Positive Behaviour for Success Launch
I hope that all of the wonderful mothers, grandmothers and carers had a very Happy Mother’s Day yesterday!

I especially hope that your children chose lovely gifts from our Mother’s Day stall that made you smile, or that you simply got a lovely hug, cute card or warm messages from your children that made your day extra special.

Thank you to our fabulous P and C and especially Mrs Christian for her coordination of the event. Her band of merry helpers included both Mrs Smiths, Mrs Montgomery, Mrs Newman, and Mrs Schipp. We are grateful for your help!

As you are all aware this week NAPLAN assessments will be held for students in Years 3 and 5 on Tuesday, Wednesday and Thursday. Please ensure that all students are at school on time.

I would like to take the opportunity to thank all of the parents who ensure that their children arrive at school prior to the 9 am bell. The teachers and students at the school thank you for your respect of the whole learning community. Students who are constantly late, not only disrupt their own learning they also disrupt the learning of others. Thank you for making learning a priority and also teaching your children about effective time management.

Students who arrive after the 9 am bell are to go to the front office WITH their parents to get a late note before going to class. This is a legal requirement of the Department of Education and Communities.

Have a great week everyone… and keep making our school a great place to learn and grow!

Giselle Coltman
**District Cross Country**

Congratulations to Alicia for her great result at the District Cross Country. Alicia will also represent the school at the Regional Cross Country later this month at Cambewarra.

**NAPLAN - Years 3, 5 and 7**

Please ensure that your children arrive at school prior to the 9:00am bell.

**Tuesday 13 May**

Language Conventions and Writing tests

**Wednesday 14 May**

Reading test

**Thursday 15 May**

Numeracy test

**16 May**

Last day for students to sit catch up tests.

**Nationally Consistent Collection of Data on School Students with Disability - 2014**

Our school is participating in the collection of nationally consistent data on school students with disability.

We will be collecting information already available in the school about the support that is being provided to students with disability. Better data will help the Government plan for students with disability.

The data collection will have no direct impact on your child and they will not be involved in any testing process.

Attached to this newsletter is information regarding this data collection. Together with a slip for completion if you do not want your child to participate in this data collection.

**Positive Behaviour for Success Program Launch**

Friday 2 May saw the launch of our Positive Behaviour for Success program.

The slideshow demonstrated how far we have all come in our positive behaviour since our very first fun day exploring and having a great time with our peer support groups.

Stage 2 students spoke about how the three values of RESPECT, RESPONSIBILITY AND RESILIENCE are embedded in our everyday work in the classrooms, in the playground and moving around the school. The students are taking on the values with enthusiasm and knowledge.

We revisited our fabulous songs and all the students were dancing in their seats, enjoying the music and joining in the singing.

Students from 5C and 3/4JM showed their artwork focussing on the 3 values and using the theme of reaching for the stars, the galaxy and beyond! There are some extremely talented artists amongst the student population. IC entertained us with a short play about how they all demonstrate RESPECT before and after school. We were rolling with laughter as students...
played the parts of Mrs Parker, Mrs Cameron and Mr Kerin. We certainly were reminded about this value in a fun way.

The highlight of the afternoon, though, was the presentation of the many Supernova awards, which are awarded to students who have represented the school at various levels or completed programs such as Premier’s Reading Challenge. There were so many of these awards that we will have to complete the presentations at a later assembly. Congratulations to all these recipients!

We all like to feel special, but feeling special about our three values and the Positive Behaviour for Success program makes the effort even more worthwhile.

The PBS Team

**Positive Behaviour for Success**

This week we will be focussing on the value of RESILIENCE.

The focus statement is *Stay positive. Bounce back.*

This week PBS lessons will be about resilience before and after school.

Accept the challenge of a new day. Wait patiently.

Further ideas on building resilience are attached to this newsletter.

**Focus on Reading - Ideas for Parents**

The first comprehension strategy we are focusing on at school in Years 3 - 6 is ‘Making Connections’. Students should make connections to the things they read. Reading should activate prior experiences, and allow students to relate the text (or story) they are reading now something they have done, seen, or read before.

