PRINCIPAL’S MESSAGE

Bicycle Skills Day Reminder
Years 3-6 will be participating in the Bicycle Skills Day at Aberdeen Public School on Monday 3/11/14. This incursion has been organised by the Upper Hunter Council Sports Participation Officer and has a strong safety focus. The activities include: • Road Rules and Safety • Bicycle maintenance • Bicycle Skills
Students are encouraged to bring their bicycle and helmet on the day but it is not a requirement. If students plan to ride to school that day, please have them read and complete the APS bicycle rider’s guidelines and sign the agreement and permission forms that went home earlier this term (if they haven’t already).
All participants should put into practice what they learn on the day when riding their bike to and from school. There is no cost involved in this incursion.

KidsMatter
Included in today’s newsletter is the final article on Anger; Helping Children Cool Down and Stay Calm. If you have missed reading any of these articles you will find them in our newsletter file on our school website. The topics covered are: - Everyone Gets Mad, About Anger, Talking through Angry Feelings and Helping Children Cool Down and Stay Calm.
In coming weeks the articles will focus on Forming Positive Relationships.

Michelle Floyd – Principal

PRINCIPAL’S AWARDS
Week 2 Term 4
KK Chloe A. – great improvement in her fluency when reading.
1/2B Hayley M. - increased independence during literacy tasks.
1WH Charlotte W. - excellent efforts in every endeavour.

2L Vanessa H. – always being honest and caring of others.
3R Roy H. - excellent effort in all areas.
4A Bella Rose P. - being an extremely organised learner.
4/5M Jye F. - showing enthusiasm and commitment towards his learning.
6P Teahn C. - excellent general knowledge and recall of information.

Week 3 Term 4
KK Tamika R. – fantastic improvement in her writing.
1/2B Candy B. - her great, positive attitude towards all activities.
1WH Rossi L. - excellent application of adjectives in writing.
2L Brae M. – consistent effort to present a high standard of work.
3R Declan B. - excellence in the area of maths.
3/4J Savanna W-G. - excellent improvements in information and technology skills.
4A Kobii C. - excellent success in spelling.
4/5M Kasey-Leigh P. - showing compassion towards others.
6P Jack S. - always helping and getting on with the task at hand.

Merit Awards
KK Taj B., Ava R.
1/2B Hayley T., Lexie W.
1WH William G., Logan S.
2L Matilda H., Linden T.
3R Lara E., Daniel C.
3/4J Elizabeth D., Brooke W.
4A Kynan B. Millie H.
4/5M Kobe P., Hayley M.
6P Taneka J., Lachie D., Maycee R-I.
Kids Matter Awards

KK
Cydi W. Success
Connor L. Persistence

1/2B
Madison G. Responsibility
Toby S. Respect

1WH
Annabelle M. Success
Jacob B. Honesty

2L
Mason B. Success
Jackson D. Responsibility

3R
Jakob J. Honesty
Tyson C. Respect

4A
Brodie H. Persistence
Zoe B. Responsibility

4/5M
Monique D. Resilience
Breanna C. Responsibility

6P
Cain F. Happiness

P & C NEWS

President: Amanda Wilks
Vice President: Michelle Ison
Secretary: Toni Partridge
Treasurer: Colleen Compton
Fundraising Coordinator: Jodie Mayall
Canteen Manager: Kelly McMahon

CANTENEEN NEWS

Apologies
Our apologies to the students for lack of canteen service on Friday.
The canteen was closed for shop service at recess and lunch on Friday as we had no volunteers to run the shop. Our canteen does not have a permanent staff member and relies solely on volunteers to open. We try our best to have enough volunteers so that if someone is unable to make there shift the canteen can still operate. Unfortunately on Friday all our volunteers were unable to fulfil their shifts and the canteen was not able to open.
Thank you to Amanda Wilks who was able to come in at recess and help prepare lunch orders. Our canteen is very busy on Friday with almost half the school ordering lunch. Thank you for your help.

New Menu
A new menu was sent home in last week’s newsletter. It includes our new green hot foods options of fried rice and bolognese. Iced Monie ice blocks are back in stock with two new flavours: watermelon and bubble gum.

Lunch orders
Please remember that only hot food, drinks and sandwiches and large fruit salad are for lunch orders all other items can be purchased over the counter at recess and lunch.

