

HILLTOP NEWS

Newcastle East Public School – Australia's Oldest School

Week Nine, Term Two, Tuesday, 16th June, 2015

Edition One Hundred and Thirty Eight

Athletics Workshop Round-up



Colin instructs students in the correct stance for shot put



Violet takes off successfully in long jump practice

Despite the grey skies, intermittent rain and cool temperatures, 55 students from Years 4-6 enjoyed the athletics workshop last Thursday at Alder Park. Students were given explicit instruction to improve their technique in shot put, discus, long jump and high jump. During the onset of heavier showers, students sought refuge under cover but didn't lose enthusiasm for opportunities to get out and have another try. The day was a great success despite the discomfort of soaking wet feet and muddy clothes. Hopefully a lot of the skills the students gained can be put into practice this Friday at the athletics carnival.

Thank you to Adamstown/New Lambton Little Athletics Club for lending their athletics equipment and to the teachers and coaches who attended the day.

School Athletics Carnival This Friday

All students K-6 will attend the athletics carnival at Newcastle Athletics Track this Friday. Students in Years 3-6 will compete in track and field events all day while students in Years K-2 will compete in age races and novelty events until 1.00pm. All students are required to travel to the carnival on the buses with their classes. Parents and friends can meet us at the track from 9.30am. K-2 students return to school by bus at 1.00pm and students in Years 3-6 return at 2.30pm. Students are required to wear sports uniform or house colours. There will be a P & C canteen operating on the day for those wishing to buy recess and lunch. Any parents who can help with time-keeping or assist primary teachers with field events or infants teachers with novelty events please see Mrs Thomas or Mrs Miller at the carnival.

Diya Amazes the Judges at Eisteddfod



Kinder student, Diya is only 4 years old but that didn't stop this little star from winning two trophies in the Lake Macquarie Eisteddfod last weekend.

Diya won the 'Public Speaking' section (8 years and under category) after facing some stiff competition from a lot of older children. She did really well and was obviously very well-rehearsed. She also won the 'Nursery Rhyme in Costume' section. Her violin playing added to the overall effect and was highly commended by the adjudicator.

Diya also received a high commendation with a medal and certificate for her poem recital.

Diya has been astounding her classmates and Mrs Miller all term with her 'Doctor Diya' presentations which have been about all the different systems in the body, so they weren't surprised to learn about her recent success. Well done Diya. We think you're amazing!

School Production Update - SHOWTIME-August 6th

Planning is well underway for the school production that will be held on August 6th in Term 3. We are now on the lookout for anyone who is handy to assist with building sets and props, especially anyone with carpentry experience. If you are able to assist, please phone or text Lyndal Edge on 0416 017 959. Any volunteers would be greatly appreciated.

Important Dates for Your Planner

- Tuesday 16th June ICAS Spelling
- Thursday 18th June – Premier's Debate
- Athletics Carnival – Friday 19th June

Attached to the on-line version of this newsletter are the planners for Terms 2-4. These will be updated weekly.

Premier's Sporting Challenge gets Kids Moving More

Students in K-6 classes are currently participating in The NSW Premier's Sporting Challenge. The NSW Premier's Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles. It involves primary school classes participating in a 10 week sport and physical activity challenge.

A class may accumulate time spent in a broad range of sports and recreational pursuits during lunchtime, in school sport programs, class time, after school or in weekend physical activity. Students log the amount of activity they undertake each day in an activity log with the aim of reaching the diamond level. At the end of the 10 week challenge, students receive a certificate to signify their success.

You can help your children to accumulate more time spent in physical activity during the challenge, particularly at weekends. The challenge runs for the rest of this term and the first six weeks of next term.



Pictured: PSC monitors are helping students track their progress by collecting class data each week

Did you know?

Spending too much sedentary or 'still' time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.

Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.

Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.

Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.

Tips for parents

Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some 'small screen' time later on?

Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.

Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.

