



NEWSLETTER

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Arcadia PUBLIC School

Be Outstanding, Be Inspired

18/2020

Term 4 Week 6

17 November

TERM 4 - IMPORTANT DATES

| | | |
|---------------|---------------|--|
| Week 6 | 19 Nov | Thursday - Playgroup here - 9:30am to 11am |
| | 20 Nov | Kindy '21 - Starting Big School - final session |
| Week 7 | 25 Nov | Scholastic Book Fair - just in time for Christmas ! |
| Week 8 | 02 Dec | Galston High School - Year 7 2021 Orientation Day |
| | 03 Dec | APS Playgroup here - 9:30am to 11am |
| Week 9 | 08 Dec | APS Presentation Day - APS COLA (<i>refer page 2</i>) |
| | 08 Dec | P&C Meeting - 7pm Staffroom |
| | 09 Dec | Motiv8sports - School Picnic Day - Whole School |
| | 11 Dec | Year 6 Fun Day |



PRINCIPAL'S REPORT

We have before and after school care at Arcadia PS. Northwest Community Childcare are our providers and they are keen to operate their quality service in 2021. What we need is your commitment and enrolments. They will operate sessions with small student numbers (ideally, they are looking for 4 + per session) but require your interest so that they can begin organising sessions for 2021. Do you require before and/or after school care? Perhaps you would prefer to use the service on a casual basis for your children purely for socialising and fun or a time to enjoy some reading in the library. As the flyer says, Government rebates may apply and make the service very affordable. The service is well set up and spacious in our school library.

PLEASE CALL THEM TO REGISTER YOUR INTEREST AND REQUIREMENTS

We have worked hard to bring this service to our school. Please support it. While it may not be essential to your family at the present, you may need it in the future, as do possible new enrolments who unfortunately go elsewhere for OOSH.

Come along and experience what Northwest Community Childcare has to offer. Each day is fun filled, action packed and never short of an adventure. It's where our qualified, energetic & dedicated staff engage with each child and their families to develop harmonious and meaningful relationships.

We have care covered for you

**ENROL NOW
FOR OSHC IN 2021**
on site at Arcadia Public School

Operating times: 7am - 9am & 3:30pm - 6pm
 Breakfast & Afternoon Tea provided
 Government CCS rebates may apply
 Enquiries: bookings@nwcc.com.au

STUDENT VALUE AWARDS TERM 4 - WEEK 4



- ★ Isaac - for showing kindness to his peers and his teachers.
- ★ Ari - taking responsibility to achieve his personal best.
- ★ Ella - for always going about her learning with a quiet purpose to achieve her personal best

PRINCIPAL'S REPORT (Cont).

Contact us today to secure your child's place in 2021 .

Leading by example...it's what we do!

Our dedicated team of educators and team leaders take every opportunity to inspire and lead our children to live a fun, fit and active life.

At NWCC Before & After School Care, we provide so much more than childcare. It's an opportunity to be active, explore, play and learn in a caring and nurturing environment.

Come along and see what all the fuss is about

APS Band Update

Congratulations to our band students who have maintained their dedication, continuing to practice and grow in skill and confidence during this disrupted year. Thank you very much to our band parents, band conductor Rob and Teaching Services Australia for their flexibility and perseverance in continuing lessons. Our school band will perform at morning school assembly on November 27 as a recruitment opportunity. Students are able to start instrument lessons from Year 3. Please look out for an information flyer after this date.

Olivia Carter Band Scholarship

Students at Arcadia Public School are invited to apply for a generous 2021 band scholarship donated by Mrs Olivia Carter.

The funds – up to the amount of \$500 as determined by the number of applicants and its use, may contribute to the following – Hiring of instruments and / or the cost of lessons, attendance at band camp or purchase of resources to support the band, such as, sheet music.

If you wish to apply for the scholarship, please write to Mrs

Carter (via the school) outlining your requirements and the way in which the scholarship will support you.

Thank you very much for your incredible support Mrs Carter.

Remembrance Day

Well done to our student leaders who led a very moving Remembrance Day assembly on 11/11/2020. Sian was a star, confidently standing in at the last minute.

APS Presentation Afternoon - Tuesday, 8 December

I am very pleased to inform you that the latest NSW Department of Education COVID 19 information to schools advises that, within COVID guidelines, end of year presentation days can proceed. It is going to be great to be able to welcome you back onto school grounds on Tuesday, December 8 to join us in acknowledging our students' achievements. Our school band will perform at both presentations, however, COVID restrictions have meant that student singing has not been possible and we will miss our wonderful choir this year. In order to comply to the 4 square metre physical distancing rule, we will –

Have a presentation morning at the school COLA in two sessions with Years K to 2 at 9:30am and Years 3 to 6 at 10:30am.

