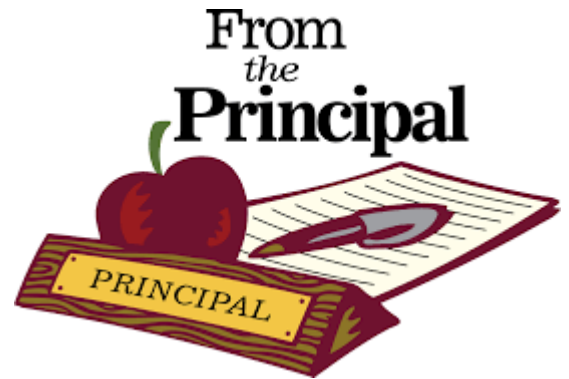


HILLTOP NEWS

Week Nine, Term Three, Tuesday, 13th September 2016 Edition One Hundred and Eighty Nine

Why Staring into Space is an Important Strategy for Success.

Think about the last time and place you got a great idea, or solved a problem that had been plaguing you. Where were you? The answer is a cliché: You were probably in the shower. Creativity doesn't come from the bathroom, we know, but it sure does seem highly correlated with it. So what is it about the shower that leads to our "aha" moments and bursts of creativity? It's that in the shower we are simply staring into space, washing our hair on autopilot. We aren't checking our messages or feeds, or writing a report. We're just day dreaming.



When we daydream, or relax our focus, our brain begins drawing connections between all the things that it previously didn't see as all that connected. Importantly, the brain networks that are responsible for creative insight come online. We have two primary attentional networks in our brain: task positive and task negative, and they function like a see-saw in that only one is active at a time. When we are focused on something, or using our willpower to do something, the task-positive attentional network is ON. (And the task negative — mind wandering, daydreaming, "time wasting"—network is OFF.) We give credit to our task-positive attentional network for all the great work we do in the world. When we are focused, we write books. We build bridges. We raise children. Our culture tells us to focus, and that that's the only way to get anything done around here.

But when you're staring out the window, out into space, relaxing, or driving but not listening to the radio and you let your mind wander, the task-negative brain becomes active. All those neurons start making connections between things you didn't see before, usually at an unconscious level. This is where our creative insight comes from. We can't solve problems or do much of anything without the insights that come from that downtime. We certainly can't fulfill our potential without filling our need for creative insight, without nurturing our ability to draw connections. This is why we often get our best ideas in the shower...it's the only remaining place in the world where we let ourselves do nothing!

All of this explains [other research](#) that shows that conscious, effortful thinking does nothing to improve creativity, or to help people come up with innovative solutions to problems. For example: When researchers give people a task that requires creativity (such as instructions to come up with a list of ways to use a brick), people don't generate longer or more creative lists if they have a few extra minutes to think before they start.

What does help? Spending those few extra minutes not consciously thinking about the task, by diverting the research subjects' attention with an unrelated task. This then gives the insight-generating part of the brain time to get to work making connections. Those new connections are, essentially, innovations that improve our performance on creative tasks.

Creative insight is at the very heart of the sweet spot—that place of both power and ease, that place where we humans hit our home runs. Nothing is easier than an “aha moment” that pops effortlessly into your awareness, and nothing is more powerful.

What this means is that you will not find your sweet spot, or find flow, or do your best work, without cultivating *stillness* in your life, without spending a good part of each just staring into space.

That's such a counter-culture notion that many people feel guilty and anxious staring into space. We feel important and productive when we are busy, and insignificant and lazy day dreaming. But to be successful, we don't just need to learn to tolerate stillness, we actually need to cultivate it.

Whole School Enrolment Form – The Yellow Note – Due this week.

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 **16th September**. After this date, there may be difficulties in accommodating any requests.

