Lots of exciting new learning for teachers has been taking place at school. This of course means that lots of exciting teaching and learning is also taking place for students!

For the past four weeks the teachers of Nareena Hills Public School have been participating in professional learning linked to literacy and numeracy learning.

Kindergarten and Year 1 teachers have been attending professional learning in an initiative called Language, Learning and Literacy. Some of you may have heard it called L3. Teachers will attend ongoing professional learning over the year to refine and deepen their understandings linked to literacy learning.

We also have two Stage 2 teachers who will participate in Focus On Reading professional learning in their own time after school.

As a whole school we are continuing with our focus on numeracy. Stage 2 and 3 teachers have been practicing the Taking Off With Numeracy assessment which seeks to identify students’ skills and strategies in place value. This assessment informs the teaching and learning of numeracy.

ES1 and Stage 2 teachers are continuing to implement strategies from Targeting Early Numeracy (TEN) which aims to use short, sharp focused and explicit lessons in numeracy to develop students’ early arithmetic strategies.

All teachers are excited to be part of these research - evidence based initiatives!

School Uniform

The beginning of the year is always a good time to remind students and parents about our expectation of the wearing of full school uniform. It’s great to see so many students wearing their uniform and modelling our school values.

I would especially like to remind everyone about wearing a school hat, black shoes and green socks. Students are not to wear colourful joggers to school as part of their everyday school uniform.

Sports uniform is worn on:

- Thursday for ES1 and Stage 1 students
- Friday for Stage 2 and Stage 3 students.

Thank you for your continuing support with the wearing of school uniform.

Emergency Contact Details

It is important that the school has the most current information regarding student contact details. An update form will be sent home this week. Please advise the Mrs Rickersey in the front office if your phone numbers or emergency contact details have changed.

Mrs Giselle Coltman
P & C News

Nareena Hills P & C Fundraising Event

In an effort to purchase school resources for our children at Nareena Hills, we have a continuing commitment to raise funds throughout the year. The fundraising efforts are very reliant on the support of the community and our families - so your participation is vital to us!

The P & C committee are kicking off the fundraising this year with a *Supa Slice Drive* from Heather Brae Shortbreads. There are a number of delicious slices and biscuits to choose from, all freshly baked and wrapped ready to eat, or freeze for later.

The children will each be given an order form today to promote to family, friends and neighbours. All forms and money are to be returned to the P & C box by 9 March for delivery on 25 March.

**Term 1 - Money Jar Fundraiser**

This term students are asked to donate 5, 10 and 20 cent coins to the school as a fundraising activity. Each class will have a jar in their room for students to donate their 5, 10 or 20 cent coins each day. Some classes may keep a daily running tally of the amount being donated while others may choose to wait till the end of the week for a tally after the funds have been collected by the P & C.

The money jar fundraiser will start next week - Monday 4 March and conclude Friday 7 April.

Assemblies

**Wednesday 27 February - Communication Assembly commencing at 2.30pm**

Need to Know

**Figtree High School Expo**

Wednesday 27 February at 6.00 pm

**Wollongong High School of the Performing Arts Expo Evening**

**Thursday 28 February 5:30pm– 7pm**

Are you considering WHSPA as your choice of secondary school? If so, come and meet us at the Expo Evening.

Lysaghts Rd, Fairy Meadow.

State Dance Workshops

Nominations are now open for the 2013 Years 2-4 State Dance Workshops

The NSW Public Schools Years 2-4 State Dance Workshops have been developed in response to a large demand for dance experiences for students in Years 2-4. The Dance Workshops are an excellent opportunity for students with talent and skills in dance to develop in this art form.

**Thursday 14 March Years 2-3 ($50) and Friday 15 March Year 4 ($62.50)**

at Sydney Dance Company Studios, Walsh Bay. For information contact Susan Rix on 8512 1179 or susan.rix@det.nsw.edu.au.
School Cross Country Carnival

The school Cross Country Carnival will be held on Friday 22 March (Week 8). The carnival will be held at school, and parents and family members are encouraged to come and show their support on the day. Students will begin practising the school course for fitness with class teachers. Serious competitors should also begin training outside of school.

Swimming Age Champions

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Years</td>
<td>Louis</td>
<td>Freya</td>
</tr>
<tr>
<td>Girls</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Years</td>
<td>Roarke</td>
<td>Alyssa</td>
</tr>
<tr>
<td>Girls</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 Years</td>
<td>Dalton</td>
<td>Matilda</td>
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</tbody>
</table>

Student Representative Council 2013

Voting will take place in class on Thursday 7 March for the students who have been nominated or have nominated themselves to represent their class on the Student Representative Council (SRC). Nominated students are to prepare a one minute speech to present to their class on Thursday 7 March. The following are some of the roles and responsibilities of the SRC members:

- Leadership
- Loyalty to peers
- Role model, wearing of full school uniform including the Nareena Hills hat
- Willingness to assist all students, staff and community members
- Attendance at SRC meetings at least twice a term
- Participation in ceremonies, social events and fundraising activities
- Confidence to write and present speeches to class, at SRC meetings and at assemblies

The Induction Assembly will take place on Wednesday 13 March. Notes will go out to the parents of the children elected. Parents are invited to attend this assembly and will be asked to pin the SRC badge on their child.

