

WEEK 8B TERM 3

Respect, Honesty and Resilience

ARIAH PARK CENTRAL SCHOOL
1 Harrison Street Ariah Park NSW 2665
02 6974 1105 ariahpark-c.schools.nsw.gov.au



Principal's Report

Dear Families,


I am sure that you will have seen the news last Friday about a planned return to school for students. Currently regional New South Wales is under stay at home orders at least until Friday 10th September. That means our school will continue to operate as it has over the last three weeks. Secondary classes will remain online through Teams, while Primary students will continue to receive learning packs and



meet with their teacher for 30 minutes each day until that date. If the stay at home orders are extended, we will continue with our current practices, until students are able to return to school. Please regularly check our school's app, Facebook and webpage to stay informed.

Even though the stay at home orders are preventing students from attending for face to face learning, Aria Park Central School continues to be a wonderful learning community. Before we moved into learning from home, we were able to celebrate Book Week together. As part of learning from home, we are also encouraging every student to read a book or a chapter from a book each day. We would love to have you send in photos of your child reading, that we can share with our school community. For fun, send in a photo of your child engaged in reading "somewhere different" (such as in a tree, or in the back of the car) so that we can share it and encourage everyone with their reading at home.

While we are working hard to make sure that we continue learning during this period, it is important to find way to keep having fun while we are at home. Setting up zoom games so your child can keep in touch with friends is one way many families manage this. There are some great tips on the internet on how to keep having fun. A great page I have found is [Fun Things To Do With Your Family During Lockdown \(mouthsofmums.com.au\)](https://www.mouthsofmums.com.au)



The page has a list of 23 safe and fun activities for you try with your family. If you have any great ideas or tips, contact our office so we can tell others. This is one great way we can support each other to stay positive through this period.

Remember, we are here to support you. If you have any concerns or needs, feel free to contact the school at any time.

Peter Craft

Relieving Principal

30 August 2021

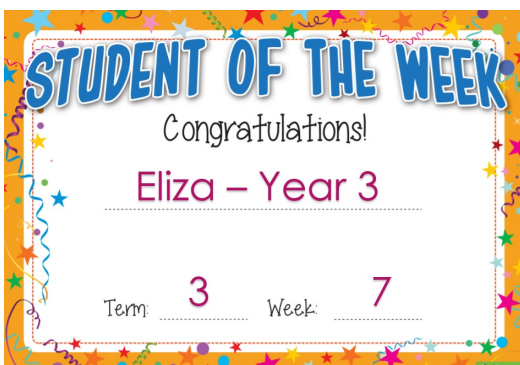
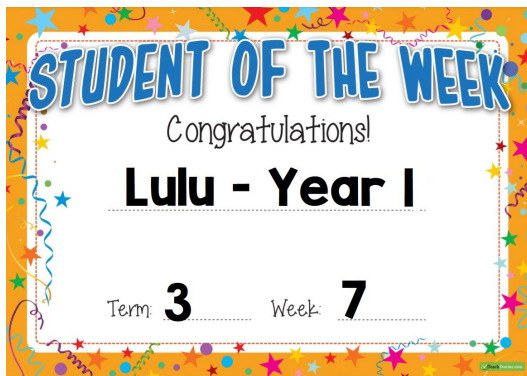
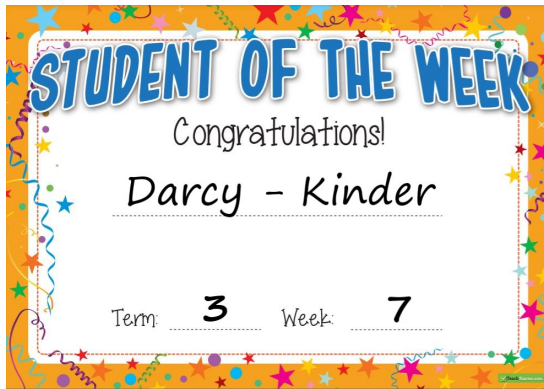


CANTEEN ROSTER:

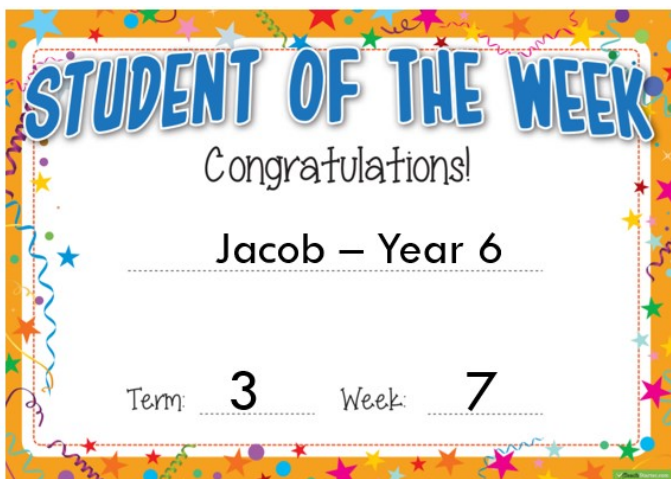
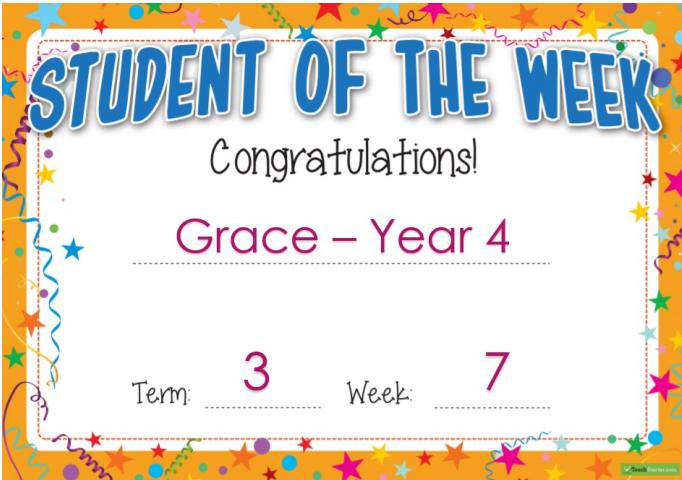
Friday 3 September —Cancelled



