DIARY DATES

Student Banking
Thursday

Canteen
Wednesday, Thursday
Assembly - when advertised

2015
27 February 3/4C assembly item
2 March Futsal - Berkeley
5 March SRC Induction
Assembly 2.15pm
6 March Regional Swimming Carnival
7 March Working Bee
Saturday 9am - 1pm
13 March 1/2T assembly item
13 March CWPPSSA Netball Trials
20 March Harmony Day
25 March Market Madness
25 March P & C Meeting - 7pm
26 March School Cross Country
27 March ROSA Awards
Assembly - 2pm
2 April Easter Hat Parade
Combined Easter assembly
24 April ANZAC DAY Ceremony

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.

Alanah, Millie, Grace and Tim
On Monday Logan, Alannah and Lily represented our school at the Figtree High School Student Representative Council Induction Ceremony (SRC). There were quite a few ex Nareena Hills Public School students inducted in the SRC which was great to see. It was fantastic to see so many talented students and inspiring leaders in our local High School.

School Uniform

It wasn’t until my own children attended school that I fully appreciated the value of a school uniform. A school uniform is affordable, practical and predictable. On excursions or out of school activities, a school uniform also becomes another way of ensuring student surveillance and therefore safety. All students in NSW Government schools are expected to adhere to the requirements of the school’s uniform or dress code policy. Adherence to the school’s uniform code is also a core rule of the Department of Education and Communities.

Our students and parents have always been great supporters of our school uniform. In fact whenever, we are out in the community other schools and community members regularly positively comment on our uniforms. Well done to all students who wear our school uniform with pride.

A reminder that footwear is all black leather shoes...except on sports day when joggers can be worn.

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.

POSTITIVE BEHAVIOUR FOR LEARNING

Week six PBL lessons will be about respect on the pathways and at the toilets and bubblers.

RESPECT

UPCOMING PAYMENTS

Stage 3 Camp
When:   Wednesday 2 September to Friday 4 September
Where:  Port Hacking
Cost:   Approx $300.00
Deposit: $50.00 due 19 March remainder by 6 August

Year 6 Tribute Shirt
Cost:    $35.00 per t-shirt
Deposit: $10.00 due 26 March

Voluntary Contributions
Cost:    $30.00 per student

SCHOOL ASSEMBLIES

Week 6 assembly commences at 2.15pm

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Week 6</td>
<td>Thursday 5 March</td>
<td>2015 Student Representative Council Induction</td>
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<tr>
<td></td>
<td></td>
<td>Friday 6 March - No Assembly</td>
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<tr>
<td>Week 7</td>
<td>Friday 13 March</td>
<td>1/2T Assembly Item</td>
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<tr>
<td>Week 8</td>
<td>No Assembly</td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>Recognition of Student Achievement Awards - commencing 2pm</td>
<td></td>
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</table>
No Go Tell

Students must develop strategies to assist them in situations that make them feel unsafe. At school students are taught the ‘NO GO TELL’ strategy. **Students must have an active voice and take a stance against bullies!**

Please reinforce this strategy with your children at home:

No - Stop interfering in our game Cindy.

Go - Move to another area.

Tell - “Cindy… I have asked you to stop; now I am going to tell the teacher”.

Students must use this strategy to ensure timely support and action.

Nareena Hills Public School has a zero tolerance policy to bullying behaviours.

The NSW Department of Education and Communities rejects all forms of bullying. All students and staff have the right to be treated fairly and with dignity in an environment free from disruption, intimidation, harassment, victimisation and discrimination.

P and C Update from Mrs Coltman

It was wonderful to see so many parents at last week’s P and C meeting. There were many returning parents and first timers alike!

At the meeting I outlined the structures of our multi-age classes and also tabled two documents that provided parents with further information regarding multi-age classes. For parents not at the P and C meeting one of the documents appears in the news section of our school website.

Mrs Cameron also discussed the changes to our Positive Behaviour for Learning program which was the result of feedback from students, parents and teachers. The changes include:

- design of new awards by Natalie Rixon
- refining of the award process

Recognition of Student Achievement (ROSA) assemblies will now occur 4 times a year in Week 9 of each Term. All ROSA assemblies will be of **equal merit**.