CANTENEEN ROSTER
Friday 31st October
Colleen Compton
Julie Hill
Claire Kent

Monday 3rd November
Toni Partridge
Kate Surawski

INTENSIVE SWIMMING
Fee $63 and includes bus travel, pool entry and a swimming cap. Final payment due 19th Nov. REMEMBER the 9 out of 10 pool drownings are preventable.

FORTHCOMING DATES

November
Monday 3rd Bike Skills Day
Wednesday 19th Early Birds & Parent Session
Thursday 20th P & C Meeting 6.30 Library
24th – 5th Dec Intensive Swimming
Tuesday 25th St Joseph’s Orientation
Friday 28th Scone High Orientation

December
Thursday 4th Mini Fete
Wednesday 10th Presentation Day
Thursday 14th Year 6 Farewell
Wednesday 17th Last day of school for students
TRI-IT TRIATHLON PROGRAM FOR 6-11 YEARS

Have you ever wanted to have a go at swimming, cycling and running one after the other? Think you might be up for the challenge? Then come and join the 6 week “Tri-It” triathlon program.

When: Wednesday 5th November to 10th December, finishing with a triathlon at Singleton on Sunday 14th December

Time: 4-5pm

Cost: $65, includes membership to Triathlon NSW and junior membership of Singleton Triathlon Club for the 2014/15 season, pool entry fees, instruction by an accredited coach, entry into the Singleton Club race.

Venue: 5th & 19th November and 3rd December—sports complex in Scone

12th & 26th November and 10th December—Scone pool.

Sunday 14th December—Singleton Gym’n’Swim

Bring: To the complex—bike, helmet, joggers, water bottle, hat you can run in.

To the pool—swimmers, goggles, towel, joggers, shorts/shirt and hat to run in, water bottle.

For more information or to book a place (which are limited) please email Nicky Western nwester@upperhunter.nsw.gov.au or call 0414-806074.

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CLASS NEWS

Class KK
What’s On:
Well Kindergarten have had a great start to term 4, I hear all had a wonderful time with Miss Carter. Library day has remained on a Tuesday for Kindergarten this term. Please continue with your support and encouragement with Home readers and Homework this term. We do have a few home readers that are missing from the previous boxes, if everyone could check at home and ensure that they return any home readers to school. We need to get all of these back, thank you.

Class 1/2B
What’s On:
It is great to see that everyone has started the term energised and ready to learn. The weather is beginning to get very hot so I would like to take this chance to remind you to pack a cold bottle of water in your child’s bag and a hat. Students are welcome to bring their water bottle in class this term to help keep everyone hydrated and healthy. For those lucky year 2 students, don’t forget you have the opportunity to attend Intensive Swimming later this term so get those notes in quickly if you want an extra opportunity to stay cool as the weather gets hotter.

Change to Routine
Just a quick reminder that 1/2 B have library on Wednesday this term. Please remind your child to bring in books to return. Thank you.

Helpers needed
We have just had a lot of new readers come in and help would be appreciated to cover them. The sooner they get covered the sooner they can get used! Please let us know if you are able to help.

Class 1WH
What’s On:
Could children please bring in a plastic 2L soft drink bottle and if possible, have it filled with sand. This will be used for art this term.

Possible questions or discussion starters to engage children in after the reading of their home reader
I need to know more about...
I think....
I imagine....
The confusing part was....
I wonder how....
What do you think....
The important story events were.........
The main character/s is/are ....

Class 2L
What’s On:
This term is now flying by. Welcome back Ms Beer, she is joining us for the next fortnight for her practicum.
A big thank you to all parents who made play dough for our class. It shall not be wasted or eaten!
When doing home reading please encourage your child to read voraciously, which means read with fluency and expression. We have discussed this in class and students should be very aware.

Class 3/4J
What’s On:
Wonderful effort by everyone at our assembly item last week. We were a hit! If you missed it, there is a short video on the APS facebook page.
Reminder- homework is due tomorrow (Wednesday) and thank you to everyone who has been practicing their email skills, you all seem to be experts now! The bike skills day is on Monday 3/11. If you can bring your bike and helmet that would be great, but it is not compulsory.

