



NAREENA HILLS PUBLIC SCHOOL

HILLS HIGHLIGHTS



Web site - <http://www.nareenahil-p.schools.nsw.edu.au>

Email – nareenahil-p.school@det.nsw.edu.au

Week 7, Term 4

19 November 2012

Ph: 4226 3867

COMING EVENTS

Wednesday 21 November	-	Sydney Schools Spectacular Rehearsal
Wednesday 21 November	-	School Assembly 2.15 pm – KMB Item
Wednesday 21 November	-	P & C Meeting
Thursday 22 November	-	Sydney Schools Spectacular Performance
Friday 23 November	-	Sydney Schools Spectacular Performance
Friday 23 November	-	Teddy Bears Picnic 12.15 for Kinders & New Kinders
Friday 23 November	-	PSSA Sport
Saturday 24 November	-	Sydney Schools Spectacular Performance
Wednesday 28 November	-	School Assembly
Wednesday 28 November	-	Kinder Playtime 9.15 am - Play Equipment
Friday 30 November	-	PSSA Sport
Wednesday 5 December	-	School Assembly
Wednesday 5 December	-	Figtree High School - Year 6 Orientation Day
Thursday 6 December	-	Combined Scripture Christmas Service
Thursday 6 December	-	Thank you Morning Tea for our Helpers
Tuesday 11 December	-	Jamberoo Excursion
Friday 14 December	-	Gold Merit Morning Tea
Monday 17 December	-	Presentation Day
Monday 17 December	-	Year 6 Dinner & Disco
Tuesday 18 December	-	Have-A-Go Show

PRINCIPAL'S MESSAGE



Good luck to all of the students who will perform at the Schools Spectacular this week. Thank you to Ms Gibson for assisting with the supervision of students in Mrs Cameron's absence. Also, thank you to all of the parents who have taken the time to supervise and transport the students for rehearsals. I hope everyone enjoys the performances and this wonderful experience!

Platinum Awards

It is my pleasure to announce that Ned and Zoe will receive a platinum award at the Annual School Assembly to be held on Monday 17 December. Congratulations to these students for their constant modelling of the values of our school.

Teddy Bears Picnic – Friday November 23

Kindergarten will welcome the 2013 Kindergarten children to Nareena Hills Public School at a Teddy Bears Picnic in the NOLA this Friday 23 November 2013. A note will be sent home to all Kindergarten students detailing requirements for the picnic. Please see Mrs Morgan or Mrs Hick.

Assembly

This week's assembly KMB will present their item and start at 2.15 pm .

Correction:
Kaitlin and Payton interviewed Ryan Park last week, not Caitlin!

Giselle Coltman
Principal

CONGRATULATIONS

Congratulations to the following children who have achieved their Gold Certificate status-



<i>Brody</i>	<i>Meg</i>	<i>Ben</i>
<i>Annemieke</i>	<i>Ned</i>	<i>Audrey</i>
<i>Zoe</i>	<i>Brooke</i>	<i>Pamela</i>
<i>Rosie</i>	<i>Molly</i>	<i>Lucas</i>
<i>Elizabeth</i>	<i>Jayden</i>	<i>Lachlan</i>
<i>Chloe</i>	<i>Neika</i>	<i>Caitlyn</i>
<i>Alexander</i>		

These certificates will be given out at the Assembly 28 November

Congratulations to the following children who have achieved their Silver Certificate status -

<i>Charlie</i>	<i>Flin</i>	<i>Jeddah</i>	<i>Elsie</i>
<i>Liridona</i>	<i>Montana</i>	<i>Tomas</i>	<i>Noah</i>

These certificates will be given out at the Assembly 28 November

What Notes Went Home Last Week (12 November – 16 November)

Note topic	Who got it?	When was it sent?
Rejection of Newsletters (Hotmail & Live)	Relevant families	Friday 16 November

PARENT/SCRIPTURE TEACHERS/CANTEEN HELPERS MORNING TEA

The staff has indicated to me the names of parents/helpers who have assisted across the school this year. WOW! I am overwhelmed with the number of helpers our school has been lucky enough to work with this year! It was our intention to send out individual invites to these wonderful people, but to be honest, there are hundreds of helpers. Please accept my apologies for not being able to invite you all personally. Rather, please read the invitation attached to this newsletter and return the RSVP slip to the main office by Thursday 29 November.

On behalf of the staff I wish to thank everyone who has helped make Nareena Hills such an amazing school in 2012. Your help has supported the students in the activities and programs we have been able to offer this year.

