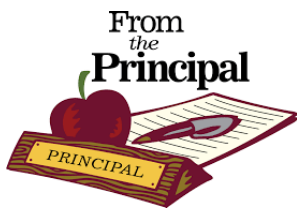


HILLTOP NEWS

Week Eight, Term Four, Tuesday, 4th December 2018 Edition Two Hundred and Seventy Six



Why it's Important for your Kids to Sleep Early

People do not function well without sleep. We feel miserable, cranky and even a bit emotional. Children need their sleep too. An overtired toddler is like a spitting volcano; it is best to try and avoid it.

Everyone's ability to function normally gets compromised when we do not get sufficient sleep. Sleep is essential to everyone's well-being. It is crucial that parents ensure that children go to sleep early for many reasons

Sleep has an enormous impact on how children learn, behave, interact and their overall health. A child that does not get enough sleep won't be able to concentrate when they have to learn. There could also be behavioural problems, because a tired child is also a cranky one. It is of the utmost importance that children get enough sleep to improve concentration, deal with conflicts and interact in positive ways with their peers.

Lack of sleep puts your child at higher risk of illness. According to Kidshealth, sleep helps your brain to rest and store information. Your cells repair when you sleep and that is when most of the growing in children takes place. If they do not rest enough, their growth could be compromised.

Every child is unique and has different needs. Sleeping is important for everyone, but how sleep is spread depends from child to child. The amount of sleep a child needs, decreases as they get older. Here is a guideline of how much sleep children needs and it includes daytime naps.

- 3 – 5 years need 10 – 13 hours a day
- 6 – 12 years need 9 – 12 hours a day
- 13 – 18 years need 8 – 10 hours per day

P&C and School Council 2018

Thank you

On behalf of the whole school community, we would like to thank this year's P&C and School Council for their great work throughout 2018. Throughout 2018 we have seen many P&C and School Council achievements. Thank you for your dedication and assistance. The school is a better place because of your commitment.

Congratulations to the 2018 leadership team, and all of the committee members. You have provided wonderful support to the school and the school community. The executive team has been admirably supported by many other community members.

Our sincere thanks to the regular P&C, School Council attendees and active participants who are now leaving our school. We thank you for your valuable contributions. The school really appreciates the supportive relationship we have with the P&C and School Council. We look forward to working with the new leadership team and the many other P&C and School Council members in 2019.

Mick McCann

michael.mccann@det.nsw.edu.au

thank
YOU

Presentation Day

This year, due to the new building, we will be holding our presentation at -

Newcastle Grammar School Hall, Hill Campus.

Tuesday, 11th December

9.00am – 11.00am

Our students and parents will access Grammar via the heritage gate on Church St, opposite the Cathedral. Notes will be sent home this week to parents if your child will be receiving a major award.



Major Capital Work Update

As you may have noticed, the new build has officially started. The fences and signage have gone up. There has been work in turning off the electricity to the COLA and locating underground services.

VP9 (our demountable) will be moved before the end of year. Its new location will be between the two play equipment areas and will be accessed via the path in front of the current library (grey demountable) and the path near the top play equipment.



Image: Nagenath Chiluvuru on Unplash

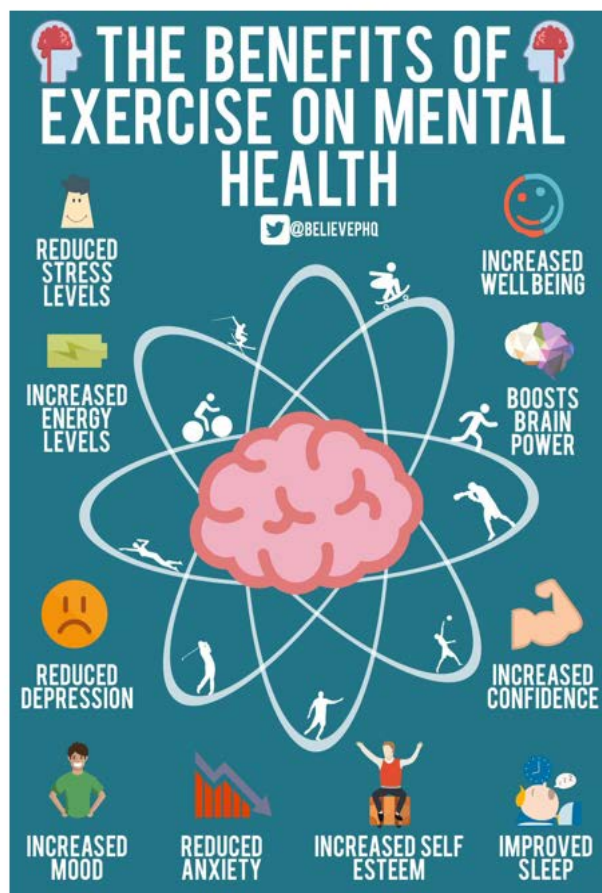
Annual School Council Survey

We invite our school community to give valuable feedback on the programs we have in our school. We will be providing links over the next few weeks to get your feelings about particular programs. These surveys will be short and sweet—taking a few short moments of your precious time. We will use your information, together with that of staff to consider our next steps for the school.