There are three types of connections:

• **Text-to-Self:** Students connect what they are reading to a personal experience or memory;
• **Text-to-Text:** Students connect this text or story to another text or story they have read; and
• **Text-to-World:** Students connect what they are reading to something they have heard about, seen, or that others have experienced.

How to help your child use this strategy?

To help your child make connections while they are reading you could use the following prompts:

- What does this book remind you of?
- Has anything like that ever happened to you?
- What do you know about the topic?
- Does this book remind you of another book or movie?
- After your child reads for homework, ask them to make a connection...and to explain!
- Make connections yourself! Children need to know that adults read and use these strategies, too. By discussing your own connections to things you read, your child will learn as well!

Website to visit:

The site, *"Into the Book"*, will allow your child to practice Making Connections (and other strategies) in a fun, interactive way! You will be asked to enter your first name on your first visit, then you will use the login information for future visits.

**International Competitions and Assessment for Schools (ICAS)**

Please find below the dates for the upcoming competitions:

- **Computer** Tuesday 20 May
- **Science** Wednesday 4 June
- **Writing** Monday 16 June
- **Spelling** Tuesday 17 June
- **English** Tuesday 29 July
- **Maths** Tuesday 12 August

Good luck to everyone who is sitting these exams.

**Guiding Gifted Children: Workshops for parents**

These one-day workshops for parents are filled with practical information, with a solid research base, presented by experts in the field with real life experience, to help you better understand giftedness and how to help your gifted child thrive.

**PRIMARY SCHOOL DAY** – Saturday 24 May – for parents of preschool and early primary school aged children.

**SECONDARY SCHOOL DAY** – Sunday 25 May - for parents of high school students and for parents of younger children who want to be prepared for adolescence.
Sessions include:
Identification and psychometric (IQ) testing: why, how and when;
Parenting sensitive gifted children;
Motivating gifted children to develop their abilities; Gifted children, their friendships and relationships; Gifted children with learning and other disabilities; Understanding the gifted adolescent; Maintaining motivation in the secondary years; Mental health, resilience and emotional well-being; Developing academic and study skills; Computers, gaming, social media and the gifted adolescent, and making a successful transition to university and careers.

Cost: $125 (early bird by 10 May) or $150 after 10 May.
Venue: Smith’s Hill High School
For Bookings and further Information please visit http://www.trybooking.com/EMBM
For further information please email michele@clearingskies.com.au or lindywalsh@gmail.com

South Coast Dance Festival
Our Year 1 dance group will be performing at the IPAC on the following dates. Tickets are now on sale. You may wish to take your family along to see their wonderful talent.
Wednesday 11 June 6.30pm
Friday 13 June 6.30pm
Saturday 14 June 6.30pm

Scholastic Book Club
Issue 3 closed today.
NO LATE ORDERS WILL BE ACCEPTED.

Edmund Rice Performance Band
Last Friday the Edmund Rice Performance Band visited our school. Boy….. Did we have a fun time. The hall was rocking with energy and enthusiasm. The children, staff and canteen ladies had a ball, bopping along to the songs. The dances were lots of fun too.

Thank you Nareena Hills for being a fantastic audience. The teachers from Edmund Rice commented to me that our school was absolutely brilliant. Wow! I was so proud of you all.

Mrs Jordan

P & C Fundraiser
A reminder that the P & C Fundraiser for Stickybeak lunch Wallets closes tomorrow. Please place your order form and payment in the P & C box in the foyer.
P & C Committee

Win a share of the Dollarmites sunken treasure in Term 2.
This term we are giving students, schools and our School Banking Co-ordinators the opportunity to win a share of sunken treasure found in the Lost City of Savings. Students simply need to make three or more School Banking deposits during Term 2, regardless of the value, and they will automatically be entered into the competition to win some fantastic prizes including:

Major student prize.
• Five nights’ accommodation at the Sea World Resort & Water Park on the Gold Coast;
• VIP Passes for two adults and three kids to Sea World, Warner Bros. Movie World and Wet’n’Wild Gold Coast;
• Dolphin Family Aqua Adventure; and
• A $3,000 travel gift card to get them there.

