

# Hillsborough Public School Newsletter

83 Waratah Ave, Charlestown. NSW. 2290.

Phone: 4943 5695

Fax: 4942 2579

Webpage: <http://www.hillsboro-p.schools.nsw.edu.au>

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



**Term 3 Week 4**

**5 August 2015**

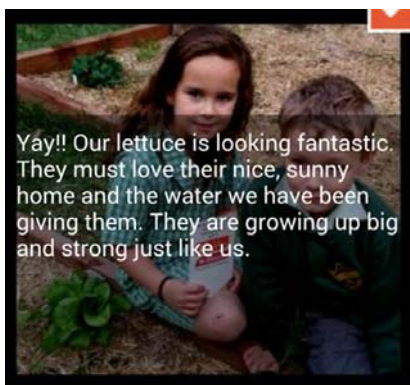
## Principal's Report...

Dear Parents and Caregivers,

At the end of last week we held our school Public Speaking Finals. Two students from each class took to the stage to present their speeches to a very admiring and appreciative audience. Our speakers were amazing and the effort that had obviously gone into developing such a high standard of performance is commendable. Moreover, I understand from seeing a few class speeches, and talking to teachers, that the level of speaking was just as high in their classrooms -they had a very difficult time in choosing just two to go onto our Finals.

From our Finals two students from each stage were selected to go on to represent Hillsborough at Zone level. Once again the high standard of all speakers made this a hard task. I am proud to congratulate the following students who are competing in the Zone Stage Competitions this week: Vesper B and Amelia K Early Stage 1, Nicholas L and Callan P- Stage 1, Mia B and Ethan P -Stage 2, Daniel A and Abbie S -Stage 3

Our Environmental group have great success this week, winning the July Yates Winter Vegie Growing Competition.



*This is a screenshot of part of the Environmental Group's winning presentation.*



*Daniel and Abbie competing today at Zone Public Speaking competition*

Congratulations are also due to all our students who are actively saving part of their pocket money with School Banking. Our School Banking is going from strength to strength with many children involved and earning some great rewards while they save for something special. Involvement in school banking also earns funds for our school contributing towards much needed resources. Thanks also go to our wonderful parent volunteer who comes in each week to organise the children's banking.

Our P&C Pie drive last week was a great success, earning around \$700 that will go towards resources for our students. On behalf of our school, I would like to thank the P&C and hardworking members of the fundraising committee who put so much time and effort into the organisation of this event.

This afternoon our teaching staff will begin an extensive professional learning course. Based on current educational research, it centres on enhancing our ability to provide effective classrooms that cater for students with challenging learning needs. This professional learning course will account for some 20 hours of teachers' time out of school hours and will replace our second school development day at the end of term four. Let me say once again how very fortunate we are to have such a highly engaged staff, always working to improve their professional knowledge and practice.

Lucinda Farrell  
Principal

## Dates for the Diary

**Friday 7 August**

P&C Meeting 8:30am in Library

**Tuesday 11 August**

ICAS Maths Test

**Wednesday 12 August**

Blackbutt Excursion Kindy

**Tuesday 18—Wed 19 August**

Morisset Camp Years 3/4

**Thursday 20 August**

Premier Spelling Bee Yrs 3—6  
School Finals 12.30

**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...

Thank you to all the families who purchased Entertainment books this year. We raised \$1224 toward playground restoration.

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.

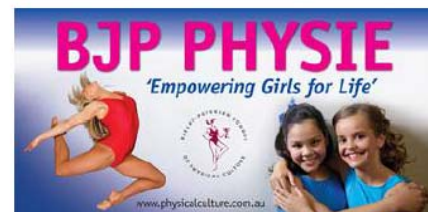
### ASSEMBLY

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 18 August 2015**. The item will be performed by the **Dance Group**.



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



# 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.

## 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.

# KEEP LOOKING WHEN COOKING

The leading cause of home fires in NSW is leaving cooking unattended.

## IF YOUR PAN CATCHES FIRE, HERE'S WHAT TO DO



Turn off the stove (if safe to do so) and use the lid to cover the flame.



Use a fire extinguisher or fire blanket in the first few seconds of ignition if you are confident.



Never use water to put out a fat or oil fire.



Leave the kitchen, close the door and call Triple Zero 000.

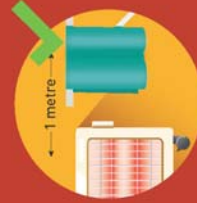
## CARBON MONOXIDE FROM OPEN FIRES

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.



## PREVENT FIRES FROM HEATERS

1. Keep everything **one metre** away from your heater.
2. Install and use as per manufacturer's instructions.
3. If you suspect a fault, have the heater serviced or replaced.
4. Always supervise young children in rooms with open fires or working heaters.
5. Ensure flues and chimneys are regularly cleaned.
6. Strong fire screens should be set up in front of open fires.
7. Never use wheat bags in bed.





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

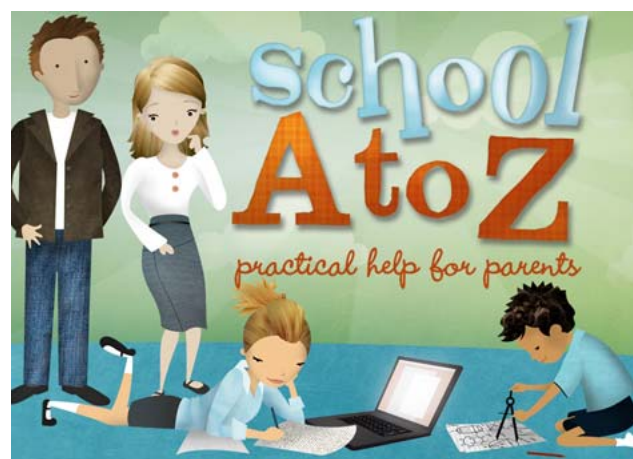
**Good Luck Josh!**

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



**Good for Kids** good for life

**5 TIPS FOR SCREEN TIME AT HOME**

Are you having trouble  
getting your child off  
technology or watching  
television?

Try some of these ideas to  
reduce the amount of screen  
time your child has each day:

- Go screen free for weekdays
- Try technology free Tuesdays
- Try imagination Wednesdays
- Restrict times when your child has access such as "no screen time before dinner"
- Provide seven ½ hour vouchers on a Friday afternoon to last for the week. When your child watches the television or has other screen time e.g. computer, video games etc. they hand a voucher back. This limits the child to 3.5 hours of screen time during the week.



Image courtesy of iStockphoto.com at FreeDigitalPhotos.net

Source: Murrumbidgee Local Health District



PHONE 4924 6499

**Good for Kids** good for life

**LOOKING FOR SOME NUTRIENT PACKED  
LUNCHBOX SNACKS FOR YOUR ACTIVE CHILD?**

Try these seven sensational nutrient packed  
snacks!

1. Nut free trail mix (pumpkin seeds, sunflower seeds, sultanas, dried cranberries, popcorn)
2. Sultana, cheese & rice crackers
3. Hardboiled egg & cherry tomatoes
4. Fruit salad & yoghurt or custard
5. Rice cakes with avocado and cheese
6. Pre-cooked corn cob
7. Hummus & crackers & capsicum slices



Image courtesy of SOMMAI at FreeDigitalPhotos.net

Source: Murrumbidgee Local Health District



PHONE 4924 6499