

# HILLTOP NEWS

Week Eight, Term Two, Tuesday, June 14th, 2016 Edition One Hundred and Seventy-eight

## Working Bee Thanks

An enthusiastic band of parents and children turned out on a crisp winter's morning to complete many gardening tasks around our school, including cutting up the tree which we lost in last weekend's storm, weeding, mulching, and watering. Many tasks were carried out in just a few hours, we all had fun, and our playground is safer and more attractive thanks to the wonderful effort of these volunteers.



## Dress Rehearsal Wednesday

A quick reminder in this shortened Newsletter (it's a short week!) that tomorrow is a full dress rehearsal day for our school production. Class teachers have made arrangements with their class, so that some will come in costume, and others change during the day as they rehearse. Costume notes were sent home last week, but if you have queries, please approach your child's teacher, or ring the School on 49292911.

## Library Award

Congratulations to Elizabeth Wood, of class 6E, the winner of the first monthly book voucher supplied by First National Newcastle City Real Estate, courtesy of our NEPS parent Luke Murdoch. Mrs Mason, our school librarian chose Elizabeth for her voracious appetite for reading, and her sterling service as Library Monitor, Well done Elizabeth!

## Athletics Carnival Reminder

With our Carnival this Thursday, a reminder to all parents and grandparents that you are very welcome to come along for the day. Some food will be available on the day for our students, but with the cooler weather, students need to rug up, wear a hat, and bring some snacks as well, to avoid lengthy canteen queues. A menu is attached, but quantities are limited, due to the size of facilities at the Athletics Track.

## Debating

Our Premiers Challenge team of Year Six debaters suffered a narrow loss to The Junction last Friday. Logan, Emily, Sadie and Elizabeth spoke well and with confidence, but with a difficult topic, they were just outclassed. Well done girls!

## Election Day BBQ and Cake Stall

On 2nd July, the school will be utilised as a polling place for the Federal election. We'll be holding a BBQ and a Cake Stall between 7.30am and 2pm on Election Day. Usually we see around 2000 voters, so this is a great opportunity to raise funds towards a permanent solution to the turf issues on the bottom playground.

### BBQ Wizards and kitchenhands: we need you.

We're looking for volunteers to operate the BBQ.

- Shifts will start from 7am (half hour set up time with sales from 7.30am) till 2pm.
- If we can get as many people as possible to donate just 90 minutes each to helping out on the BBQ, this would be a huge help.
- If you're keen to assist, please register your interest and availability by clicking here:

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

### Attention all bakers: this is your time to shine!

If whipping up a batch of bikkies, a slice or a cake is your thing, please consider donating your baked goodies to the Cake Stall.

- Baked goods can be dropped to the school Staff Room on Friday 1 July at the following times:
  - o 7.30am - 9am
  - o 2.45pm - 6pm
  - o Between 7.30am and 9am on Saturday 2 July (directly to the Cake Stall).
- Outline what you have made on the container the baked goods are in (e.g. This contains Choc Chip Biscuits).
- Please clearly mark your Tupperware/plastic ware with your name so we can return it to you.

Any assistance you're able to offer will be greatly appreciated by the P & C.

## School Drama Production - Dates and Ticketing

They're selling fast, (about half gone for the evening performance), so get in now to buy tickets for either next Wednesday's Matinee performance, or for the evening. Details are set out below.

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

Thursday 23<sup>rd</sup> - **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 23<sup>rd</sup>, 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>

## Friendship Bench - It's Here!

Over the long weekend our new "friendship Bench" arrived, and will be installed this week in a prominent and secure location. Once that happens, the bench will start to play its role in providing a well-used social resource for our school. Our thanks to Kate for her efforts to make this a reality, after the idea was first put forward some months ago at a student well-being meeting.



## Fair Poster Competition Closes this Friday.

Winners will be announced next Monday at Assembly.



# FUN HOLIDAY Workshops

Fun School Holiday Workshops!  
Kids have fun, learn and socialise in a nurturing environment.

Awesome themes include Galaxy Far Away, Remote Control Mania and Mining and Carfting, Plus some great new themes - Advanced Brick Challenge (ages 9-12) and Extreme Adventures.



Ask About our Group Booking Rate

**GREAT VENUES:**  
Charlestown Belmont  
New-Lambton Morpeth

**FULL DAY \$80**  **HALF DAY \$40**

**BOOK ONLINE or Call today! 0499 006 056**

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

## **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 create healthy food swaps.

Make snacks healthy with an added fruit and veg boost! Try these simple swaps:



SWAP THIS:	FOR THIS:
<b>Fruit juice</b> – has very little fibre.	<b>Smoothie</b> – using a whole piece of fruit and keeping all the fibre.
<b>Flavoured yoghurt</b> – can be high in sugar.	<b>Reduced-fat natural yoghurt with fruit</b> – reduces sugar and fat, boosts fruit.
<b>Packaged potato chips</b> – high in fat and salt.	<b>Homemade potato chips</b> – thinly slice potato (or sweet potato), grill on lightly-greased tray until golden.
<b>Muesli bar</b> – can be high in fat and sugar.	<b>Poppletana</b> – 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)