



Ardlethan Central School

NEWSLETTER

ISSUE 7 WEEK 4 TERM 2

22 May 2025



On Wednesday this week Years 1 to 6 participated in National Simultaneous Storytime. They enjoyed listening to this year's book, "The Truck Cat".

From the Principal...

Dear Families,

Thank You

Due to a family emergency, I took unexpected leave in weeks 2 and 3. Mrs Lord kindly took the Relieving Principal role, and I want to extend my thanks for all the hard work she did in leading the school. I was able to focus on what I needed to focus on and get back to school as quickly as I could.

Uniforms

This week has seen that crisp cold weather starting to occur.

- Please make sure that all items of clothing are labelled clearly with student names so they can be returned if misplaced. School uniforms are available for purchase.
- Please ensure that correct uniform is being worn each day. We understand that there are times when unexpected things occur and an alternate item needs to be worn. If we can stay in the range of black and red that would be appreciated.
- Please also check items for language and symbols that are better suited to home and not school.

Day for Dolly

Congratulations to Matilda for her leadership in running this event. With a theme of kindness running through the school it was great to see the images of students working together as they shared, took turns, and turned the school blue.

Excursions and Events

Good luck to everyone this Friday who is attending the Zone Cross Country in Coolamon. Mrs Sloan and I will be there to meet you in the morning. The weather is not looking dry, so do not forget to bring a change of clothes, just in case.

Stage 6 are currently in Canberra with Mrs Lord and other students from the RAP schools. I have checked in with them and it sounds like they are having a great time.

Term 3 is already looking busy with overnight excursions and events. We will work to get notes out as soon as we can to allow for families to plan for these. Please make sure to reach out to the school if you have any questions or concerns.

Community engagement at events is what makes things great. Please remember that even when we are not on school site we must follow all the same rules.

There can be no drinking, smoking or vaping at school events. I would prefer to not have to ask a family to leave the event so ask for these simple things to be followed.

Mrs Taylor

HPGE—High Performance and Gifted Education

Term 2 started with teachers building their skills and capacity in how to better identify and support students who show signs of high potential. This was statewide professional learning. I thought you may wish to know a bit more about what this is and how you can support your child at home.

The High Potential and Gifted Education Policy has been developed after extensive consultation with parent organisations including the Federation of Parents and Citizens Association of NSW, Gifted Families Support Group and Gifted Learners with Disability Australia.

Signs of high potential

High potential and gifted children tend to:

- be intensely curious;
- learn new ideas or skills quickly and easily;
- display a good memory;
- ask complex questions;
- be creative;
- enjoy thinking in complex ways;
- require fewer repetitions when learning new things; and
- become intensely focused in their area of interest or passion.

Children with high potential like to be challenged. If you observe your child is more advanced than their peers, in any area or domain, it is recommended that you discuss this with your child's teacher or other professional.

A rapid rate of learning means these children may enjoy opportunities beyond the typical level of other children their age.

Supporting potential at home

Support your child according to their age, and the availability of resources. Some ideas include:

- provide explorative activities in your child's areas of interest;
- engage in discussions and conversations about the world around them;
- encourage questioning, exploration and curiosity;
- place value on learning;
- monitor play activities to ensure a healthy balance, particularly when younger;
- discuss how learning is about making mistakes, struggling at times, and not always about being the best at everything all the time. Try using role model examples in their area of interest, so they understand that life doesn't always give them what they expect;
- praise and celebrate effort—working together to understand that effort and achieving one's personal best are important in maintaining a healthy perspective. Try discussing characters from the books they are reading to highlight the types of behaviours that return positive outcomes;
- champion your child's successes and coach them through their setbacks—point out that mistakes are evidence of learning and experiencing struggle often encourages resilience, persistence and eventual success. Try discussing the great inventions we experience in life today, which are thanks to those who paved the way in making mistakes and yet persisting despite initial failures;
- work on areas of strength without ignoring those areas which also need support;
- access extra-curricular opportunities (the Active and Creative Kids vouchers are available to help fund some activities: <https://www.service.nsw.gov.au/active-and-creative-kids-voucher>);
- advocate for your child's unique needs and seek support where you can; and
- if you suspect disability contact organisations such as Gifted Learners with Disability Australia: <https://glaustralia.org/>



BREAKFAST CLUB

Students have been enjoying Breakfast Club each morning. Thank you Maggie for starting early to help everyone enjoy what's on offer. Last week small groups of students cooked some banana muffins to add to the brekky menu which have been very popular. Everyone is welcome to arrive in time to join us!





Footy Clinic Fun!

