



## KEY DATES

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## HSC Commences

Tuesday 9th  
November

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# THE PEPPERCORN PRESS

## WEEK 6B TERM 4

*Respect, Honesty and Resilience*

**ARIAH PARK CENTRAL SCHOOL**

**1 Harrison Street Ariah Park NSW 2665**

**02 6974 1105 [ariahpark-c.schools.nsw.gov.au](http://ariahpark-c.schools.nsw.gov.au)**



## Principal's Report

Dear Families,

This week sees the HSC Examinations commence for 2021. Due to the unusual circumstances that affected schools earlier this year, for the first time, the HSC is starting over a month later than normal. Our students are joining 65 000 students across NSW who are starting their examinations with the first English paper today. I know that our students are well prepared and have had lots of opportunity



to revise over the last month, in preparation for the exams. The examinations are being held in the School Hall, so we are requesting that students stay away from the hall when examinations are being held and that our community support our students by keeping noise to a minimum near our hall.

As part of our procedures to keep students safer from COVID 19, schools have been directed to move to a “cohort model”. This means we are required to plan to minimize the mixing of students during school hours. To achieve this, we are making changes to the way before school, recess, lunch and afternoon breaks are organised. Each class group will be assigned an area of the playground to eat in and play in. I anticipate this will be a short-term measure, but I ask for your support and understanding in implementing this change. It means that fewer students and families will need to isolate if a case of COVID 19 should come into the school. I want to thank our families and friends for the support you have shown as we have implemented the DoE COVID measures in 2020 / 2021. With the HSC examinations currently being held in the school, it is important to be vigilant in keeping our school free from infection. This will ensure our students can complete the HSC without disruption and additional stresses.

As we head towards the end of the year the restrictions that schools are required to operate under, continue to change. Schools have been advised that they can plan for events such as graduation dinners, farewell assemblies and presentation days, within strict guidelines. We are planning our normal end of year events, operating under the DoE guidelines. While we are optimistic that all of our normal end of year events will take place, we also have to understand that they may have to be cancelled at short notice in the event of a COVID infection in our community. We appreciate your patience and support with these matters.

Finally, I can announce that Mrs Carrie Studholme has been successful in being appointed as the Assistant Principal Curriculum and Learning at Narrandera Public School for 2022. This is exciting news for Mrs Studholme and we wish her every success in her new role.

We'd also like to congratulate Mr Andrew Denham on his appointment to the TAS role at Bellingen High School. While he will be missed around Aria Park, we wish Mr Denham all the best in his new adventure.

***Peter Craft***

***Relieving Principal***

*9 November 2021*

## CANTEEN ROSTER:

**Friday 12 November — Erin Bell & Tracey Chalmers**

# School News

## **Expressions of Interest – Science Assistant**

Ariah Park Central School are currently seeking expressions of interest for a Science Assistant, one day per week beginning in 2022. A science background is preferred, but not essential. Duties may include:

- Provide technical assistance in the operation of the science laboratory under the supervision of a teacher, including where some discretion and judgment is involved.
- Assist in evaluating and selecting equipment and supplies.
- Provide guidance to students in the use of laboratory equipment.
- Produce, display, and publicise materials using computer applications and other equipment.
- Preparation of materials and resources for science lessons in accordance with relevant safety protocols, including disposal of materials, as directed by the teacher.
- Testing of experiments and demonstrating experiments under the guidance and supervision of a teacher.

For more information, please contact Alicia Leiper on 69741105.



# School News

## Breakfast Club at APCS

At Aria Park Central School we are extremely lucky to have both the Salvation Army and Woolworths support us to provide breakfast club to all students each week. We would like to take this opportunity to say a huge thank you for your continued support.

*Miss James*



# School News

**Reminder to please enrol online ASAP**



## **Ariah Park Central School**

### Kindergarten Orientation Program

Starting school in 2022? Our highly successful Kindergarten Orientation program is designed to create friendships, build confidence, extend social skills and develop academic competencies.



#### **KINDERGARTEN ORIENTATION DAYS**

Friday 19th November 11.00am - 1.00pm

Wednesday 24th November 9.00am - 3.25pm

Wednesday 1st December 9.00am - 3.25pm

Proposed parent information session TBA



For further information please contact the school on  
0269741105



# School News

## Thunderstorm Induced Asthma

Please remember to pack your child's asthma medication in their bags everyday.

