

HUNTERS HILL PUBLIC SCHOOL

'Excellence in Learning for Success in Life'



AMITY Newsletter 2023

Term 4 Week 8



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Message from the Principal



P&C Financial Contribution Thank You

The P&C, with your generous assistance, have this term donated the school \$25 000 to support teaching and learning. These sizable funds have paid for:

- Texts to support the new K-2 English Curriculum.
- Mathematics and spelling teaching resources for Years 3 – 6.
- Literacy teaching resources for Kindergarten.
- Decodable texts for students in years K – 4.
- Chairs for the library.

An enormous thank you to the P&C for their donation and the work that they put into fundraising. An equally enormous thank you to the community who provide the funds through participating in fundraising activities. Your children will absolutely benefit from these resources and the teachers love them too!



Year 6 Mini-Fete

Year 6 held a very successful mini-fete last Wednesday. The weather was perfect, the stalls were well-organised, the BBQ was going, and all the kids joined in with great spirit and had lots of fun. A huge thank you to:

- Ms Murray and the Year 6 students for all of their preparation and hard work.
- The Year 6 parents who supported their children in running the stalls and providing 'products'.
- Everyone who participated, and in doing so, supported Year 6's fundraising efforts for their leaving gift to the school.

Thank you!





Final K-6 Assembly

Thank you to everyone who attended our final K-6 assembly for 2023, last Friday. It certainly was a busy morning and a crowded stage! Our current Student Leaders, 2024 Student Leader candidates, and Jazz Band, managed it all with aplomb and precision. It is wonderful to celebrate the achievements and talents of our students and I know they appreciate having their parents in attendance to watch them.



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

Professional learning time in Weeks 7 – 10 has been/will be used for 2023 evaluative and 2024 planning purposes.

'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

Kim Dudgeon



Apply Before Scrolling **The 3M's of Digital Nutrition**

By Jocelyn Brewer

We have a love/hate relationship with our devices and online activities which are complex and multifaceted. 'Screen time' isn't just one thing. It's a gazillion different things depending on the device you're using and the content you're consuming on various the platforms you log into (and freely hand out our data and feed our keystrokes to!).

While time spent online is an important measure - time is a non-renewable resource and you can only spend it once – there are other factors that you can consider. They will help shift your screen-based media use more into a positive and purposeful gear.

Here are my 3Ms of Digital Nutrition – apply them before you or your children choose to engage in online spaces.

Mindful

Being mindful in relation to your digital habits means directing your attention so that you are present to your actions, that you have moment-to-moment awareness of, and responsibility over your activities online.

Mindfulness keeps you away from time-wasting 'digital rabbit-holes'. It helps you to avoid going online to numb out or ignore your feelings, or to cope with the discomfort of some parts of everyday life. Developing healthier coping skills than scrolling and streaming is important for you and your child.

Being mindful means pausing, and thinking more broadly about how what you do, say, click on and scroll through impacts your overall health and wellbeing (one swipe at a time). When you zoom out and think about how your use (and your kids' use) of devices snowballs over weeks, months, and years, it can help you be more attentive and present.

Questions to ask yourself:

- How do I feel in my mind and body before I go online?
- What am I truly seeking when I go online and will I find it there?
- How does being online change my feelings or physical sensations?
- How can I get better at 'reading' and 'listening' to these cues?
- How can I remain focused and present while online?
- How can I notice when I am risk of overloading my senses and need to step back from the screen?

Meaningful

As humans we often search for meaning and enjoy having things in our life of significance and interest to us. When there is so much content available online, from video games to conquer and TV series to stream across multiples services, to influencers and personalities to follow on social media, its valuable to check in with how these activities align to the things you care about.

Algorithms are designed to work hard to capture your attention. It's easy (especially when you are not mindful) to slip into being distracted by digital fairy floss that doesn't help advance you towards what you value.

Recently I stepped back and re-evaluated who deserves my attention. This included removing two (!) accounts of guys mowing lawns that I had become fascinated by. Given I don't plan on a career in grass maintenance, it was time to unfollow them!

When you have clarity with your values (and live aligned to them) you have a greater sense of purpose. This contributes to you being the person you want to be (both online and IRL, in real life).

Questions to reflect on:

- How is what I am viewing/reading/playing relevant to or aligned to my goals?
- How does this action/activity contribute in a positive way to my life and overall sense of wellbeing and satisfaction?
- Have I made time to clarify my values and think about what I care about and what gives me purpose?
- Am I following people, celebrities and influencers that contribute meaningfully to my life?
- How might I curate the accounts I follow so they align more to the stuff I care about?
- What deserves my attention?

