PRINCIPAL’S MESSAGE

Our Early Bird (Kinder Orientation Program) has resumed and will continue until 20th November. After this date parents will be able to book their Early Birders in for afternoon session in the Kinder classrooms.

If you have a child enrolling into Kindergarten at APS next year please contact the school office on 6543 7271 for information about our excellent Early Bird Program.

We implement excellent learning support programs for students here at APS. Here are some examples:

- **Reading Recovery**: a specialist reading intervention that works in conjunction with the class reading program to assist students in Year 1 who need additional help to become confident fluent readers.
- **Multilit**: an individualised reading supplement tailored to assist students in Years 3-6 build their reading skills.
- **Quick Smart**: an intervention program designed to build automaticity of number facts and has a problem solving focus. This is designed for students who need assistance in Years 4-9.

To assist with the social and emotional development of our students we implement programs such as:

- **MPower Girls**: An 8 week program that seeks to encourage students to talk about what it means to be a girl and to discuss what happens in their friendship groups and how they are affected. This program works to build empathy, resilience and self-esteem and helps girls develop strategies to deal with peer pressure, bullying and other situations they may encounter.

- **Revved Up**: This program assists students to turn negative situations and/or angry energy into positive action. The program explores a range of feelings which can have negative consequences if handled inappropriately. It develops an understanding of our personal reactions and how to manage difficult situations in class and in the playground.

- **Seasons for Growth**: Change and loss are issues that affect all of us at some stage in our lives. At Aberdeen Public School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We therefore offer a very successful education program called Seasons for Growth. This program runs for eight weeks and is implemented by trained companions.

**Kids Matter at Aberdeen Public School**

We are working to build a flexible, whole-school approach to improving children's mental health and wellbeing. We are currently nearing the end of the first year of a three-year cyclical process in which we plan and take action to be a positive community; one that is founded on respectful relationships and a sense of belonging and inclusion and that promotes:

- social and emotional learning (including evidence-based social and emotional learning programs)
- working authentically with parents, carers and families
- support for students who may be experiencing mental health and well being issues.

We are currently working to build our school capacity and expand on the initiatives and programs we already offer our students.

I will be out of the school for the rest of the week, please see Mrs Kerrigan or Mrs Pennell in my absence if needed.

Michelle Floyd – Principal
P & C NEWS
The raffle will be drawn on Friday 25th October.
1st prize is 2 nights accommodation at Shoal Bay Resort and Spa in a pool view studio including hot and cold breakfast for two people.
2nd & 3rd prizes are a $30 meal voucher from local Aberdeen restaurant and bottle of wine.
Proceeds will go towards play equipment for the school.

CANTEEN NEWS
The canteen roster this week is:

**Wednesday 23rd October**
Lisa Taylor
Natalie McCamley

**Friday 25th October**
Janette Bridge
Carly Baker 11.30 – 2pm

LIBRARY NEWS
The Willow Markets are on 1st December 2013 from 9am – 2pm. The markets are a fundraising activity for our school library. If anyone from our school or community would like to have a stall or provide food on the day as a fundraising opportunity let us know by email: willowmarkets@outlook.com or see me in the library.
Are there any parents or carers interested in helping out in the library? There is a lot to do between purchasing books and putting them on the shelf. The children are wonderful helpers when they can but there are a lot of activities happening in the school and often there is no one to help in the library. I would appreciate any help at all.

FORTHCOMING DATES

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Quirindi Horse Sports
Luke and Millie competed at Quirindi Horse Sports on Friday 11th October. They both had a great day competing in very warm conditions and winning lots of ribbons in all events. Well done Luke and Millie.

Aberdeen League Tag back in 2013
Registrations for Aberdeen League Tag are now open online, and will also take place at McKinnon Oval in Aberdeen on Tuesday 22nd October from 4.30pm. Cost is $20 per player which includes a footy at the end of the competition. League Tag will happen on Tuesday afternoons at 4pm, starting on Tuesday 29th October through to Tuesday 3rd December. Open to players from 7 years to 14 years, with a division for female teams depending on numbers.
Nicky Western 0414-806074
Sports Participation Officer Upper Hunter Shire Council nwestern@upperhunter.nsw.gov.au

K-2 Pet Program
Tomorrow students in K-2 will have a special visit with Leanne and her pet dog from the Responsible Pet Education Program. Leanne will be talking to the students about caring for, and being safe around pets. Please write a note to your child’s teacher advising them if your child has an allergy to dogs.

Have you downloaded our latest communication tools?

Skoolbag
Smartphone school to parent communication

Install the Aberdeen Public School App for FREE in the App Store and Play Store.

Like our Facebook page and keep up to date with what’s happening at A.P.S.
Netball Fun!
Last Wednesday the 16th of October Kaydee, Phoebe, Matti, Sarah, Sabrina, Taylah, Macey and Georgia played a game of netball against the teachers on our very own court. It was a very interesting and funny game because some of the staff didn’t know how to play. The score ended up being 7-11 and yes… the staff won. Only because Mr Larnach was GS and he is so tall so he had an advantage.
We can’t wait for the next game… look out staff!!!!

Kaydee and Phoebe
Children’s bodies today are full of colours, preservatives, flavour enhancers and carcinogens. Why are we feeding these foods to our children? Marketing, ease or ignorance? Our children’s little bodies and brains are designed to grow, develop, learn and play. Eliminating harmful food additives allows the child to grow and develop as nature intended.

_Tanya Winfield_ is a mother of three who created Additive Free Pantry to inspire change throughout Australia. Having a child with Asthma motivated Tanya to look at what type of foods were going into her young son’s body. Shocked at the number of chemicals added to the food he was consuming, Tanya cleaned her pantry out and never looked back.

Tanya will shed some much needed light on marketing, the dreaded 5% loophole, aspartame, MSG and understanding the word “natural”.

Please join us for Tanya’s next Additive Free Seminar

**ABERDEEN PRIMARY SCHOOL**

7th November

6:30 – 8:30pm

Cost $10

Bookings through

Katrina Grabham 0421346513

Kristy Harris 0405125933