

Newsletter Emails: ariahpark-c.admin@det.nsw.edu.au Principal's Email: ariahpark-c.school@det.nsw.edu.au Number 40, 2012 Monday, 10<sup>th</sup> December 2012

www: http://www.ariahpark-c.schools.nsw.edu.au Week A

Please don't forget to sign in when visiting the school - thank you

## From the Principal's Desk .....

Welcome to Week 10 and the last newsletter of 2012 as there will not be a newsletter in Week 11.

## Staffing

I have much pleasure in announcing Mrs Selina Barnes as our new Kindergarten teacher for 2013. Selina is verv enthusiastic and keen to get into the planning for 2013.

Selina is also moving from West Wyalong with her family to live in Ariah Park and will be moving into the Principal's residence.

# What's on this Week:

## Monday

Mr Dehlsen and Mrs McBeath will be book buying for Presentation Night Secondary excursion to Lake Talbot Executive meeting after school

## Tuesday

Secondary scripture SRC disco from 7 to 9pm P&C meeting – 8pm

## Wednesday

Presentation Night rehearsal

## Thursday

Trade Training Centre meeting in Wagga **Presentation Night** 

Students are to wear mufti and keep their uniforms clean and tidy for Presentation Night. Any student who is not in school uniform but wins a prize will not be able to collect it from the

Week 10 Term 4

# stage.

## Friday

Final clean up after Presentation Night Year 6 into 7 parent meeting in the library from 1.40 to approximately 2.10pm

## Did you know?

In ancient Rome any house hit by lightning was considered consecrated and: there is a species of butterfly in Brazil which has the colour and flavour of chocolate.

Until 2013 take care and have a safe and happy break. Peter Morse

Principal

## **Canteen News**

Roster Friday, 14/12/12 - S Gordon, T McCormack Monday, 17/12/12 – K Walker, J Johnstone

## P&C News

Tomorrow night will be our last meeting for the year in the library at 8pm.

There will be a staffing update and further discussion about next year's RACV car rally visit to Ariah Park. We will conclude with a quick supper. So if you can please bring along something that you can share for supper. Peter Harper

#### Diary

Note: Items in bold indicate new items on diary THIS WEEK (Week 10 – A) Monday, 10<sup>th</sup> December Secondary Rewards Day to Lake Talbot, Narrandera – All day Tuesday, 11<sup>th</sup> December **Christmas Church Service – Baptist** Church – 10am P&C Meeting – Library @ 8pm SRC Secondary Disco – 7pm-9pm Wednesday, 12<sup>th</sup> December **Practice for Presentation Night** Swimming notes due Thursday 13<sup>th</sup> December Presentation Night in the Memorial Hall @ 7pm Friday, 14<sup>th</sup> December Year 6 into 7 Parent Meeting @ 1.40 in the school library Notes due – Butterfly Effect & Odyssey **NEXT WEEK** Wednesday, 19<sup>th</sup> December School ends for students Thursday, 20<sup>th</sup> & Friday, 21<sup>st</sup> December **School Development Days** 2013 Tuesday, 29<sup>th</sup> January **School Development Day** Wednesday, 30<sup>th</sup> January Kinder, Years 11 and 12 return to school Thursday, 31<sup>st</sup> January All students return to school

## 60 Seconds with.....

## Name: Mrs Rhonda Ryall



**Role in the School:** Reading Recovery and Learning Support Teacher, with a few

extras Library and 7/8 Agriculture Previous appointments: Classroom Teacher at Ariah Park, Barmedman Public, Wyalong Public, St Mary's West Wyalong and classroom teacher/ relieving Principal at Beckom Public. Favourite Food: Roast Lamb and Turkey with all the trimmings Favourite Band/Musician: Petula Clark or Stevie Nicks, not that I'm sexist - ELO and Creedence are good. Favourite Football Team: Juniors Jets 3 people you would like to have dinner with: Nelson Mandela, JFK, my husband (at least once before harvest finishes) Favourite Movie: Pearl Harbour What would you have done if you hadn't taken up Teaching?: Accountancy Sum yourself up in three words: Dedicated, Caring, Flexible

## Whole School News

## Last Newsletter 2012

This will be the last newsletter for this year. We wish everyone a wonderful holiday break and look forward to seeing everyone next year. APCS Staff

## 2013 Calendar

Printed at the end of this newsletter is the **proposed** Term 1 calendar for 2013. Please note that school timetables are, by necessity, extremely flexible and this calendar is only an outline of our desired timetable of events and subject to necessary changes. Such changes will be communicated as the term continues. Please keep your eyes out for notes which may come home, either via the newsletter or by individual notes. APCS Executive

#### **2013 Student Requirements**

The list of student requirements for 2013 will be distributed, with school reports, at the end of Presentation Night, this Thursday, commencing at 7pm.

