



# THE PEPPERCORN PRESS

## WEEK 4B TERM 2

*Respect, Honesty and Resilience*

**ARIAH PARK CENTRAL SCHOOL**  
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### KEY DATES

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**MAY 22**

Live from the  
Larynx: Music  
Incursion

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**MAY 30**

Secondary &  
Primary Zone  
Cross Country

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**MAY 31**

Whole School  
Assembly

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**JUN 6**

School Photos

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## Principal's Report

Dear Parents, Caregivers and Community Members,

We had a brand-new student attend in Week 3 named Ajay for a day and he had a wonderful day although he did get a little lost. It was dress up for Careers Week and I came back as a student and explained to students that it is the best time of your life- no bills, no responsibility, mum and/or dad cook you meals. It was an awesome day to connect with students and discuss what some of their dreams and hopes are for their careers when they finish school. It is so great that many of our students (and staff 😊) have a goal already. Although, it might be some fun, we do take this opportunity to discuss pathways for students as it is a huge focus for our school over the next 3 years of our school plan. I encourage you to keep having these conversations with your children and then speaking to us about opportunities (especially in High School) that we can hopefully organise for them.



A reminder that supervision of children commences at 8:30 am at Aria Park Central School. There is no supervision before this, and we ask that children are not arriving beforehand. This does become a child protection concern. We understand that sometimes it can be unavoidable, but it is important that they are not at school before 8:30 am. We ask that students wait under the bus COLA for the teacher to come on duty. Please ensure you have these conversations with your children.

On Thursday schools received their revised budgets with the changes announced by the NSW Government. From my initial review of this, there will be no significant change to the operation of our school. This is exciting news for our school that it will be from most part- business as usual. If there are any changes, I will communicate this as soon as I know.

Due to cost of living I have made the decision to not collect the voluntary school contribution this year of \$35 per student. If you still wish to make a contribution to our school, you are more than welcome to do so. We will be sending a statement of accounts for any owing fees from the past financial year. Please ensure you are able to finalise these accounts before 15<sup>th</sup> June 2024. If you require any assistance please contact me directly through the office.

## Principal's Report

On Friday evening I had the absolute privilege in representing Aria Park Central School at the Temora and District Sports Council Annual Awards evening. Georgia McCormack was nominated for her exceptional talent and achievement across the 2023-2024 sporting season. Her commitment to her sports was celebrated with her nomination for Intermediate Sports person of the Year being recognised as well as being the recipient of the Brian Walker Memorial Scholarship for outstanding sports achievement. Congratulations to Georgia on her sports achievement and recognition from both school sports and outside of school sport.

We are celebrating our 125 years of education this year which will be held on Friday 20<sup>th</sup> September 2024. Please save this date for your calendar. The P&C are looking for people interested in being on the sub-committee for organising a dinner event for the Friday night. The school will be coordinating activities including a formal assembly during the day.

Thank you all so much for your assistance at the Athletics Carnival last Friday, it is just so beautiful to have such a strong and helpful community to assist us in running successful school events. I look forward to Aria Park Central School hosting the Primary PSSA carnival in a couple of weeks.

Yours in Education,

Allan Johnston  
Principal

*Every student matters every day.  
Every student can succeed.*



APCS Compliments and Concerns  
Form 2024



APCS Compliments and Concerns Form:

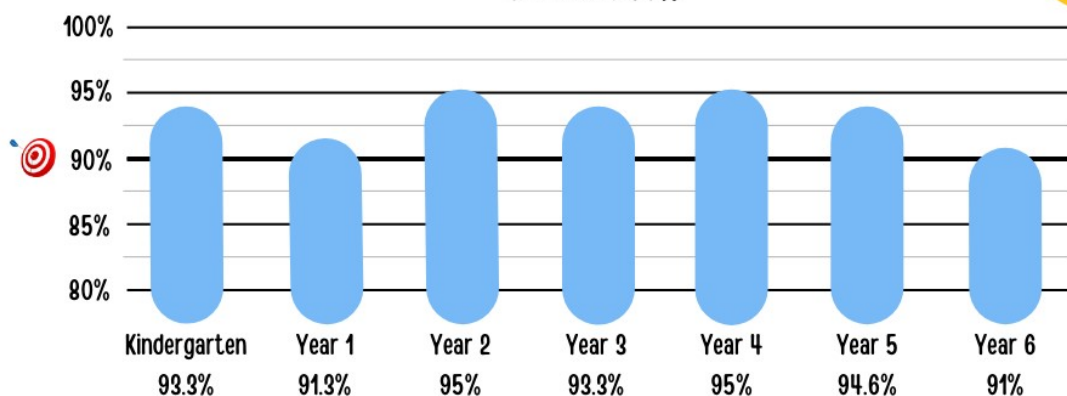
<https://forms.office.com/r/YagCBFsmzm>



## Attendance Snapshot: Term 2, Week 2-3

Whole school 91.3%

Our aim is 90%



Unexplained absences - Our aim is 0 - We can do it!

