

# Hillsborough Herald



Term 1 Week 3 2013

Phone: 4943 5695

Email: [hillsboro-p.school@det.nsw.edu.au](mailto:hillsboro-p.school@det.nsw.edu.au)

## School Uniform

The presentation of the children is excellent and I sincerely thank you for this. Please be aware that ankle socks are not part of our school uniform and should not be worn, the black shoes require black laces and the boys wear grey socks not white. The small things make the big difference. Should anybody struggle to meet these requirements I am available to help financially in a confidential manner.

## Easter Hat Parade

This will be our first major community event this year. It will be held from noon on Thursday 28th March. All children will need their own hat that is created at home. The teachers will provide more information closer to the day. Following the class parade the teachers will parade, followed by the parents and then the pre school children.

## Anti Bullying Plan

I hope I don't have my head in the sand when I say our school does not have issues with bullying. None the less we need to be prepared. You will see further in this publication our anti bullying plan. Wherever there are groups of people there will always be some level of disagreement or conflict. A dispute between 2 children is not bullying. My strong advice to parents is that in the event of your child being unhappy as a result of another student report that to the class teacher or to me.

## Advertising in this Newsletter

Should you or a family member own a local business consideration could be given to advertising in this newsletter. We ask \$27.50 per 10 week term for a business card size advertisement. Just let the office staff know either personally or via email.

## Swim Carnival

This was a very successful event. Please see photos further in. Thank you to all those who supported and attended.

## School Fees

Correctly called Voluntary Contributions. We ask families for the following contributions. For 1 child \$50 and for a family we ask \$75. These funds are spent directly on the children and contribute to the purchase of the many consumables they use including pencils, books, paper, glitter and so on. Your prompt payment is greatly appreciated. Letters were sent home via mail.

## Big Assemblies

Our first whole school assembly will be on Tuesday of week 4 being 19th February at 2.15 in our hall.

## Cultural Activities

You may be aware we offer the children a good deal of opportunities to be involved in cultural activities including primary and infants choir, band, percussion, dance group and so on. This week at morning assembly the coordinating teachers have asked for children interested in becoming part of these activities to let them know. Please discuss this with your children or if more information is required send the school an email and I will arrange for the coordinating teacher to reply.

## Threadworm

I have been told that some of our children have this pest. Please consider doing a google search to find out symptoms and easy ways to avoid.

## Important dates

As a heads up I advise of the following as these things are quite expensive. In Term 3 our Year 5 & 6 children will go to Canberra at a cost of around \$300 each, our Years 3 and 4 go to camp at Morisset at a cost of around \$200 and our K-2 children have the big adventure with parents to the Reptile Park at about \$30 per person. More information as these get closer.

**YOU MUST ADVISE THE SCHOOL IF YOUR CHILD HAS ANY MEDICAL ISSUE THAT REQUIRES SCHOOL MANAGEMENT**

## Just a thought

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty".  
*Winston Churchill.*

*Steve Purdon*  
**Principal**





# Swimming Carnival





DATES FOR YOUR DIARY	
Friday 15th February	Bookclub Orders Due
Monday 18th February	P&C Meeting 7pm
Thursday 14th March	Selective High Schools Test
Wednesday 20th March	School Photos
Thursday 28th March	Easter Hat Parade
Friday 29th March	Good Friday (Public Holiday)
Monday 1st April	Easter Monday (Public Holiday)
Friday 5th April	Grandparents Day
Friday 12th April	Last Day of Term 1
Monday 29th April	School Development Day
Tuesday 30th April	School Development Day
Wednesday 1st May	First Day of Term 2

### KIDZBIZ @ GARDEN SUBURB

Is an afternoon of games, craft, stories & fun, for primary school children.

We meet on the 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month in the school term from 4pm till 5.30pm at Garden Suburb Uniting Church hall, Prospect Rd., there is a charge of \$2 per child to cover the afternoon tea & craft materials. All staff at KIDBIZ have completed a NSW working with children check & read & signed our Working with Children Policy & Code of Conduct.