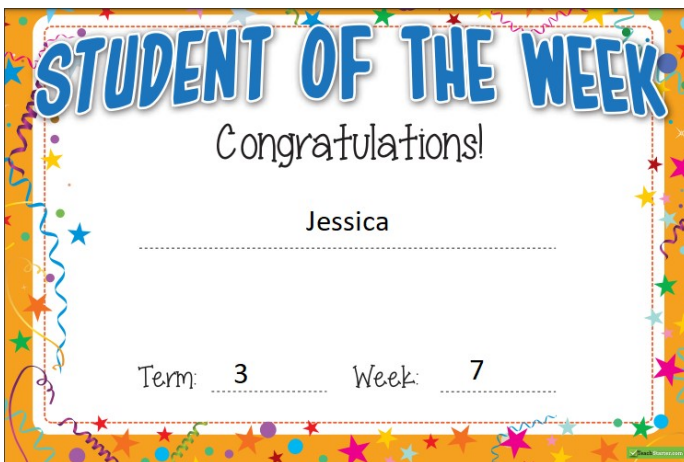
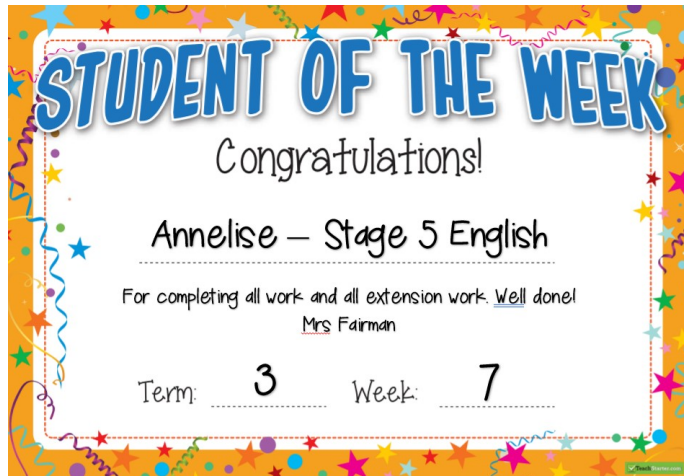
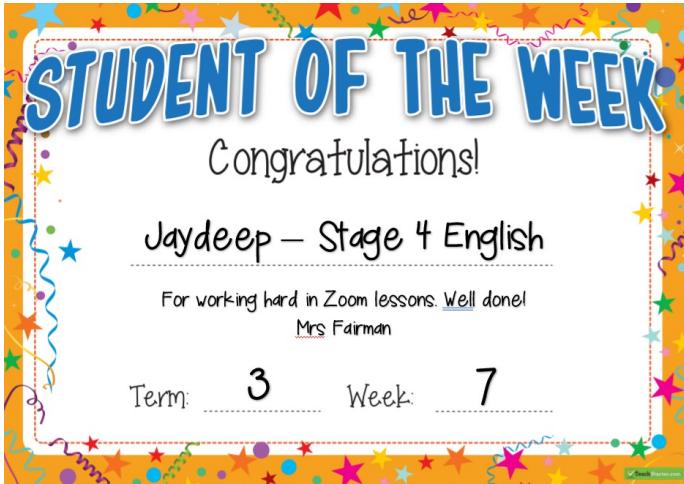
School News



School News



School News



School News

Primary News

Primary News

Well done on making it through another week of Home Learning.

Over the past week, it has been wonderful to see the work students have been completing at home. From zebra's made out of household items to African masks and Go Noodle challenges. Although not always easy, students have shown me how truly resilient they are and have adapted to remote learning.

This week we introduced 'Student of the Week' awards for each year group. I know how impressed our teacher's have been with all of the hard work students are undertaking during zoom lessons. Congratulations to all of the award recipients for Week 7.

The zoom lesson timetable will remain the same for Week 8 and 9. If your child requires any extra support to complete tasks or understand concepts please let the school know and we can arrange some further support with the assistance of our School Learning Support Officers.

We appreciate the support and understanding of the Arianh Park Central School community, as we work together to ensure continuity of learning for our students. Thank you to all parents and carers who are supporting learning from home, often while also working from home. I understand that this is very challenging, as we all do what we can to stop the spread of Covid-19 across the community.

