This week the students at NHPS celebrated NAIDOC Week although it was officially held in the school holidays. NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Students were provided with a range of activities from reading traditional Aboriginal stories to participating in Aboriginal games during fitness times. We finished the week with a NAIDOC Week theme for our Communication Assembly. Our hall décor was enhanced by a large number of Australian and Aboriginal Flags contributed by students in Early Stage 1 and Stage 1. During the Assembly Early Stage 1 did the Acknowledgement of Country which begins all our Assemblies. Eden and Ethan from Stage 3 told us what NAIDOC Week was all about and explained the theme for NAIDOC Week this year - which was Serving Country: Centenary & Beyond. This year we honour all Aboriginal and Torres Strait Islander men and women who have fought in defence of our country. We celebrate and honour their priceless contribution to our nation and pause to reflect on their sacrifice. Jasmin and Yasmin from Stage 2 described the meaning and history of the Aboriginal Flag which flies proudly outside our school every day. Jackson, Annemieke and Fletcher, also from Stage 2 showed us some of the traditional Aboriginal artefacts which belong to their families.

We finished the Assembly with a didgeridoo accompaniment to our National Anthem. It has been a really great way to start our new term.
Congratulations to Darcy and Ned for their outstanding performance at the Regional Cross Country on Friday. Ned placed 18th which is a wonderful achievement.

Special mention to Darcy who placed first in his age group. An absolutely magnificent result.

Nareena Hills Public School is very proud of both boys effort in such a demanding and gruelling race.

Well done boys!

**Education Week**

We are very excited about our Education Week festivities. On Friday 1 August we will hold our Art Show, Open Day and of course end the day by digging up the time capsule that was buried in the playground in 1988.

Teachers and parents alike have been busy preparing for our Education Week Open Day.

**School Uniform**

Thank you to the students at our school who continually model our school value of Respect and wear the correct school uniform. Students and parents are reminded that students are to wear school hats and black shoes.

Joggers are only to be worn on sports days (Thursday or Friday). Also, District jumpers are only to be worn on Fridays. They are not part of our school uniform.

Have a great week!

**Giselle Coltman**

Principal

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**Parent Action Symbol!**

If you see this symbol next to an item, then it is something that you may either have to action or note in your diary.

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**TERM 2 ASSEMBLIES**

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Tremendous Awards 2:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 3</td>
<td>Education Week</td>
</tr>
<tr>
<td>Week 4</td>
<td>KHT Assembly item - Tremendous</td>
</tr>
<tr>
<td>Week 5</td>
<td>Tremendous Awards</td>
</tr>
<tr>
<td>Week 6</td>
<td>Grandparents Day</td>
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</tbody>
</table>

All families and friends are welcome to come along to our Friday Assemblies

Please note:

- Item Assemblies commence at 2.15pm
- Communication Assemblies commence 2.30pm

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**COMING UP**

**Education Week**

**Opening of Time Capsule and P and C Art Show**

When: Friday 1 August
Where: School
Who: All past and present students and families

**District Athletics**

When: Thursday 7 August - Friday 8 August
Where: Beaton Park
Who: Representative Students
Cost: TBA

**Book Week**

**Book Fair**

When: 19, 20 and 21 August
Where: School Library
Who: All families of Nareena Hills Public School

**Book Week Grandparents Assembly**

When: Wednesday 20 August
Where: School Hall
Who: Grandparents and Carers of K - 6 students.

**Southern Stars Dance & Choir T-Shirt**

When: ASAP
Where: WIN Entertainment Centre
Who: Participating students
Cost: $25.00

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Nareena Hills Public School Newsletter  Ph: 4226 3867  www.nareenahil-p.schools.nsw.edu.au
Anaphylaxis - Nut and Nut and Egg Allergies

This is just a reminder that we have a number of students at our school who have allergies to nuts and eggs. Eating foods containing either of these products, could result in a severe anaphylactic reaction which requires immediate medical attention.

In order to minimise the risk of an allergic reaction, classes who have students with allergies to nuts and eggs were given notes earlier in the year requesting that students in those classes do not bring products to school that contain nuts or eggs (i.e. peanuts, peanut butter, nutella, eggs, egg sandwiches).

In addition to asking students not to bring in products containing nuts or eggs we also DO NOT allow students to share food - again a strategy to minimise the risk of an allergic reaction.

I would be grateful if all parents would discuss with their children the reason that the sharing or swapping of food at school is not allowed. The allergies are quite significant.

Thank you for supporting the school to keep all of our students healthy and safe.

What is Crunch&Sip?

Crunch&Sip is a break during the morning class when students can refuel on fresh fruit and vegetables and rehydrate on water. The break assists students with physical and mental performance, and concentration in the classroom.

Crunch&Sip encourages fruit and vegetable snacking and drinking water. Healthy eating behaviours are modelled in the classroom and reinforce the nutrition messages in the PD/H/PE curriculum. Eating fruit and vegetables and drinking water encourage the formation of healthy eating habits that can be continued into adulthood and adolescence.