The dates for KIDZBIZ @ Garden Suburb Term 1 are as follows 14<sup>th</sup> February, 28<sup>th</sup> February, 14<sup>th</sup> March, 28<sup>th</sup> March & 11<sup>th</sup> April

For more information, please call Cathy on 49081083

### Come and Try BMX Racing

Lake Macquarie BMX Club is located at Mary Street, Argenton. We are having a Come and Try Day on 23 February 2013 10am – 2.30pm. This is an opportunity for anyone to have a go at the Olympic sport of BMX Racing. On the day participants will be given a showbag, be involved in a coaching session, and have the opportunity to ride on the track to see if they would be interested in joining a club. This is a rare opportunity as it is the only day BMX Australia allows unlicensed riders to ride on an official track, however, parents will need to sign a recognition of risk form. So come along on Saturday 23 February and see if you would like to join in.

### ASSEMBLY

Assemblies are on a fortnightly basis on a Tuesday at 2.15 in the hall. Parents are welcome to attend. The next assembly day will be **Tuesday 19th February**.

\*\*\*\*\*  
**Hillsborough Public School P&C News**  
 The next meeting for Hillsborough PS P&C will be held on **Monday 18<sup>th</sup> February 2013** commencing at 7.00pm in the staffroom.  
 The P&C meet twice a term on a Monday night at 7pm. Membership is open to all parents, carers and community members for a fee of \$2.00 and membership forms are available from the office. Please note....you must be a member of the P&C to participate in any voting at the meetings. As a member of the P&C you will be making a valuable contribution to the school, share your knowledge & ideas & most importantly help support your child throughout their education. Over the years the P&C has been responsible for various improvements such as air-conditioning, outdoor seating, & interactive whiteboards.  
 The P&C has three sub-committees:  
 • Canteen  
 • Uniform Shop  
 • Fundraising  
 These committees cannot operate without volunteers...if you are able to help out, please leave your details at the office.....it only requires some of your time & a commitment to a worthwhile cause – your child!  
**Look forward to seeing you on MONDAY 18<sup>th</sup> February 2013.**  
 \*\*\*\*\*

### School Banking

School Banking will start again as of next Monday 18th February. Any new students who would like to participate in school banking please see the office for more information.

### Bookclub

All bookclub orders are to be handed in to the office by Friday 15th February. No late orders will be accepted.

**TERM 1 CANTEEN ROSTER**

# **THURSDAY & FRIDAY**

**Julie Onslow    Ph: 0407 215 924**

**Lyn Frendo    Ph: 0411 129 001**

**Email: [julie-anne.onslow@det.nsw.edu.au](mailto:julie-anne.onslow@det.nsw.edu.au)**

**Email: [g.frendo@bigpond.com](mailto:g.frendo@bigpond.com)**

<u>Thursday 31st Jan</u>	<u>Friday 1st Feb</u>
Heidi Garnett Michelle Reed Rebecca Pasovski	Lidija Pearson Tara Finn Leisa Anderson
<u>Thursday 7th Feb</u>	<u>Friday 8th Feb</u>
Melinda Smith Jenny Charge Margaret Parkes	Melanie Arthur Melissa Ward Eleni Zissis Renee Bailey
<u>Thursday 14th Feb</u>	<u>Friday 15th Feb</u>
Tracy Wink Liane Hammond Margaret Parkes	Michele Edson Wendy St Cyr Amy Tanchevski
<u>Thursday 21st Feb</u>	<u>Friday 22nd Feb</u>
Liane Hammond Margaret Parkes	Sally Hinds Lyn Frendo Tammy Cooper
<u>Thursday 28th Feb</u>	<u>Friday 1st Mar</u>
Heidi Garnett Michelle Reed Rebecca Pasovski	Lidija Pearson Tara Finn Leisa Anderson
<u>Thursday 7th Mar</u>	<u>Friday 8th Mar</u>
Melinda Smith Jenny Charge Margaret Parkes	Melanie Arthur Melissa Ward Eleni Zissis Renee Bailey
<u>Thursday 14th Mar</u>	<u>Friday 15th Mar</u>
Liane Hammond Margaret Parkes	Michele Edson Liane Hammond Amy Tanchevski
<u>Thursday 21st Mar</u>	<u>Friday 22nd Mar</u>
Heidi Garnett Michelle Reed Rebecca Pasovski	Sally Hinds Lyn Frendo <b>VOLUNTEER NEEDED</b>
<u>Thursday 28th Mar</u>	<u>Fri 29th Mar</u>
Tracy Wink Liane Hammond Melinda Smith	<b>GOOD FRIDAY</b>
<u>Thursday 4th April</u>	<u>Friday 5th April</u>
Melinda Smith Jenny Charge	Melanie Arthur Melissa Ward Eleni Zissis Renee Bailey
<u>Thursday 11th April</u>	<u>Friday 12th April</u>
Heidi Garnett Michelle Reed Rebecca Pasovski	Michele Edson Liane Hammond Amy Tanchevski

