

# HUNTERS HILL PUBLIC SCHOOL

'Excellence in Learning for Success in Life'



AMITY Newsletter 2023

Term 3 Week 2



T: 9816 4404

E: [huntershil-p.school@det.nsw.edu.au](mailto:huntershil-p.school@det.nsw.edu.au)

W: <http://www.huntershil-p.schools.nsw.gov.au/>

## Message from the Principal



Term 3

As with all our terms, Term 3 is looking to be big! We did of course kick-off the term with our NAIDOC activities last week (please see Department website article later in my message) and thank you very much to everyone for 'dressing up' and supporting this important acknowledgment and celebration.

Additional activities to keep eyes and ears out for this term include; gymnastics, peer support, Kindy's 100 days of school, continuing student debates, Open Day, spelling bee finals, the athletics carnival and K-2 gala day, Gen Ready and Canberra for Stage 3, parent/teacher interviews, book week activities, inclusive ten-pin bowling, Kindy's very first excursion, the third of our parent information sessions, and it's even that time of year again when we welcome in some of our next year Kindergarten students at the annual Teddy Bears' Picnic. And that's just what's already on the calendar!

We will of course be continuing our teaching and learning programs amongst all of this activity, setting the bar high to support students in achievement of their learning goals.



### OPEN DAY

– Celebrating Education Week, and Grandparents' and Friends' Day -

Education Week this year is in Week 4 and we will be holding an 'Open Day' on Tuesday, 8 August. We are looking forward to having open classrooms, a book fair, a performance assembly, and a picnic morning tea. Please find following an outline of the timing of activities to assist in your planning.

8:45am – 9:15am	Book Fair open to all visitors. Students may attend up until 9:00am.	
	K- 2	3 - 6
9:00am – 9:15am	<b>All students must be in class.</b> No class visitors.	<b>All students must be in class.</b> No class visitors.
9:15am – 9:45am	<b>Open Classrooms</b> Students should be in class. Visitors welcome.	<b>Book Fair</b> Book Fair open to grandparents and friends of 3 – 6 students. Students may accompany their own visitor/s to the library. *
9:45am – 10:15am	<b>Book Fair</b> Book Fair open to grandparents and friends of K-2 students. Students may accompany their own visitor/s to the library.	<b>Open Classrooms</b> Students should be in class. Visitors welcome.
10:15am – 10:20am	All students and teachers prepare for assembly and move to the hall. All visitors proceed to the hall for assembly.	

10:20am – 11:00am	All students, staff and visitors attend assembly. Book fair is closed.	
11:00am – 11:30am	BYO picnic morning tea in Fig Tree Playground. Tea and coffee available. Book fair is open – students may attend with visitor/s.	
11:30am – 12:00pm	<b>All students must be in class.</b> No class visitors. Book fair is open.	<b>All students must be in class.</b> No class visitors. Book fair is open.
12:00pm	<b>Book fair closes.</b> <b>End of Open Day.</b>	

\*K-2 students may also attend the book fair with their visitor/s if collected from the classroom.



Once again, thank you for your support of our 'NAIDOC Day' last Thursday. It was lovely to have visitors for our assembly and the students had a terrific morning trying bush tucker, listening to stories, creating group works of art and playing some games. It was also terrific to hear from Robbie, a friend of Mrs Murphy's and Wiradjuri man from Dubbo, who shared some of his own personal story and taught us a little bit about his culture. Many thanks to Robbie for making the trip from Newcastle to be here with us! And to the dedicated team of teachers who coordinated the day and those who made it happen.

Look for photographs of the completed artworks in next week's edition!

We were also asked by the Department to feature on the opening page of their website. It is no longer there, and you did need to scroll down from the opening banner to find it, but please see the article following. It was also included for a short while on all schools' individual websites.

## Students dress up for NAIDOC Week

Hunters Hill Public School students dressed in the colours of the Aboriginal and Torres Strait Islander flags to celebrate NAIDOC Week. Sophie Lambert reports.

21 July 2023.



Image: Uncle Robert Adamson with students at Hunters Hill Public School.

Hunters Hill Public students came to school dressed in the colours of the Aboriginal or Torres Strait Islander flags as part of NAIDOC Week celebrations on Thursday.

The school, on Cammeraygal land, celebrated NAIDOC Week with a special assembly, while students also participated in cultural awareness activities.

Principal Kim Dudgeon said students enjoyed celebrating NAIDOC Week and acknowledging the contribution of Aboriginal people to our nation.

“It’s so important that our children are aware of Aboriginal histories and cultures,” Ms Dudgeon said.

“This awareness will help them become confident to speak on the topic as informed young people with meaningful and authentic experiences.”

“This year, the students engaged in a series of activities, including collaboratively creating art projects, playing outdoor games, trying bush tucker, and listening to stories.”