Moderate

We all only have 24 hours in a day, so how you choose to spend our time is something that you can control and develop discipline around (especially when you have switched on your mindful awareness and are clear on what is meaningful to you!).

Moderating yourself online doesn't just mean keeping an eye on the clock and being able to regulate your usage. It's your ability to show restraint when engaging with other people (often from behind a screen or keyboard) in digital spaces. Being able to moderate what you (or your children) say and how you react in situations matters.

Questions to reflect on:

- How can I tell if I am over-reacting to a situation online?
- What would happen if I did not respond to that tweet/comment/post/message or 'slept on it' before replying?
- What strategies or digital hacks can I use to moderate my time online and ensure I don't overdo it?
- How can I notice and listen to body and mind signals about when it's time to logoff/take a break?

You might notice that these three principles all connect and inter-relate. Teach your kids to switch onto these ways of being online – and try it yourself. I predict the quality of your use of technology and online habits will improve!

K-2 Awards

Congratulations to the K-2 students who received a mention at the Week 7 Assembly and to everyone for your good work throughout the year!



Dates to Remember

Tues, 5 Dec	Presentation Day, held at Hunters Hill High School Hall 1.30pm
Wed, 6 Dec	Stage 3 Surf School
Thurs, 7 Dec	Celebration Concert - Figtree Playground - arrive from 11:45 for a 12pm start
Fri, 8 Dec	Last day for canteen lunches
Mon, 11 Dec	Big Day In K-2
Tues, 12 Dec	Big Day In 3-6
Wed, 13 Dec	Yr6 Farewell (evening)
Fri, 15 Dec	Leaving Assembly and last day of term for students
Thurs, 1 Feb 2024	First day of Term 1 2024 for Years 1-6

Principal's Pins and Certificates of Merit

Principal's Pins

At last week's K-6 Assembly, the following students were recipients of **Principal's Pins**, for excellent effort, work or citizenship:

6M

Charlotte E

Certificates of Merit

The following students were recipients of **Certificates of Merit**, for excellent effort, work or citizenship:

KJ

Lila E, Isla J, Edward N, William T

KX

Ayden N, Luke S

1J

Edward C, Olivia E, Lenox U

1R

Oliver M, Stella W

2M

Will L, Noa Y

2S

Zara M, Audrey N, Max O

3F

Veronica B, Thomas CH, Keira N, Lara S, Zara V

3/4N

Arjun P

4/5M

Jonas E, Noah P, Sam S, Kaitlyn S x3, Kenzo U

5P

Austen B, Jensen E, Anastasia G, Stella S x2

6M

Clara E, Ella H x2, Fletcher S x2

WE ARE MOVING away from Sentral in 2024!

We are moving our main communication platform from Sentral for Parents to the School Bytes Parent App & Online Portal.

Currently we have been using School Bytes software for finance and more recently school event management (online excursion/incursion permission).

From 2024 we will be moving over to all School Administration management.

This includes attendance, absentees, reports and alerts.

Please help us by getting ready for this transition by downloading the app and registering today.

PLEASE NOTE: We are still using the Sentral for Parents App for the rest of this year.

If your youngest child is currently in year 6 or leaving the school next year, you will not be required to do this.



The graphic is a promotional poster for the School Bytes Parent App. It features a dark blue background with a central smartphone displaying the app's dashboard. The dashboard shows a welcome message for 'John', navigation buttons for Finance, Payment History, Activities, Forms, Documents, and Attendance, and a list of students with their names and school details. Surrounding the phone are various icons representing app features: a calendar, a credit card, a document with a checkmark, a bell for notifications, a group of people, and a speech bubble. The School Bytes logo is at the top left, and the text 'Parent App Available now!' is prominently displayed in the center. Below this, it says 'Download on the App Store or Google Play by clicking the image below.' At the bottom left, a 'Key Features' box lists four bullet points. At the bottom right, there are buttons for 'Download on the App Store' and 'GET IT ON Google Play'.

School Bytes

Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.

Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news

Download on the App Store

GET IT ON Google Play

P&C Update

P&C President's message

As we get closer to the end of 2023 I wanted to once again share my thanks and appreciation for all the parents and carers who have supported the P&C throughout the year. We've got some fantastic helpers and almost an entirely new team of volunteers that make everything come together week after week - HHOOSH, the canteen, uniform shop, performing arts, creative workshops, book club and of course all the fabulous fund-raisers and events that help put the smiles on our kids' faces.

