

HUNTERS HILL PUBLIC SCHOOL

'Excellence in Learning for Success in Life'



AMITY Newsletter 2024

Term 1 Week 8



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Message from the Principal



HHPS Public Art Strategy

I am super pleased to introduce a new project – The Hunters Hill Public School Public Art Strategy! We are working with HHPS mum and professional artist, Gauri Torgalkar, to create a Public Art Strategy for our school. Gauri will use this strategy document to guide the design, theme and overall process for two murals in 2024, in collaboration with students and teachers. The strategy would continue to serve as a framework for all future public art projects on the school premises.

What is a Public Art Strategy?

A public art strategy is a brief overall framework developed for the school to guide the creation, management, and promotion of public art within the school premises. It serves as a roadmap to facilitate the integration of art on campus and aligns with the goals & values of the HHPS community.

A public art strategy for schools aims to transform the learning environment into a dynamic and inspiring space that nurtures creativity, critical thinking, and a deeper appreciation for the arts. It allows the creation of a theme (or a set of themes), a group of ideas and a cohesive visual character throughout the school premises. Without an overall strategy to guide artworks on the campus, they can look disjointed and fragmented.



We have already started the process of gathering community input with a HHPS Teachers & Staff Workshop last week, and it was a great success.

The strategy also outlines the process to be followed every time an artwork is added to the campus, be it a mural or an interactive sculpture, ensuring that the staff and the students get to be involved in the process, creating a sense of ownership and stewardship.

To make this a project that voices the HHPS **community's ideas**, we would love for you to contribute, as it will involve input from the students, teachers, staff, and parents. You will find a survey, which will take 5-10 mins to complete at the following link. We very much appreciate your participation and look forward to hearing your ideas.

Survey link:

<https://forms.gle/APG22Pm718NwRZE6A> (You may need to copy and paste this link into your browser)



Don't Worry, Be Happy!

At 8:50am each morning, you may have noticed that a few bars of 'Don't Worry, Be Happy' is played. The purpose of this music is to prompt students and parents that it's almost time for learning. It's a happy and catchy tune, but we also imagine that most parents know the words of the chorus. If you are inside school when you hear this music, please farewell your children, and don't worry, be happy! They will be fine and will have a great day. Parents leaving before the 9:00am bell allows students time to greet their friends outside of learning time and prepare themselves for learning by having a short time to adjust their thinking from 'with parent time' to 'school time'. Thank you very much in advance in anticipation of your cooperation. Let's get into a good routine to set everyone up well for a positive and easy start to Term 2.



Harmony Day

Harmony Day was celebrated today! It was wonderful to see so many students clad in cultural dress and orange. We truly are a diverse school community and should all take immense pride in the way that we embrace each other's backgrounds, and work and play together harmoniously despite hailing from all 'corners' of the globe. We are one community with many different backgrounds!

Many thanks to Mrs Towns and Mrs Johnston who were the organisers of the day's activities. Thank you also very much to the students for embracing the occasion and to the many parents who facilitated the dressing up and family research and of course prepared and/or contributed all the tasty treats that were enjoyed.

Harmony Day is a great celebration of successful inclusivity and the importance of valuing every person regardless of their cultural background, and promoting respect and understanding each and every day. During Harmony Week we reaffirm the inclusive nature of public schools, build intercultural understanding and belonging, and oppose racism.





Tour de Cure

Many, many thanks to all who supported the SRC's Tour de Cure fundraising day last Tuesday. Lots of decorated bikes and scooters were 'parked' out the front and I think just about everyone enjoyed a sausage sizzle lunch in their muffi clothes. The 'golden bicycle' looked spectacular and I know that everyone is looking forward to finding out who will win the colouring/design competitions. You made a tremendous effort and got into the spirit of the day which is wonderful to see and what it's all about.

We are thinking of Mr Fogarty as he undertakes the 1,247km tour and wishing him a safe and happy ride. We are very proud of him, and very grateful to you for supporting this worthy cause.



Excursion Costs

I imagine that you have noticed that excursion costs continue to rise, sometimes seemingly exorbitantly. This is sometimes a source of embarrassment for us, and I feel the need to provide some clarity for parents and carers. Whilst entry fees and fees for services have increased along with everything else, the increase in excursion costs can primarily be attributed to the cost of bus hire, which has increased exponentially. Please be assured that the school makes no profit from excursions and does not add on any additional cost to what is quoted from providers.

