From the Principal

The theme of Harmony Day is *Everyone Belongs*. Last week students at Nareena Hills Public School participated in activities linked to Harmony Day and anti-bullying, as part of the National Day of Action Against Bullying. Well done to everyone for their continued commitment to saying No to bullying and creating an inclusive environment.

Assembly

Again I had my spies out during assembly...their mission was to report on 2L’s assembly item. My spies told me that the item was fantastic and that the talent in the class is amazing! Their Harmony Day theme was inspiring!

Teachers and Principals are learners too!

This year K-2 teachers are continuing their second year of professional learning in Language, Learning and Literacy. I am also completing my accreditation to lead professional learning with our new Stage 1 teachers.

Mrs Brett spent two days in Sydney training as a leading trainer for Focus on Reading. She was identified for her outstanding literacy practice and asked to train as a leading trainer. This means that she may be asked to lead Focus on Reading professional learning with other schools in the future.

It also means that our teachers in Years 3-6 will now participate in Focus on Reading professional learning!

Year 6 and University of Wollongong Final Students

You may have noticed a lot of University students at school on Mondays. This is because Year 6 students are working with final year preservice teachers and their lecturers; Dr Jessica Mantei and Dr Lisa Kervin on a literacy project that was initiated in 2013.

In 2014 the model has been further extended and refined. Preservice teachers work with a single text, the book and movie of *The Lost Thing* by Shaun Tan and draw on a theoretical approach known as redesign. Final year preservice teachers have designed learning experiences for the students which are linked to the content being covered by Stage 3.

Using this approach, Year 6 students will consider the messages presented within the text. However, they will consider “who else” and “what else” could be part of this story. They will then investigate “how else” this story could be told.

Year 6 students will then tell their story using digital technology (iPads and laptops). The project will culminate with the students’ redesigns being shared at the end of the project.

Giselle Coltman
Principal
Voluntary School Contributions reminder

Thank you to the families who have paid their voluntary school contributions. Our contributions for 2014 remain the same as last year - $30 per student or $60 per family (with two or more children attending the school).

Funds raised from the Voluntary Contributions go towards resources directly linked to the teaching and learning programs at the school and ultimately towards supporting the students at Nareena Hills Public School.

In 2013 funds from voluntary school contributions were used to purchase reading books, mathematics resources, iPad learning activities, sporting equipment and equipment for the playground.

Textbook monies

This is a reminder that there are many students who have still not paid for their text books. It would be appreciated if all outstanding text book money could be paid this week. Notes will be sent home to individual families. Any family experiencing financial difficulties please contact the office for confidential assistance.

Chicken Pox

We have had another two reported cases of chicken pox. Individual classes with students who have reported cases of chicken pox have been given a note. As per previous advice please check for symptoms and be extra vigilant with hand washing.

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 around toilets and bubblers. Allow privacy. Use quietly.

Sport

Congratulations to the following students who trialled for a place in the Zone Northern Football team:
Girls - Hayley, Kaiah, Alana, Eden, Alyssa
Boys - Tim, Adam, David, Tomas, Logan
Special mention to Tim and Hayley for progressing to the Regional trials at Kiama - They will be trialling for selection in the South Coast Football Teams. We wish them all the best!

Cross Country

Good luck to all students who will be participating in the school Cross Country this Friday. Wear your house colours and get ready to run and cheer. I am looking forward to seeing some great sportsmanship and team spirit. Parents are advised that times of races are approximate.

Tips for the day:

Have a healthy breakfast.
Wear house colours and sports shorts and joggers.
Wear your hat and apply sunscreen.
Bring plenty to drink.
Pace yourself when you are running.
Enjoy the experience and have fun!

Good luck
Mrs Jordan
**P&C Cross Country Fun Run**
This Friday 28 March is the school Cross Country Carnival Fun Run. Remember to bring your sponsorship form and money to the hall from 8.30am on Friday. Everyone who returns their money and forms on the day will receive an ice block after their race.