**SPRING  
THUNDERSTORM**

**ASTHMA ALERT**

To register for alerts, go to  
**[science.csu.edu.au/asthma](http://science.csu.edu.au/asthma)**



Murrumbidgee  
Asthma & COPD  
Collaborative



# School News

## Primary News

### Primary News

Another week has flown by with lots of learning happening in Primary. Kindergarten were busy learning to write procedures in writing time.

Year 1 have been learning to write persuasive letters. They are beginning to understand the power of words and how they help to change people's opinion.

Year 2 have been busy measuring mass.

While Year 3/4 have been looking at key features of China including landscapes, climate, vegetation, and animals. Year 3/4 have then been exploring the comparison with Australia.

Year 5/6 loved playing Bin Ball during PE and learning different cultural designs in Art.

During playground duty last week, some of the students were telling me some funny jokes that they knew. Please see below.

*Mrs Anderson*

What did one plate say to the other plate?

Dinner is on me mate!

Told by Abbee Eccles



Why did the banana go to the doctor?

He wasn't peeling well.

Told by Ivy Leiper.







# School News

## **COVID intensive learning support program**

Earlier this year we, along with other schools across NSW, received funding to help improve educational outcomes for students whose learning had been impacted by the pandemic.

The funding was used to employ additional educators who we were able to provide more support to students from Year 1 to Year 10 in the areas of literacy and numeracy. Students received more one on one support as well as targeted small group tuition.

We are excited to be able to provide this support for our students and will continue to do so during 2022.

*Mrs Frater and Mrs Anderson*

## **Year 6 Graduation**

We are planning for the Year 6 Graduation to be held at the town hall on Thursday 9<sup>th</sup> December. More details to come. Dress code smart casual.

*Mrs Anderson*

## **Rusty visits**

Each week on a Tuesday Rusty comes to visit each of the Primary classes. Students love having Rusty and Brigitte in their classroom for extra support and to listen to them read. We are very lucky to have Salvation Army provide this service to us each term. All the students get so excited when Rusty arrives each week and wish he was here every day!

*Miss James*





# School News

## **Intensive Swimming**

Intensive Swimming will take place in Week 9 and 10 from 29<sup>th</sup> November – 10<sup>th</sup> December 2021. Students will undertake a series of 10 lessons.

Testing day will be on Friday 26<sup>th</sup> November 2021 (Week 8). Students need to ensure they bring their swimmers on this day.

Students in Kindergarten to Year 6 will participate in Intensive Swimming. Year 5/6 students who have completed the program in previous years will not participate in the lessons. Mrs Anderson will contact you if your child in Year 5/6 will participate in lessons.

Students need to bring the following:

- Swimmers
- Rash shirt or t-shirt (compulsory)
- No goggles
- Towel

*Mrs Anderson*

## **Year 3/4**

Year 3/4 have been working hard learning new multiplication skills. Students have been investigating a range of strategies to solve multiplication problems. These include the doubling and halving strategy and splitting a number using place value to multiply. We have some very enthusiastic students who love to take on the role of a teacher and instruct a multiplication problem to the class!

*Miss Pearsall*





# School News

## Secondary News



# YEAR 6 INTO 7 ORIENTATION

*Year 6 students are invited to attend a Year 7 Transition day on Friday 19th November at Ariah Park Central School.*

PLEASE ENSURE STUDENTS ARE DRESSED IN THEIR SPORTS UNIFORM AND BRING A WATER BOTTLE, RECESS, LUNCH AND PENCIL CASE

*Any enquiries contact the school on:*

**0269741105**



# School News

## INFORMATION AND SUPPORT FOR YOUTH MENTAL HEALTH

### (RESOURCES FOR PARENTS AND CARERS)

If you/your child need to talk to someone...