Don't allow a TV or computer in your child's bedroom. Keep them in a common area of the family home so you can monitor use.

Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

Canteen Volunteer Roster

If you are able volunteer please text Cherry on 0409 927 006 to volunteer:

Week 9	15 th June Lisa Marshall Lesley Marshall	17 th June Simone Pengally	19 th June Ingrid Beavis Volunteer Needed
Week 10	22 nd June	24 th June	26 th June

Donations of cheese slices are required this week from the following families:

Niazi, Szecodi, Rigby, Robinson, Russell, Sanjay, Saunders, Schneider, Carlon, Somjaipheng, Stapleton, Springett, Stockdale, Sullivan

YOGA AND MINDFULNESS **SCHOOL HOLIDAY WORKSHOP**

A FREE 3 day yoga and mindfulness workshop for youth ages 12-17, to help them reduce and manage stress, anxiety and depression.

Date: June 29th, 30th and July 3rd, 2015

Time: 2pm-3:30pm

Location: Wesley Youth Services Newcastle
Level 1, 14 Wood Street, Newcastle West

For further information or to register please contact Aija Stoddart on 02 4915 3626.





Kids look to you to keep them safe

No parking areas and/or kiss and ride zones have been installed at most schools to help parents and carers safely drop off and pick up children.

For these zones to work effectively, parents and carers need to:

- **Be timely.** If there is no indicated time on the No Parking sign, you are only permitted to stop for 2 minutes. If your child does not enter or exit the vehicle within that time, you are required to exit the zone and re-enter when the child is ready
- **Not move more than three metres from your vehicle.** For example, a driver may get out of the car, open the boot and help children with their bags, but they must not move any further than 3 metres from their vehicle
- **Stop their vehicle as close as possible to the head of the zone, this will allow other parents and carers easy access to the zone.**

#10345AUG14

For enquiries please call 4974 2000.

For more information visit:
www.newcastle.nsw.gov.au



Signs you may see in school zones

Offences in school zones

Stop on/near pedestrian crossing - School Zone

Stop on/near marked foot crossing - School Zone

Stop at/near bus stop - School Zone

Double park - School Zone

Stop in bus zone - School Zone

Stop on/near childrens crossing - School Zone

Disobey no parking sign - School Zone

Disobey no stopping sign - School Zone

Stop on path/strip in built-up area - School Zone

Stop on/across driveway/other access to/from land - School Zone

Demerit points apply

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**NEWCASTLE • EAST
PUBLIC • SCHOOL**

29 April 2015

Dear Alumni

As you would be aware, Newcastle East Public School, the oldest continuing school in Australia, will turn 200 in 2016. Planning for this unique occasion has been ongoing for over twelve months.

As an enduring memorial to this significant event, a national competition was held for a commemorative sculpture to be installed in the forecourt of the school. In August 2014, the winner, Heather B Swann, a nationally recognised sculptor from Melbourne, was selected from a field of 17 artists. Her entry consists of 16 bronze traditional stools, randomly placed within a brick paved circular space. The space will be enclosed by a low-growing hedge of native plants. Emerging from the back of some of the stools are abstractly formed bronze birds – inspired by convict artist Richard Browne's illustrations of 1813.

The total cost of the sculpture project, including installation, is around \$100,000, of which the Committee has already raised \$40,000 (including some substantial donations from parents). We are continuing in our efforts to raise the balance.

Despite the significance and uniqueness of the event (celebrating the enduring value of education), we have not been able to attract any government assistance.

As a former pupil of the school, you might like to make a donation to ensure that the commemorative sculpture installation is completed for the 2016 celebrations. We are happy to accept donations from individuals or businesses. Any donations over \$2,500 will entitle the donor's name to be included on the plaque integral to the sculpture.

Attached is a brochure describing the events and sponsorship opportunities. 2016 is a special year for the evolution of education in Australia and through the vision of Governor Macquarie NEPS was there at the beginning in 1816. We urgently need support to ensure the bicentenary celebration is appropriately recognised, for future generations.

