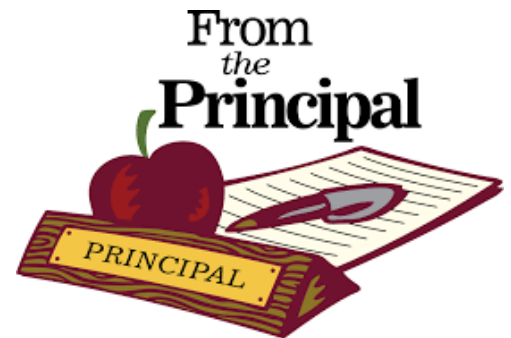


# HILLTOP NEWS

*Week Eight, Term Three, Tuesday, 6<sup>th</sup> September 2016 Edition One Hundred and Eighty Eight*

## What is body image?

How you see yourself, how you feel about the way you look and how you think others see you is known as 'body image'. Many things influence how people look, such as size, weight, build, skin, appearance, gender, fashion, religious identity and culture.



## How is body image formed?

As you get older and start to become more aware of your appearance, body image usually becomes important. Thinking about how you look is a normal part of development and is one of the top concerns of young Australians. Finding your own identity during this time, along with all the other changes going on, can often feel like a struggle even though it is a normal part of growing up. Most people get through this period OK but for some it may lead to a lot of unhappiness and distress. One of the things that can add stress is the normal tendency to compare yourself with others. This is linked to both wanting to fit in and to feel accepted by peers. It is also an important part of establishing identity. Clothes and image play an important role in individual expression, which is usually about being unique or belonging to a certain group or culture. Adding to this is the fact that our culture tends to judge people based on their looks. The media is one of the big influences on this and it can put pressure on all age groups.

## What Influences body image?

**The Media** - We are constantly exposed to imagery from popular media such as movies, TV, web and magazines. This can lead people to form ideas about a certain kind of 'ideal look' that they see as normal and desirable. Comparing yourself with these images may leave you feeling disappointed or not good enough.

**Other people** - Your friends, peers and parents can give messages about how you look. This can be positive or negative depending on how they feel about themselves or how they relate to you.

Other's comments and behaviours can range from direct critical comments and questions about how you look to their beliefs about their own body image.

You may hear comments such as:

*You need to eat more (or less)! That dress makes you look fat! Did you brush your hair today? I'm looking so old! You look so nice when you take off that make-up. I am going to have to lose a few kilos to fit back into these jeans.*

While people usually mean well, sometimes even the smallest comment about how you look can feel very hurtful. If you are already not feeling great about yourself, it can even add to long-term emotional effects. Parents may not realise that how they feel about themselves may also convey messages to their kids and impact on their self-image.

## General Sickness

Third term is a great working term, but unfortunately it is also a time for many children to become ill with the usual winter ailments. Please keep an eye on your children and keep them home if they are not well. In addition to the colds that have been going through the school, there is also a very nasty intestinal bug active at the moment.

## Whole School Enrolment Form – The Yellow Note

All students would have received a yellow 2017 enrolment intention note a few weeks ago. This form is critical to help the school accurately develop classes for 2017. If possible, can these notes be returned to class teachers by the end of the week and no later than **16<sup>th</sup> September**. After this date, there may be difficulties in accommodating any requests.

## 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. As you may be aware, we are in a position to accept **ONLY** siblings from outside of our catchment zone until the end of 2018. After which time, these enrolments are not guaranteed to continue. Please contact the school if you have any further questions.

## Afternoons at OOSH

Please remember that OOSH operates each afternoon for parents requiring after school care. It is not a spot where parents should be asking their children to wait until they are picked up. OOSH students need to sign in and those 'just waiting' to be collected need to wait on the bench at the front of the school. If you require casual days at OOSH, please contact them directly.

## 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. Be quick as spots are filling fast.

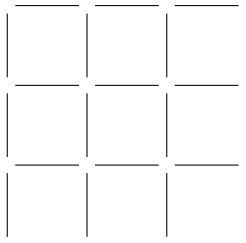
You can call the school office on 492911 to book your place.

**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

## Toothpick Challenge

These are slowly getting harder. If you think you can solve it, please let me know.

Remove eight toothpicks to leave only three 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 –

1. Super Strike Tenpin Bowling Fun Day for Years 3-6
2. Term 4 Sport Options for Years 3-6

## Bicentennial Fair

As community members and businesses rally to support our Bicentennial Fair we ask that in return you support them and recognise their generous donations.



