Calendar of Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday, 24th August</td>
<td>Band Camp</td>
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<td></td>
<td>Book Week all week</td>
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<tr>
<td>Tuesday, 25th August</td>
<td>Band Camp</td>
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<tr>
<td>Wednesday, 26th August</td>
<td>Kindy Author Visit</td>
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<td>Kindy -Yr 2 Book Parade</td>
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<td>Thursday, 27th August</td>
<td>Kindy &amp; Yr 1 Author Visit</td>
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<td></td>
<td>Yr 3 to Rocks Excursion</td>
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<td>Friday, 28th August</td>
<td>Yr 3 Swimming</td>
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<tr>
<td>Monday, 31st August</td>
<td>Yr 3 to Rocks Excursion</td>
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<td></td>
<td>Book Fair commences for next 2 weeks</td>
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<tr>
<td>Tuesday, 1st September</td>
<td>Yr 3 &amp; Yr 4 author visit</td>
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<tr>
<td>Thursday, 3rd September</td>
<td>Yr 1 Book Author</td>
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<tr>
<td>Friday, 4th September</td>
<td>Summer PSSA Begins</td>
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<td></td>
<td>Yr 3 Swimming</td>
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Principal’s Message

Planning and Organisation
All children need to develop the ability to be organised and to plan. For most children, good routines and structures provide enough modelling for these skills to develop. For some children, however, these skills don’t progress easily and more explicit teaching is required.

Parents and carers can help by setting good routines and training children to think about, and develop responsibility for, planning and organisation. This can be of belongings (keeping a tidy room; packing and unpacking a school bag; putting away washing and ironing in the right drawers etc) and of time (planning a timetable; writing important dates on a whiteboard or calendar; assigning tasks to be done on a particular day or by a particular time).

Poor organisational skills can seriously impact on achievement and performance at school and in later life. Examples of poor organisational and planning skills are evident in children who:
- routinely fail to bring necessary books and equipment to lessons;
- have trouble placing events in sequence;
- are impulsive;
- have trouble knowing where to start a task or activity;
- have difficulty following a plan or set of rules;
- often forget routine events (e.g. to catch the bus on Tuesdays or go to band practice on Thursdays);
- have difficulty breaking activities down into smaller parts;
- often lose things; are very untidy;
- have difficulty explaining things clearly and logically;
- have messy book work;
- leave out sections of work or miss pages in a text or exercise book.

**Motor planning can be a part of this generalised problem.** Gross motor activities are “big” actions involving the movement of the body (e.g. running, skipping, balancing etc). Fine motor activities involve small movements and fine coordination (e.g. threading, cutting, drawing, doing up buttons, typing, writing etc.) Knowing where to start and breaking actions down into their components can be very challenging for students with motor planning difficulties. Learning to tie shoe laces, for instances, which has a sequence of fine motor skills, can take a lot longer for some children. Learning to throw, catch and kick a ball; doing more than one action at a time; developing handwriting and tidy book work skills are all more problematic and challenging for students with motor planning and/or coordination difficulties.

**Occupational therapists** are professionals who can assist in developing students’ skills in these areas. If good routines and strategies don’t seem to help your child’s organisation, or fine and/or gross motor skills are poorly developed, consulting an occupational therapist may be of assistance.

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**Mrs Anne Hewson – Principal**

**Deputy Principals’ Messages**

**Influenza Virus**

Our long, cold winter, and a flu virus which is quite severe, has resulted in many of our students and teachers becoming quite unwell.

In Australia, the peak of the flu season usually occurs during winter and early spring. As it is still August, this flu virus may be around for a while yet.

5 to 9 year old children have been the second highest group affected by the flu virus this year, according to the Health Department. **What are the symptoms?**

People with influenza typically experience some or all of the following symptoms:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults).
NSW Health advises:

Please take action to stop the spread of influenza by remembering to:

- Cover your face when you cough or sneeze and throw used tissues in a rubbish bin.
- Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.
- Stay at home until you're well. Wait at least 24 hours after your fever resolves so that you are unlikely to infect other people. Keep sick children away from school and other activities.
- Call ahead to see a doctor. If you think you may have influenza and you need to see a doctor, call first so the clinic can take precautions to reduce the risk to other people.

