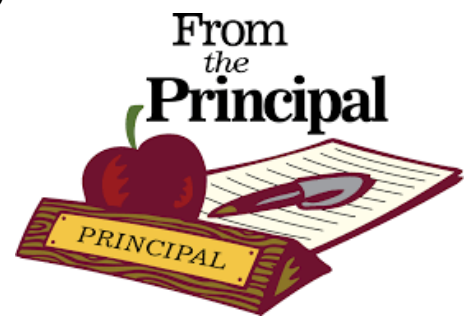


# HILLTOP NEWS

*Week Four, Term Three, Tuesday, 9<sup>th</sup> August 2016 Edition One Hundred and Eighty Four*

## Resilience

Resilience is a 21st Century parenting and teaching concept that we all need to understand and build in children. Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. These are the kids who get straight back up after a setback or disappointment. Rejection in the playground doesn't faze them. Unfortunately, not every child has such natural resilience. The good news is that most of the research shows that resilience can be nurtured and developed, particularly when their role models are resilient and they actively foster it. Resilient kids share four basic skill sets- **independence, problem-solving, optimism and social connection.**



## Building Resilience

From a resilience perspective, parents and teachers need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. It is important to avoid solving all their problems for them. They need to take responsibility and take action so that their resilience is developed to better cope in the future. You can promote a lasting sense of resilience in your kids by:

1. *Having a positive attitude yourself.* Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when she/he meets some of life's curve balls.
2. *Look for teachable moments.* Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
3. *Make kids active participants in the family.* Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.
4. *Build kids coping skills.* There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don't go their way. It also requires us as parents and teachers to have an understanding of resilience, so that we have faith in ourselves, and in your child's ability to cope.

## Principal Professional Learning

This week, I will need to attend four days of compulsory training and Professional Learning. Tuesday is our local Principal's Meeting, which is held each term and, as I am a new principal, I need to attend a three day Principal's Induction Conference. Mrs Fiona Miller will be the relieving principal during this

week. I am endeavouring to keep these disturbances to a minimum and the school will always try to keep you advised of any staff changes.

## **Kinder Enrolment 2017**

The school is busy finalising our 2017 kinder enrolments. Information letters have been sent home to families who have already indicated they intend to start in 2017. The number of available places is filling quickly, so if you are a parent in our enrolment area who hasn't already enrolled or know of families who may be starting at NEPS in 2017, please contact the school to secure your spot for 2017 ASAP.

## **Sticky Beak Tours**

The school will be hosting 'Sticky Beak Tours,' where families with a child starting Kindergarten in 2017 are invited to go on a guided tour through the school with the new principal, Mr Mick McCann. These tours will be held on the following Thursdays.

You can call the school office on 492911 to book your place.

***Sticky Beak Tour Dates:***    Thursday, September 1st – 9.00 – 10.00am  
                                         Thursday, September 8th – 9.00 – 10.00am  
                                         Thursday, September 22nd – 9.00 – 10.00am  
                                         Thursday, October 13th – 9.00 – 10.00am

## **Nationally consistent collection of data on school students with disability – 2016**

Our school is participating in the collection of nationally consistent data on school students with disability. We will be collecting information already available in the school about the support that is being provided to students with disability. Better data will help the Government plan for students with disability. The data collection will have no direct impact on your child and they will not be involved in any testing process. The NSW Department of Education and Communities will provide data to the Australian Government from all NSW public schools in such a way that no individual student or school will be able to be identified. In this way, we will ensure the privacy and confidentiality of all students. All information is protected by privacy laws which regulate the collection, storage and disclosure of personal information. Information about the Australian Government's Privacy Policy can be found here: <http://education.gov.au/condensed-privacy-policy>. Information about the NSW Government's privacy policies can be found here: <http://www.ipc.nsw.gov.au/> Further information about the data collection can be found on the Australian Government Department of Education website: <http://education.gov.au/nationally-consistent-collection-data-school-students-disability>

If you have any questions about your child being included in the data collection please contact the school.

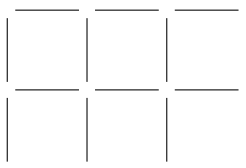
## **Rio Olympics**

Not sure when Australia is in the running for a medal at the Rio Olympics? Click on this drop box link for the most up-to-date medal progress. It will show results for all medals and has the times listed as well.

<https://www.dropbox.com/s/t8zspu5l6c65fmx/Olympics%202016.xlsx?dl=0>

Well done Charlie W for sending through his solutions from last week's fish challenge. Here is another ...

Remove six toothpicks to leave only two squares.



Thanks

Mick McCann

[michael.mccann@det.nsw.edu.au](mailto:michael.mccann@det.nsw.edu.au)

**Notes home this week.** – All notes will also be sent via the SkoolBag App

Touch Football note + payment due this week

Book Week information notes

Aunty Peach Show + payment



### Girls Cricket

I'm trying to get the word out about a new girl's cricket competition starting on the 14<sup>th</sup> October. This new format is designed for maximum participation and fun along with faster skills development.