Class 3R
What’s On:
It’s been very hot lately so it is important that all students have their hats and water bottles with them. It is important to stay hydrated throughout the day and keep as cool as possible. I will also remind students to be kind to each other at all times. Lately there have been a few students who have not been following our school rules at all times. This has lead to some students not having the best learning experience. As we say in 3R "I can control what I do and say". If we remember to abide by this rule then we are all sure to have at great time at Aberdeen Public School.
Regards, Mr Ramage.

Class 4A
What’s On:
The bike skills day has been rescheduled for next Monday, 3rd November. Students may bring their bike along if they wish to. Intensive swimming is quickly approaching. Money for this is due by 19th November so please get that in. If you wish to make small regular payments that is fine just pop into the office. If I could remind all students to keep their uniform looking sharp for the remainder of the year, black shoes please and small gold or silver stud or sleeper earrings only.

Class 4/5M
What’s On:
Well done to all of our Year 5, and many of our Year 4 students, for warmly welcoming our Early Birds each Wednesday. I have received some very complimentary feedback about the way students are interacting with their buddies and I know this is a wonderful introduction to Aberdeen Public School for these children.
We enjoyed a close up view of wildlife on our excursion last Friday. Well done to everyone that attended for their excellent behaviour on the day, many of you may need to brush up on your boomerang throwing skills though!
Don’t forget Bike Safety Day next Monday. Remember to bring along your notes and bikes on the day.
Excursion Recount
On Friday, 24th October, Year 5 and 6 went on excursion to the Central Coast. We went there to visit Walkabout Park. When we arrived we met a ranger called Natasha, she told us about the park rules and then we got off the bus to have our morning tea. We had our morning tea with a few emu’s who tried to steal our food! While we were there we also saw dingoes, bats, lots of birds, echidnas and koala. We were allowed to pat the emu’s, a bilby and a python.
After lunch we made soap from the leaves of a Golden Wattle tree, had our faces decorate with ochre and had a go at throwing boomerangs. Some of our boomerangs ended up in the bush, some came back and a few nearly hit the teachers and parents. Then it was time to begin the 2 ½ hour journey back to school.
A big thanks to Mrs Pennell for organising a great trip and to the fantastic parents that came along as well as our bus driver Tom.
Jayden H. and Kody B.

Class 6P
What’s On:
What a great excursion. I must say that I am not a fan of free roaming animals and the hairs on my neck still stand up when I think about the emus coming down to the eating area for lunch! Thank you to the parents who came with us and to the students who were exceptional!

A reminder that your Science assignments are due on Friday for presentation.

ONGOING: This year Year 6 were introduced to the use of diaries for the students to use to organise their work, homework and daily routines. Our local high schools use diaries and this is a good introduction to becoming responsible for your school work. Homework is not given on a Monday to Friday routine (as with other classes) but instead, at irregular times and on different KLAs (to copy what the students will encounter at high school this year). I was hoping that the students would embrace the independence of this concept, but unfortunately the have not. Homework is given to supplement the work done in the classroom and for the benefit of our students. Please encourage your child to at least attempt the set work as this will stand them in good stead for next year.
Mrs Pennell

Mrs Floyd’s would like to comment on this:
I think Mrs Pennell is being kind. She puts much effort into ensuring homework assignments are interesting and relevant to the Year 6 curriculum and is striving to ensure students are ready for high school. If they cannot complete homework assignments we will be looking at consequences, (much like they have at high school).
The students feel that detention and marks deducted from their yearly report are suitable consequences and Mrs Pennell and I agree with them. Year 6 have a science assignment due on Friday and students who fail to submit their assignment will be on detention on Friday and marks will be deducted from their science assessment. If you would like to discuss this with me further please do not hesitate to contact me on 6543 7271.
Michelle Floyd - Principal

ABERDEEN PUBLIC SCHOOL
BEHAVIOUR CODE

- BE IN THE RIGHT PLACE AT THE RIGHT TIME DOING THE RIGHT THING
- BE HONEST
- ALWAYS BE POLITE AND USE GOOD MANERS
- FOLLOW TEACHERS’ DIRECTIONS
- RESPECT THE RIGHTS OF OTHERS
- PLAY SAFELY, WORK SAFELY
- LEARN AS MUCH AS YOU CAN
- LET OTHERS LEARN AS MUCH AS THEY CAN
Helping children cool down and stay calm

The following examples are for families to use at home. The methods described can also be adapted by school staff to help children manage anger at school.

