

HILLTOP NEWS

Week Five, Term Five, Tuesday, 14th November 2017 Edition Two Hundred and Thirty Four.



Accepting Feelings

In *"Fantastic Beasts and Where to Find Them"*, a spin off and prequel to the Harry Potter stories, we're introduced to the concept of the "obscurials"; magical children who attempt to or who are forced to repress their magical abilities. If kept unchecked, this oppression manifests and corrupts the user's magic, creating a dark parasite known as an obscurus!

In short, the message is that repressing one's magic is unhealthy; and can ultimately lead to darkness and evil and uncontrollable forces that destroy the one repressing, and possibly all those around him/her.

It won't surprise you to hear that I see parallels between this and any attempts to suppress or repress negative emotions and/or aspects of our authentic selves. But sadly, this is something so many of us do so often.

We're afraid to be our "real selves" because we're afraid we won't be accepted; we're afraid to experience unpleasant emotions because we're not sure how to deal with them. But pushing them away or denying them doesn't work; it simply doesn't. In fact, just like the experiences of the Obscurials, it makes things worse!

So what's the alternative?

We need to accept ALL feelings and experiences; the good and the bad, the pleasant and the

unpleasant. We need to acknowledge them as important parts of life; and then, where and when possible, process and manage them.

Accepting negative emotions (and other internal experiences) doesn't mean we have to accept all negative external experiences. In fact, accept negative emotions and dealing with them constructively will help us in our efforts to change and to improve many situations that are not as we'd like them.

Mick McCann

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November 2017



This year Mr Ringis, Mr Daniels and myself are doing Movember. We have joined with Kurt Fearnley's team to raise funds for Men's Health issues. You are welcome to join in as well as making a donation at <https://moteam.co/fearnley-s-fine-friends-furry-faces?mc=1>

Building Information booths/Update

Information booths are scheduled to encourage ongoing school and community engagement and feedback. To find out more about the upgrade, please visit the information booths at either of the following locations:

Newcastle East Public School information booths (located at the school entry):

- Thursday 23rd November 2.15-3.15
- Monday 11th December 10.30-12.30

The latest information on the new building has been added to the school's website. If you would like a hard copy please contact the school.

Safety Around the School

In light of last Tuesday's devastating tragedy at Banksia Rd Public School can I please remind you of the importance of driving and walking safely around our school. Please be careful when parking and leaving your 'pick up' spot, keeping your children safely with you at all times. If walking to and from school please use the crossing to cross the road and only enter and leave the school through the pedestrian gates. The staff car park is for staff and deliveries ONLY. Thank you for your support in this, our children are very precious.

Enrolments Newcastle East Public

We have been receiving an increasing number of enquiries for enrolment for 2018. At this stage, we have not made any decisions on our 2018 class structure.

2018 will also be the final year where we can enrol out of area siblings. Please be mindful of this if your child is enrolling in 2019 or beyond.

If you know of any families residing in our zone who intend to come to our school next year and have not made contact with the school – please ask them to do so fairly quickly.

There will be no additional non-local enrolments for our school for next year or the foreseeable future as we are over our 'enrolment ceiling' for the permanent accommodation we have on site.

At this stage, we expect to have the same number of classes for next year as we do this year. Staffing will be determined according to our enrolment – but we do not know the exact personnel we will have next year either – so we are unable to discuss this aspect with parents in regard to class placements.

An easy reference guide for families is the DET School finder. This tool will enable you to determine what school you are zoned for with your address.

<http://www.schools.nsw.edu.au/gotoschool/nswps-finder/index.php>

School Uniform

Working with the P&C and School Council there are discussions around proposed changes to the school uniform. The proposed change to the uniform is available at the office for parents to touch, feel and provide feedback. Please ask Lisa, Ann or Clare to see the design. This design is the current preferred design and is open for comments. We have been looking at design most of the year. We started with a stripe, which looked like PJ's or a KFC uniform and white top which had washing and see-through concerns.

Due to the size of our school we are limited on who can supply our uniforms. Lowes is able to provide our school uniforms. The shirt has only been washed once and still has a shiny feel to it. We hope that once the shirt has been washed a few times it will soften up.

The time frame to change the uniform will take at least 18 months until a final design is agree upon and then 12-18 months before the whole school is in the same uniform. My plan is to look at each item separately instead of changing the whole uniform at once.

