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A FEW DATES FOR THE DIARY

MONDAY 11 JUNE	PUBLIC HOLIDAY (Queen's Birthday)
FRIDAY 15 JUNE	PARENT COOKING CLASS
MONDAY 25 JUNE	P&C MEETING 7PM
WEDNESDAY 27 JUNE	CRAZY HAIR DAY
2 JULY	NAIDOC WEEK
TUESDAY 3 JULY	PLUS MEETING

## WHEELIE WALKATHON



### Principal and Deputy Principal's Report

We were very fortunate to have lovely weather for our recently held Wheelie Walkathon. Thanks to the Gura Team for their organisation and to The Hills School P&C for their support of this event. We also sincerely thank family and friends for their kind and generous sponsorship of students. All money raised goes to help purchase quality resources for students for use across the school. It is also a wonderful opportunity to have the involvement of peer tutors from Northmead Creative and Performing Arts High School. Their contribution in helping students and staff during the day and on other occasions throughout the year is greatly valued. Students also have the important opportunity to make connections with peers from another school. We also appreciated having parents, carers, grandparents and extended family come in and assist during the event. It gives us great pleasure to have family members participate in the life of the school.

A quick reminder regarding Assisted School Travel. There are many families that access the services of Assisted School Travel to transport their child to and from school. If there is a request made for a student to be dropped off to an alternate address to the one that is on the official vehicle run card, then a variation to this address for pick up or drop off has to be made. Unfortunately, drivers are not allowed to alter the pick up or drop off address without prior written approval from Assisted School Travel. Assisted School Travel require an official variation in transport address to be completed and submitted. During 2018, the time required for Assisted School Travel to process the application can take up to 4 weeks. We ask that all variations in transport address be submitted as soon as possible to allow the necessary processing time. For further information on Assisted School Travel, including your responsibilities, various forms and other useful information, please see the official Assisted School Travel Program website at: <https://education.nsw.gov.au/public-schools/astp>.

We held a Principal's Award Assembly in Week 5. These are great occasions where we can acknowledge the terrific student achievement taking place. Staff are dedicated in their role to support students in their learning and development. At The Hills School, we focus on the Positive Behaviour for Learning (PBL) principles of Friendship, Safety and Learning. Students are encouraged and rewarded for displaying and upholding these principles. Students receive merit awards, which reflect achievement in the PBL areas and it gives us great pleasure to recognise this achievement at the Principal's Award Assembly. Congratulations to our recent Principal Awards recipients.

Teachers are very busy at the moment carefully writing student reports and collating photos to help record and illustrate the great progress and achievements of students during this first semester of school. It is a wonderful time to recognise and acknowledge the great learning taking place. We look forward to sending the reports home at the end of the term for family and friends to read and share in the celebration of student learning.

**Peter Gurrier-Jones**  
Principal

**Neale Rudland**  
Deputy Principal



## STAFF NEWS

Teacher Katie Guilfoyle (Yura KG) is taking some leave to extend her professional learning in the field of Education for the balance of this year. We wish Katie all the very best. We welcome Trisha Dass as class teacher of Yura TD (formally Yura KG). During this term, PE teacher Belinda Hurley is now working on Thursday and Friday only. Belinda will be on leave for Term 3 & 4 while she is teaching overseas. This term, we welcome teacher Kate Brown as PE teacher on Monday, Tuesday and Wednesday. Kate will also be helping to teach a variety of different classes at school on Thursdays and Fridays.

## Bura RL

Rebecca LaPlume (Teacher) Vanessa Fahmy & Yasna Suefong (SLSOs)

In Bura RL we love making friends. Each Friday we team up with our buddies in Nura AP. We hit the tee ball, ride on the scooters, run, climb, jump and bounce. We love spending time with the bigger boys. In Bura RL, we also love making music. We sit together and practice playing to a rhythm. We love making music playing in our own band!



## Bura DL

Deborah Lenon (Teacher) Amber Buckland (SLSO)

It's hard to believe that we are more than half way through Term 2, we have been so busy that time has flown. Students in Bura DL have been working hard and doing some fantastic work at their desks, in the classroom and around the school. This term we have started up a farm program and we have been feeding the chickens every week. We have become amazing pizza chefs and love making (and eating!) our pizza every Friday. We are exercising daily and are learning about the area around the school such as the park.



## Gura DD

Dalia Dulinskas (Teacher) Brigette Baird (SLSO)

Gura DD have continued to enjoy our programs. On Mondays during their cooking sessions with Sheriden, they are discovering that they can cook eggs in a variety of different ways. We have continued to start our day with a morning walk and the class is building up their fitness levels as the walks are getting longer. This is then helping students to focus on their work in the classroom. A favourite activity is having hot chips. The class is learning how to share hot chips with their class mates while sitting at the table at the shop.





