

# Hillsborough Public School Newsletter

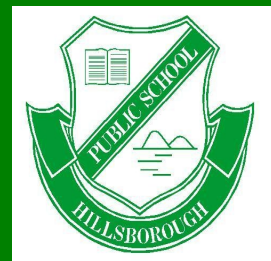
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## Term 3 Week 1

15 July 2015

### Principal's Report...

Dear Parents and Caregivers,

Welcome back for Term Three! I hope everyone enjoyed a relaxing holiday break and have come back refreshed for what promises to be another very busy term.

The term starts off with our Education Week Assembly on Tuesday 28<sup>th</sup> July at 2:15pm. Everyone is most welcome to attend and celebrate education at Hillsborough Public School.

We have lots of exciting excursions and performances coming up, our primary classes will visit the Civic Theatre on Monday 27<sup>th</sup> July, for the production of the 26 Storey Tree House [notes and money due 22<sup>nd</sup> July] and our Kindergarten students visit Blackbutt on the 12<sup>th</sup> of August.

Our two school camps are on this term. In Week 6 our Stage Two students will have an overnight camp at Morisset Outdoor Education and in Week 7 our Stage 3 group will head to Canberra. Please note, payment for these camps should be made at the office.

Book Week begins Monday 24<sup>th</sup> August and this year we will celebrate with a dress-up Book Parade as well as a much anticipated Book Fair.

To finish the term, our whole school musical will take place in Week 10 with performances on the 16<sup>th</sup> and 17<sup>th</sup> of September.



Earlier this year our Stage Two classes, as part of their learning unit, made Anzac biscuits and created protective packaging to send them to Royal Australian Air Force troops from the No.75 squadron who were serving in the Middle East. Late last term they received thank you letters from the squadron members and some special mementoes including an Australian flag that had been flown in an F/A-18A Hornet on an operational mission in Iraq that was completed at dawn on ANZAC Day, 25<sup>th</sup> of April 2015. I would like to take this opportunity to thank Mrs Ayliffe for organising this special experience for our students.



I would also like to congratulate two of our senior students, Tom and Jacob, who played in Bathurst at the end of last term as members of the Hunter Region Soccer squad. Both played extremely well with their team coming equal third in the competition.