In the event of the cross country being postponed due to wet weather an announcement will be made on i98fm. Students are to come to school as normal for classroom lessons. The sausage sizzle will still go ahead for those students who have made an order and students can still bring in their sponsorship forms and money.

**School Assembly**
This week there will be no school assembly.

**Easter Parade & Raffle**
This year, the Easter Parade & Raffle will be held on Friday 11 April. It is a great day, where students showcase their fantastic hats, trays or eggs to the school and parents. It is also a Year 6 Fundraiser, with all proceeds of the Easter Raffle going towards a Year 6 present to the school. Raffle tickets will go home to each student on Tuesday 25 March. Tickets will be for sale for $1 per ticket. The youngest child of each family is also asked to donate an Easter egg or bunny for the raffle. These will be handed into the classroom teacher on Thursday 3 April as well as all sold and unsold raffle tickets and money.

Thank you for your support and we look forward to seeing you and your family at the Easter Parade.

**P and C**
Last week the AGM of the P and C was held. I would like to thank all outgoing members for their dedication and commitment to supporting the school to provide a raft of opportunities and experiences for all students and families of Nareena Hills Public school.

Thanks you to the following outgoing members of the P and C:
Vanessa Glasgow - President
Audine Jones - Vice President
Andrew Edwards - Secretary
Alison Giobbi/ Stacey McPhee - Treasurer
Alison Giobbi - Canteen Coordinators

Congratulations to the following members of the P and C who have already held their first meeting:
Julijana Stanojevic - President
Brad Kendon and Natalie Nicastri - Vice President
Rachael Reece - Secretary
Leisa Zaharis - Treasurer
Sarah Allen - Canteen Coordinator
Leone Paiola - Ordering for canteen
Vanessa Sturman - Canteen banking and roster
Terrina Hartley - Canteen Treasurer
Fundraising Coordinator - Madeline Christian

The next meeting of the P and C will be held on 21 May 2014 at 7 pm in the staffroom. All welcome!
Notes that went home last week

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<thead>
<tr>
<th>Note</th>
<th>Date</th>
<th>Students</th>
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<tr>
<td>Fish and Chip Reward Lunch</td>
<td>18 March</td>
<td>1C</td>
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Canteen News

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

Pre-Loved Uniform Stall reminder

On **Friday 4 April** the stall will be **outside the hall** from 2.30 to 3.30pm. We will have all kinds of bargains so come and give us a look, especially with winter just around the corner! You won’t find anywhere cheaper for winter tunics, pants, long sleeved cotton shirts and jackets as well as tracksuits.

Performing Arts

Congratulations to the following students who auditioned for the Southern Stars Performing Vocal Company: Sydney, Isabella, Arwen and Kiana. Isabella, Arwen and Kiana have been successful in progressing to the second round live auditions. Good luck girls.  
Mrs Cameron

Thank you

A huge thank you to the wonderful team of Mums who have assisted with the reorganisation of the Home Readers. They have colour coded over 1000 books this term and there are still more in the pipeline! You have all been a great asset to our school community.  
Mrs Cameron

Community Notices

Towradgi Public School will be celebrating 60 years since its official opening with a community day of celebration on Saturday 5 April from 11.0am – 3.00pm. All past, present and future school community members are invited to come along and celebrate.

PCYC school holiday girls gym skills camp. Wednesday 16 and 23 April, 10.00am – 1.00pm. $25 per day. Phone 4296 4448 for further details, places limited.

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2014. Contact WEP today to receive a full information pack for your family on 1300 884 733.

Readysteadygokids - come and try our after school class at Wollongong Indoor Sports Centre, Monday 31 March and Monday 7 April at 4.00pm. For further details please call 1300 766 892.
Crunch Corner

Put a Halt on Salt

You may think the message to ‘go easy on salt’ only applies to adults and older people. Truth be known, too much salt in childhood produces a serious rise in blood pressure that progressively worsens with age.