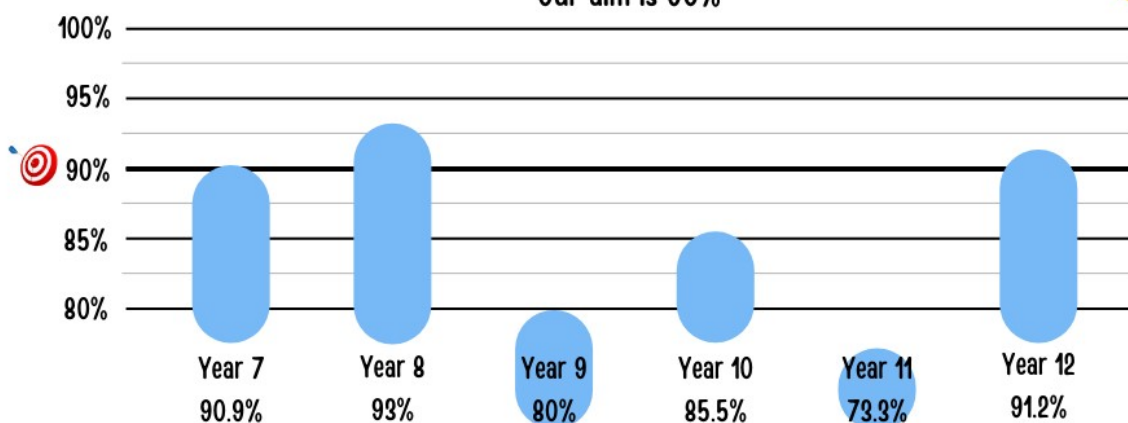
	Kindergarten	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Unexplained absences	1	0	2	5	1	1	0



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Our aim is 90%

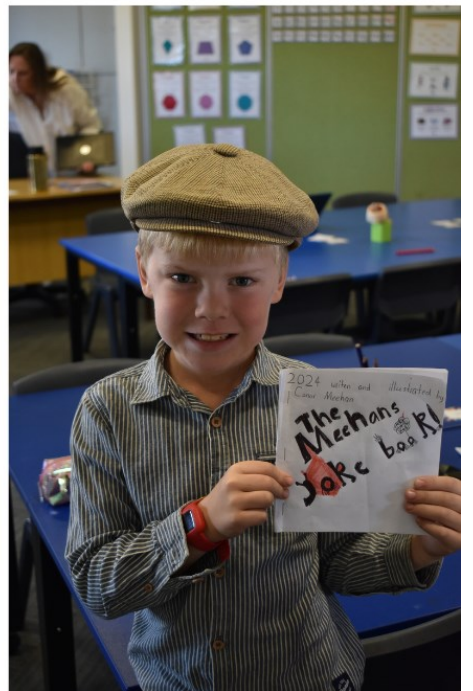


Unexplained absences - Our aim is 0 - We can do it!

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Unexplained absences	0	4	8	11	12	2







# School News

## Girls Program

In Week 2, Stage 5 girls worked with the preschool students to plant a range of vegetables and were involved in mulching the beds. The girls then assisted the preschoolers to sow their own barley crop. Over the coming weeks, students will measure the growth of their barley each fortnight.

In Week 4, Stage 4 students went across to the preschool and ran 4x 10 minute activities. The focus for this week was colour.

Students were involved in creating a beautiful rainbow fish after listening to the story "The Rainbow Fish". Following on with our Under the Sea/ Colour Theme, students created a jellyfish using a range of different colours for their tentacles. These craft activities focused on colour recognition and refining preschoolers fine motor skills.

For the STEM/Science activity, students watched the process of diffusion with the Skittles rainbow practical. This was definitely a favourite, as the preschoolers watched the colour dye dissolve and move to the middle of a plate from a (high to a low concentration of sugar) creating a beautiful rainbow pattern.

The last activity students were involved in was a scavenger hunt. Students had to find 8 animals in either red, yellow or blue. This allowed students to work on their colour recognition of primary colours and challenge themselves to collect all 8 within 10 minutes. This allowed them to practice gross motor skills like running.

