

# Verticem Montis Nuntio

Formerly known as the Hilltop News

Week Two, Term Four, Tuesday, October 13th, 2015 Edition One Hundred and Fifty-one



## Congratulations Claire and Brad

Such wonderful news!! We're all really excited that your baby arrived happy and healthy ... Bon was born on Monday, 12 October at 5.12pm and weighs 6lb 11ounces.

## Canteen Crisis Continues

A great big "thank you" to the parents who have come forward to operate our canteen over the last few weeks, allowing us to stay open for those extra days. However, we still have a shortage of volunteers for Wednesdays. Can you help please? Phone me on 4929 2911, or Cherry on 0409 927 006 if you would like to have a chat about working in our Canteen.

## Traffic Dangers

Last week saw a dramatic improvement in our traffic safety situation, due to the daily Police presence, and your cooperation in avoiding double parking, parking on the school crossings, and making illegal u-turns. Newcastle Council rangers have also patrolled the area, supporting the work of Highway Patrol. Both Police and Council have said that their presence will continue for the next few weeks, so please avoid a fine. Council is also looking a long-term strategies to better manage our parking problems, and some possible strategies will be discussed at next week's P and C Meeting. I am very anxious to hear any "remedies" you might have in mind. In the meantime, try these steps: -

- If it's not too far, and time and weather permit, give walking to school a chance. Our kids are lean and healthy, from walking around our many hills, so the walking option is certainly possible.
- Park a little distance from the school, put just ten cents in the meter, and walk to pick up time, when our safety issues are at their most acute.
- Senior students might be capable of walking themselves, if their road manners are sharp. Several seniors might walk together, as a kind of walking school bus.





## Bandfest

Our School Band has been practising hard over the last two weeks for this event, held today at Warners Bay Arts Centre. It is a competitive event, but no matter the result, we are very proud of the effort that these young musicians have put in to their preparation. They are sounding very sharp and punchy, and we wish them all the best for the competition.

## What's Changed? Infants Sports Day Now Thursday!

It's a sign of our growing student population! We've had to split Infants and Primary sports days, so both groups can use the COLA, so please note that from now on our youngest students, Kindergarten, Grade One and Grade Two, will have sport on Thursday, and need their sports uniform that day. That starts this week with our Grandparents' Day and Infants Sports on King Edward Park.

## The Quiz – With A Real Prize!

Can you work out the answer to this tricky question? Our school song says "from beach to creek". Can you tell me which creek first made people settle in Newcastle? It gave them fresh water. It's still there, but now it's in a concrete channel. [John.beach@det.nsw.edu.au](mailto:John.beach@det.nsw.edu.au)

## ICAS Test Results

Congratulations to all NEPS students who sat for the recent University of New South Wales exams in Maths and Writing. Our school registered strong performances, particularly in Maths, in which Markus achieved a High Distinction, with Distinctions to Lachlan, Adela, Oliver C, Alara and Ruby P. Amy de Malmanche was awarded a Distinction in Writing, continuing her great work from poetry last week. Many other students achieved strong results as well, many achieving their personal best scores. Teachers are very proud of all our students who sit for these very challenging exams.

## Bunnings BBQ October 25<sup>th</sup>, Kotara

Are you looking for a way to be more involved with the NEPS P & C and help raise funds for school programs and equipment? A way to win friends and influence people? And do a good deed while you're having fun? We are hosting a fundraising BBQ at Kotara Bunnings on October the 25th, and we need your help.

Shifts are only two hours each, and are a great way to meet other parents, and to help out your children's school. Grandparents, friends and other family members are all welcome. Please go to the office to register your preferred time or call Jessica on 0428 900 272.

## This Week

Today – Bandfest

Wednesday – Sailing begins as After-school Sport

Thursday – Grandparents' Day breakfast and games at King Edward Park

Monday 19<sup>th</sup> – P and C Meeting / School Council Meeting

## Emerging Jets Success – Again

Riley Egerton has been selected into the U11s Emerging Jets - making his third consecutive year with this very selective squad. The 22-player roster was identified from representative players in Newcastle, Central Coast and northern NSW. Training is tough, and almost year round, so he has already resumed up to five training sessions a week plus there are many weekend matches. Our big congratulations go to Riley on repeating this major achievement! Well done!

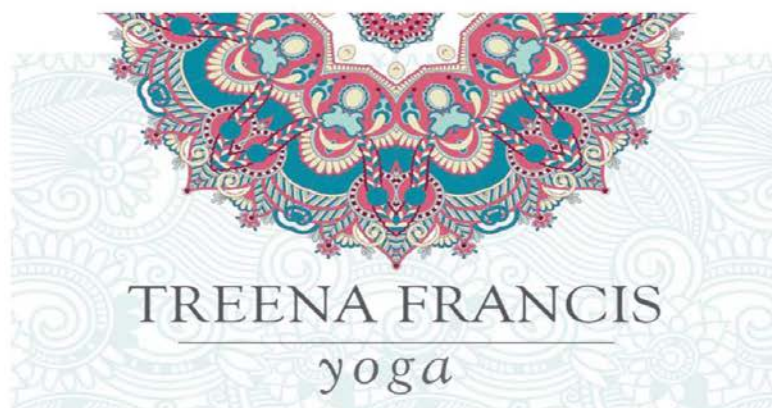


## Book Covering Helpers Needed

Mrs Thompson still has a large amount of home readers that need covering. All materials and training will be provided. Please see Mrs Thompson KT if you are able to help.

## Cinderella Rockerfella

For those who placed orders for DVDs, they are ready to be collected from school office.



