#### Friday 23 November Term 4, Week 6



# Nareena Hills Public School



Newsletter

RESPECT

#### RESPONSIBILITY



**RESILIENCE** 

Student Banking Tuesday

#### Canteen

Wednesday, Thursday

#### NOV

26

Last day for Book Club orders

P&C Meeting

7pm - 8pm

#### DEC

28

3 Water Survival

4 Assembly Item Year 5

9am

ICAS - English, Spelling, Writing certificates

handed out

6 Scripture Christmas

Assembly - 10-11am

Year 6 Disco committee meeting

3 - 4pm

10 ROSA Assembly - 9am

11 Stage 3 Excursion to

Jamberoo Action Park

13 Stage 3 Play Matinee -

12 - 1pm

Stage 3 Play Evening Performance - 6 - 7pm

14 Stage 1 Excursion to

Sports Hub

18 Year 6 Farewell Dinner

Lagoon Restaurant— Arrive at 4.30pm for

photos

Stage 3 Disco - in hall

#### **School News**

#### **PBL Reward Day**

Wednesday saw our students participating in a range of activities as part of their Positive Behaviour for Learning rewards day. The rewards day was scheduled after our rocket awards reached our target. Thank you to our Ministries, particularly the Events Ministry that collected suggestions and assisted with the planning of the rewards day. A sample of some activities are included below. Teachers will upload additional information to the school website.



Phone: 4226 3867

Fax: 4226 5087

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

Jacaranda Avenue, Figtree NSW 2525 https://nareenahil-p.schools.nsw.gov.au/

#### **School News**

#### **Positive Behaviour For Learning**

Congratulations to the following students for their progress in the classroom reward system.

#### **Awesome Award**











Back Row: Connor, Rohin, Lewis, Emmett & Linasari Front Row: Beau, Molly, Grace, Audrey & Marley



Back Row: Ezekiel & Lohi Front Row: Gemma, Isabelle, Tahlia & Hugo

## **School News Continued**

#### **Positive Behaviour For Learning Continued**

#### **Awesome Award**











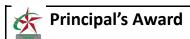
Back Row: Nik, Vincent, Jasmin, Hailey, Khysha, Isabella, Harry, Rylee, Nate & Casper Middle Row: Sam, Justin, Mason, Magnolia & Tia

Front Row: Elissa, Sophie, Milica, Grace, Lily, Talia, Milla & Makai

#### **Radical Awards**



Back Row: Amelia, Mason & Hailey Front Row: Grace N, Chloe, Grace B, Travis & Hugo





Amelia

#### **School News Continued**

#### **Signature Bears**

There are a limited number of Signature Bears available for purchase at the canteen for \$15.00. A great idea for Year 6 students to create memories.



#### Parent, Community and Scripture Helpers Morning Tea



Please join us for a **Thank You Morning Tea** on Thursday 6 December in the school hall from 11am - 12 noon.

The staff at Nareena Hills Public School would like to take this opportunity to thank you for the time, effort and support you have provided to our school throughout 2018.

To assist with catering please notify the school if you are able to attend.

We look forward to your company.

Teachers and Staff Nareena Hills Public School



#### **P&C Meeting Week 7**

Join us at 7pm Wednesday 28 November for our final P&C meeting of 2018. Items on the agenda include planning for 2019, NAPLAN analysis and discussion of the School Plan.



#### **Technology at Nareena Hills 2019**

Students from Years 3 and above are able to bring their own device after their teacher has completed a class induction. No student at Nareena Hills **has** to bring a device to school. We understand that some students catch a bus to school, walk a substantial distance or are engaged in after school activities and do not need an additional responsibility. So each year we add to our school devices and include new equipment. There is equipment available for students to use so that they are not disadvantaged in lessons.

Some students may bring their own device and at this time of year schools are often asked which device is best? Entry level devices with Windows 10 are suitable. Windows devices fit the functionality with a wide range of online applications and collaboration tools using Google Apps for education and Microsoft Office 365. Additional information including recommended specifications will be uploaded onto our new school website in Week 7.

#### **School News Continued**





Office of the Children's eSafety Commissioner



Get in the know – research the 'terms of use' and age

requirements on social media services and explain them to your child.



Keep it private
– show your child how
to use privacy settings

to control what others can see.



Play nice

encourage your child to respect others online and to always think before posting.

# Should my child be on social media?

Parents can sometimes feel the pressure of pester power to allow their children on social media, even if they don't feel comfortable doing so.

While these services are a fun way to stay connected with others, there can be downsides like cyberbullying, risks to privacy and contact from strangers.

If you allow your child to sign up to a social media service, consider these handy tips.



Report

-show your child how to report inappropriate content, especially cyberbullying.



Beware of bad eggs
—teach your child that
not everyone they meet
online can be trusted,
even if they seem
nice or friendly.



