

HERNE HILL Primary School



Thursday 22nd March 2018

Newsletter #8

**HERNE HILL
PRIMARY SCHOOL**
2-24 Gwynne Street,
Hamlyn Heights 3215



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Herne Hill Primary School Facebook Page:
Like this page to receive updates of current
events and activities.

Instagram Account: @hernehillprimary

From The Principal's Desk

This is the last newsletter for Term 1, as next week is the last week of Term One and concludes on Wednesday. It is hard to believe how quickly the term has progressed. There has been many great individual achievements and celebrations during the first term. All students should be proud of their contributions and achievements this term and should continue to challenge themselves in the last week of the term.

Congratulations to all those students who continue to achieve excellence with their attendance at school. By coming to school everyday, you are maximising your learning experiences and participating across the curriculum to the fullest. Keep up the great work.

3/4 CAMP

Our Grade 3/4 Camp to Maldon will commence on day one of next term. If you have a child attending this camp, please keep this in mind when preparing for the first week of school next term. The camp buses to Maldon will be leaving Herne Hill Primary at **10:15am** on **Monday 16th April** and will arrive back at school on **Wednesday 18th April** at approximately **3:30pm** (school dismissal time).

CROSS COUNTRY

Tomorrow, all students in 3-6 will participate in the cross country. Good luck to all students involved. We know you will all give your personal best and represent Herne Hill with enthusiasm and pride.

CHILD SAFETY STANDARDS

A reminder to all parents that documents and policy's outlining our commitment to student safety can be found on our school website.

SCHOOL COUNCIL

Our new school council met for the first time on Tuesday night. During this meeting our 2018 office bearers were elected. Lisa De Groot has been elected as School Council President and Fernando Garcia as Vice President. Thanks to these school councillors' for taking on these important roles within our school community. If any parents have any feedback or questions, please feel free to speak to Lisa or Fernando.

EASTER FAMILY PICNIC

Herne Hill's Easter Picnic will be held next **Tuesday 27th of March**. This will be held at Rippleside Park from 5.30pm-6.30pm. Children will be involved in an Easter Egg hunt and families can enjoy a picnic together as a school community. We look forward to seeing you all there.

HOUSE ATHLETICS

Last Friday, our grade 3-6 students participated in our House Athletics Sports Day. It was great to see all students participating and giving their personal best in all events. Congratulations to all the individual students who received ribbons at Monday mornings assembly for their overall achievements.

Congratulations to Flinders for being the overall winners of the House Sports.

LAST DAY OF TERM ONE

A reminder to all parent that next **Wednesday the 28th March** will be the last day of term one. School will finish at 3.30pm on this day. **Thursday 29th** will be a pupil free curriculum day, as staff will be involved in professional learning off site.

PFA

Thanks to the PFA for their ongoing hard work and contributions to our school community. The PFA support the schools in a number of ways by providing services, treats and fund different raising opportunities. Over the past 18 months the PFA have purchased a number of items for the school including:

- two Purpose built gazebos with the school logo for sports days and special events
- three reverse cycle air conditioners for the multi purpose room
- sports uniforms for sporting events
- 65 inch television mounted to the wall in the foyer for presentations
- listening posts and guided reading books for the prep area
- new large freezer

They also support many significant events throughout the year including, fresh fruit Friday, the sausage sizzle for walkathon, Easter treats, the school fair, mothers and fathers day stalls and many more. We appreciated the extra time they give to support the school community.

Shane Ezard, Principal

Extra Curricular Calendar

MARCH

Friday 23rd	<ul style="list-style-type: none"> • Cross Country
Tuesday 27th	<ul style="list-style-type: none"> • Grade 5-6 GPAC Excursion • Grade 1/2 Serendip Sanctuary Excursion • Easter Picnic at Rippleside Park 5:30pm-6:30pm • Just Brass end of Term concert
Wednesday 28th	<ul style="list-style-type: none"> • Grade 1/2 Ecolinc Incursion • Last Day of Term for Students
Thursday 29th	<ul style="list-style-type: none"> • Staff First Aid Training Offsite. No Students
Friday 30th	<ul style="list-style-type: none"> • Good Friday (Public Holiday)

APRIL

Monday 16th	<ul style="list-style-type: none"> • Term 2 Starts
Monday 16th - Wednesday 18th	<ul style="list-style-type: none"> • Grade 3/4 Maldon Camp
Friday 20th	<ul style="list-style-type: none"> • District Cross Country • HHPS Anzac Service
Wednesday 25th	<ul style="list-style-type: none"> • Anzac Day

Student News

TERM 2 ANZAC SERVICE

Friday 20th April we are having our Anzac day service at school. It will start at 9am and we have a special guest from the Australian Memorial in Canberra attending. All families are welcome!