#### **Presentation Night**

The Presentation Night will be held on **Thursday Night** at **7pm** in the **Memorial Hall**. All children need to be there at **6.45 sharp**. As this is a formal occasion **full school uniform** is required, including dresses for girls if at all possible. All children are permitted a **Mufti Day** on **Thursday** to ensure they have a nice neat and clean uniform for Thursday night.

## **Primary Industries**

We would like to thank all those people that have helped us update our Ag Plot this year with donations and their assistance. We have had many new additions including chickens and sheep, and a beautiful vegetable and herb patch filled with tomatoes, corn and parsley and dill. It is greatly appreciated.

#### Library



All library books need to be **returned by this Friday**. We will be completing a stocktake of all school books this year so we know what resources we have in our school. If books are not returned and we cannot find them during Stocktake, invoices will be sent out for the replacement of the book/s lost. I would like to thank all those people who have helped me in our library this year with covering of books and labelling of all Premiers Reading Challenge books. Your time allows me to have new books for the students every week which gives them a broader range of wonderful books to read.

Thank you so very much. Miss Ostle

## Fruit Break

We would like to thank the students who have been helping out peeling and cutting fruit / vegetables for the infants to be able to try out new fruit and vegies and increase their intake to help make them grow up big and strong into healthy adults. There is also a **survey** at the end of the newsletter that we would encourage **all K-6 parents** complete, especially Infants parents. It would be greatly appreciated if you can complete the survey and return it to school by **Wednesday 19<sup>th</sup> December**.

## **Premier's Reading Challenge**

This year **Tim Miller** received a **Gold Award** for participating and reading the required amount of books for the last four years.

**Congratulations Tim!** 



## **Transition Day**

On Wednesday 5<sup>th</sup> December, students from year 6 and year 8 'moved up a Stage' to see what some of their classes will be like next year. Students enjoyed a range of activities including making bracelets in Technology, showing their acting skills in English and earning 'money' in Commerce. Staff and students enjoyed the day!





Kayne Gordon and Harry Walker 'making a river' in HSIE



Some of the year 6 and 7 girls in the dance competition to earn 'money' in Commerce

## Joe Ryall stole the show when he sang



the opening thirty seconds of the 'Circle of Life' in the singing competition for Commerce Mrs Dunn

## Geography Expo

The Geography Expo is on **next Monday**, **the 17<sup>th</sup> of December.** Students have been preparing games, dioramas, backdrops and information sheet for staff, students and community members to come and see and play. There are a variety of games, some that are life size, some a little slimy, some that will test your strength and others that will test your stealth.

The Expo will take place during lunch time after students have eaten their lunch (approximately 1.10- 1.40pm).

Parents and community members who come to the Expo are asked to first sign in at the Front Office.

Mrs Dunn

Our 'Sneak Peek' photos this week are a snippet of each group's back drops.

They're just a small hint about some of the topics in our Expo!



## Secondary News Rewards Day Excursion

Today (Monday 10<sup>th</sup> December) select students from 7-10 have attended a Rewards Day Excursion to Lake Talbot. On their return, students who attended will be available to share the stories of our fun day with you. Congratulations to all the students who were eligible to attend due to their outstanding behaviour during the Semester.

## Secret Santa

Secret Santa presents for the Secondary School are due by this Friday, 14<sup>th</sup> December and will be exchanged during the values session on that day. Students who are participating already have the name of the person for whom they are buying a gift. Gifts should cost between \$3 and \$5 and, if possible, should be brought to school wrapped and with the recipient's name on it. Students can bring in their gifts anytime this week, including on the day.

