

# HILLTOP NEWS

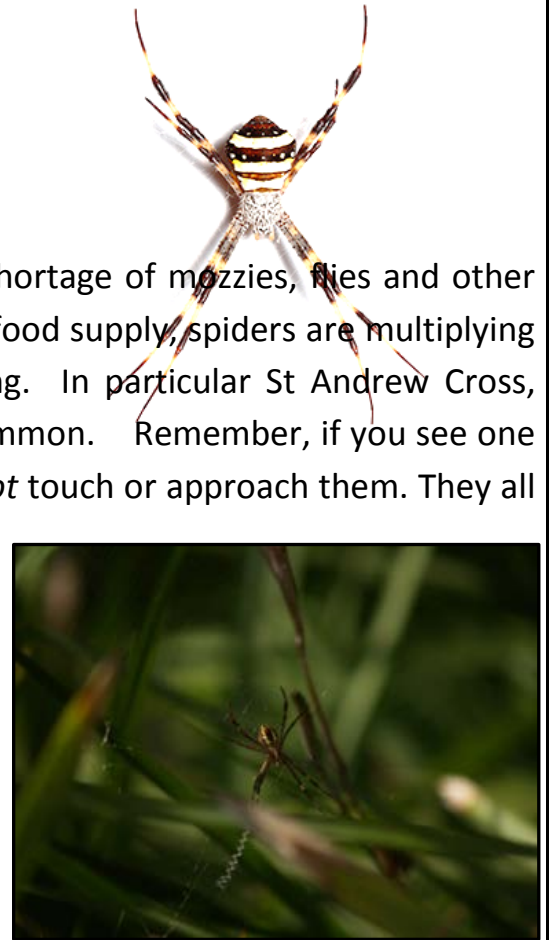
Week Eight, Term One, Tuesday, March 15th, 2016 - Edition One Hundred and Sixty-seven

## Hilltop News Pupil Power!

### Spiders around school:

Due to a wet, humid start to this summer, we have no shortage of mozzies, flies and other annoying insects. And, taking advantage of the abundant food supply, spiders are multiplying rapidly, with more and more eggs surviving and hatching. In particular St Andrew Cross, Redbacks, Golden Orb and huntsmen spiders are very common. Remember, if you see one in the playground, walk away and tell a teacher, and *do not* touch or approach them. They all contain a lot of venom in their systems, and will defend themselves by biting you.

*By Elizabeth Wood*



## Star Of The Week!

**This week's star brings a new culture to our school**

Arthur (or Xi Yu, his Chinese name) was born in Hong Kong. Arthur's mum got work in Australia so Arthur and his mum moved here. Arthur likes it here more than China and is staying here for good. He came to this school a month after leaving China and he didn't know English. Arthur's favourite subjects are Maths and Science. He likes making Power-points at school.

*By Asha Osborne and Ben Dennis/Photo Noah Handley*



This Week we have a Riddle for Infants and a riddle for Primary. Please Email answers to Mr Beach at [john.beach@det.nsw.edu.au](mailto:john.beach@det.nsw.edu.au)

This Riddle is for Primary

A boy and a doctor were fishing. The boy is the doctor's son but the doctor isn't the boy's father, who is the doctor?

This Riddle is for Infants

What has two hands and a face but no arms or legs?

## Chess

Chess is a great game. You can play straight chess, or a timed game. Timed chess puts you under lots of pressure.

The reason I like chess is that it is a fun and educational game and it helps with maths and strategy. If boys and girls want to get better at their problem-solving skills they should join the chess club that Mr Beach is hoping to set up.

My favourite chess move is King's pawn up one spot. My favourite piece is the pawn, because it can do things that other pieces can't. The world's best chess player is currently Magnus Carlsen from Norway.

*By Daniel Barnes*



## Now Time for Some Sport:

This week I interviewed our sports coordinator, Mrs Thomas about her connection with sport. As a child she played netball, did squad swimming, surf lifesaving, basketball and went to state several times for cross country. She likes her job as sports coordinator because she gets to see kids getting fit while having fun, it brings out the confidence in kids, it teaches them to work as a team, it improves children's leadership skills and it's not hard



for children to like which makes it easier than things like maths to teach. She decided to have surfing for a Friday sport to give kids the opportunity to try something new. Just remember cross country is this Thursday so don't forget your water bottle, sunscreen and a hat.

*By Noah Handley*



## Art

We asked interested students to come to the library at lunchtime to be part of a drawing competition, on the theme "creatures". Here are some of their entries.

Sophia G  
3B



Caitlin Thompson

Clockwise from top left,  
these works are by  
Sophia G, Giulia M,  
Caitlin T and Cassidy H.



Cassidy 5/4 h



## From the Principal's Desk

My congratulations to the senior students who have put this Newsletter together, and we hope that a "student newsletter" will become a habit, giving a children's perspective on what's happening in our school.

Schools are busy places these days, and there are several important events coming up this week and next.

- **Student wellbeing** is a focus for us at NEPS, and we are working constantly to better address it, so to explain how we are doing that, an **Information Night** for parents will be held on Wednesday 23<sup>rd</sup>, from 6 till 7, in the Benson library. Topics covered will include the Rock and Water program, our Student Welfare policy, and our anti-bullying strategy. It would be ideal if you were able to attend and give me your feedback and opinions directly, in the discussion around these areas.