What you can do as parents and carers

- Talk to your child about the above advice given from NSW Health experts
- Ensure your child has a supply of tissues in their pocket or school bag.
- Keep your child at home if they show any symptoms of the flu virus until they have recovered.

*It is difficult for an unwell child to learn effectively.*

*Mrs Jenny Cooper – Relieving Deputy Principal*

**In The Classroom**

**Early Stage 1 (Kindergarten)**

Kindergarten has had a very busy couple of weeks at school. The students have been learning all about “farms” in preparation for their excursion. From reading lots of fiction and non-fiction books about farms, to learning where our food comes from, to creating wonderful artwork. Kindergarten students have certainly been enjoying this unit of work!

KW students have also been learning how to write narratives. For the past week we have been writing a class narrative every day. We hope you enjoy reading our class story, “Rosie the Elephant”.

**Rosie the Elephant**

One day a big grey elephant lived in a zoo. Her name was Rosie.

Rosie got some water to drink and her trunk got stuck.

Along came a pink flamingo and pulled Rosie’s trunk out of the drain. “Thank you, Pink Flamingo”, said Rosie.

By KW

Just recently, kindergarten students have started participating in Friday afternoon developmental play sessions. This is a great opportunity for students to learn through play. During these sessions the students have participated in imaginative play and pretended to be doctors, vets or farmers. KM
even has a nature corner, which is very exciting! The students have not only had the opportunity to experience new classrooms but are making new friends too.

**Parents Reminders**

As the weather gets warmer, please do not over dress your child. It can be difficult for your child to take off extra jumpers when they get hot. It is also very important that your child has a named hat. Our playground rule is “No Hat. No Play”.

Finally, “Book Week” is fast approaching. It is time to start thinking about your child’s favourite book. The students will be given the opportunity to come to school as their favourite Book Week Character next Wednesday 26th August.

So start thinking!

*Mrs L. Bringmann-Walker-Class Teacher*

**Stage 1**

**Year 1**

Year 1 students have started studying the topic, ‘Built Environments’, in Science and Technology. In 1B, we have identified and described many different built environments, including our playground at Hurstville Public School. Students were very enthusiastic and creative in identifying changes and improvements needed to improve our playground. They worked in groups and collaborated ideas to come up with a new and improved plan for our very own playground. The groups tried to persuade us with what changes they would like to see on our playground and why.

**Parent Reminder:** As Year 1 will be making their very own toys during the PBL sessions, please start sending in any available materials or resources to start building in week 8.

*Mrs Irena Bass- Year 1 class teacher*
Year 2

This week, we were lucky to have Patricia Bernard, a famous children’s book author, visit us. She explained the process of writing and publishing a book. She shared with us some of her published stories. Patricia also told us some funny stories which made us laugh. Here are some photos of her visit.

Next Wednesday we are having a book parade. Students are encouraged to come dressed as a character from any children's book. We look forward to seeing lots of lovely costumes. Parents, family and friends are all invited to attend the parade.

*Mrs Z. Marinkovic - Assistant Principal (Rel. Year 2)*

Stage 2

Year 3 & 4

Stage 2 children have been very busy writing and presenting speeches for the Public Speaking competition. The topics have been very interesting to listen to, and varied. One person from each class was chosen to present their speech at a special assembly for their grade. The children also had to give an impromptu speech. Two children from Year 3 and two children from Year 4 will present their speeches in the final this week in front of a very large audience. We wish these children the very best of luck!

*Miss Kaye Florence-Year 4 class teacher*

Support Classes

Review meetings will be held on Monday 7th and Thursday 10th September. These meetings are an annual requirement to discuss student placement within the Support Unit classes. I would like to thank all the parents who have returned their slip with preferences of a day and time. A confirmation slip will be sent home shortly.

Please remember to ensure that all students’ clothes and equipment are labelled with their name. Staff do their best to ensure that students take all their belongings home at the end of each day but...
we also encourage independence and students are supervised in unpacking and packing their own bags each day. This may lead to some items being misplaced for short periods of time. As the weather gets warmer, parents are reminded to ensure students have a water bottle and hats with them every day.

