RESPECT

RESPONSIBILITY

RESILIENCE

DIARY DATES

Thursdays
Student Banking

Wednesdays, Thursdays,
Fridays

Canteen

Fridays
Assembly - when advertised

12 August    ICAS Mathematics
Skills

15 August    Southern Stars
Dance Rehearsal 3

18 August    Tiddalik Performance

19 - 21     Book Fair August

20 August    Combined Book Week and
Grandparents Day
Assembly

22 August    Regional Athletics
Canberra

27 August    Southern Stars
Choir Rehearsal
Smiths Hill High School

27 - 30     Southern Stars
Show Week August

29 August    Southern Stars
Excursion

2 September Stewart House Collection

6 September Early Stage 1 - Calmsley City Farm

18 September Stage 2 - Berry Excursion

KHT ASSEMBLY ITEM
I am always amazed at the talent we have at this great school. For those of you lucky enough to see KHT’s assembly item you will know exactly what I am talking about. The students definitely played their roles with enthusiasm and expertise. It is always a delight to watch our school assembly items.

Great work Mrs Thompson, Mrs Hick and KHT. We are all proud of your efforts!

Congratulations
Congratulations to all students who participated in the District Athletics carnival last week. You all competed admirably. Read all about our successes in the Sport section of this newsletter.

Late Payment
Thank you to all of the families who make payment for school activities on time. Please note that payment will no longer be accepted for school activities after the due date or ON THE DAY of the activity. We hope that students will demonstrate our core value of responsibility and return notes and payment on the due date. As with all school activities alternative arrangements for payment schedules can be made by simply contacting the school office.

Late News
Good luck to our touch and soccer teams who will compete in the next round of the school knockouts.

Giselle Coltman
Principal

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.

UPCOMING PAYMENTS

Tiddalik Visiting Performance
When: Monday 18 August
Where: School Hall
Who: K - 6
Cost: $5.00

Southern Stars Dance & Choir T-Shirt
When: ASAP
Where: WIN Entertainment Centre
Who: Participating students
Cost: $25.00

Southern Stars Dance Festival Excursion Bus Cost
When: 29 August
Where: WIN Entertainment Centre
Who: Participating students
Cost: $7.00 Payment by 22 August

SCHOOL ACTIVITIES

Book Week Activities

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

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

TERM 3 ASSEMBLIES

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Tremendous Awards</th>
<th>Week 8</th>
<th>3C Assembly item—Tremendous Awards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 6</td>
<td>Grandparents Day</td>
<td>Week 9</td>
<td>Tremendous Awards</td>
</tr>
<tr>
<td>Week 7</td>
<td>Tremendous Awards</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This week’s assembly commences at 2.30pm
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 on pathways, around toilets and bubblers.
Move quietly. Respect other learners.
Allow privacy. Use quietly.
Positive Behaviour for Success - Aboriginal Totem Poles
Last week our students were involved in the beautiful art work on the PBS Aboriginal Totem Poles.
Zac Bennett- Brook worked carefully with our students to make a truly amazing art work that will soon be displayed near the flagpoles. The children loved the experience and will be connected to the totem poles, hopefully looking back on their finger prints for many years to come.

RESPONSIBILITY
Staff Car Park
Thank you to the students and parents who have remembered that the staff car park is an out of bounds area. In the interest of everybody’s safety… entry and exit to the school is not permitted via the car park. Your responsible behaviour is appreciated.

Crunch and Sip will be starting next week at Nareena Hills. The children are all looking forward to a drink and fresh fruit and vegetable break during the morning session. Please take time to read the parent information flyer that was distributed last week.
Some helpful tips
⇒ Prepare food for your child that can be eaten in a ten minute time frame.
⇒ Have containers clearly labelled with your child’s name.
⇒ Send a fresh bottle of water to school every day for your child.
⇒ Avoid sticky fruits (such as juicy oranges) and canned and dried fruit.
⇒ Cut food up for easy eating.
⇒ Be creative and you will be amazed at what your child eats!

Crunch and Sip starts Tuesday 19 August. Yummo!
Mrs Jordan

Crunch Snippets
How much physical activity is enough?
The National Physical Activity Guidelines for Australians recommend at least 60 minutes of moderate to vigorous physical activity each day for children. This can be spread throughout the day. Children do not get enough physical activity at school so encourage your child to be active before and after school.

Children Love to Cook
Teaching your child to cook will not only give them handy life skills but will also encourage them to enjoy healthy foods. Assign one night each week as ‘kids night’ where your children have to cook the evening meal (and clean up).

Rainy Day Activities
Keeping kids active and occupied on wet days can be challenging. Use some of these ideas to keep your children occupied on rainy days:
* Build an indoor cubby house with sheets and chairs or cardboard boxes
* Play hide and seek
* Basket softball – how many times can you throw a foam ball into a washing basket
* Have a dance competition
* Make play dough

At the Supermarket
Involve your child at the supermarket by giving them a list of foods to find. Add a few unusual foods to the list such as avocado, risotto and spinach.

