



RAP Year 12 Graduands 2015

*Important
DATE!*

**Intensive
Swimming
30/11/15-
10/12/15**

PRINCIPAL'S REPORT

Congratulations to all our Year 12 students who formally graduated at the Riverina Access Partnership Graduation Ceremony in Leeton Saturday evening. It was a well-attended event and I felt our students looked and presented fantastically. Thank you to our Year 11 students who attended and assisted with the nights proceedings. The graduates this year from Ariah Park were: Matthew Davey, Jayden McLean, Henry Wilson, Louise Chisolm and Tamika Chown.

It was great to hear the positive comments about our students on the primary excursion to Mogo Gold Colony last week. The students were very well mannered and the bush dance coordinator went further to say that they were the best participating group he has had. It is always great to get positive feedback like this.

The Year 3/4 students are participating in the Local Government Week performance 'Visions of Temora' this Tuesday at the Temora Town Hall. The theme this year for the Shire is focused on the future and our student's will present an Ariah Park perspective. The

presentation will involve all schools within the Shire and I welcome all those that wish to attend.

Our Hospitality Trade Skills Centre is well under way and reported ahead of schedule. I have provided some construction photos further in the newsletter. Finally, we have the Future Learning Unit that is a new Department of Education Directorate coming to take a look at the Dog Training Program this Thursday. They will be flying in from Sydney and it will be good to raise the profile on our innovative rural projects that we provide for our students.

Mr Dunn

CANTEEN ROSTER

Friday, 20/11/15 – R Maguire, B Fairman

Monday, 23/11/15 – D Edis, J Brill

P&C NEWS

School Uniforms

There wasn't enough interest in the school bags to warrant adding them to our school uniforms but for anyone that is still interested in purchasing them you

are able to buy them personally, there website is: schoolbags.com.au
Rhonda Johnstone

Minutes

As the P&C meeting was cancelled last week, there are no minutes to be published. Further information about the next meeting will be published shortly.

Mick Denyer
P&C President

SCHOOL DIARY

Please note that new items are in bold
This Week (Week 7A)

Monday, 16/11/15-Friday, 20/11/15

Stage 5 Work Experience

TVET Work Placement

Monday, 16/11/15

Visions of Temora – Year 3/4

Tuesday, 17/11/15

Kindergarten Orientation – 11.15-12.00

Visions of Temora Presentation –
10.00am

Thursday, 19/11/15

TAFE

Next Week (Week 8B)

Monday, 23/11/15

Girls and Boys Day – periods 3-6

Tuesday, 24/11/15

Paper Planes Workshop

Wednesday, 25/11/15

Year 5/6 Lake Cowal Gold Excursion

Thursday, 26/11/15

Year 6 into 7 Orientation Day – 2.30pm
(Parents' Meeting)

PSSA Cricket Trials - Ganmain

TAFE

Friday, 27/11/15

Movember Fundraiser

**Intensive Swimming pre-assessment
day**

Kindergarten Orientation – whole day

Book Club orders close

RAP Study Day – Ardlethan

WHOLE SCHOOL NEWS

Book Club

Distributed with today's newsletters is issue 8 Book Club.

Please ensure all orders are returned by **Friday, 27th November 2015**. This is our last Book Club for 2015 and thank you to those who have ordered during this year.

Thank you.

Ms Ostle

MOVEMBER 2015



Movember

Movember is here. For 30 days we're growing

moustaches, getting active and changing the face of men's health. Gender is one of the strongest and most consistent predictors of health and life expectancy. For men, this is not good news. On average, across the world, men die 6 years earlier than women.

Yet this gender-based inequality in health has received little national, regional or global acknowledgement or attention from health policy-makers or healthcare providers. This is exactly why the Movember Foundation focuses on men's health. This is why Mo Bros and Mo Sistas from across the globe become a united voice every Movember, bringing

vital funding and attention to the hidden men's health crisis.

This is not just an issue for men. In order to tackle the problem and work towards a world where future generations of men are not faced with the same issues as today, we need to take action at both an individual and community level. This means engaging men and women, businesses, sporting groups, community organisations, schools, governments, health policy makers and healthcare providers in the efforts to reduce the current gender inequality in health outcomes.

