

# HILLTOP NEWS

Week Ten, Term One, Tuesday, March 29th, 2016 - Edition One Hundred and Sixty-nine

## Easter Hat Parade – the engine room

Just how do our students come up with so many creative ideas for the traditional Easter parade? Here's the answer - they get lots of help from mums and dads, who can find the time to come in and help design and build some very beautiful and sometimes zany hats, as we can see from these pictures in KM, as they prepared last Wednesday. Thanks to all our helpers at home, for making this a special day for our children, and our appreciation for all our visitors to Thursday's parade.



## Staff Changes

Our growing student population has “earned” us an additional Assistant Principal position, alongside Mrs Thomas and Mrs Miller. The position was advertised widely last term, with a panel including parent and staff representatives finishing the selection process last week. The selection process involved an advertisement, written applications, referee interviews, short-listing, and interviews. My thanks go to the panel, and congratulations to Mr Todd Daniels, from Hillsborough Public School, the successful applicant. Mr Daniels will take over the 3B class, which has been very well-taught this term by Mrs Bell. My sincere gratitude is extended to Mrs Bell, for the outstanding job that she has done with that class, and we wish her well in her future roles in schools.

## Parent Workshop on Student Wellbeing

This workshop was full of interesting ideas on ways to boost our kids' school experience, and the parents there were interested to hear how the school tries to combat bullying, and to strengthen self-esteem and resilience. We're always anxious to hear any ideas that you might have, by email to me, or just to have a chat. Our approach to bullying is most importantly to bring the matter out into the open, by telling an adult, so that remedies can be found. Staff teach the Rock and Water program to our students, and by year's end all teachers will be trained in this very fine self-reliance program. If you would like more information about it, follow this link: - <http://rockandwater.com.au/wordpress>

## Major Donation to NEPS

Last week a former student of our school, Mr Les Lauer, made a spectacular donation to our students, a scale model of the Sydney Harbour Bridge. This very carefully detailed model, over four metres long, was crafted by Mr Lauer over two years, and has been displayed in many prominent locations, including the Powerhouse Museum, Newcastle Regional Museum, and in the Sydney 2000 Olympics parade. I have placed it on display in the Library Annex until we figure out how best to display it. My thanks go to Mr Lauer for making this very kind donation. He particularly wanted it to go to NEPS, as a student who had greatly enjoyed his time here in his early years. We're very glad that he did! Our picture shows Mr and Mrs Lauer, with the imposing model.





## Disco Coming Up This Thursday

Can you help? We need parent volunteers from KM and 6E to staff the barbeque this week, and drink sales. Each class is asked just once per year, so please try to support our kids by volunteering. Click on the following link to sign up:

<http://www.signupgenius.com/go/30E0A4DAEAB29AAF94-bbqroster>

## Cross Country Running Report

We had marvellous weather on Thursday 17th for our annual Cross Country Carnival at Foreshore Park. All competitors ran well in the warm conditions, enjoying the regular water sprays from their teachers as they completed the 2000m or 3000m courses. The students finishing in the first three places will represent NEPS at the Zone Cross Country Carnival, to be held Thursday 31st March at Stevenson Park, Mayfield.

The zone team includes: Alvin Craig, Jude Hampson, Drew Randall, Emily Miles, Averil Jones, Luciana Clews, Adelaide Tait, Georgia Fleming, Heidi Schneider, Riley Egerton, Teal Murdoch, Romeo Alexander-Meylan, Darcy O'Rourke, Ben Bardsley, Daniel De Beer, Ella Marceau, Imala Cush, Millie Dennis, Rebecca Craig, Laria Crawford, Rosa Bailey-Hepburn, Harrison Fleming, Louis Lyons and Kobi Ford.

All houses were well represented, with the following results finalised at the end of the day.

1. Ross = 128
2. Eckford = 117
3. Fraser = 103
4. Murphy = 93



### Riley Shines at Soccer

Riley Egerton of Grade Five has been selected in the Newcastle Representative Football team. Many students from Grade Five and Six tried out, so selection for Riley, one of the youngest players at the trials, was a fine effort. Congratulations!