Runner up student prizes.
130 Toys”R”Us Gift Cards to the value of $250 each to spend on their favourite toys.

School and School Banking Co-ordinator prizes.
There will also be a separate draw for schools. As long as you have at least one student who is eligible for the competition, you will be in the running to win:
• $1,000 cash for one school in each state/territory of Australia. Plus the School Banking Co-ordinators of each winning school will receive a $250 Commonwealth Bank Debit Card (maximum of three per school).


We can stay cool at school with the marquee we won through the Commonwealth Bank School Banking program. All thanks to the savings efforts of the students that participate each week and the volunteers that run the program.

A representative from the Commonwealth Bank of Australia and School Banking will be attending Nareena Hills Public School on Friday 16 May to present the school with a token of appreciation.
We will be able to use the marquee for sport and special events around the school.

The next meeting is on:
### Notes that Went Home Last Week

<table>
<thead>
<tr>
<th>Note</th>
<th>Date</th>
<th>Students</th>
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<tbody>
<tr>
<td>Choral Festival Cluster rehearsal</td>
<td>Tuesday 6 May</td>
<td>Participants</td>
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<tr>
<td>Term 2 PSSA Sport</td>
<td>Tuesday 6 May</td>
<td>Years 3 - 6</td>
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<td>Modified Games Term 2</td>
<td>Tuesday 6 May</td>
<td>Years 3 - 6</td>
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<td>Hot Shots Tennis Term 2</td>
<td>Tuesday 6 May</td>
<td>Years 3 - 6</td>
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<td>Athletics Carnival</td>
<td>Tuesday 6 May</td>
<td>Years 2 - 6</td>
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<td>Working Bee</td>
<td>Wednesday 7 May</td>
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### School News

**Smith’s Hill High School**

_Gipps Street, Wollongong, 2500_

**EXPO NIGHT**

Monday May 26, 2014

6.00 p.m. - 8.00 p.m.

Smith’s Hill High School is a government selective co-educational high school catering for Gifted and Talented students.

Year 6 students who sat the entrance test for 2015 admission and their parents are invited to attend our Expo to view our facilities and examples of the work of our students. Year 5 students and their parents may wish to take the opportunity to see the school with a view to applying for admission in 2016.

Phone enquiries directed to the Relieving Principal Mr Walker on 42294266 during school hours.
**P & C NEWS**

**Wednesday 21 May**
Meetings are held in the staffroom and begin at 7pm.
New members are always welcome.
Julijana Stanojevic
P & C President

**NOTICEBOARD ITEMS**

Friends of Southern Stars is designed specifically for members of the general public who support the performing arts. Friends of Southern Stars membership is for one (1) year commencing each year on 1 July. The cost is $500. For further details please contact Charon Buikstra on 0419 402 033 or email Sharon.buikstra@det.nsw.edu.au

Attached to this newsletter is a Parent Information Sheet for the Cool Kids program

Attached to this newsletter is a Parent Information Sheet for the Confident Carers - Cooperative Kids Program.

**University of Wollongong Research**
The University of Wollongong is now recruiting for a study looking at the breast characteristics of Australian women to better inform bra design, bra fit and breast support.

This study will be held in the Biomechanics Research Laboratory, University of Wollongong from May to June 2014.

If you are interested in participating in this study please get in contact Celeste. All contact information can be found in the relevant attachment - University of Wollongong Participant Information.

**SCHOOL SONG**

Chorus
Nareena Hills, Nareena Hills
Living, Learning and Caring,
Nareena Hills, Nareena Hills,
Helping each other we learn to live.

Verse 1
We live between the Mountains,
And the deep blue sea,
We come from many places,
From all around the world.
We welcome everybody,
To come and learn with us,
To care, respect, this Ancient Land, That joins us all as one.

Chorus

Verse 2
We study in the classroom,
To feed enquiring minds,
We strengthen hearts and bodies,
By playing games outside.
We’re growing in our confidence
We’ll take the world by storm,
And face the future without fear,
With hope and cheerfulness

Chorus

“Friends of Southern Stars”

Nareena Hills Public School Newsletter  Ph: 4226 3867  www.nareenahil-p.schools.nsw.edu.au
Nutrient Maths
You may have read somewhere that your child's dietary target for calcium is 1000 milligrams per day. However, it probably means nothing unless you know what that looks like in real food terms. So here it is – 4 'must-have' nutrients for primary school age children, with a conversion of those cryptic nutrition targets into everyday foods.