I also understand that some parents are desirous of more school excursions. There are multiple instances where teachers consider and research excursions only to find the value simply not there. A recent example being a 1.5 hr workshop in the city at a cost (due to bus hire and restrictions per session around student numbers not aligning with our enrolment numbers) of around \$90+. This is just not something that is reasonable or we would consider. It is important that we make decisions that are appropriate in this space.



Teacher Professional Learning

Once again, towards the end of Term 1, I have realised that I have not been including this article in the newsletter this year. Teacher Professional Learning, like student learning is a life-long process and happens in a variety of ways and contexts. As a staff we meet formally for professional learning weekly on a Tuesday afternoon and always undertake professional development on Staff Development Days. Our work this year has broadly been related to:

- Engaged classrooms through effective classroom management.
- Mathematics best practice.
- Teaching and learning program development.
- High potential and gifted education.
- Learning and support related practice.
- Student assessment.

'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 Easter

Just a reminder that Good Friday is next week! There is no school next Friday, 29 March or the following Monday, 1 April.

From all of us to all of you, we wish you a Happy Easter and a safe and relaxing long weekend.



Changed Your Details Recently?

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



Don't Worry

By Justin Coulson

When your child is angry, have you ever tried telling them to just “calm down?”

I bet it worked! I'm entirely confident that they smiled at you angelically and said something like, “Thank you for your wisdom! You are right; I do just need to calm down.”

Just kidding!

In fact, if they're anything like my own kids, they may have yelled back, “I don't want to calm down!” before storming off to their room and slamming the door behind them.

When it comes to dealing with big emotions like anger, it never helps to tell our children to just “calm down.” Yet anger isn't the only emotion that we try to dismiss.

How often have we accompanied our kid to their first day of school, to the first training session for soccer, or to a piano recital and said something like, “Don't worry! You'll do fine?”

We might believe that we're being reassuring. After all, these words are coming from a place of kindness and compassion. Yet they are unlikely to do anything to address the worries and anxieties our kids are experiencing.

The difference between anger and worry is that worry is often a hidden emotion. We may say “don't worry”, and unlike saying “calm down”, it might seem to work. Our child may smile back at us as they walk into school or their piano recital. They might even seem less nervous the next time. Yet on the inside, they're thinking something like, “My parent doesn't understand me... I can't talk to my parent about my worries...I don't have anyone to help me...”

So if saying “don't worry” doesn't cut it, what should we be doing instead?

Be proactive

Often, the biggest worry kids have is the fear of the unknown. We can greatly diminish the anxiety our kids are likely to feel by talking to them about what to expect. If they're starting at a new school, that could mean introducing them to their teacher in advance, showing them where the bathrooms are, and deciding where you will meet at pick up time. If they're preparing for their piano recital, it can help to talk about the schedule for the day, how many people are expected to be there, and what they need to bring along. Whenever there is a big event on the horizon, it really pays to help our kids visualise what that event will look like.

Provide emotional support in the moment

If it looks like your child is getting nervous, telling them not to worry only invalidates their feelings. Instead, you can say something like, “It looks like you're feeling a bit worried about something. Would you like to talk to me about it?” Then wait. Silence is a powerful form of communication; it tells our kids that we're listening. Make sure not to jump in and try to solve their problems when they do start talking. Just listen and provide a sounding board as they work their way to their own solutions.

Help them address persistent worry

Some kids are more prone to anxiety than others. Importantly, worry and anxiety do not always look like worry and anxiety. It can often present as frequent stomach aches, trouble sleeping, or irritability. If you're not sure what is driving your child's behaviour, but there have been recent changes in your child's life or a big event coming up, worry may be part of the problem. It can be useful to talk to them in age-appropriate terms about the purpose of worry – that worry is like a messenger telling us that something might go wrong, and we can use our worry to help us make good choices and stay safe. Books like *The Worrysaurus* by Rachel Bright and *What If?* by Lynn Jenkins can also serve as a springboard for discussion.

Worry is just like any other emotion. We can't stop our kids from feeling it by telling them to just calm down, relax, or get over it. Like with all emotions, the best thing we can do is to be patient and support our kids as the emotion runs its course.

K-2 Awards

Congratulations to the K-2 students who received a mention at the Weeks 7&8 Assemblies for good work!