## **Hillsborough Public School Anti- Bullying Plan**

### **1.1 Policy Statement**

Bullying behaviour is not tolerated at Hillsborough Public School.

### **1.2 Aims Of Plan**

- to provide a safe, secure learning environment for all.
- to create a supportive climate.
- to raise awareness of the issues involved with bullying and provide information to students, staff and parents.
- to support and empower targeted students.
- to implement procedures to address bullying behaviour and so develop in those involved respect for others.

### **2. Defining Bullying**

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber bullying refers to bullying through information and communication technologies. Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on sex, race, disability, homosexuality or transgender. Bullying of any form or for any reason can have long-term effects on those involved including bystanders.

#### **Examples of bullying can be (not limited to)**

- Giving nasty looks
- Making rude gestures
- Calling names
- Being rude and impolite
- Spreading stories and rumours
- Teasing
- Keeping someone out of a group
- Acting in an unpleasant way near someone
- Hurting someone physically
- 'Mucking about' that goes too far
- Harassment
- Any form of discrimination based on disability, gender, race or religion.

#### **Bullying affects everyone**

Bullying affects teaching and learning at school. It has an effect on everyone, whether directly involved in the bullying or not.

Victims of bullying can feel

- Unhappy
- Afraid
- Unable to concentrate
- Lonely and friendless

### **3. Statement of Purpose**

Any inappropriate behaviour that gets in the way of teaching and learning at the school and interferes with the well being of students cannot be accepted.

Students, teachers, parents and the wider community have a shared responsibility to create a safe and happy environment free from all forms of bullying. Bullying can be reported by the child, parent or teacher.

Children can report directly to their teacher. Parents can report to their child's teacher or to the Assistant Principal for Student Welfare by phoning the school (49435695) or by letter. Staff report to the Assistant Principal using the established Behaviour Notification procedures.

#### **3.1 Responsibilities**

##### **3.1.1 Shared Responsibilities**

Hillsborough public school believes the whole school community has a shared responsibility in ensuring bullying does not occur. Although shared specific responsibility can be assigned to the individual groups

##### **3.1.2 Students** (placed in classrooms and discussed)

If you are being bullied, you have a number of options.



### 1. Handling it yourself

- Stay cool
- Ignore them – don't smile or look at them
- Be assertive – look them in the eye and say stop in a firm and strong way
- Walk away

Your teacher or the School Counsellor can help you with good ways to help yourself.

### 2. Asking for help

- Go to your teacher or teacher on duty.
- Stand tall and tell them what the problem is and what you have tried to do to deal with it.

### 3. Making a complaint

- Making a complaint means putting the problem in writing and giving it to your teacher. Be prepared to give all particulars of the bullying and who is involved.
- The school will investigate the matter and then take action according to the School Anti-Bullying Policy and Discipline Policy.

### 4. Telling your parent/caregiver

- No matter how you decide to handle it, it is a good idea to let your parent or caregiver know what is happening.

#### 3.1.3 Parents

- Believe your child ( Be aware of a child's perception)
- Stay calm.
- Ask what your child has done to deal with it.
- Ask what your child would like to have done to stop the bullying.
- Report serious issues to the Principal.

