From the Principal

Well there’s one thing that I can say for sure… and that is that I am Happy! Who wouldn’t be after grooving to 3/4JM’s assembly item on Friday afternoon! Congratulations to all of the students who performed so admirably. Well done Mrs Jordan and Mrs McPhee you have set the assembly bar very high!

Swimming Carnival

What a super day we had at the school swimming carnival last Wednesday. A huge thank you to Mrs Larkin and the team for their fantastic organisation. Of course the McGuinness curse has definitely been lifted, even though Mr McGuiness came and helped set up and assist with the carnival!

To all of the competitors...you were absolutely sensational. I witnessed outstanding sportsmanship and a great sense of team spirit.

To all of the parent volunteers...the carnival ran like clockwork because of your assistance and expertise. The carnival was a great success due to the fantastic parents who as always step up and help out.

Good luck to all of the students from our school who will compete at the District Swimming Carnival this Wednesday. No matter what the result the Nareena Hills Public School Community is proud of you!

Best Start - Kindergarten Feedback to Parents Reports

Prior to starting their first day at school all Kindergarten students were assessed in Literacy and Numeracy using the Best Start Assessment Tasks.

The tasks are designed to find out what students know and can do upon entry to Kindergarten. Students are then placed onto a continuum of learning. There are some students who obviously come to school with more literacy and numeracy knowledge than other students - this is completely normal.

The assessment is aimed to assist teachers to differentiate their teaching and learning activities.

All Kindergarten students have a copy of the Feedback to Parents Report in their bags. As the assessment was 5 weeks ago your children will have already made significant learning gains.

P and C Meet and Greet

It was great to see so many new and returning parents at our P and C ‘Meet and Greet’ evening last Wednesday night. If you were not able to attend please come along to the next meeting which is on 19 March.

Becoming Involved

There are many ways for parents to become involved within the school. These include as a volunteer in the canteen or the classroom to support learning programs or as a member of a the Parents and Citizens Association.
Before volunteering for a school activity, helpers are required to sign a Working With Children Check and to provide the school office with 100 Points of Identification. This is a legal requirement under the Child Protection legislation.

Classroom teachers will send home the Working With Children Check to be completed. Please see Mrs Rickersey at the front office with your 100 points of ID (licence and medicare card). She will happily photocopy these for you.

**Road Safety Reminder**
With the beginning of the school term and new families joining our school community, I’d like to remind parents of the appropriate places to park when dropping off and picking up children.

Ideally, all children should be dropped off and picked up on the school side of Jacaranda Avenue, in the parking areas above and below the school.

We are very fortunate to have a crossing supervisor to assist our students to cross the road safely.

In terms of parking, parents are kindly reminded *not to park in the staff car park, across the staff car park or residents’ driveways (even just for 5 minutes)* or in the area clearly marked - No Stopping. I understand that parking is at times very limited, however, in the interest of the safety of everyone, please take a little extra time and care.

Attached to this newsletter is a School Safety notice which clearly outlines the penalties for offences committed in school zones.

**Chicken Pox**
We have had a reported case of chicken pox at school. Please be aware of the symptoms below which are from the NSW Health website.

**Time from exposure to illness**
10 to 21 days, usually 14 to 16 days.

**Symptoms**
Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.

Do I need to keep my child home?
Yes, for 5 days from the onset of the rash and the blisters have dried.

**How can I help prevent spread?**
Immunise your child at 18 months of age. Immunisation is recommended for children at 12 years if they are not immune.

Giselle Coltman
Principal

**2014 International Competitions and Assessments for Schools (ICAS)**
The 2014 International Competitions and Assessments for Schools (ICAS) Science, Computer Skills, Writing, English, Spelling and Mathematics Competitions are available for students to partake in again this year. Traditionally many Nareena Hills students participate in these external assessment competitions to gain a measure of their own achievement. If you would like your child/children to be involved in one or more of these competitions. Please ask your child’s teacher or Mr Kerin for an ENTRY FORM.

The form with all the details of sitting dates etc. will also be placed on the school’s website
Computers, Writing and Spelling (Years 3 - 6)
Science, English and Mathematics (Years 2 - 6)

NO late entries can be accepted so please get your entry in on time.
To simplify entry and administrative requirements, I have placed a closing date of Thursday 27 March for all competitions.

Good luck
Mr Kerin

Positive Behaviour for Success
This week we will be focusing on the value of RESILIENCE.
The focus statement is Stay positive. Bounce back.
This includes concepts of perseverance, participation and striving for excellence. Resilience is not about putting up with things that are worrying you but rather seeking help and speaking up about problems promptly.