## **Class Parties**

This Friday, Years 7-12 will be holding their annual Christmas party at lunchtime. Students are able to wear casual clothes on this day (no singlet short tops, crop tops or shorts permitted). The following grades are asked to please bring along these foods for the party:

Years 7/8Sandwiches or party foodYears 9/10Snack food or fruitYears 11/12DrinksThank youSecondary Staff

## The Butterfly Effect

The Butterfly Effect is a workshop for girls which supports girls and recognises their diversity. During the program the girls create their own journals, using art therapy to reflect and reshape on their Girls will talk about their futures. personal safety, setting personal boundaries and using technology safely. The focus is set on what's right and what's wrong. The girls talk about what real friends are and how they should treat each other. The girls learn relaxation techniques and how to manage stress in their lives. Girls also talk about the issues they face today including stereotypes, sexism and the

media and the pressure they are placed under. When we return to school we will also share the valuable information we learn with the primary girls within our school. (More detailed information can be found at the end of the newsletter.)

We have been invited by Barellan Central School to participate in this day next year. All **7-12 girls** are invited on **Friday 1<sup>st</sup> March 2013** and will cost the girls **\$20** to go across to **Barellan** for the day and will include **recess and lunch**. All other costs will be covered by the school.

We need to know numbers so that we can get a spot in this wonderful initiative, so it is asked that if you are willing for your daughter to attend to fill in the note at end of the newsletter and more information will be distributed at the start of next year. **Please return this note by Friday, 14<sup>th</sup> December**.

## The Odyssey Program

Using the voyage of Odysseus as an analogy for the journey all adolescent males are undertaking, The Odyssey Program is a series of in-school workshops designed specifically for teenage boys to provide them with skills to navigate their way through this tumultuous stage of their lives.

The Odyssey Program workshops are fun and engaging. They cover a variety of topics of interest to teenage boys and are continually revised and updated to keep pace with the changing needs of youth culture. A full day with The Odyssey Program consists of five workshops.

We have invited other schools from around the region to participate in 'The Odyssey Program' at Ariah Park Central School on Monday 4<sup>th</sup> March 2013 for all 7-12 boys. The cost will be \$20 and will include recess and lunch. All other costs will be covered by the school. We need to know numbers so that your son has the opportunity to participate in this day, so it is asked if you are willing for your son to participate to please fill out the note at the end of the newsletter and more information will be distributed at the start of next year. Please return this note by Friday, 14<sup>th</sup> December. (More detailed information can be found at the end of the newsletter.)

#### **Primary News**



## **Before School Reading Program**

As this program has now finished and all Readers should have been returned we find that we are short of a fair few, particularly new ones. Therefore, could everyone please have a good look for readers, under the bed, inside reading folders or anywhere else you put books at your place.

The school has spent money on the new readers and it would a shame if they were to go missing.

If you find one or more at your place, please return them urgently as they have to go through the "end of year" processes.

Thank you.

**Primary Staff** 

## AASC

This week will be our **last week** of AASC. We are holding this on both **Tuesday** and **Wednesday** and all students are encouraged to attend both days. We hope that all children who participated have enjoyed their year doing AASC activities. We are planning on doing some new activities next year including tennis and lawn bowls.

If anyone is interested in becoming an AASC Community Coach, and if there is enough interest, a session will be held in Term 1 to be able to complete the training. A Community Coach is also paid for their time each week. Please leave your name at school if you are interested and we will provide more information.

## **Class Parties**

This Friday, K-6 classes will be holding Christmas their annual party at lunchtime. Children are able to wear casual clothes on this day (no singlet tops short tops, crop or shorts permitted). The following grades are asked to please bring along these foods for the party:

- Kinder Chips, twisties etc
- Year 1 Fruit
- Year 2 Lollies
- Year 3 Sandwiches
- Year 4 Drinks
- Year 5 Hot food sausage rolls, party pies

Year 6 \$2 for hot chips

Thank you Primary Staff

#### Week 10, Term 4

#### Ariah Park Central School Newsletter

#### 1/2 Christmas Cooking

Years 1/2 went across to the secondary side and were assisted by 9/10 Hospitality students to create some yummy Christmas treats. They will also be volunteering to help Kinder and 3/4. Pictures can be found later in the newsletter.

#### **Sport News**



Congratulations to Matthew Davey who won the Secondary Lawn Bowls Championship. Congratulations also go to Mitchell Doyle for his success in Primary Lawn Bowls.

