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DATES FOR YOUR DIARY

FRIDAY
12 April **LAST DAY OF TERM 1**

THURSDAY
25 April **ANZAC DAY**

MONDAY
29 April **SCHOOL DEVELOPMENT DAY
(NO STUDENTS)**

TUESDAY
30 April **FIRST DAY OF TERM 2
FOR STUDENTS**

MONDAY
29 May **WHEELIE WALKATHON**



PRINCIPAL'S REPORT

Hello and welcome to our Term 1, Week 10 newsletter. Thank you to all the students, parents and staff who have been so generous in welcoming me to The Hills School. I have been impressed with the enthusiastic support our school has from parents and the sense of family that I feel from all members of our school community.

I am looking forward to working with the school community to ensure our school maintains high expectations for our students and continues to offer a well-rounded education designed collaboratively to meet the many and varied needs of our students. The Hills School is highly regarded across the education system and I have a great privilege in being able to serve you for a period of time. I am a long time passionate special educator having spent the last 22 years working in special education across 5 schools as teacher, Assistant Principal, Deputy Principal and Principal. This journey has seen me work across a variety of contexts but always with the pleasure of working with students with disability and their families. I believe that all children and young people can learn regardless of their circumstance, regardless of their personal challenges it is my role to break down barriers and work with my team to make learning happen. I believe that we get the best out of our kids by having high expectations and supporting them to learn and grow wherever we can.

These past weeks I had the pleasure of meeting with many parents at the P&C Meeting, PLUS meeting and in various conversations throughout my first few days here. The Principal's Award assembly was a terrific insight into the abilities and achievements of our students.

I very much look forward to working with you as we strive for great teaching and inspired learning at The Hills School.

Kind regards,

Mark Gosbell
Relieving Principal



Akuna JC

Jenny Gaskin & Carol Mitchell (Teachers)

Melissa O'Brien (SLSO)

Akuna JC have had a fabulous start to Term 1. Aarav, Chelsea, Pratyush, Mustafa, Prince and Rajveer have enjoyed participating in lots of learning experiences inside and outside of the classroom. We have been learning our numbers and letters and enjoyed reading *The Very Hungry Caterpillar*. We have also visited the school farm, participated in Harmony Day and Friendship Day as well as Special Olympics activities every Wednesday. We are looking forward to the many other exciting things happening in 2019.



Akuna NW

Nicole Winter (Teacher)

Alex Armstrong (SLSO)

The students in Akuna NW have enjoyed participating in a variety of activities across Term 1. Meena, Isabella, Krishnan and Juan have been engaging in lots of musical activities including playing the keyboard and violin. The class particularly enjoy our weekly cooking lessons, especially the one when we made a blue cake. The other highlight of the week is our swimming session. The students enjoy the sensory experience in the water, as well as being active and engaging in physical exercise.



Orana PH

Paul Hughes (Teacher)

Matt Aguirre (SLSO)

In 2019 we welcome Sahan, Bhashu, Aayan, Rhun and Michael to Orana PH. Students have enthusiastically involved themselves with our Work Enterprise of cooking morning tea for the staff on a Thursday. This term the staff treat has been delicious pikelets. Having bought the ingredients at Coles on Tuesday, the most crucial part of the process is quality control. Pikelets must be sampled to ensure that we are giving the staff a pikelet that is nothing but the best. Bon Appetite!



Orana PD

Peter Dawson (Teacher)

Glenn Hall (SLSO)

Welcome to The Hills School for 2019. Orana PD has had an exciting first term. Stephen, Connor, Mark, Aaron, George and Joshua have been involved with Work Enterprises where the boys have been learning the skills of woodcraft. Our class is enjoying community access visits, as well as cooking classes. On Wednesdays, we go to Castle Hill to visit Dinner on the Table, which is a company and social enterprise that provides a great service to our community.



