



Caring, Living, Learning

PUBLIC SCHOOL

A NUT AND EGG AWARE SCHOOL

Friday 21 November 2014

Number 25
Term 4 Week 7, 2014

RESPECT

RESPONSIBILITY

RESILIENCE

★ DIARY DATES ★

Student Banking

Thursday

Canteen

Wednesday, Thursday

Assembly - when advertised

- 27 November 2015 Kindy playdate
9.15am on school oval
- 9 December K - 2 Luncheon
- 9 December Stage 3 Jamberoo Excursion
- 10 December Christmas sing-a-long
- 10 December P & C Night Out
- 11 December Combined Scripture Service 10 - 11am
- 11 December Parent Helpers Morning Tea 11.00 - 11.30am
- 12 December End of Year Presentation Assembly
- 15 December Year 6 Farewell Dinner Lagoon Restaurant
- 15 December Disco at school
- 15 December Stage 2 Excursion Surf Education Sandon Point
- 16 December Have-A-Go-Show
- 16 December Reports home
- 17 December Last day of school for students
- 2015
- 18 February P & C Meeting 7pm



★ STUDENT REPRESENTATIVE VEGIE STALL ★

Have you been to the Vegie Stall?

Tuesday mornings SRC members have been busy selling produce fresh from our Vegie Garden. So far we have sold spinach, potatoes, lettuce, broccoli, onions and snow peas.

Come and have a look at what is on offer next week!



Jacaranda Avenue , Figtree NSW 2525

Ph: 4226 3867 Fax: 4226 5087

www.nareenahil-p.schools.nsw.edu.auemail: nareenahil-p.school@det.nsw.edu.au

Principal : Giselle Coltman

★ PRINCIPAL NEWS ★

Time Capsule Contents

The contents of the 1988 time capsule will be re-buried along with contents provided by students from this year's classes. Families who wish to collect their 1988 time capsule contents have until December 5 to do so.

As we do not have the contact details of former staff and students it would be greatly appreciated if parents who are in contact with previous staff and students via social media please use facebook to let everyone know.

We intend to re-bury the time capsule on 12 December after our Year 6 Farewell assembly.

End of Year Presentation Assembly

This year's presentation assembly is to be held on Friday 12 December. Parents of students receiving awards will be informed in the coming weeks. We would like award recipients to be kept a secret!

K - 2 Presentation Assembly

The K - 2 Presentation Assembly will begin promptly at 9.10am.

We will then have a short break so that the parents of K - 2 students can leave the hall in a timely manner.

3 - 6 Presentation Assembly

The 3 - 6 Presentation Assembly will begin at 10.15 am. It is requested that parents of students receiving an award in Years 3 - 6 **DO NOT** arrive at school before 10.00am as the K - 2 assembly may still be in progress.



Parent Action Symbol!

If you see this symbol next to an item, then it is something that you may either have to action or note in your diary.



RADICAL AWARDS



Congratulations to Juanita who will be receiving her Radical Award at this afternoon's assembly.

Congratulations to Aaliah who had attained her Radical Award.

Her award will be presented at the assembly on 28 November 2014.

Well done Aaliah!



AWESOME AWARDS



Congratulations to the following students who have gained their Awesome Award. Their award will be presented at the assembly on 28 November 2014.

ID	Leonardo
2L	Noah
2T	Ad Deen
3C	Emily
3/4JM	James, Melanie, Matthew, Joel, Benjamin, Riley, Aleksandar
5/6G	Liam, Matthew



★ PRINCIPAL NEWS ★

Darcy

Good Luck to Darcy who will compete in the Australian Athletics Championships in Tasmania. We are very proud of you Darcy.

Giselle Coltman
Principal



Stage 2 Excursion reminder

Please return your permission notes and money for the Stage 2 Sandon Point Day Out. I am looking forward to seeing all your smiling faces.

Final day for notes and payment is Friday 28 November.

Mrs Jordan

K - 2 Luncheon

On Tuesday 9 December, Infants students will celebrate the end of the year with a Christmas luncheon. A note will go home shortly with further details.

Headlice

We have recently had some cases of headlice.

Please check your child's hair for nits/head lice tonight using the methods recommended in information from NSW Health, by visiting the website below:
<http://www.health.nsw.gov.au/headlice/treatment/index.html>

If your child has any eggs or lice, please commence treatment as recommended.

