

Hilltop News

Week Three, Term Four, Tuesday, October 20th, 2015 Edition One Hundred and Fifty-two

Debating News



Our squad of Grade Five debaters had a win against Wallsend South yesterday, in the Semi-final of the Newcastle Competition. Speakers were Asha, Sadie, and Emily, with Logan as Team Manager, and other squad members, Luka, Hunter and Jack, there to cheer them on. Next Monday we compete in the Final. The entire squad does very well at debating, and I wish them every success next week, and in their future debating careers. Thanks to parents for their support too!

Bandfest

Congratulations to our school band members on their wonderful performance last week at Lake Macquarie Performing Arts Centre, which was good enough to earn them a Highly Commended Award, and a special award for our percussion section, for Best Performance, including a \$100 voucher for Muso's Corner. Thanks to Mrs Jardim for managing the band on the day, and thanks to the parents who assisted with transport and moral support too!

Our Band Leader, Scott Gelzinnis, has certainly done an outstanding job with our young musicians, and while I wasn't able to be there, reports said that our band played well, they were tight and very punchy! Well done, musicians.



Missing the Newsletter? Let Us Know!

There are lots of options when it comes to reading the weekly Newsletter:-

- We can supply a paper copy each week if you request it
- You can pick a copy up from the Office at any time
- Register for the free Skoolbag app from the App store or Play Store
- Email the Office so that we can email the Newsletter to you every Tuesday
- You can access it on our school website at any time - <http://www.newcastle-p.schools.nsw.edu.au/>

Design Challenge

Check out the fun design exercise on the last page of the Newsletter. It's something the family can help with, to make a creative solution to an engineering problem.

Selective Schools Applications Now Open On-line

Our Grade Five students, and their parents, considering an application for Merewether High School can now apply on-line at <https://www.shsocplacement.org.au/registration/> . Parents wanting more information, or just to have a chat about the process, can ring me on 49 29 29 11. No paper applications are possible this year, so please let me know if this presents a difficulty for your family.

Grandparents' Day / Infants Sports Day



Thank you to everyone who spent Thursday morning with us, as our fantastic staff served up delicious breakfast foods and drinks to our grandparents, then invited them over to King Edward Park for some games and activities. This was entirely organised by our staff members, and was very well-received. Everyone had fun, and the kids got to proudly show off their grandparents. Lots of preparation went into the event, and I thank our teachers for their kindness and hard work.

Open Water Swim – Napean Aquatic Club

Our strong-swimming students Averil Jones and Heidi Schneider compete this Saturday in an open water 2.5 km race on the Napean River, near Penrith. It's a true long-distance swim, but these girls certainly have the endurance to compete at this level. Best of luck girls! More info: <http://www.nepeanaquaticcentreswimclub.com/open-water-events-1/>

Bunnings Sausage Sizzle Sunday

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.

ICAS English Results

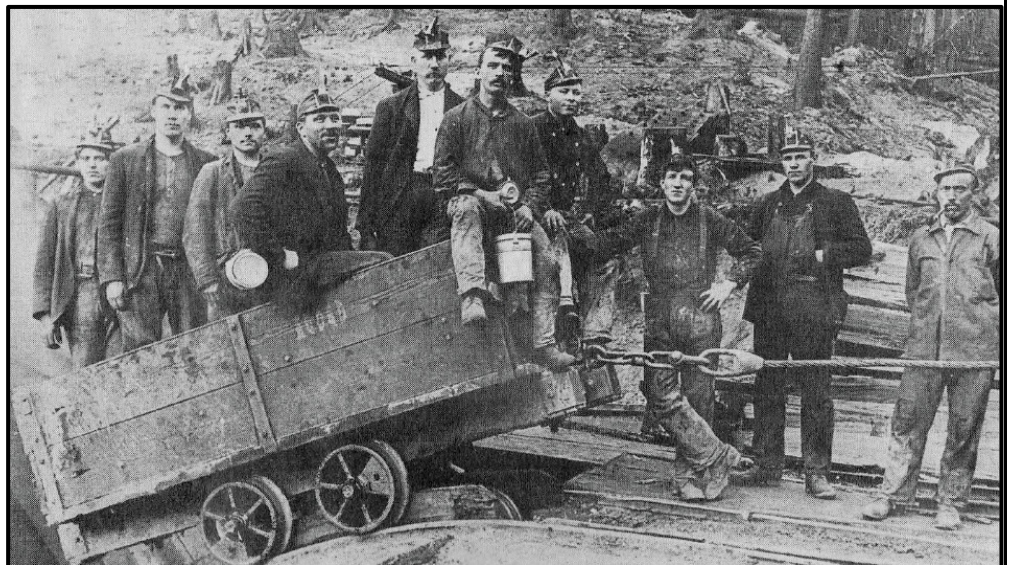
NEPS students did very well in the recent ICAS English Competition, with three receiving High Distinctions (Laria, Amie, and Ruby P) and four achieving Distinction level (Anjali K, Ben D, Lachlan B, and Sophia S). In addition, another eleven students scored at Credit level, and five received Merit Certificates. These are strong results for our students, and I congratulate all who sat for these very challenging tests.

