RESPECT  ●  RESPONSIBILITY  ●  RESILIENCE

**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.
Welcome back to the start of another exciting school term. I hope everyone had a great break spending time with family and friends.

Respect Responsibility and Resilience
There is a growing concern that informal discussions are taking place on school grounds between some parents regarding personal and confidential matters relating to students of Nareena Hills PS. Our school nurtures a positive learning environment where our students feel valued and safe to learn and grow as confident individuals regardless of personal or family circumstances. I therefore ask that parents consider the values of our school, 'respect', 'responsibility' and resilience' by discussing any issues or concerns with your child's classroom teacher, an Assistant Principal or myself. I thank all our parents, carers and community members who model and demonstrate the core values of our school.

Playground Changes
Starting on Monday 13 October all students will drop their bags at their classroom and move to the Area B playground when they arrive at school in the morning.

The rules for the morning will remain the same:
- Students do not arrive at school before 8:30am.
- Students are expected to wear their school hats.
- No ball games in the morning.

UPCOMING PAYMENTS

Stage 1 - Taronga Zoo Excursion
When: Friday 24 October
Where: Taronga Zoo
Who: participating Stage 1 students
Cost: $45.00, non-refundable deposit $28.00 by Tuesday and balance of $17.00 due by Thursday 16 October

PSSA Sport Term 4
When: Friday 24 October (4 weeks)
Where: Figtree Oval and Sid Parrish Park
Who: participating Stage 2 and 3 students
Cost: $20.00 or $15.00 for Term 3 paid participants

Netball Gala Day
When: Friday 24 October
Where: Fred Finch Park
Who: participating students
Cost: $15.00

SCHOOL ASSEMBLIES

This week's assembly commences at 2.30pm

<table>
<thead>
<tr>
<th>Week</th>
<th>Event</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Awesome Badges - Rocket Draw</td>
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<tr>
<td>Week 2</td>
<td>4K Assembly item - Principal’s Awards if required</td>
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<tr>
<td>Week 3</td>
<td>Tremendous Awards—Rocket Draw</td>
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<tr>
<td>Week 4</td>
<td>Awesome Awards and Principal’s Awards</td>
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<tr>
<td>Week 5</td>
<td>Awesome Awards and Principal’s Awards (if required)</td>
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<tr>
<td>Week 6</td>
<td>No Assembly</td>
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Instrumental Concert

On Wednesday 5 November at 7pm, there will be an Instrumental Concert in our school hall. Please put this date aside and bring your friends and family along for a great night of entertainment by your very talented children!

The famous Year 2 Recorder Ensemble will perform on the evening. There is also an opportunity for those who play an instrument to perform a solo. If your child would like to audition please ask them to see Mrs Jones for an application form. Auditions will be held on Wednesdays at lunch time. Successful performers will also be required to take part in a rehearsal that will be held during the week of the concert.

Entry to the Instrumental Concert will be via a gold coin donation which will be used to purchase further resources to support our performing arts program.

Julie-Anne Jones

To ensure that we have accurate numbers for 2015 we need to know the names of students who will not be returning to Nareena Hills Public School in 2015. This does not include the students currently in Year 6.

Please help clarify next year’s numbers! If you know or expect you will be leaving our school before the commencement of the 2015 school year, please complete and return the form below as soon as possible.

Not Returning to Nareena Hills Public School in 2015?

[Please complete and return to the school office]

If you expect your child will not be attending our school in 2015 (not including current Year 6 students), please complete the form below and return as soon as possible.

CHILD’S NAME: ___________________________

CLASS:               ____________

REASON:           _________________________________

Garden News

This week all families who last year donated a sleeper for the school garden would have received some produce from the garden. We hope you enjoyed the luscious fresh vegetables.
Learning and Support School Self Evaluation

Our school will complete an evaluation of the procedures and processes of our Learning and Support Team and the support offered to students at our school. Students will be randomly selected to answer questions regarding teaching and learning and their views on the support offered within their class. Students will be asked questions by teachers from our school. The interviews will be conducted in small groups not individually.

If you do not wish your child to take part in focus group interviews please contact the school.

Parents will also be randomly selected and asked to answer questions regarding their knowledge and understanding of what happens at school in the area of Learning and Support.

Parents who have been randomly selected will be contacted on Monday 13 October to arrange a time for a telephone interview.

The telephone interviews will be conducted on Wednesday 15 October.

Teachers will also be interviewed as part of the process.

This is an extremely valuable evaluation that assists the school to reflect and refine current practice.