APCS will support the cause by having people either growing their own Mo or simply wearing one (bought or drawn on) on the 27th November. Students can pledge a gold coin donation and then come in casual clothes to support the cause and to help support Mens' Heath. Any queries or questions please contact the school.

Mr Radnidge

Remembrance Day



On Wednesday, 11th November 2015, Arianh Park Central School students attended the Remembrance Day Service at the Cenotaph on the main street.

School Captains, Keely O'Connell and Mitchell Maguire, spoke of the importance of Remembrance Day and, on behalf of the school, laid a wreath to show their respect for the soldiers who fought during the First World War.

Georgia Ellison

Bush Dance

Printed in this newsletter are some photos from our recent Bush Dance.

SECONDARY NEWS

Year 7 2016 Parent Meeting

The Year 6 into 7 Parent Meeting will be held at 2.30pm on the Orientation Day, Thursday, 26th November. Information will be given about:

- subjects and expectations of students in Year 7 at APCS
- school-supplied personal laptops and learning packs for Year 7 students

All Year 6 parents are welcome. Information from the meeting will also be sent home for those parents unable to attend.

Mrs Drumore

Year 12 Graduation



Congratulations to the four of our Year 12 students who graduated from the Riverina Access Program on Saturday night at Leeton Soldiers' Club (see photo above). They all looked great, as did our Year 11 students who attended, and both the 2015 APCS Captains, Matthew Davey and Louise Chisholm, and the

2016 Captains, Mitchell Maguire and Keely O'Connell, performed their roles well.

Congratulations also to Matthew Davey on winning the RAP Commitment Award, one of three special awards issued by RAP to Year 12 students in the program. Well done, Year 12.

Mrs Drumore

Stage 4 Maths Sewing Task

Year 7/8 students are completing a patchwork task as an end-of-year project associated with practical applications of tessellations. Students will be required to design and make a cushion with at least one patchwork side. Material and cushion inserts will be provided by the school. If students wish to bring their own fabrics, they are welcome to do so. Unfortunately, we only have two school machines available. If a parent or community member has a sewing machine that they are prepared to loan for temporary student use, we would be very grateful. Students in this group with their own machine are welcome to bring and use it privately.

We look forward to viewing some excellent final products.

Mrs Drumore

Stage 5 Work Experience and Work Placement

A number of Year 9 / 10 students are completing Work Experience this week in a variety of businesses. In the coming weeks, TAFE and Construction students also have Work Placements. Paperwork for Work Placement needs to be returned ASAP.

Mrs Drumore

PRIMARY NEWS

Visions of Temora

Year 3/4 students will be travelling to Temora tomorrow morning to give a presentation at the Town Hall of what they believe Aria Park will be like in the future. All parents are welcome to come and watch. The presentation will begin at 10.00am.

Miss Pollard

Kindergarten Art

Could Kindergarten students please bring in an old long white sock for Art by next week.

Mrs Cox

Primary Excursion

Last week Year 3-6 ventured on their school excursion the Mogo to learn about the Australian Gold Rush. Students arrived at school at 7:00am and the bus departed by 7:30am. All students were well behaved on the bus and were excited for their adventure. Unfortunately upon arrival at Mogo Mother Nature was not on our side. Students spent the afternoon participating in some modified activities, learning about the Aboriginal culture. On day two, all students awoke bright and early with two hours of 'slip and slide' cricket on the hill before breakfast. Mother Nature was kind enough to allow them some dry sky as they toured the Gold Rush village and went gold panning. In the night time, students had a great time participating in a bush dance. All teachers were very impressed with how involved all students were.

On the final day, students rose and packed their cabin. After breakfast

everyone headed for the zoo. Students loved visiting all the animals, especially the monkeys. Finally at 12:00pm everyone headed for the long journey home, finishing the trip off with some bus singing.

All of the teachers would like to thank the students for being so well behaved and for a great excursion. Mrs Jenkins, Miss Pollard, Mr O'Brien and Mrs Judd

Paper and Planes Workshop

On Tuesday 24th November 2015 we will be having a visit from Dylan Parker and James Norton who will run a Paper Plane workshop at our school, for all students K-12.