#### During an emergency:




Call 000

#### During a mental health crisis or anytime:






Lifeline 13 11 14

Kids Helpline (for young people 5-25 years old only): 1800 55 1800


NSW Mental Health Line: 1800 011 511

Name	About	Phone	Online
Parents Line NSW 	Parent line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.	1300 1300 52  (9am-9pm Monday – Friday & 4pm-9pm Weekends)	<a href="https://www.parentline.nsw.gov.au/">1300 1300 52 - Parent Line NSW</a>
Headspace 	Whilst headspace focuses on supporting people 12 to 25, families and friends can also seek free online and telephone support and counselling related to supporting young people.	1800 650 890 9am-1am  2/185 Morgan Street, Wagga Wagga (02) 69379000	<a href="https://www.headspace.org.au/national-youth-mental-health-foundation">headspace National Youth Mental Health Foundation</a>
Carers NSW 	Carer Line offers emotional support, referrals and distribute carer specific resources and information to carers and community members.	1800 422 737 9am-5pm Monday - Friday	<a href="https://www.carersnsw.org.au/">Homepage   Carers NSW</a>
Mental Health Carers NSW Carers Connection	If you are in NSW and are a family member, friend, or carer of someone	1300 554 660 9am-4:30pm Monday-Friday	<a href="https://www.mhcn.org.au/">MHCN - Mental Health Carers NSW</a> <a href="https://mentalhealthcarersnsw.org/">(mentalhealthcarersnsw.org)</a>

# School News

	with a mental illness, the Carers Connection Helpline can help provide information, referrals, and support.	(excludes public holiday)	
<b>Beyond Blue</b> 	Beyond Blue provides 24/7 mental health support to people of all ages and backgrounds. They have general mental health and coronavirus specific information and support for individuals, families, and careers.	1300 22 4636 24/7	<a href="#">Anxiety, depression and suicide prevention support - Beyond Blue</a>
<b>The Brave Program</b> 	Brave offers free online programs for children and teens to help manage anxiety and worry. They also have a free online program for parents or carers of a teenager 12-17 years old who experience anxiety or worry.		<a href="#">Home   BRAVE Self-Help Program (ug.edu.au)</a>
<b>WayAhead</b> 	Way Ahead Directory can help you find local or community services (some are free, some are paid services)	Monday to Friday, from 9am – 5pm  Support line for general mental health enquiries 1300 794 991  Support line specifically for anxiety disorders 1300 794 992	<a href="#">WayAhead   Supporting good mental health and wellbeing in NSW</a>
<b>1800RESPECT</b> 	Confidential information, counselling and support services,	1800 737 732 Open 24/7	<a href="#">Home   1800RESPECT</a>

# School News

	open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.		
Black Dog Institute  <b>Black Dog</b> Institute	Black Dog Institute provides a range of online resources and information to support the mental health and wellbeing of people of all ages.		<a href="#">Black Dog Institute   Science. Compassion. Action.</a>
Mission Australia Family Mental Health Support Service (FMHSS) Riverina 	The Family Mental Health Support Service (FMHSS) is an early intervention and prevention support service for children aged 0-18 years (and their families) who are at risk of or experiencing issues relating to mental health.	Monday- Friday (02) 69834200	<a href="#">Family Mental Health Support Service (FMHSS) Riverina (missionaustralia.com.au)</a>
Kids Helpline 	Kids Helpline is Australia's only free, confidential online and phone counselling service for young people aged 5 to 25.	1800 55 1800 Open 24/7	<a href="#">Kids Helpline   Phone Counselling Service   1800 55 1800</a>
Department of Education NSW	NSW Department of education has compiled some wellbeing links and resources that may be of benefit to parents, carers, and students.		<a href="#">Parents and carers (nsw.gov.au)</a>

# School News

## P&C News

### Meeting

Monthly meeting will be held this Tuesday at the school library at 8pm.  
For those who are not double vaccinated, or cannot make it into the meeting, the Zoom details are as follows:

Join Zoom Meeting

<https://nsweducation.zoom.us/j/64042534424?pwd=UHowK29peGh4dnF2TnovTGZNNHpidz09>

Meeting ID: 640 4253 4424

Passcode: 1234

# Community News



## Ariah Park Swimming Club

PO Box 20, ARIAH PARK NSW 2665

Update – No.1

8<sup>th</sup> Nov 2021

### Welcome to the 2021/2022 Swim Club Season:

The following are the elected Committee Members for the 2021/22 season:

- |                    |                            |
|--------------------|----------------------------|
| → President        | Kristen Davey              |
| → Vice President   | Caro O'Brien               |
| → Secretary        | Amie Fairman               |
| → Treasurer        | Amanda Donoghue            |
| → Race Recorders   | Toni McCormack             |
| → Race Secretary   | Debbie Worland             |
| → Catering Officer | Suse Furphy & Kylie O'Shea |

Thank you to those people who have taken on committee jobs for this coming season, your support in keeping the club swimming along is appreciated.