Thank you to all of the parents, community members and staff who have helped the school with Intensive Swimming. The program was a great success and has been of benefit to our primary students.

Students are commended for their excellent behaviour during the program. Miss Daniher and Mrs Dunn



# <u>Ariah Park Community News</u>

<del>what Park Community New</del>

To be included in the Ariah Park Community News, your ads/notices need to be received by 9am Monday. All notices may be emailed to <u>ariahpark-c.admin@det.nsw.edu.au</u> (preferred method), hand written or faxed.



Ariah Park Swimming Pool Raffle The Ariah Park Swimming Pool Raffle has three great prizes this year

1st prize is an iPad & cover, 2<sup>nd</sup> prize is a bike package & 3<sup>rd</sup> prize is an iPod touch & accessories. Everyone who has become a member of the pool should have received a book of tickets to sell, if you have paid your membership and missed out on being given a book please ask at the pool kiosk. This is a major fundraiser for our pool. Tickets are also available at Ariah Park Post Office.

The raffle will be drawn at the town Christmas tree on Wednesday evening 19<sup>th</sup> December, we ask that all tickets (sold & unsold) please be returned to the pool by Tuesday 18<sup>th</sup> December.

Many thanks for your support of our pool.

## **Carols by Candlelight**



Sunday, 16<sup>th</sup> December at 8pm at Davey Park. Bring a chair and some Aerogard. Glow stick candles will be for sale for \$2.

## **Ariah Park Christmas Party**

Wednesday, 19<sup>th</sup> December at Davey Park from 7pm. All welcome. Santa due to arrive at 7.30pm. Sausage sizzle and raffles.

## School Holiday "Fun"

Kids Ceramic classes \$12.00 per class – nothing more to pay. Phone Colette 6978 1166 Starting January.



## Week 10, Term 4



Month	Week		Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Jan/Feb	1	A	28	SDD 29	K, 11 & 12 return 30	Ali return 31	1	
February	2	в	4	Hillston Staff Return 5	Hillston Students Return 6	7	8	
February	3	4	11	RAP Camp 12	RAP Camp 13	Twilight Swim Carnival 14	B/U Swim Carnival 15	Primary Meetings
February	4	в	18	School Photos RAP Sport Trials 19	Riv. Princ. Conf 20	Riv. Princ. Conf 21	PSSA Dist Swim ACS 22	
Feb/Mar	5	•	25	RYDA – TBC B/U PSSA Swim Cnvl Life Ed Van 26	Life Ed Van CHS Zone Swim Cnvl 27	B/U CHS Zone WSA-P2 28	World Day of Prayer U/15 Touch Trials 1	
March	6	в	4	5	6	7	Riv PSSA Swim Cnvl 8	
March	7	•	Riv CHS Swim Cnvl- Leeton 11	12	13	14	15	
March	8	в	School Fete RACV Rally 18	RAP Study Day – APCS 19	20	Study Day – TBC 21	22	
March	9	•	APCS Easter Service- Catholic 25	AFL & Netball Trials 26	Cluster Mgmt Mtg 1 27	X Country – APCS 28	GOOD FRIDAY 29	
April	10	в	EASTER MONDAY 1	PSSA State Swim 2	PSSA State Swim 3	CHS State Swim WSA- P4 4	CHS State Swim 5	WSA Open Day P 4 SRC BBQ
April	11	A	Open Touch Trials 8	NZ Excursion 9	NZ Excursion 10	NZ Excursion	NZ Exc ANZAC Service Sec Girls Netball 12	

#### ARIAH PARK CENTRAL SCHOOL PROPOSED CALENDAR TERM 1 - 2013





#### The Butterfly Effect at Barellan Central School on Friday, 1<sup>st</sup> March 2013

#### Introductory Session - 9:00 - 9:30 am (30 mins)

Open any teen magazine and you will see that much of the information the media bombards teenage girls with is negative and contradictory; no wonder they report feeling stressed and inadequate! Our workshops will recognise the diverse interests of your girls and present them with content that is non – commercial, age appropriate and (most importantly) *empowering*. This "Introductory Workshop" will set the tone for the event and outline its purpose for the girls.