Newcastle City Junior Cricket Club is keen to put a team together. They already have a very successful slightly older, girls team which will be playing this year. Most of our NEPS cricket kids are with this club. Newcastle City club wrote a letter of support which helped secure the grant for the practice cricket pitch that we now have at NEPS. They have a pathway for all players starting with MILOin2Cricket (5-8yrs) then T20 blast and on to club competition in either 20 or 30 over matches.

You can find more information at:

<https://www.facebook.com/newcastlejca/>

<http://www.sydneysixersgirlscricket.com.au/>

If any of your girls or other friends is interested, please contact - Ross Leonard Newcastle City Junior Cricket: [ross\\_leonard@hotmail.com](mailto:ross_leonard@hotmail.com)

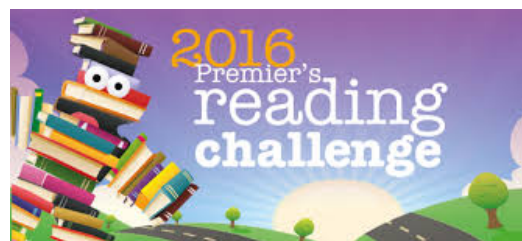
### Reminders

- Dance to be fit notes and payment now due.
- DEC Policy requires late students to be required to be signed in by a parent/guardian



## Premier's Reading Challenge Update

How are you progressing with this year's challenge? Time to complete the challenge this year is rapidly running out. Online reading records need to be complete by 19th August. To find out more, go to the Premier's Reading Challenge website and use your school log on details to record books read. Your class teacher or our librarian, Mrs Mason, can direct you to books from the Premier's Reading Challenge booklists.



## Book Week Activities 2016

**Monday 15<sup>th</sup> August** – Kinder and Year 1 have a free visit from local author Ophelia West. There is an opportunity to pre-order a signed copy of her book for \$10.

**Monday 22<sup>nd</sup> August** – Years 2 – 6 have a visit from illustrator Liz Anelli – Cost \$3.50 per student.

**Tuesday 23<sup>rd</sup> August** – Book Character Parade 8.45am under the COLA. Book Fair – purchasing books in the school library 8.25am – 3.30pm. Year 6 students "Be the Teacher" in classroom reading lessons.

## Run Newcastle

Congratulations to all the parents and students who joined in the fun at Run Newcastle on Sunday. Newcastle East was definitely the best represented school, with lots of smiling faces enjoying the fine weather and exercising at the same time. Not only did our registration fees raise money for the adolescent ward at the John Hunter Children's Hospital, but all entrants helped to earn sporting vouchers for our school. We had representatives in all events, which included the 1km kids run, 6km family walk, 6km run and 12km run. A special mention needs to go to Alvin, in Year 6, who came 22<sup>nd</sup> in a field of over 500 runners in the 12km run, and Max in Year 4, who came 2<sup>nd</sup> in the kids 1km run.



## Public Speaking

This week our public speaking representatives will compete at the zone level in schools across Newcastle. Best of luck to Imogen B, Heath B-H, Charlie D, Nick E, Markus D, Lola C, Georgia F and Heidi S. These children will be presented with medallions at next Monday morning's assembly.

The Aunty Peach Show is coming to our school on Tuesday 30<sup>th</sup> August 2016. This performance is based around *Roald Dahl's* popular and very funny, twisted fairy tales. It is a multi-award winning show having won the PinS (Performers in Schools) Award for Excellence for 2011, 2012, 2013, 2014 & 2015. Along with the vibrant, story-telling and startling magic tricks, the students will be given many useful, practical tips that will benefit their own future drama performances and classroom presentations. **COST** per student is \$6.

### Zone Athletics Carnival Roundup

Results from this year's Zone Athletics Carnival were pleasing for all students. NEPS students compete with a wonderful sense of sportsmanship, always giving their best on the day. In both track and field events, many students finished in third or fourth place. NEPS students competed in shot put, long jump and high jump and all the track events.

One outstanding athlete, worthy of a special mention is Alvin C from Year 6. Alvin has qualified for The Hunter Region Athletics Carnival in the 800m. This feat was all the more impressive as Alvin competed right after landing back in Australia after a flight from Sweden. He was unable to attend the first day of the carnival, leaving us wondering what he may have achieved if he was there.

Congratulations to all competitors, you did an amazing job!

### Canteen Roster Term 3 2016

All our Friday spots for canteen are now filled – great – thanks to all the volunteers.

We still have 2 Mondays where we need volunteers. They are the 15<sup>th</sup> August & 12<sup>th</sup> September. If you can help out, please email us at [nepscanteen@gmail.com](mailto:nepscanteen@gmail.com) or phone Cherry 0409 927006.

