



ABERDEEN PUBLIC SCHOOL

NEWSLETTER

25th February 2020, Week 5 Term 1

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

FORTHCOMING DATES

February

Wednesday 26th Kindergarten 2020 photograph for
The Muswellbrook Chronicle
Friday 28th K Purple Assembly Item
Clean Up Australia Day
(Please send in gloves)

March

Tuesday 3rd Years 5 & 6 CPR Training
Thursday 5th Youth Council
Friday 20th Schools Netball Cup
Quirindi Horse Sports
Thursday 26th PSSA Netball APS v SPS 10am

SPOTLIGHT ON THE WEEK AT SCHOOL

DEBATERS GET WARMED UP AT GALA DAY

Eight of our students travelled to Singleton last week to participate in a Gala Day for debating. For many of them this was their first experience of competitive debating. I know both teams will strive to build their skills and knowledge in the coming months as they refine their debating prowess.



Aberdeen Public School Debaters

STUDENTS HAVE SUCCESS IN THE POOL



APS Zone Swimming Representatives

APS students who met qualifying times at our school swimming carnival, competed at Zone Swimming on Tuesday. All students tried their best and displayed great resilience and sportsmanship throughout the day. Thank you to everyone who supported our swimmers and assisted with transport. Following success in their respective events at Zone, Ethan and Fletcher will represent the Upper Hunter at the Regional Swimming Carnival! Fletcher will compete in the 50m butterfly, 50m freestyle and 100m freestyle, while Ethan will compete in 50m breaststroke. Congratulations and good luck, boys.



Congratulations to Ethan and Fletcher who will represent the Upper Hunter at the Regional Swimming Carnival.

FOOTY TEAM – A HARD ACT TO FOLLOW

Congratulations to the APS Rugby League team who were the winners of B Grade in the Under 12's competition in the Steve Simpson Shield at Singleton last Thursday. The team had good wins over Denman and Scone which secured the title. Try scorers were Fletcher, Jett, Preston, Jagah and Mitchell.



Thank you to Dave Dever for his coaching expertise and encouraging all players, to Mr Stutchbury for accompanying students at the event and to the parents who assisted with transport.



K-2 WORKER BEE OF THE WEEK

Jett R. in K Purple

Jett has been working hard on his independent reading since starting Kindergarten. He can often be found practising his reading in the reading corner.



What is The Big Vegie Crunch?

Did you know that only around 6% of Australian children eat enough vegetables? Our school will be taking part in The Big Vegie Crunch (part of Vegetable Week) at 10am on Thursday 5th March

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables:

50 260 students crunching simultaneously (2018 record)

What can you do to help?

- Pack a container of vegetables (not fruit this time) for your child to eat on Thursday 5th March
- Remember to keep serving up the vegetables at home and in your children's lunchboxes!

Kimberley Hill

Vegetable Week School Coordinator



MERIT BADGE Amelia L.

EXCELLENCE AWARDS

K PURPLE Wylie O. - including as many ideas as possible when planning to write.

2 BLUE Sonny D. - striving for excellence during guided reading lessons by persevering.

3/4 BLACK Natalia D. - her outstanding understanding of spelling generalisations.

5/6 GREEN Jack D. - excellent explanations given during maths lessons.

MERIT AWARDS

K PURPLE Kyson G.

K/1 RED Noah H.

1/2 LIME Maddison N.

1/2 YELLOW Heidi W.

2 BLUE Kenzie H.

3/4 BLACK Callie R.

3/4 ORANGE Dominic S.

5/6 GREEN Cameron D.

5/6 MAGENTA Ethan W.

PBL AWARDS

K PURPLE Mia T. Responsibility

K/1 RED Aubree D. Personal Best

1/2 LIME Jaden C. Personal Best

1/2 YELLOW Lucas R. Responsibility

2 BLUE Deacon B. Respect

3/4 BLACK Jazmine M. Responsibility

3/4 ORANGE Jai Dee A. Responsibility

5/6 GREEN Jett P. Personal Best

5/6 MAGENTA Reilyn G. Responsibility

LIBRARY AWARD

Tye-Leslie M.