Good luck
Kristy Hick & Kiri Stone

Community Notices

PCYC Time 4 Kids Program
Safe Start Swim School
Volunteers Wanted The Disability Trust Triathlon Festival

Canteen Roster

Wednesday 27 Feb: Patsy Moate, Melanie Sawyer, Megan Donnelly, Sharon Kiotis, Pallavi Krishna
Thursday 28 Feb:  Vanessa Sturman, Terrina Hartley, Fiona Morton, Jayne Rixon-Moon
1T have been busy writing and we would love to share some of our pieces about rainy days.

One Rainy Day
One rainy day it was raining so hard there was thunder and lightning. I was scared the lightning would hit my house. It was a crazy day. I like rainy days so much that it is like my head is going to burst!
by Jemma

Rain
Rainy days are my favourite days because my friend comes over on rainy days. We do different things together. We play games – different games. Sometimes we watch movies too.
by Bria

It’s Raining
It is raining and pouring. I am inside. I am playing with my toys and I get my raincoat on. I get my gum boots on too and I go outside. I go to the creek. At the creek there is a cave and I go to the cave. I go in the cave. It is very cosy in the cave. Later I go home and I play with my toys, and my cat and dog. I love rainy days. I have some ducks come out when it rains. It splashes when it rains and I love it. I love rain!
by Alyssa

Rain
The rain is going drop drop drop on the roof. I like rainy days because you get all wet. It is fun getting wet. I like playing in mud. We make mud pies. It’s good when it rains so plants can grow. Ducks come out when it rains.
by Mia

A Rainy Day
I went camping and when I was going to sleep it rained and it poured. I couldn’t go to sleep because of the rain. All I could hear was pitter patter!
by Tim

On a Rainy Day
On a rainy day I like to splash and splash, and I wear my pink raincoat. I love the rain because I like getting wet and the rain is so much fun!
by Isabella

A Rainy Day
A rainy day! I love it because I go down to my creek and I can hear it pouring when I am in my cave. The cave is next to the creek and I throw some rocks in the creek.
by Brooke

Raining Red Jelly Beans
One day I woke up and it was raining jelly beans and I was horrified! Then I went out and I was opening my mouth and jelly beans would come in my mouth. It was fun. The jelly beans tasted like watermelon.
by Lachlan
### After School Snack Attack

Does it feel like a locust infestation hits the fridge and pantry every time your kids come home from school? As a parent, you can work this mammoth appetite to your advantage by offering a range of nutritious foods that help your kids ‘grow, go and glow’.

The key is to be prepared and stockpile a range of ‘better-for-you’ snacks, so that you can rest easy knowing they are eating right, even when you’re not looking. Here are some **super snack swaps** to help you plan out a healthier fridge and pantry.

<table>
<thead>
<tr>
<th>Instead of this...</th>
<th>Stockpile this...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato chips</td>
<td>Popcorn – it’s an awesome ‘wholegrain’ snack with a high fibre and antioxidant content.</td>
</tr>
<tr>
<td>Chocolate biscuits</td>
<td>Fruit pillow biscuits OR ‘sweet’ flavoured rice cakes (e.g. apple &amp; cinnamon flavoured rice cakes).</td>
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<tr>
<td>Chocolate coated ice creams</td>
<td>Frozen bananas on paddle-pop sticks, drizzled with a little chocolate ice magic.</td>
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<tr>
<td>Ice Blocks</td>
<td>Frozen fruit skewers.</td>
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<tr>
<td>Cake (store bought)</td>
<td>Home-made mixed berry muffins (made with wholemeal flour). Wrap individually and freeze for an endless supply.</td>
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<tr>
<td>Finger bun with cream or icing</td>
<td>Wholemeal crumpet or English muffin topped with 100% fruit jam and smooth ricotta cheese, OR raisin toast with a little margarine.</td>
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<tr>
<td>Chocolate bar</td>
<td>MILO with reduced-fat milk.</td>
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<tr>
<td>Ice cream</td>
<td>Reduced-fat fruit yoghurt (200g tubs or squeezy tubes). Freeze for an ice cream experience.</td>
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<tr>
<td>Creamy dip with Jatz crackers</td>
<td>Hummus dip with wholemeal crackers and vegetable batons (e.g. carrot, celery, capsicum).</td>
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<tr>
<td>Garlic bread</td>
<td>Corn cobs (put dinner leftovers in the fridge for an easy snack).</td>
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<tr>
<td>Party pies / sausage rolls</td>
<td>Baked bean jaffles OR Wholemeal pizza subs (wholemeal English muffins topped with tomato sauce &amp; reduced-fat cheese, grilled).</td>
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<tr>
<td>Fruit juice</td>
<td>Fresh fruit salad and a jug of chilled water.</td>
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<tr>
<td>Lollies</td>
<td>Berries (e.g. blueberries &amp; strawberries). Even frozen ones taste great!</td>
</tr>
<tr>
<td>Packet of ‘mini’ biscuits</td>
<td>Home-made ‘trail pack’ with dried fruit, nuts and popcorn.</td>
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<tr>
<td>Cheese flavoured savoury snacks (e.g. Cheezels or Twisties)</td>
<td>Portion-controlled packs of bite size rice wheels or cheese flavoured rice cakes.</td>
</tr>
<tr>
<td>Snack pack with cream cheese and crackers</td>
<td>Snack pack with tuna dip and crackers.</td>
</tr>
<tr>
<td>Jelly and ice cream</td>
<td>Canned peaches/apricots/pears (in natural juice) with reduced-fat vanilla custard.</td>
</tr>
</tbody>
</table>

By Vanessa Schudlt  
Accredited Practising Dietitian & Nutritionist