

HUNTERS HILL PUBLIC SCHOOL

'Excellence in Learning for Success in Life'



AMITY Newsletter 2024

Term 1 Week 4



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Message from the Principal



Business as Usual

We are all well and truly back into the swing of things at HHPs. Classroom routines are being established, student learning groups are being finalised, teaching and learning programs are being delivered and refined, support programs are underway, sports and other teams are being selected, and house leaders have been elected. SportsPro and SRE/SEE have commenced, as have K-2 and 3-6 assemblies. An information evening has been held and of course our first community event, the annual Welcome BBQ!

Kindergarten students are 'old hands' at it now, many leaving open-mouthed parents at the front gate as they walk into school without nary a backward glance.

How quickly we fall into routines and the long summer holiday feels a thing of the distant past.



Welcome BBQ

We were so fortunate to have a lovely afternoon for our P&C Welcome BBQ last Friday on a day forecast to be wet. It was a fun and relaxing afternoon which I trust everyone enjoyed. The atmosphere and feedback at the time was certainly positive. Many, many thanks to Odysse for her organisation of the event, to Linda for her support of such, and the trusty team of parents who volunteered to help on the day – particularly those new to the gig! Thank you also to everyone who was able to join in the event and I hope you were all able to catch up with current friends and make some new ones.



Thank You!

I must admit to being remiss in last fortnight's newsletter having overlooked the inclusion of this Certificate of Appreciation.

It was received from Sydney Community Services in recognition and thanks for your generous donations of food for families in need at the end of last year.

I am sure that many families were able to enjoy a much more festive Christmas than they otherwise would have without the generosity of the HHPs community.

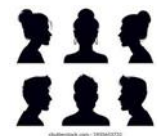
Many thanks for your contributions that were made on behalf of the school and our community.





Parent Information Evenings

Thank you very much to everyone who made the time to attend our class parent information evenings last night. These evenings are a great way to connect with your child's class teacher and other parents in your child's class. Most importantly, attendance sets you and your child up for a positive and well-informed year. Many thanks to all attendees as well as the teachers who stayed back at school to meet you.



Class Parents

You should have received advice by now of who to contact as the class parent for each class should you wish to. Thank you to everyone who volunteered and to everyone who has taken on this role.

Just as a reminder, the role of the class parent includes such things as:

- Relaying class information and school information on an 'as needed' basis.
- Supporting parents in terms of clarifying information or providing guidance around where to go or who to ask if needing information.
- Liaising with the class teacher on matters of class items, activities, or events that may involve parent help or assistance.
- Potentially arranging out-of-hours class activities.

Please be advised that all communication will come from the school in the first instance and all families should have downloaded and be using the **School Bytes App**.



Parent/Teacher Interviews

Individual parent/teacher interviews will be set up for Week 6 (**4 – 8 March**). This is the time to discuss topics related to your individual child.

Bookings will be done via School Bytes and information about how to book will be forwarded soon.

Please note that parents who are split should make one appointment and attend together wherever possible.

Parent/Teacher interviews will be held in classrooms. We look forward to meeting with you.



Student Absence

EVERY DAY COUNTS!



EVERY MINUTE COUNTS!



Whole School Assemblies and Student Awards

Further to my message from last fortnight, please note that just for **this term**, our second whole school assembly will be held in **Week 8** on Friday, 22 March 2024. This is due to Week 9 being Good Friday.

As such the deadline for receipt of awards in the office for this assembly is Friday of Week 7.



Drop-off and Pick-up Zone

To assist us to facilitate the smoother operation of the Drop-off and Pick-up Zone, please be mindful of the following processes regarding its use:

- Please display your surname in your front window.
- Please enter via the back of the line only.
- You must be within the two yellow markers to drop-off or pick-up your child/ren.
- Please always move as close to the front of the zone as possible ie first, second or third in-line depending on the number of cars in front of you. Please do not, pull up at the gate and leave space in front of you.
- Student must exit/enter the car via the kerbside door only.
- Parents must always remain in vehicles.
- Students must be able to independently exit/enter the car.
- Please keep the time stationary in the zone to a minimum and depart quickly.
- Please move on when asked, if your child has not yet exited school. We understand that this is irritating and time-consuming, however, it is necessary for the functioning of the pick-up zone and the general flow of traffic.