Assembly
The assembly this week is a communication assembly and will commence at 2.15pm. Swimming carnival ribbons will be presented to competitors at this assembly. Age champions will receive their award at the Intermediate Awards assembly to be held later in the Term.

Library
Regular library times for 2014
Tuesday – 4K, 3C, 2T, 2L,
Wednesday – 5C, 5/6G, 1C, 1L
Thursday – KF, KHT, 3/4JM, 6B,

School Sport Singlets
It would be greatly appreciated if all students and parents could check whether they have any of our school sporting singlets at home. It appears that quite a number of items are missing. Your help would be greatly appreciated.

Thank you
Miss Gibson

Lost property
Would all parents kindly check their children’s belongings to ensure that their child does not have items belonging to another student.

Thank you
Miss Gibson
Southern Stars Performing Company Auditions
(previously ISER Performing Company) reminder

Information and an application to audition for the Southern Stars Performing Company can be accessed on the Southern Arts website - www.southernarts.det.nsw.edu.au

This year students can audition for Dance (Years 2 - 6), Vocals (Years K - 6), Core Choir (Year 6), or as a featured musician (must be very competent).

Nominations for Auditions close on Friday 7 March. If you require any further information, please contact Mrs Cameron. Audition forms need to be presented at the school office for signing by Mrs Coltman and Mrs Cameron.

Hot Shots payment reminder

Please be reminded that all Hot Shot payments are due by the end of this week. Thank you for your assistance in this matter.

Canteen News

Wednesday 26 February: Patsy Moate, Melanie Sawyer, Debra Tagliapietra, Hanan Saddi
Thursday 27 February: Vanessa Sturman, Terrina Hartley, Fiona Morton, Jayne Rixon-Moon

Free Firewood

There is a pile of firewood free to all the Nareena Hills Public School families. If you would like any to put away for the winter, please contact John Fell on 0408 140 751 or see Alex in the front office to arrange a suitable time for collection.

Found

Last week near the bus stop on the grass path an ‘A T A’ Garage door opener was found. Please see Mrs Rickersey in the front office for further information.

Noticeboard Items

Citylife Community Initiatives, ADHD Support Group meet last Friday of the month - Citylife Church Fairy Meadow. For further information please call 4284 4414 or Joanne on 0401 246 765.

BEING ME - Education, encouragement and support for children affected by AD/HA and associated disorders. Phone Citylife 4284 4414 or visit office@citylife.org.au

Bedwetting Cured - for more information and a free Bedwetting Fact Sheet visit www.bedwettinginstitute.com.au or phone 1300 135 796 12pm - 6pm.

Wollongong City Council Forget-Me-Not Door Hanger design competition. Entries close Friday 11 April 2014. Please see school community noticeboard for further information.

Figtree High School Play Group. Year 11 and 12 Exploring Early Childhood class is running a play group session every Monday of the school term. For more information please contact Mrs Tracey Leabeater or Mrs Margaret Parr at Figtree High School on 4271 2787.


AMF Vacation carefun - contact 132 263 or search AMF Vacation Care for more information.

UNSW Australia - GERRIC Parent Courses, contact gerric@unsw.edu.au or phone 02 9385 1972.
NAREENA HILLS PUBLIC SCHOOL

TERM 1 WEEK 5

Wests Illawarra Hockey Club, open to boys and girls aged 5 - 15. Contact David on 0437 578 963 or visit juniors@westsillawarrahockey.com.au. Players can register online at www.westsillawarrahockey.com.au

Hornsby Greek Festival - Sunday 23 February, Fagan Park 10am - 6pm, Galston.
“The Big Picture” Rethinking Dyslexia, Wednesday 12 March 2014 - Wollongong West Public School Hall for 6pm. Register with Wollongong West Public School on 4229 2096 or wollongongwestpac@gmail.com
Nan Tien Temple, Sunday Children Fun Program 16 February to 13 April, 2014. Register at nantien@gmail.com
Falcons Illawarra Hockey “come and try hockey” days for kids 6 - 15, February 28 and March 7 - 4.30pm. Register @ www.falconsillawarrahockey.com

Crunch Corner

When your ravenous tribe arrives home from school, do they raid the fridge and pantry, only to leave the fruit bowl sitting all neat and tidy? Well here are three easy ways to get the fruit from that bowl down the hatch, with a smile and a ‘thanks’ to match.

Coco Banana Bites

Ingredients:
1 orange
2 medium sized bananas
½ cup desiccated coconut

Method:
1. Squeeze the juice from the orange. Pour into a small bowl.
2. Peel the bananas and cut off the ends. Cut the banana into bite size pieces.
3. Spread the coconut onto a sheet of grease proof paper or a cutting board.
4. Using a skewer or fork, dip banana pieces into the orange juice.
5. Roll banana in coconut.
6. Eat immediately or keep in the fridge until chilled.