Students also heard about Aboriginal traditions from Uncle Robert Adamson, a Wiradjuri man.

Expanding on the 2023 NAIDOC theme, For Our Elders, Uncle Robert explained the important role elders play in families and communities, teaching respect and providing guidance.

Uncle Robert said being an Aboriginal elder was not defined by age, but by wisdom and gaining respect from the community.

He explained the links between Country, Place, People, Culture and Identity by talking about his connection to home, the earth, his family and totem.

During 2022 NAIDOC celebrations, Hunters Hill Public focused on the importance of Country to Aboriginal and Torres Strait Islander peoples.

Students learned about the significant connection between and people and land and classes started a tradition of writing their own Acknowledgments of Country, which are now used at school events.



### **Works are Complete!**



It was a very long '7 weeks', but the roof restoration work on our beautiful front-of-school heritage building is now complete. I trust you will agree that it does look great, so guess it was worth the wait.

As all affected classes have been in their 'alternate classrooms' for so long and are very settled, they will remain in their current rooms for the remainder of 2023.



### **Parent/Teacher Interviews**

Parent/Teacher Interviews will take place this term in Week 5. Please pencil in **14 – 18 August** and keep your eyes on Sentral for notification of session times and booking information.



## Parent Information Sessions

We have one more session scheduled for 2023!

~~Reading K-6~~ - Wednesday, 15 March 2023 6:30 – 7:15pm (Week 8 Term 1)

~~New Curriculum~~ - Wednesday, 14 June 2023 6:30 – 7:15pm (Week 8 Term 2)

**Student Assessment** - Wednesday, 30 August 2023 6:30 – 7:15pm (Week 7 Term 3)

Generally the sessions will cover best practice, what the topic means for HPS, and what it means for you and your child. Sessions will be held at school and delivered by the executive staff.



## Teacher Professional Learning

On Staff Development Day we enjoyed a fabulous presentation on Aboriginal Cultural Awareness covering topics such as respecting culture, connection to country, the diversity of Aboriginal culture, the Dreamtime, kinship and language. This builds knowledge, understanding and confidence within the staff to teach about Aboriginal histories and cultures.

We also worked on learning and support accountabilities and processes, which carried over into our regular weekly professional learning time in Week 1. This week, we discussed anecdotal notetaking strategies to support student assessment.

*'Those who seek to have their students learn, must be learners themselves.'*



## Instead of 'By Michael Grose'

Our 'By Michael Grose' articles were accessed from our Positive Parenting membership. Positive Parenting has now changed to Happy Families. Happy Families resources are developed by parenting expert Dr Justin Coulson PhD. On the Happy Families website, should you wish to look into it, you will find a variety of articles and other such resources that our membership invites parent access to.

You will find the website login details and password following, which is the same for everyone in our school community. We trust that you find some helpful insights.

Unique URL - <https://schools.happyfamilies.com.au/login/hhps>

Password - happyhhps



## Changed Your Details?

Please ensure that you notify our office ASAP if you have had a change in personal details such as address or contact numbers; work, mobile or home.

**Kim Dudgeon**



## **When your child is worried**

By Justin Coulson

My youngest daughter, now 9, has recently been watching a cartoon with a cyclops in it. This naturally energetic and confident child is now terrified every night at bedtime – the cyclops are coming!

Another of my children has always had an anxious disposition. She feels a little bit of anxiety about most things most of the time. It's typically low-level anxiety, but from time to time it can be paralyzing.

Each of these anxiety situations is different. One is based on "state anxiety" or feeling anxiety just now about a specific situation. The other is based on "trait anxiety", or feeling anxiety as a general characteristic.

Anxiety situations can be founded on rational fears (like heights), or irrational fears (like the cyclops). But anxiety, whether state or trait, rational or irrational, requires kind and compassionate responses.

Consider it for a moment:

It doesn't matter whether you have a general predisposition to anxiety or not, we all have something that makes us feel anxious. It might be giving a speech in public, or driving in the city at peak hour, or starting a new job. In those moments, what would you want from the people around you? What would you want your partner, trusted friend, or even your own parents to say to you?

Dismissal? "Nothing bad is going to happen, stop worrying. You'll be fine."

Denial? "Driving at peak hour is the same as driving any other time. I don't know why you're worried about this."

Disapproval? "Stop telling me how worried you are about this new job, you should just be grateful instead."

Doesn't feel good, does it?

Dismissing the problem with statements like "You'll be right. There's nothing to worry about" doesn't help. Instead, they leave our kids feeling misunderstood and wronged. It can leave them feeling like they're incompetent! Plus, they feel as though no one understands them in their worries, and that they're left alone to face them.