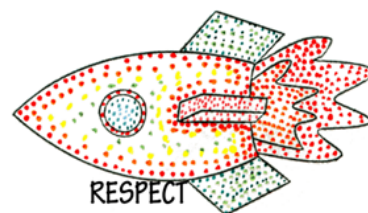


★ POSITIVE BEHAVIOUR FOR SUCCESS ★

This week we will be focussing on the value of RESPECT.

The focus statement is
Treat others the way you would like to be treated.

This week PBS lessons will be about respect in the hall.
From the Matrix: Listen attentively. Participate sensibly.

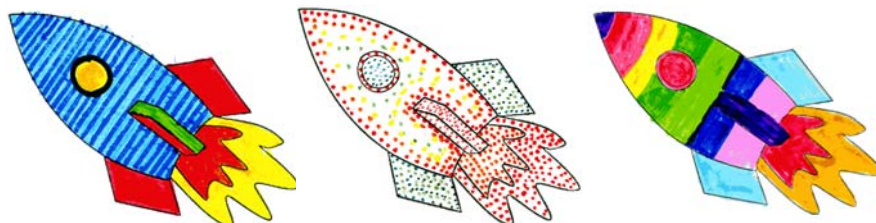


★ ROCKET COMPETITION ★

Thank you for the overwhelming response to the 2015 Rocket competition. There were hundreds and hundreds of entries which has made the judging very difficult. All of the entries were of the highest standard and extremely colourful, bright and creative.

This week I will announce the winners at our Friday assembly.

Mrs Jordan



★ POSITIVE BEHAVIOUR FOR SUCCESS SURVEY ★

Attached to this newsletter is a parent evaluation of PBS (Positive Behaviour for Success) that you can fill in and return to the school by Friday 7 December. It is important that a large percentage of parents participate in the evaluation to enable informed decisions to be made for possible changes to the system for 2015.

Thank you for your support.

Mrs Cameron and the PBS Team

★ OPERATION CHRISTMAS CHILD BOXES ★

A very big thank you to everyone who brought in an Operation Christmas Child Box last month. I collected 16 boxes. I really appreciate it and so will the thankful children overseas, that would not have received a Christmas present.

To see more or to watch the children open their gifts, please go to samaritanspurse.com or look up Operation Christmas Child-He knows my name.

Thank you from Kaiah



★ P & C NEWS ★

The P & C will be having a night out on 10 December at Friends Pizza Restaurant commencing at 7pm. Please let me know if you are able to attend.

The first P & C meeting for next year will be 18 February 2015.

Meetings are held in the school staffroom and begin at 7pm.

New members are always welcome.



Julijana Stanojevic
P & C President

★ CANTEEN ★

Wednesdays 9.00 - 1.30pm

Week 8 26 Nov	Natalie Nicastrì, Christine Gregory, Amanda Schipp, Chris Finley
Week 9 3 Dec	Paula Moss, Renae Hancock, Danielle Pierce, Leone Paiola
Week 10 10 Dec	Rachel Kendon, Tammy Montgomery, Julijana Stanojevic, Louise Coleman

Thursday 9.00 - 1.30pm

Week 8 27 Nov	Kelly Lazicic, Cindy Churchin, Maree Muller, Alannah Tagliapietra
Week 9 4 Dec	Sarah Allen, Kate Johnson, Catherine Robinson
Week 10 11 Dec	Karmen Bond, Alison Darlow, Bridget Newman, Cheree Beattie

★ UPCOMING PAYMENTS ★



Jamberoo - End of Year Excursion

When: Tuesday 9 December
Where: Jamberoo Action Park
Who: Stage 3 students
Cost: \$40.00 (Season member \$13.00)



Surf Education - End of Year Excursion

When: Monday 15 December
Where: Sandon Point Beach
Who: Stage 2 students
Cost: \$28.00



Year 6 Farewell

When: Monday 15 December
Where: Lagoon Restaurant
Who: Stage 3 students
Cost: \$35.00



Year 6 Farewell Disco

When: Monday 15 December
Where: School Hall
Who: Year 5 students
Cost: \$5.00 (to be brought in after 2 December)

★ SCHOOL ASSEMBLIES ★

Week 7	Tremendous, Awesome, Principal's Awards Rocket Draw 5C assembly - commencing at 2.15pm
Week 8	Tremendous, Awesome, Principal's Awards 1C assembly item - commencing at 2.15pm
Week 9	Final - Tremendous, Awesome, Principal's Awards Rocket Draw - commencing at 2.30pm
Week 10	K - 6 End of Year Presentation Assembly K - 2 commencing at 9.10am 3 - 6 commencing at 10.15am

★ 2015 BOOK PACKS ★

For the first time Kookaburra will facilitate the purchase of book packs. Parents will need to go online and purchase the packs for their children. The books will then be sent to the school. The school will no longer order book packs. It is important that parents order the books before the cut off date.