For the smooth flow of traffic in the area it is vital that our parents do not queue through (or behind) the pedestrian crossing, wait for space in the pick-up zone to exit Ferdinand Street, or queue outside the pick-up and drop-off zone. I am advised by the council ranger who is in regular attendance that violation of these traffic laws can impose a fine of \$357 and the loss of two licence points.

I understand that traffic in the area is dreadful in the afternoons and the only way that we can potentially ease that (apart from walking – even if from a short distance away if your home is too far, which we strongly encourage) is to follow processes and traffic rules in place.



Misplaced a Note?

Please note that if you have misplaced a note sent home from school, that it will be available on the school **website** (Communication > Notes). Replacement copies will not be provided by the school.



Changed Your Details Over the Holidays?

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

School Bytes

Parent App

Download now!
Go to the App Store or Google Play.

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**



Low Effort, High Pay-off Parenting

By Jocelyn Brewer

Parents of today parent more intensively than any other generation of parents. Here's what I mean by that:

A thousand years ago, the question parents were asking wasn't "Will my kids enjoy these homemade protein balls?" Instead, it was, "How do I find food to feed my family?" (Although with the current cost of living crisis, maybe we're asking that a little more again today).

A couple of hundred years ago, the question wasn't "Will my 9-year-old like their book week costume?" It was, "Should I send my 9-year-old to work in the local coal mine?" Now today's parents ask, more than ever before, "How can I be a 'good' parent?"

Parenting entered the dictionary as a word in 1918. It's only been a touch over 100 years. But even then, the idea of parenting being something that we "do" only began to be emphasised from around the late 1970s. Before that, you were a parent (noun), but you weren't particularly focused on how you parented (verb).

Now, there are literally hundreds of parenting books on the shelves. Parenting is intense. Fetishised. Even competitive.

Research is telling us that many parents feel overwhelmed or even burnt out.

The good news is that we can scale back our efforts without it being detrimental to our kids. We can also make tiny adjustments that can have a big impact.

The Pareto Principle (better known as the 80/20 rule) is how this works... although I think after this we should start calling it the Parento Principle! This principle, first observed by the economist Vilfredo Pareto, states that 80% of the outcomes stem from only 20% of the effort. In other words, by focusing on a handful of low effort, high pay-off factors, we can prioritise our efforts and focus on what matters most.

Here are a few simple swaps you can make

These require little to no extra time or planning, and that can maximise the impact we have as parents.

1. Swap out the vague and uninspiring question "How was your day?"

You know that they only ever grunt back "fine" anyway. Instead, swap in questions that invite them to really talk about their day. You can ask them to tell you two good things and one bad thing that happened that day. Or play a guessing game where you try to guess what each other's favourite moment of the day was.

2. Swap out the guilt you have for not spending time with your kids

Swap out the guilt you have for not spending time with your kids while you are at work or attending to other responsibilities. Guilt without action doesn't help anyone. Instead, swap in 10 minutes of being completely present each day. Turn off your phone, put down the to-do list, and spend just 10 minutes completely engaged with your child.

3. Swap out trying to enforce dozens of rules

No one enjoys being micromanaged. Instead, swap in having a family meeting to determine

a handful of general rules that address safety, respect, and other important values. Simple rules such as, "we don't hurt people or property" and "we choose to spend time together" can capture most situations, and determining how the rules apply supports your child's developing autonomy and competence.

4. Swap out pressuring your child to do homework or study for a test

They'll do much better educationally if their motivation for completing these tasks comes from within. Instead, swap in reading together in the evenings. Being exposed to lots of books is one of the most impactful things we can do as parents to support our children's learning.