We Miss You All! Arianh Park Central School is certainly not the same without our students playing together in the playground or the sounds of students and teachers interacting in our classrooms. We are hoping that our students and staff will return to our school as soon as they can once lock down is over. Stay safe everyone and remember not every day will be perfect, take each day as it comes and do the best you can.

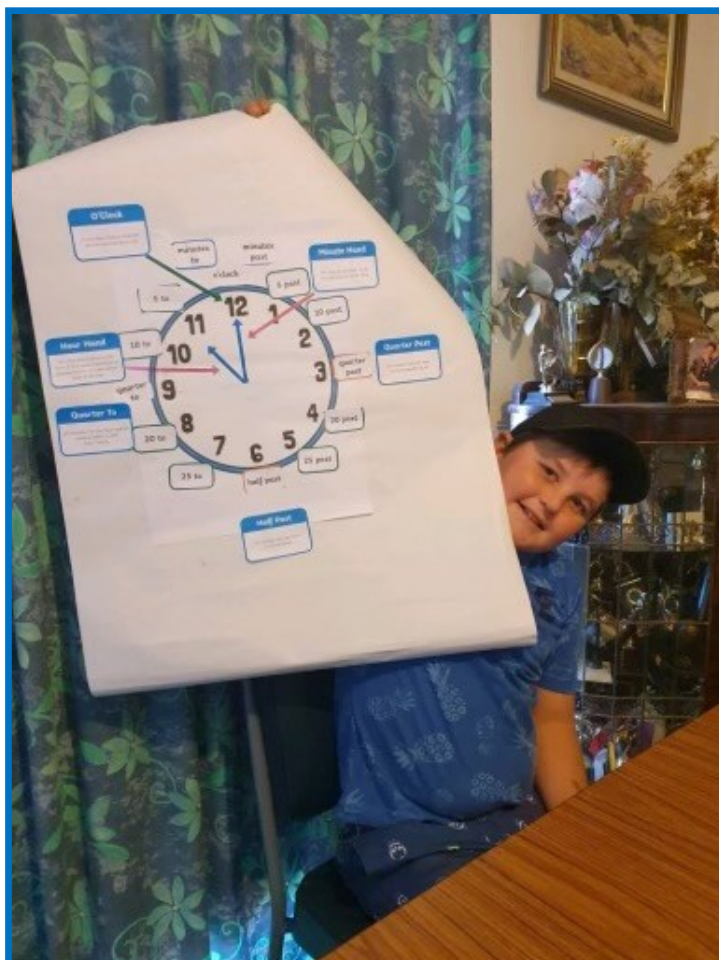
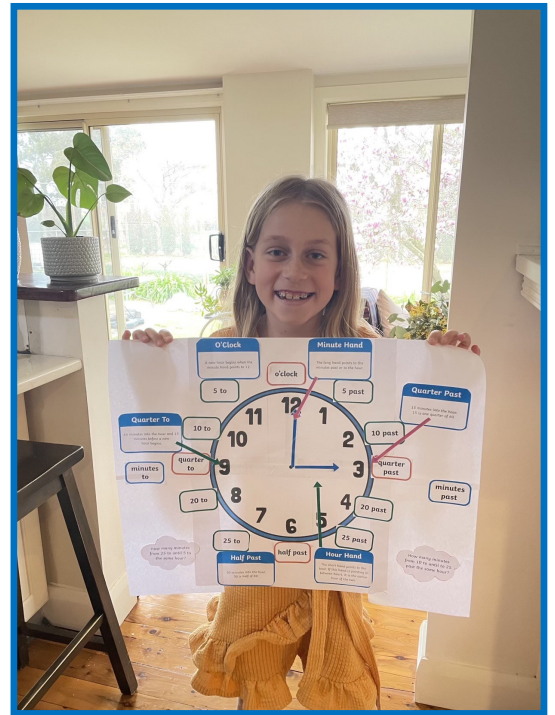
Mrs Anderson

School News

Year 3/4

Year 3/4 have been learning how to read analogue and digital clocks. We are learning to read times in five-minute intervals as times past the hour and times to the hour. We are also able to use a variety of terms to describe any time in minutes shown on an analogue clock e.g. quarter to, half past, __ minutes past, __ minutes to. Next week we will be learning how to read time tables.

Miss Pearsall



School News

Year 5/6

Students have worked hard and have been practicing new skills and learning lots of new concepts in Year 5/6 this week.