Dates to Remember

Fri, 22 Mar	Whole School Assembly - 9:10am
Thurs, 28 Mar	K-2 Easter Hat Parade 2:30pm
Fri, 29 Mar	Good Friday (Public Holiday)
Mon, 1 Apr	Easter Monday (Public Holiday)
Tues, 2 Apr	Stage 3: Aspire Leadership Day
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

SRC Fundraiser

A big thank you to everyone who participated in our SRC fundraiser last Tuesday. It was heartening to witness students actively contributing by riding, skating, scooting, or walking to school. Your adherence to safety protocols and generous donations made the event a success. We're delighted to announce that we raised \$933.15. This amount has been donated to Tour De Cure to support cancer research projects. As you read this Mr Fogarty will have just ridden into Robe on the south coast of South Australia with 345kms left to go over the next 2 days. Go you good thing!



Peer Support

Session 3 - Including others

Our session last week encouraged student to consider the relationships that students develop and how they can change over time. It looked at the role they play in contributing to these relationships and how the use of power, trust and honesty can change a relationship. Parents and carers of participating students might like to talk about the different relationships that you have or their relationships with family and other friends outside school.

Session 4 - Make the change

Our session this week encouraged students to identify any behaviours or actions they feel are unhealthy in self and others. We built skills in identifying behaviours, inclusive practice and developing empathy assist students to transition into making positive decisions to change. This might be an opportunity for parents and carers of participating students to remind your child about when they have handled change well and their skills they could use.

Sport News

Zone Swimming Carnival: Our school's swimming team made us proud once again at the Zone carnival. With 27 enthusiastic swimmers representing us, their remarkable performances brought honour to our school. Special congratulations to Evelyn T who came 1st in the 8yo Girls 50m Freestyle. Aidan M who came first in in the 9yo Boys 50m Freestyle, 3rd in 50m backstroke and 3rd in the Junior 200m IM. Elsie G came 2nd in the 11yo Girls 50m Breaststroke. These students now head off to the Sydney North Carnival. We wish them the best of luck. Additionally, just missing out were the Junior Boys relay who came in 3rd and Molly M who also got 3rd in the 50m Backstroke and 3rd in the 50m butterfly. We also had lots of other students in the finals for various events and consequently HHPS was awarded the Presidents Shield Champions for 2024. Congratulations to the entire team for earning our school this trophy - it looks great in our office trophy cabinet!



Student Representative Sport Trials

AFL: We extend our heartfelt congratulations to Magnus G, Jacob M, and George E for their outstanding performance at the Sydney North Trials as part of the Combined Ryde and Beecroft Team. Their dedication, sportsmanship, and teamwork were commendable, although they narrowly missed making it to the team. Nevertheless, their efforts truly exemplify the spirit of our school.

Cricket: A big round of applause to Jay S for his exceptional display of talent at the Combined Hornsby, Kuring-Gai, Ryde, and Beecroft trial. Despite stiff competition, Jay showcased remarkable skills, reflecting his hard work and determination. While he didn't secure a spot this time, we're very proud of his efforts and resilience on the field.

Hockey: We are thrilled to announce Penny W's success at the Sydney North Field Hockey trials. Out of 32 girls, Penny earned her place as a striker/midfielder in the Sydney North Team for the upcoming State Championships in Newcastle. Her achievement reflects her dedication and perseverance, and we wish her the best for the rigorous competition ahead.



Primary School Challenge Tennis Competition

Last Saturday HHPs competed in three divisions of the Primary School Challenge Tennis Competition. All players played doubles against 5 other schools. There are approximately 350 Sydney primary school children competing this term!

Noah P and George E came 1st in Division 1;
Elliot B and Will S came 2nd in Division 2; and
Edward P and Teddy W came 2nd in Division 3.

Winning a medal in each division is something HHPs has never achieved. More importantly they showed great sportsmanship, worked as a team, improved their tennis and had lots of fun!



Debating

Debating season is fast approaching for another year. Thank you to all 31 students who tried out and congratulations to our successful debaters. From Term 2, our Year 6 Jacarandas will take part in the Premier's Debating Challenge, a tough competition where students only have one hour to prepare and present their arguments. Our Year 5 Banksias will compete in the Australian National Virtual Debating Competition (ANVDC). We wish both teams the best of luck as they put their best arguments forward against other schools in the district.