I'm also excited to welcome Mona Alam as one of our P&C Vice Presidents! This means we've got a full complement of P&C Execs and convenors for next year and so should help make 2024 a very good year indeed! Your P&C representatives are as follows:

President - Robbie Upcroft
Vice President - Jenny Nguyen
Vice President - Mona Alam
Treasurer - Andrew Tran
Secretary - Alastair Walton
HHOOSH convenor - Nathalie Thibaux
Canteen convenor - Linda Scocca
Creative Workshops and Book Club - Joanie Visser
Performing Arts - Rachel Evans
Uniform Shop - Angela Armstrong
Events and fundraising - Odyssie Christou and Minerva McKell-Wright

Lastly - I'm delighted to share that the P&C has voted to make a \$25,000 donation to the school for supplies in support of the new curriculum. All the hard work and generosity of our community has supported this donation and we will look to make it an annual contribution as part of our assistance.

Cheers all and enjoy the last couple of weeks,

Robbie Upcroft
P&C President

Events and fundraising update

As we wind down the year we look forward to wrapping up 2023 and exciting new projects for 2024. The toys from the Fun Run have now been all handed out and we will be awaiting the delivery of the Lomondo oils second week of December. We have also just released the Great Gatsby Gala for 2024 on Friday 1st March.

All outgoing and transitioning parents are most welcome and we look forward to a fantastic night. Book through try booking or the QR Code.

Events conveners
Odyssie and Minerva

P&C Update

Canteen news

The last day for the canteen will be Friday, 8 December this year and we say goodbye to Marisa & Mariel! Both of their boys are heading to high school!

Marisa & Mariel Leaving

Please join the P&C in thanking Marisa & Mariel for their incredible hard work and dedication to the school canteen over the last two years. They came to the rescue when we really needed them and have done a stellar job. They have built such a lovely rapport with all the kids who visit the canteen window at recess and lunch. We know they will be dearly missed!

Seeking New Canteen Manager

Of course this means we need a new canteen manager for next year. There have been some changes to the law regarding the way school canteens operate so we will need someone who has worked in the food industry and is familiar with the regulations. It is a paid position with excellent hours. Does that sound like you or anyone you know? They don't have to be a school parent. Please let us know if you are interested and we can discuss the requirements of the position further. Please email or call Linda at canteenconvener@hhps-pandc.org.au. If we don't find anyone, the P&C may need to look at outsourcing the canteen next year. Watch this space!

Christmas Lunch

A big thank you to everyone who ordered the special Christmas Lunch! We have over 100 orders. Thanks again to the volunteers who helped put it all together!

Canteen/Flexischools items availability

As we head to the end of the year and the canteen closure (8 Dec - see above) you may notice some of your favourite lunch items have disappeared from the Flexischools menu. This is because we won't be replenishing items as they run out.

Canteen convener
Linda Scocca

Uniform Shop news

The last uniform delivery to the classrooms in Term 4 2023 will be Thursday, 14 December. Please place your order into Flexischools before 5pm on 13 December.

The uniform shop will reopen in Term 1 2024 for the collection of on-line orders and for the sale of second-hand uniforms as follows:

- Holiday Opening - Wednesday, 31 January - 9am-10:30am
- Student Return Day - Thursday, 1 February - 8:45am-9:30am
- Week 2 - Monday, 5 February - 8:45am-9:30am

Donations - If your child has outgrown or no longer needs their school uniforms, please consider donating them to the HHPS Uniform Shop. We would particularly welcome uniform items in sizes 10 and above. Please ensure that the uniforms are washed and are in good condition. Donations can be left in the uniform cupboard at the School Office or outside the Uniform Shop (near HHOOSH).



HHPS P&C COMMITTEE PRESENTS
THE GREAT GATSBY
GALA

Friday | 1st March 2024 | 7-11PM
The Loft, Jones Bay Wharf, Doltone
House by, 26-32 Pirrama rd,
Pyrmont

**Ticket includes canapés, 4 course
dinner, drinks and dancing.**

Items will be auctioned off to raise money towards
the P&C committee of HHPS for the rejuvenation
of the school grounds



BOOK THROUGH
TRYBOOKING OR QR CODE
DRESS: FORMAL/GATSBY

Performing Arts Update

Year-end Performance

It's been another fantastic year for our performing arts group, with performances which was capped off with our year-end performance.

All ensembles (jazz, string and vocal) as well as the HHPS Creative Workshop Drama Club performed at the year-end concert at the All Saints Church on November 9th. We were treated to performances from three of our string ensembles – Stringletts, Chamber Orchestra and our Quartet – as well as our vocal ensembles and jazz band. Our talented drama students performed a spooky Halloween themed performance.

