

HILLTOP NEWS

Week Nine, Term One, Tuesday, March 22nd, 2016 - Edition One Hundred and Sixty-eight

From the Principal's Desk

My congratulations to the senior students who have put last week's Newsletter together, giving us a chance to see their writing and artistic skills in action, and making for some very interesting reading. The Committee did a wonderful job, working to a deadline, but I did forget to acknowledge the role played by Emily Miles in the editorial stage, and by Noah Handley, the team's official photographer. This edition was widely read by our students too, so we plan to make a students' Newsletter a regular event.

Parent Workshop Wednesday at Six

Can you join us for an hour's informal discussion about the ways that we try to boost our students' welfare and pastoral care at NEPS? This is a focus area in our school planning, and we recognise that kids today are under far more pressure than they were a generation ago, with external examinations, complex choices to make about high school placements, and peer group pressures. A particular concern for staff is the need to bolster respectful relationships between kids, especially with regard to sexist or misogynistic comments.

Topics covered will include: -

- How we try to counter bullying
- How we make our kids more resilient
- The Rock and Water program
- Our Behaviour Management policy
- Establishing respectful relationships
- Resources available to help schools and parents

We certainly know that we aren't perfect, so your input and ideas will be most welcome. Sorry, but this workshop is definitely not for children!



Thanks to our wonderful office staff for their help yesterday in getting the rice ready for 250 people! It was such a success, raising \$504 for our partner schools in Vanuatu.

Harmony Day -We Celebrated Our Diversity in Style

Yesterday we had a great and colourful celebration of the diversity of our school and national culture, with costumes representing Australia and lots of other countries. To hear seven different languages spoken at Assembly was a thrill for us, and for the presenters, who have to spend their school lives speaking in a tongue that's not quite so familiar to them. Every class entered into the spirit, so a big note of thanks to parents who put in so much time on costuming.



St Matthews Passion - Hunter Singers

Noah, Ella, Aren and Luke were part of the Hunter Singers choir today, when they performed St Matthew's Passion, together with two other big choirs. The sound of the Hunter Singers made a big difference to the performance. There were more than 150 choristers, plus soloists and an ensemble.



Well done ...



LMBR Training

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 6th till June 17th. Please make sure you have all school fees paid before this date and any money outstanding for excursions as well.

THERE WILL BE NO PARENT ONLINE PAYMENTS OR EFTPOS DURING THIS TIME

We appreciate your understanding and patience during this time.

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.

NO SUSHI THIS WEEK DUE TO EASTER LONG WEEKEND

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

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-bbqroster>



yogabodyworks

BOOKINGS: (02) 4929 6791 or email
info@yogabodyworks.com.au

COST: \$140 for the term

yogabodyworks.com.au

CLASS TIMES

Tuesday: 4.30-5.30pm | Years K-2

Thursday: 4.30-5.30pm | Years 3-6

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				
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 serve a fun-filled dinner.

Presentation is key to encouraging kids to eat more fruit and vegetables, and to entice fussy eaters to try new things.



The dinner table is a great place to try out fun-filled foods the whole family can enjoy.

Serve dishes that allow kids to take a hands-on approach.

Why not try **Sang choy bow** (pictured)?

Kids will love wrapping the mince and veg mixture in a lettuce cup and picking it up with their hands to eat.

Go to eatittobeatit.com.au for a recipe.

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

SURF'S UP MUNCH BOX boiled egg, corn chips, vegie sticks, seasonal fruit, cheese cubes hommus 50c extra	3.50
GARDEN SALAD BOX Salad with ham off the bone or chicken breast extras 50c: cheese, pineapple, beetroot	3.50

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

SUSHI

SUSHI ROLLS (Friday) 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

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

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!



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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.

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**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

hunter

singers