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The Hills School Newsletter No. 5 – 3 June, 2022

Principal's Message



A message from Mark

Hello parents and friends of The Hills School. Welcome to our newsletter for Week 6 Term 2. As always there's plenty happening at school and so here goes with some highlights.

National Reconciliation Week

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The dates for NRW remain the same each year; 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey — the successful 1967 referendum, and the High Court Mabo decision respectively.

We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

At The Hills School we acknowledge the traditional owners of the lands on which we teach and learn each day, the Dharug people. We pay our deepest respects to elders past, present and emerging and we thank you for sharing your lands with us.

P&C Move-a-thon Family Day

We are looking forward to hosting the annual P&C Move-a-thon again this term with the date set for **Wednesday 29 June**. The Move-a-thon is an annual fund raiser with this year's target area being the provision of music therapy sessions for all classes. We are very keen to involve all families this year and so will be opening the event to create a family day where you can come to school, join in the Move-a-thon with your child and then spend some time with the classes in a family 'picnic'. More information will be coming shortly.

Inclusive Activate Sports Day

We were so thrilled that some of the students from Room 5, 18 and 19 were able to represent The Hills School at the Activate inclusion Sports Day held last week at the Bernie Mullane Sports Complex. A brilliant day of high-level physical activity. The students had a great time....staff were exhausted!

National Simultaneous Story Time

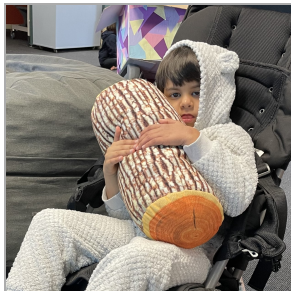
On Wednesday last week all of our classes enjoyed National Simultaneous Storytime (NSS). The event is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops, and many other places around the country.

By facilitating event we aim to: promote the value of reading and literacy, the value and fun of books, promote an Australian writer and publisher, promote storytime activities in our classrooms. This year we enjoyed reading "Family Tree" written by Josh Pyke and illustrated by Ronojoy Ghosh. A great book!

Stay warm.

Mark Gosbell
PRINCIPAL

Mission Mufti Day



Room 5 Lana Frank (Teacher) Jenny Harris (SLSO)

Room 5 have been busy participating in many things during Term Two. We have attended the ANZAC Day Ceremony, enjoyed cooking and community walks and have worked on our ball skills during Special Olympics!



Room 7

Kate Brown (Teacher) Nick Mead (SLSO)

Room 7 have participated in numerous activities this term. We have started our Work Experience with Rooms 15 and 16 where we are learning more about cooking and food safety. In the classroom we have been building different skills such as washing up, mixing and cooking a variety of foods. We love to explore how the ingredients look before and after, and helping to keep our work spaces tidy.

Room 6

Belinda Hurley (Teacher) Matt Aguirre & Tony McInnes (SLSOs)

Room 6 have enjoyed exploring various places and events in the community. We were lucky enough to go to both the Easter Show and the Hawkesbury Show. We pat and fed all kinds of animals, listened to music and practised our social skills in the community. We even got showbags! Sometimes we go for walks around school which we all really enjoy. This term we went to Crestwood Reserve for a walk and some yummy hot chips. Matt, Tony and myself are very excited to see what else the boys will achieve this year!

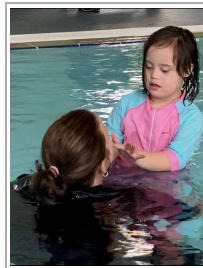




Room 14

Robyn Waters (R/Teacher) Louise van Kruyssen (SLSO)

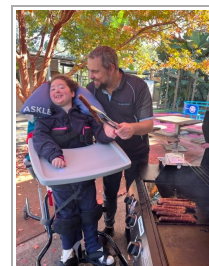
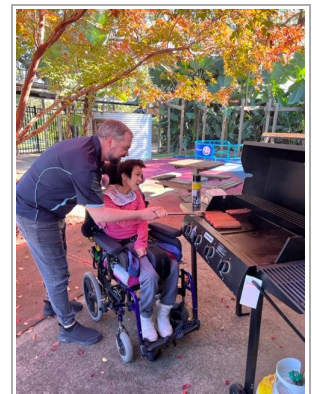
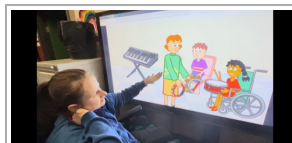
Room 14 has enjoyed starting swimming again this term; for music we've been having fun learning about rhythm through percussion, and melody with using class set of bells; and we've continued to work on our fine and gross motor skills.

