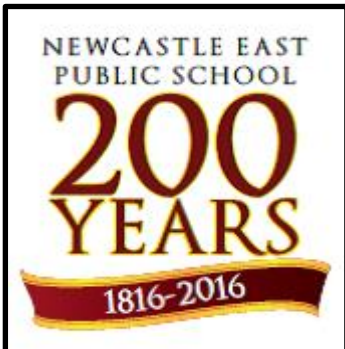


Hilltop News

Week Four, Term Four, Tuesday, October 27th, 2015 Edition One Hundred and Fifty-three

Using our Bicentennial Facebook Page Yet?



Just three months now until we celebrate our 200th birthday. We plan to use the Facebook page highlighted here for updates, tickets, news, re-union gatherings, etc, so it's important that as many people as possible "Like" it right now. If you haven't done so, please click the link below, have a good look around at the dates and functions, and click "Like", to receive updates as they come out.

<https://www.facebook.com/NewcastleEastBicentenary>

Debating News – Newcastle Champions



A wonderful, consistent, and focused performance by our Grade Five debaters saw them emerge as Newcastle Champions, after a hard-fought debate against Charlestown East Public School. We drew negative, for the very challenging topic "That family is more important than friends," a very difficult side to this argument, but the team-work, and ability to think on their feet, allowed our speakers for this debate, Asha, Sadie, Emily and Logan, supported by squad members Hunter and Jack, to excel. This combination of students shapes as formidable for next year's Premier's Challenge Debating, the state-wide competition.

State Drama Festival

Albi, Luka, Lilli-ann and Sadie were all varieties of potatoes at last week's State Drama Festival, at the Seymour Centre, Sydney. Their excellent piece grew out of our local drama festival, and they had the opportunity to perform in front of large and very discerning audiences in Sydney. Called Under the Skin, it was about racism in our society, using spuds to show attitudes to colours of the skin. "We rehearsed a lot!" said Lilli-ann. "It was getting annoying, we rehearsed so much," claimed Sadie.



Kindy Information Evening

New parents, and old, are invited to the Benson Library this Wednesday to hear about our K Orientation program, between 6 and 7.

Agapanthus Please

Our huge fence restoration project on Tyrrell Street is just weeks away from completion, so our thoughts are turning to garden repairs just inside the new fence. If you have any agapanthus plants ready to “split”, or any you are pulling out, could you consider donating them to the school, as part of our bicentennial facelift? It seems that agapanthus were the original plants used along that fence, so this will complete the restoration to the original look on what used to be the school’s front entrance.



Whooping Cough Alert

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

Great Swim

This weekend, Nepean Aquatic Centre Swim Club hosted a 2.5 km Open Water Swim at Sydney International Regatta Centre. The race was open to girls aged between 10 and 13yrs , with Averil finishing 3rd in her age group , 20th place over all age groups . Heidi finished 2nd in her age group, 22 place over all age groups. These girls are seriously good, and don’t even look tired!



Bunnings Barbeque

Many thanks, on behalf of our students, to Jess Marceau and all her “helpers” at Sunday’s very successful sausage sizzle at a Kotara hardware store. They were busy all day, and managed to cook more than 600 sausages, to sell to the hungry multitudes of would-be handyman and women. In just that one day, more than \$1300 was raised, a great result. Lots of people helped over the course of the day, and their efforts are greatly appreciated!

Chicken Pox Alert

Just for your information – we have at least one case of chicken pox in the school today.



Still Missing the Newsletter, or Know Someone Who Is? 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.newcastlee-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, from recycled materials.

Need ideas? <https://www.youtube.com/watch?v=Tsrc2IMdH08>

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.

The Quiz – With A Real Prize!

Last week, Marshall Rattray was first to answer with the correct year that mining began in Newcastle. The AA Company started the first real commercial mine, in Church Street, just below our school, in 1831. This week’s question is another historical one!

For how many years was our first Headmaster, Henry Wrensford, at the school?
Hint: Look on the Principal’s Board in the Office, then do some careful maths!

Bilby

The bilby has very big ears and a long nose and also has a long tail. It is also fluffy.

They live in a deep hole so they can get their food quicker. Bilbies eat insects, fruit, nuts and seeds but their favourite food is insects. Their predators are cats, foxes and also dingoes. Dingoes most hunt them. Did you know bilbies don't drink water? They get moisture from their food.

Beautiful work!!



Student Writing of the Week

Emma de Beer, from Miss Dickinson's class, wrote this beautiful piece about the bilby.

Canteen Roster Term Four

Week	Monday	Wednesday	Friday
4	26/10 Kate King		23/10 Sonya Anderson Heidi Walpole
5	2/11 Donna Fiersinger		30/10 Ingrid Beavis Kelly Wyman
6	9/11 Cherie Guernier		6/11 Cherry Connew Shaun Olson
7	16/11 Chris Baker		13/11 Robyn Hetherington Volunteer Needed
8	23/11 Peter Miles		20/1 Kelly Wyman Volunteer Needed
9	30/11 Volunteer Needed		27/11 Lisa Marshall Helen Cossettini
10	7/12 Chris White Greg Warburton		4/12 Ingrid Beavis Pip Strachan
11	14/12 Volunteer Needed		11/12 Robyn Hetherington Volunteer Needed



MUSICAL BEGINNINGS



- How music benefits brain development and focus at school
- Create team players - all children can learn to sing
- Getting your child to practice

Hear the latest research explained in simple terms

WHEN: Monday 24th August, 2015

VENUE: 7:00pm Hamilton Public School

RSVP & ENQUIRIES: 4963 2026

www.julieloganmusic.com.au

Newcastle School Portraits

Capturing your memories for *25 Years*

w: newcastleschoolportraits.com p: 0249 654 114 e: admin@newcastleschoolportraits.com

NEW ADDRESS 21 Broadmeadow Rd Broadmeadow NSW 2292

WE HAVE MOVED

21 BROADMEADOW RD
BROADMEADOW NSW 2292



Have a look at your
Specialty Groups

Log on code: 63813AZ

www.newcastleschoolportraits.com



The background of the poster is a photograph of the Newcastle Town Hall tower, which is a tall, ornate building with a clock face. The image is slightly blurred and has a warm, golden-brown color palette, suggesting a sunset or sunrise. The text is overlaid on this 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.

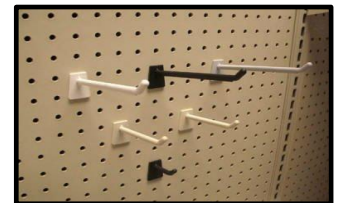


Can you design and build a better system to move sand from one desk to another, using only recycled materials?

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

Healthy Dad^s, Healthy Kid^s



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.



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