Traffic Dangers

Thank you for your cooperation with parking and traffic problems around the school. It seems that the safety of our children is much better since regular Police patrols began, and I believe that this has been achieved with no-one actually fined, and many warnings issued. My advice is that random checks/patrols will continue over the next month or so, and Council is considering what long-term measures can be implemented to ensure that no child gets hurt.

The Quiz – With A Real Prize!

Last week, Hunter Pidcock was first to answer with the name of the creek which attracted people to Newcastle. It was Cottage Creek, which still flows from Merewether Heights to the harbour, albeit now encased in concrete as it flows through National Park, and around behind The Junction Public School. This week's question is historical.

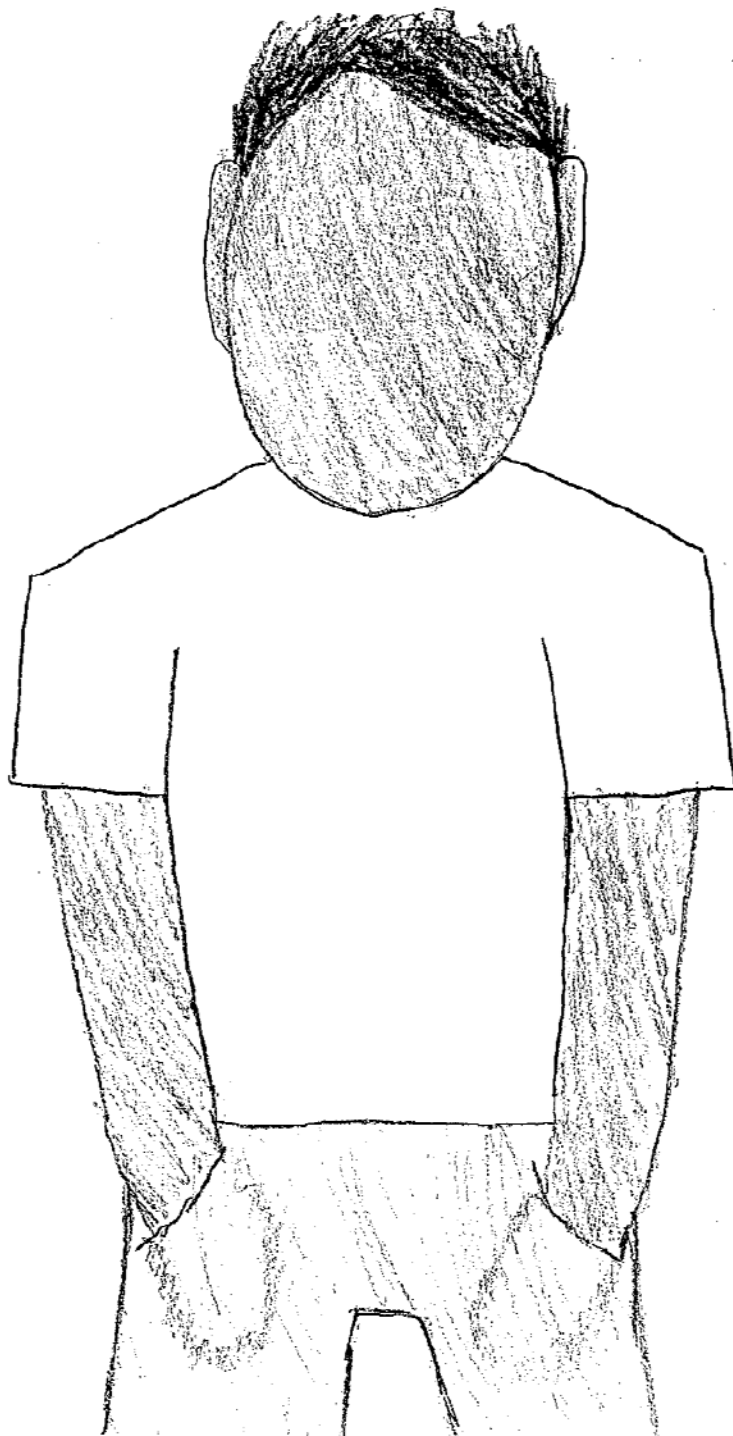


In Church Street lies a plaque, a monument to Newcastle's first commercial coal mine. Operated by the AA Company, in what year did it open? In our soon-to-be-published school history book, this rates a whole chapter, since the children of the miners came to our school.