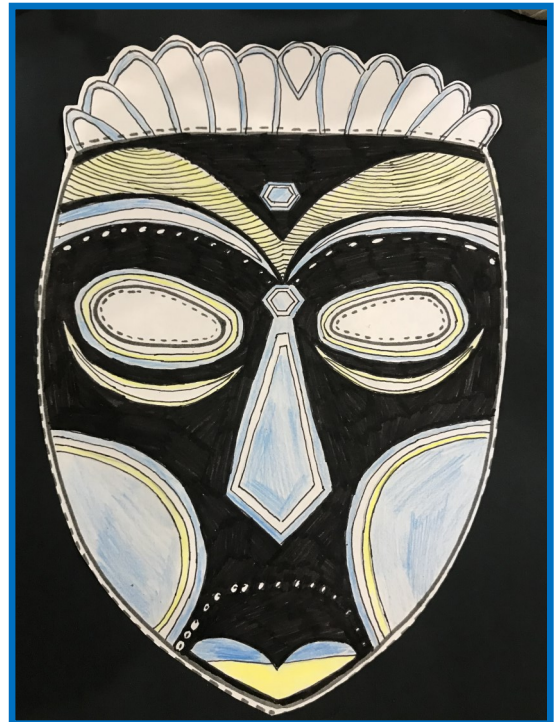
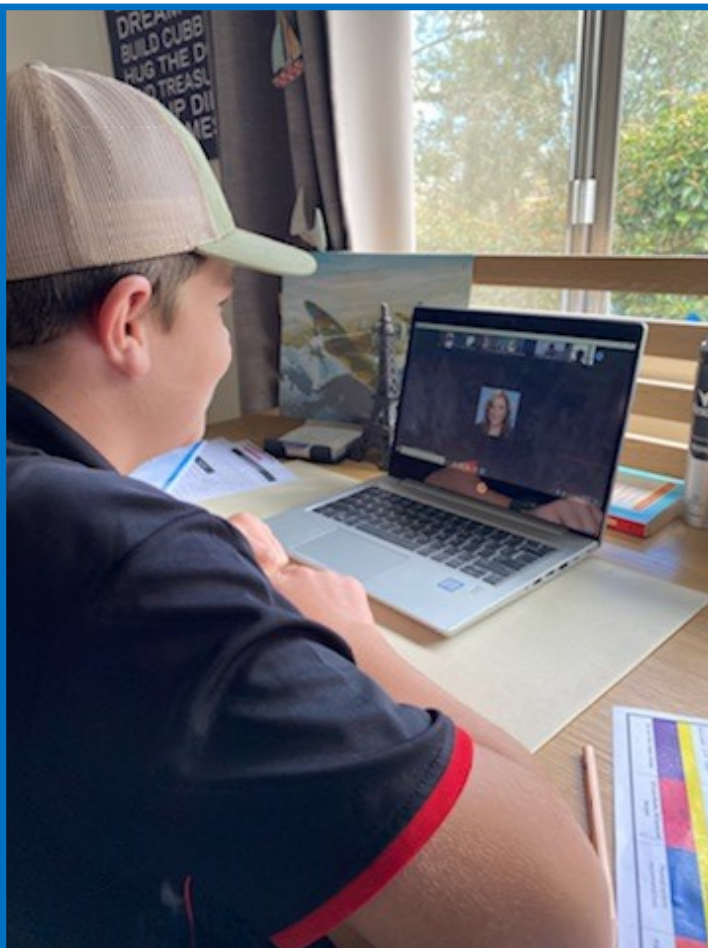
We learnt about prepositions in Grammar and have continued practicing our factual writing skills.

It was all about telling the time in Maths this week as students learnt to read 24 hour time, calculate time zones and learn about am and pm.

I have loved receiving photos of students favourite reading place at home, new skills they have learnt around the house as well as some fantastic artwork. Keep the photos coming!

Please let me know if there is anything I can do to support you as you undertake further home learning.

Mrs Anderson

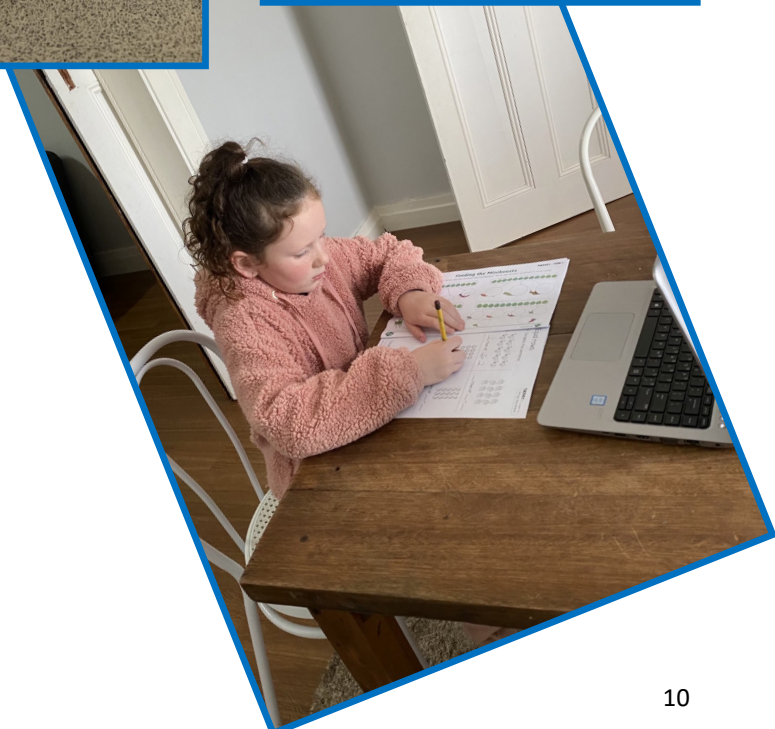


School News

Year 1

It is great to see the majority of Year 1 students joining their Zoom lessons everyday. I love seeing their bright and happy faces each day, even though it's through a screen! Year 1 have been delightful to teach through Zoom sessions over the last two weeks. We have been learning to use and read the sound 'ue' in words for spelling, learning to make equal groups and use repeated addition to help with multiplication problems, and understanding the use of words like, conjunctions and adjectives in sentences. Remote learning has it's challenges but Year 1 have been so determined not to let it beat them!! So proud of all the effort and work you are all putting into your learning!