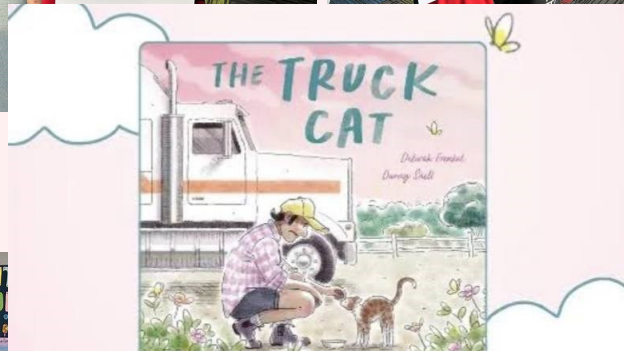
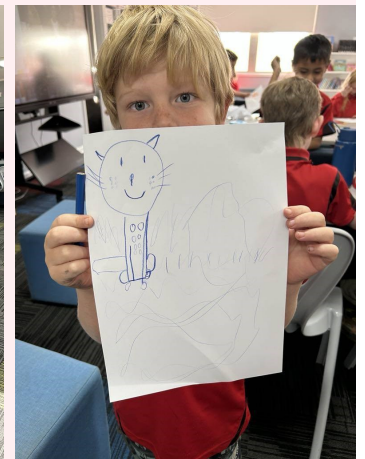
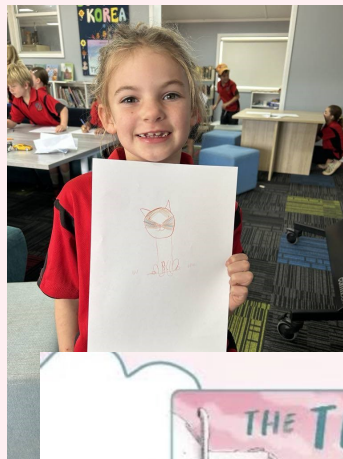
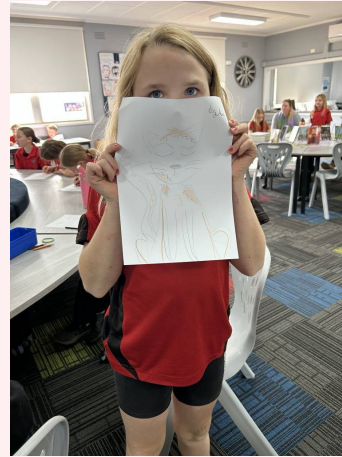
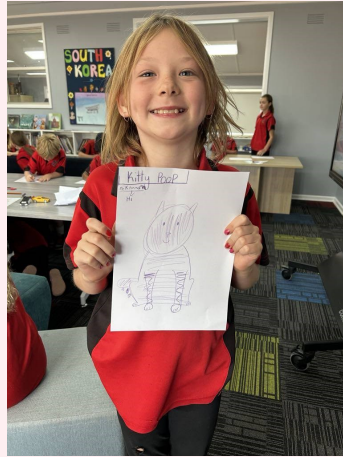
Thanks to Mrs Sloan for organising another round of AFL clinics! Lots of skills improving!





DO IT
FOR
Dolly
DAY'25







THANK YOU!



Ardlethan Central School students and staff would like to thank ACAT and the Ardlethan Men's Shed for their generous donations given recently.

The ACAT donation will be used to help fund the Breakfast Club at the school which is used quite extensively.

The Ardlethan Men's Shed donation will go towards helping fund students' excursions later in the year.

A massive THANK YOU to both organisations for your very generous donations, they are greatly appreciated.



Parents/Carers, if your child catches a school bus please make sure they know to follow the School Bus Safety Rules:

Take your seat quickly, facing forward

Always wear your seatbelt

Stay seated when the bus is in motion

Keep the bus aisle clear

Speak quietly and be respectful

Listen to and obey the driver

Clean up after yourself

ARDLETHAN CENTRAL SCHOOL

2026 KINDERGARTEN ENROLMENTS OPEN NOW

Please contact the school
for further information

ENROL HERE

CONTACT US

Mithul Street, Ardlethan NSW 2665

Telephone: 02 6978 2046

Email: ardlethan-c.school@det.nsw.edu.au

Find us on Facebook



THE KELPIE'S BARK

COMMUNITY NEWS**22 May-4 June 2025**



Before



After



It's Easy to Get Organised, Call us today!

Come and see us for all your

- | | | |
|----------------------------|----------------|-------------|
| • New homes | • Joinery work | • Laundries |
| • Renovations & Extensions | • Kitchens | • Wardrobes |
| • Frames & Trusses | • Vanities | • Cupboards |

Ph: 6953 6422

Email: office@felixjoinery.com.au | 5 Market Road, Leeton



CAN WE HELP?

Mr Thornton is looking for any areas of need in our Ardlethan community in which students from 3-6 can be of service! Please contact the school if you know of any opportunities?

Thank you ❤️🖤

FOODWORKS

Liquor



NEWSAGENCY

ARDLETHAN FOODWORKS

Groceries ~ Weekly Catalog Specials | Liquor Specials

BBQ Chicken | Deli Range | Fresh Fruit & Veg | NSW Lotteries

Meat sourced from Coolamon Butchery | Newspapers

Pies & Sausage Rolls (Ganmain)

(02) 69782171

34, Aria Street,
Ardlethan

TRADING HOURS

Mon - Fri 8:30am - 5:30pm

Sat 8:30am - 12:00pm

Sun 9:00am - 11:00pm

Attention Community Advertisers: If you do not wish your articles/advertisements or name, phone number, etc to be published on the school website please contact the school by telephone or email.