Mr Moreta & Miss Jansz

2024 Debating Teams

Year 5 Banksias	Year 6 Jacarandas
Ally M	Jenson E
Auriane H	Lucy P
Romilly B	Maya J
Victoria G	Hugo F
George E	Daniel M
Victoria S	James H



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

P&C Update

Presidents Update

Just a quick note from me this week as all the amazing updates and content is included further on in the newsletter from the canteen, uniform shop, events, HHOOSH and performing arts!

We held our Term 1 general meeting on March 6th and I'm delighted to report that we unanimously approved over \$3,000 in funding for new sports equipment for the school. This is made possible from all the generous donations and support from across our school community - so thank you! We also continue to look at plans and ideas for the long-awaited landscaping / school grounds master plan. We're working with Miss Dudgeon and the Department on potential options and hope to have some updates soon.

Lastly - please put a diary marker in for Weds, June 12th, as we'll be holding our AGM and Term 2 general meeting. We'll be opening-up all roles for nomination (President, 2x VP, Secretary and Treasurer) and we're super keen to chat to folks who'd like to get involved. The AGM will be my last meeting as I'll be handing over the reins to someone new, after being involved with the P&C for 3 years. Please drop me a line if you're interested or would like to know what working with the P&C entails.

Thanks all!

Robbie Upcroft
P&C President

Events News

Exciting news within events at the school with a Mothers Day Stall coming up on Wednesday 8th of May followed by the Mothers Day Breakfast on Thursday 9th of May. More details to come for both.

The personalised bricks have also arrived, and we are awaiting installation which we are hoping will happen during the Autumn school holidays.

We are also looking for landscapers/landscape designers which are apart of our HHPS community for an exciting project within our school grounds. Please email eventsconvener@hhps-pandc.org.au for more information.

Thanks,

Odyssie
Events Convenor

Uniform Shop News - Winter Uniform

Both new and good quality second-hand winter uniforms will be available to order on-line through Flexischools from Monday, 25 March. Deliveries are made to the students' classrooms on Monday and Thursday afternoons.

The uniform shop will be open **8:45am to 9:30am** for the sale of second-hand uniforms on the following dates:

- Term 1 - Tuesday 2 April and Monday 8 April
- Term 2 - Tuesday 30 April and Monday 6 May

Canteen News

We have extended the burger special for another few days until the Easter break. You will be able to order cheeseburgers and wedges until Thursday 28 March or until we run out.

Sausage sizzle is still available on Mondays and that is working out really well. Pasta continues to be on the menu - both Bolognese and Pesto for now (the basil bush is thinning as summer ends).

Every volunteer that comes to the canteen is loving how much Lisa is making from scratch! Including the Birthday Cupcakes we made for a KJ student this week.

Please continue to put your name down to volunteer. Lisa really needs someone to help every day. There is now a morning and an afternoon shift to choose from. Check out the signup page here: <https://signup.zone/huntershillps-canteen>.

★ 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	\$5.50
Sausage Roll	(S)\$3 (L) \$5.50
Arancini Ball	\$5
Quiche - Spinach & Cheese	\$5

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

HOT *Lunch*

Penne Bolognese or Pesto	\$4
Sausage Sizzle	\$6

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
Vegemite or Jam	No Extra Cost

CROISSANTS

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

Seasonal Fruit (incl Watermelon)	\$2
Garlic Bread	\$2
Edamame Beans	\$2.50
Popcorn	\$0.50
Jelly cup (100% juice)	\$0.50
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 cookies	\$1
Freshly baked muffins	\$2
Freshly baked banana bread	\$2

Beef Burger Special

11th-28th March 2024

Beef Cheeseburger

Oven-baked Potato Wedges

★ FROZEN TREATS ★

Gelato	\$3
Moosie	\$2
Juicies Ice Treats	\$2
Icy Bites - 99% Juice	\$1
Orchy Juices	\$3
100% Sparkling Fruit Juice	\$3
Oak Flavoured Milk	\$3.50
Glee Sparkling Fruit Juice	\$3

DRINKS

CANTEEN IS OPEN FOR SNACKS AND DRINKS AT RECESS & LUNCH

Canteen Menu - 2024 Term 1 Wks 7,8 & 9

HHPS CANTEEN SPECIAL
EXTENDED 11 - 28 MARCH 2024
Cheese BURGER & WEDGES
Burger \$6.50
Wedges \$2.50
ORDER ON FLEXISCHOOLS.COM.AU
A HOMEMADE BEEF PATTY & TASTY CHEESE ON A SOFT ROUND ROLL
SERVED WITH OVEN-BAKED POTATO WEDGES

Performing Arts Update

Musical Opportunities Currently Available

We continue to expand our performing arts program with the addition of two new keyboard/piano tutors and two more cello tutors. If your child is interested in playing the cello, piano/keyboard or violin we still have availability for new students to attend lessons.

