

HUNTERS HILL PUBLIC SCHOOL

'Excellence in Learning for Success in Life'



AMITY Newsletter 2024

Term 1 Week 10



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Message from the Principal



HHPS Public Art Strategy

Don't forget that the community **survey closes tomorrow!** Please make sure that you have submitted your ideas if you would like to contribute to the strategy.

Survey link:

<https://forms.gle/GwUVXnqdKghU5Dd37>



Term 1 at HHPS

We hit the ground running again this year and find ourselves with only one more week of school left before the holidays, after a short hiatus over Easter. It has been a hive of activity at HHPS and all the students and staff have been working extremely hard. We know that parents, carers, families and friends are all part of the process of making school a successful experience for our students and that all of you have been working hard as well. Thank you to everyone who has supported us and our students in our efforts throughout the term.

We look forward to re-starting our journey with you and your children next term as we seek to achieve student success and wellbeing, teacher professional development and best practice, quality parent/carer partnerships, and continuous school improvement.

Our 2024 School Improvement Plan 'Strategic Directions' and 'Initiatives' remain as follows:

Student Growth and Attainment	High Quality Teaching	Collaboration and Partnerships
English Mathematics Student Wellbeing Practices	Evidence-based Practice Student Assessment	Collaborative Practices Partnerships

Each year, our strategic directions and initiatives stay the same, but our work focuses within each initiative change to meet emerging needs and achieve evolving goals.

Our 2023 Annual School Report will be available on our website from the beginning of Term 2.



ANZAC Service

This year's school ANZAC commemoration will be held in the hall next Friday, 12 April 2024 during normal Friday assembly time, so commencing at approximately 9:05am. Students from K-6 will be involved. Parents are invited to attend should you wish.



Opportunity Class Applications Year 5 2025 Now Open (Attention Year 4)

Detailed instructions on how to apply and the link to the online form are at the Selective High Schools and Opportunity Classes website:

<https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/application-process>

Parents/carers must apply online. Applications must be made by the closing date.

Applications open on 4 April 2024 and close on 20 May 2024. You must apply before the closing date.



Australian Government eSafety Commissioner

With children and young people using the Internet so prevalently, and with holidays coming up, 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.



On our Website

Child and Family Services in Your Area

At the following link you will find information about a number of local child and family services if you need support. The school also has additional information about these and other services.

If you would like confidential assistance to find any desired support services, do not hesitate to contact us. Please ask for our counsellor or principal.

Child and Family Services Ryde/Hunters Hill

Please be aware that the information is there should you or anyone you know feel the need to access support. You will find it in the 'Supporting our students' section under 'Parents, carers and the community'. The link above will also take you to the appropriate page.



Baby News

I am super pleased to let you know that Mrs and Mr Murphy have welcomed another baby boy into the world. Mum and baby are well, and we wish the family all the very best.



Money at School

Please be reminded to send only small denominations of money to school if your children are using the canteen.

Apart from the canteen not being able to change large notes, there is no need to send notes any larger than \$10 as an absolute maximum, with a preferable limit of \$5. The security and appropriate spending of any larger amounts of money cannot be monitored or assured.



Winter Uniform

Just a reminder as we head into Term 2, that winter uniforms should be worn on students' return to school after the holidays. We appreciate, however, that the weather is unpredictable and has remained quite warm. Should the weather remain unusually warm, summer uniform is fine to be worn on hot days.

Please note that **full winter uniform must be worn on school photo day** (Tuesday, 7 May 2024).



Teacher Professional Learning

Last week on our professional learning afternoon, we looked at our Term 2 programs and for opportunities to incorporate Aboriginal histories and cultures. This week we will begin planning and preparing for Semester 2 student progress reports with a focus on assessment strategies. Next week we will be preparing for Term 2 program implementation.

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



Happy Families

In most newsletters you will find an article from '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



Happy Holidays

From all of us to all of you, we wish you a safe and happy school holiday period.

School resumes for students on Tuesday, 30 April 2024.



Changed Your Details?

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

Kim Dudgeon



When My Child Won't Listen

By Justin Coulson

In 1998, Dr. Ross Greene wrote a bestselling book titled *The Explosive Child*. I interviewed him on The Happy Families podcast, and our discussions became some of our most listened-to conversations.