Lucinda Farrell  
Principal

### Dates for the Diary

**Monday 27 July**

26 Storey Treehouse Yrs 3-6

**Tuesday 28 July**

ICAS English Test

**Tuesday 28 July**

Education Week Assembly

**Wednesday 29 July**

Bubble and Squirt Show K-6

**Thursday 30 July**

Public Speaking finals Yrs 3-6  
9.30-11.00

**Tuesday 11 August**

ICAS Maths Test

**Wednesday 12 August**

Blackbutt Excursion Kindy

**Thursday 13 August**

Premier Spelling Bee Yrs 3-6  
School Finals 12.00

**Tuesday 18-Wed 19 August**

Morisset Camp Years 3/4

**Wednesday 26-Fri 28 August**

Canberra Excursion Years 5/6

**UNIFORM  
SHOP  
HOURS**

**Thursday  
8.30am - 9.30am**

# Canteen Roster

TERM 3

## THURSDAY & FRIDAY

Rebecca Pasovski Ph: 0412653097

Email: jrpaz1@bigpond.com

<u>Thursday 16th July</u>	<u>Friday 17th July</u>
Melinda Smith Deanne Poulton Teresa Stuart	Lauren Turner Kate Nicholls Alison Maher Amiee Buckerfield
<u>Thursday 23rd July</u>	<u>Friday 24th July</u>
Rebecca Pasovski Michelle Reed Heidi Garnett	Mel Arthur Mel Ward Eleni Zissis
<u>Thursday 30th July</u>	<u>Friday 31st July</u>
Mel Smith Helen Singleton Sally Wallace	Tara Finn Lidjia Pearson Leisa Anderson
<u>Thursday 6th August</u>	<u>Friday 7th August</u>
Jenny Charge Margaret Parkes Jane Newbold	Lauren Halloran Amiee Buckerfield <b>VOLUNTEER NEEDED</b>
<u>Thursday 13th August</u>	<u>Friday 14th August</u>
Melinda Smith Deanne Poulton Teresa Stuart	Lauren Turner Kate Nicholls Alison Maher
<u>Thursday 20th August</u>	<u>Friday 21st August</u>
Rebecca Pasovski Michelle Reed Heidi Garnett	Mel Arthur Mel Ward Eleni Zissis
<u>Thursday 27th August</u>	<u>Friday 28th August</u>
Mel Smith Helen Singleton Sally Wallace	Tara Finn Lidjia Pearson Leisa Anderson
<u>Thursday 3rd September</u>	<u>Friday 4th September</u>
Jenny Charge Margaret Parkes Jane Newbold	Lauren Halloran Amiee Buckerfield <b>VOLUNTEER NEEDED</b>
<u>Thursday 10th September</u>	<u>Friday 11th September</u>
Amanda Rounsley Amie Jones	Lauren Turner Kate Nicholls Alison Maher
<u>Thursday 17th September</u>	<u>Friday 18th September</u>
Rebecca Pasovski Michelle Reed Heidi Garnett	Mel Arthur Mel Ward Eleni Zissis

Canteen News  
Canteen open this week Thursday and Friday.

Due to price increases  
**Nacho Dippers are now \$3.50.**

### Late Arrival & Early Pick Up of Students

Parents/carers are advised that children who arrive late to school need to come to the office to get a "Late Arrival" note.

If you are picking up your child early from school, parents/carers or a designated person **MUST** come to the office to get an "Early Leaver" note **before** collecting their child.

**School Banking is on MONDAY**



KEEP YOUR **KIDS**  
**SAFE** Online



## P & C News...

The P&C are holding a Pie Drive from Thompsons pies. A note and order form have already gone home with each family and the order form is also in this newsletter. Please return the form and cash payment no later than Monday 20th of July. All goods will be delivered and available for pickup on Thursday 30th July (week 3) from 2pm in the school hall.

Thanks for your support  
P&C Fundraising Committee

# SAVE THE DATE

## FRIDAY 30TH OF OCTOBER



This year's major fundraiser will be a Fun-Runathon held on Friday the 30th of October in the school grounds. It will be an exciting event where the children will be encouraged to run, jog or walk around a fun course. All parents, grandparents and caregivers are welcome to attend. All funds raised will be put towards the construction of a new netball/basketball court. If you would like to get involved in the planning for this event or have any ideas please come along to our fundraising meetings in Term 3 or contact Ansley on [HPSfundraising@optusnet.com.au](mailto:HPSfundraising@optusnet.com.au)

## Chicken Pox

We have had reports with quite a few children with chicken pox this week. Please be on the look out for any spots that may also look a bit like a blister. Chicken pox are highly contagious. Find attached an information sheet regarding chicken pox.

**Book Club has been ordered and will be back soon.**



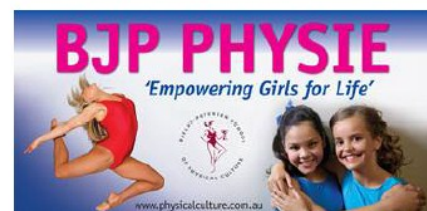
## ASSEMBLY

Assemblies are on a fortnightly basis on a Tuesday at 2.15pm in the hall. Parents are welcome to attend. The next assembly day will be on **Tuesday 21 July 2015**. The item will be performed by **2D**.



The next P&C meeting will be Friday 7 August 2015 8.30am in the Library.

**ALL WELCOME TO ATTEND!**



**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** or [mandy.smith139@gmail.com](mailto:mandy.smith139@gmail.com).





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Property Finance

Planning your finance doesn't have to be a daunting process. In fact, it shouldn't be. Whether you're buying your first home, looking to invest in property, or even searching for ways to reduce your mortgage, we have the people and the tools to help make it easy.

With over 50 banks, building societies and mortgage managers including all of the majors to choose from, we cut through the red tape and eliminate the confusion because we've already done the running around for you. Even if you have any previous credit history concerns, we can assist.

There is no charge for our services. There are no hidden costs. Please ring Gino for your obligation free appointment. We come to you if more convenient or our offices are at Kotara.