Boris K and Aidan B

Just Brass Concert



End of term 1 concert for 2018 is on Tuesday 27th March 2018.

4:15pm to 5:15pm Just Brass bands practice (bus pick up as normal).

5:15pm free family BBQ dinner.

6:00pm to 6:45pm Just Brass Concert.

The Salvation Army Geelong, corner of Malop and Swanston St, Geelong.

Thank you

Milton Street Family Butchers

QUALITY MEAT & FRIENDLY SERVICE

Colin Hilcke
PROPRIETOR

22 Milton St
Bell Park, Vic 3215
Ph. (03) 5278 3434

A.B.N 16 7499 56368



Supporting Herne Hill Students and Teachers

Parents and Friends Association



EASTER RAFFLE

The first Parents and Friends fundraiser for 2018 is an Easter Hamper Raffle. There will be a number of draws.

The raffle will be drawn on **Monday 26th of March 2018.**

Could all raffle tickets (sold and unsold) and money be returned to school by **Friday 23rd of March.**



SPECIAL EASTER TREAT

Order forms have gone home today with today's newsletter about a special Easter treat for students.

On **Tuesday 27th March 2018**, at morning recess at a cost of \$2.00. This will consist of a cold hot cross bun and an Easter egg. Forms need to be returned by **9am on Monday 26th March.**

Mathletics

This week's mathletes of the week are

Brodie O and Oliver S D.

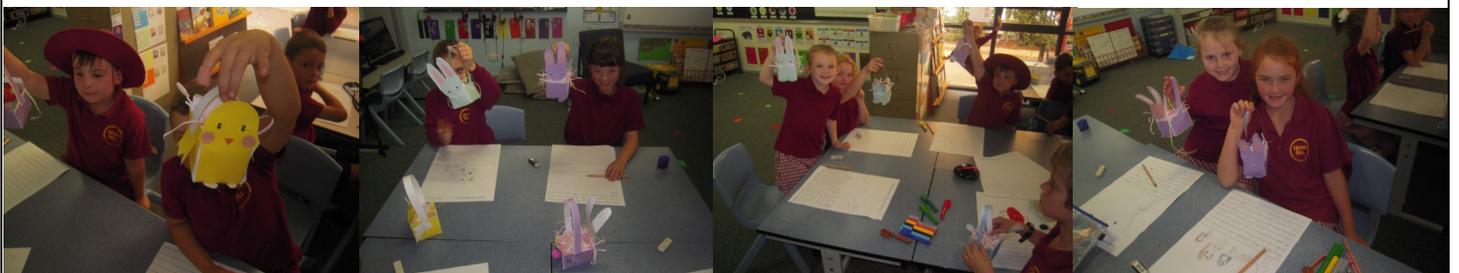
Both students earned more than 3000 points, a Tates Toyworld lucky dip voucher and a ticket in our Tates Toyworld raffle.

We would like to again thank the team at Tates Toyworld Geelong West for supporting our Mathletes in 2018.



Art Activities

Prep—2 had lots of fun in Art this week making bunny and chicken baskets for Easter.



Herne Hill Easter Picnic



Herne Hill Easter Picnic

Tuesday 27th March

Rippleside Park
Bell Parade, Rippleside

5:30pm - 6:30pm

BYO picnic dinner (no alcohol)

The Easter egg hunt begins at 5:30pm

We hope you can come along!



Breakfast Club



SCHOOL BREAKFAST CLUB

START THE DAY WITH A HEALTHY BREAKFAST!

DAYS: Tuesday and Thursday

TIME: 8.30 am ~ 8.50 am

ROOM: Jeff Walker Hall

ALL STUDENTS WELCOME



Advertisement



Positive Parenting Telephone Service

Our free 6 to 10 Week program helps you to:

- Have Stronger more positive relationships
- Set rules and limits
- Manage everyday behaviour problems

FREE

VICTORIA WIDE SERVICE

For:
Parents
Grandparents
Carers
of children aged 2
to 12 years

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator. All of this can be done from the comfort of your own home at a time that suits you.