#### 3.1.4 Teachers

- Have clear and well communicated class expectations of positive behaviour.
- Ask what your child has done to deal with it.
- Listen to the student.
- Support student in dealing with minor issues.
- Teacher Anti Bullying lessons and strategies.
- Report bullying to the Assistant Principal for student Welfare.

### 4. Dealing with Bullying Behaviour

Teachers, Assistant Principal Welfare will use some of the following strategies to support children found to be bullying.

#### Strategies may include

1. recording on the individual's record held by the Principal.
2. formal interview with key staff.
3. parent notification and involvement.
4. peer mediation
5. social skills programs
6. counselling.
7. restitution for any damage to property or personal possessions
8. detention.
9. suspension (for serious offences or persistent inappropriate behaviour.)
10. referral to outside agencies

Web Sites and resources for further information

<http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/anti-bullyingpolicy.php>

<http://www.det.nsw.edu.au/antibullying/>

DIY Bullying Prevention Kit

#### Reporting Procedures

Reporting procedures for students, parent and teachers are outlined in the section **Responsibilities**

### 6. Monitoring and Evaluating.

The school's anti bullying plan and procedures will be reviewed regularly by gathering and analysis of all relevant information on the nature and extent of bullying, harassment and victimization, including data that highlights patterns and trends, such as suspension data



## WARNERS BAY PHYSIE AND DANCE

PHYSIE IS GREAT FUN – WHY NOT TRY SOMETHING NEW?

'Physie' is a combination of ballet, aerobics, gymnastics and jazz dance all rolled into one!

Classes range from 3-4 Years through to Ladies.

Team and individual events available at a low cost.

Enquiries are welcome to Mandy on **0408 206 349**.

## Great KIDS Range

# over 50 frames

to choose from + Sunglasses as well.

## eye examinations

BULK

BILLED

**aie** optical  
Prescription Eyewear

1/177 Main Road  
Speers Point  
**Ph.4958 7892**



# Breakaway dancers

## ★STREET STYLEZ

AGES 7 — 12YRS  
\*Hip Hop \*Funky Jazz \*Street Tap  
ALL 3 classes for \$16.00 TOTAL!  
Be a DANCE STAR!  
Have FUN and learn the coolest dance moves to the latest dance grooves!

## ★JUNIOR JAMZ

AGES 3 — 6YRS  
\*Baby Ballerinas® \*Jumpin Jazz  
\*Tiny Tappers  
ALL 3 classes for \$13.00 TOTAL  
FUN, creative and energetic!  
Perfect class for your little princess!