His philosophy: "Kids do well if they can."

In my words: Competence. A challenging situation presents itself. Capable kids navigate it, often with confidence. If they're not quite there but believe they can do it, they'll go for it. But if they're incompetent, they pull back. Feeling incompetent can lead to withdrawal or explosions. And they don't do well... because they can't!

Greene describes incompetence in a gentler way: lagging skills.

Lagging skills are the missing pieces in a child's skill set, hindering their ability to meet the demands of the moment. These lagging skills are flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

Let's break them down:

Flexibility and Adaptability

A disrupted routine or inadequate time to prepare for a transition to a new activity (leaving the park, taking a bath, or switching off a screen) requires this skill. So does a change in plans. But it's a skill that takes time, practice, and support to develop. Its opposite: rigidity and tunnel vision.

Frustration Tolerance

When the bottom drops out, expectations are unmet, or delayed gratification is required, frustration tolerance is what stops an emotional outburst. It's recognising things didn't work out according to my agenda, and then managing the frustration, expressing it appropriately, and thinking clearly.

High emotions = low intelligence. Frustration tolerance keeps emotions level and stable, and allows us (or our child) to sit in that emotion without acting rashly.

Problem Solving

Unpredictability, randomness, and volatility are inescapable realities of most of our lives. Being flexible and adaptable and having frustration tolerance keep emotions stable and facilitate creative, broad thinking so we (and our kids) can solve problems effectively.

A parent's fundamental job, besides keeping their child safe, is to help them learn to solve problems. How do they resolve a problem with a sibling? How do they navigate a friendship challenge at school? What is the best way forward with an academic question?

Emotion Regulation

Frustration tolerance is a crucial component of a much larger challenge: emotion regulation, which means expressing and suppressing emotions appropriately.

Our words matter. They shape our perceptions and build the world we live in.

Remember:

Your child isn't 'naughty.' They have some lagging skills that we can develop.

Your child isn't trying to ruin your life. Kids do well if they can.

Your child isn't an idiot or a pain.

Your child doesn't have the competence to get it right... yet.

Even if they've done it right before. Even if they're laughing about it and you sense they're being malicious. Even if they're being disrespectful. Even if they're insisting that they 'can't'.

When they're stuck:

1. Soften your eyes. Look upon them with compassion and kindness. Remember that kids do well if they can, so if they can't right now, there's something going on. Hungry? Angry? Lonely/Disconnected? Tired? Stressed? Sick? Overstimulated?
2. Say what you see. If you can name it, you can tame it.
3. Ask if they want you with them or if they want space.
4. As emotions subside, explore their world and their challenges. Explain what you are looking for and empower them through problem-solving. Support those skills of flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.
5. Make a plan so they can try to do better next time.

Dr. Greene's 'Collaborative and Proactive Solutions' framework teaches parents to help children develop these skills (which often lag) in order to solve problems.

K-2 Awards

Congratulations to the K-2 students who received a mention at the Weeks 9&10 Assemblies for good work!



Certificates of Merit

At the K-6 Assembly in Week 8, the following students were recipients of Certificates of Merit, for excellent effort, work or citizenship:

1L

Dipson B, Jude V, Elsie Z

1/2M

Tilly C

2P

Heidi B, Oliver G, Ragnar M

3J

Divesh B x2, Grace N

3/4M

Ashleigh X

4T

Teddy P

5/6E

Mackayla L x2

5/6M

Elsie G, Beau P

Dates to Remember

Tues, 2 - Fri, 12 Apr	Year 2: Swim School
Fri, 12 Apr	Last Day of Term 1
Mon, 29 Apr	Staff Development Day (staff only)
Tues, 30 Apr	First Day of Term 2 for students
Wed, 1 May	Stage 2: Excursion to Field of Mars
Tues, 7 May	School Photo Day
Thurs, 9 May	Mother's Day Breakfast

Peer Support

Our Peer Support Program is titled 'Stronger Together'

Session 5 - Standing together.