A national nutrition survey found that children aged 2-16 years are consuming amounts of salt well above the recommended maximum levels. So in fact, the health message to limit foods containing added salt is just as relevant to our kids.

If you think you and your children could benefit from eating fewer salty snacks and meals, try adopting some of these salt-busting strategies:

1. Become a salt detective. Salt is listed as ‘sodium’ in the nutrition panel of food labels. Zoom in on the sodium content and choose lower sodium options among similar foods. Use this guide to help with your selection:

   **LOW in salt:** Foods with **less than 120mg sodium per 100g.** These are the healthiest choice.

   **MODERATE in salt:** Foods with **120mg to 600mg sodium per 100g.** OK most of the time, but not for those who already have a salt-related health problem.

   **HIGH in salt:** Foods **over 600mg sodium per 100g.** Avoid these foods.

2. Limit foods which contain high levels of salt, such as sauces (e.g. soy, fish, oyster sauce), marinades, salty snack foods (e.g. potato crisps), savoury biscuits, crackers, salty spreads (e.g. Vegemite, Marmite), take-away foods, foods canned in brine, processed meats, prepared soups, liquid stocks and stock cubes.

3. Avoid adding salt to foods in cooking or at the table. Use herbs, spices and other low salt flavourings (e.g. garlic, ginger, onion, shallots, no-added-salt tomato paste, lemon juice and vinegar) to flavour meals.

4. Opt for ‘low-salt’ or ‘reduced-salt’ foods where available, like low/reduced-salt margarine, tomato sauce, liquid stock, soy sauce etc.

5. Encourage your children to eat fewer processed snacks and more fresh foods. Tempt them with a wide variety of fruits, vegetables, reduced-fat milk, yoghurt, eggs, unsalted nuts and plain popcorn, which are all low sodium heroes.

Be reassured that human taste buds adjust very quickly to a lower salt diet. Only after a few weeks eating less salt, your kid’s taste buds will become more sensitive to salt in food. This will make some foods seem saltier than they used to, making it easier to follow a lower salt diet and harder to enjoy heavily salted foods.

By Vanessa Schuldt
Dietician, Nutrition Consultant and Nutrition Writer
Harmony Day is a day when we are kind to other people who are different from us.
Lily

Harmony Day is about being respectful to other people.
Liam

It’s good to be friends with other people even if they are from a different country.
Emma

Harmony Day is a day where people are nice to each other and respect each other.
Kalani

On Harmony Day we learn about how to care for people. We also get to do some fun stuff in class.
Jessica

Harmony Day is about other people coming to our country and bringing other cultures.
Layla

Harmony Day is a day when we are kind to other people who are different from us.
Lily

Harmony Day is about getting along with people from other countries.
Ben

You can try and get together with people from other cultures.
Rosie

Harmony Day is when you are kind to people from all over the world.
Caleb

On Harmony Day we learn about how to care for people. We also get to do some fun stuff in class.
Jessica

Harmony Day is a day where you can celebrate things that are special to you and your family.
Isabella

Harmony Day is about getting along with each other.
Callum

Even if people have differences you can still play with them at lunchtime.
Julia

Harmony Day is about helping others out even though they are different.
Noah

Harmony Day is about not making fun of people even though they are different.
Kurt

On Harmony Day people wear orange to recognise the day.
Sierra

Harmony Day is about being kind to each other even if you are different.
Tim

Harmony Day is about including people to play.
Toby

Harmony Day is about being nice to friends and people who are different.
Jett

Be nice to people you don’t know.
Bria

On Harmony Day you get along with other people and make new friends.
Ruby

On Harmony Day we celebrate all the countries around the world.
Alyssa

Harmony Day is a day for everyone to be happy and be nice to each other.
Taliyah

On Harmony Day you can be kind to people in the playground.
Harrison

Harmony Day is about helping others out even though they are different.
Noah

On Harmony Day we can share and learn about other people’s backgrounds.
Macey

Harmony Day is about being kind to each other even if you are different.
Tim
IC Literacy Learning Program