<https://www.surveymonkey.com/r/ZKF6T98>



Good for Kids good for life



Source: BelievePerform



PHONE 49246499

NEPS Christmas Raffle



Raffle tickets are going home with all students today.

Ticket Price: \$5 each or 3 for \$10

1st - \$1040 Family Photo Shoot + print

2nd - \$820 Family Photo Shoot + print

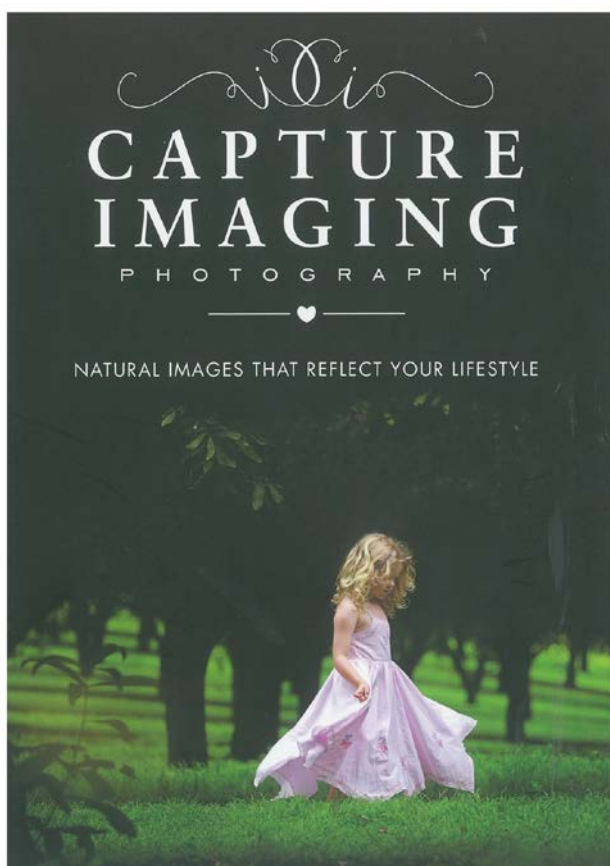
3rd - \$700 Family Photo Shoot + print

4th-13th - \$410 Family Photo Shoot + print

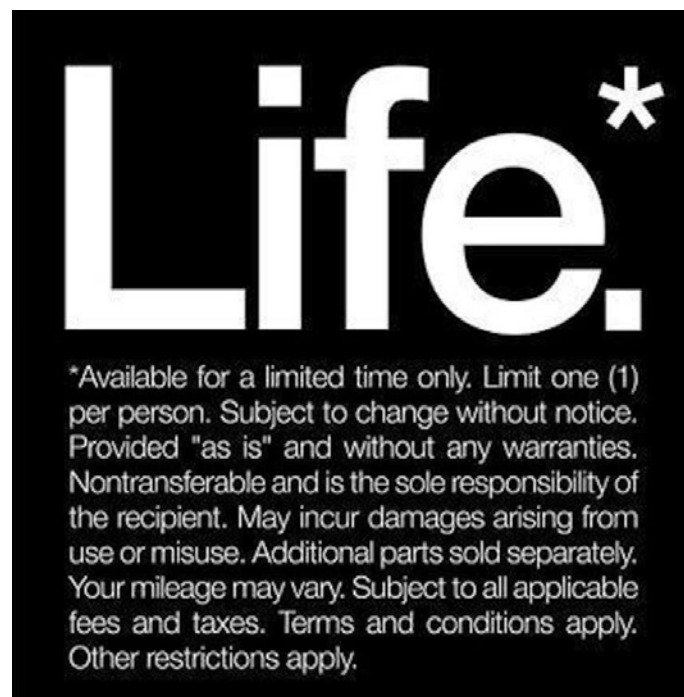
Drawn 11th December at School Presentation.

Please return tickets (sold and unsold) to the school office by Friday, 7th December 2018.

All prizes kindly donated by Capture Imaging Photography.



Thought for the Week



Recital Night

Our talented musicians will perform at a recital evening on Tuesday 11th of December. Mr. Ina Cook has been busy rehearsing with the ban who will be performing a range of songs.

Performances are not limited to ban members and open to all who play an instrument. Students are asked to select one song a return their notes to Mr. Daniels ASAP.