### Important diary dates:

DATE	EVENT
Monday 8 <sup>th</sup> & 9 <sup>th</sup> Nov	Training commences
Thursday 11 <sup>th</sup> Nov	1 <sup>st</sup> club night for the season
Wednesday 26 <sup>th</sup> Jan	Swim A Thon & Fun day – details to come





# Community News

## Information about swim club registrations for this season:

### Fees for 2021/22 season are:

- ✓ All families must have an adult registered. The adult can register as a non-swimmer.
- ✓ **Registration fees are all \$100.00 for swimmers & \$25 for non-swimmers.**

<b>Swimmer</b>	
Swimming NSW fee	\$64.96
AP Swim Club fee	\$30.04
\$5 end of season coaches gifts	\$ 5.00
<b>TOTAL</b>	<b>\$100.00</b>

<b>Non Swimmer</b>	
Swimming NSW fee	\$22.84
AP Swim Club fee	\$ 2.16
<b>TOTAL</b>	<b>\$25.00</b>

### Registrations & Payment:

- ✓ **We welcome any NEW families interested in joining Swim Club this season.** Please contact Amanda Donoghue or Kristen Davey ASAP if you are interested in joining so we can help you with your registration.
- ✓ Members from last year will receive an email this week regarding membership renewal. If you have any problems or don't get an email, please contact Amanda Donoghue

**All registrations will need to be paid by the 25th November 2021**

### Parents:

It is expected that every child at swim club has a parent in attendance, especially on Tuesday night race night.

We ask that parents please help out with either time keeping, set up, pack up or any other job that may arise.

Many hands make light work & it is much more enjoyable for everyone 😊

# Community News



## Ariah Park Swimming Club

PO Box 20, ARIAH PARK NSW 2665

### COVID – 19

Due to Covid-19 there will be guidelines to follow for Swim Club. Please follow any directions from our club committee, coaches or pool staff if asked. The following also needs to be followed

- The Ariah Park pool is a council owned facility and as such the Ariah Park Swim Club has to abide by the rules set out by council. This will mean that due to current council rules all swimmers & parents over the age of 16 must be fully vaccinated to attend the pool & therefore swim club. Any changes to these rules will be updated as soon as we know, but for now we have to abide by this rule.
- Please remember that due to Covid-19, Ariah Park Swim Club requires all participants and their carers to please remain at home if you have flu like symptoms
- Please follow any directions made by the swimming pool staff in regards to their Covid-19 rules
- Also please be aware that the showers will be **OFF LIMITS** whilst at the pool, as advised by the swimming pool staff.
- Please check in via the pools QR code.

### Training

Training will commence today (Monday 8<sup>th</sup> Nov) and tomorrow (Tuesday 9<sup>th</sup> Nov) from 4pm. Swimmers will be placed into training groups in the next few weeks according to your child's ability. This will be at the Coaches discretion.

### Entry for Thursday Club Nights:

- Don't forget to submit your entries for Race Nights by Wednesday 6pm. Our first race night will be Tuesday 11<sup>th</sup> Nov 2021.
- You can email your entries or Text them to Debbie.  
Debbie's email account [jwo11316@bigpond.net.au](mailto:jwo11316@bigpond.net.au)  
Debbie's phone Number [0428741194](tel:0428741194)

# Community News



## Welcome to 2021/22 Swim Season

The first week of swim club will be starting with training on **Monday 8<sup>th</sup> & Tuesday 9<sup>th</sup> November at 4pm.**

Our first race night will be **Thursday 11<sup>th</sup> November at 6pm.**

**Try before you buy!**

**All new families can try swim club for 3 weeks before fees are due, so come down & give it a go**

Due to Covid we will not be holding our swimming carnival in December.