5. Swap out listening to music or sitting together in silence on your drives

While singing along to Taylor Swift together can be bonding, there's something even better you can do on occasion. Instead, swap in having discussions about crucial topics. The car can often feel like a non-confrontational place to have discussions about what it means to be kind, how to approach bullying, and what consent means.

We don't need to parent harder. We need to parent smarter. By balancing efficiency and effectiveness, we can be the best parents we can be, without burning ourselves out in the process.

K-2 Awards

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



Dates to Remember

Tues, 27 Feb	Performing Arts 'Showcase' (see P&C section of newsletter)
Fri, 1 Mar	First Whole School Assembly of 2024 - 9:10am
Mon, 4 - Fri, 8 Mar	Parent/Teacher Interviews (bookings open soon via School Bytes)
Tues, 5 Mar	School Swimming Carnival Y3-6 (and optional for those in Y2 turning 8 in 2024)
Thurs, 7 Mar	Zone Swimming Carnival (selected students)
Tues, 12 Mar	SRC Fundraiser Day (see SRC Update in newsletter)
Wed, 13 - Wed, 20 Mar	NAPLAN: Years 3 & 5
Thurs, 21 Mar	Harmony Day
Fri, 22 Mar	Whole School Assembly - 9:10am
Fri, 29 Mar	Good Friday (Public Holiday)
Mon, 1 Apr	Easter Monday (Public Holiday)
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

Peer Support

Peer Support - Introduction to Peer Support

Next Wednesday our students will commence our Peer Support Program with Session 1 Feeling safe - Being me! For the next 6 weeks they will be involved in groups of approximately 10 students to work with two student Peer Leaders and supervising teacher on Stronger Together - a module that aims to support positive relationships amongst students. Starting next week, we will talk to students about their strengths and their resilience. We will discuss positive relationships or friendships and what to do if they experience harmful and hurtful behaviours. Peer Leaders have been trained and have planned their session using the materials we have from Peer Support Australia that are specially designed for student led sessions. Our Supervising/Class Teachers will prepare students, supervise sessions and check understanding at the end of the session.

Our session next week includes activities for the members of the group to get to know each other by using a range of social skill interactions that promote diversity and engagement in a sensitive yet productive manner. It also establishes a safe learning environment where the group feel able to join, share and contribute sense of belonging to better protect them from bullying.

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



SRC Update

The Student Representative Council (SRC) is thrilled to announce some exciting news and upcoming events.

Official Badge Presentation

We're proud to announce the appointment of our SRC representatives for the year! The official badge presentation ceremony will take place during Week 5's Whole School Assembly. Let's give a round of applause to our dedicated student leaders who will be representing the student body with pride and enthusiasm.

Pedaling Towards a Cure

Term 1 Fundraiser: Tour De Cure Cancer Research

Get ready to pedal for a cause! On Tuesday, 12 March, the SRC will be hosting a fundraiser in support of Tour De Cure Cancer research. We're calling on all students to participate by riding, scooting, skating, or walking to school on this special day. But that's not all—let's add some flair to our journey! Decorate your helmets, handlebars, or scooters with safe and creative designs. Let your imagination run wild as we unite in the fight against cancer.

Muffi Day & Sausage Sizzle

On the day of the fundraiser, students can ditch their uniforms and dress in muffi attire with the purchase of a \$2 muffi license. And what's a fundraiser without a delicious lunch? For an extra \$3, students can enjoy a mouth-watering sausage sizzle. Don't forget to bring your payment to your class teacher before Friday, 8 March to secure your spot!

Colouring Competition

Calling all budding artists! Show off your creative skills by participating in our colouring competition. Purchase a colouring sheet from the SRC in the playground starting Monday, 26 February, for just \$1. There will be two categories: one for students in K-2 and another for students in 3-6. Feel free to create your own masterpiece with the theme of bike-riding in mind. Let's see those crayons, pencils and markers come to life!

We're thrilled to see our school community come together to support such a meaningful cause. Every pedal, every stroke of colour, and every dollar raised brings us closer to making a difference in the fight against cancer. Let's pedal with purpose, create with passion, and unite in our efforts to make a positive impact.