Illawarra Shoalhaven Local Health District
Always Take care and Be Aware

Given the fact that there have been many recent reported stranger danger incidents it may be timely to review some strategies with your children. The link below provides some useful information and strategies on topics including:

- Road safety
- Stranger Danger
- Bullying
- Pool safety


The Daniel Morcombe Foundation also has a great website called Keeping Kids Safe. The link is: http://www.danielmorcombe.com.au/

One of the most important issues surrounding stranger danger is the notion that children need to be taught that not all strangers are dangerous and that some strangers are in fact very helpful. Strangers in uniforms such as police officers, ambulance officers, paramedics are all helpful.

Children also need to be aware of neighbours who can be trusted in times of need and other adults that can help if they are feeling uneasy.

Focus on Reading Strategy: Visualising

What is it?

Visualisation is the ability to build mental pictures or images while reading. The motivation to read and the pleasure of reading is increased by visualisation. You create images that elaborate or add details to a story or text. You see a character or a setting in more detail than it is described. You may smell scents, hear sounds or feel textures and emotions when you visualise. You may visualise yourself in a scene or imagine meeting a character. You may use images of your own experiences to make connections to a text. Visualisation can also help you recall facts and information.

Why is it important?

Students gain a more thorough understanding of the text by consciously using the words to create mental images. Students who visualise as they engage with a text not only have a richer experience but can recall what they have read for longer periods of time.

How is it used?

Readers stop at key points and create a picture, movie or sound clip. These images are used to draw conclusions, create distinct and unique interpretations of the text, to recall significant details.

Children’s Book Council of Australia literary lunch

Imagine walking into a large room decorated in balloons, free books on each table, authors and illustrators bursting to talk to kids and the promise of a yummy lunch! Sounds good? Well, that was the experience for eight lucky Stage Three students who got to go to the Children's Book Council of Australia literary lunch last Wednesday. Wai Chim, author of the “Chook, Chook” series sat on our table and talked about writing. The students also got to listen to, and meet authors such as Sandy Fussell, Di Bates and Toni Brisland and illustrator Lesley Vamos. The highlight was a story telling session in Spanish and English by the very talented Lilli Pang. It was a fabulous day and we cannot wait until next year's event!
**SPORT NEWS**

**Special Mufti Day**

With the National Cross Country Carnival being held on 21 August in Western Australia the school would like to help Darcy and his family with the funds needed to attend this event. Our school will have a Sports Mufti Day this Thursday 14 August.

Please come dressed in your favourite sports clothing and bring a gold coin that will help support Darcy compete in Albany.

I look forward to seeing everyone dressed in lots of colour and enjoying a fun event for Darcy.

Mrs Jordan

---

**SPORT NEWS**

Congratulations to all of the students who competed in the District Athletics carnival last Thursday and Friday. Rumour has it that as always our team performed admirably and demonstrated great sportsmanship. The following students will represent Central Wollongong District at the regional carnival to be held in Canberra on Friday 22 August:

Melanie : 2nd 8 years 100m
Isaac : 1st 9 years 100m
Alyssa : 1st Long Jump, 200m and 11 years 100m, 2nd High Jump
Tim : 1st 11 years 200m, 2nd 11 years Long Jump, 11 years 100m
Jeremy : 2nd 12 years 100m
Darcy : 1st Senior 800m

2nd Senior Girls Relay, 2nd Senior Boys Relay and 1st Junior Boys relay.

**Congratulations** to Alyssa who received Age Champion and Tim who received runner-up Age Champion.

A special mention to Darcy (800m) and Tim (200m) who achieved District records in their events.

Mr McGuiness’ hard work training the relay teams has paid off with three teams advancing to the Regional Finals.

Junior Boys Relay 1st Isaac, Ben, Zac, Sebastian Reserve: James
Senior Girls Relay 2nd Kaiah, Alyssa, Alicia, Christina
Senior Boys Relay 2nd Tim, Jeremy, Tomasi, Darcy Reserve: Ethan

The following students, although not competing at the Regional Carnival achieved outstanding results in their events:

Alicia - 800m (2nd) Ned - 800m (3rd)
Louis - Discus (3rd) Hayley - Discus (3rd)

Special thanks to Miss Gibson for her coordination of the team and Mrs Jordan for her assistance.

Thanks to the mums and dads who also came along and supported the students and provided transport.
Welcome Preservice Teachers
Nareena Hills Public School would like to extend an official welcome to our Preservice Teachers. We continue to benefit from our partnership with the University of Wollongong and this term we have the good fortune of working with:

4th Year Primary Education Interns: Miss Bailey cooperatively teaching 6B and Miss Hart cooperatively teaching 3/4JM.

1st Year Physical Education Preservice Teachers: Mr Belsito, Miss Paton, Miss Panteli, Miss Rhodes, and Mr Stark, working with Stage 2 and 3 teachers to support our sporting programmes.

On Friday the playground was abuzz with excitement as our Preservice Teachers organised fun activities for our students to be involved in. Staff and students alike enjoy the benefits of the skills and enthusiasm that preservice teachers bring to our school.