Ms Studholme.

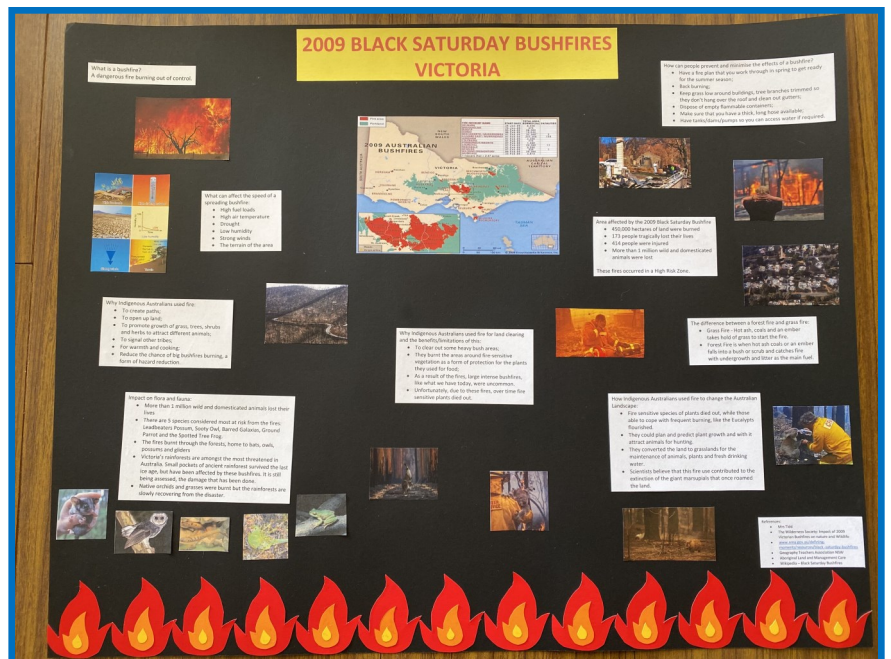
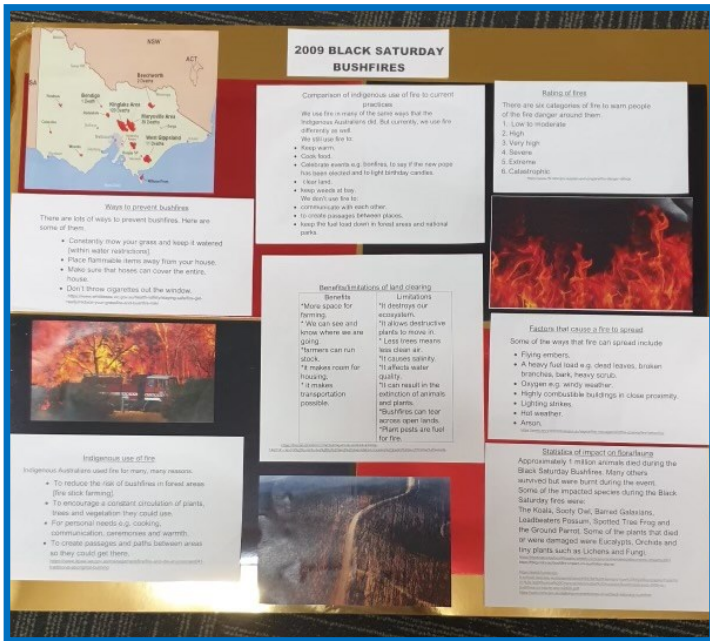
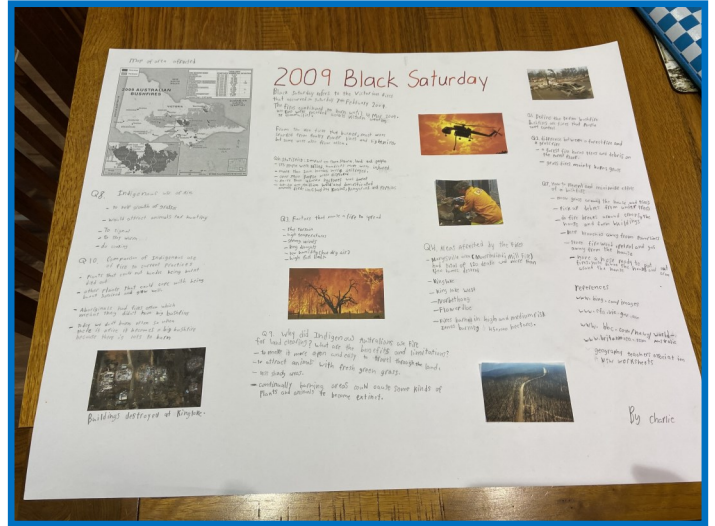


School News

Stage 3 History Assessment

Here are some more of the wonderful posters submitted by our Year 5/6 students.

Mrs Tidd



School News

Thank you to all of the students who logged in on Monday for HSIE.

It was great to see so many of you participate in the online revision quiz using Kahoot. I was very impressed with your efforts.