## Daylight Uniform Shop Lambton High School

Students attending Lambton High School in 2017 - uniforms are available for purchase at 20% off on Tuesday 13 & 20<sup>th</sup> September 8.30am – 12.15pm and Thursday 15<sup>th</sup> and 22<sup>nd</sup> September 8.30am – 12.45pm

## The Partners in Learning parent feedback survey

This Term, our school will be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 22 August and 21 October. Participating in the survey is entirely voluntary; however, your responses are very much appreciated.

More information about the survey is available at:  
<http://surveys.cese.nsw.gov.au/information-for-parents>

## Alvin and Rebecca - Champions of Orienteering

On Sunday the 28 August, Alvin and Rebecca competed in the NSW Schools Orienteering Championships, held at Mirrambeena Regional Park Lansdowne, south-western Sydney.

Rebecca competed in the W10 class, running a course of 1.9 km and finishing in 2nd place, while Alvin competed in the M14 class, running 2.9 km and finishing first. They both represented NEPS, and there were also competitors participating from a couple of other Hunter Region Schools and quite a few from the Sydney area.



The aim of orienteering is to navigate around a course shown on the specially prepared detailed map in the shortest possible time. Participants are required to punch-in at a number of control sites along the way. Orienteering started as a bush sport but in Australia is now conducted equally through streets and parks.

As a result of Alvin's fine form, he has been selected for the NSW Schools Team, 'The Carbines', to represent NSW at the Australian All Schools Orienteering Championships in south-east Queensland in September.

Good luck Alvin!

## Canteen Roster Term 3 2016

We would like to thank all of our volunteers for supporting the canteen. We now have filled all the spots and following is the roster for the remainder of the term. Amazeballs and spinach & ricotta rolls are no longer considered within the healthy kids' guidelines and cannot be sold at the school canteen.

Monday Date	Volunteers	Friday Date	Volunteers
5 Sept	Anne Wiseman	9 Sept	Michelle Crawford & Brooke Smith
12 Sept	Jo Giles	16 Sept	Robyn Hetherington & Helena Hooi
19 Sept	Michelle Lott	23 Sept	Simone Pengally & pending confirmation

If you are able to help in **Term 4** please let us know by emailing [nepscanteen@gmail.com](mailto:nepscanteen@gmail.com) or phone Cherry on 0409 927 006.

Monday	Tuesday	Wednesday	Thursday	Friday
September 5 – <b>Week 8</b>  <b>CAPA Camp- All Week</b>	6  Yr6 Science / Engineering Challenge	7  Class Sport Infants	8  Sticky Beak Tour – 2017 Kinder Parents	9  Class Sport Primary  T-20 Cricket Gala- Mr Daniels  Mayfield Magic Skipping Team Visit
September 12 – <b>Week 9</b>  Dance to be Fit	13  3-4 Sydney Excursion	14 3-4 Sydney Excursion  Regional Spelling Bee Final - Hamilton South P.S  Dance 2 B Fit	15  Jump Rope K-2 Gala Day	16  Jump Rope 3-6 Gala Day  Gardner memorial – Choir – Mrs Edge
September 19 – <b>Week 10</b>  Dance to Be Fit -Special Assembly@ 8:45 COLA	20	21  End of Term -Super Strike @ Mayfield for Years 3-6  12.30-2.15pm	22 P&C Thank You Disco  Sticky Beak Tour – 2017 Kinder Parents 10 am	23  <b>Last Day of Term 3 – students return MONDAY10th October</b>

# CAN YOU HELP?

## NEPS Bicentenary Fair

October 22<sup>nd</sup> 2016

10.00am – 3.00pm

Your help is urgently needed!

Class teachers are seeking donations of the following items to help make the 2016 Bicentenary Fair a success.



If you can donate any of these things, please send them into classroom teachers ASAP!



- \* Quality second-hand books and DVDs – Mrs Mason (Library)
- \* Plants / Pots/ Seeds/ Potting mix – Mrs Miller KM
- \* Handmade Craft items ready for sale – Miss Varagnolo 1/2V
- \* Baskets – of all sizes for prize baskets – Mrs Thompson 5/6T
- \* Wool + Material – no denim – cool retro designs – Miss Kerr 2K
- \* Quality second-hand clothes, shoes, handbags, hats and accessories. Clothing racks. Coat hangers – Mrs Edge 6E



Thanks!