## Yura DS

Dishanka Sekhar (Teacher) Lauren Unsworth & Rebecca Taylor (SLSOs)

Yura DS have had a great semester learning new things and visiting new places. We are learning to appreciate art and we are exploring and trying new foods through restaurant and bakery visits. We are learning about different environments by experiencing the snow and most importantly we are learning to play with each other. We have made great strides this semester and are looking forward to trying many more new things together.



## Yura JU

Jenny Unsworth (Teacher) Ramona Bodnar (SLSO)

Students in Yura JU have been engaging in a variety of different activities and lessons to enhance their learning. Students have been enjoying working in our wonderful school farm, where they learn about how to take care of growing plants and vegetables. For Food Technology, students enjoyed preparing and making some delicious chicken and vegetable soup. Visiting and working in the farm helps students build strong connections between the food we grow and the food we eat. In library, students had a wonderful time learning about and reading Swan Lake and making character masks from the story. All the students from Yura JU and Yura LW have also had a wonderful time this week celebrating Stuart's 16th Birthday. It is fantastic for the students to have the opportunity to share such wonderful and important events, such as birthdays, with their good friends here at school.



## Nura AC

Angela Corfield (Teacher) Janelle Poole & Louise Van Kruyssen (SLSOs)

This term we have been enjoying going to the local shops to buy some groceries, sharing lunch at the park and focusing on our cooking programs in the classroom where we are making toasted sandwiches, slices, cakes and juice.





# P&C News



Thank you to everyone who attended our last meeting. It is truly wonderful to have so many parents and staff interested in making a difference and having input in to The Hills School community.

We were fortunate enough to have two guest speakers from Bunnings talk about their company's substantial involvement in our school's Kitchen Garden/Farm Project. They spoke with passion about how they have chosen our school to be the recipient of one of their biggest ever working bees and how they look forward to having a positive impact on the lives of our students.

We hope your child had a fabulous time at the Wheelie Walkathon. Thank you to all staff, parents and volunteers involved in making the day so successful.

If you have been looking to get involved in the school community and find it difficult to get to activities/events/meetings etc. during the week please consider coming and helping out our next Bunnings BBQ on Monday 11th June at North Parramatta. It is a great way to socialise with other Hills School families and staff. Any enquiries please contact Jenny Harris on 0425 239 890.

**Michelle Gough**  
President

**Jenny Harris**  
Treasurer

**Marjie Capple**  
Secretary

be...  
**WinterWise**

Here are some tips to be winter wise this season:

## Keep well

Good hygiene and behaviour can help reduce the spread of illness.

## Catch it and bin it

Germs can spread easily. Always carry a tissue and use it to catch your cough or sneeze. If you don't have a tissue, coughing into your elbow is better than your hands.

Germs can live for several hours on tissues. Throw used tissues in a rubbish bin as soon as possible.

## Kill it

Hands can transfer germs to every surface you touch. Wash your hands thoroughly and often, especially after coughing, sneezing or blowing your nose.

Wash hands for at least 10 seconds or use an alcohol-based hand rub.

## Stay at home

Wait at least 24 hours after your fever resolves before you return to work or other public activities so you do not infect others. Keep sick children away from school and other activities.



## 2018 GENERAL SCHOOL CONTRIBUTIONS

Thank you to all the families who have already paid their General School Contribution for 2018. The payment of the General School Contribution is voluntary. However, our school would welcome your contribution, as this will significantly enhance the resources made available to students. If you would like to discuss any difficulties, support or options for payment please feel free to contact Peter at the school.



**Thank  
You**

Thank you to all those who participated in and supported our annual Wheelie Walkathon last week. We really appreciate all the effort that went into making it such a wonderful school community event.



# EXERCISE FOR BRAINS!

## TIPS TO GET KIDS ACTIVE

Encourage babies to crawl and have at least 30 mins tummy time each day



Encourage your toddler to walk instead of using the stroller



Walk, ride or scooter to school



Choose toys that encourage movement

Set daily screen time limits and choose active play instead



Encourage children to try a range of sports



Look for easy ways to be active across the day



Show your children you like being active



Outdoor play is best, or get active indoors in hot or wet weather

The 'Get Active Each Day' fact sheet shows the current physical activity guidelines for children and gives you some ideas on how to get children active.

<https://www.healthykids.nsw.gov.au/downloads/file/teacherschildcare/GetActiveEachDay.pdf>

**"Physical exercise helps build a brain with increased cognitive abilities, i.e. your brain's ability to adapt and grow new brain cells."**

Neurology, February 10, 2016.

**"Research is also showing the need for us to avoid prolonged sitting, and how important it is to move our bodies to maintain health."**

American Journal of Preventive Medicine  
September 2013