There was a fantastic all-ensemble combined performance of 'All I want for Christmas' as the grand finale. It was a great demonstration of the practice and dedication all ensembles have put in throughout the year.



Performing Arts Update

Interested in signing up for music next year?

We are taking expressions of interest for students wanting to begin an instrument or join vocal ensemble in 2024.

Jazz Band

We have a variety of string and jazz band instruments and tutors available at the school. Please use the following link to register interest for [instrument lessons](#).

We will also have Jazz Band instruments available to try at rehearsal on Thursday 7th December from 8.30am in the School Hall.

If your child has already been playing an instrument for a minimum of two terms and would like to join the jazz band, please enrol your interest [here](#).

Strings

We have a cello and violin tutors available at the school. Please use the following link to register interest for [instrument lessons](#).

If your child has been learning a string instrument for a minimum of two terms, they can enrol for [Stringletts ensemble](#).

Chamber Strings is by invitation for those students who have been learning strings and playing with Stringletts for a minimum 1 year.

Vocal

If your child is interested in joining a **vocal ensemble**, please provide your details on the linked forms:

[Year K-2 Ensemble](#)

[Year 3-6 Ensemble](#)

If you have any other questions about our instrument lessons or ensembles please contact us at music@hhps-pandc.org.au or 0466 284 807 (Rachel Evans.)

HHOOSH

Hi families,

HHOOSH is excited to announce December 2023 & January 2024 Vacation Care Program.

The Centre will be operating:

Week 1: Monday 18th December - Friday 22nd December 2023

Week 2: Monday 8th January - Friday 12th January 2024

Week 3: Monday 15th January - Friday 19th January 2024

Week 4: Monday 22nd January - Thursday 25th January 2024

Week 5: Monday 29th January - Wednesday 31st January 2024

Please note HHOOSH will be closed:

- **Monday 25th December 2023 to Friday 5th January 2024**
- **Friday 26th January 2024**

The hours the centre operates during Vacation Care is 8:00am - 6:00pm.

All children enrolled in primary school can attend our program and children 2024 Kindergartens can attend from Week 2, Monday 8th January 2023.

Please book **before** Monday 18th December to receive the early bird price.

Please note, refunds or transfer of bookings are **not** available **after** Sunday 17th December by 6:00pm.

Our program and information can be found at:

[HHOOSH Vacation Care Webpage](#)

Below are links to all the necessary documents for December 2023 and January 2024 Vacation Care:

[December 2023/January 2024 Vacation Care Program](#)

[December 2023/January 2024 Vacation Care Information](#)

[January 2024 Vacation Care Excursion Authorisation Form](#)

[Ninja Parc Waiver Form](#)

Important Reminders

TRANSPORTATION

It is highly important that **children are dropped off and signed-in before the arrival time allocated for the excursion activity.** The service will not wait for families who arrive late and will not accept meeting children at the venue.

EXCURSION AUTHORISATION FORMS AND WAIVER FORMS

Excursion Authorisation forms and Waiver forms (where needed be) **MUST** be completed the day **BEFORE** the excursion. If it is not completed the day before, your child will not be able to attend. The service will **NOT** accept authorisation forms the day of the excursion.

Please note, physical copies of the program, excursion authorisation forms are all readily available in HHOOSH's centre next to the sign-in/out iPad. Ninja Parc forms must be completed online.

If you have any questions at all, please do not hesitate to contact Natalie or Chantell on either 0424 474 064 or via email hello@hhoosh.com.au

Thank you and we look forward to seeing you!

Kind Regards,
HHOOSH

HHOOSH

YOU ARE INVITED

HHOOSH

End of Year Party

FRIDAY **8** DECEMBER

3:00PM - 6:00PM

EULBERTIE PLAYGROUND

**COME JOIN OUR CIRCUS THEMED
END OF YEAR PARTY**

**FAIRY FLOSS, SAUSAGE SIZZLE,
FACE PAINTING, HAIR SPRAY,
PRIZES TO BE WON & MORE!**

CHILDREN ATTENDING MUST HAVE A HHOOSH
ENROLMENT. PLEASE BOOK A CASUAL BOOKING
THROUGH THE MY FAMILY LOUNGE APP IF YOUR CHILD
DOES NOT ALREADY ATTEND ON A FRIDAY. COLLECTION
OF CHILDREN WILL BE AT THE BACK GATE NEXT TO THE
HOSPITAL. CHILDREN'S PARTY ONLY