



# NEWSLETTER

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**Arcadia**  
**PUBLIC School**  
*Be Outstanding, Be Inspired*

15/2020

Term 3 Week 10

23 September

## TERM 3

**Week 10** 25 Sept Last Day for students - Mufti - Gold coin for World Vision

## TERM 4 - IMPORTANT DATES

**Week 1** 12 Oct **MONDAY** - Students return for Term 4



### PRINCIPAL'S REPORT

#### Tell Them From me Survey

When schools and families work together, students thrive. Research shows an inextricable connection between parental engagement and a child's academic success and social wellbeing. This term we have embarked on a situational analysis in preparation for writing the 2021-2024 School Improvement Plan. We are absolutely more successful when working together as a community and genuinely value your input and feedback on school direction and improvement, particularly in this year like no other.

We ask that you complete this short, anonymous survey which allows you to express your views about your perceptions of your child's experiences at home and school. It is also available via the Skoolbag app.

In past years the senior students have helped to promote the survey, approaching parents at drop off time with an iPad. This can't happen this year so we are really relying on you.

<http://nsw.tellthemfromme.com/arcadiaps>

The survey is open now and throughout the upcoming holidays.

Thank you very much for your support.

This newsletter features some of the excellent learning happening in our school in every class for you to enjoy. I thank our dedicated team of teachers who challenge and address the learning and well being needs of each of our students.

As I wish you a happy holiday, I will also inform you that I will be taking leave for the first four weeks of Term 4. Mr Shannon Young, an executive teacher from a larger school, will replace me for this period. He is looking forward very much to teaching and leading at beautiful Arcadia PS. Sadly, he will have to meet you at the fence, although I know he will be welcomed by our community even there.

- Best wishes, Sharon O'Brien

### ENROLLING NOW - KINDERGARTEN 2021



### STUDENT VALUE AWARDS TERM 3 - WEEK 8



★ Harry - for being a caring, inclusive and respectful friend to others

★ Sean - for his commitment to learning and his cheerful approach to school

★ Knox - for looking on the brighter side of life

★ Orlando - for displaying perseverance in his learning



# POSITIVE BEHAVIOUR ENGAGING LEARNING (PBEL)



**BRONZE**



**SILVER RECIPIENTS**



**GOLD RECIPIENTS**



**EXEMPLARY BRONZE RECIPIENTS  
- PBEL ROUND 2 FOR 2020**



**2020  
APS  
ATHLETICS  
PRESENTATION**







# 2020 APS ATHLETICS PRESENTATION



## \*\*\* SCIENCE \*\*\*

In Science this term, Kindergarten investigated what materials provide shelter and protection from changing weather. They considered materials available, expressed ideas and constructed a model. It was lots of fun with interesting designs created.

The library is open on Thursdays at lunchtime for games, reading and constructive play. These students are avid lego fans.

- Mrs Sharon O'Brien, Principal





## Positive Relationships – Understanding Empathy

K/1 have recently been discussing our feelings and showing empathy towards the feelings of others. We began by reading “Stanley Paste” and “Sunday Chutney” by Aaron Blakey as well as “Millicent” by Jeanie Baker. After reading these stories over a few days, we discussed how the characters felt, why they felt that way and if we had ever had these feelings before. We shared stories and made predictions about how we know people are feeling a particular way. We began to realise that, if we can understand how people feel and “put ourselves in their situation” we can show empathy towards them and make them feel better or at least be someone that they can talk to.

K/1 each drew a face showing a particular emotion and used colours that are often associated with that feeling.

- Mrs Natalie Crouch







How to Make Fairy Bread

The goal is to make delicious fairy bread.

Ingredients:

- Margarine
- white bread
- hundreds and thousands
- table
- Knife
- chair
- Plate

What to do:

1. Cut the crust off the bread.
2. Spread margarine on the bread.
3. Cover the bread with hundreds and thousands.
4. Cut the bread in quarters.
5. Eat

21/9



How to Make Fairy Bread

The goal is to make delicious fairy bread.