At NEPS we really appreciate our volunteers who help out so a big thank you to all who help with the running of our canteen, especially Cherry and Donna who put so much in to making sure that our canteen runs successfully. ☺

Monday Date	Volunteers	Friday Date	Volunteers
18 July	Not open	22 July	Ingrid Bevis & Kellie Bolson
25 July	Cherry	29 July	Kelly Wyman & Robyn Hetherington
1 August	Michelle Lott	5 August	Kelly Wyman & Tracey Hutchins
8 August	Cherry	12 August	Brooke Smith & Melissa Johnson(new)
15 August	<b>VOLUNTEER NEEDED</b>	19 August	Ingrid Beavis & Mel Cotteril-Pegg
22 August	Pip Strachan	26 August	Sonya Anderson & Heidi Walpole
29 August	Michelle Lott	2 September	Lou Porter & Felicia
5 September	Anne Wiseman	9 September	Michelle Crawford & Brooke Smith
12 September	<b>VOLUNTEER NEEDED</b>	16 September	Robyn Hetherington & Helena Hooi
19 September	Michelle Lott	23 September	Simone Pengally & pending confirmation

Monday	Tuesday	Wednesday	Thursday	Friday
August 8 – Week 4	9	10 Science Day @ NHS Jnr Sport @ School	11	12 Snr Sport @ KEP
August 15 – Week 5 Book Fair – Library	16 Book Fair – Library	17 Book Fair – Library Dance to Be Fit	18	19 Water Safety Talk Touch Football Gala – Mrs Thomas / Mr Daniels
August 22 – Week 6 Book Week – all week Book Fair – Library Illustrator Visit- Liz Anelli	23 Book Fair – Library Book Parade – 9.00 - COLA	24 Book Fair – Library Aunty Peach Incursion Dance to Be Fit Jnr Sport @ School	25	26 Snr Sport @ KEP
August 29 – Week 7 3-4 Sydney Excursion payment due - \$250	30	31 Dance to Be Fit Aunty Peach Visit	September 1 Sticky Beak Tour – 2017 Kinder Parents	2
September 5 – Week 8 CAPA Camp- All Week	6 Yr6 Science / Engineering Challenge	7 Dance to Be Fit	8 Sticky Beak Tour – 2017 Kinder Parents	9 Dance to Be Fit T-20 Cricket Gala
September 12 – Week 9 Dance to be Fit	13 3-4 Sydney Excursion	14 3-4 Sydney Excursion Regional Spelling Bee Final Hamilton South P.S	15 Jump Rope K-2 Gala Day	16 Jump Rope 3-6 Gala Day Gardner memorial – Choir – Mrs Edge
September 19 – Week 10 Milo cricket Gala Day - Mrs Thomas / Mr Daniels	20	21 Dance to Be Fit	22P&C Thank You disco Sticky Beak Tour – 2017 Kinder Parents	23



# Cooks Hill Surf Life Saving

## ALL Nippers Registrations Online

**NEW Members & Renewing Members Applications  
OPEN IN AUGUST**

Registrations  
will not be taken  
outside of these  
registration  
dates!

**NO REGISTRATIONS TAKEN  
AFTER 30TH AUGUST**



For more information visit [www.cookshillsurfclub.com.au](http://www.cookshillsurfclub.com.au)



*Once up on a Hill*  
**Production Photos  
NOW AVAILABLE**

**Visit the school office to get  
your photo number and call us to  
order on **49 654 114**  
or alternatively come to our office at  
**21 Broadmeadow Rd, Broadmeadow**  
to order your prints.**

### Newcastle School Portraits

Capturing your memories for over *25* Years



**SIXERS GIRLS  
CRICKET LEAGUE**

# **Come & Play Australia's Favourite Game!**

-  Newcastle's all girls League, T20 format is here!
-  Start Date: Friday 14th October 2016 (for 8 weeks)
-  Time: 5:00-7:00pm
-  Venue: Smith Park, Hamilton North
-  Age Group: Under 13's (10-12 yrs)
-  Cost: \$110

**Visit [sydneysixersgirlscricket.com.au](http://sydneysixersgirlscricket.com.au)  
to find your club.**

**Club name:** Newcastle City Cricket Club

**Name of contact:** Ross Leonard

**Mobile contact:** 0407614244

**Club website:** <http://www.newcastlecitycricket.com.au/>





# The simplest way

...to get a vitamin D dose in winter.

**Did you know that we need some sun exposure to make vitamin D for healthy bones and muscles?**

In NSW, UV levels are at their lowest in June and July. In the north and far west, most people need 20-25 minutes of sun exposure during mid-morning or mid-afternoon, and in the south 30-40 minutes in the middle of the day.

This will keep your vitamin D levels topped up during winter. Brave the chill and roll up your sleeves to get some sunlight on your forearms as well as your hands!

But don't risk damaging your skin. UV levels can change from day to day. When UV levels are 3 and above, use sun protection. People who use sunscreen regularly when UV levels are 3 and above do not have lower vitamin D levels than people who don't.

Check UV levels for your local area on the free SunSmart App for smart phones; download it from the App Store or Google Play.



To help keep your kids safe, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