## The Quiz

Look very closely at this picture, taken in our school playground. How many animals can you see in this photo?

Email [john.beach@det.nsw.edu.au](mailto:john.beach@det.nsw.edu.au) if you can identify the animal in the picture, and the number of that animal you can see. There's a prize for the first correct answer from Infants and Primary.



## Student Wellbeing Workshop

It was a busy time for families last week, so thanks to the parents who were able to attend this workshop in the Benson Library last Wednesday night, to discuss how we can best ensure that our students are happy and engaged at school. This is one of our three strategic targets for the three year period 2015-2017, so we are very anxious to hear any ideas that you might have. Strategies currently in use at NEPS include: -

- Rock and water - a psycho-physical program, which teaches kids when to stand strong, and when to walk away, when faced with difficult situations. All our students will be doing regular lessons in Rock and Water by year's end, with the last few teachers being trained in the program this semester. See <http://rockandwater.com.au/wordpress/>
- Anti-bullying program. We certainly don't claim to have totally eliminated all aspects of bullying, but we are working hard with our students to expose quickly any bullying situations, and address them as soon as we can.
- You Can Do It - used chiefly with Kindergarten students, to bolster independence and resilience.

Some worthy suggestions came out of the workshop, including setting up a "friendship bench" for kids who are looking for someone to play with. Do you have some great ideas to share?

## School Office Changes

Over the next couple of months you may notice some new faces in the front office. Annette and Lisa will be out of the school undertaking training for our new LMBR system that the Department of Education are rolling out to all schools over the next few years.

There will be quite a few days when the girls will be extremely busy with implementing the training they have done. There will be also a few weeks where there will be no money collected as we roll over to a new bank account. The weeks we will be looking at are weeks 7 and 8 of Term 2 June 6<sup>th</sup> till June 17<sup>th</sup>. Please make sure you have all school fees paid before this date and any money outstanding for excursion as well.

We appreciate your understanding and patience during this time.

## Student Poetry - Harmony Day - by Daniel Barnes, Year Six

Words spoken by an adult to all children.

*Little ones, wherever you are, you may feel different to others. You may look different but you are the same in heart and soul. You may live in different places but your land is the same. We are the same with different features and qualities, but we are the same. We may sound different, but we are the same. We are the same with food and drink, we are the same, we are the same. When we get hurt, we are the same in emotions. We may be different in hair, but we are the same. Who or what we believe in may be different, in clothes, but it is the same material. We need shelter, we need love, or we will go mad. If you have no family, then hope and pray to find some happiness. We are the same, so don't fear.*

## Term One Planner

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1.		26 Australia Day	27	28 Kindergarte n Best Start testing	29 Kindergarte n Best Start testing	30	31
2.	Feb 1 First day for K K photos	2 Dance practic e	3 Full Assem bly	4	5 Sculpture Launch/ Bush Dance	6 Book Launch / Dinner	7 Cathedra l Service / Open School
3.	8	9	10  Stage Assem	11	12 LMBR training JA	13	14
4.	15	16 Debating Workshop	17 Swimmi ng	18	19	20	21
5.	22	23	24 Zone Swimmi ng Stage	25	26	27	28
6.	29	1	2 Full Assem bly	3 Regional Swim Carn Hansel and Gretel	4 Clean-up Australia	5	6
7.	7 Return of the Bully	8	9  Stage Assem bly	10 Selective Schools Test	11	12	13
8.	14	15 LMBR training JA	16 Full Assem bly	17 Cross Country Carnival	18 National Day of Action Against Bullying	19	20
9.	21 Harmony Day	22 LMBR training LA	23 .Assembly Parent Workshop Student Wellbeing	24 Easter Hat Parade	25 Good Friday	26	27
10.	28 Easter Monda y	29 Writers' Festival Parent/teach er interviews begin	30 LMBR training	31 Lessons of a LAC	1 LMBR training John	2	3
			Full Assem	School Disco			
11.	4 Parent/teach er interviews	5	6  Stage	7 LMBR training LA	8 LMBR training LA		
			Assembl y		Non-uniform Day - Band		

# The simplest way

...to make fruit and vegie snacks.

