

HILLTOP NEWS

Week Five, Term One, Tuesday, February 23rd, 2016 Edition One Hundred and Sixty-four



Swimming Carnival 2016

Ace Sports Reporter, Mrs Thomas, writes: -

NEPS students, teachers, parents and grandparents enjoyed the 2016 school swimming carnival held last Wednesday at Mayfield pool. 150 students from Years 2-6 attended and almost every student competed in at least one of the 25 metre races. A pleasing number of stronger swimmers attempted the more competitive 50 metre events and the zone team has been selected from the results of these races.

A highlight of the day was the parent/teacher race, with a handicapping system, where valiant efforts from all competitors were displayed. Two grandfathers who entered this race are worthy of a special mention, the very fit grandfather of Rowan and Holly Rigby, and principal, Mr Beach who finished 6th and 7th in the 50metre freestyle event, only just missing out on places due to the competitive nature of their much younger opponents.

All swimmers selected for the 2016 zone team can now concentrate on practising their strokes in readiness for the Newcastle Zone Swimming Carnival which will be held at Lambton Swimming Centre tomorrow, Wednesday 24th February. Age champions and place getters in the 50m events will receive their ribbons and certificates in the school assembly after the zone carnival. Congratulations to all NEPS students who entered races and participated with enthusiasm. A special thank you to all the teachers, parents and grandparents who helped out on the day. Congratulations to our 2016 Newcastle Zone Swimming team, which includes:-

Harrison Fleming, Atticus Kennedy, Poppy Strachan, Ash Jones, Grace Giles, Natalie Fensom, Gabe Leishman, Paddy Pidcock, Isla Fensom, Imala Cush, Aren Barber, Noah Handley, Heidi Schneider, Adelaide Tait, Hunter Pidcock, Jude Hampson, Averil Jones, Luciana Clews, Pat Gomez-Morris, Marshall Rattray, Alex Miles and Georgia Fleming.

Helping with School Running Costs

Our voluntary contribution is still one of the lowest around, and remains at the same level as last year, well below the recommended Department of Education level. At just \$40 for the year, it's but a few cents each day. As well, our text book levy, known as a "materials fee" in some schools, remains at the very low \$40 level. If you are able to pay these amounts, and haven't done so already, it makes a difference to the services that we can provide.

Your invoice included \$35 for the school history, To Climb The Hill, but many have already purchased a copy, and can disregard this section. It's definitely not compulsory!

Vacation Care Survey

Our new OOSH Manager Tracey wants to assess the level of interest in an extended "vacation care" service for our OOSH, and in this Newsletter you will find a quick survey asking if you might use such a service. If you do, or need more information, please complete and return, and Tracey is always ready to have a chat on her separate number 49 29 15 50.

Scripture and Ethics

Parents have the right to choose whether their children participate in Scripture lessons, and if they prefer, to opt out of Scripture, to enrol in Ethics. Both courses are taught by enthusiastic volunteers, during normal class lesson times. To manage this option for the 2016 school year, we will assume that your child will continue in the course you choose last year, Scripture or Ethics, unless you advise me otherwise, in writing. There is absolutely no problem with changing from one to the other, but I must have it in writing. Some Scripture classes begin this week, and with our new Ethics Coordinator on the case, we hope to have Ethics running in the next week or two. If you are interested in training as an Ethics teacher, please contact me at the school.

MealTrain for the Hammond Family

NEPS parents have rallied to help Kate and her three children, following the tragic loss of their father and partner, Leon. To continue this support, several parents have set up a Meal Train, and this will hopefully ensure a steady flow of food and support over the coming weeks/months.

mealtrain.com is a calendar tool where people can register to volunteer to prepare a meal to help out someone in need. If you would like to offer to prepare a meal for the Hammond family you can register via this unique address: <https://mealtrain.com/6newrz> and follow the simple steps on the website.



Tense Moments at Science Club

Our experiment this week was about the surface tension of water, the way that the molecules bind together, strong enough to support some small mass, until a drop of detergent breaks that tension. We did it with pepper sprinkled on the surface, and this picture shows what should have happened, with paper clips, if our experiment had worked.





For Your Diary

- Wednesday 24th Feb - Zone Swimming Carnival
- Thursday 3rd March - Hansel and Gretel - a drama for K to 6, parents welcome, 1.45
- Friday 4th March - Clean Up Australia Day, 2pm
- Monday 7th March - Drama production - Return of the Bully, 11.30, all welcome
- Thursday 10th March - Selective Schools Test

➤ Early Warning - Easter Hat Parade - Thursday 24th March, at 2 pm.