The Paper Pilots, Dylan and James, have centred their workshops and performances around 'hands on' learning and teach through active demonstration. The Paper Pilots pride themselves on being able to offer an engaging visual and media based experience, they use a variety of tools and resources to help demonstrate the principles of flight and science behind why these magical folded toys fly the way they do.

Dylan and James also inspired the movie *Paper Planes*.

We are really looking forward to this educational workshop and a wonderful educational opportunity for our students.

Miss Pollard



26 October 2015

Local Child, Youth, Family Health mobile phone App launched

Murrumbidgee Local Health District has launched a new Child, Youth & Family Health mobile phone App to coincide with National Children's Week from 24 October – 1 November 2015.

"Anyone with a smart phone can download the free Child, Youth and Family Health (CY&FH) App," said Manager Child, Youth & Family Health, Nicole Myers.

The intent of the App is to provide families and other service providers with a portal for information on the variety of child, youth and family health services and key health messages for children, young people and families in the Murrumbidgee Local Health District.

Download the MLHD CY&FH App on your smartphone or tablet for information including:

- Kids and families
- Youth Health
- Child and family health
- SWISH Newborn hearing screening
- StEPS Preschooler vision screening
- Aboriginal Mums and Bubs
- Pregnancy care



Available on the iTunes App Store



Available on Google Play



Media opportunity:

Launch of the app is Wednesday 28 October at 10.50 am at the Inspire Church Playground on Koorinal Road.

For further information, please contact Manager Child, Youth and Family Health, Nicole Myers, on 6938 6460.

HOSPITALITY TRADE SKILLS CENTRE





LEST WE FORGET – REMEMBRANCE DAY 11.11.15



BILLY TEA BUSH DANCE



PRIMARY EXCURSION



Ariah Park Community News

To be included in the Ariah Park Community News, your ads/notices need to be received by 11am Friday (weekend sport excepted). All notices may be emailed to ariahpark-c.admin@det.nsw.edu.au (preferred method), hand written or faxed

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LEANNE IVERACH

Independent Consultant

0415 117 894

leanneiverach@y7mail.com

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CALL OR EMAIL ME TO DATE A PARTY, PLACE AN ORDER OR RECIEVE A BROCHURE

Ariah Park Swimming Pool Meeting

There will be a meeting at the pool on Thursday 19th November at 5pm to discuss council recommendations.

It Takes a Village

ITAV session at Mirrool will be Wednesday 25th November at 10.30am – 12.30. We will be making soap. There will be activities for the children and morning tea will be provided. Please RSVP as soon as you can so that we can allow for enough soap for everyone. Hope to see you all there.

