

# HILLTOP NEWS

Week Six, Term One, Tuesday, March 1<sup>st</sup>, 2016 Edition One Hundred and Sixty-five

## Zone Swimming Report

Twenty two students from Years 2-6 proudly represented NEPS at the recent zone swimming carnival held at Lambton Swimming Centre. Many of our students finished in the top four places in their heats and swam personal best times in the fiercely competitive 50m races.

The Newcastle Zone is one of the most competitive for swimming and consists of 25 inner city schools, so our students can be very proud of their efforts.



Five swimmers advanced through to the Regional Swimming Carnival, to be held this week at Maitland Pool. Congratulations to Averil Jones who will represent the Newcastle Zone in every event at the regional carnival and Heidi Schneider who will swim in three 50m races. Both girls will join Luciana Clews and Adelaide Tait who will re-live their excellent swimming result from two years ago representing Newcastle in the relay. Harrison Fleming will swim in the 8 years 50 m freestyle championship. We wish our swimming champions the best luck for these events.

## Traffic Safety

Students and parents need to take extra care around the school, with traffic volumes set to increase over the next year. Crossing the busy roads around the school can be very dangerous, especially in the times just before and after school. Please remind your family: -

- Always use crossings when they are available, even if you have to walk further to get to a crossing
- Don't assume that cars will stop at crossings - they don't always see you!
- Never run across a road to get to school, unaccompanied by an adult, even if called.

## The Magic Show - Laria Crawford (3B) Reports

On Thursday 25th February Samuel Farrow, an ex-student of NEPS, came to 3B's classroom to do a magic show. First up Samuel did a close-up magic trick to Rowan. Samuel pulled a coin from her hand! Later on he got a volunteer to do a card trick. Samuel did a few different card tricks. I was even one of his volunteers! He also performed with Chinese Linking Rings. He made us count to three then he would link and unlink them. One of Samuel's last tricks was turning a messed up Rubik's cube into a completely finished one. His very last trick was turning his wallet into two bags of lollies! Samuel did get his wallet back. I really enjoyed the show.



## Clean Up Australia Day Friday at NEPS

All our students will spend the last thirty minutes of Friday in a school clean-up, as part of the national Clean-Up Australia day. Parents can help too, by coming to school a few minutes early. Children will not leave our school grounds.

## NEPS 200 Facebook Page - Still Checking?

If you missed events at our bicentennial celebrations, did you know that lots of new content is being posted to our Facebook page, including some of the speeches made so eloquently by the sculptor Heather B Swann, by Ms Gillard, and by Justice Michael Kirby. Click here to catch up: <https://www.facebook.com/NewcastleEastBicentenary/>

## Dramatic Times at School

Our children will see Hansel and Gretel this Thursday at 1.45, in the library. The actors need an inside venue, so it will be a little warm and stuffy, but parents are still invited along as our guests. Next week we host Return of the Bully, the centre-piece of our anti-bullying program, and children will do some units of work around that theme, in class, after the production.



## Helping with High 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 \$45 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!

## Congratulations to New Librarian / Monitors

Four students have been chosen as library supervisors, empowered by Mrs Mason to do lending, assisting students to find books, etc. They are: -

Elizabeth Wood, Ben Dennis, Hunter Pidcock, and Paola James. Congratulations to all!

## Newsletter Quiz

Win a draw from the lucky dip bag, if you are the first to answer this question, by email to [john.beach@det.nsw.edu.au](mailto:john.beach@det.nsw.edu.au)

It's school history, and the answer is in our school history book, To Climb The Hill.

Who was the West Indian man who lived across the road from the school, and who scared our children so much in the early part of last century?

His picture is in the school history book.



Sailing (after-school sport) finally got underway yesterday, with twenty students out on the harbour in a beautiful light south-easterly breeze. During this course each student will learn the basics of sailing - how to tack the boat, steer, trim the sails, and rig the boat. Their first impression yesterday was very positive!

## 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 chose 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](http://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.





## For Your Diary

- Thursday 3<sup>rd</sup> March - Regional Swimming Carnival
- Thursday 3<sup>rd</sup> March - Hansel and Gretel - a drama for K to 6, parents welcome, 1.45
- Friday 4<sup>th</sup> March - Clean Up Australia Day, 2.20 pm
- Monday 7<sup>th</sup> March - Drama production - Return of the Bully, 11.30, all welcome
- Thursday 10<sup>th</sup> March - Selective Schools Test

➤ Early Warning - Easter Hat Parade - Thursday 24<sup>th</sup> 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](https://detwww.det.nsw.edu.au/finance/schools/banking/Parent_Instructions.pdf)

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## 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](mailto: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

<b>SURF'S UP MUNCH BOX</b> boiled egg, corn chips, vegie sticks, seasonal fruit, cheese cubes hommus 50c extra	3.50
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<b>GARDEN SALAD BOX</b> Salad with ham off the bone or chicken breast extras 50c: cheese, pineapple, beetroot	3.50
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## 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) Vegetarian - carrot, capsicum, avo & cucumber	3.00
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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



# The simplest way

...to keep lunch foods fresh.

Food packed at home in the lunch box needs to stay fresh and safe to eat at school.

Meat, fish, poultry, eggs, noodles, rice, pasta, custard, yoghurt, cheese and milk need to be kept very cold to prevent food poisoning.

Pack lunches in a cooler bag with a cold brick.

Freeze items such as sandwiches, milk poppers, yoghurt, custard tubs, muffins, or fruit segments to pack on hot days.



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

# 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 Regional Swim Carn Hansel and Gretel	4 Clean-up Australia	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				