Sticky Beak Tours

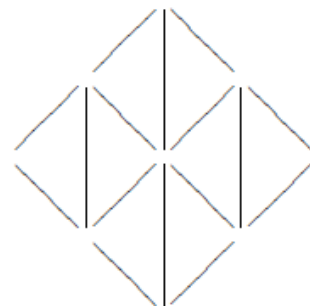
The school will be hosting 'Sticky Beak Tours,' where families with a child starting Kindergarten in 2017 are invited to go on a guided tour through the school with the new principal, Mr Mick McCann. These tours will be held on the following Thursdays. Be quick as spots are filling fast.

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 six toothpicks to leave only four triangles.



Thanks

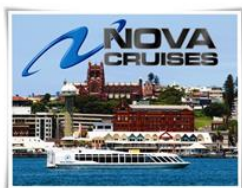
Mick McCann

michael.mccann@det.nsw.edu.au

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

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.



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Thurs - Fri: 11am-5pm
Sat - Sun: 11am-4pm

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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, teacher 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 now and 21 October. Participating in the survey is entirely voluntary, however, your responses are very much appreciated.

The survey window for the Parent Survey is now open. Follow the link to complete your survey about Newcastle East Public School.

<https://nsw.tellthemfromme.com/kq6xp>

After School Sailing Term 4

Sailing will start again in Term 4 for our older students aged 10 – 12 years. 24 places are available for a total cost of \$100 for 8 lessons (\$12.50 per week). Students will travel to the Newcastle Yacht Club on Hannell St by private car after school on Mondays, 3.00pm – 4.30pm. There is a qualified sailing coach on each boat out on the harbour, as well as a teacher from NEPS. Places will be opened to our Stage 3 students this week, and Stage 2 will have the opportunity to fill remaining spaces next week. Classes will hand out expression of interest notes today. To secure a spot, a ***signed paper note*** must be handed into the school office after 8am, Wednesday September 14th, 2016. **No online payments will be accepted until you have had**

confirmation of your child's place in the sailing program. The photo from Term 2 shows the *Force 24* boats the students sail on. All participants wear life jackets and are required to fill in comprehensive consent forms from the NCYC.



WE NEED YOUR HELP!

The Bicentenary Fair will take place on Saturday 22 October 2016 between 10am and 3pm. We urgently need prizes for the balloon raffle, the chocolate wheel and the auction and we would be very grateful if you, your business or any of your friends or family could make a donation to assist.

This could be in the form of a donated prize, a voucher for your business, or for an 'experience' (for example, a weekend in a holiday house that you own, or tickets to an event you are coordinating). All donations will be most gratefully received. Please send an email to pcneps@gmail.com or call the office on 4929 2911 if you can make a donation.

Alternatively, if you are willing to approach local business to ask for a donation for the Fair please let the office know and they can provide you with a signed letter from the school about the Fair and a list of businesses to approach in various locations that may suit you.

The Aunty Peach Show – A Review

On the 30th August all K-6 students went to a show in the library. It was called the 'Aunty Peach Show'. It was a twist between fairy tales, magic and drama. It was based on Roald Dahl's twisted tales and revolting rhymes.

Aunty Peach is a colourful lady who is a little overly dramatic and loves flowers and floral clothing. When she entered, she had an umbrella that had its cloth removed and had been replaced with lots of flowers. She played a tune on the mini keyboard, while balancing on one leg.

Aunty Peach presented us with two thrilling and exciting fairy tales; Little Red Riding Hood and Jack and the Beanstalk. She added clever sounds and amazing sleight of hand tricks. She tried to get students involved as much as possible.

I enjoyed the show, but think it's probably more appropriate for children aged 5-8 years. I found Aunty Peach's voice a little annoying at times, but overall it was an entertaining performance.

Lili Guihot - 5/6T

RAFFLE

Tickets for the P&C Raffle have gone home. Each child has a book of 5 tickets to sell which are contained in a zip lock bag. Tickets are \$10 each.

The prizes are: **Thermomix TM5** (1st and 2nd Prize); **Voucher for Reserve Wine Bar** (3rd and 4th prize); **wine and champagne** (5th prize) **and a case of beer** (6th Prize).

Please return all ticket stubs and unsold tickets in the zip lock bag no later than **Friday 14th October** (first week of Term 4). Students will receive a \$2 voucher for canteen once they return a book of sold tickets. Extra books of tickets are available at the office.