Ingredients:

- white bread
- margarine
- hundreds and thousands
- plate
- chair
- Knife
- table

What to do:

1. Get the bread.
2. Cut the crust off.
3. Spread the margarine on the bread.
4. Put hundreds and thousands on bread.
5. Serve on plate.

Well done!  
21/9



How to Make fairy Bread

The goal is to make fairy Bread

Ingredients:

- white Bread
- hundreds and thousands
- butter
- Knife

What to do:

1. get white bread
2. Place the butter on the bread
3. then (put) the hundreds and thousands on
4. and then (cut) the Fairy Bread
5. and then eat the Fairy Bread.

Nice structure!  
21/9

In Class 1/2, students have been learning how to write a procedural text. We first wrote a procedure about how to make fairy bread. Students demonstrated their ability to write a title, a goal, the ingredients needed and the steps in order. Next, they all made delicious fairy bread, whilst following the correct process. Some students cut their bread into colourful love hearts. Lastly, we enjoyed our yummy creations outside in the shade. We all had a great time!

- Miss Kelsi Lemenager







### Explorer Day Class 3/4

On Monday 21st September, Class 3/4 presented their First Explorer speeches. It was delightful to see so many students wearing costumes. The students were asked to dress up as one of the first explorers from the 1400-1700s. We learned about what life was like for those brave men and women. We discussed how exciting it would have been to go on such a great adventure! We also wanted to discover who really did discover Australia first. Was it Captain James Cook? The students made posters and mapped out the journeys of each explorer with great detail. Some students also made a PowerPoint presentation for the class. We had a lot of fun learning about all of the different explorers.

