



RESPECT

RESPONSIBILITY

RESILIENCE

School News

Student Banking

Tuesday

Canteen

Wednesday, Thursday

NOV

- 26 Last day for Book Club orders
- 28 P&C Meeting 7pm - 8pm

DEC

- 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

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.



STEM with 2HC

Crystal formation in 4S



Cookie decorating in KL and K/1C



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



Principal's Award



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.



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 peer 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

Canteen

Term 3
Wednesday 9am - 12pm

TERM 4

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

Week 10

**CANTEEN
CLOSED**

Thursday 9am - 12pm

TERM 4

Week 7 29 Nov	Bridget Newman, Jason Russell, Emily Rouen, Kaylene Herald
Week 8 6 Dec	Kelly Lazicic, Alannah Tagliapietra, Sue Haddon, Susan Jackson
Week 9 13 Dec	Christine Gregory, 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



Stage 2 PSSA Term 4 Dragon Tag - Sid Parrish Park
Friday 2, 9, 16 and 23 November
\$20.00 DUE NOW



Stage 1 Sports Hub - University of Wollongong
Friday 14 December
\$17.00 by Friday 7 December

Next Assemblies

Term 4

Week 8

Tuesday 4 Dec - Year 5 Class Item and ICAS
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.

LEAVING SCHOOL



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



Horsley Community Doctors

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
guitarstarz.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 www.figtreeheightsoosh.com or email center@fhoosh.net



HURRY, 2 WEEKS ONLY!

20% OFF SCHOOL SHOES

ONLINE & AT SELECTED STORES - SHOP NOW

DISCOUNT APPLIED AT CHECKOUT. ENDS SUNDAY 2ND DECEMBER 2018.
Savings off original prices. While stocks last.



'CLARKS' RELIANCE VELCRO SHOES



'CLARKS' REWARD LACE UP SHOES



'CLARKS' RAPTURE SHOES

The Antique Aeroplane Association of Australia
would like to invite

kids & teens aged 5-18

and their families to the New South Wales



2018 Christmas Toy Run

WEDDERBURN AIRPORT, SUNDAY 16th DECEMBER

- Δ Activities from 10am – 2pm
- Δ Meet local pilots
- Δ View unique aircraft (on the ground)
- Δ BBQ
- Δ Support local families in need this Christmas by making a donation or bringing an unwrapped toy for a less privileged child.

Donations will be provided to the Salvation Army for distribution.

Event Location:
Wedderburn Airstrip, 65 Lysaght Rd, Wedderburn

Places are strictly limited and tickets (free) will be allocated as RSVPs are received. To ask any questions or to RSVP please contact Michelle O'Hare
miche@fanden.com or ph: 0414 490 210

Tickets must be pre-booked and will not be available on the day. All youth must attend with a supervising adult.



Nutrition Snippet

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

<ul style="list-style-type: none"> • Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates • Canned fruit in natural juice • Baked beans • Canned cannellini beans, chickpeas and lentils • Pepitas • Canned tuna or salmon • Cheese block – cut into cubes or slices. 	<ul style="list-style-type: none"> • Wholegrain crackers • Crispbread or corn thins; • 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.
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For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)





Nutrition Snippet

The simplest way

...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:

<ul style="list-style-type: none"> • 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). 	<ul style="list-style-type: none"> • Tabouli. • Egg. • Tasty cheese. • Banana. • Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.
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Visit healthyinbox.com.au for recipes & information you can trust.