The blazers will be for captains to wear on assembly and other students to wear when they represent the school. The blazers are not for the whole school.

Special Bus Run – Supercar Weekend

During the Supercar event, we have organised a special school bus run for our students. The bus will leave the **Family Law Courts on Bolton St at 8.15 on Friday 24th**, dropping our students at the Tyrrell St bus stop. The afternoon bus run will leave the **Tyrrell St bus stop at 3.00 and drop back at the Family Law Courts**. The school will have a teacher on the trips and parents are welcome to organise a walking school bus to cross back inside the track.

Supercars Clearways

Clearway signage has been installed from Friday 3 November. The earliest time clearways are in effect are from 7am, Monday 13 November at the following locations.

NEWCASTLE

FROM 7AM MONDAY 13 NOVEMBER THROUGH UNTIL 7PM THURSDAY 30 NOVEMBER 2017

- Bolton Street between King Street and Church Street (eastern side - authorised Route Buses excepted)
- Bolton Street King Street and Church Street (western side - authorised Route Buses excepted)
- Church Street between Bolton Street and the pedestrian crossing (southern side - authorised Route Buses excepted)
- Newcomen Street between Tyrell Street and Church Street (western side)

FROM 9:30AM TO 2:30PM AND FROM 4PM TO 8AM DAILY FROM MONDAY 13 NOVEMBER TO THURSDAY 30 NOVEMBER 2017

- Church Street between Wolfe Street and the pedestrian crossing (southern side - authorised Route Buses excepted)

News from Newcastle High

On Thursday 19 October Year 11 Hospitality students produced a two course meal for people at Ronald McDonald House. The 'Meals from the Heart' program provides an evening meal for parents who return to the house after a long day

at the hospital with their child. Cooking a meal is the last thing on their mind and our students love preparing the meal and interacting with the families.

It was fantastic to have over 100 Year 5 students visit on Tuesday 24 October. The aim of the Year 5 taster lessons is to give students a brief introduction to high school and allow students to participate in a learning experience from subject experts. The students spent some time in the kitchen, science labs, maths classroom and the workshop.

Year 7 2018 Orientation Day will be held on Tuesday 6 December. This is always a great day where students have an opportunity to meet students from other schools, participate in learning delivered by staff and senior students and meet the staff that will play a major role with the year group. For further information regarding the transition process please contact Shannon Sager on 4969 3177.

Remembrance Day

Last Saturday is Remembrance Day. It is a day when we commemorate the noble sacrifices of armed forces and civilians during times of war. At the 11th hour of the 11th day of the 11th month, a one minute silence is observed across the country to mark the end of hostilities on the Western Front during WW1 after four years of warfare.

Workshops for Adults and Children at Little Sticks Vintage Tea & Coffee House

Gather with a group of friends or come along and meet people while you learn something new.

Adults - macramé, crochet, drawing, watercolour painting, tile mosaics

Children – painting, collage, sewing, craft all during the school holidays

Little Sticks is the perfect venue for children's birthday parties. Wonderful old fashioned party food, games and craft activities are provided in the fairy room and the beautiful fairy woodland.

Parties are available for up to ten guests, with adult platters available for parents and families who wish to stay.

For older girls and ladies, a High Tea is a lovely way to share a special occasion. Home-made sweets and savouries with a variety of flavoursome teas are served on antique lace cloths and fine old English china.

Christmas is a time for gathering family and friends. At Little Sticks you can book a Christmas lunch or High Tea for up to 20 people and enjoy a fuss-free festive feast.

Little Sticks is situated at 5 Belford Street, Hamilton, across from Gregson Park and next to the old Hamilton Fire Station. Please contact Lyndal if you would like to make a booking or join a workshop.

Facebook – Little Sticks Vintage Tea and Coffee House

Email – lyndal@littlesticksvintage.com.au

Phone – 0416017959

2018 Captain's Speeches

We will be holding the 2018 Captains speeches on Wednesday 29th of November. It will be held under the COLA from 8.45. Parents are welcome to attend.

Canteen – Urgent Volunteers Needed Term 4

We are going great for volunteers for this term. We only need **2 volunteers please for Friday 1st December**. Please help otherwise we will have to close the canteen which we absolutely don't want to do!

Sign up either through the sign-up app on the link below or text Kelly Wyman on 0421 299611.