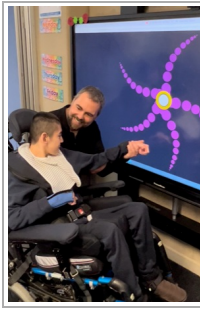


Room 15

Dean Triffitt (Teacher) Janelle Poole & Renee Pieri (SLSOs)

Room 15 have been participating in Work Experience, which includes using a BBQ to make sausages. The skills they will learn will include being able to clean a workspace, preparing a BBQ, cooking sausages using tongs and serving sausage sandwiches to staff. We have also been participating in cause-and-effect activities. We have been touching the Smartboard screen and reacting to the light show effect. We have also enjoyed touching switches or the Smartboard to continue a story or an animated sequence. Room 15 have enjoyed being back at school and continuing our education programs.

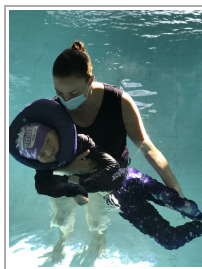




Room 16

Ruth Graves (Teacher) Melissa O'Brien & Rebecca Billing (SLSOs)

Room 16 has been busy this term. We began the term by commemorating ANZAC Day by creating and placing a special wreath on the wall during the special assembly. Students have engaged in an intensive hydrotherapy program where they participated in various activities based on their individual needs. Students have been working their way through the solar system, learning about each planet. Do you know there are volcanoes on Venus? In history, we are learning all about Australia and Australian culture. Deciding on our favourite Australian celebrities has been our biggest challenge.



P&C News

John Scotting
Narayan
President

Kaili Metani
Rebecca Mills
Vice President
Secretary

Shaun
Treasurer

Term 2 is continuing to be a busy time for the Hills School P&C! On Saturday the 21st of May we successfully hosted an Election Day BBQ and cake stall at the school. A special Thankyou to our team of volunteers on the day: Joanne, John, Delma, Coral, Bridgette, Carol and Conrad; we appreciate your support to help the day run so smoothly. Another big Thankyou to the staff and families who came down to vote and for a sweet or savoury treat, how wonderful to see some familiar faces as customers!

Our healthy canteen is open each Tuesday morning from 9:00am to 1:00pm. We have a range of healthy snacks, drinks and lunches to order, the canteen menu is available on the Schoolzine app. The Hills school canteen provides opportunities for children to extend upon their social and communication skills, money skills and encourages making healthy lifestyle choices. All students are welcome to pack a lunch order via their child's classroom teacher, or purchase food with money provided in a wallet.

Below is a list of upcoming fundraising events and our next P&C meeting, we look forward to seeing you there.

Upcoming P&C events:

- P&C Move-a-thon, Wednesday 29 June 2022
- BBQ at Bunnings Northmead, Saturday 18th June
- P&C Meeting, Monday 27th June at 7:00pm – via Zoom and in the meeting room

Live Life Well @ School

Live Life Well @ School

TURN OFF SCREENS + get active!

Screens can be great: For learning, recreation and communication, but too much screen time can be unhealthy. Try to find a balance between inactive time and active play.

HOW MUCH SCREEN TIME EVERYDAY?		
0-2 years	NO screen time	Increase active play and limit sedentary activities to less than 1 hour a time
2-5 years	Less than 1 HOUR per day	A reduction in screen time can improve sleep patterns and physical development
5-12 years	Less than 2 HOURS per day	Excluding homework time

** Based on Australian Physical Activity and Sedentary Behaviour Guidelines 2014

WHAT IS A SCREEN?

- TV/DVD/BLURAY
- Computer
- Game Console
- Tablet/Portable Games
- Phone

MAKE IT NORMAL **NSW Health** Western Sydney Local Health District



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Birthdays