A reminder for any students who brought home forms from the musical showcase on 27 February to return these via email to music@hps-pandc.org.au.

Or you can use the following links to provide your expression of interest:

Jazz Band

Please use the following link to register interest for [instrument lessons](#).

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](#).



Save the date(s)

Please save the dates for upcoming performances:

- On 2 April the Stringletts will perform at the K-2 Assembly at 2:15pm.
- On 22 March the Jazz band will perform at the K-6 Assembly.
- 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 on Thursday 15th August, with a day rehearsal from 12pm and evening performance. There will also be an inter-school rehearsal on Thursday 1st August.

Volunteers needed!

To support such a substantial cohort of students from the school (35% of enrolled students!), 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 HPS and it's 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@hps-pandc.org.au

Hunters Hill Out of School Hours HHOOSH

HHOOSH had a vibrant fortnight filled with both spontaneous and planned activities.

Weekly Planned Activities

Mondays: Gardening Club

Tuesdays: Sport Tournament

Wednesdays: Workshops 4 Kids by Kids on

Thursdays: Cooking Club and HHOOSH Ultimate Records

Fridays: Science Club

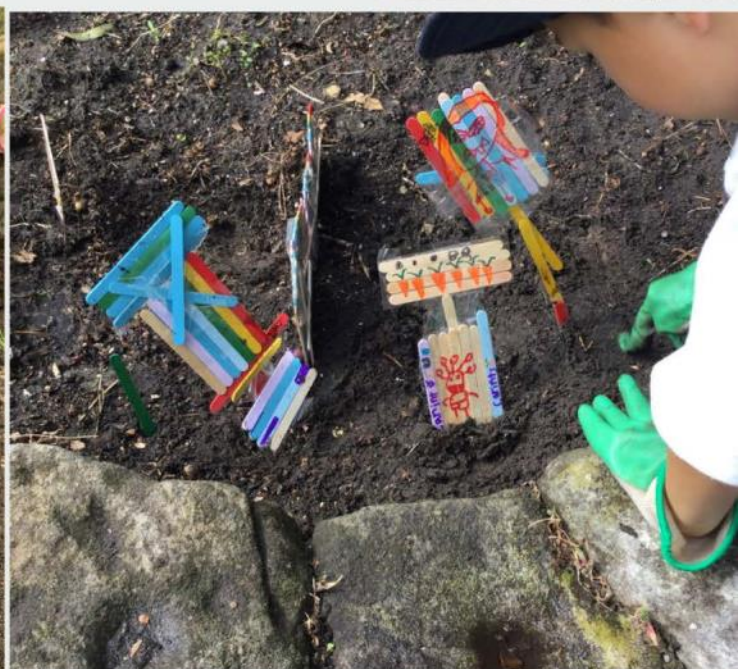
Each week, children have the opportunity to influence the upcoming week's activities through our Wednesday Weekly Wonders wall. This interactive platform allows them to share their ideas and preferences, ensuring that each week's schedule is custom-tailored to their interests and passions. We believe in empowering children to take an active role in shaping their planned experiences, which is why we have implemented this innovative approach.





Every Monday we Garden

Over the past two weeks, children have been actively engaged in planting strawberries and carrots. This hands-on activity provides them with firsthand experience of the origins of food, promoting healthier eating habits and enhancing their understanding of the nutritional value of various foods





Sport Tournament Tuesday



Step into the arena where adrenaline-fueled excitement meets competitive spirit on Tuesdays!

Based on children's interest we have created competitive sports tournaments to engage and excite with current interest in dodgeball and the ever-thrilling soccer matches.





On Thursday's we cook!

Cheffing it up in the kitchen, children make a late snack suggested by their peers! Apple crumble pie was made last Thursday, and the Thursday prior was pancakes with vanilla icecream and fresh strawberries!

DELICIOUS!



Planting Seeds of Curiosity, Growing Minds

with Science on Fridays

Children eagerly dive into the world of science with hands-on experiments, making slime and conducting explosion experiments this past fortnight. As they mix ingredients and observe reactions, it not only sparks excitement but also educates about chemistry, properties of matter and scientific methods.

