

HILLTOP NEWS

Week Seven, Term Two, Tuesday, June 7th, 2016 Edition One Hundred and Seventy-seven

Working Bee Sunday 12th June - Please Come Along!

Please mark in your diary this Sunday morning event, this weekend, to get our gardens ready for winter, and to see them in their best shape for our school election hosting. Tasks include raking, mulching, weeding, watering, and fertilising plants and trees. Kids are welcome too, and a working bee is a great way to meet other parents and families.



School Drama Production - Dates and Ticketing

About our play - as part of our 200th anniversary celebrations, our students will re-tell the history of our school through the experiences of our students over two centuries. Each class will perform in the time-travel drama, reflecting our school's history and Australia's social history too!

Tickets go on sale Wednesday night at 7.30. Our last school performance sold out, and many missed out on tickets, so we've arranged a second, day-time show this time. In all, we will have two days at Newcastle Grammar Park Campus, in the Sandi Warren Performing Arts Centre. Details are: -

Wednesday 22nd, all students travel by bus to NGS Park Campus for **rehearsal**, wearing normal school uniform

Thursday 23rd - **matinee performance** at 12.30, \$10 per adult, \$5 per child (requiring a seat). This performance will be ideal for parents with toddlers, or those not wanting to go out on a wintry night. Our students will be seated in the main hall during this show.

Thursday 23rd, 6.30 pm. **Main performance**, seats limited to 450, general admission only - no numbered seating. Tickets \$20 per adult, children \$10.

Please note that all ticket sales will be through this site, and no bookings can be made through the School Office. <https://www.trybooking.com/LUAO>

Storm Damage and Preserving Our Playground

We lost a large bough from our beautiful red flowering gum tree during the storms this weekend, but no other damage to buildings was reported. However, our lower playground suffered some erosion, and highlighted the need to keep off it until the grass grows. Remember that our P and C is locked into raising money to cover our playground with synthetic turf, to prevent this continual need to close the grounds.

Wetlands Excursion for World Environment Day

On June 2nd a group of students from 3D (Mr Daniels' class) went to Hunter Wetlands centre for Planet Savers 2016. There were 7 activities but we only got to do 5 of them. The 1st activity we did was called energy in action. We played a game where there were some cards and each of them had an action on it. My favourite action was for nuclear where you bounced up & down.



The 2nd activity was called recycle relay, which is where there are two baskets, one red, and one yellow. You had to choose an item and put it in the right bin. Each time you put an item in the wrong bin you got a point deducted. Both teams started with 10 points.

The 3rd activity was called Our Australia. There was an Aboriginal man who told us all about their culture. He also told us about some stuffed animals. One of the things he told us about was that each person was named after an animal, known as their totem. The totem of the man who talked to us was a long necked turtle. That meant he couldn't kill any long necked turtles. It also means that he can't marry a long necked turtle lady.

Our 4th activity was called pot and plant for a better world. It was about how you could save money and electricity by planting and growing plants instead of buying all your food. We got to make a paper pot and then choose a plant. Sage or parsley. I chose parsley.

Our 5th and final activity was called how clean is our water? We had to do a number of tests for the pond water. We also had to do the same tests with some tap water that had bi-carb soda in it. The tests we had to do were pH, clarity and temperature.

Report by Laria & Rowan

Touch Footy as After-school Sport – Change of Venue



Our juniors, pictured, have just completed four weeks of touch at King Edward Park coached by Rebecca and Bevan.

For the next four weeks, 16 senior students are learning to play touch with Rebecca and Bevan.

Please note that After-school Touch now takes place at King Edward Park, so parents should pick up their children from there.

Friendship Bench

Thanks to Iggy's mum, Kate Fitzgerald, for organising a "friendship bench" for our students. Kate has done lots of lobbying and arm-twisting to make it happen, and now it's our job to paint it and install it. The idea is to develop a "friend bank", so that if there's no-one to play with, you sit on the bench and meet others. It's a great social idea, and our thanks to Kate and family. Here it is!



Athletics Carnival Reminder

It's next week, so please send permission note and money to the Office this week. Parents are very welcome too, and we rely on parent help for time-keeping and general morale-boosting.



- To all you runners - this Saturday, 11 June, is the 4th Anniversary of Newy parkrun at Carrington. A big crowd is expected and we are hoping to see lots of NEPS kids and their families taking part. If you do run/walk please stay around afterwards and meet outside the rowing sheds for a NEPS photo. Parkrun is a free, timed 5km run open to all ages, sizes and abilities. If you have not taken part beforehand please register and print out your barcode so that your attendance can be recorded. Go to www.parkrun.com.au/register/.
- Notes and money are due to the office for the athletics carnival.
- Students doing touch footy after school on Thursdays are going to King Edward Park so parents should pick their kids up from there at 4pm please.

Dance2bfit

Dance2bfit is an energetic, innovative and fun way to get fit and funky with the latest dance styles to the hottest music tracks. This is a great program to improve the fitness levels of students while they are having a great time. Dance2bfit has been developed specifically for NSW Primary Schools under the PDHPE syllabus where students have fun learning a new dance each class. Cost is \$25 per student. Only 2 students per family need to pay.