Dates of Award Assemblies are:

- Term 1  27 March 2015
- Term 2  19 June 2015
- Term 3  11 September 2015
- Term 4  4 December 2015

The End of Year Presentation assembly will focus on the presentation of major school awards (for example; Outstanding Scholar, School Leadership, School Citizen, Sportsperson of the Year, Environmental Awards) and the Year 6 Farewell Assembly. (Term 4 academic achievement, effort and PBL awards will have been presented at the Week 9 Term 4 assembly).

For all award ceremonies parents of students receiving awards will receive a letter of invitation and it is hoped that family members of award recipients will be able to attend the relevant Term award presentation assembly.

Giselle Coltman
Principal
**CROSS COUNTRY**

Parents please note that the cross country will be held on **Thursday 26 March**.

**SPORT NEWS**

What a fabulous effort from our Nareena Hills Swim Team at the District Carnival on Wednesday. We had some impressive individual performances and overall, we had a great day.

Good luck to Max, Darcy, Jessica and Freya who will represent both our school and our District at the Regional Carnival in individual events. As well as our Junior Girls Relay Team of Jess, Mia, Freya and Eryn.

A special mention to Darcy who was crowned the Boys 11 year old Age Champion, fantastic effort Darcy. Congratulations everyone!!

Once again, a very big thank you to all our parent helpers Mr Moon, Mrs Napper, Mrs Moate and Mrs Allen who assisted with time keeping as well as all other parents who assisted on the day. We really could not run events like the swimming carnival without your continued support. It is much appreciated!

All students showed great sportsmanship and had a very enjoyable day, even in the rain.

Miss Gibson and Mrs Stone

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**SPORT NEWS**

**Fundamental Movement Skills**

The importance of regular physical activity in reducing the risk of disease and in promoting a healthy lifestyle is well recognised.

Research has shown that regular participation in physical activity during childhood improves students’ learning, builds their understanding of teamwork and improves their general physical activity and fitness levels.

The development of children’s fundamental movement skills is a significant step towards establishing a lifelong commitment to health and physical activity. Fundamental movement skills are the building blocks for the wide range of sports and physical activities offered in our community.

The NSW Schools Fitness and Physical Activity Survey found that less than half the number of young people in NSW have mastered the fundamental motor skills tested in this survey.

In 2015 during Physical Education activities, your child will be participating in Fundamental Movement Skills activities. This will compliment PE (games) and sport sessions.

Twelve fundamental movement skills are the: catch, static balance, sprint run, vertical jump, hop, side gallop, skip, overarm throw, leap, kick, two-hand strike and the dodge.

These twelve skills were selected because together they represent a solid foundation for the development of specialised skills, enabling students to participate in a wide range of physical activities.

We look forward to working with your child this year so that they have the skills and confidence to participate in a wide variety of sporting activities.

Mrs Jordan

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**Photos from the District Swimming Carnival**
Thank you to all the parents that attended the first P & C meeting on 18 February 2015.

Fundraising activities were discussed for the year and we decided on the following:

Term 1: Sponsorship forms to be sent out prior to Cross Country Carnival on Thursday, 26 March 2015.

Term 2: Silver coin collection in each classroom for the duration of this term.

Mother's Day Stall Wednesday, 6 May 2015

Term 3: An activity to be held in Education Week between 27 & 31 July 2015.

Father's Day Stall Tuesday, 1 September.

Other items that were discussed included the composition of classes, positive behaviour for learning, awards and presentation assemblies, food restrictions in classes and reasons for changing the lunch/recess times.

NOTE: Our next P & C Meeting has been changed to Wednesday, 25 March at 7.00pm. This will be our AGM, so if you are interested in becoming a member of the P & C please attend this meeting in the Library.

Julijana Stanojevic
P & C President

Thanks to all the volunteers this year, we are able to open Wednesdays and Thursday again.

The updated canteen menu is attached to this newsletter. Please note Jumpys have been removed from the menu due to the high number of additives. This is part of greening up the canteen to bring it in line with the school’s Live Life Well@School Program.

The new canteen coordinators are Amanda Schipp 0434 976 255 and Christine Gregory 0414 639 175 please feel free to contact them with any canteen enquiries.

Lunch Orders - Please ensure all lunch orders have your child's full name, class and correct prices as per the menu attached to this newsletter. A copy of the menu is available on the school’s website.

Correctly detailed orders make our volunteers' work much quicker during preparation for our early lunch time schedule.