Workshop 1 - 60 mins 9:30 - 10:30 am	<b>Princess Diaries</b> Girls will create their own journals in which they can reflect and reshape their futuresthis workshop also allows for informal conversations about things that matter to the girls and uses art as therapy. The finished journals are beautiful and powerful "take aways" from our events.
Workshop 2 - 45 mins 10:30 – 11:15 am	Stop I Don't Like It Every girl is concerned about her personal safety. Setting personal boundaries, safe partying, handling inappropriate text messages, managing conflict and using the internet safely: all areas that can be so dangerous for impressionable and vulnerable young girls. This workshop focuses on what's right and what's not right and how to tell the difference.
<b>Recess</b> – 20 mins 11:15– 11:35 am	
Workshop 3 - 60 mins 11:35 – 12:35 pm	Forever Friends Research tells us that friends are more important to teenagers than their parents or teachers. How do we make friends? Who should we make friends with? How should friendships be maintained? How do we decide if a friendship is helping or harming us? This workshop addresses these issues and equips the girls with the necessary skills to make safe, important decisions about their friendships.
Workshop 4 - 45 mins 12:35 – 1:20 pm	Chill Out Relaxation, visualisation techniques, massage and more. Learning how to manage stress effectively is essential for our modern lives. Relying on crutches like alcohol, drugs, cigarettes or other unhealthy behaviours is destructive and wasteful. In this workshop we encourage girls to seek balance in their lives and teach them some skills to achieve it. We also teach skills to help them cope with exam and assessment pressure to help enhance performance. These strategies are fun, affordable, and will fit into any girl's hectic lifestyle.
Lunch – 30 mins 1:20 – 1:50 pm	
Workshop 5 – 70 mins 1:50 – 3:00 pm (Includes Conclusion/Evaluations)	Love the Skin You're In This is a core unit that will provide a context for all the day's activities. Negative stereotyping, sexism, media images, the fixation on being thin, these are all issues today's girls are facing. In this workshop we encourage girls to critically evaluate the messages that bombard them every day and develop strategies that help them respond intelligently and objectively.



# The Odyssey Program IN-SCHOOL WORKSHOPS FOR ADOLESCENT BOYS

#### Ariah Park Central School 2013 ٦

Introduction 8:45 am – 9:00 am 15mins	Sets the context for the day – Introduces presenter, key concepts and explains presentation style and the boys role in the day.		
Workshop 1 9:00 am – 10:00 am 60 mins	WHAT'S UP MAN? - Identity and Masculinity When does a boy become a man? What are the qualities that make up a healthy and responsible man? With media only portraying 'maleness' in a one dimensional form, boys are presented with a restricted idea of what a man looks and behaves like. This workshop challenges boys to redefine the social construction of masculinity, power, success, and mask wearing, and to search for new role models that can offer them healthy qualities they may wish to integrate into themselves. ODYSSEUS QUESTION – What kind of man will you choose to be?		
Workshop 2 10:00 am – 11:00 am 60 mins	ME & MY MATES - Mateship and Support Boys have historically been silent about their feelings and emotions but it doesn't need to be this way. This workshop explores friendship – what makes a good friend and how to be one, what friendships offer, pressures - positive and negative, what to do when things go bad, what is cyber/bullying and its repercussions, coping strategies for when life becomes difficult, how to support others and where to get it. ODYSSEUS QUESTIONS – What kind of friend will I choose to be?		
11:00 am – 11:25 am 25 mins	RECESS		
Workshop 3 11:25 am – 12:15 pm 50 minutes	BREAK IT UP! - Anger Management This workshop has been developed in response to schools requesting anger management strategies for their boys. Adolescence is fraught with many obstacles one of which is how to control emotions especially anger. Many boys feel they have no control over this emotion and need strategies in which to feel they can manage it themselves. This workshop explores what anger is and what lies beneath it, what happens when it is not managed appropriately, hotting up and cooling down thoughts, the cycle of anger, power and control, 3F's, and challenges the boys to select 3 strategies to assist them to manage their anger and to make positive decisions verses acting on impulse thereby allowing their emotions to control their lives and dictating their choices. ODYSSEUS' QUESTION How are you going to manage your anger?		
Workshop 4 12:15 pm – 1:10 pm 55 minutes	<b>MY SHOUT</b> - Self Protection / Drinking and Drugs 2008 research has found one in ten 12 - 17 year olds are drinking at harmful levels and one in five 16 -17 year olds binge drinks weekly (1). 44% of 12 yr olds have consumed alcohol in the past 12 months (2) and 24% of young people have used cannabis, 9% ecstasy and 8% amphetamines (3). Many of society's messages convey that partying hard is a large element of a boy's initiation into manhood. As boys are under increasing pressure to experiment with alcohol and drugs, education and safety are key. The psychological and physical, short and long term effects of; alcohol, cigarettes, cannabis, methamphetamine, ecstasy, heroin, and volatile substances are explored in depth. The legalities of using drugs and safety skills are also discussed.		
1:10 pm – 1:50 pm 40 mins	LUNCH		
Workshop 5 1:50 pm – 2:50 pm 60 mins	GIRLS, GIRLS, GIRLS - Relationships – This workshop asks boys to identify media's representation of male to female relationships and then challenges them to question if these are real, obtainable or even desirable. If these are not satisfying relationships – what do they want and what are the qualities that make up healthy relationships between men and women? We urge boys to show their true selves in their relationships with girls. The workshop also explains why diversity is needed, what "NO" means, how girls feel about themselves and what they want in relationships. ODYSSEUS' QUESTION What kind of relationships do I want with girls?		
2:50 pm -3:00 pm 10 mins	Conclusion - Student and Teachers Evaluations and gifts		