Thank you to all of the students who gave feedback regarding the size of the HSIE booklets. I will reduce the amount of work for next week and any future workbooks. I just didn't want any of you to get bored or not have enough activities to keep you busy throughout the week. Please don't feel pressured to complete all tasks, just try your best to complete as much as you can in the time you have allocated to HSIE.

If you have any questions or concerns, please don't hesitate to contact me directly via phone, text or email.

I am very grateful to all students and parents for their efforts during lockdown.

Have a great week.

Mrs Tidd



School News

Secondary News

Stage 4 English

Over the past 2 weeks, Stage 4 have continued to examine the novel *A Monster Calls*. Booklets that we began in class were mailed home to make learning easier. Since home-schooling began, the class have completed comprehension questions and looked at characterisation of Conor, the Monster and Grandma. The class has also looked for evidence to suggest whether or not the Monster is real and examined elements of visual literacy.

I would like to extend my thanks to all parents and students who are working hard to access work and complete it to the best of their ability. Thank you, also, to everyone who has been participating in Teams Meetings to discuss our work. I was thrilled to hear about students taking the initiative to contact one another privately to talk about the work in order to get it done together. As challenging as lock down is, it's totally possible to complete quality work and engage positively with one another, albeit briefly.

Mrs Fairman



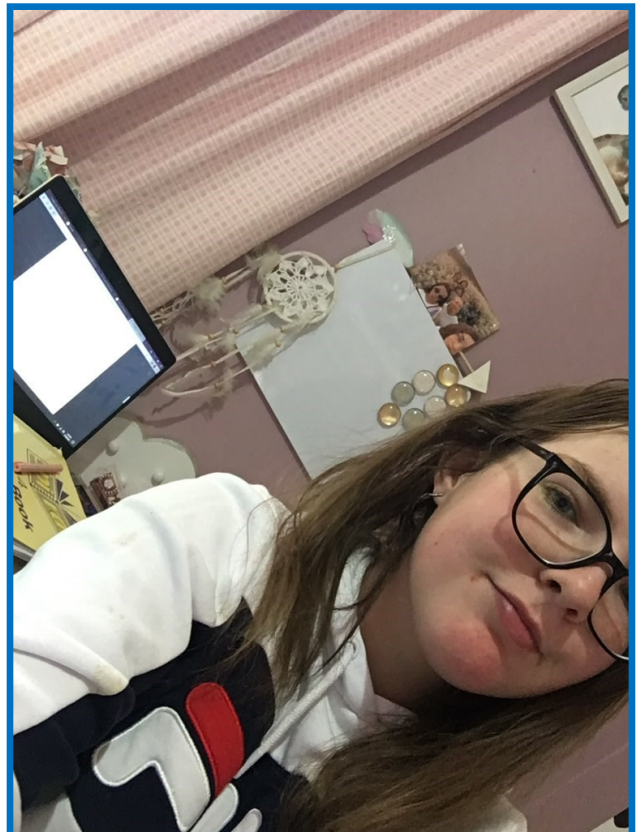
School News

Stage 5 English

Students in Stage 5 English have been working to build their understanding of multi-modal texts and in turn, create one of their own. This week, a number of students submitted the multi-modal power point task based on the topic 'Shakespeare: Relevant or Not? That is the Question'. Students answered a series of research questions on Shakespeare's life, work and his impact on the English language and provided a variety of visual and auditory texts as part of their power point. I'm extremely proud of the students who completed this task and submitted it to me electronically. This was the task I had planned before lock down began and it hasn't stopped these students from achieving the goals that were set. WELL DONE!

Thank you to all students who are participating in Teams Meetings to discuss our work. As I said in my Stage 4 report, although we're all facing significant frustrations at present, it's totally possible to continue completing quality work and to engage positively with one another, even though it's in a different way at the moment.

Mrs Fairman



School News

Stage 4 Science Update

Last week we hypothesised about the colour of the condensation vapour from coloured ice cubes. We had coffee coloured ice and blue ink coloured ice.



We can confidently state that after watching the ice melt and form vapour on the outside of the glass that the vapour was clear, but the melted water was coloured. This week we also started learning about the density of matter and began working through a cool on-line simulator to measure mass. If you want to view this and work through it, it is a great resource.

<http://amrita.olabs.edu.in/?sub=1&brch=1&sim=2&cnt=21>

For homework the students are going to try to measure small items around the home by using:

A clear measuring jug with water

Kitchen scales

Calculator

Small objects such as a teaspoon, toy car, and then using the formula for

density ($D = \frac{M}{V}$) calculate the density

A **worksheet** has also been sent home in the Stage 4 pack which students can complete.

School News

Stage 4 PDHPE

We are not letting on-line learning stop our PDHPE program!! We are still working through our Respectful Relationships Unit and we have introduced a Dance Challenge. We are learning the line dance in this video clip – The song/music is Jeruzalema – a song by a South African artist which has become a worldwide dance challenge phenomenon. People around the world have learned the dance and Stage 4 PDHPE is going to join in and then challenge the rest of the school to a dance off and hopefully we can all dance together when we meet again. I have included a few YouTube links to get us all into the spirit of the challenge and to see how easy it is. Next week I'll post the Dance Tutorial so we can all learn the steps together. Parents, Carers and friends are welcome to join in!!