Calcium
**Daily Target:** (4-8 years) = 700mg calcium; (9-11 years) = 1000mg calcium.
**In food terms:** 250ml reduced-fat milk (300mg) + 200g tub low-fat strawberry yoghurt (330mg) + 1 slice tasty cheese (130mg) + 200g reduced-fat vanilla custard (260mg) = 1020mg calcium.
**Why bother?** When you neglect this mineral, the body maintains calcium levels in the blood by robbing it from bones. In the long term, low calcium intakes increases the risk of osteoporosis and bone fractures. Dairy foods are the best sources of calcium, with the edible bones in canned fish, leafy green vegetables, nuts, seeds, calcium-enriched foods and some tofu being worthy contributors.

Iron
**Daily Target:** (4-8 years) = 10mg iron; (9-13 years) = 8mg iron.
**In Food Terms:** 2 slices wholemeal bread enriched with iron (3.8mg) + 1 large egg (0.9mg) + ½ cup canned bean mix (2.0mg) + 120g grilled beef rump steak (3.9mg) = 10.6mg iron.
**Why bother?** Iron helps carry oxygen around the body. So being iron deficient means there’s less oxygen delivered to body cells, which causes fatigue, poor concentration and a weakened immunity. Haem-iron found in red meat, white meat, fish and offal is better absorbed than non-haem iron found in plant foods like legumes, iron-enriched breakfast cereals and wholegrain foods. You can enhance the absorption of non-haem iron by adding Vitamin C rich foods, like fruits and vegetables, to the meal.

Zinc
**Daily Target:** (4-8 years) = 4mg zinc; (9-13 years) = 6mg zinc.
**In Food Terms:** 2 falafel balls (1.0mg) + handful of mixed nuts (1.0mg) + 75g trim lamb steak (4.5mg) = 6.5mg zinc.
**Why bother?** Our body needs zinc to help our immune system fight off invading viruses and bacteria. It lends a hand in wound healing too. Oysters are by far the richest source of zinc, with almost 10mg zinc per oyster. But let’s face it, most kids don’t gravitate to oysters. Red meat, poultry, seafood and zinc-enriched breakfast cereals provide the majority of zinc in our diet. Other food sources include legumes, nuts, wholegrains and dairy products.

Dietary Fibre
**Daily Target:** (4-8 years) = 18g fibre; (9-13 years) = 20g fibre for girls and 24g fibre for boys.
**In Food Terms:** ¾ cup Sultana Bran (6.7g) + 1 large pear (7.0g) + 2 slices wholemeal bread (3.3g) + sultana & dried apple snack pack (1.7g) + ½ cup green peas (6.0g) = 24.7g fibre.
**Why bother?** Dietary fibre is a digestive health star, as it promotes regular bowel movements and helps keep cells in the colon wall healthy. It also gets a pat on the back for its ability to stabilise blood sugar levels, lower ‘bad’ LDL-cholesterol and suppress hunger. Only plant foods contain fibre, with good sources being wholegrain breads and cereals, bran (wheat, rice, oat bran), legumes, barley, vegetables, fruits, nuts and seeds (especially chia seeds).

By Vanessa Schuldt
Dietitian, Nutrition Consultant and Nutrition Writer

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**CRUNCH CORNER**

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Nareena Hills Public School Newsletter  Ph: 4226 3867  www.nareenahil-p.schools.nsw.edu.au
Dear Families,

Our canteen needs help on the following Fridays

<table>
<thead>
<tr>
<th>May 2014</th>
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<tr>
<td>9th</td>
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Please indicate if you can lend a hand by circling the shift you can do

NAME: ________________________________________________________________

MOBILE_______________________________________________________________

EMAIL_________________________________________________________________

Please fill out and return to school or email to: Sarah Allen@gmail.com or Alison: ali-jay@hotmail.com