★ VALENTINE ★  
★ TORONTO ★  
★ WARNERS BAY ★

★ EDGEWORTH ★  
★ CHARLESTOWN ★  
★ SPEERS POINT ★

**ENROL NOW! PH: 4959 5754**  
**www.breakawaydancers.com.au**

Maintenance Plumbing ~ Gas Fitting ~  
Drainage ~ LPG ~ Hot Water Systems

## Ben Burns Plumbing Service

**PH: 0403 651 395**

PO Box 3188  
Valentine NSW 2280

License # 246216C  
ABN # 40580627051

Can't Sew? 😞 Can, but no time? 😞

I can help! 😊 For all your school uniform re-hemming, alterations & repairs

Reasonable rates & quick, friendly service

call **Cindy's Sewing Room**  
ph: 4946 2537  
~ or ~  
SMS: 0434 916-680

**Wendy Slingsby**  
Domestic Cleaning

mobile: 0452 491760

## TENNIS COACHING

Percy Street Hillsborough

### VACANCIES

**Fri- 9am Ladies**

**4pm Juniors**

**Sat- 9am Juniors**

**10am Intermediate (Jnr)**

**OR**

**Form a group (Min 3) and arrange a time**

**Motto: FUN - FITNESS - SKILLS**

**George Williams 4942 1634 (24/7) TCA**



# Ulinga Netball

- Registration for 2013 will be held at Cross Street Cardiff South, Sunday 3<sup>rd</sup> February 10-3pm and Wednesday 3<sup>rd</sup> February 3.30 – 5pm
- All new players must have a copy of their birth certificates with them when registering
- Parents must sign registration forms if the player is under 18 years of age
- Uniforms will be available from the Netball Shop – Parry Street Newcastle or the Website [www.thenetballshop.com.au](http://www.thenetballshop.com.au)
- All uniforms will cost \$85 and boy leg briefs can be purchased for \$20
- Any registration enquires should be directed to:  
Berniece Whitson PH: 49547952  
Sally Swan: PH:0423323393
- The 2013 playing season commences on Saturday 27<sup>th</sup> April 2013 at Belmont Netball Courts
- Email us at [www.ulinganetball@hotmail.com](mailto:www.ulinganetball@hotmail.com)



Warners Bay Football Club Registrations are now open. You must register online before coming down to the clubhouse.

All the information and instructions you require to register are on our Warnersbayfc sporting pulse website, See link below.

[http://www.sportingpulse.com/club\\_info.cgi?c=0-8218-110088-0-0](http://www.sportingpulse.com/club_info.cgi?c=0-8218-110088-0-0)

If you require any further information please don't hesitate to contact the Club Registrar Jeff on 0418272835.



## South Cardiff Junior Football Club

### Player Registrations 2013 Season

Registrations for new and existing players will commence in February for the 2013 season with Club officials at the grounds on Sunday 3<sup>rd</sup> & 10<sup>th</sup> (10am to 2pm), and Wed 6<sup>th</sup> and 13<sup>th</sup> (6pm to 8pm) to provide assistance and receive registration payments

SCJFC is a family based football club which welcomes players of all ages for Under 6 competition through all age divisions including adult All Age and Over 35 competitions.

Registration details can be obtained on our club website which can be located via [www.google.com.au](http://www.google.com.au) and type in South Cardiff Junior Football Club.

### 2013 Player Registration Prize Draw



All player registrations paid in full by 18 March 2013 will enter into the prize draw to win a Newcastle Jets A-League team shirt signed by the 1st grade team members including -

**Emile Heskey.**

So come and play with a Club that encourages all players to achieve their best and to participate in a positive team sporting environment

#### Payment Details



#### Location

South Cardiff Junior Football Club  
Jack Neave Oval – Ulinga Park  
Cross Street  
Cardiff South



#### Contact Number

0411 399 129

#### Email

[southcardifffootballclub@yahoo.com.au](mailto:southcardifffootballclub@yahoo.com.au)

## CUPCAKES @ GARDEN SUBURB

Cupcakes is a craft morning for pre-school children aged 3 to 6. We meet in the Garden Suburb Uniting Church hall, Prospect Rd., every second Wednesday of the school term from 9am till 10am. At CUPCAKES we experience many different forms of craft, painting, pasting, cutting, colouring, playdough. Parents are encouraged to get in & help their children with their craft items & we often finish with a song or story related to that day's craft.

CUPCAKES dates for Term 1 are as follows;

13<sup>th</sup> February, 27<sup>th</sup> February, 13<sup>th</sup> March, 27<sup>th</sup> March & 10<sup>th</sup> April.

For more information please contact Cathy on 49081083.



# FUN 4 SPORTS

## NOW AT THE FORUM!

FIRST STEPS TOWARDS SPORT AND WELLBEING

Saturday and Sunday mornings from 2013! (ages 2 years to 6 years)

Research has shown how vitally important it is for children to be physically active and to develop basic sporting skills. Fun 4 Sports is a great example of an active program that involves fun, inclusive and developmentally appropriate skill-based experiences for children. Importantly, Fun4sports engages parents to participate in activities that not only benefit their children's physical health but enhance their social and emotional well-being.

Professor Philip Morgan, BEd (Hons) PhD, Co-Director, Priority Research Centre in Physical Activity and Nutrition Faculty of Education and Arts University of Newcastle Callaghan NSW



THE HERALD

RC RUBY GEORGE



LOOK OUT FOR US ON:



0488 78 FUN4  
(0488 78 3864)

[info@fun4sports.com.au](mailto:info@fun4sports.com.au)  
[www.fun4sports.com.au](http://www.fun4sports.com.au)