Thank you very much.
Amanda Schipp
**LOST PROPERTY**

The following items have been found in or near the school:
- Holden car key
- Smiggle watch
- Sunglasses

Please enquire at the school office if you think these may be your items.

**SCHOOL BANKING**

From Week 6 School Banking will be on a **TUESDAY**. This is due to scripture being held on Thursday mornings.

**WALKING BUS**

Walking bus has commenced for **mornings only**. We still require volunteers for Wednesday and Friday afternoons to get up and running. Registration forms are available from the school office or contact Anne Simpson at simmostreehouse@gmail.com

**NOTICEBOARD ITEMS**

**Illawarra Sports High School**

- **Date**: Tuesday 10 March  
- **Time**: 8.30am - 12.30pm  
- **Who**: Current **Year 6 students** looking to trial for entry into the Talented Sports and Development Program, 2016  
- **Where**: Illawarra Sports High School Stadium and Oval

**Lowes** - Just a reminder to bring in your receipts from Lowes and place them in the container at the office. Please ensure you have your child’s name and class on the receipt. A draw will take place at the Easter Hat Parade and the winner will receive a gift voucher.

**Piano Lessons** - Mrs Julie-Anne Jones is offering half hour piano lessons in her home on her baby grand piano. Lessons available Monday, Tuesday and Wednesday 4pm - 6pm. Contact Mrs Jones direct on 0439 623 855

**Hosting is Fun** - Hosting exchange students gives Australian families the opportunity to share their life and their culture with young international students for a term, semester or year and in turn introduce their own children to a culture different from their own.

To help make this important decision, contact World Education Program on 1300 884 733

**Twilight Tournaments Football 5’s** - PCYC Wollongong is offering a FREE 5 a side Street Soccer tournament. The tournament is available to young people 9 years and up. Games will commence on Saturday 28 February 2015 from 6 - 9pm and will continue every Saturday till the 28 March 2015. Awards will be presented on the last night of the tournament. Dinner is provided and transport is available upon booking. Pre-registration is essential. Free entry and PCYC membership is included in registration. For registration or more information contact the club on 4229 4418.

**Gear Up Girl** - Sydney’s largest female only recreational ride conducted by Bicycle NSW will be on 8 March 2015. Register now at gearupgirl.com.au

**Leukaemia Foundation Fundraiser** - annual ‘Slash and Dash Festival’ has seven events across fun run, swim and aquathon. For more information splashdash.com.au

**Foster Care Services** - MacKillop Family Services provide foster care in the Illawarra/Shoalhaven and we are seeking more foster carers in the community who might be able to provide stable and caring homes for some of the most vulnerable children in NSW. For more information:

Ph 8881 4841 or email Louise.Carson@mackillop.org.au
All students and teachers at Nareena Hills Public School enjoy a Crunch&Sip® break in the morning session to eat fruit and vegetables and drink water in the classroom every day. It is wonderful to see a wide variety of fresh fruit and vegetables being eaten by the students. Please remember to pack fruit and vegetables that can be eaten by your child in a ten minute time frame and always pack fresh water every day.

Helpful facts

**Why have a Crunch&Sip® break?**

Allowing students to eat fruit or vegetables in class in the morning or afternoon helps students to ‘re-fuel’ during the ‘gap’ between breakfast and morning tea or lunch and afternoon tea. The Crunch&Sip® break:

- Improves concentration and classroom performance
- Allows students to try new foods
- Helps to build healthy eating habits and
- Introduces students to the idea that fruit and vegies can be good snack foods

Crunch&Sip® also gives children the opportunity to eat the piece of fruit/veg that might otherwise be left in their lunchbox and not be eaten at all.

Mrs Jordan

**Learning and Support Team**

This year I am lucky enough to be working on the school’s Learning and Support Team with Mrs Elrington. Our job is to provide direct specialist assistance to students in mainstream classes with additional learning and support needs. Our role reflects the needs of individual students and school priorities and programs. We work collaboratively with the classroom teacher and plan, implement, model, monitor and evaluate personalised adjustments for learning where required.

If you feel your child would benefit from additional classroom support we encourage you to speak to your child’s classroom teacher. They are in the best position to be able to suggest what plan of attack can be used to assist your child this year. They may refer your child to the Learning and Support Team.