*Mrs Tidd*





# School News

## Library News

Welcome back to Term 2, we have a busy term planned in the library this term.

Firstly, thank you to the parents and students who looked for and returned library books this term. We are very appreciative, we love to share the joy of reading with everyone.

The library is open for all students at lunchtime Tuesday to Friday, with lots of activities. The Reading Room is available for quiet reading and study. We have ozobots, the weekly lego challenge, puzzles, drawing boards, as well as our collection of books for borrowing and audio books.

This term infants will be participating in National Simultaneous Storytime. The story this year is Bowerbird Blues.

The Premier's Reading Challenge and the Principal's Reading Challenge are still running. Student's need to continue logging books to be eligible. I am happy to assist anyone who needs help with this.

In Primary lessons this term, Year 5/6 and Year 3/4 are practicing their research skills by completing a research project on a topic of interest to them, becoming the class "expert" in their chosen area.

Kindergarten, Year 1 and Year 2, listen to a story and complete literacy activities. Every class then has the opportunity to borrow and spend some time reading independently.

Library days are:

Tuesday – Year 5/6 (limit 4 books)

Wednesday – Kindergarten (limit 2 books)

Thursday – Year 3/4 (limit 3 books)

Friday – Year 1/2 (limit 2 books)

*Ms Forster*

# School News



Artwork by Sami Bayly

NSW Department of Education

## 2024 NSW Premier's Reading Challenge

Start reading now!

[www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)



**Key dates  
for students  
in K-10:**

Challenge opens  
Monday 26 February

Challenge closes  
for student entries  
Friday 23 August



# School News

ALIA Australian Library and Information Association SCHOLASTIC LIANZA

## NATIONAL SIMULTANEOUS STORYTIME

AURA PARKER  
*BOWERBIRD  
BLUES*

SAVE THE DATE!  
22 May 2024 • 12pm (AEST)  
[www.alia.org.au/nss](http://www.alia.org.au/nss) #LibraryStorytime

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# School News

## Careers News

### UNIVERSITY ISN'T THE ONLY OPTION

On June 13th, Years 9, 10, 11 and 12 students will be attending the **Riverina West Careers Expo** at Wagga to assist in their Career planning when they leave school.

This term, Students in Year 10 will be **selecting subjects for Year 11**. Remember that some University and TAFE courses have prerequisites at a particular Band level. Students should be thinking about their natural aptitudes and interests and choose wisely to align with their Career aspirations.

Students in Year 12 may now apply to the **UAC (Universities Admission Centre)** for University Courses in 2025. Remember it costs \$80, and you can only have **one** UAC application. You may change courses at any time up to closing dates later in the year. Remember that most University courses have minimum HSC attainment levels. TAFE Courses can be applied for later in the year.

**SBATS** (School Based Apprenticeship Training) applications are now open for Year 10's going into Year 11 in 2025. SBATS are a spectacular success giving students the opportunity to study an apprenticeship while still studying at school. This catapults them ahead of those who wait until after the HSC. Please speak to your Careers adviser about these events.

*Mr Lamb*

# School News

## Sport News

### Athletics Carnival Results

#### Primary

Junior Primary Boys  
Champion—Gus Chalmers  
Runner Up—Henry Cox

Junior Primary Girls  
Champion—Isla Davey  
Runner Up—Lizzy O'Hare

11 Years Boys  
Champion—Fletcher Davey  
Runner Up—Logan Bell

11 Years Girls  
Champion—Jorja Herden  
Runner Up—Annabelle O'Brien

Senior Primary Boys  
Champion—Leo Furphy  
Runner Up—Jim Donoghue

Senior Primary Girls  
Champion—Jasmine Penfold  
Runner Up—Ruby Cochrane

#### Secondary

Junior Secondary Boys  
Champion—Cooper Herden  
Runner Up—Hayden Walsh

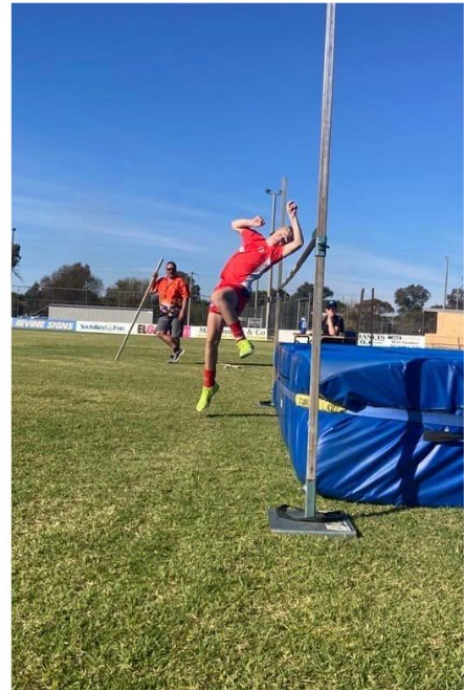
Junior Secondary Girls  
Champion—Matilda McCormack  
Runner Up—Savannah Ross