Chess Tournament

Last Monday, six of our most talented chess players represented our school at the Hunter Chess Tournament at the Broadmeadow P.C.Y.C. The boys faced some tough competition from very well drilled teams, but enjoyed their experience and learnt a lot. Well done to Lachlan B, Oliver C, Charles W, Alex M, Daniel B and Oscar A. A big thank you is extended to the parents who assisted with transport and supervision on the day, to make this event possible for the boys.

Mrs Thompson

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
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 or phone Cherry on 0409 927 006.

Monday	Tuesday	Wednesday	Thursday	Friday
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 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 – Week 10 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 Last Day of Term 3 – students return MONDAY10th October Year 6 Olympic Day

NEPS OLYMPICS and YEAR 6 FETE

On Friday, 23rd September (the last day of this term), the students have a very exciting day including the NEPS Olympics and the Year 6 fete.

Each class is representing their chosen country and will wear their country's colours on the day. Year 6 students will be running each Olympic Sport and classes will rotate around each event, earning points along the way. There will be a medal presentation ceremony to the class with the highest number of points on completion of the games.

From 1.00pm, Year 6 students will be running their fete to raise money for the Year 6 gift to the school. There will be stalls including cakes, lollies, toffees etc, games such as knock-em-downs and whack-a-rat, and other novelty stalls for children to spend their money on for a fun-packed afternoon.

Items and games will range from 50c to \$2.00 and the fete will run until 2.15pm. Parents are welcome!

Selective High School

Year 7 2018 Information Night will be held on Tuesday, 11th October in the Merewether High School hall.

Online application form will be available on the following link:

<http://www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index.php>

Disco – Free Entry

5.30pm Thursday 22nd September

Can you help? Parent volunteers are needed from 1/2V and 3/4H to cook the BBQ and help with food and drink sales at the upcoming disco. Each class is asked just once per year, so please try to support our kids by volunteering. Click on the link to sign up

<http://www.signupgenius.com/go/30e0a4daeab29aaf94-bbqroster1>



Newcastle University Science and Engineering Challenge

Last Tuesday eighteen year six students and our science whiz, Mrs Edge, travelled by bus to St Therese's Primary School to attend the Newcastle University Science and Engineering Challenge. There was a range of Science and Engineering based activities which included building bridges, earthquake resistant towers and minipults. Everybody did two activities during the day with a short break for lunch and a

presentation by Mr. Burns from Newcastle University about how Maths and Science comes in handy in everyday life. We managed to win "Get over it" bridge building competition as well as "Minipult", an activity in which competitors test their tiny catapults in accuracy and distance. We also won "ElectraCity" where we had to divide electricity equally between different power stations in order to win. The points we gained from these and other activities helped us take home the trophy for the second year in a row. Mrs Edge also made some new friends on the barbecue, Neville and Bob, from the Rotary Club who sponsor the event.



CAN YOU HELP?

NEPS Bicentenary Fair

October 22nd 2016

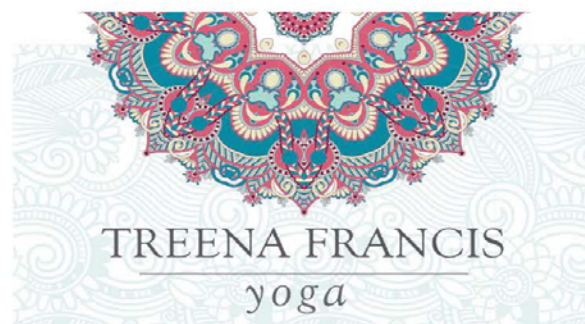
10.00am – 3.00pm

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



L'il Yogis for 3-5 & 6-12 year olds

MOVEMENT, FUN AND RELAXATION

L'il Yogis is 45 mins of yoga especially for kids incorporating movement, games and relaxation. Separate classes for Preschool and Primary. Children are guided safely to discover the shapes their bodies can make, the magic of breath and how to creatively develop sequences of movement. We complete each session with a short period of rest.