Together with the classroom teacher, the Learning and Support team, the School Counsellor and Mrs Coltman a plan of support may be implemented for your child. Please be aware that sometimes I am not able to offer immediate support as school priorities and programs are considered when making decisions, however, I will do my best to ensure that along with the classroom teacher we provide a learning program that meets your child’s needs.

Mrs Elrington and I are looking forward to a very productive year.

Thank you

Mrs Jordan
## Munch & Crunch
### Nareena Hills PS
#### Menu Term 1 - 2015

### MUNCHIES
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Hot Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple from home – slinky</td>
<td>0.00</td>
<td>Spaghetti Bolognese</td>
<td>2.50</td>
</tr>
<tr>
<td>Raisin Toast</td>
<td>0.50</td>
<td>Macaroni Cheese</td>
<td>2.50</td>
</tr>
<tr>
<td>Fruit Cups or Vegie Cups</td>
<td>0.50</td>
<td>Mini Meat Pie</td>
<td>1.30</td>
</tr>
<tr>
<td>Fresh popcorn</td>
<td>0.50</td>
<td>Might Meat Pie</td>
<td>2.50</td>
</tr>
<tr>
<td>Pizza Subs (recess only)</td>
<td>0.50</td>
<td>Sausage Roll</td>
<td>2.00</td>
</tr>
<tr>
<td>Red Rock Chips – Honey soy, plain</td>
<td>1.00</td>
<td>Chicken sticks (pack 5)</td>
<td>1.80</td>
</tr>
<tr>
<td>Grain Waves – sour cream &amp; onion</td>
<td>1.00</td>
<td>Garlic Bread (2 Slices)</td>
<td>0.50</td>
</tr>
<tr>
<td>Noodle Snacks</td>
<td>0.20</td>
<td>Chicken Burger</td>
<td>3.00</td>
</tr>
<tr>
<td>Eucalyptus Drops</td>
<td>0.50</td>
<td>Hot Dog with sauce</td>
<td>2.00</td>
</tr>
<tr>
<td>Yoghurt Frogs – limit packet 5/child</td>
<td>0.10</td>
<td></td>
<td></td>
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### COOL TREATS
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Sandwiches and Salads</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orchy Cups</td>
<td>0.50</td>
<td>Toasted Sandwiches - extra</td>
<td>0.20</td>
</tr>
<tr>
<td>Jelly Sticks</td>
<td>0.10</td>
<td>Cheese Salad</td>
<td>3.20</td>
</tr>
<tr>
<td>Ice Poles</td>
<td>1.00</td>
<td>Ham Salad</td>
<td>3.20</td>
</tr>
<tr>
<td>Zooper Doopers</td>
<td>0.40</td>
<td>Ham and Cheese Salad</td>
<td>3.40</td>
</tr>
<tr>
<td>Lite Ice Cream Cappuccino</td>
<td>0.50</td>
<td>Ham, Cheese and Tomato</td>
<td>2.60</td>
</tr>
<tr>
<td>Monys (milk sunnyboys)</td>
<td>0.50</td>
<td>Ham and Tomato</td>
<td>2.40</td>
</tr>
<tr>
<td>Frozen Yoghurt</td>
<td>1.50</td>
<td>Salad – Lettuce, Cucumber, tomato, carrot &amp; beetroot</td>
<td>3.00</td>
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</table>

### SANDWICHES AND SALADS
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Extras</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1.00</td>
<td>Vegemite/honey/jam</td>
<td>1.30</td>
</tr>
<tr>
<td>Banana Smoothie (lunch only)</td>
<td>2.00</td>
<td>Salad Box</td>
<td>3.50</td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>1.50</td>
<td>Salad Box &amp; Ham</td>
<td>4.00</td>
</tr>
<tr>
<td>Strawberry Milk</td>
<td>1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Juice</td>
<td>1.50</td>
<td>Tomato, lettuce, cheese, beetroot, or carrot</td>
<td>0.20</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>1.50</td>
<td>Tomato Sauce sachets</td>
<td>0.20</td>
</tr>
<tr>
<td>Lemon/Lime Flavoured water</td>
<td>1.50</td>
<td>Fork or Spoon</td>
<td>0.05</td>
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<tr>
<td>Orange flavoured water</td>
<td>1.50</td>
<td>Lunch Bag</td>
<td>0.05</td>
</tr>
<tr>
<td>Raspberry flavoured water</td>
<td>1.50</td>
<td></td>
<td></td>
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