Further information will follow once the site is live.





SCHOOL PLANNING 2015 - 2017



Our school is currently in the planning stage of the 2015 – 2017 school plan. The new school plan will provide principals with the opportunity to work collaboratively with the school community to lead educational innovation for the improved delivery of quality teaching, learning and leadership outcomes for NSW public schools.

The new school plan - Preparing your community.

To date the school leadership team have met to evaluate what we have achieved and what we want to continue to achieve using our school plan and evidence from the Analytical Framework for School Improvement Tool. A staff meeting was also held to brainstorm and gather ideas from the staff.

The next phase is to involve parents and students. We intend to hold an afternoon session and survey parents on what they expect the school to look like in the next 3 years...what you expect the students to be learning etc.

To assist us with planning the following will occur:

- During Week 8 and Week 9 students will be in the playground with ipads asking parents to complete an online survey.
- Parents will be randomly selected to complete a phone interview to gather opinions, thoughts and ideas.
- Students and teachers will participate in surveys or focus groups.
- A parent information session will be held on Wednesday 3 December to set the directions and vision for the next 3 years at the school. The session will take place in the staffroom from 2.00 - 3.00pm. If you wish to attend please complete the tear-off below.



HELPERS MORNING TEA REMINDER



Our annual 'Parent, Community and Scripture helpers' morning tea will be held on Thursday 11 December from 11.10am -12 noon, in the school hall.

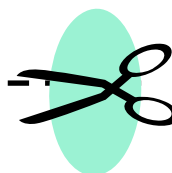
The staff at Nareena Hills Public School would like to take the time to thank all the helpers for the effort and support they have provided to our school throughout 2014.

If you are one of these special helpers, then please join us for morning tea for us to say "Thanks" for all you have done this year.



Please fill in the form at the bottom of the page and return to school by Monday 1 December.

We hope you can join us,
Mrs Cusack and staff



Thank You Morning Tea

- I will be attending the Thank You Morning Tea.
Name : (please print)
- I will attend the information session on School Planning to be held in the staffroom on Wednesday 3 December between 2.00 and 3.00pm.

Parent Name (please print)

Please return slip/s to Mrs Rickersey in the front office.



★ SCHOOL SONG ★

Nareena Hills
Living, Learning and Caring,
Nareena Hills, Nareena Hills,
Helping each other we learn to live.

Verse 1

We live between the Mountains,
And the deep blue sea,
We come from many places,
From all around the world.
We welcome everybody,
To come and learn with us,
To care, respect, this Ancient
Land, That joins us all as one.

Chorus

Verse 2

We study in the classroom,
To feed enquiring minds,
We strengthen hearts and
bodies,
By playing games outside.
We're growing in our confidence
We'll take the world by storm,
And face the future without fear,
With hope and cheerfulness

Chorus

Nareena Hills, Nareena Hills
Living, Learning and Caring,
Nareena Hills, Nareena Hills,
Helping each other we learn to live.

Lyrics by Gordon Dugan and
Catherine Hanes

Music by Gordon Dugan



★ NUTRITION SNIPPETS ★

Please see the following articles about making healthy choices over the Christmas silly season and Summer season. There is also information regarding Sunsmart choices.

Cancer Council NSW Nutrition Snippet

The simplest way

...make Christmas healthy

Christmas is full of temptation: from bowls of chocolate, to puddings to pavlovas.

It's important you still aim for two serves of fruit + five serves of veg, every day.

Try and restrict your family's treats until Christmas Day, and follow these three steps for healthier choices:

1. Serve veggie sticks with veggie dips as a starter, so you fill up on healthier food first.
2. Serve a large fruit salad or fruit kebabs alongside dessert.
3. Make sure half your plate is filled with vegies (think roasted or raw salads).

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It

Cancer Council NSW Nutrition Snippet

The simplest way

...stay healthy over Summer.