Snacks are an important part of a healthy diet for active children. And a great way to serve fruit and veg!



Try some of the following fun, nutritious snacks to help your kids eat more fruit and veg.

For more great ideas and recipes visit [eatittobeatit.com.au](http://eatittobeatit.com.au).

- Raw vegie sticks with homemade or shop-bought dip.
- Pumpkin scones or vegie pancakes.
- Celery boats (filled with reduced fat cream cheese + sultanas dotted on top).
- Fruit frozen paddle pops (thread pineapple wedges or banana halves on a stick and freeze).
- Apple crumble (stewed apple + muesli, baked).
- Poppletana (unsalted popcorn + dried apple + sultana = nibble mix).

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)





# 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

<b>SURF'S UP MUNCH BOX</b>	
boiled egg, corn chips, vegie sticks, seasonal fruit, cheese cubes	3.50
hommus 50c extra	
<b>GARDEN SALAD BOX</b>	
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*

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

## SUSHI

<b>SUSHI ROLLS (Friday)</b>	
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
Quelch Fruit Sticks	0.50
Smooze	1.20

YWCA Hunter Region in partnership with Cooks Hill  
Preschool and the Newcastle Region Library presents:

# BOOK- ZILLA

Friday 1 April, Saturday 2 April  
and Sunday 3 April  
9am – 4pm

YWCA Hall, 24 Dawson Street, Cooks Hill  
(entrance via Council St)



# BOOK- ZILLA

BBQ  
Saturday!

**Come along and grab a bargain at the  
MONSTER BOOKZILLA book sale and  
give a used book a new lease of life!**

1000s of donated books to be sold  
at very affordable prices.

Children's books, travel books, fiction and  
non-fiction, biographies, history and crime,  
magazines and self help, fitness and how-to's,  
health and advice books – just to name a few.

There are books for everyone!

Everyone who purchases a book will go  
into a draw for the opportunity to win some  
amazing prizes over the weekend.



All books have been generously donated by the Newcastle  
Region Library and all proceeds will go towards Cooks  
Hill Preschool improving their Early Childhood Education  
Program and YWCA Hunter Region who have been  
supporting women and their families since 1880.



# 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](http://supersportscamps.com.au)**



# WANT THE MOST AMAZING CRICKET EXPERIENCE?

We Guarantee Your Game Will Soar To New Heights!

## APRIL SCHOOL HOLIDAY CRICKET CAMP



**ULTIMATE  
CRICKET SCHOOL**

## PULSATING CRICKET ACTION!

- Fast Bowling Technique Practice
- Spin Bowling Practice Sessions
- Twenty 20 Batting Lessons
- Test Match Batting Sessions
- Net Session Practice
- Fielding Olympics
- Twenty 20 Competitions
- Daily Trophies and Awards



### 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!

**13 - 15 APRIL, 2016**

**LOCATION:** Empire Park,  
Bar Beach

**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.



"Thank you to the coaches for improving  
Connor's skills and self confidence. He was  
very satisfied with this inspiring  
holiday experience."  
Mrs Moore.

**DON'T MISS THE ACTION – REGISTER ONLINE NOW!**

**SUPER SPORTS  
CAMPS**

**supersportscamps.com.au**



*Hunter Singers and Hunter Trebles will present a moving concert to honour the fallen in this Centenary year for the Battle of Fromelles. Featuring the World Premiere performance of 'Fromelles' by Paul Jarman, commissioned with the assistance of the Federal Government's Anzac Centenary Arts and Culture Fund.*

Sunday 3 April 2016, 2pm  
Adamstown Uniting Church

Music Director – Kim Sutherland OAM

Tickets \$25 Adults, \$20 Concession, \$10 Children

Available at [www.trybooking.com/KHWQ](http://www.trybooking.com/KHWQ)

hunter  
singers





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# Awesome April Workshops



Fun School Holiday Workshops!

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New Lambton    Fletcher

Full Day \$79  Half Day \$39

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[bricks4kidz.com.au/nsw-lakemacquarie/](http://bricks4kidz.com.au/nsw-lakemacquarie/)