Canteen Roster Term Three

Week	Monday	Wednesday	Friday
3			23/10 Sonya Anderson Heidi Walpole
4	26/10 Kate King		30/10 Ingrid Beavis Kelly Wyman
5	2/11 Donna Fiersinger		6/11 Cherry Connew Shaun Olson
6	9/11 Cherie Guernier		13/11 Robyn Hetherington Volunteer needed
7	16/11 Chris Baker		20/11 Kelly Wyman Volunteer needed
8	23/11 Peter Miles		27/11 Lisa Marshall Helen Cossettini
9	30/11 Volunteer needed		4/12 Ingrid Beavis Pip Strachan
10	7/12 Chris White Greg Warburton		11/12 Robyn Hetherington Volunteer needed
11	14/12 Volunteer needed		

TO SUDAN



RETOLD BY A. FLEND

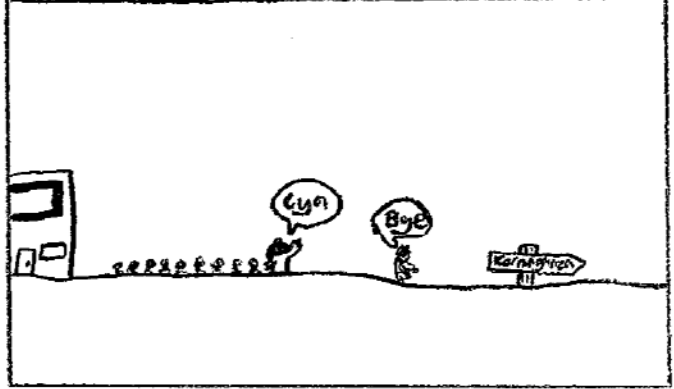
When Fighting started in Awad's village Kormaganza, Blue Nile State, September 2014. Awad and his family made a plan to escape to the neighbouring village Mafot.



Awad's mother to front to walk the 2 day trip to Mafot, they instead hid her in a bush while Awad took his wife and his 9 children to Mafot.



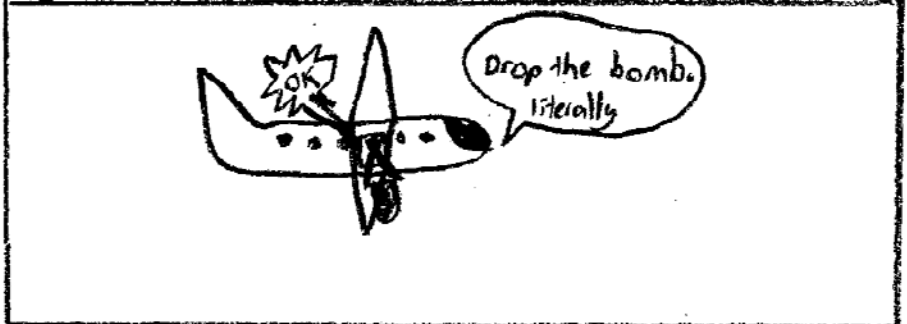
So Awad and his family set of to Mafot. Once there Awad had to go back for his mother.



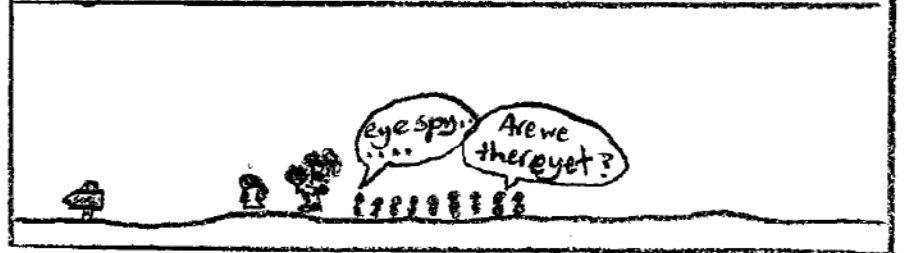
When Awad found his mum, he was thankful for she was still alive. He carried her on his back, back to Mafot.