The main celebrations will occur in February 2016, and will provide an opportunity for former pupils to meet and share memories of this great school. While we hope you will be able to make a contribution to the sculpture fund, we also invite you to take this opportunity to make contact with the school to register your interest in receiving further information about the bicentenary celebrations.

If you would like to make a donation, or if you have any queries, please contact the school on (+612) 4929 2911 or newcastle-p.school@det.nsw.edu.au.

We also invite you to share this letter with any other alumni of the school with whom you are in contact.

Yours sincerely

Brian Suters
For the NEPS Bicentenary Committee

Term Two Planner

Mon	Tues	Wed	Thurs	Fri
20	21 Storm of the decade	22 School operating with minimal supervision	23 First Day Back	24 ANZAC Day Assembly
27 CHOIR – CHORAL WORKSHOP at NEWCASTLE CATHEDRAL	28	29	30 Choralfest	1 MAY
4 Rock and Water Teacher Training	5 Rock and Water Teacher Training	6	7 Whole School Evacuation Drill	8 Mothers' Day Stall
11	12 NAPLAN Language/Writing	13 NAPLAN Reading	14 NAPLAN Maths	15
18 P&C Meeting School Council Meeting	19 ICAS Test- Digital Technologies	20	21	22 Premier's Debate Tighes Hill v NEPS
25 School Photos	26 Premier's Debate away	27 Simultaneous Storytime Kinder-Newcastle Library visit	28 Jaqueline Harvey Author talk/ World's Biggest Morning Tea / Train-On Debate NEPS v Belair Premier's debate- Junction	29
1 JUNE Premier's Sporting Challenge begins	2 School Disco 1D & 3/4E parents set-up & pack-up	3 ICAS Test –Science 9.45-10.45 Choir performance	4	5
8 Queen's Birthday	9	10	11 Intensive Athletics Workshop- Years 4-6 9.00-12.30	12
15 ICAS Test- Writing P&C/ School Council Meeting	16 ICAS Test- Spelling	17	18 Premier's Debate Home/Hamilton	19 Athletics Carnival Newcastle Athletics Field
22 Stage Public Speaking finals By Friday	23	24 Recital Night	25	26 LAST DAY Dorothea Mackellar Poetry Entries Reports Home

Term Three Planner

Mon	Tues	Wed	Thurs	Fri
13 JULY Premier's Spelling List Published	14 Students resume	15	16	17
20 NEPS Public Speaking Final	21 Musical Rehearsal COLA	22 Musica Viva Bandlink	23 Dancefest Bandlink	24 Zone Athletics-Track
27	28 Zone Athletics- Field Yrs 3-4 '26 Storey Treehouse' Civic Theatre	29 Musical dress rehearsal + photography All day	30	31
3 August	4	5	6 Musical Performance + all day rehearsal	7
10 Zone Public Speaking?	11	12	13	14
17	18	19	20	21
24 Book Week	25	26 Newcastle Perm. Maths Comp.	27	28
31	1 September	2	3 Pet Visit KM & KT	4
7	8 Yrs K-2 'Cranky Bear' Civic Theatre	9	10 Science & Engineering Y 5/6 Regional Public Speaking Disco	11
14	15	16 School Camp 3-6	17 School Camp Years 3 and 4 return	18 School Camp Years 5 and 6 return

Term Four Planner

Mon	Tues	Wed	Thurs	Fri
5 October Public Holiday	6 Students resume	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
2 November	3	4	5	6
9	10	11 State Final Premiers Spelling Bee	12	13
16	17 NHS + Feeder Schools Town Hall Performance	18	19	20
23	24	25	26	27
30 Captains Speeches	1 December	2	3	4
7	8	9	10 Year 6 Dinner	11
14	15	16 Last day for students	17 SDD	18 SDD