- Mrs Lesley Kelly



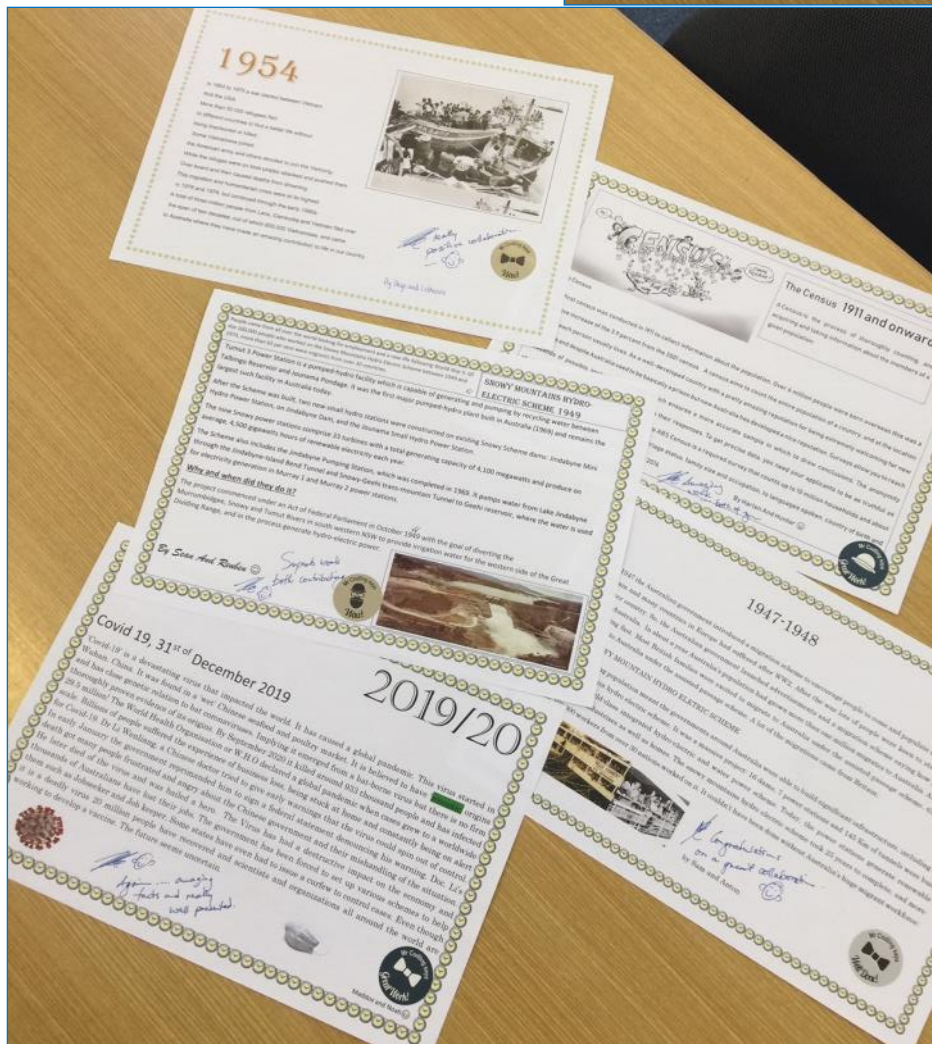






## Significant Events

This term in 5/6 we have been exploring and examining the significant events which have shaped the nature and character of Australia. Some wonderful research has taken place and these are examples of what has been produced by individuals and pairs of students working in collaboration.



The main source we have used is the OZBox resources we have here at school and these direct and give the students directions and considerations for their explorations. Terrific work, done well to produce and fill in gaps in our Timeline.

- Mr Russell Codling



**CANTEEN TERM 4 - 2020 – WEDNESDAY 10 – 2PM**

**RECESS:** Healthy choices priced 50c to \$1.50

**LUNCH:** \$4 per order (choose from list below)

<b>Week 1</b>	<b>14 Oct</b>	<b>Bento Box OR Tacos</b>
<b>Week 2</b>	<b>21 Oct</b>	<b>Bento Box OR Chicken Drumsticks &amp; Rice</b>
<b>Week 3</b>	<b>28 Oct</b>	<b>Bento Box OR Sausage in a Roll</b>
<b>Week 4</b>	<b>4 Nov</b>	<b>Bento Box OR Beef Burger</b>
<b>Week 5</b>	<b>11 Nov</b>	<b>Bento Box OR Chicken Pasta Bake</b>
<b>Week 6</b>	<b>18 Nov</b>	<b>Bento Box OR Nachos</b>
<b>Week 7</b>	<b>25 Nov</b>	<b>Bento Box OR Meat Balls with Pasta</b>
<b>Week 8</b>	<b>02 Dec</b>	<b>Bento Box OR Chicken Salad</b>
<b>Week 9</b>	<b>09 Dec</b>	<b>Bento Box OR Christmas Lunch Special</b> (Note this is the last week for Canteen) <b>Merry Christmas Everyone</b>

Dear Parents,

The School Canteen for **Term 4** will open from **Week 1 - Wednesday 14 October, 2020**. We will be open for recess, with yummy treats from 50 cents to \$1.50. The cost for lunch remains the same at \$4 per child/or staff. This Term there are 2 choices for lunch, however you need to let us know what your child requires. If you don't let us know, and lunch has been paid for then we will automatically give them a Bento Box.

Payment for lunches can be made weekly by putting it into an envelope with your child's name and order and placed in the canteen slot (**on Monday**) so that we can allow for catering)

**OR** you can pay for the **full Term \$36 (9 weeks x \$4)** by direct deposit to the **P&C Assoc bank account** (*not online to the school*):

**Arcadia PS P&C Account** BSB 633000 Account # 116797937

Please Reference: Surname, Cntn T4

We need **orders to be in on Monday each week** as the shopping is done Tuesday.