Thank you for your support, and let's make this fundraiser one to remember!

Warm regards,

HHPS SRC

Sport News

Making Waves in Sport

As we dive into the heart of Term 1, our school community is abuzz with excitement for the array of sporting events and achievements that lie ahead. Let's take a closer look at what's on the horizon.

Swimming Carnival

Get ready to make a splash! Week 6 brings us the highly anticipated School Swimming Carnival on Tuesday, 5 March, followed swiftly by the Zone Swimming event on Thursday, 7 March. It's time to dust off those goggles, perfect your strokes, and ensure you're ready to tackle the 50m distance. Remember, practice makes perfect, so hit the pool and hone your skills! Students, don't forget to nominate the events you wish to participate in. And while we understand the quick turnaround for those qualifying for Zone, let's embrace the challenge and make the most of this unique opportunity.

PSSA Sport

While Round 1 may have been dampened by wet weather, the forecast is looking bright for this Friday's matches. Keep your eyes on the prize and be sure to check the Ryde PSSA Zone website <https://www.revolutionise.com.au/rydepssa/games/> for all the latest information regarding games and field locations. Let's show our office staff some support by refraining from calling for these details - they're hard at work ensuring everything runs smoothly. Best of luck to all our teams this week!

Representative Trials

A round of applause and best wishes to our talented students who are gearing up for representative trials this term. Let's cheer on:

George E - Cricket, AFL, Tennis
Jay S - Cricket
Hugo F - Cricket
Magnus G - AFL
Jacob M - AFL
Jonas E - AFL
Penny W - Sydney North Hockey, Sydney North Cricket
Maya J - Tennis
Noah P - Tennis
Elliot B - Tennis
Hawk Q - Basketball

Your dedication and commitment to your respective sports are truly commendable. Remember, it's not just about the outcome but the effort and passion you bring to the field, court, or pitch. Represent our school with pride and let your skills shine!

Go team!

Jim Fogarty | Year 5/6 Teacher & Sports Coordinator



P&C Update

President's Update

It was fantastic to see so many happy little faces at last week's Welcome BBQ and a big thank you to all the P&C volunteers who made it happen. We loved seeing the new kindy kids really getting to know their school (even if there were snakes, lizards, turtles and a crocodile!) along with bubbles and bangers and slushies and popcorn etc etc etc.

Next big event is the Gatsby Gala fundraiser dinner on March 1st and we're looking forward to hosting over 100 school parents and carers in their finest 1920's outfits, all having a blast and helping to raise funds for the school. We continue to work on kicking-off the Big Master Plan for the rejuvenation of the school grounds and hope to be able to share another update soon.

Lastly, the first P&C meeting of 2024 is on at 7.30pm on Weds, March 6th and will be held both in the school hall and online via Google Meet. You don't need to be a member to come along - only to vote - but we do encourage all parents and carers to sign-up, participate and get involved with your P&C. We look after the canteen, HHOOSH, uniform shop, performing arts, after school activities, book club and of course all the fantastic activities throughout the year. So why not come along to see what it's all about.

Sign up for the P&C here, it's just \$1 for the year: <https://www.trybooking.com/CPCJW>

Dial-into the meeting at 7.30pm on Weds, March 6th: <meet.google.com/fwb-hubv-zrp>

Thanks all!

Robbie Upcroft
President - Hunters Hill P & C
president@hhrs-pandc.org.au

Events update

What a beautiful afternoon we had last Friday for the welcome BBQ! After a morning full of rain, the clouds opened up and gave us a warm and sunny afternoon. The children and adults all enjoyed the face painting, reptile show and giant bubbles. Glad to see so many new and old faces! Thank you to all the amazing volunteers who made the day run smoothly and served everyone; without you it wouldn't be possible!





We have our **Great Gatsby Gala** coming up on **Friday March 1st** at Doltone House. If anyone is still wanting to come to the event of the year please email me on eventsconvener@hps-pandc.org.au We will have amazing prizes, stunning views and delicious food.