We will be having a Swim-A-Thon & Games afternoon at the pool on Australia Day (26<sup>th</sup> Jan 2022).

Keep an eye out for more details to come!

Any enquires please give one of our committee a call

Kristen Davey -President 0428 783 846

Amanda Donoghue -Treasurer 0418 815 626

Amie Fairman -Secretary. 0457258602

# Community News

- All families that are new to swim club need to let Debbie know if you will be doing Club Race Night so you are in the computer system.
- **\*\*Please Note\*\*** If you have not texted or emailed your race nights entries to Debbie – you **will not** be able to race as adding people on the night significantly holds everybody up.

## RACE PROGRAM

This week's race program for Thursday night 11th November is:

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

## RACE NIGHT MEAL

**HONEY SOY KEBABS - \$2 each**

Orders **MUST** be in by  
**Tuesday 9th**

**Suse Furphy 0427662337.**  
**There will be no late orders.**

**Feel free to contact us if you have any queries:**

- ☎ Amanda Donoghue (Treasurer) **Mb: 0418 815 626**  
☎ Kristen Davey (President) **Mb: 0428 783 846**  
☎ Amie Fairman (Secretary) **Mb: 0457 258 602**



Find us on  
**Facebook**



**Like**

**Here's to a great Swim Club season.**

# Community News

## Ariah Park Swimming Pool

The Ariah Park Swimming Pool opens on Monday 8th November.  
Our hosts this season will again be Alice French & April Frater.  
Come along & enjoy our local oasis.

The hours during School Term are 3.30pm to 6pm weekdays  
& 2pm to 7pm on weekends. During the January holidays the  
hours are 10am-12pm Monday– Saturday;  
3pm- 8pm Monday– Sunday.

Hours are subject to weather & at the discretion of the caretaker.

Memberships for this season are:

Family \$175  
Single \$105  
Pens/Student \$75

Daily Admissions are:

Adult - \$4  
Child 5+ - \$2.50  
Child 18mth-5 - \$1  
Non Swimmer- \$1  
Family Pass- \$13

Children under 10 must not enter the pool unless they are  
supervised by an adult.

As the pool comes under the Temora Shire council, it is required  
that ALL patrons over 16 must be fully vaccinated to use this  
facility. This will be checked by our hosts, please be kind and  
patient remembering this is a legal requirement and not the  
decision of the staff.



# Community News

## Night Tennis

Will be starting up again in 2022.

If you are interested in playing on Monday nights please call

Bernie Chalmers 0427 741 024 or

Nick Farrugia 0413 902 625

Games will continue through to April and is open to high school children and older.

Come and enjoy a social night out with friends.

*We are always looking for new members.*



# Community News

Come and experience one of Australia's finest tennis coaches at Arian Park  
**Janine Tremelling**  
who has won the Newcombe Award for coaching excellence is moving to Temora in 2022.



Janine is coming for a hit with the kids in Arian Park on Sunday 19th December (time to be advised).

Janine has an impressive tennis record reaching world rankings of top 10 in doubles and 52 in singles.

If we are quick Arian Park could lock in a regular coaching timeslot. If you're interested for coaching lessons please contact Bernie Chalmers on 0427 741 024



The great thing about tennis is  
all you need is your racquet,  
a ball and one friend  
and you have a game.



# Calendar

	Nov 8	Nov 9	Nov 10	Nov 11	Nov 12
<b>Week 6B</b>	SRC Meeting	HSC Exams Commence			Canteen Open
	Nov 15	Nov 16	Nov 17	Nov 18	Nov 19
<b>Week 7A</b>					Canteen Open
					Year 7 Transition Day

## ARIAH PARK CENTRAL SCHOOL

1 Harrison Street Arian Park NSW 2665

PO Box 56 Arian Park NSW 2665

Principal's Email: [peter.craft@det.nsw.edu.au](mailto:peter.craft@det.nsw.edu.au)

Website: <https://ariahpark-c.schools.nsw.gov.au>

Principal: Peter Craft

Mobile: 0456 964 387 (Peter)

Phone: 02 6974 1105

Mobile: 0488 741 329 (School)

Fax: 02 6974 1017