day will be donated to the Where There's a Will Foundation and Aussie Helpers.

Chocolate Wheel running all day with cash prizes!

Monster Raffle and Auction will be held after the main game

Ellerston Golf Package, Round of Golf for 4, Cricket Memorabilia & much more up for auction!

Donations to both Where There's a Will Foundation and Aussie Helpers can be made on the day.









Physie

EMPOWERING GIRLS FOR LIFE

Physical culture - "Physie" - is a dance sport for girls and women from ages 3 and up. Physie fuses all different dance and aerobic disciplines while boosting confidence and self-esteem.

It helps develop core strength, improve flexibility & cardio fitness, in a fun, family-friendly environment. Classes are designed for any level of skill or fitness & we **LOVE** welcoming new members into our family! Our club is the longest standing in the local area with a rich and successful history. We offer classes all across the Upper Hunter with annexes in **Muswellbrook, Denman and Merriwa.**

If you are looking for a sport that provides the perfect balance of fitness, empowerment, strength and competition - **Muswellbrook Physie** is the place for you!

Mandy Morris

0448 464 400

muswellbrookphysie@gmail.com

Muswellbrook Physical Culture Inc.

@muswellbrookphysie





men's health education rural van
saving men's lives in rural Australia

FREE men's health checks!



At Muswellbrook Fair
Tuesday & Wednesday February 26th and 27th

It doesn't seem to matter how old they are ...many men in country NSW don't pay much attention to their health - 'she'll be right'... But treatable high blood pressure and diabetes have no symptoms. Don't wait until it's too late... If you don't remember when you last had a checkup... It's time **mherv**

Get checked ... see mherv ... its FREE!

Free health checks at the Men's Health Education Rural Van include:

- Blood pressure just to check the heart isn't too stressed.
- Blood sugar/levels ... just a pin-prick in the finger to make sure there's no type two diabetes ... which is manageable even if there is.
- Cholesterol ... just another pin-prick to see if levels are high and need attention.

Sponsored by:






Good for Kids good for life



ACTIVE KIDS VOUCHER

The NSW Government is helping kids get active with the new Active Kids program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, find a registered activity provider and present your voucher when you sign up.

The program runs year round, so kids can get active at any time!
Visit www.service.nsw.gov.au/active-kids to apply



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HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

CRUNCH&SIP®

Crunch&Sip® is a set time during class time for primary school students to 'refuel' on vegetables, salad or fruit, and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

What to pack for **Crunch&Sip®**
It's simple!
Crunch&Sip means vegetables, fruit and water only.



www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx



HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

ABERDEEN PUBLIC SCHOOL

SUMMER CANTENEN MENU 2019

Home Made Treats

Fruit Salad Cup (Seasonal Fruit)	\$1.00
Layered Frozen Fruit & Yoghurt Cup	\$1.50
Carrot Sticks & Dip	\$1.00
Plain Pikelets (3)	\$1.00
Fruit Muffin (Banana/Raspberry/Blueberry)	\$1.00
Air Popped Popcorn	\$0.50
Natural Jelly Cup (Strawberry/Lime)	\$1.00

Sandwiches/Wraps

Gluten Free Bread/Wraps Available. Can be toasted at no charge.

Chicken/Ham	\$2.50
Chicken/Ham & Cheese	\$3.00
Chicken/Ham, Cheese & Tomato	\$3.20
Chicken/Ham, Cheese & Salad	\$4.20
(Lettuce, beetroot, tomato, cucumber, carrot, red onion and mayo).	
Vegemite/Strawberry Jam/Honey	\$1.50

Drinks

Water 600ml	\$1.00
Flavoured Milk 250ms (Strawberry/Chocolate)	\$2.50
99% Fruit Juice Popper 250ml (Apple/Orange)	\$1.50

Limited hot food is available to purchase at lunch time so we encourage you to place a lunch order. Please write lunch orders on a paper lunch bag including your child's name and class. All orders are to be placed into the yellow box in front of the canteen before 9am.



Frozen Treats

Berri <u>Quelch</u> Stick	\$0.50
Bulla Frozen Yoghurt Cup (Mango/Strawberry)	\$2.20
Frozen Pineapple Ring	\$0.30
Frozen Watermelon Wedge	\$0.30
Frozen Orange Wedge	\$0.20

Hot Food

Chicken Crackles	3 pack	\$2.00
	6 pack	\$4.00
	10 pack	\$6.00
Chicken Wedges		\$1.00
Spinach & Feta Triangles		\$1.00
Mini Vegetable Spring Rolls (2)		\$0.50
Beef Party Pie		\$1.00
Lean Sausage Roll		\$2.50
Chicken Burger (lettuce, cheese and mayo)		\$4.50
BBQ Sauce Sachet		\$0.30
Tomato Sauce Sachet		\$0.30
Sweet Chilli Sauce		\$0.30

Weekly Special

Will be listed in the school newsletter on Tuesday.