

HUNTERS HILL PUBLIC SCHOOL

'Excellence in Learning for Success in Life'



AMITY Newsletter 2023

Term 4 Week 2



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Message from the Principal



Welcome to Term 4!

We find ourselves at the starting line of Term 4 once again, and I fear it will feel like a sprint to the finish. Term 4 is always super busy with lots of activities and events taking place. Please make sure that you keep your eyes on the calendar and on Sentral for alerts and reminders.

Upcoming events include; excursions for all stages, Kindergarten 2024 Orientation, Musica Viva K-6, the Year 6 Mini-Fete, final scripture service, final K-6 assembly, Presentation Day, Celebration Concert, Year 6 Farewell and Leaving Assembly, Big Days In, and the receipt of Semester 2 Student Progress Reports. We look forward to all of these events and sharing in the parent participation ones with you.

Students should now be wearing summer uniforms. Please ensure that all items of clothing are labelled with student names, that hats are worn every day, and that only HHPS uniform items are worn.



Selective High School Applications Year 7 2025 Now Open (Attention Year 5)

Detailed instructions on how to apply and the link to the online form are at the Selective High Schools and Opportunity Classes Year 7 website (<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7/information-for-applicants>).

Applications opened on 9 October 2023 and close on 20 November 2023. You must apply before the closing date.



Moving on Next Year???

It is incredibly important that we begin to gauge what next year will look like regarding student enrolments. If you know that your child will not be return to HHPS next year, we would very much appreciate your advice of such as soon as possible. **Please** just forward an email to the school office. With many thanks in advance.



Referendum BBQ

It is my understanding that the P&C held a very successful BBQ on Saturday. A big thank you from HHPS to all involved.



Colour Run

We held our third P&C Colour Run on Tuesday! As you can see, it was certainly very colourful and very messy. The children had great fun around the course getting as coloured as they could. Many thanks to Odysse and her team for putting this event together, to those who helped on the day, and to all who supported the event through their sponsorship.



Australian Government eSafety Commissioner

We continue to post this notice due to its ongoing and everyday relevance and importance.

With children and young people using the Internet so prevalently, it is important that they understand being safe online. This refers to cybersecurity as well as protection from potentially harmful or inappropriate content and activities.

I would like to draw your attention to the website of the Australian Government eSafety Commissioner which has extensive information and resources which may assist you to support your children to be safe online and teach them about cyber-safety. It also offers advice about home 'family technology agreements' and achieving a balance between online and offline activities!

<https://www.esafety.gov.au/parents>

The eSafety Commissioner (eSafety) was established in 2015 and is Australia's national independent regulator and educator for online safety. Their mandate is to ensure Australians have safer and more positive experiences online.

We encourage you to visit the website and have a look around.



Teacher Professional Learning

Last week K-2 staff took a deep dive into aspects of the English curriculum, while 3-6 staff focussed their attention on sentence level writing instruction. This week we all worked together on assessment and reporting.

'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



2024 Enrolments

If you have children due to start Kindergarten next year, please ensure that you enrol online (via the school website) as soon as possible. If this applies to any of your friends or neighbours, please also encourage them to enrol. Only enrolled children will be able to attend the orientation events starting in 2 weeks' time.



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



Enough

By Justin Coulson

Many of our children are drenched in the insecurity of feeling incomplete, inadequate, insufficient. And even our seemingly confident and competent kids are struggling. The ones who are “succeeding”, the ones who are ticking all of the right boxes, the ones who are “winning”, are often the WORST at feeling like they’re “enough”.

I wish it weren't true, but it is our well-intentioned attempts to optimise our children's success in the future that can leave them feeling like it's all too much. After evaluating over 50 studies, one pair of researchers concluded that “increases in excessive parental expectations and harsh parental criticism offer perhaps the most plausible explanation for rising perfectionism to date.”

This is not to lay the blame solely at the feet of parents. Rising levels of societal individualism, focus on attainment, increasing economic inequality and rising competitiveness have created a societal background that easily leads to controlling parenting practices and excessive parental expectations. We have the best of intentions in wanting our children to succeed, but in trying to secure a good future for our kids, we expect too much, criticize too harshly, and minimise their autonomy. All of this leads to a tremendous number of kids feeling that they're not 'enough'.

Yet with so many of our children feeling that they are not enough, a helpful question to ask is:

What does 'enough' look like?

“If I could only... then I will be enough”, “If I can just... then I will be enough”, “When I achieve... then I will be enough.” A sense of “enough” will never come this way. It can't. Because even when those things are achieved, there will always be someone more beautiful, smarter, or funnier. Valuing self based on extrinsic characteristics will always lead to feeling incomplete, inadequate, insufficient, imperfect.

Another form of success – what I call intrinsic success – is built on the development of character. It accumulates over time through steady, consistent effort and an emphasis on doing the inner work of becoming a better person.

