The first week of school was a great start to the new school year. There were lots of smiling faces as students were placed into their 2013 classes. There were also only a few tears but these were mainly from the parents!

Welcome to our new Kindergarten students who started school today after completing the Best Start assessment last week. There were lots of big smiles, as well as a lot of enthusiasm and excitement. It was wonderful to see so many students already demonstrating a love of school and a love of learning.

A special mention must also go to the Year 6 buddies who have assisted the new Kindergarten students enjoy a great transition from home to school.

Vasquez Family—Thank you

Last year I did not get the opportunity to publicly thank the Vasquez family for their wonderful donation of a school banner. It will be used at public events and also during assembly times. The students and staff of Nareena Hills are very lucky to have wonderful parents with such talents!

Health Care Action Plans

If your child has a medical condition that requires a medical action plan (e.g. anaphylaxis, asthma etc.), please ensure that you have provided the school with a current plan.

Mrs Barrett—Memorial Service

Mrs Barrett’s sons are holding a service to celebrate the life of Mrs Barrett on Saturday 9 February at Hansen and Cole Northcliffe Drive, Kembla Grange commencing at 10:30 am. I understand that many parents may wish to attend the service and some of you may want your children to attend. Parents intending to take their children to the service, could the children please dress in school uniform as a mark of respect for Mrs Barrett.

Mrs Giselle Coltman
Principal
School Executive
Mrs Giselle Coltman — Principal
Mrs Simone Brett — Assistant Principal (relieving) — Stage 3
Mrs Joanne Jordan — Assistant Principal — Stage 2
Mr Kevin Kerin — Assistant Principal (relieving) — Stage 2

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<th>Kindergarten</th>
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<tr>
<td>Mrs Fraser (KF)</td>
<td>Mrs Morgan/ Mrs Hick</td>
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<td>Year 1</td>
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<td>Year 2</td>
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<td>Mrs Cameron (KC)</td>
<td>Mrs Thompson (1T)</td>
<td>Mrs J Gray (2G)</td>
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<td>Year 2</td>
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<td>Mrs Larkin (2L)</td>
<td>Mrs Parker (3P)</td>
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<td>Year 4</td>
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<td>Mr Kerin (4K)</td>
<td>Mr Haines (5H)</td>
<td>Miss Gibson (5/6G)</td>
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<td>Year 6</td>
<td>RFF</td>
<td>Mr Cherubini</td>
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Specialist Teaching Staff
Mrs Relf Teacher/Librarian
Mrs Colleen Causer Learning and Support Teacher 2 days per week
Mrs Elrington Learning and Support Teacher - 1 day per week
Ms Asima Ahmed School Counsellor — each Wednesday

School Support Staff
Mrs Marion Preston School Administration Manager 4 days per week
Ms Carissa Phillips School Administration Manager 1 day per week
Mrs Alex Rickersey School Administration Officer
Mrs Alison M Relf School Administration Officer 2 days per week
Mrs Pam York School Learning Support Officer
Mrs Glenda Darling School Learning Support Officer
Mr John Fell General Assistant (2 days per week)

Assembly
Mrs Nicastri will be speaking to the children at Assembly about the commencement of the Walking Bus.
Assembly will begin at 2:30 pm.
Sport

The school swimming carnival will be held Friday 8 February for students turning 8 years and older. All students in Years 2—6 received a swimming carnival note last week.

What’s Happening at Nareena?

The students spent the first week of school establishing playground and classroom rules and over the next few weeks will focus on our school values. The value that I spoke about last week was RESPECT.

Please reinforce the notion of respect with your children at home.

Respect yourself and others

News - Need to Know

Walking Bus Launch—11 February
The Walking Bus launch will occur on Monday 11 February commencing with the Jacaranda South route, which currently has 20 student enrolments and is supported by 13 volunteers. Pat the Dog will walk with the students to celebrate the launch of this fabulous initiative. Special thanks to the Commonwealth Bank at Figtree for their sponsorship and also to Mrs Nicastri for her coordination of the walking bus at Nareena Hills Public School.

Wollongong Academically Gifted Class - Closing Date 10 February 2013

Application forms and information have arrived regarding the Wollongong Academically Gifted Class. This class has a very competitive selection process. If you have a child in either Year 5 or Year 6 and believe they have the ability to benefit from this class, please contact the office for an application form. There is a small administration fee of $20 which is non refundable. Applications should be returned to the front office by 10 February.

