

HUNTERS HILL PUBLIC SCHOOL

'Excellence in Learning for Success in Life'



AMITY Newsletter 2023

Term 3 Week 4



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Message from the Principal



OPEN DAY

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

Thank you so much to everyone who joined us on Tuesday to celebrate our grandparents and friends, and Education Week. What looked like it might be a rain-affected event all took place without a drop, the only hurdle being a damp ground. We are so very proud of your children, and the smiles on the faces of family and friends certainly tells us that you are too. The students and teachers worked hard to put together a successful and enjoyable event and we thank you for your attendance and your positive feedback. We know that the kids loved having you at school, as well as performing for you! Thank you also to the P&C and Year 2 parents for providing morning tea.

My understanding is that you and your extended families were also exceptionally generous in your donation of books to the school. On behalf of all of us, a great big thank you very much!





Spelling Bee Regional Final

Congratulations to Cressie Flett (Jnr) and Mackayla Lin (Snr) who represented HHPS in the Regional Spelling Bee final yesterday. Both girls did an amazing job making it this far. Although neither have progressed to the next level, Mackayla placed 3rd in the senior category which is an outstanding achievement. Well done girls, we are very proud of you!



Parent/Teacher Interviews – **Bookings Close Friday, 5pm!**

Parent/Teacher Interviews will take place next week. They will be held in classrooms. Please make sure that you have hopped on to Sentral to make your booking before 5pm tomorrow.



NAIDOC Week



As promised, please find here, photographs of the finished NAIDOC Day works of art put together using colouring in and painted leaves completed by various students.

K-2's Rainbow Serpent, and 3-6's painted leaf collage.

Not great photography on my part, but you will find these art works displayed in the office next time you visit.



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 HHPS, and what it means for you and your child. Sessions will be held at school and delivered by the executive staff.



Teacher Professional Learning

We have covered some 'heavy' topics over the course of the last fortnight of teacher professional learning, being fortunate to have two visiting presenters. Last week we completed a session on understanding thinking functionality and behaviour, and this week we learned some more about ADHD, particularly in girls. Whilst we are not behaviour specialists or clinicians, we are constantly seeking to develop our understanding of how to best understand and support our students.

'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



Learning to take on challenges

By James Anderson

Challenges are the pathway to growth. When our children habitually avoid challenges, their learning stalls. When they learn to understand, value, and embrace challenge, their learning accelerates. So, helping our children develop a healthy relationship with challenge becomes one of the most important ways we can help them become better learners.

How does your child respond to a challenge?

Does your child avoid a challenge, seeking their "path of least resistance" in learning?

Or do they select the challenges they know they can do? Looking like they are working hard, but secretly avoiding mistakes by not taking on anything too challenging?

Maybe your child takes on challenges because the teacher tells them to. They follow the teacher's instructions and are led through challenging tasks.

Perhaps your child takes on challenges because they need to. They have something they want to achieve, a goal in mind. Their relationship with challenge is born out of necessity so they can reach their goal.

But imagine if your child embraced challenges. In the spirit of John F. Kennedy when he said, "we do these things, not because they are easy, but *because they are hard!*" Imagine if when they were given the choice of doing something hard, or something easy, they'd choose the more challenging task, because they understood that challenge is the pathway to growth.

Becoming a Skilful Learner

How our children respond to challenges is a key element of what I call *Learnership*[™] – the skill of learning. Learnership is a skill developed over time. It helps our children (and us) to get more out of every learning opportunity. Most importantly, Learnership is something we can teach our children that helps them to thrive both in school and life.

As parents we can help our children on the path to becoming better learners, by helping them develop a healthier and more productive relationship with challenge.

Comfort Zone vs Learning Zone. What's the Difference?

The first step in helping your child develop a healthy relationship with challenge is to teach them the difference between their Comfort Zone and their Learning Zone.

We've all heard that we need to get outside our comfort zone and challenge ourselves, but how many of our children truly understand what that means?

For many people, getting outside their comfort zone means trying something new. But something new, isn't always something challenging. Very often "new" is simply an "easy thing we haven't done yet". There is little struggle involved in this type of challenge, it comes with a great deal of certainty, and confidence that we'll succeed. These challenges feel more like a task. They keep us busy, but they don't help us get better. These types of challenges are in our Comfort Zone.

To be truly challenged our children need to stretch themselves beyond their current abilities. These types of challenge feel like a problem. Unlike a task where the path to completion is easily recognised, the solution to this challenge is not immediately apparent. They leave us feeling uncertain, and they involve struggle. The challenge feels "hard". When our child feels like this, it's a good sign they are in their Learning Zone.

Being in your Learning Zone feels uncomfortable. When our children find themselves in the Learning Zone, their first reaction is often to get out of it. Suddenly anything else seems like a more attractive option. They look for distractions, seek out easy options or adopt any number of avoidance strategies.

Struggle is temporary

It's important to help our children recognise that the feeling of struggle and discomfort that comes with being in their Learning Zone is temporary. It passes. Many children believe if they are struggling now, then the next step in learning will involve even *more* struggle. They believe that the further they go, the more uncomfortable they'll feel. So naturally, they turn away from further struggle.

The reality is that effort is the currency of growth, and struggle is the price we pay for that growth. The reward is that what we experienced as hard today, becomes easy tomorrow. It doesn't get harder and harder and harder. It's hard, then it's easy. Then they move on, and the next step is also hard, until they make that easy. Being in the Learning Zone, and experiencing the struggle that comes with it, is not only a normal part of learning, but also an essential part of growth.

Parenting for more skilful learners

As parents we have an important role in helping our children become more skilful learners. This begins by helping them develop a healthy relationship with challenge. By teaching them that effort is the cost of growth, and normalising the struggle that comes from being in their Learning Zone, we help them become "comfortably uncomfortable" with challenge, and put them on a path of continuous growth.

K-2 Awards

Congratulations to the K-2 students who received a mention at the Week 3 and Week 4 Assemblies for great work!



Dates to Remember

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
Tues, 22 August	Book Week Parade - 9.00-9.30am - Fig Tree Playground
Mon, 28 August	Kindergarten Excursion to Calmsley Hill City Farm
Wed, 30 August	Parent Information Session #3 - Student Assessment - 6.30pm

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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

Open Day Celebrating Education Week, and Grandparents' and Friends' Day

This week Hunters Hill Public School celebrated our Open Day! We invited our grandparents and friends for special classroom visits and to showcase our wonderful talents at the assembly, where each class sang beautifully on stage along with special performances from our choir and dance group.

This year marks 175 years of public education and the focus for education week was learning from our past, celebrating our achievements and embracing the future with confidence.

We invited students; Stella S, Austen B, Ariv N and Joe P to share their thoughts on the importance of learning from the past and what their grandparents mean to them.

It was wonderful to see so many visitors, and the children were extremely excited to show their families all of their hard work. The sun came out for a perfect picnic on the playground where our families enjoyed a cup of tea and a little boogie.

Thank you for your donations to our school library. We are very lucky to now have so many beautiful books for our children to enjoy. What a fantastic day and we are already looking forward to next year!

Elise Monaghan
Year 2 Teacher and Open Day coordinator



Peer Support

Week 5

This week in Peer Support the children will practise developing their strengths. This will help your child to become more resilient and optimistic. Ask your child to share the strengths they identified during this week's session.

Week 6

This week's Peer Support session focuses on positive self talk. Children need to practise talking positively to themselves. Your child will also learn to persevere, which will encourage them to keep trying in challenging situations. During the week encourage your child to use positive self talk.

Meghan Murray

Year 6 Teacher and Peer Support coordinator