Thank you,
Mrs Jordan

GREAT TEAM EFFORT

Thank you to the wonderful team who have been helping prepare our new collection of readers. We will be setting up the working bee again this Thursday.

If you can spare some time this Thursday afternoon between 2.00 and 3.00pm, your help would be greatly appreciated. Tasks will include stamping reinforcing and cutting plastic ready for covering.

Some of the books are now ready to be covered. If you have time to take some home to cover please call at the Library.

The working bee will take place in the hall.

If you can help let Mrs Relf know or just come in on the day.

National Recycling Week

Students in many of our classes have been involved in activities based on the units of work from Planet Ark for National Recycling Week. I have been very impressed with the quality of work the 4/5 and 5/6 classes have produced for their Environmental Campaign. Work includes videos, plays, slide shows, poster collections and making things from recycled materials. Look out for some of these items on display around the school.

Mrs Relf

MASTER CHEF MONDAYS!

KC is learning to write and follow procedures. We call it Master Chef Mondays! Who knew they would also learn about maths! First we write about what we need and then the steps. Then we follow the instructions and finally we get to eat it!



COMMUNITY NOTICEBOARD ITEMS

Simply Super Kids – School Holiday Program for ages 5-10 years
The Roo Theatre Company - Wizard of Oz 11– 26 January 2013
EGTC Drama Classes – Enrolments for 2013
Bunnings (Wollongong) Christmas Family Night – Thursday 6 December
Figtree High School Year 7-12 Music, Drama & Textiles Showcase Invitation
SKOOLZOUT! School Holiday Program 20/12/12 – 29/1/13
Lake Illawarra PCYC Parenting Skills Workshop – Tuesday 4 December 6.00 – 8.00 pm



CANTEEN ROSTER

Wednesday 21 November: Paula Moss, Sylvia Williams, Susie Caroutas, Linda Villella
Thursday 22 November: Kelly Lazicic, Cindy Churchin, Maree Muller, Alannah Tagliapietra

LOST PROPERTY

2 silver lids were found after the Camp Out. Please collect from the front office.

CRUNCH CORNER

Tame the Appetite Beast

Do your kids claim to be starving soon after eating? Growth spurts and intense physical activity with sport and play may (in part) explain the bottomless pit. Another explanation may be that the foods your kids eat are not very good at promoting 'satiety' – that feeling of fullness and satisfaction after eating.

Here are my top 5 tips to help tame the appetite beast and keep those "I'm hungry" whines to a minimum:

- Stock up on foods rich in **protein, fibre and water**, as research shows these are the components in food that promote satiety.
- **WATER:** Encourage your children to drink a glass of water before each snack and main meal, as 'thirst signals' can easily be mistaken for 'hunger signals'. Include plenty of water-dense foods as part of their everyday diet (e.g. soups, vegetables, juicy fruits like melons, berries, citrus). Water-dense foods extend the stomach and induce a feeling of fullness.
- **PROTEIN:** This nutrient triggers the release of certain satiety-signalling hormones, which lets the brain know the stomach is satisfied. Fish, seafood, lean meats, eggs and reduced-fat dairy (e.g. milk, cheese, yoghurt) are protein heroes which pay dividends to include in your kids meals.
- **SOLUBLE FIBRE:** This type of fibre, found in legumes, barley, oats and vegetables, is another hunger pang beater. It forms a thick gel in the stomach, which slows the rate that food leaves the stomach, thereby enhancing fullness. So porridge, baked beans, salads with 4-bean mix/chick peas/kidney beans, barley bread, barley wraps and minestrone or split pea soup are all filling choices.
- **INSOLUBLE FIBRE:** This fibre is found in wholegrain foods, legumes, wheat/rice bran, vegetable and fruit skins, nuts and seeds. It has a bulking effect to make you feel satisfied. So opt for wholemeal or wholegrain bread over white bread and toss some vegetables (e.g. corn cob, garden salad, vegetable batons) and at least one piece of fresh fruit in the lunchbox.

•
By Vanessa Schuldt
Dietitian & Nutritionist

CHINESE LANGUAGE SCHOOL

Nareena Hills Public School has been approached regarding the possibility of a Chinese language class being held after school on the school premises. Please complete the attached expression of interest.

Attached to the newsletter is information, including course costs regarding The South Coast Chinese Language School that currently operates at Gwynneville Public School.

I am interested in my child participating in Chinese language lessons after school at Nareena Hills Public School. (I understand this will only occur if there is sufficient interest).

Student's name: _____ Student's class _____