The links are as follows:

The challenge with a UN work group with Covid masks – gives a good idea of how the dance works

<https://www.youtube.com/watch?v=6wM06GHpEeY>

A more relaxed challenge for parents for those who can eat and dance

<https://www.youtube.com/watch?v=1le4sW-Q4Ns>

Finally, The Wildlife Challenge – it just makes me feel good! – Hope you feel good too!

<https://www.youtube.com/watch?v=-VDZ8yxxssY>

I have also included the **Wellbeing Challenge** the students are completing – you can use the challenge at home – it certainly helps us all try a few new routines to keep us going in lockdown (see overleaf).

In the Stage 4 pack I have included the **Fitness Unit Workbook** for students to complete before the end of the term and they need to hand it in next time we are together so please support them with this.

Mrs Starkey

School News

Weekly wellbeing challenge for students

Each box is worth 50 points – Your aim is to complete 150 points from at least 3 columns per day

Physical wellbeing	Emotional wellbeing	Social wellbeing	Cognitive wellbeing	Spiritual wellbeing
Design and complete a body weight circuit (of at least 10 activities) to participate in at home *Bonus 10 points if you get your family to do it with you*	Turn off all devices for at least 5 hours (after school!)	Call, Skype or FaceTime a friend and talk about anything BUT Covid-19	Complete a mindfulness guided meditation. You can access these on Smiling Mind.	Participate in a yoga, Pilates or meditation session. There are some available on YouTube or you create your own.
Complete 30 minutes of incidental physical activity (everyday activities like vacuuming, putting clothes on the line or taking the bins out)	Participate in a self-care activity e.g. going to bed early, painting, deep breathing, watching the sunset or having a bath.	Do something for a family member e.g. cook a meal, tidy part of the house, offer to mow the lawn/ get the washing off the line/ wash your pet)	Learn a new skill such as juggling, cooking, breakdancing, knitting or playing recorder	Spend at least 30 minutes outside connecting with nature
Participate in a virtual workout for at least 30 minutes. Some examples are Just Dance, Wii sports and YouTube fitness videos.	Complete a journal activity for the day or compile a list of things you are grateful for	Connect with someone who you have not spoken with in more than 1 month via google hangout or FaceTime	Complete a log book of your moods over the next week	Go on a nature walk, plant some seeds, listen to some birdsong or do some weeding...
Take your pet, teddy bear or sibling for a walk	Watch your favourite show/movie; then write down how it made you feel	Play a board game with your family members	Read a book/listen to a podcast or listen to your favourite artist	Think about someone you admire - what values do you share?
Create your own game to play with your family members. Be creative with your objects e.g. wrap up some socks to make a ball.	Tidy your room / desk	Write a thank you note to someone and post it/email it	Complete a jigsaw puzzle, Sudoku or crossword puzzle	Write a weekly list of affirmations(e.g. I am capable of making it through this storm)

Frida Kahlo

by art critic Lucy Edis

Frida Kahlo was a Mexican artist known for her self-portraits. She was born on July 6, 1907 and died 13th of July 1954. Her marriage with Diego Rivera had messy fights, multiple extra-marital affairs and they even divorced in 1939 only to remarry a year later. She also had a bus accident injured in a bus accident which sent a handrail through her back and out of her pelvis., it crushed her foot and dislocated her shoulder. Her collarbone, two ribs, and one leg were broken. Frida also caught polio in 1913, aged six, and had to spend several months in bed.



The Two Frida's

The Two Frida's is an oil painting by Mexican artist Frida Kahlo painted in 1939.

It is a double self-portrait, depicting two versions of Frida Kahlo seated together. Frida Kahlo uses double figures, clothing, and blood in order to portray a unique and eye-catching self-portrait. She uses all these elements in order to portray her inner struggle to fight and understand her identity as an individual.

I think this painting is unique because it displays the way Frida like to paint which is self-portraits or something that resembles her life/something that has happened to her. I don't really like this piece of art because it is not very aesthetic. The Two Frida's is 1.73 m x 1.73 m and is located in Museo de Arte Moderno in Mexico City. 18

School News

Preliminary Yearly Examinations

In Weeks 9 and 10 this term, students completing a Preliminary course will be sitting an alternative task to replace their Yearly Examinations, due to the current lock-down.

An adjusted assessment notification will be put up on Moodle/Teams by their coordinating teacher, providing details about the task. Students will only have a specific amount of time to complete each task and it will need to be uploaded **before** 3pm on the specific due date, which is in the timetable provided below.

Any questions/clarifications please ask Miss Saffy, Mrs Drumore or their teacher.

Miss Saffy

Notes:

- Instead of exams, assessments will be loaded as an Assignment to the subject Moodle / Team one week prior to the exam and will be due on the day indicated below.
- In the interests of equity, maximum word limits will be strictly adhered to for marking.
- Tasks will be due via Moodle / Teams upload by 3pm on the due date.