The program begins Week 2 of Term 3 and runs for 8 weeks.



Newcastle East Public School Out Of School Hours Vacation Care Program

NEPS OOSH VACATION CARE AIM: To promote a friendly community based vacation care option for parents

Current proposed Vacation Care Program July 4th to July 15th plus Monday 18th pupil free day!

Vacation Care Booking Form July 2016

****PLEASE NOTE:** Vacation care availability & daily options will be subject to the number of children booked

Bookings are essential and will close on the 24th June 2016

An email confirmation will be sent to you on booking

Booking Vacation Care: Please tick in the box the day/days you require below

Parent Name _____ Contact number _____

Email contact _____

Child/ Children's names _____

Please note any special dietary requirements _____

Please tick the box on the appropriate day/days you wish your child/children to attend

Week 1	Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th
Week 2	Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
Pupil Free Day	Monday 18 th				

Points to Remember

- **Cost for the day is \$60. A 50% deposit of fees will need to paid before vacation care**
- All lunches and afternoon teas are supplied by NEPS OOSH. A menu will be advertised on 4th July at the centre. Special dietary needs will be catered for so please inform staff a few days before attendance
- Bring in a piece of fruit each day attended. It will be pooled and shared with fruit platters for morning tea
- **There will be no cancellation of days after the 24th of June.** Where possible we will replace your day for another day or if able to give your day to another family and cancel your fee.

NEPS OOSH Vacation Care

Family Information

Operating Hours: 7.30am to 6pm Monday to Friday

Please contact Tracey with any questions on:

Phone: 49291550 or email:

nepsoosh16@gmail.com

Daily Program

7.30am: Breakfast till 8.30am

Free time period

Games and craft

Electronic games and board games are available for the children's enjoyment during free time.

9.30am: Morning program includes excursion start time

10.30am Morning tea

11.00am Program continues

12.30pm Lunch and free time period includes movie

2.00pm Afternoon program

3.30pm Afternoon tea

5.00pm Pack away and tidy up and free play

6.00pm Centre close

MENU

All Lunches and afternoon teas will be catered for by

NEPS OOSH.

Lunch menu will consist of salad wraps, toasted sandwiches,

sausage sizzle, pasta bake, spaghetti Bolognese, tacos and more

gluten free, vegetarian and eggless options.

Morning tea

Please bring in 1 piece of fruit so we can share in fruit platters

Afternoon tea

The children will have the opportunity to create the

afternoon teas in the morning. Cooking will be a part of

the morning program when at the centre

Athletics Carnival 2016- Canteen

Hot Food

Large meat pie \$2.50
Junior meat pie \$1.50
Sausage roll \$2.50
Spinach & ricotta roll \$2.50

Tomato sauce 30c

Bakery

Finger bun \$1.20
Muffin \$1.20
Cup cake \$1.20

Drinks

Water \$1.00
Tea \$2.00
Coffee \$2.00

Snacks

Fruit kebab \$1.00
Chips \$1.20

Frozen

Fandangle (choc shmallow) \$2.00
Icy pole (lemonade or raspberry) \$1.20
Milo scoop shake \$3.00

TERM TWO PLANNER

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1.	April 25 ANZAC DAY	26 SDD	27 LMBR L/A	28	29
2.	May 2 GATS Debating Workshop Sailing	3	4 Cricket training	5 LMBR L/A History Course 4-6	6 LMBR John
3.	9 Sailing	10 NAPLAN	11 NAPLAN	12 NAPLAN	13 LMBR L/A
4.	16 Sailing	17 ICAS Digital Tech LMBR John	18 GATS Maths	19 LMBR L/A	20 LMBR L/A
5.	23 School Photos Sailing	24 Primary Athletics Skills Workshop	25 LMBR L/A	26 GATS Poetry LMBR L/A	27
6.	30 Sailing	31 ICAS Science	June 1	2 LMBR L/A	3 LMBR L/A
7.	6	7	8 LMBR L/A	9	10 Working Bee 
8.	13 Queen's Birthday Holiday 	14 ICAS Writing LMBR Live	15 ICAS Spelling	16 Whole School Athletics Carnival	17
9.	20	21	22	23	24 LMBR John
10.	27	28 Canberra 5/6	29 Canberra	30 Canberra	July 1 Canberra
		BandLink	Bandlink		Mr Beach's last day at NEPS

The simplest way

...to enjoy all forms of fruit & veg.

Fresh fruit and vegetables are an essential part of a healthy diet.

But did you know frozen, chilled, canned and dried fruit and veg also count towards your daily number of serves? (Aim for 2 serves of fruit and 5 of veg.)



These alternatives are a great option:

- when fresh is in short supply;
- for convenience (storage, time saving);
- to stock the fridge, freezer and cupboard, so you'll always have fruit and veg on hand!

Top tips:

- Choose "no added salt" or "salt reduced" canned veg and fruit in "natural juice" not syrup.
- Limit dried fruit to no more than one serve a day (approx. 30g) as too much can lead to excess weight gain and tooth decay.

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