Orana KJ

Mark Baker (Relieving Class Teacher) Virginia McKenzie (SLSO)

Welcome back Angela, Maya, Sarah, Daniel, Eshan and Kianu to a new school year. The students have been enjoying getting to know each other and are working well together. Students are continuing to develop skills to help them work effectively across different environments. Food Technology and the motivating aspects of preparing, cooking and eating healthy food continue to be a highlight of weekly activities for the students.



Orana DL

Deborah Lenon (Teacher) Leanne Armstrong & Lee-Anne Moore (SLSOs)

Term 1 has been a busy and productive time for students (and staff) in Orana DL. We have enjoyed learning about our new classmates and new routines. We all love our farming program and are getting very good at looking after the chickens and our bean plants at the farm. We love to make our lunch on Tuesdays in the Living Skills room and we are making some good healthy choices. We are all getting better at spreading butter and putting our sandwiches into the sandwich maker. Our goal is to be ready to go to the shops next term to buy the ingredients for our sandwiches. We have been lucky enough to take part in several awesome programs such as Special Olympics, soccer and basketball, and we participated very enthusiastically in the Inclusion Sports Day excursion.



P&C News

The AGM was held on March 25th. Executive Director of the Girraween Network, Joanna French joined us and fielded a range of questions, by members of our community, relating to temporary changes at our school. The P&C would like to thank Ms French for her time in addressing these questions. We would also like to welcome Mr Mark Gosbell who is currently filling in as relieving Principal while Peter is on leave. Mark is the Principal of Karonga SSP and we hope that he enjoys his time at The Hills School.

Voting for the executive members of the P&C was held and the team for 2019 was established. Monique, Pratibha, Jo and myself look forward to working together to support the school community. Michelle Gough our President and Marjie Capple our Secretary for 2018 stepped down, but will still continue their involvement in our P&C. Thank you to these wonderful ladies for all their commitment and hard work in their respective roles. They both did an amazing job and have our gratitude.

A note about Mother's Day gift bags has been sent home this week. If you didn't receive a note, please contact your child's teacher. A number of events are being planned for 2019. Please watch for further details in the near future. We hope everyone has a peaceful Easter break.

The next P&C meeting will be held on Monday 3rd June, 2019 at 7pm in the Meeting Room. We look forward to seeing new faces.

Monique Fenech
President

Pratibha Bhanushali
Treasurer

Justine Stamatakis
Secretary

THE CANTEEN

The school canteen will be open for business on the first day back in Term 2, Tuesday 30 April 2019.

Happy Birthday

Happy Birthday
wishes go out to the following students from all your friends at The Hills School:

Kelly, Netra, Aidan, Ciara, Olivia, Katelyn, Blake, & Shania



Physical Activity Improves Mental Wellbeing

In addition to physical benefits, physical activity has a range of positive effects on children's mental wellbeing.

Being physically active:

PROTECTS against mental health problems

IMPROVES self-esteem and cognitive function in young people

Playing sport REDUCES psychological distress by 34% (1-3 times a week) 47% (4+ times a week)

Is AS EFFECTIVE as medication for mild to moderate anxiety and depression

It is recommended children aged 6-12 years aim for at least 60 minutes of moderate to vigorous physical activity every day.

Get active as a family, walk to the park, join a sporting team, walk or ride to school and limit screen time.

Live Life Well @ School is a joint initiative between NSW Health and the NSW Department of Education



Parents as Partners in Learning

On Thursday 21st March, Parents of Kindergarten to Year 3 students attended an information session with The Hills School Speech Therapist Ylana Bloom. Parents were introduced to the Communication Passport and their child's learning journey. Ylana explained that teachers were observing and assessing students, determining their current abilities in order to inform teachers where to proceed with the individual student's learning goals. Parents were able to ask questions and discuss their child's communication needs. Ylana and I were able to hear parent needs and subsequently start planning for improved communications for young students in their transitions between school life and home, to promote conversations about the student's day and how this can be shared with the family.

It is always a privilege to work with your children and special education teachers are committed and creative about new ways of meeting our student's needs. Thank you to the parents who attended, and thanks also to Ylana for her time and expertise.

Caroline Cass
Deputy Principal The Hills School