



Nareena Hills Public School

Figtree

TERM 4 WEEK 6

11 NOVEMBER 2013

From the Principal

CALENDAR DATES

| | |
|--------|--|
| 12 Nov | Sushi Day |
| 13 Nov | KHM Assembly |
| 16 Nov | Working Bee |
| 20 Nov | Communication Assembly |
| 29 Nov | S2 Tennis Gala Day |
| 5 Dec | Combined Scripture Christmas Concert |
| 5 Dec | Parent helper morning tea |
| 10 Dec | Stage 3 - Jamberoo Stage 2 - Killalea |
| 11 Dec | Christmas Singalong |
| 11 Dec | Mufti Day |
| 13 Dec | End of year Presentation Assembly |
| 16 Dec | Year 6 Dinner & Disco |

P & C MEETING DATES 2013

20 Nov
11 Dec

Remembrance Day

A big thank you to Mrs Stone for her organisation of today's Remembrance Day Ceremony. A special mention to the following students for their assistance with the service: Eliza, Samantha, Bailey and Jeremy.

Remembrance Day (11 November) marks the anniversary of the armistice which ended the First World War (1914 - 18). Each year Australians observe one minute silence at the 11th hour of the 11th day of the 11th month, in memory of those who died or suffered in all wars and armed conflicts. The sacrifice of diggers in past and present conflicts is commemorated today.

While no World War I diggers remain, family members will participate in ceremonies to remember the great sacrifice of so many.

Two more names of Australian soldiers killed in Afghanistan in the past 13 months have been added to the Australian War Memorial's Roll of Honour.

This year is not only the 95th anniversary of the armistice on 11 November which ended the First World War, but also the 20th anniversary of the reinterment of the Unknown Australian Soldier in the Australian War Memorial's Hall of Memory. Former Prime Minister Paul Keating will deliver the Commemorative Address, marking 20 years since his eulogy to the unknown Australian soldier killed in WWI.

Gold Morning Tea

I had a wonderful morning tea with the Gold Award students on Friday! We played Dodge Ball and might I say that there were some rather spirited throws aimed at the school principal! Only one student successfully hit me - Emma, despite having a broken arm, she managed to catch me unawares (my story is that 3 other students were also trying to hit me!).

Thank you to the students for a great morning! Special thanks to Mrs Rickersey for her amazing help and also to Callum for offering to assist with the set up and pack up!

School Crossing Supervisor - Bad Behaviour WILL NOT be tolerated.

Last week the school crossing supervisor informed me that some students who were using the crossing were being very disrespectful and continually questioning why they have to wait for her to give them the all clear to cross the road.

Students were reminded of the correct procedures when using the crossing as well as expected appropriate behaviour while on the crossing.

Please discuss appropriate behaviour and crossing etiquette with your children.

The Crossing Supervisor also informed me that one of our student's stole her RTA drink bottle while she was performing her duties.

Jacaranda Ave, FIGTREE NSW 2525

Tel 4226 3867 Fax 4226 5087

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

www.nareenahil-p.schools.nsw.edu.au

After fighting for so long to have a crossing supervisor, to say I am disappointed at the lack of respect being shown by a small minority would be an understatement!

Platinum Award

On a brighter note - it is my pleasure to announce that Callum, Alicia, Georgia, Alana and Emma will all receive a Platinum Award at the Annual School Assembly on Friday 13 December. Congratulations to these students for their constant modelling of the values of our school.

Reading Challenge

The NSW Premier's Reading Challenge Preview app is a great way for students to find new books and track their progress in the challenge. It's free to download.

To download the app: <http://apps.microsoft.com/windows/en-au/app/nsw-premiers-reading-challenge/7a451df8-214b-4cd7-92a8-f8a4ea6dbe78>

Selective High School Placement

Applications for 2015 placements for Year 7 in a selective high school close 18 November. Parents with internet access are asked to apply online.

For information and application forms: www.schools.nsw.edu.au/shsplacement

Understanding Climate Change

Is your child learning about climate change at school? CSIRO's scientists are learning how the earth's climate system works through observation, measurement and modelling.

Find out more: <http://www.csiro.au/Outcomes/Climate/Understanding.aspx>

Art About Australia

The Aussie Art competition invites primary school children (K- 6) to enter an artwork with a brief description of why 'Australia is the best place in the world' for a chance to win a P & O family cruise or a 16GB iPad 2. The competition closes on 17 February 2014.

Enter the competition: www.aussievault.com.au

Ready for High School

Just to let you know that the Transition to high school, Ready for High School Checklist is now available in 36 languages.

Search by language: http://www.schools.nsw.edu.au/languagesupport/documents/start_ss/rfhsc.php

Giselle Coltman
Principal

Gold Awards

Congratulations to the following students who will be receiving Gold Merit Certificates at the Assembly on 13 November:

Callum, Teagan, Madelyn, Alana and Samantha.

Silver Awards

Congratulations to the following students who will be receiving Silver Merit Certificates at the Assembly on 13 November:

John, Christina, Oscar, Pamela, Ben, Audrey, Angelica, Chloe, Sebastian, Reydan, Alanah, Luke, Ruby, Kaiah, Alex, and Hayley.

