

# Hillsborough Public School Newsletter

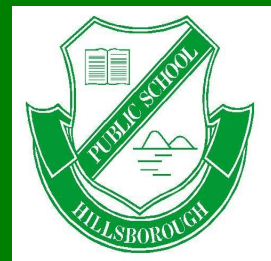
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## Term 3 Week 3

29 July 2015

### Principal's Report...

Dear Parents and Caregivers,

Yesterday we celebrated Education Week with a special assembly. I would like to thank Mrs Dawes and our dancers who entertained us with their excellent Star Struck performance. It was a lovely celebration and a great opportunity to recognise the enthusiasm and dedication of our students. Congratulations to all our students who won Education Week Medals yesterday.

On Monday our Stage 2 and 3 students went to the Civic Theatre to see a performance of the 26<sup>th</sup> Storey Treehouse. Based on the very popular children's book series, the production was enjoyed by students and teachers alike.

I am proud to share this photograph of Tom, one of our senior students scoring his first goal in an international soccer match. Tom is currently playing in Japan as part of the Newcastle Emerging Jets Under 12 boys team.



Last Friday, many of our primary students enjoyed a visit from the Milo cricket team. Students participated in skills coaching and many engaging activities. It was a great afternoon's Sport and we would like to thank the Milo Cricket team.

As we suffer through this cold snap we are beginning to see many more non-uniform shirts and jumpers being worn to school. Please remember that our uniform is our pale green buttoned shirt and bottle green jacket. And while I understand the need for layering in this cold

weather, please do try and stay within uniform guidelines. Remember we do have our uniform shop open each Thursday morning and a second-hand uniform pool available.

We currently have a few children who arriving at school very early in the mornings. I understand that many parents may have commitments at work which require them to start early, however, our School's supervision roster does not begin until 8:30am and there are no staff available to supervise children in the playground prior to this time. Our OOSH provides Before School Care and operates within the school from 6:30am every school morning. Alternatively, parents may be able to make arrangements with friends or neighbours for the supervision of children before school. As always, student wellbeing is main concern and I thank you for your cooperation in this matter.

Lucinda Farrell  
Principal

### Dates for the Diary

**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

**Tues 1 Sept-Thurs 3 Sept**

Book Fair  
8am - 9am & 3pm - 3:30pm

**Thursday 3 September**

Book Parade  
9:30am in the Hall

**Wednesday 9 September**

A Matter of Seconds  
Water wise talk K,3&6

**Wednesday 16 September**

School Musical  
Night performance 6pm

**Thursday 17 September**

School Musical  
Matinee & Night performances  
12pm & 6pm

**Friday 18 September**

Last day of Term 3

**Tuesday 6 October**

First day of Term 4

## Library News...

### Book Club

There will be no Book Club in Term 3 due to the Book Fair which will be held in the library.

When: Tue 1, Wed 2 & Thur 3 September 2015.

Time: Before School: 8:00am - 9:00am After School: 3:00pm - 3:30pm

Cash and credit card payment options available. All purchases benefit our school!

### Book Parade

We will be celebrating Book Week in Term 3 Week 8. Students will be able to come to school dressed up as their favourite book character on Thursday 3 September, 2015. The parade will begin in the hall at 9:30am, there will be prizes, all most welcome, start planning your costume soon!

### Premier's Reading Challenge

Congratulations Elijah Sc, Harrison T, Moriah M and Jonathan M for completing the Premier's Reading Challenge 2015.

Student Reading Records must be returned to the school library or submitted online by Friday 21 August so that entries can be checked and validated by the closing date, 1 September 2015. Students can enter their books online as they read from 2 March, 2015.

If you have access to the Internet, the following steps can be used to access KIDSPACE and enter Student Reading Records electronically:

1. Go to [www.det.nsw.edu.au](http://www.det.nsw.edu.au) and click on the LOGIN - STUDENT link.
2. Type in student's DET User ID and Password and click LOG IN.
3. On KIDSPACE click AGREE then + and >>More... on the Learning link.
4. Scroll down and click on PREMIER'S READING CHALLENGE.
5. At PRC page, click STUDENT READING RECORDS link.
6. Enter your books by PRC ID Number or Title.

Please Note: Students in Years K-2 complete the Premier's Reading Challenge in class with their classroom teacher.

Keep reading!

Toni Norton

Teacher Librarian

## P & C News...

**Pie drive** pick up is tomorrow 30th July in the school hall from 2pm. We raised approximately \$900 from the pie drive - thank you to everyone that put in orders.

The P&C will be holding a **cake stall** at the **book week parade** in week 8. If you would like to donate some goodies to sell or help out on the stall please talk to Briony or Amber, or email [HPSfundraising@optusnet.com.au](mailto:HPSfundraising@optusnet.com.au).

# 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 of quite a few children with chicken pox so far this term. Please be on the look out for any spots that may also look a bit like a blister. Chicken pox are highly contagious. Find further in an information sheet regarding chicken pox.

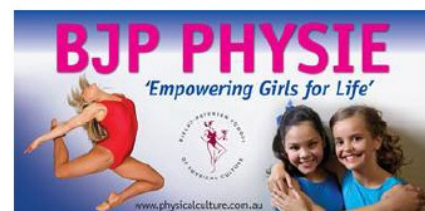
### ASSEMBLY

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 4 August 2015**. The item will be performed by the **Band**.