Keep posted for exciting and new events throughout the year.

Thanks,

Odysse Christou
Events Convenor

Performing Arts Update

Musical Showcase

On Tuesday, 27 February we will be holding our musical showcase, when each class of students will have an introduction to each of our different ensembles and a chance to look, touch and possibly play an instrument of interest or hear one being played.

There will be 15 minutes allocated for each class as laid out below. Parents are welcome to come along at the time allocated for your child's class.

Class	Time Allocation
KJ	10:30
KX	10:45
1/2M	11:35
1L	12:00
2P	12:15
3J	12:30
3/4M	12:45
5/6F	1:50
5/6E	2:05
4T	2:20
5/6M	2:35

If your child is interested after attending this showcase, there will be a flyer handed out on the day with details of how to sign up. There is also information below on how to sign your child up to our musical programs.

We would love to have some parent volunteers along to help with this – even if you can only spare an hour. No musical experience required! Please contact us at music@hhps-pandc.org.au or 0466 284 807 (Rachel Evans.)

Volunteers needed!

Speaking of volunteers, we would love to hear from any parents interested in supporting our Performing Arts Committee. We are lucky to have a thriving performing arts program here at HHPS and it's all thanks to our team of parent volunteers. There are lots of opportunities available, such as being an instrument coordinator, an ensemble rep for each of our ensembles or administration coordinator to help with jobs such as registration processes. Please contact us at music@hhps-pandc.org.au

Save the date(s)

It's only February and we already have some great performance dates in the calendar.

- On 25 June, our Strings Chamber Orchestra will perform at the Festival of Instrumental Music at the Sydney Opera House. There will be a rehearsal date announced closer to the time.
- Our Vocal Ensemble will perform at the Sydney Opera House at the Festival of Choral Music which will take place during the week of 12-18 August (date TBC).

What a fantastic opportunity for our singers and strings players and one that they will remember for the rest of their lives.



2023 HHPS Vocal Ensemble at Festival of Choral Music ('FOCM')

2023 Festival of Instrumental Music ('FOIM')

Interested in joining our performing arts program?

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.

If your child has already been playing an instrument for a minimum of two terms and would like to join the jazz band, please email us on music@hhps-pandc.org.au

Strings

We have a cello and violin tutors available at the school.

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

Canteen News



Our new canteen manager Lisa Silicato is settling in very well at HHPS. We have had lots of comments about the delicious aroma of homemade food coming from the canteen. Lisa is slowly building the canteen menu and you will continue to notice small changes to menu items every time you log on to www.flexischools.com.au You may also notice that we are also making use of the Flexischools News section to let you know about our frequent specials.

We have come to the end of our Lunar New Year Special - it was a terrific success. We steamed up the canteen for two weeks.



Our next special is **Italian!** From Monday 26 Feb until Thursday 7 March you will be able to order Penne Bolognese (Lisa's family recipe) and Penne Pesto (with fresh basil from Lisa's garden) - both on the menu for \$4. For dessert you will find Gelato! Available while stocks last on both Flexischools and over the counter for \$3. This is real gelato from a local gelateria and yes, although it is a treat, it fits into our Healthy Schools menu as an occasional item.

The new 8am cut off time does not seem to have caused any problems - please know you can always contact us if you miss the cut off. Our sushi order goes off early but we can accommodate just about anything else on the menu.

Talking about Sushi, unfortunately we have so few Sushi orders on a Monday that we have had to turn it off. So for now, Sushi is only available Tuesdays, Wednesdays and Thursdays.

Now, after many requests <drumroll please> we are bringing back the sausage sizzle! For now, you

will find it under the Sandwiches section on Mondays only. If you all support it, we will repeat the sausage sizzle fortnightly. (Unless the feedback is so overwhelming that we need to do it weekly). Email us on hpscanteen2@gmail.com if you have any feedback about this.) They will be gourmet beef sausages from the Hunters Hill Butcher served with optional onions and sauces on a long soft roll for \$6.