Bronze Awards

Congratulations to the following students who will be receiving Bronze Merit Certificates at the Assembly on 13 November:

Sam, Christina and Axel.

School Assembly

At this week's Assembly KHM will present their item commencing at 2.15 pm.

School Working Bee 16 November

Please let us know in the office if you are able to help at the working bee this Saturday.

Sushi Day - Tomorrow

Don't forget tomorrow is Sushi Day.

Canteen Roster

Wednesday 13 November: Rachel Kendon, Tammy Montgomery, Juliana Stanojevic, Louise Coleman

Thursday 14 November: Karmen Bond, Alison Darlow, Janine Lukasiak, Cheree Beattie, and Bridget Newman

Community Notices

Mount St Thomas Public School Twilight Fete - Saturday 16 November 12-5.00 pm

Austinmer Public School - An Afternoon on the Green - 17 November 2-6 pm

Found at school - an iPad

Munch'n'Crunch

'Tis the season to be jolly and eat sensibly

The festive season is a time of the year when all manner of goodies abound to tempt our tastebuds. Christmas parties and get-togethers make it hard to dodge the never ending downpour of party platters, canapés and sweet treats. But have no fear, with a little forward planning, morphing into Santa's physique isn't inevitable. Read on to find out how you can enjoy the treats of the season without breaking your good eating intentions.

Smart party tactics - Set limits

If the get-together you're at isn't a sit down meal, then eat your main meal (lunch or dinner) before you go and treat the canapés, nibbles and sweet treats as a mid-meal snack. A sensible number of kilojoules for a main meal is about 1500-2000 kilojoules, and the 'gold standard' limit for a mid-meal snack is 600 kilojoules. If you want to let go a little, think about cutting back on the serving size of your main meal before the party, and you can get away with 800kj for the party food. Here's a rundown on the kilojoule content of some popular party treats:

| SAVOURY CANAPES | KILOJOULES PER SERVE |
|---|----------------------|
| 1 rockmelon slice wrapped in prosciutto | 265kj |
| 1 smoked salmon, cream cheese & chive pikelet | 270kj |
| 1 prawn and noodle rice paper roll | 235kj |
| 1 small dolmades (stuffed vine leaf) | 195kj |
| 1 raw oyster | 45kj |
| 1 caviar egg (half an egg) | 285kj |
| 10 pimento stuffed green olives | 155kj |
| 1 ricotta & spinach pastizzi (pastry) | 490kj |
| 1 spinach & bocconcini mini pizza | 315kj |
| 1 mini quiche Lorraine | 320kj |
| 1 small beef meatball | 140kj |
| 1 small handful (30g) of mixed nuts | 745kj |
| 1 water cracker with 2 tsp guacamole dip | 120kj |
| 1 small wedge (20g) of camembert cheese | 250kj |
| 1 handful (about 10 knots) of pretzels | 160kj |
| 1 handful (about 10g) salted, crinkle-cut potato crisps | 220kj |
| 1 corn chip with 1 Tbsp salsa dip | 70kj |
| SWEET TREATS | |
| 1/2 fruit mince tart | 575kj |
| 1 macadamia shortbread | 330kj |
| 1 Lindt Lindor milk chocolate ball | 322kj |
| 1 rum ball | 370kj |
| 1 slice (50g) Christmas fruit cake | 720kj |
| 1 handful (about 15) chocolate raisins | 255kj |
| 1 chunk (25g) of rocky road | 435kj |
| 1 large chocolate dipped strawberry | 160kj |
| 1 Nestlé Peters Drumstick Minis, Classic Vanilla | 725kj |
| 1 Weis' Minis, Mango and Ice Cream Bar | 232kj |

Munch'n'Crunch - Cont'd

Have a party plan:

If you're keen to watch your weight, eat slowly when eating canapés and nibbles. It's too easy to wolf down a lot of food and kilojoules, in the first hour when the party platters are first passed around. Have some strategies in mind to avoid overeating, such as saying 'no, thank you' to every second platter.

Be sure to stand a fair distance away from food platters sitting on tables – easy access makes for indulgent pickings.

Sip sensibly:

The kilojoules in your drinks can easily add up and undo all the good you achieve with your 800kj limit on the food. So remember a 150ml glass of wine has about 400kj, and one 375ml can of full strength beer has about 570kj.

Adopt a smart drinking plan as you would with your food:

Alternate your alcoholic beverages with water.

Offer to be the designated driver – it's a commitment not to drink.

Use diet soft drinks to mix with your spirits.

Put your glass down between sips to pace your intake.

By Vanessa Schuldt

Accredited Practising Dietitian & Nutritionist

School Banking

Keep saving to win more Dollarmites' treasure. Simply make two or more School Banking deposits between now to 30 November and you'll be automatically entered into the competition. Just by saving, you could win one of these great prizes: 60 x Apple iPod touch 16 GB, 100 x Adventure DVD pack (including Despicable me, Despicable Me 2 and HOP).

Parent Helper Special Morning Tea

We would love to invite all our special parent helpers to a morning tea to say a big thank you for all the different ways of helping around the school that you do. On Thursday 5 December straight after the Combined Scripture Service we will be having morning tea in the school Hall.

To help with catering numbers, please RSVP to the school office if you will be attending.