Senior Secondary Boys  
Champion—Matthew Manning  
Runner Up—Corey Derrick

Senior Secondary Girls  
Champion—Georgia McCormack  
Runner Up—Summer Batterham

**Winning House—RED HOUSE**







# School News

## Sport News

### Recent Riverina Representative Success

On 7-9th May, Cooper Herden represented Riverina at the NSW CHS Boys AFL Championships in Broken Hill. Cooper not only showcased his individual skill and talent but his team also had great success, with Riverina South West taking on Riverina Murray in the final. What a fantastic achievement, congratulations Cooper!



Georgia McCormack also represented Riverina last week at the NSW CHS State Swimming Championships in Sydney. Georgia swam the 200M Freestyle and finished 23rd, and the 100M Butterfly where she finished 20th with a PB. Georgia was the top finishing Riverina representative in both these races which is an amazing achievement. Congratulations Georgia!



# School News

## Sport News









# learn skills for tough times

**Sometimes life can be hard. From relationship issues, to work and study stress, to simply feeling low – we all go through stressful and emotional periods. When this happens, our coping strategies kick in – things we've learnt over time to help us cope.**

We all have different ways of coping with things. Some people use healthy ways of coping – like journalling, meditation or talking with family or friends. But for many of us, the strategies we turn to can actually leave us feeling worse. We may stop doing things we enjoy, turn to alcohol and other drugs, or disconnect from family and friends.

## How does learning skills for tough times help?

**Where should you start if you want to learn new ways to cope with tough times?**

Firstly, think about how you react to stress. Take time to understand what you do and why you do it. This builds your self awareness. It can also help you learn things about yourself that can help you handle tough times in the future. The more you understand yourself, the better you will be at applying positive strategies that work for you.

Here's how learning new and positive ways to handle tough times can help your headspace. It can:

- Improve your self-awareness
- Give you a sense of achievement
- Build your confidence
- Increase your energy levels
- Boost your mood
- Improve your motivation
- Allow you to identify strategies that might not be as helpful.

*Developing your own strategies that work for you can help build your resilience, your self-awareness and your confidence.*



## Ideas for how you can handle tough times:

- Journal – write a story or music
- Connect with country, family or friends, or your mob
- Express your feelings through artwork, song, and dance
- Write down your triggers or what you find difficult
- Schedule in regular catch ups with family and friends
- Do a digital detox or reduce screen time
- Spend time in nature – go for a swim, go fishing with friends, play sport
- Practise being kind to yourself
- Listen to things that make you feel happy, like a podcast or your favourite song
- Try meditation/relaxation exercises
- Try some breathing exercises
- Stay dead, strong and proud of who you are!

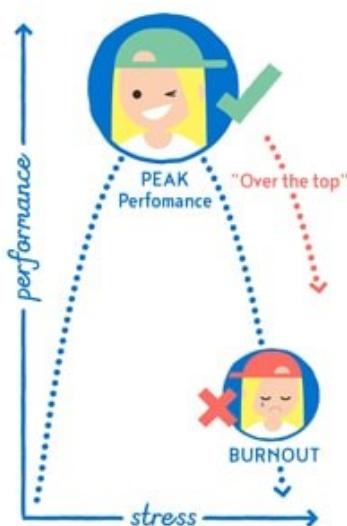


# 5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

## 1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



## 2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



## 3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

## 4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



REACH  
OUT.COM

## 5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



# Calendar

	May 20	May 21	May 22	May 23	May 24
<b>Week 4B</b>		Quiz Worx Puppet Show K-6	'Live from the Larynx'  PSSA Riverina Tennis Knockout  National Simultaneous Storytime		
	May 27	May 28	May 29	May 30	May 31
<b>Week 5A</b>			Under 15 AFL Swan Shield @ Leeton	Secondary & Primary Zone Cross Country— please note change of date	Whole School Assembly  RAP Open Girls Netball—please note change of date

**Upcoming Calendar Events:** School Photos - 6 June

PSSA Zone Athletics Carnival at Ariaiah Park—21 June

CHS Zone Athletics Carnival at Lockhart—28 June

## ARIAH PARK CENTRAL SCHOOL

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