Rate your anger

Using a rating scale to notice how angry they are helps children become more aware of their angry feelings so that they know when to use calming strategies.

Draw a thermometer to show the scale points of between zero and 10. Add some words that describe low levels (eg 0 = calm; 2 = a bit iritated), medium levels (eg 5 = quite cross), and high levels (eg 9 = extremely angry, "losing it"). Talk about the body signals that accompany each level.

Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help.
Relax
There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:

Deep breathing
Slow deep breathing has a very helpful calming effect. Getting children to practice breathing in deeply and breathing out very slowly, can help to calm down angry feelings.

Visualisation
Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.

Robot/rag doll technique
The robot/rag doll technique is useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

Use coping self-talk
Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:

- Take it easy.
- Take some deep breaths.
- Stay cool.
- It’s okay if I’m not good at this.
- Chill out.
- Don’t let him bug me.
- Time to relax!
- Try not to give up.

To teach children to use coping self-talk, it is helpful to model it yourself. For example, you could make a point of saying out loud, “I need to relax,” “I’m going to cool down,” or “I won’t let this get to me.” You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.
## Aberdeen Public School
### Canteen Menu 2014 Term 4

### HOT FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yummy Drummy (crumbed)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Chicken Crackles</td>
<td>$0.50</td>
</tr>
<tr>
<td>Hot Dog &amp; sauce</td>
<td>$2.00</td>
</tr>
<tr>
<td>Hot Dog &amp; cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pizza Cheese/bacon</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pizza Ham/pineapple</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chicken Burger</td>
<td>$4.00</td>
</tr>
<tr>
<td>Small Pie</td>
<td>$1.50</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sauce Sachet Tomato/BBQ</td>
<td>$0.20</td>
</tr>
<tr>
<td>Fried rice</td>
<td>$2.50</td>
</tr>
<tr>
<td>Bolognaisme sm-lg</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

### Sandwiches/Rolls/Wraps

<table>
<thead>
<tr>
<th>Fillings</th>
<th>Sandwiches</th>
<th>Rolls/Wraps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad Plain</td>
<td>$4.00</td>
<td>$6.50</td>
</tr>
<tr>
<td>Ham/Chicken/Tuna</td>
<td>$4.00</td>
<td>$6.50</td>
</tr>
<tr>
<td>Cheese/Cheese tomato</td>
<td>$4.00</td>
<td>$6.50</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$4.50</td>
<td>$6.50</td>
</tr>
<tr>
<td>Salad Works/Meat</td>
<td>$6.50</td>
<td>$7.50</td>
</tr>
</tbody>
</table>

**Toasted Sandwiches available Friday Term 2 and 3 only**

### Salad Bowls

<table>
<thead>
<tr>
<th>Bowl</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad Bowl</td>
<td>$7.00</td>
</tr>
<tr>
<td>Meat Salad Bowl</td>
<td>$8.00</td>
</tr>
<tr>
<td>(regardless of ingredients)</td>
<td></td>
</tr>
<tr>
<td>Ham/chicken/tuna</td>
<td></td>
</tr>
</tbody>
</table>

### Iceblocks

| Icy Money         | $0.50 |
| Quelch stick      | $0.50 |
| Lemonade Twist    | $1.00 |
| Paddlepops (choc/rainbow) | $1.50 |
| Plain ice-cream cup | $1.00 |

### Drinks

| Plain water       | $1.00 |
| Choc/Straw Milk   | $1.50 |
| Juice (Orange/Apple) | $1.50 |
| LOLS carbonated juice | $2.20 |

| Red - raspberry   |   |
| Yellow - Tropical |   |
| Pink - strawberry |   |

### Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger Buns</td>
<td>$1.50</td>
</tr>
<tr>
<td>Packet Chips</td>
<td>$1.80</td>
</tr>
<tr>
<td>Small Fruit Salad Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$0.50</td>
</tr>
<tr>
<td>Frozen Pineapple Rings</td>
<td>$0.20</td>
</tr>
<tr>
<td>Pikelets</td>
<td>$0.20</td>
</tr>
</tbody>
</table>