DAY 1 – Wednesday Wk 9	
Task Sent Out Wednesday 1st September via:	Completed Task uploaded by 3pm Wednesday 8th September
Moodle	PRELIM ENGLISH STANDARD <i>(2hrs +5mins reading)</i> H Derrick, R Hall, B Smith, J Speirs, T Murphy, N Hutchison-Spence, N McKeon, I Burkinshaw, A Lub, Y Lebbos, C Thurston-Jackson
Moodle	PRELIM ENGLISH ADVANCED <i>(2hrs +5mins reading)</i> A Geltch, L Neville, A Uzun, U Mann, C Tuohy
DAY 2 – Thursday Wk 9	
Task Sent Out Thursday 2nd September via:	Completed Task uploaded by 3pm Thursday 9th September
Moodle	PRELIM MATHEMATICS STANDARD <i>(2 hrs + 5mins reading)</i> J Oxenbridge, B Smith, A Uzun, N Hutchison-Spence, N McKeon, C Tuohy, I Burkinshaw, Y Lebbos, C Thurston-Jackson
Teams	PRELIM MATHEMATICS ADVANCED <i>(2.5 hrs + 5mins reading)</i> J Speirs, A Geltch, T Murphy, U Mann
DAY 3 – Friday Wk 9	
Task Sent Out Friday 3rd September via:	Completed Task uploaded by 3pm Friday 10th September
Moodle	PRELIM BUSINESS STUDIES <i>(2hrs +5mins reading)</i> B Smith, L Neville, A Uzun, N Hutchison-Spence, B Tibbs, A Lub, Y Lebbos
Moodle	PRELIM COMMUNITY AND FAMILY STUDIES <i>(2hrs +5mins reading)</i> H Derrick, I Burkinshaw
Moodle	PRELIM VET HOSPITALITY <i>(2hrs + 5mins reading)</i> A Geltch, B Denyer, C Brill and A Prasteiin

DAY 4 – Monday Wk 10	
Task Sent Out Monday 6 th September via:	Completed Task uploaded by 3pm Monday 13 th September
Teams	PRELIM AGRICULTURE (2hrs + 5mins reading) J Oxenbridge, J Speirs, N Hutchison-Spence
Teams	PRELIM BIOLOGY (2hrs + 5mins reading) H Derrick, A Geltch, L Neville, A Uzun, U Mann, N McKeon, C Tuohy, K Colburn, Y Lebbos, C Thurston-Jackson
N/A	PRELIM JAPANESE (DE) (2hrs + 5mins reading) R Hall
DAY 5 – Tuesday Wk 10	
Task Sent Out Tuesday 7 th September via:	Completed Task uploaded by 3pm Tuesday 14 th September
Moodle	PRELIM CHEMISTRY (2 hrs + 5mins reading) J Speirs, A Geltch, U Mann, N McKeon, C Tuohy
Moodle	PRELIM FOOD TECHNOLOGY (2 hrs + 5mins reading) T Murphy, L Neville, A Uzun, A Lub
Moodle	PRELIM INDUSTRIAL TECH METAL (1.5 hrs + 5mins reading) B Smith, N Hutchison-Spence,
DAY 6 – Wednesday Wk 10	
Task Sent Out Wednesday 8 th September via:	Completed Task uploaded by 3pm Wednesday 15 th September
Teams	LEGAL STUDIES (2hrs + 5mins reading) A Uzun, A Lub
Moodle	PRELIM PDHPE (2 hours + 5mins reading) B Smith, A Geltch, N McKeon, I Burkinshaw, C Thurston-Jackson
DAY 7 – Thursday Wk 10	
Task Sent Out Thursday 9 th September via:	Completed Task uploaded by 3pm Thursday 16 th September
Moodle	PRELIM VISUAL ARTS (1.5 hrs + 5mins reading) H Derrick, R Hall, C Tuohy, I Burkinshaw, A Lub, Y Lebbos, C Thurston-Jackson
Moodle	PRELIM MODERN HISTORY (2hrs +5mins reading) L Neville, K Colburn

Community News

Supporting Children Through Change and Uncertainty – The COVID Experience



The pandemic has brought many changes and losses for children, young people, and families all around Australia. There are so many questions about the impacts and how we can best support those in our care.

Overview

Common questions:

- How can I talk about what is happening?
- What kind of reactions can I expect from young people?
- How can I best support those in my care?

Attendees will have the opportunity to:

- Consider the range of impacts the pandemic is having on people
- Explore ways of managing reactions of young people
- Hear about some creative ways of providing support



Join us

Join us for this free online seminar to discuss helpful ways of supporting children and young people manage the events of the last eighteen months.

Date: Thursday, 2nd Sept, 2021

Session 1: 12.00-1.00pm (AEST time)

Session 2: 3.00-4.00pm (AEST time)

*Click the session time to secure your spot

The Seasons for Growth suite of programs equip professionals to support children and young people, parents / carers and other adults in sharing their experiences of change and loss in safe and creative ways, understand and attend to their feelings, and learn skills for adapting and recovering.

Get in touch

The MacKillop Institute,
Seasons for Growth Programs

- 📞 Michael Hoffman 0429 174 742
- ✉ michael.hoffman@mackillop.org.au
- 📞 Mandy Cox 0401 344 577
- ✉ mandy.cox@mackillop.org.au

Calendar

	Aug 30	Aug 31	Sep 1	Sep 2	Sep 3
Week 8B					
	Sep 6	Sep 7	Sep 8	Sep 9	Sep 10
Week 9A *Subject to change					

ARIAH PARK CENTRAL SCHOOL

1 Harrison Street Ariah Park NSW 2665

PO Box 56 Ariah Park NSW 2665

Principal's Email: 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