### **L'IL YOGIS FOR 3 – 12 YEAR OLDS**

#### **MOVEMENT, FUN AND RELAXATION**

L'il Yogis is a 45 minute kids' yoga session incorporating movement, story, games and relaxation. Each session caters to a distinct age and stage of development for optimal participation, enjoyment and growth. Children are guided safely into poses and are encouraged to be creative and spontaneous as they develop increased body awareness. We complete each session with a short period of stillness.

**When:** Mondays during school term

<b>Timetable:</b>	3-5 yrs	2.00 - 2:45 pm
	5- 8 yrs	3.30 – 4.15 pm
	9-12 yrs	4.30 – 5.15 pm
	Over 12yrs	contact Treena

**Where:** Vitality Junction  
179 Union Street, The Junction

**\$10 per session**  
**4 or 10 session passes available**

#### **FOR BOOKINGS AND INFORMATION**

[www.vitalityj.com.au/lil-yogis-by-Treena-Francis](http://www.vitalityj.com.au/lil-yogis-by-Treena-Francis)

Contact Treena  
0405 505 461 or  
[treena11@live.com.au](mailto:treena11@live.com.au)



# Design and Build Challenge

There are lots of different ways to move “bulk” things, like wheat or sand or soil, from one place to another.

Here are some:-

- A shovel can pick up stuff and throw it
- A wheel-barrow can be loaded up then carry materials to a new place.
- A truck or train can carry bulk things over a long, long distance.

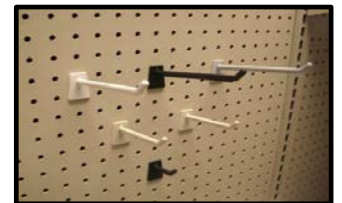


Can you design and build a better system to move sand from one desk to another, using only recycled materials?

The desks will be 60 cm apart, with a pile of sand on one side, which you can load onto your machine by hand.

Things you might use:-

- Lego wheels
- Rubber bands
- Bike tubes
- Old bits of wood
- Paper/plastic cups
- Cardboard tubes
- Old belts
- Rules



It's fun, so anyone can help!

It's not a competition! Everyone trying gets a certificate. Every entry is precious!

Show Day is the last day of term, 1 pm, Wednesday 16<sup>th</sup> December, and that's when we try them out.

Need some inspiration? Try this link for ideas: -

<https://www.youtube.com/watch?v=DrnPQJNAcGI> or <https://www.youtube.com/watch?v=DQhFMENp-zY>

Some helpful hints needed? Look up “conveyor belts” and “luggage carousels” for ideas.

Questions? Email [john.beach@det.nsw.edu.au](mailto:john.beach@det.nsw.edu.au)

Mon	Tues	Wed	Thurs	Fri
5 October Public Holiday	6 Students resume	7	8	9
12	13	14 Sailing begins	15 Grandparents' Day 8.15 Breakfast	16
19	20	21	22	23 Sunday 25- Bunnings Barbeque
26 Swimming School begins	27	28 Kindergarten Information Evening 6pm Library	29	30
2 November  Kindy Orientation 10am	3	4	5	6 Last day – swimming school
9 Kindy Orientation 10am	10	11 State Final Premiers Spelling Bee	12	13
16 Kindy Orientation 10am	17 NHS + Feeder Schools Town Hall Performance	18	19	20
23 Kindy Orientation 10am	24	25	26	27
30 Captains Speeches Scripture Christmas Concert	1 December	2	3	4
7	8	9	10 Year 6 Dinner South Newcastle Leagues Club	11
14	15	16 Last day for students	17 SDD	18 SDD

# Healthy Dads, Healthy Kids



## ARE YOU A DAD? ARE YOUR KIDS IN PRIMARY SCHOOL?

**Register your interest now to be involved in an international award winning healthy lifestyle program in 2016!**



Healthy Dads, Healthy Kids is a FREE nine week program run by The University of Newcastle

*"I cannot recommend this program enough."*

*"Healthy Dads, Healthy Kids made me a better father."*

*"The four of my kids and I had smiles and sore abs. The abs were from laughing so much!"*

### What does 'Healthy Dads, Healthy Kids' involve?

- 9 x 90 minute face-to-face weekly sessions delivered by expert facilitators for dads and kids consisting of:
  - 5 x dads and kids information sessions (30 mins) and physical activity sessions (60mins)
  - 2 x weight maintenance, healthy eating and physical activity information sessions for dads-only (90 mins)
  - 2 x dads, mums and kids information sessions (60 mins) and physical activity sessions (30 mins)



**QUALITY FAMILY TIME TOGETHER**



**FUN ROUGH & TUMBLE PLAY**

### What will you get out of 'Healthy Dads, Healthy Kids'?

- Dads learn how to manage their weight without having to give up the foods and drinks they love
- HDHK will provide dads with parenting secrets to getting kids physically active, reducing kids screen time and improving their self esteem and confidence
- Dads and kids will spend quality time together participating in fun rough and tumble games, health-related fitness and sports skills activities

### What our research has shown the program improves:

Morgan et al (2011). International Journal of Obesity

#### Dads have achieved:

- health improvements of weight loss, reduced waist circumference and blood pressure
- increased physical activity
- improved parenting skills
- improved diet
- improved relationships with their children and family quality of life

#### Kids have achieved:

- a healthier weight
- increased physical activity and fitness
- improved educational outcomes
- improved sports skills
- improved social and emotional well-being



**IMPROVE SPORTS SKILLS**



**DADS OR ANY MALE ROLE MODEL OF PRIMARY SCHOOL KIDS**

**REGISTER YOUR INTEREST NOW**

Email: [healthydads@newcastle.edu.au](mailto:healthydads@newcastle.edu.au)

or call The University of Newcastle team on (02) 4913 8759 if you have any questions.

*There is no cost to families who participate in the 'Healthy Dads, Healthy Kids' program.*