NOTES THAT WENT HOME LAST WEEK

<table>
<thead>
<tr>
<th>Note</th>
<th>Date</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change of Date Stage 2 Berry</td>
<td>Tuesday 5 August</td>
<td>3 - 4</td>
</tr>
<tr>
<td>Invitation to Grandparents</td>
<td>Wednesday 6 August</td>
<td>K - 6</td>
</tr>
</tbody>
</table>

P & C NEWS

The next meeting is on: **Wednesday 20 August**
Meetings are held in the school staffroom and begin at 7pm.
New members are always welcome.

Julijana Stanojevic
P & C President

CANTEEN NEWS

The School Canteen will be CLOSED on Fridays for the rest of the term. We have trialled Fridays for a term, and are finding it very difficult to have volunteers on this day. I realize that a lot of families are already helping out with canteen, or have work commitments.

I would like to thank all the parents for their help and support over this past term, but its not working out.

Kind Regards
Sarah Allen

Wednesdays 9.00 - 1.30pm

<table>
<thead>
<tr>
<th>Week 5 13 August</th>
<th>Week 6 20 August</th>
<th>Week 7 27 August</th>
<th>Week 8 3 Sept</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patsy Moate, Debra Tagliapietra, Hanan Saddi</td>
<td>Natalie Nicastrì, Christine Gregory, Amanda Schipp, Chris Finley</td>
<td>Paula Moss, Renae Hancock, Danielle Pierce, Leone Paiola</td>
<td>Rachel Kendon, Tammy Montgomery, Julijana Stanojevic, Louise Coleman</td>
</tr>
</tbody>
</table>

Thursday 9.00 - 1.30pm

<table>
<thead>
<tr>
<th>Week 5 14 August</th>
<th>Week 6 21 August</th>
<th>Week 7 28 August</th>
<th>Week 8 4 Sept</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanessa Sturman, Terrina Hartley, Fiona Morton, Jayne Rixon-Moon</td>
<td>Kelly Lazicic, Cindy Churchin, Maree Muller, Alannah Tagliapietra</td>
<td>Sarah Allen, Kate Johnson, Catherine Robinson</td>
<td>Karmen Bond, Alison Darlow, Bridget Newman, Cheree Beattie</td>
</tr>
</tbody>
</table>
Walking Bus Winter Reward Program

Having trouble getting your kids motivated to join the walking bus during the cooler weather? Been meaning to get your child started on the walking bus? For the rest of term 3, the Nareena Hills Walking Bus is running a Reward Program.

Walkers will receive a sticker passport and every time they join the bus for our morning or afternoon bus walk, students will receive a sticker to add to their sheet.

For every 10 walks, students will receive a 50 cent canteen voucher. It’s a simple way to encourage your kids to get involved.

Anne Simpson
0411801553

SCHOOL SONG

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

Lyrics by Gordon Dugan and Catherine Hanes
Music by Gordon Dugan

RSPCA’s Reigning Cats and Dogs is a weekend festival celebrating the joys of cat and dog ownership. Commencing on World Animal Day, the festival will be held at Bicentennial Park, Glebe Foreshore on October 4 & 5.

Reigning Cats and Dogs consists of two separate events: Rescue Me and the International Cat Film Furstival.

So, whether you’re looking for a new furry family member or you’re in search of the purrfect night out, full of feline laughs, join RSPCA NSW at one or both of these exciting new events!

Wests Illawarra Junior Cricket Club registration days will be held on Saturday 16 and 23 August between 1 - 3pm and Wednesday 27 August, 4.30 - 6pm at the Wests Illawarra Leagues Club.

For enquiries contact the registration coordinator Paul king on 0422 976 026 or email jad- min@wicc.com.au
**Vegetable** | **Serving Suggestion**
--- | ---
Carrot | Leave whole and peel, or cut into batons.
Cucumber | Slice or cut into batons.
Capsicum | Slice. Offer a 'traffic light snack' with red, yellow & green capsicum slices.
Celery | Cut into batons and string for easy eating.
Cherry/Grape Tomatoes | Yes, they’re technically a fruit, but treated more like a vegetable. Choose the smallest tomatoes for easy eating.
Snow Peas | String for easy eating.
Corn Cobs or Cobbettes | Steam extras for dinner. Refrigerate up to two days.
Baby Corn | Leave whole or halve lengthways.
Green Beans | Blanch or lightly steam extras for dinner. Refrigerate cooked beans up to two days.
Broccoli Florets | Offer raw or lightly steam extras for dinner. Refrigerate cooked broccoli up to two days.
Cauliflower Florets | Same as for broccoli.
Button Mushrooms | Simply wipe mushrooms gently with a damp cloth and trim the stem end.
Edamame | These soy beans in the pod are a popular snack in Japan. Find them in the frozen vegetable section of most supermarkets and Asian food stores. Put a handful of frozen edamame in a zip lock bag and they’ll thaw before the Crunch & Sip break. It’s fun popping the soy beans out of the pod and into the mouth. They’re yum too!