Summertime = BBQ time in Australia.

Here are five ways to make your barbies as healthy and delicious as possible.

- Limit or avoid processed meat like sausages and bacon.
- Use lean cuts of meat.
- Make sure half your plate is filled with vegies.
- Cook vegies like eggplant, zucchini and capsicum straight on the bbq (or as part of the kebab in picture).
- Make a few salads to serve on the side.
- Freezing fruits like grapes and berries make a delicious treat for a dessert on a hot day.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It

Cancer Council NSW Nutrition Snippet

The simplest way

...to make a Christmas centerpiece.

Get creative these holidays with a fruit and veg inspired centerpiece for your Christmas feast!

The picture on the right uses layers of baby tomatoes, rosemary and cheese but you could use:

- Layers of thinly sliced green and red capsicum, with slices of carrots in between
- Baby tomatoes and basil
- Kiwi fruit, watermelon, rockmelon
- Use mixed berries: blueberries, strawberries, raspberries.

If you have fruit + veg on your table, you'll be surprised how quickly it will be eaten.
For more inspiration – like us on Facebook – details below.
Merry Christmas!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It

Cancer Council NSW Nutrition Snippet

The simplest way

...to make healthy Santas.

This Christmas, get your kids eating strawberry Santas – they're cute to look at, and delicious to eat!

Follow these instructions to keep your Christmas fun and healthy:

1. Wash your strawberries, dry, then slice off the tip
2. Spoon/pipe reduced-fat ricotta or cream cheese on the larger half, then put the 'hat' on top
3. Top hat with a little more of the cheese to make a pom pom
4. Cut a small amount of sultanas up for the eyes and place on gently.

Merry Christmas from all of us at Eat It To Beat It!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It

Cancer Council NSW SunSmart Snippet

The simplest way

...to be SunSmart!

Showing children that you wear sunscreen is the best way to teach them about our harmful UV rays.

Children imitate adult behavior – both good and bad. When it comes to sun protection, setting the best example is important for teachers and parents.

What should you do?

- Wear a sun safe hat.
- Wear a shirt with a collar and sleeves.
- Apply sunscreen before going outside, and then at regular two hour intervals throughout the day.

Be SunSmart and your children will follow your lead. Enjoy the holidays!

For more information visit www.sunsmart.nsw.edu.au or call 9334 1761

SUNSMART



NOTICBOARD ITEMS



For more information please visit www.aquathon.com.au or phone Rob on 0413 862 676.



EXPERIENCE the MAGIC of HOSTING

Are you interested in different cultures and ways of life? Why not invite an exchange student into your home next July? Travel from the comfort of your armchair, as your exchange student shares his/her culture with you. It's a great experience for the whole family and your local community!

World Education Program (WEP) is looking for **volunteer host families**, who will welcome our students into their homes and treat them like their own.

Victoria (17) from Italy enjoys playing the guitar, reading, dancing, cooking and all kinds of sports. She wants to share her Italian culture with her Aussie host family by cooking them some tasty Italian dishes. Yum!

Olivier (17) from Belgium loves the outdoors and exploring nature! He is fascinated by animals and hopes to come up close and personal with snakes, spiders and crocodiles while in Australia. We hope not too close!

"First we shared our home and then we shared our hearts."
Nikitta-9 and Madison-8, host siblings of Pauline from Belgium

Getting to know your student before he or she arrives brings fun and joy to everyone involved. Take the next step and contact me today to receive a full information pack for your family, including student profiles.
- Sylvia Kelly, Inbound Program Manager

Request program information and student profiles now!
www.wep.org.au **1300 884 733** info@wep.org.au

Bunnings Christmas night is here! Santa is coming.

Christmas Family Night. Thursday 4 December 6pm - 8pm. Bunnings are running a little competition this year. The school who has the most kids/parents attend will be awarded a prize. Bookings recommended, please visit www.bunnings.com.au



Bunnings have also supplied a colouring in Christmas picture which can be collected from the front office for your enjoyment.



Cartoon Kingdom - are once again running a cartoon weekend at 1st Albion Park Scout Hall, Station Road, Albion Park. Further information can be found at www.illustrating-man.com.au or by calling 9011 7729.



Kidzbreak South Coast Gymnastics Academy

Christmas School Holiday Care, short day, long day and half day options available. Prices start from \$30 and include all meals and drink. For more details please phone 4227 5722.