Denying the problem doesn't work either. We often think that reassuring our kids that "There's no such thing as cyclops" would surely help. Yet never in the history of people has anyone who is anxious and emotional responded to logic by saying, "Good point. I am being silly. Thanks for getting me back on track." When we deny their reasons for being anxious, we are in essence telling them that their feelings about the situation aren't valid. Again, we trample their sense of competency. And we hurt the relationship.

Lastly, when we show our disapproval of their anxiety by telling them "stop worrying" "Stop being silly", or even "If you keep this up I'll give you something to really be worried about", we use our power to threaten and intimidate. This doesn't decrease anxiety, instead it makes them more anxious - about the cyclops, the exam, the dark, and about us!

Instead of dismissal, denial, and disapproval, what our kids need from us when they're feeling anxious is acceptance and affirmation. This doesn't mean we agree with them. And we don't need to take their worries away. What they need is our support and encouragement to give them the confidence to face their worries themselves.

What if we said these things instead?

"Something about this is making you worried. I believe you."

"I get worried sometimes too. Can you tell me more about what is making you worried?"

"This is hard for you. I'll be right here with you."

When we accept that our child is worried about something and let them know that whatever it is, we understand that it's a real worry for them, we give them the confidence to know that they have a trusted adult to support them. We aren't doubting them or telling them that their problem isn't real. Instead, we're telling them that they can count on us to listen to them without judgement.

When we affirm that we have experienced worries and anxiety too, we give them the courage to share openly with us what is causing their anxiety.

When we agree that whatever they're going through is hard, we show that we empathise with their emotions. We give them the assurance to know that they don't need to experience these feelings of anxiety alone.

Once our children feel heard, seen, and validated, they'll be better prepared to make an action plan to help them face their worries. Maybe they'll make a cyclops repellent spray, or maybe they'll ask for help to practice their speech. Whatever it is, allow them to formulate their own plan with your support, rather than swooping in and fixing their problems for them.

The quickest way to reduce the impact of strong emotions is to share them. When we allow our kids to share their anxiety with us, and we accept, affirm, and agree with them, their worries will begin to dissipate.

## K-2 Awards

Congratulations to the K-2 students who received a mention at the Week 1 Assembly for great work!



## Dates to Remember

Wed, 2 August	Kindergarten 2024 Parent Information Evening 6pm - School Hall
Tues, 8 August	Open Day
Wed, 9 August	Gen Ready (Stage 3)
Tues, 15 August	HHPS Athletics Carnival (Y3-6 and those in Y2 turning 8 this year)
Fri, 18 August	Whole School Assembly 9.05am - School Hall
Fri, 18 August	K-2 Sports Gala Day

# Hunters Hill Public School

☎ 02 9816 4404



huntershil-p.school@det.nsw.edu.au



## Kindergarten Orientation

New Parent Information Evening:  
Wednesday, 2 August 2023 at 6pm

Teddy Bears' Picnic:  
Wednesday, 20 September 2023 at 12pm

Kindergarten Orientation Visit 1:  
Thursday, 2 November 2023 at 9:15am

Kindergarten Orientation Visit 2:  
Thursday, 16 November 2023 at 9:30am

## **Celebrating Sporting Achievements at Hunters Hill Public School**

Greetings, Hunters Hill Public School community!

We are thrilled to share some fantastic news about our talented student athletes and their recent sporting achievements. It has been a time filled with determination, skill, and teamwork, and we couldn't be prouder of our students' accomplishments.

### **Winter PSSA**

Winter PSSA is well underway, and as we head into Round 11 of the winter competition, we want to extend our best wishes to all our teams this term. Don't forget to check the draw and results on the Ryde PSSA Website to stay up-to-date with our progress. Let's remember that the most important aspect of sportsmanship is not just winning, but improving our skills and being gracious in both victory and defeat. Go, team Hunters Hill!

### **School Athletics Carnival**

Mark your calendars for Tuesday, 15 August, as we prepare for the highly anticipated School Athletics Carnival! This year, we will return to Dunbar Park for a day filled with fun, excitement, and friendly competition. Our students from Year 2 to Year 6 have been diligently practicing the field events, and we are proud of their dedication.

To ensure a smooth and enjoyable carnival, we will be conducting trials for all field events at school leading up to the big day. The finalists will then have the honour of representing their houses at the Athletics Carnival. For the track events, all students will have the opportunity to participate and showcase their athletic prowess. Keep practicing those skills at home, as every little bit of effort makes a difference!

### **InterSchools Snow Sports Championships**

During the school holidays, a group of our adventurous students embraced the chilly challenge and participated in the InterSchools Snow Sports competition at Thredbo. Tilly S, Teddy W, Sybilla C, Caleb K, and Jeremy K showed exceptional determination, representing Hunters Hill PS with pride.