The Crunch&Sip break gives students the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox. Students are also more likely to eat their fruit or vegetables and drink their water if their friends and peers are all doing it too!

We will begin having Crunch&Sip breaks on Tuesday 19 August. Please make sure your child has a piece of fruit or vegetables and a small bottle of water each day and be ready to start on this date.

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**Tips**

Start thinking about the types of fresh fruit and vegetables that can be eaten by your child within a ten minute time frame. Cutting up fruit and vegetables in to bite size pieces works best for younger children.

Think about fresh fruit and vegetables that will be easily eaten in class. Sticky oranges are not really a good option so start being creative!

Thank you
Mrs Jordan and the Live Life Well Team

**Education Week – Friday 1 August**

Please find in this newsletter an invitation to all past and present students and parents to attend our celebration. This year is a special celebration as it is the Department of Education and Communities’ 60th Education Week. Nareena Hills Public School will dig up the time capsule which was buried during the school’s 1988 Centennial celebrations.

All current parents are asked to come along and view their child’s/children’s art work which will be for sale in our “Art Gallery”. Artwork prices are $10 per student or $20 per family. Payments can be made prior to the day via the P & C letterbox in the foyer or on the day at the Art Gallery.

Keep your eye out this week for an article in the Advertiser community newspaper advertising this great event.

Glenda Cameron

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**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.

**PBS - Rocket Winners**

Last Friday the following students were recognised at assembly for their contribution to our school. These students upheld our school values in the playground and have been excellent role models for the rest of the school. Thank you for making Nareena Hills extra special.

Andjela - KF
Levi - 1C
Ben - 3/4JM
Miles - 6B

**KF - Acknowledgement of Country**
Southern Stars Tickets

Tickets for Southern Stars for the following shows are now on sale: Friday 29 August (evening), Saturday 30 August (matinee & evening). This year tickets for the schools matinee, on Friday 29 August, will go on sale to the public once tickets have been allocated to school groups.

Tickets are available from Ticketmaster and at the box office at WIN Entertainment Centre.

Southern Stars Dance

The next rehearsal is this Friday 25 July, 8:30-2:30 at Berkeley. Please bring $3 entry fee to the rehearsal. Fittings for costumes will be done at this rehearsal. Parents will be notified of the costume fee after Friday.

Southern Stars Choir T-Shirt payment Choir and Dance

Please forward $25 for the Southern Stars T-shirt. The T-shirt is the required costume for choir and dance this year.

Scholastic Book Club

Issue 3 of the Scholastic Book Club was distributed to students last week. Orders can be returned on Friday 25 July, and Monday 28 to the silver Box in the foyer before 9.30 am on these days. NO LATE ORDERS WILL BE ACCEPTED.

To avoid your child’s disappointment, please ensure the order is in a sealed school envelope, clearly marked with the child’s name, class and Book Club on the front, with the correct money, or a cheque made payable to ‘Scholastic Australia Pty Ltd’. Credit card payments can now be accepted for any amount. (Fill out the slip on the back page with appropriate details). Orders received accumulate points that go towards new books for our great Library. Orders are to be placed in the silver money box.

Lowes update

Nareena Hills Public School Uniform can now be ordered online at Lowes. This is an exciting addition to the service that Lowes currently provides our school. Please go online and see what your website looks like.

School Uniforms are now available through your local Lowes store or Online by clicking the link below: http://www.lowes.com.au/CampusCategories.aspx?depid=457

Lost Property

Could all families please check their child’s uniforms to see if they have any property that doesn’t belong to them. Labelling your child’s clothing, helps return it to the rightful owner should it go wandering.

Premiers Reading Challenge Countdown

Closing date 22 August - 5 weeks to go!

Chorus

Nareena Hills,

Nareena Hills Public School

SCHOOL SONG

Premiers Reading Challenge

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

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

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

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

Lyrics by Gordan Dugan and Catherine Hanes
Music by Gordan Dugan
The next meeting is on: **Wednesday 20 August**
Meetings are held in the school staffroom and begin at 7pm.
New members are always welcome.

Juliana Stanojevic

**P&C President Message**
Our submission to the Community Building Partnerships program for a COLA was submitted on Friday, 18/7/14.
Thank you Alison Schipp for all your hard work in getting this document completed. We will hear about the outcome of this submission towards the end of the year.

Our next P & C fundraiser is the Art Show on Friday, 1 August. We look forward to the afternoon tea for which we are catering.

**Tea coffee and scones - $2**
**Cup cakes for the students - $1**

Julijana Stanojevic

**Canteen News**
Munch and Crunch is open on FRIDAYS also for lunch orders. We have 2 new items on our Menu RAISIN TOAST 50c /slice and Hamburger $3.50 each.
Hamburgers made fresh with yummy lettuce, tomato, beetroot and sauce on a roll. Please fill in a lunch order with your name, class, order and amount. Place orders in the black and yellow box in the front office by 9am. Hot food available on Fridays, hamburgers, pies, sausage rolls, chicken sticks.