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

[canteen3](#)

Canteen Roster Term 4

Monday	Friday
9 October Tracey Hutchins	13 October Kelly Wyman Chris Gooch
16 October Emily Brown from OOSH	20 October Ingrid Beavis Lesley Warren
23 October Tracey Hutchins	27 October Cherry & Shaun
30 October Pip Strachan	3 November Kelly Wyman & Tracey Hutchins Tom S – First half Louise Moya – First half
6 November Melissa Johnson	10 November Simone Pengelly Reena Bilen
13 November Michelle Crawford	17 November Felicia Harford-Fletcher Chris Gooch
20 November Michelle Lott	24 November CLOSED
27 November Pip Strachan	1 December 2 Volunteers needed Louise Moya – First half
4 December Emily Brown (OOSH)	8 December Kellie Bohlson 1 st half Helena Hoi
11 December Tracey Hutchins	15 December Chris Gooch 1 st half Sheridan Rhodes 2 nd half Kelly Wyman/Tracey Hutchins

YEAR 6 FETE

Come and enjoy all your favourite things
from cupcake decorating to slime
making

FUN!

GAMES!

PRIZES!

Thursday the 23rd of November
NEPS COLA, between lunch and recess



Monday	Tuesday	Wednesday	Thursday	Friday
13 Week 6 Kinder Orientation 10-10.45 Swim School Yr 2	14 Swim School Yr 2 Music Recital Night	15 Swim School Yr 2	16 Swim School Yr 2	17 Swim School Yr 2 Primary Sport 8.45
20 Week 7 Kinder Orientation 10-10.45 Swim School Yr 2	21 Swim School Yr 2	22 Swim School Yr 2	23 Swim School Yr 2 Year 6 Fundraiser – Mini Fete	24 Swim School Yr 2 Primary Sport 8.45
27 Week 8 Captains Speeches 8.45 – Cola Kinder Orientation 10-10.45 P&C Meeting 5.30pm School Council Meeting 7pm	28	29	30	1 December 2 December Parkrun
4 Week 9	5	6	7 School Disco	8 Kinder BBQ 5.30pm
11 Week 10 Presentation Day 8.45 for 9am start – COLA	12 Reports home	13 Year 6 Farewell – Souths Leagues	14	15 Year 6 Clap Out Last day of year Summer Holidays

Choir Performance



Congratulations to Newcastle East's choir, The Neptunes, on a wonderful performance at Saturday's Remembrance Day ceremony. The choir sang two songs and led the national anthem. Thanks to Mrs Thomas for leading the choir in Mrs Edge's absence, and to all the parents who brought the students along on a Saturday. The choir was featured on the NBN news on Saturday night, with the highlight being an interview with Alex Miles about what Remembrance Day means to her.



WHO: Kindy - Yr 6
WHERE: N.E.P.S. Library
WHEN: Week 6
DURATION: 1hr - 5 weeks
INVESTMENT: \$100.00
REGISTER: Online
www.kidnectit.com.au

Our promise to you. If your child does not love our club after the first week we will refund your registration fee back.



\$10 off if you book before 3.11.17







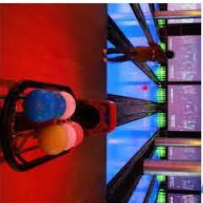
Kidnect IT clubs are everything a child would want in an after school club. Each class is fun, fast paced, interactive, collaborative and at the end of each weekly one hour class they have literally brought an inanimate Lego object to life. Sounds pretty cool, doesn't it?

Children work in pairs under the supervision of a fully trained DET teacher to complete various projects that provide children with a first-hand look at the practical real-world application of science, technology, engineering and mathematics (STEM).













Tuesday	
2.50 pm - 3.50 pm	Robot Extreme (yrs 4,5 & 6)
	Robot Extreme introduction (yr 3)