## ARE YOU A DAD WHO WANTS TO SPEND QUALITY TIME WITH YOUR DAUGHTER AND PARTICIPATE IN PHYSICAL ACTIVITIES TO IMPROVE HER SOCIAL AND EMOTIONAL WELLBEING?

The award-winning DADEE (Dads And Daughters Exercising and Empowered) program is coming to the local community. We are looking for dads and their primary school-aged daughter/s (K-6) to join in!

The DADEE program:

- Is a world first 'Dads and Daughters' program designed to increase physical activity levels and the social and emotional wellbeing of young girls
- Involves 9 x 90 minute weekly group sessions for dads and daughters delivered by university trained facilitators
- Builds **confidence**, **self-esteem** and **resilience** in girls
- Teaches girls **sports skills** through fun games and physical activities
- The program will be running in **Term 4, 2016 and Term 1, 2017 @** Stockton PS, Mayfield East PS and Carrington PS

# RESEARCH STUDY

[www.newcastle.edu.au](http://www.newcastle.edu.au)

**Interested?** For more information and to register, head to our website:

[www.dadee.net.au](http://www.dadee.net.au)

Emma Pollock on **4921 6566** / [DADEE@newcastle.edu.au](mailto:DADEE@newcastle.edu.au)

Chief Investigator: Professor Philip Morgan

### Acknowledgements and funding

The DADEE program is funded by Port Waratah Coal Services, Hunter Children's Research Foundation and Hunter Medical Research Institute.

### Complaints about this research

This project has been approved by the University's Human Research Ethics Committee, Approval No. H- 2014-0330. Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Human Research Ethics Officer, Research Office, The Chancellery, The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02) 49216333, email [Human-Ethics@newcastle.edu.au](mailto:Human-Ethics@newcastle.edu.au).



## **CHILDREN'S CERAMIC WORKSHOPS - SEP 6 - OCT 7**

Enrol your child in a fun filled ceramic workshop where they can explore their creativity whilst making something that lasts forever. Kara Wood Ceramics is offering a wide range of workshops this September school holidays. All materials provided

- **Sculpt your self portrait - 3hrs - \$65.00**
- **Sculpt your pet - 2hrs - \$35.00**
- **Creative coil pots - 2rs - \$35.00**

**Bookings can be made online at [www.karawood.com.au](http://www.karawood.com.au)**  
Kara Wood Ceramics - 2/226 Brunner Rd Adamstown  
Kara 0478 526 132 or [karawoodceramics@gmail.com](mailto:karawoodceramics@gmail.com)



# FUN HOLIDAY

## Workshops!

Ask us about a  
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With our own unique BRICKS 4 KIDZ® models and creative play with LEGO®, Kids are always having fun at our popular Holiday Workshops.

**GREAT LOCAL VENUES**  
**LOCALLY OWNED AND OPERATED**



- \* Remote Control Mania
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- \* Galaxy Far Away

- \* Mining and Crafting
- \* Advanced Brick Challenge (9+)
- \* Superheroes, Ninja's and More...

**BOOK ONLINE NOW!**  
or Phone Brad 0499006056  
For More Info.

NEW  
"QUICK  
BRICKS!"

<b>FULL DAY</b>	<b>\$80</b>
<b>HALF DAY</b>	<b>\$40</b>
<b>QUICK BRICKS</b>	<b>\$24</b>

[Bricks4kidz.com.au/NSW-LakeMacquarie/](http://Bricks4kidz.com.au/NSW-LakeMacquarie/)

**TRY SAILING DAYS**  
**PORT HUNTER 16' SAILING SKIFF CLUB STOCKTON**  
**JUNIOR DIVISION (8 to 18yo)**  
**SATURDAY 17<sup>th</sup> and 24<sup>th</sup> SEPTEMBER 2016**  
**TIME: 9.30am to 11.30am**

To launch this year's Sailing Season we are having 2 days of training both on and off the water (weather permitting).

If you love the water and have a sense of adventure come and see what it's about. There are several club boats available for use. We have existing junior skippers looking for a crew.

For more information or to RSVP please contact Alyson (0429 721985 [alygearing@gmail.com](mailto:alygearing@gmail.com)) or Rebecca (0420 856 772, [rplumsted71@optusnet.com.au](mailto:rplumsted71@optusnet.com.au))

To assist us with organisation please RSVP by Friday 9 September 2016.  
Try Sailing Days are free.