All visitors will be required to sign in using the QR code or fill in a hard copy external visitor's form placed at the gates and in the playground.

We also ask that only one adult from each family attends and remains seated as much as possible.

Hand sanitiser and wipes will be available for your use.

APS P&C - Next Meeting APS Staffroom - Tuesday, 8 Dec.

Every school has struggled this year with maintaining connection to their communities. It has been a challenge not having you on site for things like working bees, walk to school day, assemblies and much more. I am proud to say that our P&C has not only kept up its commitment to the school, it has, with your support, moved ahead in fundraising and school improvement. Incredible! The students can't wait to show off their refurbished sandpit and the response to both the chocolate drive and paint a plate fundraiser by current and past families has been outstanding. Thank you to the P&C members! The next P&C meeting will be in the staffroom at 7pm on Tuesday, December 8. Everyone is welcome. Please come along.

Scholastic Book Fair - Next Week - Wednesday, 25/11

The students will shortly bring home their wish list for our Christmas book fair which will be held in the library on Wednesday, November 25. This is a fabulous opportunity to acquire some great summer reading, new posters and little Christmas gifts for siblings and cousins.

Your generosity has meant that the commission from the Scholastic bookfairs has added many titles to our school library collection. We have also combined points earned through book club, to acquire fabulous teaching and learning resources, such as Code and Go Robot Mice (shown overleaf) – great tools for learning about logic and sequencing – the basics of computer programming.

Best wishes,

Sharon O'Brien, Principal

POSITIVE BEHAVIOUR ENGAGING LEARNING (PBEL)



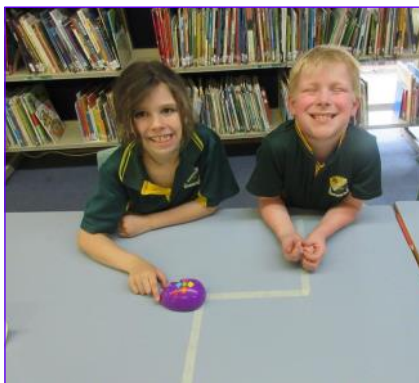
**EXEMPLARY BRONZE RECIPIENTS
- PBEL ROUND 2 FOR 2020**



**2020 REMEMBRANCE DAY
ASSEMBLY**



GOLD RECIPIENTS



**LOGIC &
SEQUENCING
WITH
CODE AND GO
ROBOT MICE**





The power of sorry

Our boys tend to get into trouble more than our girls. There are lots of cultural and biological reasons for this but much of it boils down to the fact that boys are still soft-wired to be ‘mammoth hunters’, ready to react to any threat. Generally, boys have more muscle than girls and, with that, a physicality that gets them in strife. There’s also brain research that shows that, while females tend to quickly shift emotions from the brain’s limbic system to the word centres of the brain, males tend to shift them into their bodies.

This is more obvious as our boys become teens as they can be as big and strong as men, but their brains are under construction and their bodies are flooded with testosterone.

Author and counsellor Michael Gurian writes that boys tend to seek external measures of success to feel good about themselves. It is critical they maintain credibility and status in the eyes of the ‘tribe’... that’s their peers, not you.

Inevitably, all this means your son will probably make many mistakes; or hurt himself; hurt someone else; or make a very poor, thoughtless, seemingly stupid or cruel choice.

React with compassion not shame

How you react as a parent can significantly impact how your son recovers from mucking up. Your first reactions may be anger, disappointment or the urge to discipline harshly. However, there are other ways of reacting that can strengthen your bond with your son and ensure he learns from the experience through growth rather than shame.

Listen to him, guide him to see the impact of his poor choice, help him make it right, forgive him and ask him what he might do next time he’s in the same situation.

Break down the old male-code

This code told us that men don’t apologise as it’s a sign of weakness. One of the most powerful things we can teach our boys is that when we make mistakes, we own up to them and we apologise if need be. Teach your boys that saying sorry when they really mean it is a sign of courage and strength, not the opposite. It is also about taking responsibility for your actions, which is important for boys to learn. They need to see the men in their lives – particularly dads – apologise.

Don’t force an apology

Forcing a boy to apologise can be problematic. A genuine apology is very different to a forced apology. A genuine apology has a real sense of remorse attached to it. Coach your son to see the situation through the other person’s eyes. If someone has been impacted, he needs to apologise and make amends even if he didn’t intend for the consequences of his poor choice to happen. It doesn’t mean he’s wrong. It just means his choice affected someone.