OOSH Update

With respect to bookings for the coming year, 2019, **Tuesday is now completely booked**. We will be taking names for a waiting list should there be any cancellations. We encourage you to look ahead where possible to secure your place.

Regarding Vacation Care over the Christmas break:

20th December, January 16th, 17th, 23rd, and the 24th are totally booked.

There are plenty of spaces remaining with respect to the rest of the vacation period program. We welcome you to enjoy the summer fun!

Canteen Update

A big thank you to the few volunteers on the canteen roster!

Unfortunately, we have gaping holes in the roster now.

New volunteers are always welcome, and you will be trained (but it's not hard!)

If you can volunteer on any of the dates below, text Kelly Wyman on 0421 299611 or use the sign up link below.

www.SignUpGenius.com/go/30E0A4DAEAB29AAF94-canteen4

Also if have any questions please contact Kelly Wyman on 0421 299611

CANTEEN ROSTER Term 4 2018	
Monday	Friday
	7 Dec Kellie Bohlsen Helena Hooi
10 Dec Michelle Lott	12 Dec Kelly Wyman Tracey Hutchins
17 Dec Volunteers needed	

Term Four Planner – This will be updated regularly here and on our school website.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8	3 December P&C + School Council Meetings	4 December NHS Yr7 Orientation	5 December	6 December	7 December
Week 9	10 December	11 December Presentation Day Newcastle Grammar Hall Recital Night	12 December	13 December Year Six Farewell - Nobby's Surf Club	14 December Reports home
Week10	17 December	18 December	19 December Last Day of school year	Staff Development Day	Staff Development Day

December Parkrun



Congratulations to our December parkrunners. I hope you've enjoyed giving parkrun a try this year. Maybe next year you'll become a regular like Ryrie, who has completed 37 parkruns this year! What an amazing effort! Parkrun is a free, weekly, timed 5km run held EVERY Saturday. Register at parkrun.com.au, print out your barcode and give it a go. I look forward to seeing you out there.

Mrs Thompson







Artist's impression of the Newcastle East Public School upgrade.

Newcastle East Public School

Site establishment notification

November 2018

Investing in our schools

The NSW Government is spending \$6 billion over four years to deliver more than 170 new and upgraded schools. The budget also includes an additional \$160 million in 2018/19 as part of the record \$747 million maintenance investment announced last year. This is the biggest investment in public school infrastructure in the history of NSW.

Newcastle East Public School

A project is underway to upgrade Newcastle East Public School to create an innovative learning environment. The project will deliver:

- four new adaptable and innovative learning spaces
- a new covered outdoor learning area (COLA)/ communal gathering space
- refurbishment of the staff administration area
- replacement of the roof of the existing heritage building.

Progress summary

Planning approval has been received and the contract for construction awarded to Artel Constructions. Construction will start in late 2018.

Site establishment starts late November

Site establishment prepares the work area for construction. Artel Constructions will:

- install fencing and hoardings to separate the site from the school grounds
- remove trees within the construction site
- remediate known asbestos within the site in strict accordance with all applicable legislation, regulations, policies and guidelines.

Following site establishment, construction will begin with bulk excavation, removal of the existing COLA, relocation of existing services, formwork and concrete pours.

Work will take place from 7am to 5pm, Monday to Friday and 8am to 1pm Saturday. Some work may be required outside of these approved hours to safely remediate contaminated materials. The community will be informed of any changes to the approved working hours.

We are here to make sure that work is completed safely and efficiently and we will minimise impacts on the community at every opportunity.

NSW Department of Education - School Infrastructure

Artist's impressions of the Newcastle East Public School upgrade.



Remediation of contaminated materials

The health, safety and well-being of students, staff and neighbours is our highest priority. There is known asbestos within the site that will need to be remediated as part of the site establishment and early works.

Asbestos remediation will be managed in accordance with the Department of Education's Asbestos Management Plan and Safe Work NSW by licensed and accredited asbestos removalists and occupational hygienists in strict accordance with all applicable legislation, regulations, policies and guidelines.

A remediation plan will be developed that will inform how these works will be carried out. Further information will be provided to the school and local community once timings have been confirmed.

Please be aware that the remediation of asbestos will pose no risk to staff, students or the local community.

Keeping you updated

Regular updates about what to expect will be provided to the school and local community throughout construction. An information booth has been scheduled for 8:30am-9:30am, Monday 5 November 2018 at Newcastle East Public School.

For more information contact:

School Infrastructure NSW

Email: schoolinfrastructure@det.nsw.edu.au

Phone: 1300 482 651

www.schoolinfrastructure.nsw.gov.au

schoolinfrastructure.nsw.gov.au





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"Was tentative to do it at first, but after the first day was absolutely in love with code camp. Insisted on wearing hat and t-shirt for the next 2 days. Post-camp, he has continued to build on his game and now shares it with his school friends and family."