Many thanks,

Janelle & Heather

**Live Life Well @ School**  
KEEPING KIDS ACTIVE AT HOME



*Looking for ideas to keep your kids active at home?*

Download a copy of our 'Keeping Kids Active' guide:  
[nshp.com.au/KeepingKidsActive](http://nshp.com.au/KeepingKidsActive)

NSW GOVERNMENT

Developed by Northern Sydney Local Health District

**Live Life Well @ School**  
BIKE RIDING ADVENTURES



**Running out of ideas for where to ride?**  
For cycle maps as well as videos on bike care and other fun kids activities visit:  
[www.bicyclensw.org.au/5-ideas-to-entertain-your-kids-with-a-bike](http://www.bicyclensw.org.au/5-ideas-to-entertain-your-kids-with-a-bike)

- Remember a helmet
- Check your brakes
- Chime your bell!

NSW GOVERNMENT

Developed by Northern Sydney Local Health District





## Smiling Mind has arrived at Arcadia Public School



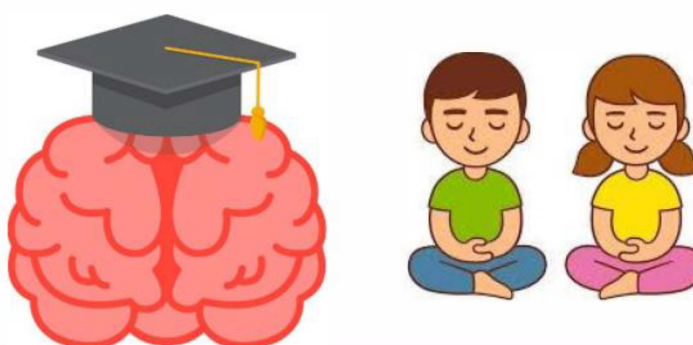
During Term 3, Mrs Kelly has spent 6 weeks training in the Smiling Mind App. So, what is Smiling Mind? The Smiling Mind App was first launched in 2012 and is a non-for-profit organisation. It is currently used in over 20,000 workplaces and has more than 50,000 users. Did you know that 1 in 7 primary age students suffer from mental health? Our curriculum is adapting to allow for an ever-changing world. Smiling Mind provides opportunity for this with a focus on Mindfulness. Here at Arcadia Public School, we wish to foster a learning environment that promotes self-belief, individuality, creativity, curiosity, inquiry and openness to provide opportunities for our students to develop strong life-long skills to support healthy minds. We also wish to support our students to be active, inquisitive individuals who grow and develop into open-minded, collaborative and reflective lifelong learners.

Next term the staff will learn more about the Smiling Mind program and how it fits into our NSW Personal Development/Health/Physical Education syllabus. We will also discuss the research behind the Smiling Mind program and its importance to not only student but staff wellbeing. The program will then be implemented in 2021 in classes K to 6. Class 3/4 have already commenced learning in the program and we look forward to our Mindfulness sessions. We have discussed how this practice supports our concentration and sense of wellbeing. We certainly have a lot of fun participating in the activities.

Did you know that parents can also download the app for free? There are fantastic activities to support parents and students at home on the app also. There are wonderful bedtime Mindfulness activities that are easy to use. Why not try and download it today? <https://www.smilingmind.com.au/smiling-mind-app> You are welcome to look into the research behind this program and to see for yourself the benefits and importance of Mindfulness in our lives. It is important to understand this activity is based on scientific research rather than a religious foundation and that Mindfulness takes many shapes and forms, rather than being purely based on meditation alone.

I am looking forward to exploring the benefits of Mindfulness with the staff and students going forward. Please feel free to contact me if you have any further inquiries. Let's work together to support APS student's minds and learning with Smiling Mind!

- Mrs Kelly





# CONGRATULATIONS!

As term 3 draws to a close TSA wishes to congratulate the amazing student musicians who have been 'keeping the music alive' at school during these crazy times.

Whilst we have not had the chance to showcase your wonderful talents on the stage, we want you all to know that you have blown us away with your resilience and creativity. *You should be very proud!*

A massive thankyou must also go to your teachers, parents and the whole school community who have helped support you through these times.

We look forward to seeing you all next term!