BOOK NOW AT
www.kidnectit.com.au

Monday 15 th January	Tuesday 16 th January	Wednesday 17 th January	Thursday 18 th January	Friday 19 th January
Excursion Ice Skating  Closed in Shoes ,Hats and Drinking Water are a Priority Leaving centre at 10.15am	Excursion Sommersby Falls Picnic Area  Swimmers, Rashies, Closed in Shoes ,Hats and Drinking Water are a Priority Leaving centre at 9am	Excursion Stockton Pool Via Ferry  Swimmers, Rashies, Closed in Shoes ,Hats and Drinking Water are a Priority Leaving centre at 9.15am	Incursion Musical Theatre and Street Dance  Come along and join a crew and maybe learn a song or two Starts at 10am to 12pm	Excursion Newcastle Baths  Swimmers, Rashies, Closed in Shoes ,Hats and Drinking Water are a Priority Leaving centre at 9.30am
Arts and Craft Cooking Ice cream cake Monday 22nd January Excursion Dolphin Cruise  Ultimate Dolphin Experience Closed in Shoes ,Hats and Water are a Priority Leaving centre at 9am	Arts and Craft Painting Landscapes Tuesday 23rd January Excursion Ice Cream Day  Closed in Shoes and Hats are a Priority Leaving centre at 10am	Arts and Craft Boat Building Wednesday 24th January Excursion Oakvale Farm Splash Bay  Closed in Shoes ,Hats and Water are a Priority Leaving centre at 9am	Arts and Craft Make a Marionette Thursday 25th January Excursion Movies  Closed in Shoes and Water are a Priority Leaving centre at 9am	Arts and Craft Floating bath toys Friday 26th January PUBLIC HOLIDAY - CLOSED Monday 29th JANUARY Pupil free day Excursion Ten Pin Bowling  Closed in Shoes and Water are a Priority Leaving centre at 9.15am
Arts and Craft Decorating Calico Bags	Arts and Craft Cooking Lamingtons	Arts and Craft Felt Kangaroos	Arts and Craft Sun Visors	Arts and Craft Chinese Dragons

NEWCASTLE EAST PUBLIC SCHOOL OOSH – VACATION CARE PROGRAM – DECEMBER 2017/ JANUARY 2018 SCHOOL HOLIDAYS

Monday 18 th December	Tuesday 19 th December	Wednesday 20 th December	Thursday 21 st December	Friday 22 nd December
Inursion XMAS PARTY  <p>Come and join the fun Jumping Castles and Water slides, games and surprises Swimmers and Rashies are a MUST</p>	Excursion Speers Point Park  <p>Join us on the giant slide, flying fox or play on all the equipment Closed in Shoes, Hats and Drinking Water are a Priority</p>	Excursion Lambton Pool  <p>Water play and more water play. Try out the slide and giant water bucket Swimmers, Rashies and Drinking Water are a MUST</p>	Excursion Revolution  <p>If you have revolution socks please bring them along with lots of Drinking Water</p>	Excursion Movies  <p>Followed by Xmas Lunch With Bon Bons and Good Cheer Leaving centre at 9am</p>
Arts and Craft Xmas Wind chimes	Arts and Craft Xmas Stockings	Arts and Craft Stained Glass Windows	Arts and Craft Xmas Mugs	Arts and Craft Cooking Rocky Road
Monday 8th January Excursion Newcastle Baths  <p>Swimmers, Rashies, Closed in Shoes, Hats and Drinking Water are a Priority Leaving centre at 9.30am</p>	Excursion Ninja Park  <p>Closed in Shoes, Hats and Drinking Water are a Priority Leaving centre at 11.30am</p>	Excursion Little pelican Beach  <p>Swimmers, Rashies, Closed in Shoes, Hats and Drinking Water are a Priority Leaving centre at 9.15am</p>	Excursion Shark and Ray Centre  <p>Swimmers, Closed in Shoes , Hats and Drinking Water are a Priority Leaving centre at 9am</p>	Excursion Hogs Breath Café  <p>Closed in Shoes and Hats are a Priority Leaving centre at 11.40am</p>
Arts and Craft Candles making	Arts and Craft Cooking Cookies all sorts	Arts and Craft Puppet making	Arts and Craft Foam Stingrays	Arts and Craft Making Side Walk Chalk

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EASY TO SHOP ONLINE
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15 NOV COLLECTIVE HUB & EVERY WEDNESDAY THEREAFTER

2PM – 4PM – THE EDWARDS 148 PARRY ST

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THE DIRT AND SHOP ONLINE @

www.yourfoodcollective.com





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SUMMER HOLIDAY
GROM PROGRAM

\$180 for three days a week!

Every Wednesday, Thursday & Friday starting the 3rd of January.