The
Kidman
Centre



FREE WORKSHOP CALENDAR 2025

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents and caregivers with practice, evidence-based psychological strategies to help them navigate a range of life's challenges.

To register for a workshop please make sure to sign up:

<https://tinyurl.com/KidmanParentWorkshops>



Call us
02 9514 4077

Email us
roanna.chan@uts.edu.au

The Kidman Centre UTS
Parkes 10 East
Prince of Wales Hospital
High Street
Randwick Sydney 2031

@thekidmancentreats

WORKSHOP 1

Raising Resilient Kids: Helping Children Manage Anxiety

WHO IS THIS FOR: Parents and caregivers of children aged 6–12

DESCRIPTION: Learn how to support your child's anxiety using practical tools drawn from Cognitive Behavioural Therapy (CBT). This workshop explains the science behind anxiety and introduces strengths-based strategies that help children challenge unhelpful thinking and build brave behaviours.

TUES 27 MAY 2025 (6–7PM)

WORKSHOP 2

Teen Anxiety (Part 1): Understanding Worry and Thinking Traps

WHO IS THIS FOR: Parents and caregivers of teens aged 12–18

DESCRIPTION: Does your teen get stuck in their worries? In this first session of our two-part series, we unpack the science of anxiety and explore how to support teens using CBT-based strategies to manage worry, rumination, and unhelpful thinking patterns.

TUES 10 JUNE 2025 (6–7PM)

WORKSHOP 3

Teen Anxiety (Part 2): Building Confidence with Exposure Strategies

WHO IS THIS FOR: Parents and caregivers of teens aged 12–18

DESCRIPTION: Building on Part 1, this session focuses on how to support teens in facing their fears—like public speaking or social situations—using step-by-step exposure therapy techniques. Learn how to create an exposure hierarchy to reduce avoidance and build confidence.

WED 9 JULY 2025 (4–5PM)

WORKSHOP 4

Making Space for Anxiety: Tools from Acceptance and Commitment Therapy

WHO IS THIS FOR: Parents and caregivers of anxious children or teens

DESCRIPTION: This workshop introduces practical tools from Acceptance and Commitment Therapy (ACT) to help young people make room for anxiety, rather than fight it. We'll explore mindfulness, defusion strategies, and values-based actions that support emotional flexibility.

MON 4 AUG 2025 (6–7PM)

WORKSHOP 5

Body Calm: Relaxation Skills to Support Emotional Distress

WHO IS THIS FOR: Parents and caregivers of children and teens

DESCRIPTION: Does your child experience nausea, muscle tension, a racing heart, or other physiological signs of distress? This workshop explores body-based coping tools including progressive muscle relaxation, calming breath techniques, grounding skills, and mindfulness to help regulate the body's response to stress.

TUES 26 AUG 2025 (6–7PM)



Street Stall Friday 13 June

Any help and donations of saleable goods would be appreciated.

If you can help on the stall please contact Marcia Ryan on 0499 782 085.

The Show Committee are also looking for 20cm high garden pots to grow bulbs and flowers in. If you have any spare and would like to donate them to the Show please leave them at the school office.



Ardlethan Hospital Auxiliary

General Meeting

Tuesday 3 June 2025

At 10:00am in the CWA Rooms

New Members Welcome

~ Christine Fairman, Secretary ~

What's Happening—May/June 2025

28 May	CWA Bingo, 11am, CWA Rooms
29 May	Community Transport Bus to Wagga
30 May	RRL Mobile Library in Ardllethan 9:00am—12:45pm
	CWA Juniors Meeting, 4pm, CWA Rooms
4 June	CWA Bingo, 11am, CWA Rooms
8 June	Music Bingo, 6pm at the Ardllethan Bowling Club
11 June	CWA Bingo, 11am, CWA Rooms
13 June	Ardlethan Show Society Street Stall and Raffle
	RRL Mobile Library in Ardllethan 9:00am—12:45pm
19 June	Community Transport Bus to Wagga
27 June	CWA Juniors Meeting, 4pm, CWA Rooms
	RRL Mobile Library in Ardllethan 9:00am—12:45pm



Do you want to receive these Newsletters by Email?

If you do, send an email to the school at: ardlethan-c.school@det.nsw.edu.au with your email address and it will be emailed to you every fortnight

Please forward advertisements/articles for the Ardllethan Central School Newsletter and the Kelpie's Bark to: ardlethan-c.school@det.nsw.edu.au Please type **Newsletter Article** in Subject Line. **Closing time for advertisements/articles is 3pm Monday. Remaining Term 2 closing dates are 2, 16 & 30 June. Late articles will go in the following newsletter if still relevant.**