Mrs Nicole Moore - Assistant Principal

Values in Action Awards

Last week we handed out our first Values in Action medals. Below is a photo of these students. Congratulations!

The students listed below will receive their GOLD award on Monday 24th August at the whole school morning assembly. Parents are most welcome to see the students get their awards.

Kristy L. 2C  Joy G. 3/4C
James L. 4M  Justin G. 2M
Bethany H. 4M  Rebecca Z. 2B
Holly W. 5/6K

Mrs Jessica Maakaroun - Assistant Principal

From the Library

‘A book is an adventure waiting to happen’
- Unknown

Premiers Reading Challenge
The last day for students to complete title entries is 21st August. However, if required, information may be brought to the Library before Thursday, 27th August enabling students to receive their certificates on time. Unfortunately, no further details can be entered after that date.

Book Fair
Scholastic Book Fair will take place in the Library from 1st September until 10th September. A note explaining how the fair operates has now been sent home. A copy of this note can be accessed
through our School Website under ‘Notes 2015’. Please read carefully for the information regarding purchase times and procedures.

**Book Week Poster Winners**

Congratulations to all students who entered our Stage 1, 2 and 3 Book Week poster competitions. It was wonderful to see such originality and imagination displayed in the entries. Winners will receive a book prize in library lessons during Book Week (week 7). Grade winners are listed below.

| Year 1 | Thomas L. 1M |
| Year 2 | Xi Xi L. 2D |
| Year 3 | Diana D. 3/4C |
| Year 4 | Teonie Q. 4G |
| Year 5 | Gloria H. 5V |
| Year 6 | Lesley L. 6I |

All poster submissions will be returned to students shortly.

**Ms Lesley Hyde – Teacher Librarian**

**SRC News**

At the beginning of this term, the SRC increased the number of days in which the school has nude food. Nude food now occurs on **Mondays and Wednesdays**. The response to this across the school has been fantastic and the SRC are very pleased with everyone’s enthusiasm.

To recognise the effort that our students and their families are putting into this initiative the SRC has decided to implement a ‘Nude Food Class of the Week’ award. Each fortnight, the class with the most students bringing nude food will be recognised at their grade or stage assembly. Please take the time to talk with your child about the award to find out if their class was the winning class.

Thank you as always to our team of dedicated students who work hard to promote the school, Nude Food and our fundraising efforts.

*Mrs Kate Carey, Ms Erin Piper, Ms Vanessa Hoskin, Mrs Anna Kakaios and all of the SRC students*

**Kindergarten enrolments**

**Kindergarten Enrolments for 2016**

We are currently accepting enrolments for students starting school in 2016.

- If you have a child who turns 5 before 31 July 2016, and you wish them to enrol into Kindergarten next year, please contact the school office as soon as possible to complete an enrolment form.
- If you know of a friend or neighbour **who lives within our school boundary area** and has a child who is intending to enrol at our school in Kindergarten in 2016, please advise them to contact the school office as soon as possible.

The school boundary area and information about documentation required to enrol a child at Hurstville Public school is available on our website [www.hurstville-p.schools.nsw.edu.au](http://www.hurstville-p.schools.nsw.edu.au)
Crunch & Sip

Children are more likely to enjoy their Crunch & Sip if their produce is fresh and delicious. Choose fruit and vegetables that are currently in season and that feel firm, smell nice and look appealing.

Did you know that good quality cranberries will bounce when dropped? While we don’t want children dropping good fruit on the ground, cranberries are full of Vitamin C, E and fibre so pop them in your child’s bag for Crunch & Sip.

Crunch & Sip does not have to be limited to school days. Encourage your children to crunch on fruit & vegetables and drink plenty of water over the weekend and during holidays. Don’t forget to join in! Be a positive role model by enjoying Crunch & Sip with your kids as you set them up for a lifetime of healthy eating habits.

Involve your child in choosing the fruit & vegetables that you buy at the supermarket. Remind them that they need to choose fruit & vegetables that can be eaten easily and eaten raw. Use this as an opportunity to discuss different types of fruit & vegetables and encourage them to try unfamiliar ones.