Wollongong High of the Performing Arts School Auditions
Current Year 6 students who wish to audition for entry to Wollongong High School of the Performing Arts for the start of 2014 should contact Mrs Rickersey at the front office for an application form. Applications close 8 March 2013.
Parents & Citizens Association

The first meeting of Nareena Hills P and C will be held Wednesday 20 February in the school staff room commencing at 7:30 pm. All new parents very welcome to attend!

Families have a major influence on learning. Parents should be involved in their child’s learning and engage with the school. The school supports parents to support their children.

Administration

Parents are reminded that money collection days are Tuesdays and Thursdays. Please ensure that money is in the green and white envelopes provided by the school. Each envelope should have: child’s name, class and reason for payment clearly marked on the front of the envelope.

All money should be deposited in the money collection box near Mrs Preston’s room.

Permission notes are to be given directly to class teachers.

Community News

Wollongong Eisteddfod - For new syllabus details go to www.illawarraregioneisteddfod.com.au
Vikings Rugby Union Club - Try Rugby for a day
WEP—Experience the joy of hosting an overseas student
Wests Netball Club Registration Day - Saturday 9 February 10.00 am - 12 noon - Wests Illawarra Leagues Club or send details/enquiries to westsnetball@hotmail.com for information try the website www.westsnetball.netball.asn.au

Canteen Roster

Wednesday 6 February: Paula Moss, Alison Errey, Natalie NICASTRI, Danielle Pierce
Thursday 7 February: Kelly Lazicic, Cindy Churchin, Maree Muller, Alannah Tagliapietra
Build a Healthy Lunchbox

Have you ever given thought to the fact that recess and lunch together provide kids with one third of their daily nutrients? This fact makes it vitally important to build a school lunchbox that packs a nutritious punch, to help enhance your kids’ concentration in the classroom and fuel their bodies for active play.

Keep these five nutrition pointers top of mind when planning and packing lunch for your crew.

Pack some grain-based foods.
The brain needs glucose to function, as do active bodies, so nutritious carbohydrates in the form of grains are a ‘must’ in the lunchbox.
Go for: Sliced bread, rolls, wraps and pita pockets (preferably wholegrain, high-fibre, or enriched with omega-3, iron or calcium), crispbreads, rice cakes, crackers, popcorn, pasta, rice, bean mix, couscous, fruit -slice biscuits, mini fruit muffins, date scones and wholemeal pikelets.

Toss in some fruit & veg.
A lifetime habit of eating 2 serves of fruit plus 5 serves of vegetables each day can help prevent heart disease, cancer, obesity and constipation. Make it routine to add at least 1 piece of fruit & some vegetables to the lunchbox every day.
Go for: Whole or sliced fruit, fruit salad, fruit snack pack, dried fruit, vegetable batons (e.g. carrot and celery sticks), grape tomatoes, summer salad, corn on the cob.

Don’t forget the dairy!
Calcium is the skeletons best friend, helping to buffer all those bumps and falls. Children need 2-3 daily serves of dairy, with ‘one serve’ being: 1 glass (250ml) of milk; 1 tub (200g) of yogurt; or 2 slices (40g) of cheese. So be sure to pack at least 1 serve of reduced-fat dairy every day.
Go for: Reduced-fat versions of sliced cheese, spreadable cream cheese, cheese cubes/sticks, yoghurt, custard, plain or flavoured milk, calcium-enriched soy milk and tzatziki dip.

Grab and pack some iron.
Iron deficient children have been shown to have difficulty with coordination, body balance and language skills, and even score lower on mental development tests. Red meat is the best source of absorbable iron, while white meat, fish and eggs also provide valuable sources. Iron absorption from plant foods is enhanced when paired with a vitamin-C rich food.
Go for: A portion of lean meat or an iron alternative. Try sliced roast beef or kangaroo steak, lean lamb cutlet, mini meatballs, honey/soy chicken drumsticks, canned tuna, hard-boiled egg, baked beans, four-bean mix, wholegrain bread/wraps or an iron-enriched bread.

Provide a water well
Being dehydrated can leave children feeling tired and lethargic, with negative repercussions for learning at school. A water bottle is an essential item in the lunchbox. Save fruit juice and cordial for an after-school treat and limit to a 250ml serve.
Go for: A 300ml (or larger) bottle of water. Keep it cool by freezing half a drink bottle of water and then topping up with tap water in the morning. During the scorching months at school, pack a water bottle plus another drink. Reduced-fat milk (plain or flavoured) is a fantastic choice, with long-life milk being the safest type for the lunchbox. Freeze it for a chilled milkshake experience.

By Vanessa Schuldt
Accredited Practising Dietitian & Nutritionist