Enrol now and make a positive start to last a lifetime

Call us for more information or to enrol

1800 880 660

Enrollments are taken all year round



Wellbeing Matters

Positive Parenting TELEPHONE Service

In your newsletter today there is a flyer about a FREE parenting service. You can set some goals specific to your family, work through a comprehensive workbook and have weekly 30 minute discussions with a trained parent educator. No need to go out or join a group and phone conversations can be made out of hours and on Saturday mornings. This is a service tailored to busy family life!

Michael Carr-Gregg – Talk on Anxiety and Mental Health Issues for Young People

Miss Sewell, Miss Glenny and Mrs Hynes attended a talk by well-known psychologist Michael Carr-Gregg early this week. Anxiety is part of everyday life for everyone, however about 20% of children do experience these feelings more intensely and some of these may need some extra help managing this.

Michael says we can “immunise” our children from mental health difficulties by building up their resilience. We can do this by building up protective factors such as strong connections with others (family and friends), helping children develop social and emotional skills, using positive self-talk and assisting children find the activities they love to do and where they can get their ‘spark’.

He also talked about new research on food and mood and the big impact diet plays on positive mental health. He now prescribes a “Mediterranean Diet” as a first step in helping the young people he sees. For more information on this topic see foodandmoodcentre.com.au



FOR A HEALTHY LUNCHBOX PICK & MIX SOMETHING FROM EACH GROUP 1-6!



FOR A HEALTHY LUNCHBOX PICK & MIX SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
FRESH FRUIT <ul style="list-style-type: none"> Apple Banana Kiwifruit Orange segments Pre-cut fruit (with spoon) Watermelon, honeydew, cantaloupe chunks Pre-peeled citrus Cheese Yoghurt Yoghurt, smoothies, smoothies Applesauce Cherries Healthy frozen (with spoon) Fruit MIXED FRUIT <ul style="list-style-type: none"> Fruit salad Fruit kebabs Dried fruit Dried fruit, nut, popcorn mix TINNED FRUIT/SNACK PACKS/CUPS <ul style="list-style-type: none"> In individual (not tins) 	FRESH CRUNCHY VEGES <ul style="list-style-type: none"> Carrot sticks Cucumber sticks Clean beans Cucumber slices Celery sticks Green peas Sprouts (e.g. cherry and bean sprouts) Can serve with either: <ul style="list-style-type: none"> Hummus Sprouts sauce Tzatziki Beetroot dip Natural yoghurt SALADS <ul style="list-style-type: none"> Chicken and potato salad (reduced fat dressing) Mediterranean tomato, lettuce and cheese salad Hot potato salad BAKED ITEMS <ul style="list-style-type: none"> Grilled or roasted vegetables Vegetarian vegetable muffins or scones Vegetarian slice (with grated zucchini and capsicum) Pancakes SOUP (in small thermos) <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (flavourless, low-sugar) Custard Tips: <ul style="list-style-type: none"> Freeze the night before to keep cool during the day Cheese cubes, sticks or slices Cottage or ricotta cheese Calcium cheddar Tzatziki dip Can serve with either: <ul style="list-style-type: none"> Full-fat Wholegrain cereals, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Thinly sliced or salmon in appetizer Lean beef or ground meats (e.g. beef, chicken, kangaroo) Roasted pork Lean meat or chicken patties Thinly sliced or salmon patties Leftover patties Lean deli meats (e.g. ham, salami, chicken) Baked eggs Roasted beans (canned) Tofu cubes Hummus dip Lean meat or chicken kebabs sticks Plant-based burger Can serve with: <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap (stuffed with salad) Rice and corn cakes Wholegrain wheat crackers Slice salad Vegetable frittas Sweet potato dumplings Savoury muffins or scones (e.g. lean ham, cheese and onion muffin) Wholegrain wheat crackers Slice salad Pasta or noodle bowl Can serve with: <ul style="list-style-type: none"> Slice salad Steamed or roasted vegetables 	MAINS <ul style="list-style-type: none"> Wraps Sandwiches Rolls Foiled sandwiches Tips: <ul style="list-style-type: none"> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, bread, whole, fibre-enriched, soy and linseed, herbs, nuts, bagels, focaccia, flat bread and English muffins Protein dips Rice/quinoa/couscous/dishes Noodle dishes Sauces 	<ul style="list-style-type: none"> Take a water bottle (for sipping throughout the day) Tip: Freeze overnight to keep foods cool in lunchboxes

Developed in conjunction with the Healthy Together Achievement Program to support a whole-school approach to healthy eating. Healthy Together Victoria is improving the health of Victorians, funded by the Victorian Government.



Happy, calm children learn best