Our Peer Support session this week looks at the impact of how working together as a team with similar beliefs, can provide a barrier to bullying. When everyone is focussed on promoting positive behaviours that respect diversity and individual need, bullying can be reduced. Activities that focus on building the strength of teams and awareness of the responsibilities of bystanders assists in a whole of school approach. Parents and carers could talk with their child about how they could help others who are not experiencing good relationships.

Session 6 -Take the lead – Final Session

The final session next week summarises skills learnt in previous sessions and provides an opportunity to plan to implement further initiatives across the school. Students will be able to identify personal and whole of school goals to further address bullying and build their own resilience. Ask your child what they have learnt and what else they would like to learn about having good relationships.

Thank you, all participating students, Peer Leaders, staff and parents/carers, for your support.

Jim Fogarty | Year 5/6 Classroom Teacher & Peer Support Coordinator

Sport News

Sydney North Swimming Carnival

Hip, hip, hooray! Let's give a big round of applause to our fantastic swimmers who made a splash at the Sydney North Swimming Carnival on Tuesday! Aidan M, Elsie G, and Evelyn T showed true grit and determination in the pool, making HHPS proud with their outstanding performances.

Aidan showcased his aquatic prowess in the 200m Individual Medley, clinching a commendable 6th position in the lightning-fast 50m Freestyle, and a stellar 5th place in the challenging 50m Backstroke. Bravo, Aidan!

Elsie proved her mettle in the water, securing an impressive 11th place in the fiercely competitive 50m Breaststroke. Way to go, Elsie!

Evelyn didn't shy away from the competition, giving her all in the demanding 50m Freestyle and achieving a commendable 18th place. Keep up the fantastic work, Evelyn!

A huge congratulations to all three of our swimmers for achieving remarkable personal bests in their events. Your hard work and dedication truly shines through!



Northern Suburbs Tennis Association Primary Schools Challenge

You may recall from last fortnight's newsletter that Elliot B, George E, Edward P, Noah P, Will S, and Teddy W competed in the Northern Suburbs Tennis Association Primary Schools Challenge last month.

Final placings are in, and the boys won first place for the Term 1 competition! Congratulations!



Sport News

Zone Netball Trials

Despite the outcome, let's give a massive cheer to Miesha P, Ally M, Tilly S, Grace C, and Auriane H for their outstanding efforts at the Zone Netball Trials. These talented girls poured their hearts into the trials and represented HHPS with pride and integrity.

Though the selection didn't swing in their favour this time, we applaud them for their resilience and determination. Well done, girls! Keep shooting for the stars!

Zone Rugby League Trials

A thunderous applause for Levi W and Aston R for their stellar performance at the Combined Zone Rugby League Trials! These two mighty lads showcased their skills on the field with gusto and determination.

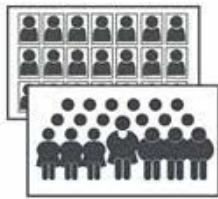
While the competition was fierce, Levi and Aston stood tall and gave it their all. Although they narrowly missed out on selection this time, their hard work and sportsmanship are truly commendable. Keep chasing your dreams, boys! We're proud of you!



That wraps up this edition of the HHPS Sports Newsletter! Let's continue to support our athletes as they strive for greatness in their respective sports. Until next time, stay active, stay spirited, and keep shining bright, HHPS!

Jim Fogarty | Year 5/6 Classroom Teacher & Sports Coordinator
Ryde Zone Convener | Ryde Zone Secretary

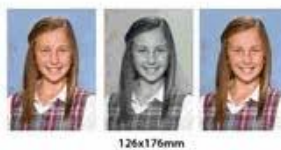
School photographs will be taken on Tuesday, 7 May 2024



Group presentation format is chosen by your school. Format may vary from options shown.



Perfect for 10x8" Frames



126x176mm



82x127mm



38x135mm



38x63mm



63x87mm



53x74mm



29x41mm



48 Personalised Stickers

Please note: Traditional or Composite group and the presentation format are chosen by your school. Sibling photos can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

how to order

order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.

STEP 1

Go to www.advancedlife.com.au on your computer, phone or tablet.

STEP 2

Enter your school code:

ZLG FNF TQM

in the 'order and download' box.
This will take you to your school's secure online ordering site.



STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at Hunters Hill Public School and also order sibling photos.



School photographs will be returned to your school 4-6 weeks after the day of photography

IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available

Contact us: www.advancedlife.com.au/contact

advancedlife
school photography & print specialists

P&C Update

After School Activities

Dear Parent and Carers,

We are very happy to let you know that Term 2 After School Activities are now open for booking. We also welcome Kindy students to join our Drama Club in Term 2 on a Thursday. Please note that Chess is *before* school.

Please remember, if your child participated in a workshop in Term 1, they **MUST** be re-registered for Term 2, in order to take part. Signing up and paying is easy, simply click on the workshop link below. The link will take you to a Trybooking page for signing up.

Kind Regards,

The After School Activities Team

★ **After School Program Term 2** ★

Classes run from 6 May - 27 June 2024 (except 10 June).

Monday

- **Creative Writing with Alison Gorman - \$195**
Years 2 - 6
3:05pm - 4:15pm
Dates: 6 May - 24 June
- **Anime with Holly Chen - \$245**
Year 2 - 6
3:05pm - 4:35pm
Dates: 6 May - 24 June

Tuesday

- **Chess by Sydney Academy of Chess - \$180**
Years 1 - 6
7:55am - 8:50am
Dates: 7 May - 25 June
- **Netball by PlayBook - \$210**
Years 1 - 6
3:05pm - 4:15pm
Dates: 7 May - 11 June

Wednesday

- **Soccer with Tony - \$110**
Years 3 - 6
3:05pm - 4:20pm
Dates: 8 May - 26 June
- **Robotics by Codecamp - \$340**
Years 2 - 6
3:15pm - 4:30pm
Dates: 8 May - 26 June

Thursday

- **Drama by Inner West Drama - \$281**
Years K - 6
3:05pm - 4:35pm
Dates: 2 May - 4 July

Mon: Creative Writing <https://www.trybooking.com/events/landing/1198803>

Mon: Anime/Manga Drawing <https://www.trybooking.com/events/landing/1198793>

Tues: Chess <https://www.trybooking.com/events/landing/1198862>

Tues: Netball <https://www.trybooking.com/events/landing/1198816>

Wed: Soccer <https://www.trybooking.com/events/landing/1200541>

Wed: Robotics <https://my.codecamp.com.au/course/venue/8049>

Thurs: Drama <https://www.innerwestdrama.com/kids-term-drama>

HHOOSH

Dear families,

Get ready for an unforgettable autumn break filled with adventure, creativity, and learning! We're thrilled to unveil our exciting Vacation Care Program for the upcoming April school holidays. At Hunters Hill Out of School Hours, we're committed to providing an engaging and enriching experience for your children. This autumn, we're switching things up a bit! In response to your feedback and to ensure the safety and enjoyment of all our students, we'll be focusing solely on incursion activities.

What does this mean for you?

It means your child will get to experience a diverse range of exciting activities right here at our centre! From interactive workshops to captivating performances, our incursion program promises to spark curiosity, inspire creativity, and foster new friendships.

Our carefully thought out activities will cater to a variety of interests and age groups, ensuring that every child has the opportunity to discover something they love. Whether they're budding artists, aspiring scientists, or thrill seekers there's something for everyone to enjoy.

The Centre will be operating:

Week 1: Monday 15th April – Friday 19th April 2024

Week 2: Monday 22nd April – Friday 26th April 2024

Week 3: Monday 29th April 2024

Please note: CENTRE IS CLOSED on Thursday 25th April 2024 due to the Anzac Day Public Holiday.

The centre's operating hours during Vacation Care is 8:00am - 6:00pm.

Please book **before** Monday 15th April to receive the early bird booking price.

Kindly be aware that cancellations or booking date transfers will not be accommodated after 6:00pm on Sunday 14th April 2024.

Our program and information can be found at: [HHOOSH Vacation Care Webpage](#)

Below are links to all the necessary documents for April Vacation Care 2024:

[April Vacation Care Program 2024](#)

[April Vacation Care Information 2024](#)

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

Please share our program with friends and families as our service is open to all primary school-enrolled children over the school holidays.

Thank you and we look forward to seeing you!

Kind Regards,
HHOOSH