Just a reminder that the canteen will be open for lunch orders for the K-2 students staying at school only on Swimming Carnival Day (5 March).

Last but not least, we would like to thank all of the volunteers who have helped out so far - if you are interested in helping out please sign up. We are offering lunch vouchers in return for your help. Here is the link: <https://signup.zone/huntershillps-canteen>. No prior experience necessary.

★ 2024 HHPS Canteen Menu ★

ORDER SCHOOL LUNCHES ONLINE VIA
WWW.FLEXISCHOOLS.COM.AU

MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS. CLOSED FRIDAYS.
orders close at 8.00am Same Day

LUNCH

HOT *Locantro Bakery*

Beef Pie	(S)\$3 (L) \$6
Chicken & Vegetable Pie	\$6
Sausage Roll	(S)\$3 (L) \$5.50
Arancini Ball	\$5
Quiche - Spinach & Cheese	\$6

VARIOUS *Sushi*

Sushi Rolls	\$5.50-\$6
Baby Sushi - 9 pieces	\$5.50-\$6
Baby Sushi - 15 pieces	\$8-\$8.50
Rice Paper Rolls - Vegetable	\$6
Rice Paper Rolls - Veg - 2 pack	\$10

SANDWICHES \$3.50

ON WHITE OR WHOLEMEAL (GF AVAIL)

Avocado	Add \$2
Cheese	No Extra Cost
Double Smoked Ham	Add \$2
Egg & Mayo	Add \$1
Lettuce	Add \$1
Salami	Add \$2
Toasted	No Extra Cost
Tomato	Add \$1
Turkey	Add \$3
Vegetemite or Jam	No Extra Cost

CROISSANTS

Plain or choice of fillings \$3.80-\$6.60

SNACKS

Seasonal Fruit (incl Watermelon)	\$2
Garlic Bread	\$2
Edamame Beans	\$2.50
Popcorn	\$0.50 - \$1
Jelly cup (100% juice)	\$0.50 - \$1
Carrot & Cucumber Sticks	\$3
Hummus & Crackers Pack (GF Avail)	\$1.50
Cheese & Crackers Pack (GF Avail)	\$2.50
Packet of chips	\$2
Boiled egg	\$2
Box of Sultanas	\$1
Anzac Biscuits	\$1
Freshly baked muffins	\$2
Freshly baked cookies	\$1
Freshly baked banana bread	\$2

The Italian Special

26 February - 7 March 2024

Penne Bolognese
Penne Pesto
Gelato

★ FROZEN TREATS ★

Moosie	\$2
Juicies Ice Treats	\$2
Icy Bites - 99% Juice	\$1
Twisted Frozen Yoghurt	\$3-\$2
Emma & Tom's Life Juice	\$4.50-\$3.50
100% Sparkling Fruit Juice	\$3
Oak Flavoured Milk	\$3.50
Glee Sparkling Fruit Juice	\$3

DRINKS

CANTEN IS OPEN FOR SNACKS AND DRINKS AT RECESS & LUNCH

Canteen Menu - 2024 Term 1 Wks 5 & 6

HHPS CANTEEN PRESENTS

THE ITALIAN SPECIAL

26 FEB - 7 MARCH 2024

Pasta
\$4

Gelato
\$3

Penne Bolognese
Penne Pesto
Gelato



ORDER ON WWW.FLEXISCHOOLS.COM.AU

Uniform Shop

Year 6 Jersey orders close this Friday. A flyer was sent home with students and they are available on Flexischools. Sample jerseys are available in the 5/6 classrooms for students to try on. They need to ask their teacher for more details. \$65 each.

The uniform shop is not open again until the last two weeks of term. If you need anything, please contact the convenor at uniformconvenor@hhps-pandc.org.au

We are still desperate for donations, if your child has outgrown their uniform, or they are leaving the school, please consider donating to help others. ♡

Angela Armstrong | Uniform Shop Convenor.