Embrace failure

To help your son better learn about failure, have conversations about things you hear in the media where boys and men have experienced failure and recovered. Steve Smith, the former captain of the Australian cricket team who was involved in a ball-tampering scandal, is a great example. He owned his mistake, publicly apologised and he went on to have a very successful return to cricket.

Your son is going to make poor decisions repeatedly until he has enough myelin in his brain to be more mindful of the choices he makes. That is just a fact of life. As parents, your job is to, day-by-day, help your son learn a culture of accountability without a need for severe punishment, shaming or ridicule.

ARCADIA PS P&C ASSOCIATION NEWS

The APS P&C Association Cadbury Chocolate Fundraiser has been a great success. We have raised over \$5000 with the final amount pending! If you are one of remaining families yet to return your chocolate money please do so. There are only a few boxes outstanding. We are particularly grateful to Sam L and the Dodd family - both families sold over 15 boxes each - an amazing achievement! Thank you also to all the ex APS families who sold boxes. In particular, ex-Vice-Captain, Ashley Dyer, sold over 10 boxes at Galston High School! Amazing work and dedication from Ashley. The Carn family and Hunter J also worked hard with each making an actual stall for chocolate sales and selling countless boxes! For all those families who sold multiple boxes, we know who you are and really appreciate that you took and sold extra boxes. Past APS P&C President's - Sonja Cameron and Pete Jones, as well as past P&C Fundraising Co-Ordinator Claire Williams - also sold boxes for the school. 'Proudly Arcadian' teamwork made this fundraiser a real success!



Year 6 Christmas Market Stall - This Sunday, November 22 - Berowra Waters Marina

This Sunday, 22 November, 9am—12:30pm, Year 6 will be running a Christmas Market Stall at Berowra Waters Marina to raise money for the Year 6 farewell school gift. They are hoping to raise \$2000 to purchase an all weather table tennis table for the school. Please come down to Berowra Waters on Sunday morning and support the stall. There will be Christmas decorations, stocking fillers, native Christmas trees in pots and other goodies for sale. All profits going towards a fun table tennis table for your kids! See you there!

Dale, APS P&C Publicity Officer

ARCADIA PUBLIC SCHOOL P&C
INVITES YOU TO

YEAR SIX CHRISTMAS MARKET STALL

Support our year 6 students raise funds for their gift to the school and purchase your Christmas themed necessities for the festive season!

NOV. 22 • 9:00AM-12:30PM
BEROWRA WATERS MARINA

Follow us on Facebook: @ArcadiaSchool

CANTEEN TERM 4 - 2020 – WEDNESDAY 10 – 2PM

RECESS: Healthy choices priced 50c to \$1.50

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

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



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



Nutrition Snippet
SAVVY SNACK SWAPS.

Swap cake for these healthy snacks:

- Banana Bread
- Pumpkin and sweet potato scones
- Fruit loaf

Check out our [interactive healthy swap guide](#) for more inspiration!

healthylunchbox.com.au

Cancer Council Healthy Lunch Box Nutrition Snippet

The simplest way
... to pack a Christmas lunch box.

This bright and colourful Christmas themed lunch box is delicious and ticks off all 5 food groups. It includes:

- Chicken and couscous salad
- A yoghurt tub
- Diced watermelon
- Cucumber and cherry tomatoes
- No bake cookies
- Water

For more recipes, ideas and lunch box inspiration visit healthylunchbox.com.au

healthylunchbox.com.au

Ignite Music Dural

Music lessons for all ages!!



Start learning a new skill today!!



admin@ignitemusic.com.au



9651 5804

Book in your FREE trial lesson today!

Now taking enrolments for Term 4

We offer:

Guitar, piano, vocals, drums, bass, violin, viola, cello, ukulele, percussion, keyboard, flute, songwriting, theory, AMEB exam prep, online lessons and much more.

YOU'RE INVITED TO OUR SCHOLASTIC BOOK FAIR

NOW MUCH TO SEE AND READ AT OUR BOOK FAIR

**NEXT
WEDNESDAY
25 NOVEMBER!**

FIND THESE **BOOKS** AND **HUNDREDS MORE** AT THE FAIR!

Date **25th November** Time
Place **Arcadia P.S Library**

EVERY PURCHASE YOU MAKE EARNS LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL



*Galston Swim Club
invites you to:*

GET READY FOR YOUR SCHOOL SWIMMING CARNIVAL AND TRY CLUB RACING!

School swimming carnivals will be here before we know it!
Come and try racing in a fun, family friendly environment.
Races start at 25metres.