Choose fresh fruits & vegetables over dried and tinned varieties for Crunch & Sip. Dried & tinned fruits contain more sugar than fresh fruits so only have those occasionally. Muesli bars, roll ups and fruit leathers have far too much sugar and not enough actual fruit so they are not allowed for Crunch & Sip.

Did you know that prunes are dried plums? Choose plums over prunes as they have less sugar and pop them in your shopping basket over February and March when they are at their best. They are sure to be a hit for Crunch & Sip with their juicy, burst of flavour.

A few chopped up pieces of honeydew are a great idea for Crunch & Sip as they are full of Vitamin C, potassium and fibre. Give them to your kids when the flesh is ripe and green in colour as this is when they are at their sweetest.

Choose apricots with a sweet fragrance and a golden to deep orange colour as this is when they are at their sweetest. Let your child know that the carotenes in the apricot will help them see in the dark and they’ll be asking for apricots everyday for Crunch & Sip.

Strawberries are always a favourite with children due to their sweet taste. To keep them sweet and looking their best, remove them from their punnets, when you get home, and place them on a paper towel on a plate and cover it with cling wrap.

Cherry tomatoes are great for Crunch & Sip as they can be eaten without creating a mess. Don’t make the common mistake of placing them in the fridge, leave them at room temperature until they are very ripe, then place them in the fridge.

Crunch & Sip is a good opportunity for children to stay hydrated as they lose fluid running around and being active, especially over the summer months. Over the warmer months, a cold drink bottle is ideal for hydration but also keeps lunchbox food items cool.

Buddies

KP and 6B have been working together this year as Buddies. They have read together, created some writing, used laptops and played sport. During this term, they are making dioramas of farms,
as part of Project Based Learning, in support of Kindergarten’s unit of work about farms. Year 6 are enjoying the project as much as Kindergarten.

**Athletics News**

During the last two weeks, the Botany Bay PSSA Zone Athletics Carnival was held at Sylvania Waters. We had 67 students who participated over the two days. Quite a few students qualified for finals of the 800m, 200m and 100m, as well as the two senior relay teams. Daisy L. placed 2nd in her 100m, so will represent both the school and zone at the Regional carnival. Hurstville performed even better in the field events. Denzil M., Louie G. and Connie Y. all won their respective high jumps. Connie completed the jump double by winning the long jump, too. Harmony M. placed 2nd in her discus event, with Bianca X. placing 3rd in the same event. Tawera W. and Louie G. placed 3rd and 4th respectively in their shot put event and Chris K. won his shot put. Lucy W. placed 3rd in her high jump.

All of the competitors who placed 1st or 2nd plus Bianca who achieved the qualifying distance will progress through to the Sydney East Regional carnival on Tuesday, 1st September, to be held at Homebush. We wish them well for that day.

Congratulations to all Hurstville competitors, each of whom tried hard to do their best, demonstrated great sportsmanship and were wonderful representatives of Hurstville Public School.
Congratulations to the PSSA Boys Soccer Teams

Congratulations to the Hurstville Boys’ Soccer Teams for winning the School Championship for 2015. The junior boys won the competition and came first in the league, after a 4-1 victory against Blakehurst Public School on Friday 14 August, on the last day of the competition.

The senior boys were placed 2nd after a 4-1 victory against Blakehurst Public School, who were coming second.

The boys will be receiving their ribbons on Monday 24th August during the whole school assembly.

Congratulations and well done, boys!
St. George Performing Arts Festival

During Week 4, the St George Performing Arts Festival (SPAF) was held at Marana Hall, Hurstville. Hurstville Public School had three choirs and four dance groups perform over the three day festival, as well as some students’ artwork decorating the entrance.

The Stage 2 choir was on stage on Tuesday, Year 2 choir on Wednesday and the Stage 2 choir was on Thursday. The dance groups performed Tuesday and Wednesday. Lyn’s artwork (6B) was on the back cover of the program, and a few other students from Hurstville had their artwork printed throughout the program. Well done to all students involved in the concerts. Your behaviour was excellent and you were all fantastic ambassadors of Hurstville Public School. Thank you to all the teachers involved. Without your efforts, the students would not have been able to participate.