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Joshua Reed from 5R will be representing  
NSW in swimming at the Pacific School  
Games being held in Adelaide in

November this year.

Please support Josh and the NSW team by  
buying some raffle tickets.

**TICKETS \$2 EACH**

Available at the office

**Good Luck Josh!**

**Prizes**

- 1st Prize: 55" Samsung Full HD Smart 3D TV
- 2nd Prize: GoPro HD Hero4 Action Video Camera
- 3rd Prize: Apple iPad Mini 32GB Wi-Fi capable
- 4th Prize: Olympus TG-3 Waterproof Camera
- 5th Prize: Sony Noise Cancelling Headphones



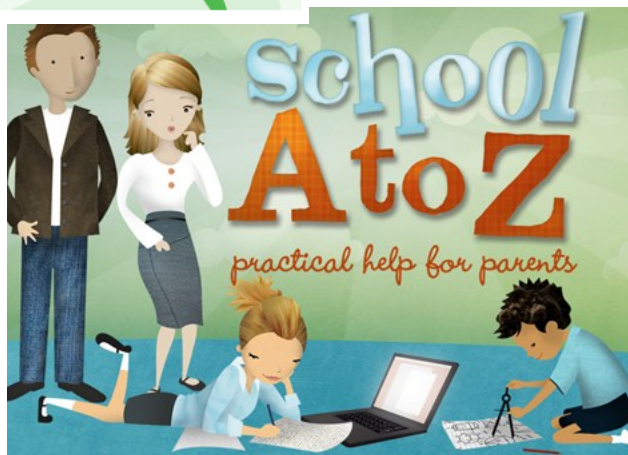
**ALL eye examinations**  
**BULK BILLED to MEDICARE**  
Sports Eyewear Contact Lenses  
Goggles Sunglasses  
1/177 Main Road Speers Point  
Ph. 4958 7892  
Health Fund Direct Billing **aie** optical  
Prescription Eyewear

**ShimJang Taekwondo—Cardiff South  
Public School Hall**

New class opening 23 June Tues/Thurs 5.30-6.30pm. Low monthly fee \$60 covers training at all our centres. We have mums and dads training alongside their family from ages 5 and up. 1st lesson free. Come along and try it, learn self defence, gain confidence and have lots of fun!!

Call Greg 0411 155 510.

Details online [shimjang.com.au](http://shimjang.com.au)





# Chickenpox and Shingles

## Living Well factsheet – Work Health and Safety Directorate

Chickenpox is a common viral infection that can reappear later in life as shingles.

### What is chickenpox and shingles?

Chickenpox and shingles (varicella-zoster) are a highly contagious virus and a member of the herpes family. The disease is usually mild in children but can be more severe in adults and can cause serious illness.

The adult form which most commonly occurs is shingles. Complications can include meningitis and pneumonia. In rare cases it can involve the joints and other organs.

### Signs and symptoms

For chickenpox:

- Mild fever
- Runny nose
- Fatigue
- General rash.

For shingles:

- Painful skin eruptions that generally appear on 1 side of the body.

### How is the virus spread?

Shingles is spread by direct contact with an infected person. Chickenpox is spread by coughing and direct contact with an infected person. Children are usually infectious 2 days before the rash appears.

### What is the risk of transmission?

People rarely get chickenpox twice, whilst shingles occurs more commonly in aged people and individuals that are immunosuppressed.

Shingles is a reactivation of a previous chickenpox infection. Most people have had chickenpox as children and are therefore at greater risk of contracting shingles as adults.

### What precautions can you take to avoid the virus?

- Practice good personal hygiene by covering the mouth and nose when coughing or sneezing
- Disposing of soiled tissues
- Washing hands carefully
- Not sharing eating utensils, food or drinking cups
- Pregnant women should avoid contact with anyone with chickenpox.

### How is chickenpox and shingles prevented?

- Childhood vaccination programs
- People with chickenpox should avoid contact with others and not attend work, school or childcare until 5 days after the onset of the rash when all blisters have crusted.