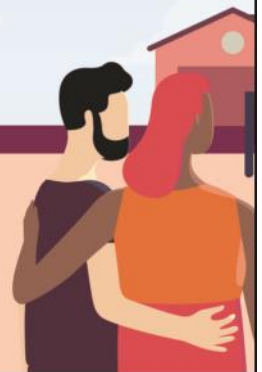
Contact us on fridaynightentries@galstonswimclub.com.au for more
information or to organise a free trial!

Our new Complete Home Loan...

...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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02 9653 2227 or search Bendigo Bank home loans.**



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Terms and conditions, fees, charges and lending criteria apply. All information including interest rate is current as at 7 September 2020 and may be subject to change. Full details available on application. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 Australian Credit Licence 237879. A1419239 OUT_1509865, 16/09/2020

ARCADIA PS SCHOOL BAND JOIN THE BAND!

Is your child interested in joining the school band?
The school band is now taking enrolments for 2021
and is open to all students currently in years 2-5.

No prior experience needed!

During Term 4 students will see a **band demonstration**
at school that highlights the different instruments available
for tuition. After this demonstration they will receive a green
Expression of Interest note providing introductory information.

What do you need to do?

1. Carefully read the green *Expression of Interest* and then register your child's interest in joining the band online at <https://www.teachingservices.com.au/eoi>
2. Once you register online a TSA tutor will meet your child to help them assess which instrument they are most suited to**
3. The results of this instrument trial will be sent home with enrolment information

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer! TSA provides a variety of tuition options as well as instrument hire and sales to help parents give the gift of music to their children.

TSA is a registered COVID-safe provider and delivers instrumental programs with a focus on inclusion, student engagement and well-being.

**Instrument trials will take place within strict COVID-safe guidelines and will include a basic aural and rhythm assessment among several other activities which measure your child's suitability for each instrument.



(02) 9651 7333

enrolments@teachingservices.com.au
www.teachingservices.com.au



KINDERGARTEN 2021 'STARTING BIG SCHOOL'

*** 4 NOV * 12 NOV * 20 NOV**
ENQUIRE TODAY - 9653-1207

**DISCOVER WHAT ARCADIA HAS TO OFFER
YOUR CHILD & HOW STUDENTS ACHIEVE
THEIR PERSONAL BEST EVERYDAY**

#proudlyarcadian #arcadiapublic

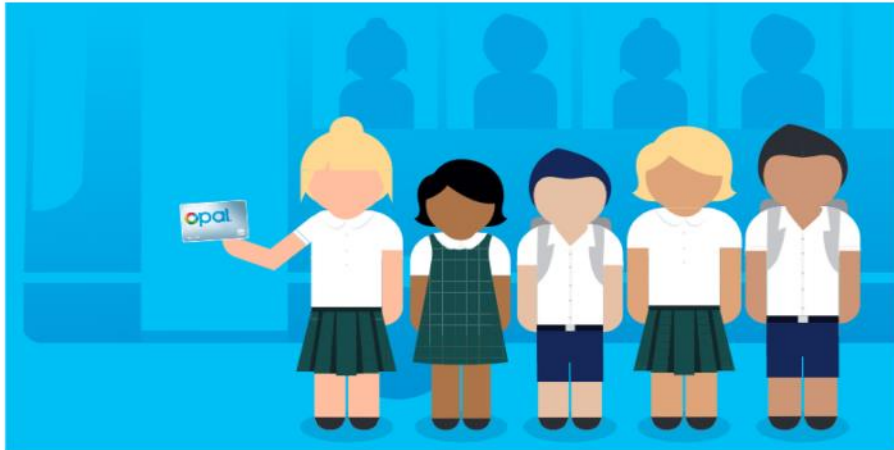
Welcome Kindergarten 2021
Our Transition to School program starts
at 2:15pm for students on the dates
listed above in their classroom

Arcadia
PUBLIC School
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School Travel for 2021



2021 school travel applications are now open

Applications for student travel in 2021 opened from Monday 12 October 2020.

Students who require a School Opal card or travel pass for 2021 can now [apply](#) online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [re-apply or update their details](#).

*Applications must be completed by the student's parent or legal guardian if the student is aged under 16 years. Students 16 years and over must complete the application form themselves.

Where there is a change of distance eligibility based on a student's grade, the system will automatically update a student's entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

If a student needs to update their information or re-apply, they should go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before **31 December 2020** to ensure that current student entitlements are updated and their current entitlement/card remains valid. If their application is submitted after 31 December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2021.

the phillips feed shed

you breed it..we will feed it

dennis & paulette

17 wylds road, arcadia. 2159

trading hours. mon-fri 8am-5pm
sat. 8am-1pm
closed sundays and public holidays
02 9653 1026
abn:48460226979

strawberryfields2159@hotmail.com



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