Fruity Ice Treats – Strawberry and Kiwi

Ingredients:
1 punnet of strawberries, hulled and chopped
2 kiwi fruit, peeled and chopped
1 ½ cups orange juice
6 disposable plastic cups
6 pop sticks

Method:
1. Drop strawberries and kiwi fruit into each disposable cup.
2. Pour orange juice over fruit, add a pop stick to each cup and freeze until set.
3. Run under hot water to remove from the cup.

Mango and Passionfruit Smoothie

Ingredients:
1 small mango (peeled), or 2 frozen mango cheeks
¼ cup reduced-fat milk
¼ cup reduced-fat natural yoghurt
1 Tbsp. honey
1 tsp. wheat germ
½ cup crushed ice
½ passionfruit

Method
1. Place the fruit into a blender with the milk, yoghurt, honey, wheat germ and ice.
2. Blend until smooth.
3. Stir passionfruit pulp into the smoothie and enjoy!
For more child-friendly recipes like these, go to www.healthykids.nsw.gov.au. Here you'll find a plethora of tasty treats and meals to please even the fussiest of eaters. You'll also find lots of handy hints and tips to set your children on the right path to healthy eating and active living.

By Vanessa Schuldt
Dietitian, Nutrition Consultant and Nutrition Writer

**Walking Bus**

The Nareena Hills Walking Bus (Jacaranda South) has recommenced today (Monday 24 February). The Walking Bus route starts on the corner of O’Brien’s Road and Jacaranda Avenue at 8.30am each morning and picks up children at designated stops as it travels along Jacaranda Avenue to the school, arriving around 8.50am. Volunteer parents and grandparents “drive” the bus, walking with the students. It does the reverse trip in the afternoon, leaving the school grounds at 3.10pm. It provides a safe, supervised way for students to get to and from school, incorporating healthy activity into their daily routines. The service is free and all children are welcome to join the bus even if their parent/s cannot volunteer.

All new volunteers AND students have to register for the bus and are provided with a safety vest, compulsory for walking with the bus. Please register with Anne Simpson (school parent), who is co-ordinating the Jacaranda South route via email at simmostreehouse@gmail.com or on 0411801553.
Parents and Year 6 students who are interested in finding out what Figtree High has to offer in Year 7 2015 are invited.

School Tours  
Classroom Displays  
Games  
Student guides

For further information, please call or email us:  
02 4271 2787
HOLY SPIRIT COLLEGE

Year 5 and Year 6 Parents and Students are invited to attend Holy Spirit College for an Open Day to be held on

Thursday 27 February 2014
and
Friday 28 February 2014

Time 9.00am to 11.00am

Our Open Days are designed to allow parents and students to view life at the College on a normal school day.

There will be guided tours of the College as well as opportunities to view classes and see students' work.

No registration is necessary however we do ask that students are accompanied by at least one adult.

Please ensure you arrive at the College before 9.00am and our senior students will direct you to the Casey Ryder Centre.

If you are unable to attend our Open Day, a Twilight Tour will be held on Monday 10 March 2014. Tours will commence from the Casey Ryder Centre at 6.00pm followed by an information Session for parents at 7.00pm.

DID YOU KNOW???

For the safety of all students, toddlers, babies and adults, please do not bring dogs into the school grounds, even on leashes. Some children have a genuine fear and it can be quite distressing for them as well as for parents, particularly those with very young children.

This year we also have a couple of students who have allergies to dog hair. Thank you for your support in this matter.
Increased penalties for School Zones. Current as at 1 July 2013

**NO STOPPING**
Means that in the area in the direction of the arrow, you must **NOT STOP your vehicle** at any point on the road or kerb, unless there is a medical or other emergency.

**Maximum Penalty**
$405 + 2 Demerit Points

**NO Parking**
Means that you have no more than 2 minutes for drop-offs or pick-ups of passengers or goods and the driver must stay within 3 metres of your vehicle.

**Penalty**
$169 + 2 Demerit Points

**BUS ZONE**
Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.

**Penalty**
$304 + 2 Demerit Points

**DOUBLE PARKING**
You are **NOT PERMITTED** to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.

**Penalty**
$304 + 2 Demerit Points

- **STOP in a NO STOPPING zone:** $304 + 2 Demerit Points, or **STOP on or near a Children’s or Pedestrian Crossing:** $405 + 2 Demerit Points
- **STOP on path/strip in built up area:** $169 + 2 Demerit Points
- **STOP or Park in a Disabled Marked Area without a permit:** $506

**Please Note:** fines subject to change without notice. Current to 30 June 2014. These penalties apply to offences in school zones during posted school hours.