Sarah Wood

Bland Shire Children's Services Unit

Phone (02) 69722795

fdc@blandshire.nsw.gov.au



Ariah Park Swimming Club

PO Box 20, ARIAH PARK NSW 2665

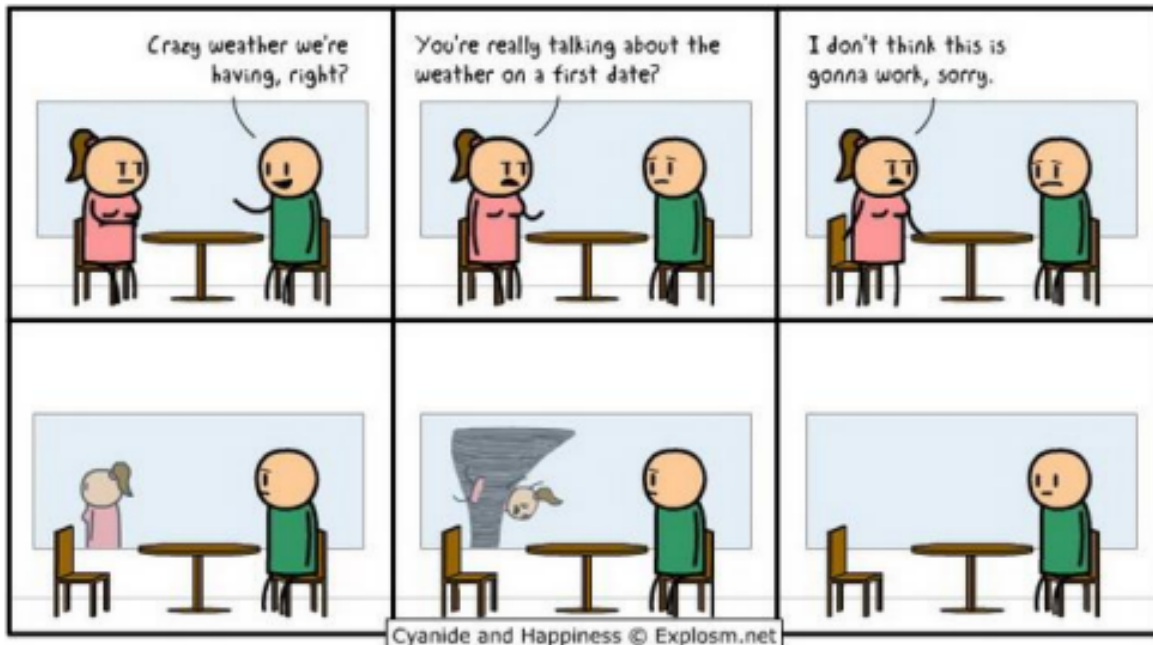
School Newsletter Update – No.5

16th November 2015

With all this CRAZY ridiculous weather we have been having lately swim club was cancelled last Thursday. Please know we do our best to let everyone know as early as possible if there are ANY changes if swim club or training is cancelled.

Some of the ways we try to keep everyone up to date are via a text message, our Facebook page, via Ariah Park Central Schools 'Skool Bag App' and email; if you haven't been getting any of these alerts please let someone on the Committee know so that we can rectify it for the future. However if you are unsure and haven't heard anything please feel free to contact someone on the Committee for further information.

Here's hoping for a bit of smooth sailing from now on.



Reminder – Sponsorship for the Carnival;

- ✓ For all those people who were given sponsorship letters, please remember to touch base with our sponsors as our carnival is fast approaching on the 12th December. Don't forget to ask if any of the sponsors have a banner for us to display during the carnival, also if anyone requires a tax invoice please let April know as this can be arranged. Direct deposit into the Swim Club account is also available on request.

Thursday 19th November race program:

Due to race night cancellation last week our program remains the same. So if you have already submitted your entry cards they will be carried over for this week's races.

| Week 2 | |
|-----------|------------------------|
| Event No. | Stroke |
| 1. | 100m Medley |
| 2. | 200m Medley |
| 3. | 12m Freestyle |
| 4. | 25m Freestyle |
| 5. | 50m Freestyle |
| 6. | 100m Freestyle |
| 7. | 12m Breaststroke |
| 8. | 25m Breaststroke |
| 9. | 50m Breaststroke |
| 10. | 100m Breaststroke |
| 11. | 12m Freestyle |
| 12. | 25m Freestyle |
| 13. | Relays mixed age teams |

The forecast has predicted fine weather for the week – We'll see how they go!!

Don't forget to like the Arianh Park Swim Club's Facebook page to keep you up to date.



Happy Swimming 😊



Health Benefits of *Juice* PLUS⁺

- ▲ Increased Energy
- ▲ Boost Immune System
- ▲ Better Digestion
- ▲ Sleep Better
- ▼ Decrease Allergies
- ▲ Increase Antioxidants
- ▲ Improve Fatigue
- ▲ Strengthen Hair & Nails
- ▼ Reduce Risk Of Chronic Disease
- ▲ Improve Skin Condition
- ▼ Decreased Need for Medications
- ▼ Reduces Colds & Flus
- ▲ Helps Weight Loss
- ▲ Improves Pregnancy



Blue & Purple foods contain



phytochemicals
such as
anthocyanins &
phenolics



These are powerful antioxidants

which help reduce the
risk of diseases
such as
cancer, heart disease &
alzheimers



They also

improve memory & cell communication

While also

slowing down the
process of aging



If you would like more information on this amazing product watch at

<https://m.youtube.com/watch?v=c7i8qO> or call April French on 0428 741128 a JP Distributor