2014 Stage 2 Berry Big Day Out Excursion

On Thursday 18.9.14, we went to the Sport and Recreation Centre at Berry. The town is named after Alexander Berry.
We participated in archery, rock climbing and an activity called the “Dark Maze”.
First we went rock climbing, I nearly made it to the top, I didn’t quite make it, but was happy I made it as far as I did.
Next we went to archery, I hit the white part of the target twice and some people got a bullseye!
Lastly, we went into the Dark Maze, Jamie guided me and I got hit by a plastic toy shark.
We had a great day and I think everyone should go there!
By Annemieke

Yesterday we went to Berry, where we did sports and games. We went with 3/4JM and 4K and the activities we did were rock climbing, archery and the Dark Maze. We had a little bit of time to do all of the activities. We had lunch, I loved the food at lunch, we had chicken burgers.
Rock climbing was so much fun and I had a fun day.
By Charlie

Yesterday we set off to Berry Sport and Recreation Centre on a bus. On the bus everyone was talking, so it was hard to sleep, instead, I had a conversation with Nicolas.
When we got there, our first activity was rock climbing. Most of the walls were hard to climb, but some were easy. Our instructor, Rob, was very encouraging when we were climbing. Rob gave us some fruit for morning tea and it was very yummy.
Next, we did archery, I hit the red target, but I didn’t get a bullseye. This was my favourite activity.
Then we did the Dark Maze, it was easy, but I got a few scratches on the way. It was pitch black inside.
It was berry fun (haha) and I want to go again.
By Louis
**ISER Performing Company**

Following impressive performances in Southern Stars, our students in the Illawarra and South East Regional (ISER) Performing Company wrapped up Term 3 at the State Dance Festival, where they performed ‘Reassurances’. Abbey, Montana and Kaiah will soon begin rehearsing for School Spectacular, which is being held at the Sydney Entertainment Centre in November. We congratulate the girls on their stunning performances and wish them well for the term ahead.

**Rip Awareness Presentation**

Children in Stage 2 and 3 will participate in a rip awareness presentation on Friday 14 November. The presentation will take part in the school hall and should be very informative and lots of fun. With Summer on its way the information presented should be extremely useful when heading out to the beach. Parents are very welcome to join us. Stage 2 will listen to the presentation from 12.10pm - 1.10pm, while Stage 3 will have their presentation from 2 - 3pm.

**Spelling Bee**

Jasmine and William attended the Regional Finals for Stage 2 held at Farmborough Road Public School on September 17. Both fought the good battle among 46 of the best spellers in the region. After surviving five outstanding rounds Jasmine and Will were among just a handful of students remaining and did the school proud.

**Crunch and Sip**

The introduction of Crunch and Sip across our school last term was a huge success. Thank you Nareena Hills for supporting this initiative and helping us kick start this program.

This term we look forward to everyone continuing to bring fresh fruit and vegetables to school and a fresh bottle of water. With the warm weather approaching it’s very important to remember your water.

Some Crunch and Sip facts –

**Crunch&$ip^{®}$ schools have a positive impact on students by:**

- Creating an enjoyable daily routine that increases fruit and vegetables intake
- Promoting a positive attitude towards fruit, vegetables and water
- Incorporating nutrition education into key learning areas of the curriculum
SPORT NEWS

Nareena Hills Public School played their first official PSSA Soccer Knock out match against Figtree Public which Nareena won 7 - 1. From then on Nareena Hills played 5 other schools and won all of them get to the final of the South Coast Pool. The final was held in Yass and we played Merimbula Public School. It was a tight match, Merimbula scoring in the first 5 minutes. From then on Nareena smashed the possession, but could not get a goal. By the final 10 minutes Nareena Hills were getting frustrated in front of goal. At the end of the match it was 1 - 0 to Merimbula. Nareen Hills shed tears and tried to keep our heads held high. It was a great experience, but sadly it had to come to an end.

On behalf of the team, Alex and I would like to thank Miss Gibson for putting all the time and effort to make the games and our team possible.

Adam and Alex

Congratulations Sam

Sam was recently awarded the Grey Wolf Badge which is the highest achievement that a Cub Scout can earn. It was presented to him by District Scout leaders who visited specifically to present his award.

To achieve the Grey Wolf is a lot of work. Some of the things he had to do are:

- Plan, supervise and lead cubs on a two hour bush walk. Sam did his hike at Carrington Falls in Budderoo National Park. The walk had to be planned with topographic maps and a compass.
- Plan and create a Jungle Book based game for his group, 1st West Wollongong. Sam developed a game using trail signs that cubs had to set up and follow to find missing Jungle book characters who had become lost in the Jungle. The district leader was very impressed with his game and said it was a first for the region.
- Camp and participate in various activities with other Cubs in the district.
- Complete Gold Boomerang badge work, a specialty badge and four higher level achievement badges. This involved things like learning bush craft, first aid and cooking his own meal on a campfire.

Sam was also presented with his linking to Scouts badge on the same night and has now moved up to Scouts.