**Disclaimer:** The information in this fact sheet is to be used for educational purposes only. It should not be used as a substitute for seeking professional care in the diagnosis and treatment of health conditions. Information may be reproduced with an acknowledgement to the NSW Department of Education and Communities.

### Further Information

Contact your general practitioner

**NSW Department of Health**

**See Infection Control**

Information in this fact sheet has been sourced from the NSW Department of Health.



# AN INVITATION TO CARERS

Do you provide care and support to another person?

You are invited to Carer Connections  
Take the Opportunity to Connect with other Carers  
and listen to our Guest Speaker!

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged.

**Guest Speaker:**  **interrelate**  
relationship experts since 1926

**Topic:** Strengthening Changing Relationships within Caring Roles

**WHERE:** Kahibah Sportsclub, 63 Kenibea Avenue, Kahibah

**TIME:** 10.00am – 12.00pm

**COST:** FREE - includes Morning Tea

**WHEN:** Tuesday 11 August 2015

**RSVP:** Wednesday 5 August 2015



For more information or to Register Contact  
HNE Carer Education & Support Program – Hunter

on: 4921 4895 or 1300 887 776

or Email: [Educare-Admin@hnehealth.nsw.gov.au](mailto:Educare-Admin@hnehealth.nsw.gov.au)  
(We ask that you RSVP for catering purposes)



**Health**  
Hunter New England  
Local Health District

# Rewarding regular savers with amazing prizes.



We're bringing the exciting news that an intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 75 x iPad minis Wi-Fi 16GB
- 125 x Beats by Dr. Dre Solo3 Headphones
- 200 x \$30 Booktopia Gift Certificates

## Help the Dollarmites activate the Prize Portal for a chance to win

To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal) to double their chance of winning a prize. (Please note, students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning).

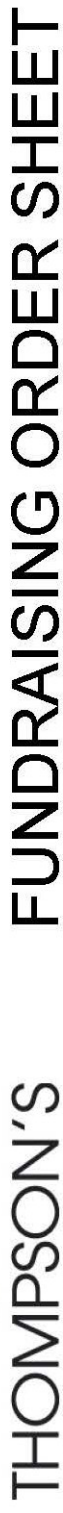
## Win books for your school library

We're also giving schools participating in the School Banking program a chance to win one of 75 sets of children's books for their school library, valued at \$200.

For more information, visit [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal)



**Things to know before you Can:** Conditions apply, see [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal). Promotion starts 9.00am AEST 13/7/15 and ends 11.59pm AEST 25/9/15. Student Element: Entry is open to all Youngsaver customers aged 4-13 years. 1 entry received when 3 deposits are made through the School Banking Program. 1 bonus entry received when completing a Money Mission activity at [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal) and submitting a fully completed entry form. Max. of 2 entries per person. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic, SA/NT, Tas, Qld and WA. A total of 400 prizes comprising 75 iPad mini Wi-Fi 16GB space grey tablets valued at \$299 each, 125 Beats by Dr. Dre Solo3 On-Ear Headphones valued at \$259.95 each, and 200 x \$30 Booktopia Gift Certificates, will be distributed amongst the State/Territory groups. The winners' names will be published in the public notice section of The Australian on 23/10/15. School Element: Entry is open to all schools operating in Australia who participate in the School Banking Program and have at least 1 student entered into the Student Element of this promotion. Limit of 1 entry per school. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic, SA/NT, Tas, Qld and WA. A total of 75 prizes of a selection of children's books to the value of \$200 for each winning school's library will be distributed amongst the State/Territory groups. Prize draws will take place at 12 noon AEST 13/10/15 at Commonwealth Bank, Level 3, 11 Harbour Street, Sydney. Total prize value \$75,918.75. Apple is not a participant or sponsor of this promotion. iPad mini and Beats by Dr. Dre are trademarks of Apple Inc., registered in the US and other countries. The Promoter is Commonwealth Bank of Australia ABN 48 123 124 124 of Level 2, 11 Harbour Street, Sydney NSW 2000. NSW Permit No. LTPS14/502906. ACT Permit No. TP15/05517. VIC Permit No. 15/820. SA Permit No. T15/632.

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