**Monday March 21**  
**Gold coin donation –**  
**wear your national**  
**colours or costume of the**  
**country your class is**  
**studying**



- **Rice Day / Harmony Day – both celebrated next Monday, with a special assembly at 1.45 in the COLA. NO MONDAY MORNING ASSEMBLY next week!**

## For Your Diary

- Thursday 17<sup>th</sup> March - School Cross-country Carnival – Foreshore Park, Grade 3 – 6
- Wednesday 23<sup>rd</sup> - Parent Information night – Student Welfare
- Early Warning – Easter Hat Parade – Thursday 24<sup>th</sup> March, at 2 pm.



## One Single Cicada

Climbing the steps, up to the lonely seat atop the grassy hill.  
Wind rushes past, softly rumbling like gentle thunder somewhere in the distance.  
A humming motorbike cruises the otherwise empty streets far below.  
The ocean stretches to the ends of the earth, and a blanket of night covers the town.  
The only light is a ghostly full moon, disappearing behind a silver wisp of cloud.  
A sound breaks the silence. It is the buzz of one single cicada.  
One single cicada hides in the silence of the night, atop the grassy hill.

*By Ruby Parsons*

## 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.

## 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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## Disco Coming Up Soon

Can you help? We need parent volunteers from KM and 6E to staff the barbeque 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-bbgroster>

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## Violin lessons

Hello my name is Rodney Wikstrom & I'm a professional violinist, school music teacher & violin teacher.

- Learn violin for leisure or exams
- Learn to read music, technique & a range of styles
- Beginners welcome
- Free trial lesson
- Lesson days Tuesdays at NEPS
- Cost: \$35 per ½ hour

For more info visit my website: [www.violinvirtuosos.com.au](http://www.violinvirtuosos.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	18	19	20	21
5.	22	23	24 Zone Swimming Stage	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 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 Monday	29 Writers' Festival Parent/teacher interviews begin	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		Non-uniform Day - Band		

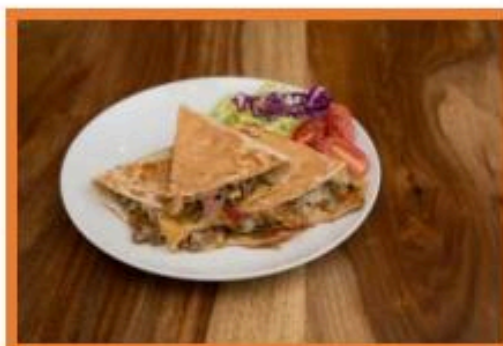
# The simplest way

...to cook quesadillas.

## Beef & Vegie Quesadillas

Serves: 5

**Ingredients:** 1 tbsp olive oil; 1 med brown onion, chopped; 1 clove garlic, diced; 200g button mushrooms, chopped; 500g beef mince; 1 large zucchini, grated; 1 large carrot, grated; 2 medium tomatoes, diced; ½ tsp ground cumin; ½ tsp ground coriander; ¼ tsp cinnamon; 10 medium tortillas; 250g reduced fat cheese, grated.



**Method:** Cook onion, mushrooms and garlic in frypan with olive oil until soft. Add mince and spices. Brown the mince, add zucchini, carrot and tomatoes. Cook for about five minutes. Lay a tortilla flat, layer half with cheese, a few spoons of mince and top with more cheese. Fold over. Cook in sandwich press until cheese melts and tortilla is golden crisp. Cut in half. Serve with salad. Refrigerate leftovers and add to lunch boxes.

**Variation:** add a tin of kidney beans for a more authentic Mexican dish and extra veg.

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

# Gifted and Talented Students (GATS)

The Hunter Primary GATS Committee will be holding 2 Parent Information Sessions to accommodate the Newcastle and Maitland regions.

## Maitland session

When: Wednesday 9th March at 6pm

Where: **School library**

Rutherford Public School

Weblands Street, Rutherford

NSW 2320

## Newcastle session

When: Wednesday 16th March at 6pm

Where: **School hall**

The Junction Public School

Union Street, Merewether

NSW 2291

## **Guest Speakers:**

Mrs Christine Rippon

Principal of

Merewether High School

Mrs Lee Saurins

Principal of

Wiripaang Public School

## **Agenda**

- What is a Gifted and Talented Student?
- Myths around 'Gifted Students'
- Respect, Rights and Responsibilities
- Geniuses in the Making

Tea, coffee and light supper will be provided from 5:30pm.



**Hunter Primary GATS  
Committee**





# 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)	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 Wasteland

**TANTRUM'S 4 DAY HOLIDAY WORKSHOP**  
**MON 18 - THURS 21 APRIL, 10AM - 3PM**  
**HUNTER WETLANDS CENTRE, SHORTLAND**

**BOOK AT [TANTRUM.ORG.AU](http://TANTRUM.ORG.AU) 49 297 279**



# 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**

**\$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.

**LOCATION:** Howzat Indoor  
Centre, Cooks Hill

**TIME:** 9.00-3.00pm

(FREE before camp care  
from 8.00am)

**AGE GROUPS:** 6-13 years



"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**



# 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
- **20** 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**