Stuart, Melbourne



"My daughter loved her code camp and will be back for more... The experience was great, teachers were fantastic and the follow up emails with more activities has been unbelievable..."

Katie, Sydney



"The end result is far and away the best programming teaching environment I have ever seen. Seriously now my primary school child can program in JavaScript."

Jeffrey, Melbourne



Book with confidence

We are so sure your kids will love Code Camp, if they don't want to come back after Day 1, we'll refund the remaining days!



Book now at:

www.codecamp.com.au

Give us a call on:

1300 263 322

There are over 100 locations around Australia to choose from



Call 0410 840 155
or Book Online at
surfestsurfschool.com.au

SUMMER HOLIDAYS SURF PROGRAMS



AVAILABLE DATES:

- Wednesday the 2nd until Friday the 4th of January 2019
- Wednesday the 9th until Friday the 11th of January 2019
- Wednesday the 16th until Friday the 18th of January 2019
- Wednesday the 23rd until Friday the 25th of January 2019

\$180 for a three day program - 9am to 12pm each of the days - 9hrs total.

Call **0410 840 155** or book online at www.surfestsurfschool.com.au

This summer holidays kids program is specially designed for kids 5-12 years old to make learning about beach safety and learning to surf fun and easy. The program is taught by an ASI accredited surf school and run throughout the summer school holidays at Nobby's Beach. All kids are provided with the right surfboard, wetsuit, sunblock and placed in the right age group

sanbah

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6-12 YEARS

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0414 848 741 BE QUICK FOR EARLY BIRD RATES



Motiv8sports are holding **THREE** incredible events in the
2018/2019 Christmas Holidays!
Which one will we see you at?

We will be ending 2018 with one of our biggest and most anticipated events of the year... The Motiv8sports Christmas V.I.P BBQ! We welcome all current and new Motiv8sports superstars to join us in some incredible Motiv8sports Christmas fun!

It will be one whole day of non-stop Motiv8sports action including Splash City Water Sports, crazy challenges, insane giveaways and wicked prizes. We also have a surprise visit from Santa to spoil our legendary campers.



1-DAY VIP PARTY

When: Thursday 20th December 2018

Where: Merewether High School
8:30am - 3:30pm

Cost: \$40 (includes a rookie jersey for all new members)

Link: <https://bit.ly/2S9EI2p>

In January 2019, we have TWO incredible Motiv8sports SUMMER CAMPS to choose from!
Both will be jam packed with our legendary signature sports including spectacular
SPLASH CITY water sports!

3-DAY SUMMER CAMP

When: Tuesday 15th, Wednesday 16th and
Thursday 17th January 2019

Where: Merewether High School 8:30am -
3:30pm

Cost: \$110.00 (includes a rookie jersey for all
new members)

Link: <https://bit.ly/2r1cvPP>

2-DAY SUMMER CAMP

When: Wednesday 23rd & Thursday 24th
January 2019

Where: Garden Suburb Public School 8:30am
- 3:30pm

Cost: \$75.00 (includes a rookie jersey for all new
members)

Link: <https://bit.ly/2FFNVhA>



All of our camps are designed to cater for all sporting abilities with a strong focus on energy and effort
rather than sporting capability.

For more information call Aaron (Camp Director) on 0412 872 396

SUMMER HOLIDAY CRICKET CAMP



FEATURES OF CRICKET CAMP

- * Fast & Spin Bowling Practice
- * Batting Drills & Games
- * Twenty 20 Tips & Hints
- * Net Session Practice
- * Fielding Practice & Challenges
- * Twenty 20 Competitions
- * Modified Cricket Games
- * Trivia Quizzes & Awards

Note: Activity list subject to change



**GROUP BOOKINGS OF 3 OR MORE
SAVE 25% OFF THE
REGULAR PRICE.**



**CATCH THE EARLY BIRD PRICE
OF \$60 EACH DAY. HURRY!
ENDS NOVEMBER 30.**

Newcastle Cricket Camp Details

Date: January 10-11, 2019

Venue: Empire Park | Bar Beach

Time: 9.00 am - 3.00 pm

Early Bird Price: \$60 (Ends 30 November)

Regular Price: \$75 (Begins 1 December)

Testimonial

The cricket coaching programs used by the coaches from Team Super Sports Camps combines technical advice with skills activities and stimulating game scenario sessions to help every junior cricketer reach their goals.

Josh Hazlewood - Australian Fast Bowler

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Contact

Cynthia Culhane
your local Saver Plus
Coordinator

Phone

02 4032 4703
1300 610 355

Email

cynthia.culhane@
thesmithfamily.com.au

Web

www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.