Join in

—create an account
yourself and find out
what your child is
likely to
encounter.



Talk

– maintain open communication with your child so they feel safe talking to you about any concerns.



Learn more

 keep up to date with popular social media sites at esafety.gov.au/ quickguide

esafety.gov.au/iparent

#### Canteen

#### Term 3 Wednesday 9am - 12pm

TERM 4	
Week 7 28 Nov	Rachel Kendon, Jomana Sultan,
	Allyson Barlow
Week 8	Kaylene Crowe,
5 Dec	Katrina Harris, Bhavani Jayabalan
Week 9	Vanessa Smith,
12 Dec	Bek Thompson,
	Tess Burgess,
	Deb Murray

Thursday 9am - 12pm

CANTEEN

**CLOSED** 

Week 10

I ERIVI 4	
Week 7	Bridget Newman,
29 Nov	Jason Russell,
	Emily Rouen,
	Kaylene Herald
Maak 0	Kalle Lasiaia
Week 8	Kelly Lazicic,
6 Dec	Alannah Tagliapietra
	Sue Haddon,
	Susan Jackson
Week 9	Christine Gregory,
13 Dec	Kylie Evans-Locke,
	Kaylene Herald

#### Friday 9am-12pm

TERM 4 Week 7 30 Nov	Kate Johnson, Craig Arthur, Rachel Reece
Week 8 7 Dec	Amanda Schipp, Leisa Zaharis, Ally Horneman
Week 9 14 Dec	Lorraine Giatras, Amanda Schipp, Ally Horneman



#### **Upcoming Payments**





#### **Next Assemblies**

Term 4
Week 8
Tuesday 4 Dec - Year 5 Class Item and ICAS
English Spolling and

English, Spelling and Writing Certificates

Week 9 Monday 10 Dec - ROSA Assembly

#### Leaving/Enrolling in 2019

We are currently looking at our classes for 2019.

At the end of each year, we have a number of families who leave our school for various reasons. If you know your child will not be a part of this school in 2019, it will assist our planning enormously if you could let the school know.

This also applies if you or someone you know will be enrolling a new student in 2019.

Please contact the school office as soon as possible.



#### Lost and Found

We have had a gold ear ring handed in, if you think it maybe yours please contact the front office.

There is also a Central Wollongong PSSA hoodie, size 8, in the lost clothing cupboard waiting to be reunited with its owner.



#### **Educational Partners**



44 Horsley Drive Horsley Phone: 4208 3655



#### **GUITAR STARZ**

Modern Guitar School - Group and Private Lessons

Guitar Starz is a modern music school dedicated to teaching the guitar and the accompanying journey that will help you achieve your musical goals.

WE ARE NOW ENROLLING FOR 2019.

ALL AGE GROUPS WELCOME.

All prices and lesson formats are available on our website quitarstarz.com.au

Location - 7-9 Bellevue Rd Figtree NSW 2525 Located behind the Croatian Church

Bookings - 0402849944

email - gtrstarz@gmail.com

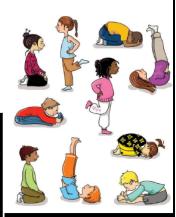


## Be You YOGA

Yoga Adventure for Primary School Children

**Yoga Adventure** is for Primary Aged children to promote health, strength, resilience, concentration, relaxation, correct posture, self-esteem and flexibility ALL WHILST HAVING FUN.

These classes run in conjunction with each School Term and are strictly limited to just 10 students per class ensuring your kids get the full attention they deserve.



Yoga Meditation & Wellbeing Studio www.beyouyoga.com.au

159 Jacaranda Ave Figtree NSW 2525 Tel: 0400-668-185 Email: sandra@beyouyoga.com.au

Special Offer \$140 now \$99 per school term plus 1st class for free. (Inc. Be You YOGA T-shirt)

Classes Tuesdays and / or Thursdays 3.45 to 4.45 pm.
Only 10 spots are available per class so book now.

#### **Noticeboard**

**Figtree Heights OOSH Vacation Care Summer Program 2018/2019** - Upcoming vacation care program is now available. For further information please direct any enquires to <a href="https://www.figtreeheightsoosh.com">www.figtreeheightsoosh.com</a> or email center@fhoosh.net







- · Long-life milk poppers;
- Cottage cheese
- Hummus
- · Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/ wholemeal bread and wraps.

www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

raisins, dates

Baked beans

Canned cannellini

· Canned tuna or

· Cheese block - cut

For more information visit

into cubes or slices.

juice

lentils

Pepitas

salmon

Canned fruit in natural

beans, chickpeas and





**Nutrition Snippet** 

## The simp√est woy

#### ...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat.

Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- · Salad.
- Vegetables lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- · Tasty cheese.
- · Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.