School Voluntary Contribution and Text Book Levy

School fees are now able to be paid online through the NEPS website. Not all sports or excursions can be paid online. Please check your permission note as to whether online payment is available.

Detailed instruction on how to make online payment in the following link:

https://detwww.det.nsw.edu.au/finance/schools/banking/Parent_Instructions.pdf

NEPS OOSH NEWS

Before school care breakfast club is a great option for the busy parent. Our menu consists of cereals (weetbix, rice bubbles, cornflakes, cheerios and cocoa bombs), toast and toppings, pancakes, egg wraps and fruit with a refreshing milk drink afterwards. We do a craft of the children's choosing and self-directed play. We can also do hair (I have become an expert at pony tails and plaits).

Just a reminder that if you are not attending OOSH could you please notify me before 10am on 49291550 or email nepsoosh16@gmail.com

Vacation Care Survey

We are looking for expressions of interest if you would utilise vacation care. Could you please fill in and hand into the school office.

Please circle

Would you use vacation care **YES** **NO**

What days would you most likely use?

Monday Tuesday Wednesday Thursday Friday

Thank you for your time
Cheers Tracey

Canteen News!

Want to help in the canteen but can't make it in for a whole day? We would love a couple of volunteers who can come to canteen for an hour or two on a Tuesday or a Thursday to restock the freezer and fridge.

Text Cherry on 0409 927 006 if you can help.

As some may be aware, there have been canteen changes afoot.

Here is what you need to know.

- 1) There is a brand new menu with some of the old favourites and some new items, all in line with the healthy schools guidelines. You can access this in the newsletter, the skoolbag app, and on our very own new Facebook page. There will also be some hard copies at the office. The NEPS canteen Facebook page will keep you up to date with specials, trials of new items and show photos of what's on offer to help your kids order.
- 2) For those who are new to our school: please write your name, class and what you would like to order on a paper bag. Place your money in the bag and put the bag in the slot in the canteen door when you arrive at school in the morning. Your order will be brought to your classroom by designated lunch helpers. If you have change, it will be in the bag also. Hot food (including corn cobs which are a snack item), sandwiches/wraps and boxes must be ordered in the morning. Sushi (for Friday lunch) must be ordered on Thursday by 1200. The canteen is open on Monday and Friday only at this stage.
- 3) Volunteering in the canteen is a great way to get to know our fantastic school community, is enjoyable, and is hugely appreciated! The best bit is that your kids/grandkids etc. will get a total kick out of it! There is no pressure to come often and you will be supported by an experienced person until you feel comfortable. For those who have volunteered in the past, things have been kept as easy as ever and Cherry and Donna are only a phone call away if there are any problems. If you can help please message Cherry on 0409 927 006 or leave a message at the office.

Thank you for supporting our canteen. This is run entirely by volunteers and is a source of fundraising for our school.



CANTEEN MENU

NEWCASTLE EAST
PUBLIC SCHOOL



SNACKS

Amazeballs	1.00
Cake of the week	3.00
Corn Cob with or without butter	1.00
Fruit	0.50
Finger Bun (1st Fri of month)	1.20
Popcorn	1.00
Slinky Apple	0.50
Yoghurt Cup With Blueberries	1.00

FROM THE OVEN

Chicken Strips	0.50
Chicken Burger (Monday)	4.00
Garlic Bread Roll	1.00
Mini Meat Pie	1.50
Pizza - Hawaiian or Margarita	3.00
Sausage Roll	2.50
Spinach & Ricotta Roll	2.50

BOXES

SURF'S UP MUNCH BOX	
boiled egg, corn chips, vegie sticks, seasonal fruit, cheese cubes	3.50
hommus 50c extra	

GARDEN SALAD BOX	
Salad with ham off the bone or chicken breast	3.50
extras 50c: cheese, pineapple, beetroot	

DRINKS

Plain milk	1.00
Plain milk with flavoured straws	1.50

FROM THE DELI (SANDWICH & WRAPS)

Deli items toasted for 50c extra

HAN SOLO - choice of:	2.00
cheese, vegemite, tomato, ham, jam, honey (extra toppings .50)	
CHICKEN RUN	3.50
chicken, lettuce, mayo	
WALLACE & GROMMET	3.00
cheese & tomato	
BABE	3.50
ham off the bone, cheese, tomato	
RAINBOW SALAD	3.00
lettuce, tomato, carrot, cucumber (extra items .50)	
SHARK BITE	3.50
tuna, lettuce & mayo	

SUSHI

SUSHI ROLLS (Friday)	
Teriyaki Chicken	
Chicken & Avo (gf)	
Tuna/Chicken + Lettuce & Mayo (gf)	3.00
Vegetarian - carrot, capsicum, avo & cucumber	

Prawn California

Smoked Salmon & Lettuce

Sushi orders must be in by 12pm Thursday

FROZEN

Hula Hoops (frozen pineapple)	0.20
Frosty Fruit (frozen seasonal fruit)	0.50
Quech Fruit Sticks	0.50
Smooze	1.20

The simplest way

...to encourage healthy eating.