Here are five things we can do to help our children overcome their anxieties and perfectionism and achieve intrinsic success:

Show them they matter

People who know they matter are more resilient and engaged in life than those without a sense of mattering. We show someone they matter by demonstrating that our love and care for them is not conditional upon performance.

Teach them who they are

Children who are told family stories believe they are responsible and that they are capable of controlling things rather than being at the mercy of external or environmental elements.

Children who know their family identity tend to feel better about themselves. They have “roots”.

Be a hope builder

If we are hope-ful we know where we're going (goals), can see a way to get there (pathways), and believe we can actually walk that path (agency). As parents, we must be hope builders in our children's lives. We do that by helping them identify things that are worth working towards by setting goals based on personal interests and passions. We help them break the goal down into

smaller tasks and make sure they have the resources, tools, and information required to pursue their goal. And we celebrate their achievements, provide reassurance when they face difficulties, and remind them that setbacks are opportunities for growth and learning.

Encourage them to do hard things

Competence is a vital human need. Yet you don't become confident by shouting affirmations in the mirror or having your parents pump up your tyres with false praise. It comes from doing the hard thing again and again. And then it comes from celebrating achievement. When they do the hard thing, ask your child how it felt to progress. Boost them up with real compliments and genuine praise – praise that reflects their own positive self-evaluations and helps them feel good about their efforts.

Help them make a real difference

We all need to be a part of something larger than ourselves. Spencer W. Kimball, a former leader of the Church of Jesus Christ, said, "We become more substantive as we serve others - indeed, it is easier to "find" ourselves because there is so much more of us to find!" Perhaps we might help our children realise they are enough by encouraging them to step outside themselves and look outwards in service to others. In so doing, I believe they'll discover that, while no one may ever be quite "enough", they will be more than they ever could have been otherwise.

Ultimately, here's what I want our kids to know:

I am enough because of who I am right now in this moment.

Being enough isn't something that our kids need to achieve. It isn't something that is determined by what they have done. It is their ability to accept themselves completely in the present moment that gives them the ability to feel like they are enough.

They are enough. Right now. Just the way they are.

Tell Them From Me Survey

Our school is participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent surveys are open until Friday, 3 November 2023. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

More information about the survey is available at: education.nsw.gov.au/ttfm. To access the survey for our school, go to: <http://nsw.tellthemfromme.com/hq649>

K-2 Awards

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



Dates to Remember

Thurs, 26 Oct	Stage 2 Excursion to Field of Mars
Fri, 27 Oct	Stage 1 Excursion to Old School House
Thurs, 2 Nov	Kindergarten 2024 Orientation Visit 1 (for enrolled students only)
Thurs, 9 Nov	Kindergarten Excursion to Field of Mars
Thurs, 9 Nov	Performing Arts Evening Performance (see flyer on page 10)
Fri, 10 Nov	K-6 Assembly - 9:05am
Tues, 14 Nov	Musica Viva K-6
For future dates, please refer to the calendar in the Sentral app	

SRC News - September

Thank you to all the students who participated in the mini walk-a-thons at lunch times in the last week of Term 3. The students and teachers had a lot of fun requesting songs (our favourite was Dancing Queen by Abba) and walking loops around our school playground to raise awareness for Steptember, a charity who fundraises for children with Cerebral Palsy. The SRC decided that the money HHPS fundraised was to be used to buy new equipment for children who have Cerebral Palsy.

Thank you to the families who donated to our Hunters Hill Public School page on the Steptember website. We fundraised over \$3000! The winning class, due to the amazing work of Ruben S, was 2M. They will receive their mini-prize next week.

If you missed out on making a donation in September, you still can! Google Steptember, search Hunters Hill Public School and then donate.

Meghan Murray
SRC Coordinator



P&C Update

P&C President's Update

It's great to see everyone back at school for Term 4 and a massive thank you to all the parents, carers and especially the kids who helped-out with our **Referendum Day BBQ** on the weekend! Our delicious sausages, bacon and egg rolls, cakes, tarts, brownies and bikkies helped to raise over \$6,000 for Performing Arts and the school grounds rejuvenation program. Good stuff! Extra special shout-outs to Loretta Mitchell for leading the organising team, and to the following students who helped to set-up and serve on the day: - Charlotte E, Stella S, Jensen E, Lucy P, Austen B, Aurienne H, Hugo F, Cressie F, Greta VM, Tommy T, Grace C, Clara E, Fletcher E, Ally M, Zara M and Isabelle M.



P&C Update

Our next P&C General Meeting will be held on Wed, November 8th at 7.30pm (both in person at the school hall and via Google Meets - details to come). As our final meeting for the year, we're looking forward to providing an update on the Master Plan for the rejuvenation of the grounds, as well as seeking input from the school community on our canteen offerings - see the survey below.