St. George Performing Arts Festival-Visual Arts Hurstville Entertainment Centre -Foyer Display

During the St George Performing Arts Festival, students from Hurstville Public School displayed their art in the foyer at the Marana Auditorium.

The artworks displayed represented students from across all grades of the school. It was a wonderful opportunity to share the creativity and talent of our students with the wider community.

Visual Arts Competition

Lyn (6B)  
Selina (1R)  
Jacqueline (6V)
In Term 2, students from across our school participated in a whole school art competition. They were asked to create a piece of art with a musical theme. All artwork was of a very high standard.

The finalists’ artworks have been on display in the school hall. The winners from each stage of the school competition were then submitted to the St George Performing Arts Festival to compete against entries from other schools. Hurstville Public School had three very talented students’ work chosen for inclusion in the festival’s program.

Lyn (6B) was a winner of the competition, and had her artwork used as the back cover for the program. Selina (1R) and Jacqueline (6V) were finalists, and had their artworks included within the program. They will be presented with their certificates at next week’s whole school assembly on Monday morning. Well done to all the students who were involved in this competition. You should all be proud of your skills and creativity.

This semester we are focusing on Creative Thinking skills as part of the 4Cs. For this edition of the Belltower I’ve provided one way of facilitating creative thinking skills at home using “Would You Rather” questioning. Here’s a question for you:

“Would you rather be able to fly or turn invisible?”

“Would you rather...” questions are great for practicing critical thinking because they require you to evaluate two different, but seemingly equally appealing (or unappealing) options and choose one. “Would you rather questions” help kids become more flexible on their thought patterns. Rather than holding onto an idea no matter what, they learn to consider other’s opinions.

Here are some suggestions but you can think of your own too;

- Would you rather be a pencil or a rubber band?
- *Would you rather never be allowed to eat your five favourite foods for the rest of your life or be allowed to eat only your five favourite foods for the rest of your life?*

Some are fun and silly:

- Would you rather jump into a pool of marshmallows or a pool of jelly?
- *Would you rather have yummy edible hair that regrew each night or have retractable wheels on the bottoms of your feet?*

Part of the process is answering the questions, so be sure to give your kids an opportunity to share their answers with you. Anyone can make up a “Would You Rather” question, so have fun with it.

Mrs Amy Mortimer - teacher
The North Sydney Boys community invites you to Open Day. Join us to discover how we deliver excellence and innovation in boys’ education. Our students, parents and teachers look forward to welcoming you to the school and sharing with you what make North Sydney Boys so unique.

School Tours: 9:15am; 9:30am; 9:45am; and 11:15am
Principal’s Address and student presentations: 10:45am

Corner of Falcon and Miller Streets,
CROWS NEST
Phone: 9955 4748

Parking in the surrounding streets is limited to 2 hours. Public transport links to the school are very good; visit the transport website at transportnsw.info for timetable information.
Sydney Girls High School
Open Night

Wednesday 2 September 2015 3.30pm-6.30pm

Open Workshops
Drama
Music
Science
Languages

Public Speaking
Visual Arts
Public Speaking
Student Leadership

Films
English
English

Performances
Technology
Music

Annual Fashion Pde
Class
Physical Education

School Tours
Netball
Hockey

All Welcome
Dance

Anzac Parade
Surry Hills 2010
www.sghs.nsw.edu.au

Parking: Gate 4
Cleveland Street

Enquiries: Phone 9331-2336
OPEN MORNING
Thursday, 10 September 2015
9.30am – 11.30am
Address by Principal and performances by students 9.30 – 10.30am
Tours of the school 10.30 – 11.30am

Leading Girls’ Education in NSW
• Outstanding academic achievement
• Broad development of each child

DEBATING  LEADERSHIP  MUSIC  TECHNOLOGY
DRAMA  DUKE OF EDINBURGH  CREATIVITY  SPORT

• RESILIENT  • CONNECTED  • INNOVATIVE

Please note – there is no parking in the school grounds
Enquiries: Mrs Jenni Cooper, Telephone 9922 6666 ext 104