Awad and his family were for several months untill Mafot was beginning to be bombed.



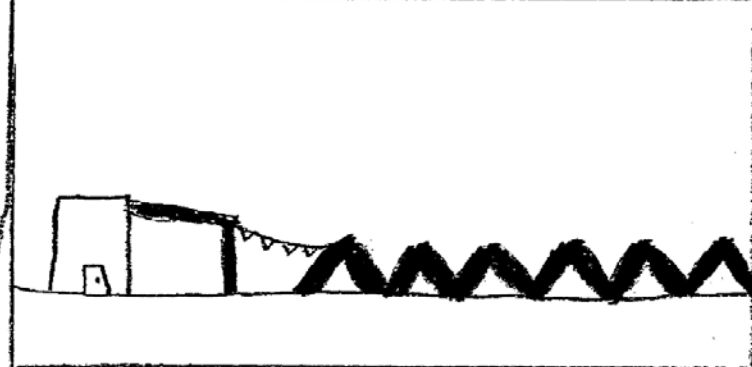
Awad and his family then made a plan to get to South Sudan. His daughter got her leg injured so Awad had to carry her and his mum to sudan.



When they got to Sudan the UNHCR sent them to a refugee camp in Jamam, but it was shortly closed after heavy rains caused flooding.



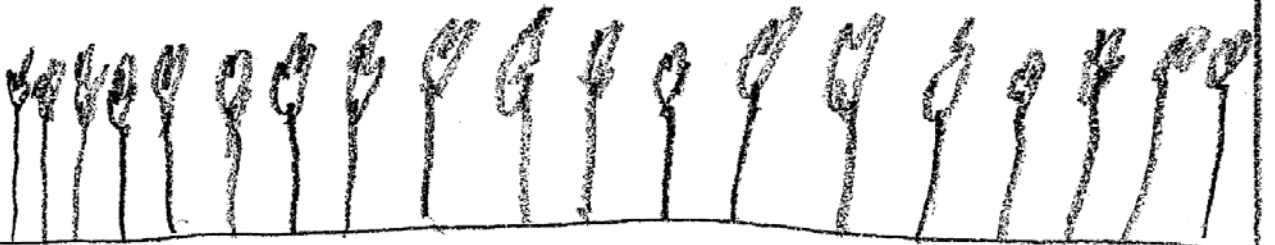
Awad and his family then ~~went~~ went to a new refugee camp 55 kilometres from Jamam.



Awad now has his eyes set on farming.



Awad said him self, "Come back in three months, there will be maize growing."



Looking for
Looking for
Looking for

Fitness?

Strength?

Discipline?

Self Defence?

Co-ordination?

Self Control?

Confidence?

Flexibility?

Speed?

Respect?

FUN?

Then look no further...

SOUTHERN CROSS TAE KWON DO ACADEMY

Can help...

*For Men Women & Children
(From 5yrs +)*

Classes at...

CARDIFF

John Young Community Hall
Thomas Street
Mon: 5.30 – 6.30pm

DUDLEY

Dudley Vintage Hall
96 Ocean Street
Tues: 5.30 – 6.30pm



THE JUNCTION

St Josephs School Hall 182
Union & Kenrick St Tue: 5.45 –
6.45pm

HAMILTON

Hamilton South Public School Jenner
Pde
Thurs: 5.45 – 6.45pm

WALLSEND

Callaghan College
Cnr Minmi & Macquarie St Mon:
5.30 – 6.30pm



Scan the QR code and check
out our website or Face book us



4934 2806 or 0403 799 981

www.southerncrosstkdo.com.au

The background of the poster is a photograph of the Newcastle Town Hall tower, a tall, ornate building with a clock face, set against a clear blue sky. The tower is the central focus of the background image.

MAKE SOME NOISE

NEWCASTLE
TOWN
HALL
NOV 17
6.30 PM
\$15

NEWCASTLE HIGH SCHOOL
PRESENTS

A NIGHT OF DRAMA, DANCE AND MUSIC
FEATURING PERFORMANCES BY OUR PARTNER PRIMARY SCHOOLS
CARRINGTON:NEWCASTLE EAST:THE JUNCTION
HAMILTON:HAMILTON SOUTH:STOCKTON

TICKETS AVAILABLE FROM NEWCASTLE HIGH SCHOOL OFFICE
LIMITED TICKETS ON THE DOOR

- PROUDLY SUPPORTED BY THE FUCHS FOUNDATION -

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 16th 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

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

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.