Lastly - we're still looking for a 2nd Vice President to join the P&C Executive Committee and so please let me know if you're keen (or would like to nominate someone that I can then go and persuade ;-)

Robbie Upcroft

P&C President

president@hhps-pandc.org.au

Canteen News

Would you like to see some changes in the menu this term or do you like it just the way it is? Let us know by filling in this feedback survey – it will just take a few minutes of your time: <https://forms.office.com/r/G6PJyeNGkz>

We will use the responses to guide our menu changes for this term and next year.

We recently changed sushi suppliers – you might have noticed some changes in the sushi menu. Let us know what you think!

The Halloween Special is coming! Keep an eye on Flexischools for more info!

Linda Scoccca – canteenconvener@hhps-pandc.org.au

Events News

Term 4 is in full swing with the completion of the very colourful School Fun Run and what a success it was! The students, teachers and parents all had a ball and there were smiles all around. The weather also held off for us! The fun part now is choosing the prizes! Thank you to all the parents, friends and family who donated towards HHPS. It is greatly appreciated and we raised over \$20,000 that will go towards the rejuvenation of our school grounds.

Unfortunately we have postponed the P&C Great Gatsby Fundraiser. All existing tickets will remain until our new date which will be released in the coming weeks. I understand that some people, including Year 6, will be moving on however we would greatly appreciate you attending the event! Tickets are available through TryBooking so get your tables together! Please return any artworks to the teachers and please complete the hampers for your class.

We are looking forward to our Halloween School Disco on Friday 27th October. Get your costumes ready for a Spooktacular night of dancing, food and prizes! Get your tickets through TryBooking by 24th October. Please inform of any allergies or dietary requirements.

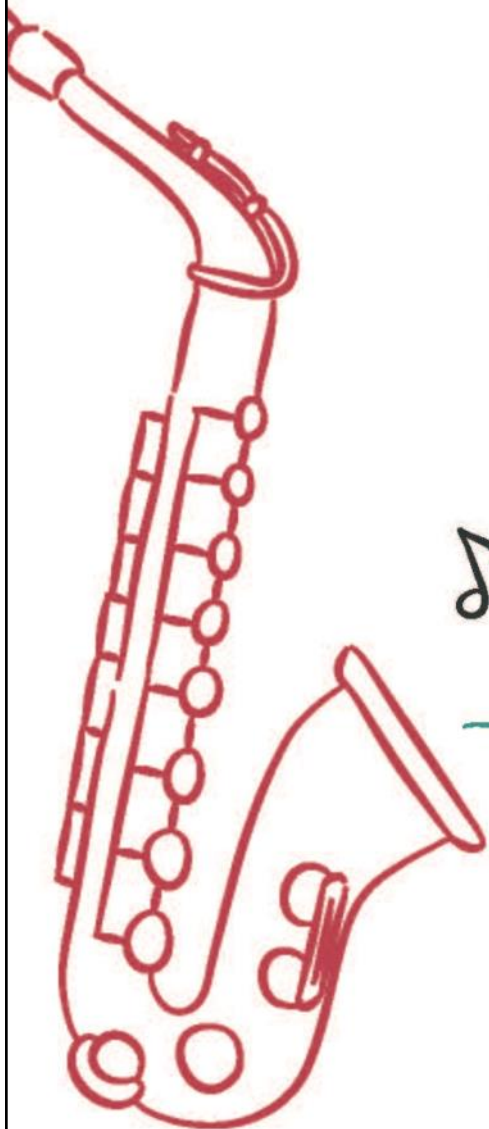
The Christmas Lomondo Oils and Vinegars will soon be available through the flexischools website. More information to come!

Odyssie Christou & Minerva McKell-Wright
Events Conveners



HHPS Performing Arts presents

End of Year Performance



Performances by
Jazz Band
String Ensembles
Vocal Ensembles
Guitars
Drama Club

Thu 9th November
5:30pm (Doors open 5:15)
At All Saints Church
Cnr Ferry St & 2 Ambrose St
Hunters Hill

**Parents, families, friends, HHPS staff
and teachers all welcome**

Transport for NSW



School Student Travel

Term 4 2023

2024 school travel applications are now open

Students who need a new or replacement School Opal card or travel pass for 2024 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement because of a new shared parental arrangement (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification for their school travel entitlement should [renew or update](#) their details **before the end of term 4**. This will ensure that schools can endorse applications, and travel passes remain valid for the start of the 2024 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2024.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Changes to your bus service provider

Within Greater Sydney, a number of bus service providers have changed their names.

Parents intending to lodge an application for a School Opal card will need to visit [transportnsw.info trip planner](https://transportnsw.info/trip-planner) to obtain the correct bus operator name servicing your area prior to lodging an application.

Travel from Term 1 2024

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

School Student Travel
Term 4 2023

Applications for 2024 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2023, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at [Plan your trip to school | transportnsw.info](#)

Enquiries can be submitted at [Fares, concessions, tickets & top-up feedback | transportnsw.info](#)