**Hamburgers only cooked on Fridays.**
We are excited to report we are greening up our menu and will now be using wholemeal bread in future.

Our canteen has applied for a “Greening up the Menu” Grant which is designed to support and encourage Primary School Canteens to increase the number of green food items on their menu while reducing the amount of Amber products available in the canteen. Increasing the amount of Green foods will help promote health and well-being in our school, while supporting the health messages being taught in the classroom. If successful our school may receive $500 to buy equipment that will enable our canteen to prepare greener snack foods and lunches sold at our canteen. Please see our menu attached to see what our canteen looks like with green foods at this point. Our aim is to improve our green food rating and “Green up our menu” in 2014.

**WE NEED YOUR HELP PLEASE CONSIDER VOLUNTEERING YOUR TIME TO GET OUR FRIDAYS TO A SOLID ROSTER.**
Help is required in the canteen 10am – 2pm on the following dates:
1 August
29 August
10 October
7 November
5 December

If you are able to offer some time please fill out the attached form and email ali-jay@Hotmail.com or alternatively print the form and drop it in to the front office. The more days our canteen is open the more funds we are raising to help OUR SCHOOL achieve the fundraising targets set by the P & C which in turn benefits our children. 1 day/ month 10am-2pm works out to be 2 or 3 times a term Please consider volunteering. Your children and their friends will love seeing you at the canteen.

Thank you,
Alison Giobbi
Canteen Co-ordinator
**NOTICEBOARD**

Enrich Your Home With A WEP Exchange Student

World Education Program (WEP) is inviting Australian families to experience another culture within their own homes by becoming volunteer host families. For further information contact Sylvia Kelly on 1300 884 733 or email info@wep.org.au

HOST FAMILIES NEEDED IN JANUARY 2015
EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS
IMPROVE YOUR LANGUAGE STUDIES AT HOME - For further information contact 1300 135 331 or visit www.studentexchange.org.au

**Congratulations Darcy 1st Place**

**Well done Ned!**

Great kids come from good families. Short term and Long term foster carer needed. Please help.
Come along to our FREE foster care information session, 5pm to 6pm on Thursday 31 July at Dapto Ribbonwood Centre, 93-109 Princes Highway, Dapto.
To reserve your place CALL 1300 130 585.
Diabetes Research
Researchers from the University of Queensland are conducting research into parenting of children with type 1 diabetes. We are seeking parents of children and adolescents with type 1 diabetes to participate. Participation in this project will involve completing a survey, and a telephone interview. The telephone interview includes questions on diabetes management tasks which parents of children with type 1 diabetes experience difficulty with, how parents think and feel about parenting a child with type 1 diabetes, and their preferences for assessing services to assist in dealing with these behaviours and tasks. If you are interested in participating in this research or would like further information please email clin.roslyn.pay@uq.edu.au

Kids...Dinner is ready
Dinner time is the perfect time for the whole family to talk about their day – the highlights and the lowlights. It’s also a terrific time to talk about food, such as where different foods on the dinner plate come from and how it’s made (e.g. the pasta story – it starts off as wheat in the field etc). Kids often find food facts and ‘farm to the plate’ stories fascinating.

Another great topic of conversation over dinner is: What does a healthy dinner plate look like? It is estimated that 80 per cent of what we learn is through our vision. So a fantastic way to bring this topic to the table is to plate up a healthy dinner and start talking about it.

What does a ‘Healthy Dinner Plate’ look like?
A ‘Healthy Eating Plate’ for kids, as shown in the picture below, divides the dinner plate into three equal parts:
* 1/3 of the plate contains salad and vegetables;
* 1/3 contains a protein food; and
* 1/3 comprises a carbohydrate food.

All three food types come together to make a balanced, nutritious meal. This is what each one has to offer:

Salad & Veggies – This includes cooked vegetables, raw vegetables and salad vegetables. These foods provide fibre, carbohydrates, vitamins (particularly vitamins A and C), minerals and antioxidants for good health.

Carbohydrates – Carbs are found in rice, pasta, noodles, couscous, breads and cereals. Carbohydrates give kids the energy to go. Carbohydrate foods also provide some protein, fibre, vitamins and minerals – all important for growing bodies.

Protein – Protein is abundant in lean meat, skinless poultry, fish, seafood, legumes (e.g. kidney beans, lentils, chick peas etc), eggs, nuts and seeds. Aside from protein, these foods provide valuable sources of ‘good’ fats, vitamins and minerals, especially iron and zinc.

What about mixed meals?
When it comes to mixed meals, the same ratios apply. So for a meal of spaghetti bolognaise with a side salad, the food you dish up should roughly be in the portions of one third pasta, one third lean beef bolognaise sauce and one third side salad.

Try getting your kids to identify the three essential parts of a healthy dinner plate at every meal. It’s lots of fun and educational too.

By Vanessa Schuldt
Dietitian, Nutrition Consultant and Nutrition Writer