P & C NEWS

Postponed AGM meeting.

Our planned **AGM meeting to be held this week, has been postponed** due to circumstances beyond our control. A new AGM date will be set ASAP. Please consider stepping up into a role to help keep our school P&C running.

Canteen roster:

Wednesday 26th - Tara Mohr

Thursday 27th - Amie Riley

Friday 28th - Jodie Mayall & Tasi Kalolo

Monday 2nd - Amie Riley & Tara Mohr

Tuesday 3rd - Amie Riley

IMPORTANT REMINDERS

ASSEMBLY ITEM

A reminder that **K Purple** will be doing their assembly item this week, not 5/6 Green.

CLEAN UP AUSTRALIA DAY

Students will be participating in 'Schools Clean Up Australia Day' on Friday after lunch. A plastic bag for rubbish will be provided to each class so students will only need to **bring a pair of gloves**.

CPR TRAINING FOR STAGE 3

A note went home yesterday with students in Years 5 and 6 inviting them to participate in CPR training. The training is provided by a qualified professional and will take place at school next week. **The permission note and \$4 is due this Friday.**

SCHOOL FEES

Voluntary School contributions for 2020 are \$35 per student or \$70 for 2 students or more in a family. Payments can be made at the office.

SCHOOL ACCESS

The school gates will be locked throughout the school day until further notice. If you need to enter the school grounds, please phone the school on 65437271 and a staff member will let you in. We understand that having restricted access is not convenient, however it is unavoidable at present.

Don't forget to turn on notifications on your phone to receive **instant alerts** from us via the **Skool Loop App**.



Simple free download: In Google Play or App Store search "Skool Loop" & choose our school once installed



PARENTS, PUT THIS ON YOUR MUST DO LIST FOR TONIGHT!

DR MICHAEL CARR-GREGG

Michael will be speaking tonight, 25th February, at Muswellbrook RSL. I heard Michael speak last year and found his topics thought-provoking and relevant for parents, teachers and community members in general. He was entertaining in his delivery of information relating to factors influencing the mental health and wellbeing of children in today's world. Better still, it's FREE.

TIME: 6pm for a 6.30pm start

DURATION: 2 hours

WHERE: Muswellbrook RSL

COST: FREE

Raising happy and resilient children

24 & 25 FEBRUARY 2020



CatholicCare in conjunction with the Federation of Parents & Friends Associations: proudly presents Michael Carr-Gregg.



Dr Michael Carr-Gregg is one of Australia's highest profile adolescent and child psychologists.

He wrote his PhD at the University of NSW on adolescents with cancer and in 1985, and founded the world's first national teenage cancer patients support group, Canteen. He subsequently moved to NZ where he became a political lobbyist for the New Zealand Cancer Society heading up the Coalition Against Tobacco Advertising and Promotion. Dr Carr-Gregg was the inaugural Director of the NZ Drug Foundation before being appointed Head of Education and Training at the Centre for Adolescent Health at The Royal Children's Hospital and an Associate Professor in the Department of Paediatrics at the University of Melbourne, where he developed and taught the Graduate Diploma in Adolescent Health and Welfare. In 2015 he was appointed the Managing Director of the Young and Well Co-operative Research Centre and developed an interest in the use of technology for building wellbeing in young people.

TAREE

DATE 24 February, 2020
TIME 6.00pm for a 6.30pm start – 8.30pm
VENUE St Clare's High School Hall, Taree
COST Free

You must RSVP at:
www.mncso.news/MCGTar

MUSWELLBROOK

DATE 25 February, 2020
TIME 6.00pm for a 6.30pm start – 8.30pm
VENUE Muswellbrook RSL
COST Free

You must RSVP at:
www.mncso.news/MCGMus



www.mn.catholic.org.au

COMMUNITY NOTICES

Scone Netball Association Registrations are now open!

The Scone netball season commences on Saturday 21st March 2020 and finishes on Saturday 1st August. For relevant teams, the finals will be held on the 8th, 15th and 22nd August 2020.