Connect. Collaborate. Celebrate.



## SOCIAL INCLUSION WEEK PHOTOGRAPHY EXHIBITION

You are invited to participate in Hornsby Shire Council's Social Inclusion Week photography exhibition. The exhibition will showcase your photos and your stories highlighting what it means to be part of the community.

Be inspired by the theme - Connect. Collaborate. Celebrate.

Send us your images (2MB max per image) with a short 30 word description by 15 October to have the opportunity to be part of the exhibition and win one of five \$100 gift vouchers.

The photography exhibition will be held online during Social Inclusion Week: **19-30 November 2020**

For more information please visit the website: [hornsby.nsw.gov.au/connect](https://hornsby.nsw.gov.au/connect)

Contact Jian Zhao on **9847 6994** or [izhao@hornsby.nsw.gov.au](mailto:izhao@hornsby.nsw.gov.au)

For more information visit  
[hornsby.nsw.gov.au](https://hornsby.nsw.gov.au)





# Ignite Music Dural

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Our Passion for Music is the foundation of what we do  
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**Now taking enrolments for Term 3!**

## We offer:

Personalised and professional lessons on guitar, piano, vocals, drums, bass, violin, cello, viola, ukulele, percussion, keyboard, flute, songwriting, theory, AMEB exams prep and much more. Our qualified, professional and passionate teachers constantly thrive to give the best music lessons in the Hills. All lessons available in our studios or online via Skype.

## About Ignite Music:

Ignite Music is a modern and progressive music school in the hills district. We offer professional music lessons, online and in our studios, personalised to your needs and aspirations. We have a passion for spreading the gift of music and encouraging musical development through a combination of practical, theory and performance based lessons. All ages and abilities welcome!



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# Do you want your child to speak Mandarin?



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**Face-to-face or Online classes available**  
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*\*Up to 8 students per class*

Book a FREE trial class!  
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SEASON BEGINS OCTOBER

# Play Softball

HILLS  
HAWKS  
SOFTBALL  
CLUB



Receive a  
**\$100 voucher** to  
cover registration  
as part of the  
**Active Kids**  
Rebate.

Register on our website  
[www.hillshawks softball.org.au](http://www.hillshawks softball.org.au)  
Email: [hillshawks softball@gmail.com](mailto:hillshawks softball@gmail.com)

All **NEW** players who register for Teeball and Modball B will receive a starter kit with a backpack, glove, ball and hat.

'Bring a friend' discount applies when a friend registers with Hills Hawks for the first time.

Get \$50 back with our **Family Rebate** when **3 OR MORE** immediate family members register.

Ages 4 to adult.  
Learn new skills  
and have fun

**COVID SAFE protocols**  
will be in place to keep  
our members safe

Same time, same  
location every week -  
Hayes Park, Galston

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...takes care of you completely. Great rates and 100% offset make the Complete Home Loan one of our most exciting home loans yet!

So whether you're buying your first or next home, refinancing or investing, the Complete Home Loan has you covered.

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[bendigobank.com.au](http://bendigobank.com.au)

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# MUMS & DADS... ARE YOU LOOKING FOR FUN ACTIVITIES FOR THE KIDS?

With your **\$100 NSW Creative Kids Voucher** you can get **FREE** kids craft workshops including wooden models and paints or markers delivered to your door!



As an approved **NSW creative kids provider** you can use your voucher with us so you don't need to spend a cent!

**Charlie Boots**  
Creative kits for creative kids

search our craft kits at [www.charlieboots.com.au](http://www.charlieboots.com.au)



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## EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

*Your child's best learning time is at the beginning of the day...*

**School starts at 9.25am  
DON'T BE LATE!**



Design by BlueFeather Graphic Design

# markets CANCELLED 2020

## Due to COVID-19

Child's name ..... Class .....

Dates absent .....

Reason .....

.....

.....

Other comments .....

.....

Parent/Guardian Name .....

Signature ..... Date .....