Book online today @ surfestsurfschool.com.au or call 0410 840 155

Availability

Wednesday the **3rd** till Friday the **5th** of January **2018**

Wednesday the **10th** till Friday the **12th** of January **2018**

Wednesday the **17th** till Friday the **19th** of January **2018**

Wednesday the **24th** till Friday the **26th** of January **2018**

Saturday and Sunday program each weekend of the holidays - \$150

This summer holiday's grom program is specially designed to make learning about beach safety and how to surf fun and easy. This program is taught by an ASI accredited surf school and is run throughout the summer school holidays.


The program runs for three days a week starting from the 3rd of January, every Wednesday Thursday and Friday at Nobbys Beach. All kids are provided with the right wetsuit, surfboard, sunblock and placed in the right age group.

Meeting point at the Surfest Surf School bus/trailer at Nobbys Beach.

sanbah

f /surfestsurfschool

@surfestsurfschool



Ceramic Ornament Workshop
22/11 and 6/12
@ Newcastle Region Library
With NEPS mum Ali Sobel-Read
5:30-7:30 pm
\$150 (for 2 classes)

<https://www.eventbrite.com.au/e/unique-ornaments-newcastle-region-library-tickets>



Ceramic Tile Workshop: Make Your Own Holiday Gifts
17/11 and 1/12
@ Newcastle Region Library
With NEPS mum Ali Sobel-Read
5:30-7:30 pm
\$150 (for 2 sessions)

<https://www.eventbrite.com.au/e/textured-tiles-create-your-own-holiday-gifts-newcastle-region-library-tickets>

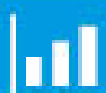
SEARCHING FOR AN UNFORGETTABLE CRICKET EXPERIENCE THIS SUMMER?

SCHOOL HOLIDAY CRICKET CAMP

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CAMPS**

FEATURES & HIGHLIGHTS

- Fast Bowling Technique Practice
- Spin Bowling Practice Sessions
- Twenty 20 Skills and Technique
- Test Match Batting Tips & Hints
- Net Session Practice
- Fielding Challenges
- Twenty 20 Competitions
- Individual Player Evaluation
- Prizes and Awards



CATERING FOR ALL ABILITIES

Program designed for beginning, proficient and advanced cricketers.



EARLY BIRD SAVING

Enrol by December 15 and pay \$65 each day. Save \$10 each day.



HATRICK BOOKING OFFER

Enrol your child with at least two friends or siblings so each child saves \$10 each day they attend.



FREE BIG BASH TICKETS DRAW

Enrol by December 15 to enter draw for 2 FREE tickets to Sixers v Stars @ SCG on January 23, 2018.



PROFESSIONAL COACHES

Experienced, qualified and well resourced coaches to implement the program.

10 -12 JANUARY, 2018 (ENROL FOR 1, 2 OR 3 DAYS)



LOCATION

Empire Park,
Bar Beach



MEETING/ PICK UP POINT

Grandstand @
Empire Park



TIME

8:30am - 3:00pm
(Program starts at 9:00am.)



AGE GROUPS

6 - 14 Years



PRICE

\$75 Each Day

(Early Bird price of \$65
each day ends 15 December.)

BOOK ONLINE

SUPERSPORTSCAMPS.COM.AU



Come and do workshops with a theatre professional who has 20 years experience as a theatre, film and TV actor, and 10 years experience as a fully qualified Drama teacher. Let me introduce you to the world of theatre by experimenting with voice, movement, character, games and ensemble.

When: Tuesday 23rd , Wednesday 24th, Thursday 25th January.

Where: Henderson Park Hall, Adamstown.

Times: 9am-5pm

Cost: \$100 /day

Have fun, express and surprise yourself. Practice putting yourself out there, gain confidence and work as a team!

EARLYBIRD SPECIAL

Book before Dec 15 &
get all 3 days for \$250

Searching For Cook's Hill

26 Nov

2pm Games&Craft
at Nesca Park
3pm Treasure Hunt
Walk starts

A History Inspired
Treasure Hunt
for Kids&Carers
3 Years+

Come and join us as we discover Cooks Hill
fascinating history through old games and
crafts, walk together, re tell forgotten
tales and meet Swampy, the cookie
loving coal-mine monster.

Please book online at <https://www.eventbrite.com.au/e/searching-for-cooks-hill-a-history-inspired-treasure-hunt-for-kids&carers-tickets-39684534511> or send a text to Nina 04 787 00513
Wood engraving by Walter Hart, 1865, The Newcastle Coal Fields. With permission of Hunter Living Histories

FREE EVENT
Made possible with Make Your Place Community Grant.