Despite the less-than-ideal weather conditions, our students displayed tremendous skill and sportsmanship. Let's celebrate their efforts and achievements:

- Teddy W: Alpine 54th, Ski Cross 44th
- Tilly S: Alpine 2nd, Ski Cross 2nd, Moguls 3rd. Tilly also claimed the 1st position in the Redlands Cup.
- Sybilla C: Alpine 21st, Ski Cross 32nd
- Jeremy K: Snowboard GS 14th, Snowboard Cross 15th
- Caleb K: Snowboard GS 4th, Snowboard Cross 2nd

### **Team Events**

Our students also formed impressive teams and achieved commendable results in the team events:

- Tilly S and Sybilla C: Ski Cross 8th
- Caleb K and Jeremy K: Snowboard Cross 3rd, Snowboard GS 4th

As a result of their outstanding performance, Tilly, Caleb, and Jeremy have earned their spots in the InterSchools Snow Sports State Titles. We wish them the best of luck in this next level of competition and eagerly await news of their accomplishments.

Hunters Hill Public School has once again demonstrated its passion for sports and its commitment to fostering a supportive and encouraging environment for our young athletes. Keep up the fantastic work, everyone! Let's continue to excel, support each other, and enjoy the thrill of sportsmanship. Together, we make our school proud. Go Hunters Hill!

**Jim Fogarty**



## Walk Safely to School Day 2023

Thank you to all students and families who got involved in the Walk Safely to School Day for HHPS in the last week of Term 2. Many children brought in their answers for the riddles that were hidden around Hunters Hill.

If anyone missed out on handing in their answer sheet, please visit Ms Murray in 6M.

**Meghan Murray**



## Peer Support

---

### **Week 3**

This week in Peer Support the children will share the things they enjoy in life and have an opportunity to discuss their favourite activity. This session enables children to recognise what makes them happy.

Discuss with your child their favourite activity.

### **Week 4**

This week in Peer Support the children will identify their strengths. Children will explore the following important strengths - curiosity, kindness and teamwork. Through the activities, children will be able to recognise which strengths they possess. They will realise how important it is to use their strengths in different situations. During the week encourage your child to share their strengths with you.

**Meghan Murray**

---



Hunters Hill Public Primary School teaches the Bounce Back! program, a wellbeing and resilience class-based program for children and young people. It provides practical strategies to improve student wellbeing and help students cope with everyday life.

### **What is the Bounce Back Program?**

Bounce Back is a whole school social and emotional learning program. It has been developed to support schools and teacher in their efforts to promote positive mental health and wellbeing in their students and, in particular, enable them to act resiliently when faced with challenges and adversity.

Bounce Back is an evidence-based program built on Positive Psychology, Cognitive Behaviour Therapy and Social and Emotional learning principles.

### **How is the program delivered?**

At Hunters Hill Public School, we deliver the Bounce Back program throughout the whole school.

Each unit uses literature to teach key wellbeing and resilience concepts. It also involves a variety of activities that include cooperative strategies, such as circle time, educational games, art, technology.

### **The program can help your child get better at:**

1. Thinking more optimistically, i.e. expecting bad times to get better
2. Being brave and facing their fears
3. Feeling and expressing gratitude
4. Boosting their positive emotions
5. Managing uncomfortable emotions and turning a bad mood into a good mood.

## How can you help communicate key messages to your child about the values of Bounce Back?

### You could discuss how:

- Your **values** are easy to talk about but harder to act on in the moment.
- Being **honest** is 'owning up' and taking responsibility when you have done the wrong thing.
- Being **fair** is about following rules and not cheating to suit your needs. It means returning favours and kindness.
- Being **responsible** means not letting yourself and other people down. It means doing the things that you have to do without being reminded. It also means choosing sensible behaviour instead of foolish unsafe behaviour.
- Being **respectful** means treating others as you would like to treat them. It means thinking about other people's feelings and rights, being polite and using good manners.

You could also talk about people you have observed who seem to 'bounce back' from adversity and others that don't.

### What will the students at Hunters Hill be working on in Term 3 2023?

This term the students will be discussing the topic of **Looking on the Bright Side, Emotions and Relationships**.

The key messages discussed are:

- Be a positive tracker
- Happy memories help us Bounce Back
- Be the boss of your feelings
- Being thankful and grateful
- Dealing with disappointment
- Dealing with jealousy
- Dealing with embarrassment
- Dealing with feeling lonely and being left out
- Dealing with sadness
- Dealing with worries
- Making and keeping friends

Throughout this year, the students at Hunters Hill Public School will cover topics such as;

1. Core Values
2. Social Values
3. People Bouncing Back
4. Courage
5. Looking on the Bright Side
6. Emotions
7. Relationships
8. Humour
9. Being safe

### The Wellbeing Team

*Excerpts have been taken out from the Bounce Back resource book and parent information pack by Helen McGrath and Toni Noble.*