When:	Mondays during school term	
Timetable:	3 - 5 yrs	9.30 – 10.15 am
	5 - 12 yrs	3.30 – 4.15 pm
Term 4:	10th October – 5th December 2016 9 weeks \$108	
Where:	Vitality Junction 179 Union Street, The Junction	

FOR BOOKINGS and INFORMATION
Contact Treena
0405 505 461
treena11@live.com.au
facebook.com/treenafrancisyyoga



Merewether High School

An academically selective school for gifted and talented students

Information session – The Application Process
Year 7 2018

Parents of Year 5 students 2016 are invited to attend an information session about the procedures for applying for entry in an academically selective school for Year 7 2018.

When: Tuesday 11th October 2016

Where: Bensley Hall – Merewether High school
Chatham Road Broadmeadow

Time: 4.00pm

FUN HOLIDAY

Workshops!



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LOCALLY OWNED AND OPERATED






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- * Pokemon*
- * 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.

FULL DAY \$80

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QUICK BRICKS \$24

NEW
"QUICK
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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
Kara Wood Ceramics - 2/226 Brunner Rd Adamstown
Kara 0478 526 132 or karawoodceramics@gmail.com



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

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

www.dadee.net.au

Emma Pollock on **4921 6566** / 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 Chancellor, The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02) 49216333, email Human-Ethics@newcastle.edu.au.

TRY SAILING DAYS
PORT HUNTER 16' SAILING SKIFF CLUB STOCKTON
JUNIOR DIVISION (8 to 18yo)
SATURDAY 17th and 24th 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) or Rebecca (0420 856 772, rplumsted71@optusnet.com.au)

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



SEP/OCT SCHOOL HOLIDAY PROGRAM AT THE HUNTER WETLANDS CENTRE

Kids - Become a Citizen Scientist

For 7 to 10 years 10.00am - 12.30pm

For 11 to 14 years 10.00am - 12.30pm

Wednesday 28th September **Cost: \$20 per child - Bookings Essential**

Come and join us for bird spotting and feather collecting get to know our wetland birds. Find out how Dr Kate Brandis is creating a feather map to help save our unique wetlands



Bush Skills

For 8 to 12 years 9.30am - 12.30pm

Tuesday 4th October **Cost: \$20 per child - Bookings Essential**

Make (and eat) a damper, build a bush shelter, enjoy a guided walk and learn basic survival skills. Get up close and personal with some of our resident reptiles.

"Dinosaur" Ducks

For 4 to 8 years 10.00am - 12.30pm

Tuesday 4th October **Cost: \$20 per child - Bookings Essential**

Meet our resident endangered Freckled Ducks. Make a bird caller and see if they call back. Includes a reptile encounter, craft and duck tales.



For all the above activities - Bookings Essential Ph: 4951 6466



Sand Art Fun

Drop in between 10.00am - 12 noon

Tuesday 27th September **Cost: \$5 per child (plus \$2 entry)**

Use coloured sand to create an amazing picture you can take home.

Wetlands Explorer

For 4 to 12 years

Available any time during the school holidays. **Cost: Free**

Collect your map and follow the trail. Answer the questions and become a Wetlands Explorer. Go in the draw for a weekly prize.



Bring the family to the Hunter Wetlands Centre

A fun, environmentally friendly learning experience!

Open 9am to 4pm

Entry

\$2 per primary-school age child (special school holiday rate). Under 3 free. \$5 general entry.

Activities

- Watch the Magpie Geese Feeding at 10.30 am.
- Try Dipnetting from the jetty.
- Playtime at Discovery Playground.
- Check out the creatures in the tanks in the Visitor Centre.
- Reptile Encounter - Children can learn about reptile behaviour and care. They can handle some of the reptiles from the tanks in the Visitor Centre. Check at front desk for times.
- Cafe - meals, snacks, ice creams, drinks.
- Shop - affordable gifts for children & adults.

**Please note: we are
 open Monday of the
 long weekend.**