Congratulations Brock

Congratulations to Brock who placed 4th in the NSW Motocross Championships and 12th in the Australian Motocross Championships. We are all very proud of you.
**P & C NEWS**

The next meeting is on: **Wednesday 22 October**
Meetings are held in the school staffroom and begin at 7pm.
New members are always welcome.

Julijana Stanojevic  
P & C President

**CANTEEN**

A reminder that we are now selling Banana Smoothies at lunch time for $2 and fresh popcorn for 50c a bag.

**SCHOOL NEWS**

Have a look at our fantastic school representatives who represented Nareena Hills Public School at this year’s Southern Stars Spectacular.

Well done!

Parent Seminars
We will be holding parent workshops for parents of students in the early years. The workshops will coincide with some workshops for new Kindergarten parents but will be relevant to parents with children in the K-2 area. The workshops will be held on the following dates:

**Wednesday 15 October, between 9:30 am and 11 am**
Helping your child with Numeracy – Mrs Cindy Cusack

**Thursday 16 October between 9:30am and 11 am**
Helping your child with reading – Mrs Tula Kotamanidis Instructional Leader

Both sessions will be held in the school hall.

Please complete the tear off slip at the end of the newsletter and return to the office if you intend to participate in the seminars.

**PARENT READING AND NUMERACY SEMINARS**

<table>
<thead>
<tr>
<th></th>
<th>Week 1 9 Oct</th>
<th>Week 2 16 Oct</th>
<th>Week 3 23 Oct</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Paula Moss, Renae Hancock, Danielle Pierce, Leone Paiola</td>
<td>Rachel Kendon, Tammy Montgomery, Juliana Stanojevic, Louise Coleman</td>
<td>Patsy Moate, Debra Tagliapietra, Hanan Saddi</td>
</tr>
</tbody>
</table>

**WEDNESDAYS 9.00 - 1.30pm**

**THURSDAY 9.00 - 1.30pm**

<table>
<thead>
<tr>
<th></th>
<th>Week 1 8 Oct</th>
<th>Week 2 15 Oct</th>
<th>Week 3 22 Oct</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sarah Allen, Kate Johnson, Catherine Robinson</td>
<td>Karmen Bond, Alison Darlow, Bridget Newman, Cheree Beattie</td>
<td>Vanessa Sturman, Terrina Hartley, Fiona Morton, Jayne Rixon-Moon</td>
</tr>
</tbody>
</table>
CANCER COUNCIL NUTRITION SNIPPETS

**Nutrition Snippet**

**The simplest way...to add fruit and veg to brekkly**

- Serve your toast with a sliced avocado and a tomato.
- Create a breakfast potato with a wholegrain muffin, mashed pumpkin, chopped veggie and melted cheese.
- Blend bananas and frozen raspberries with a handful of baby spinach, add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie.
- Simply slice some banana or strawberries onto your regular breakfast cereal.

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

**Nutrition Snippet**

**The simplest way...to food shop on a budget**

Here are our 5 top tips for saving money at the checkout:

1. Create a weekly menu plan.
2. Write a shopping list according to the menu plan and stick to it.
3. Compare unit pricing - often you will be able to save a lot of money this way.
4. Buy fruit and vegetables that are in season - this can save you up to 35% than other times of the year or buy canned or frozen where fresh is not available.
5. Limit your purchases of processed snacks/meals - these are often unhealthy and expensive.

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

**Nutrition Snippet**

**The simplest way...to create a veggie garden at home**

This spring all you need to start growing your own vegetable garden is a green thumb!

Framed boxes are light and easy for you and your kids to manage.

**Step One:** Cut six drainage holes in the bottom of the foam box.

**Step Two:** Elevate foam box by placing it on some old bricks and fill with potting mix.

**Step Three:** Plant seedlings or seeds, making sure not to over plant each to plant around 4-6 seedlings per box.

**Step Four:** Water and care for your seedlings daily.

Try planting tomato, pumpkin and zucchini seedlings this spring...and watch your kids enjoy eating the results.

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

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COMMUNITY NOTICEBOARD

**Experience The Magic Of Hosting**

"In July our exchange student, Toon, joined our family. And when I say joined he literally did that. He has become our teenage son. Our experience as a family has been amazing and unforgettable.

Toon is leaving this week and I feel like my son is grown up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, like the birth of our new daughter, and not so good times (but nothing bad).

I would like to say my respects to Toon's parents. They have done a wonderful job raising such a courteous, well mannered, well balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and will never forget Toon.

Thank you WEP for the chance to meet Toon. It wouldn't have been possible without the WEP team. Only a quick few words to show my appreciation in meeting Toon and to WEP.

Enrich your home with a curious exchange student in January 2015

Request student profiles now to find out more!

www.wep.org.au 1300 884 733 info@wep.org.au"

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CatholiCare now has available their workshops being held in Term 4. For any further enquiries please call 4227 1122 or email www.catholiccare.dow.org.au