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).

# Canteen Roster

TERM 3

## THURSDAY & FRIDAY

Rebecca Pasovski Ph: 0412653097

Email: jrpaz1@bigpond.com

<u>Thursday 30th July</u>	<u>Friday 31st July</u>
Mel Smith Helen Singleton Sally Wallace	Mel Arthur Mel Ward Eleni Zissis
<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	Mel Arthur Mel Ward Eleni Zissis
<u>Thursday 17th September</u>	<u>Friday 18th September</u>
Rebecca Pasovski Michelle Reed Heidi Garnett	Lauren Turner Kate Nicholls Alison Maher

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.

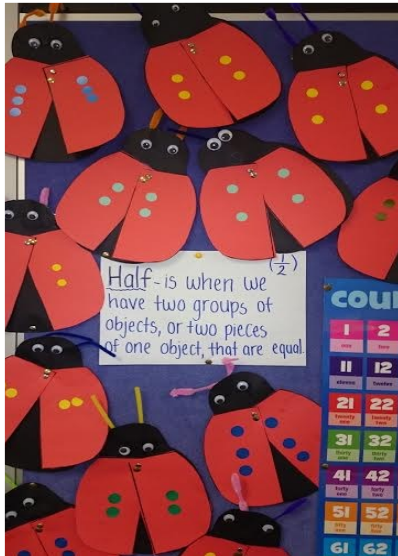
### School Banking is on MONDAY



## UNIFORM SHOP HOURS

Thursday  
8.30am - 9.30am





In the 1H  
Garden, we  
continue to  
grow...





# 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.

FACT SHEET #38

# Winter Fire Safety Checklist

## FACT

Each year, the Fire and Rescue NSW attends approximately 4,500 residential fires in NSW with approximately 30% of them occurring in winter months, and 47% of fires starting in the kitchen

## IS YOUR HOME WINTER FIRE SAFE?

We recommend this simple safety checklist to help keep homes fire safe this winter. Make sure you and everyone in your household follows the following safety advice:

- ☐ Never ever leave cooking unattended. "Keep Looking When Cooking"
- ☐ Most importantly, have an adequate number of suitable smoke alarms installed throughout your home and make sure that you test them regularly.
- ☐ Make sure you and all your family know two safe ways out of every room in your home.
- ☐ Have a written home escape plan in case of fire and practice it regularly.
- ☐ If you have a fireplace in your home make sure the chimney is clean, and its properly ventilated
- ☐ If you have a fireplace always place a screen in front of it when in use.
- ☐ Check electric blankets for damage or frayed cords before placing on the bed.
- ☐ Take care to keep curtains, tablecloths and bedding away from portable heaters.
- ☐ Keep wet clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- ☐ If you use a clothes dryer make sure you clean the lint filter each and every time you use it.
- ☐ Only use one appliance per power point and switch off when not in use.
- ☐ Always extinguish candles or any other open flames before going to bed.
- ☐ Always handle candles or any other open flame with care.
- ☐ Store matches or lighters in a secure place not accessible to young children.
- ☐ Avoid the use of outdoor heating and cooking equipment inside your home. The use of this type of equipment indoors could lead to the build up of carbon Monoxide which could be fatal.

## FIRE SAFETY TIPS

- Use only authorised installers of fixed heating appliances.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- In Case of an Emergency Get out Stay Out and Call Triple Zero (000).



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

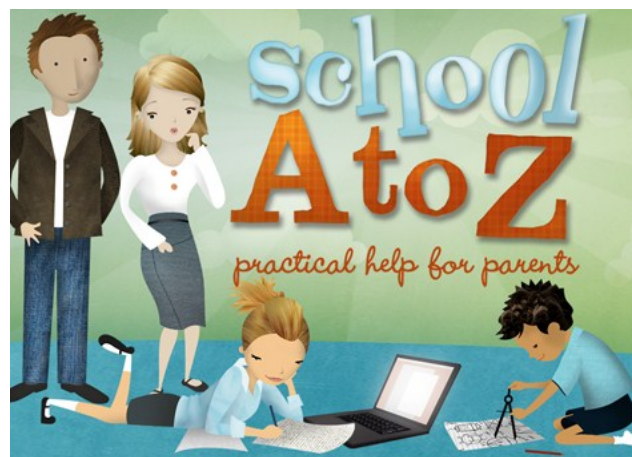
**Good Luck Josh!**

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**  
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Speers Point  
Ph. 4958 7892  
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Prescription Eyewear



## Rotary Club of Lake Macquarie

### The Lake Macquarie 2015 FIFA Gaming Tournament

Would you like to be crowned the 2015 Lake  
Macquarie FIFA Gamer of the Year?

Join us for this open competition.

Rounds, Semi Final & Final.

\$10 per person (incl BBQ)

Payment online here or Cash paid at PCYC Lake  
Macquarie.

#### PCYC Lake Macquarie Open Day

Demonstrations including:

- Boxing
- Judo
- Archery
- Gymnastics
- Pipe Band

BBQ cold drinks and coffee cart onsite.  
Proceeds to Rotary & PCYC.



Like our Facebook page to stay up to date with updates and activities