Registration Costs:

NetSetGo Skills and competitive-\$100 (5-9 years)

Junior and Intermediate-\$130 (10-17 years)

Senior-\$160 (18+)

Grading:

Grading will be held on Saturday 7th March, 9am to 12pm and Tuesday 10th March, 4pm to 6pm.

It is compulsory that all players attend both grading sessions as this will help is to make the teams as even as possible. If for some reason you can't attend either grading sessions, please advise the club via email- sconenetball@outlook.com

For information on how to register, please visit

<http://sconena.nsw.netball.com.au/> or download the

MyNetball App

<https://apps.apple.com/au/app/mynetball/id996803131>

Please contact the club if you have any questions-
sconenetball@outlook.com



Scone Tennis Club

After School & weekends.

Our tennis program combines our own **Perceptual Motor program** (4 - 5 yrs), **Tennis Australia Hot Shots** (5 - 12 yrs), **High School recreation and competition programs** (12 - 16 yrs) our **Leader System** and **competition squads** to deliver a state of the art tennis program.

Perceptual Motor program (4-5 yrs)

A great introduction to basic tennis technique focusing on improving perceptual motor skills in a fun, play based environment.

- Mixture of cross training using other sports for tennis related activities (cricket, soccer, t-ball, basketball) helping children to further develop their hand-eye co-ordination. Tennis is still the main focus. Foam and low compression balls-smaller bats/racquets.
- Agility, tracking, manipulative skills along with body and spatial awareness.

Tennis Australia ANZ Hot Shots (5-11yrs)

The Hot Shot Red, Orange and Green balls offer players a progressive pathway through stroke production, court positioning and tactics. Teaching the framework of key skills "first" allows the more intricate skills to fall into place. **Match play** is also available. This is the opportunity to compete against other players.



High School programs

All levels

Competition squads

For competition players

Leader System

Covers concepts in making decisions, resolving conflicts and managing stress are just a few of the affective objectives detailed for each "Life" lesson. Basic concepts such as self-esteem, confidence (success), communication, discipline, appropriate behaviour, sportsmanship, nutrition, setting and achieving goals, personal behaviour, decision-making, appreciation and consideration are focused on in the program.

Conducted by **Chris Herden** - Tennis Australia Club Professional. NSW junior ranking, US college representative, 25 years International/Australian coaching and playing experience. PE degree.

Enquiries and bookings 0400 331 553.

Good for Kids good for life



Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase veggie intake for Crunch&Sip® include:

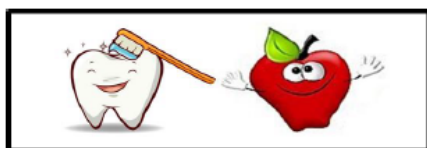
- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip® vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip® container from the supermarket
- Get kids involved in cooking vegetables at home

Source: Crunch&Sip® www.crunchandsip.com.au



Health
Hunter New England
Local Health District

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



Healthy Tums, Healthy Gums (HTHG) is an oral health and nutrition program designed to help families look after their oral & general health.

Sessions include:

- ✓ General family nutrition
 - o Serve sizes, child nutrition, core foods
- ✓ Healthy food & your teeth
 - o Dental care, tooth friendly snacks, drinks
- ✓ Tips for budgeting & meal times
 - o Fussy eating, meal planning & budget ideas

Resources provided to support each topic & ideas for change

Healthy Tums, Healthy Gums

Dates: Friday 6th & 20th March and 3rd April 2020
Time: 10:30-12:00pm

Location: Level 2, 87 Hill St Muswellbrook (next to Muswellbrook Library)

To register please contact Carly Hughes Local Coordinator Muswellbrook Healthy & Well carly.hughes@newcastle.edu.au

For more information on the program, call phone Carly Hughes 4055 1892 or Lisa Fitzgerald on 67678230.



Health
Hunter New England
Local Health District

arts UPPER HUNTER

Dance Craze Video Comp

For young people 8 to 15 yrs

First Prize \$500

Total Prize Pool \$1,250

<https://artsupperhunter.us.launchpad6.com/>



Arts Upper Hunter is supported by:
Dungog Shire Council, Muswellbrook Shire Council, Singleton Council and the Upper Hunter Shire Council.