## Ariah Park Central School Health Education Parent Survey

Our school is committed to improving student's health and education through the 'Live Life Well' program that some teachers have been trained in and all our staff are aware of. We are keen to find out how it is going and support teachers to implement it.

This term we have introduced a fruit break into Infants classrooms. This included students bringing in a piece of fruit to be shared among the class, being cut up and eaten during morning session. Students are also allowed to have water bottles on their desks to drink from throughout the day.

To assist us in improving ours students health education we are interested in your opinions and feedback. Please answer the questions below and return to the school by **Wednesday 19th December**.

First, some questions about you and your family.

1. How many children do you have at our school? \_\_\_\_\_\_

2. What are the year/s your child/ren are in?

К	Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6	Yr 7	Yr 8	Yr 9	Yr	Yr	Yr
										10	11	12

3. How do you feel about the amount of fruit and vegetables you currently eat?

	Should eat more	Should eat less	Is about right
4. H	ow do you feel about the amo	unt of fruit and vegetables you	r child/ren eat? They;
	Should eat more	Should eat less	Is about right
	o you think that food provided ght in the classroom?	at school should reflect what	the children are being

Yes	No	Unsure

6. In your opinion, how important is it that...

	Very	Somewhat	Not
	Important	Important	Important
Food provided at school reflects what is taught in			
the class			
Teachers' role model healthy eating behaviour			
Parents' role model healthy eating behaviour			
Water is readily available			

7. Do you think that Fruit Break should be included in your child/rens day at school? Why?

## 8. What do you think about Fruit Break?

Yes	No

## 9. What do you like most about Fruit Break?

## 10. What do you like least about Fruit Break?

## 11. What types of fruit or vegetables would you give your child for Fruit Break?

12. What, if any, other support do you need or you think the school needs for Fruit Break?

## Infants Parents Questions

13.Since Fruit Break has been implemented into the Infants Classrooms would you say your child/ren's ...

	More	Less	About the same
Fruit intake <b>at school</b> is			
Fruit intake <b>at home</b> is			
Vegetable intake at school			
is			
Vegetable intake <b>at home</b>			
is			
Water intake <b>at school</b> is			
Water intake <b>at home</b> is			

Thank you for completing the survey

#### Notes

## **Expression of Interest – Butterfly Effect - Girls**

I intend for my daughter ..... to attend the day at **Barellan Central School** on **Friday, 1<sup>st</sup> March 2013**. I understand the cost for the day will be **\$20** per student and all other costs will be covered by the school.

.

Date

Parent/Guardian Signature

**Expression of Interest – Odyssey Program - Boys** 

I intend for my son ..... to attend the day at **Ariah Park Central School** on **Monday, 4<sup>th</sup> March 2013**. I understand the cost for the day will be **\$20** per student and all other costs will be covered by the school.

Parent/Guardian Signature Date