If you've got a fussy eater in the family, a behaviour reward chart can be a great way to get them eating and enjoying new foods and more fruit and veg.

Praise from parents or the offer of small rewards is a good motivator for many children.

A behaviour reward chart can work wonders too. Remember to decide on rewards and goals in advance and keep them realistic and motivating.

Want more great tips and strategies to overcome fussy eating? Register for a Fruit & Veg Sense workshop online: eatittobeatit.com.au

Find this chart and others online too.



My Fruit and Vegetable Chart

Name: _____

Each day I need to eat _____ serves of fruit and _____ serves of vegetables.

Day	Serve of Vegetable	Serve of Fruit
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

If I eat _____ serves of fruit and _____ serves of vegetables each day for a week, my reward will be _____.

The simplest way to earn rewards

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit

ARE YOU GAME FOR THE BEST SCHOOL HOLIDAY ENTERTAINMENT?

Bring Your Mates. We'll Serve Up Non-Stop Entertainment!

APRIL SCHOOL HOLIDAY MULTI SPORTS CAMP



YOU NAME IT WE PLAY IT!

- Indoor Soccer World Cup
- Touch Footy State of Origin Series
- Basketball Playoff Series
- The AFL Championship
- Indoor Cricket Twenty 20 Cup
- Dodge Ball Tournaments
- Daily Trophies, Awards and Prizes



FREE T-SHIRT

Join Our Team And Score
Your Very Own Super
Sports Camps T-Shirt!



EARLY BIRDS

Register By March 24
And You Will Save!



GROUP BOOKINGS

Book In Groups To Earn
Hats, Wrist Bands And
Gift Vouchers!

11 - 13 APRIL, 2016

LOCATION: Howzat Indoor
Centre, Cooks Hill

TIME: 9.00-3.00pm
(FREE before camp care
from 8.00am)

AGE GROUPS: 6-13 years

\$70 Per Day **\$200** for 3 Days

*All prices are early bird rates and end March 24.
Regular Per Day Rate is \$100. Regular 3 Day
Rate is \$250.



"Franco loved his time at Play The Game! Your coaches helped Franco take his confidence sky high. Thanks for giving him the ultimate school holiday experience."
Mrs Marciano

DON'T MISS THE ACTION – REGISTER ONLINE NOW!

**SUPER SPORTS
CAMPS**

supersportscamps.com.au

Term One Planner

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1.		26 Australia Day	27	28 Kindergarten Best Start testing	29 Kindergarten Best Start testing	30	31
2.	Feb 1 First day for K K photos	2 Dance practice	3 Full Assembly	4	5 Sculpture Launch/ Bush Dance	6 Book Launch / Dinner	7 Cathedral Service / Open School
3.	8	9	10 Stage Assembly	11	12 LMBR training JA	13	14
4.	15	16 Debating Workshop	17 Swimming Carnival	18	19	20	21
5.	22	23	24 Zone Swimming Stage Assembly	25	26	27	28
6.	29	1	2 Full Assembly	3 Hansel and Gretel	4	5	6
7.	7 Return of the Bully	8	9 Stage Assembly	10 Selective Schools Test	11	12	13
8.	14	15 LMBR training JA	16 Full Assembly	17	18	19	20
9.	21 Harmony Day	22 LMBR training LA	23 Stage Assembly	24 Easter Hat Parade	25 Good Friday	26	27
10.	28 Easter Monday	29 Writers' Festival Parent/teacher interviews	30 LMBR training	31 Lessons of a LAC	1 LMBR training John	2	3
			Full Assembly				
11.	4 Parent/teacher interviews	5	6 Stage	7 LMBR training LA	8 LMBR training LA		
			Assembly				



The FUN way to become bilingual

♣ Enjoy Mandarin learning through a Western teaching approach!

Games, songs, stories and Crafts!

Come and join us for a FREE Trial!



Every Wednesday in the school Library from 3.20pm to 4.20pm!

Callum from year 2 says: "It is fun to learn Mandarin because I got to say stuff when I went to Singapore"

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