

# The Belltower

## Hurstville Public School Newsletter

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ISSUE 16 2016  
Term 4 Week 2  
Friday 21 October



Education & Communities

### Calendar of Upcoming Events

|  |  |
|--|--|
| <i>Tuesday 25<sup>th</sup> October</i> | <i>Showcase 2016</i>   |
| <i>Tuesday 1<sup>st</sup> November</i> | <i>Year 6 Mini Fete ( 9-11am)<br/>Band – Parent Information Evening at 6pm</i> |

### Principal's Message

#### Beginnings

This week, we welcomed our new kindergarten students and their families to our Hurstville Public School community. It was a pleasure to see the excitement on the faces of the children as they made their first steps into the life of “big school”.

One of the nicest parts of Orientation Day is when we introduce our incoming Kindergarten students to their “buddies”. These are current Year 5 students who are given the responsibility of being special friends to our youngest students. This week, they met for the first time. Our Year 5 students had been preparing for this occasion, discussing the importance of their role and the special qualities it requires. The Year 5 students had made beautiful “welcome” cards for their buddies, and some had small gifts. This important role is one which our senior students value. They know that, as well as many of the privileges that come with being the oldest students in our school, there also come responsibilities. For Year 5, this is the start of their leadership role in Year 6.

It is a joy to watch the relationships develop between buddies. We often see a gentler, more caring side of our senior students which comes to light when they are with their buddies. All of our senior children bring something special to this role, and many shine in ways we might not have seen before. Their presence, and the relationships they build, make a very real difference to the confidence with which our kindergarten children start school. Our buddies will meet again during our Transition program in coming weeks.

I would like to thank our kindergarten comperes, Lily and Ashwin; all of the current kindergarten students and teachers for their wonderful performance; all of the Year 5 students and teachers; a special thank you to Mrs Maakaroun, who organised the Orientation Days; and to the office staff for their great organisational and administrative support in ensuring the two mornings ran smoothly.

We look forward to further building our relationship with our new students and families during the transition program.

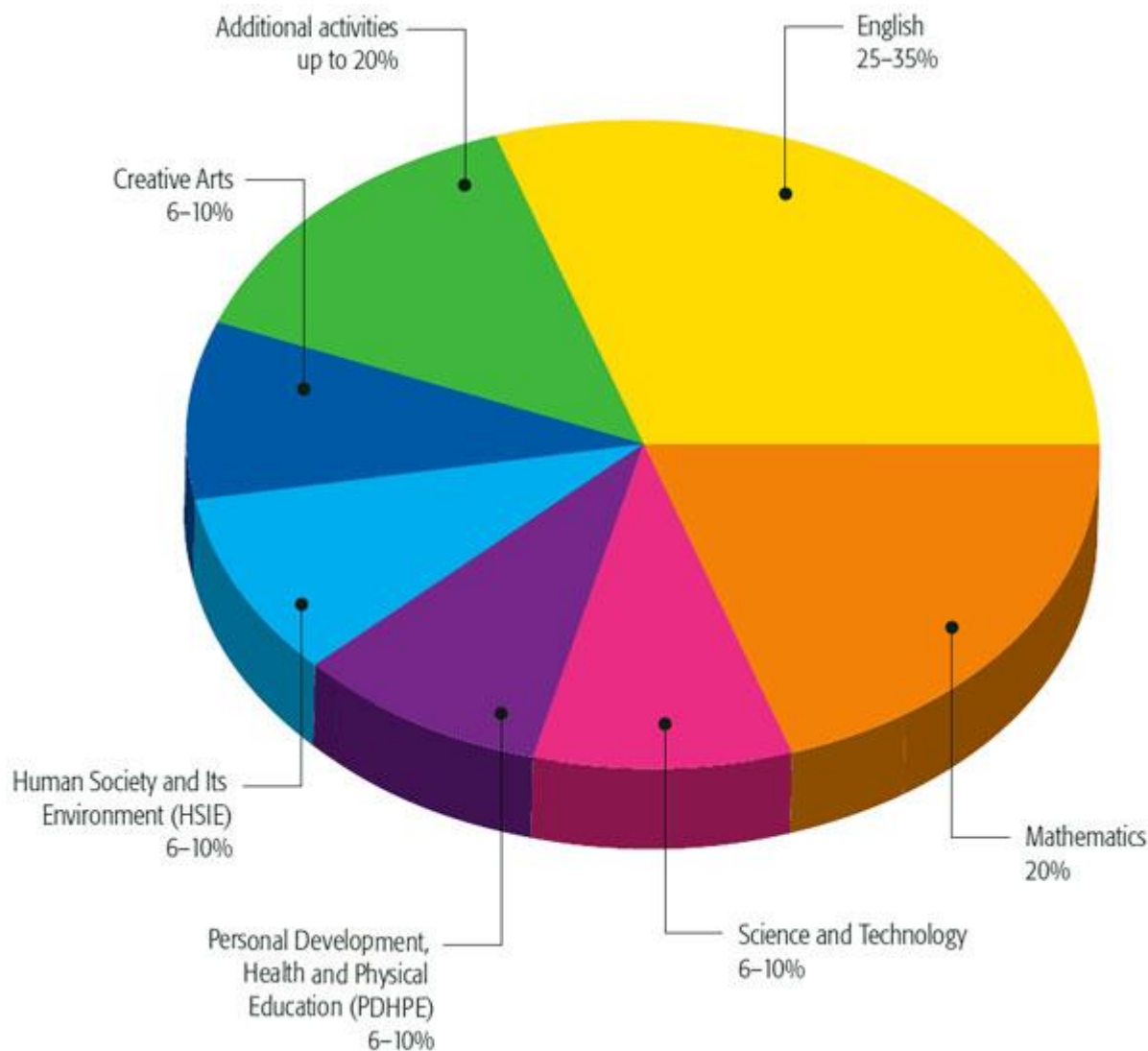
*Mrs Anne Hewson – Principal*

### How much time will be spent on each subject?

The BOSTES syllabus requirements can be taught in 80% of a typical 9 am to 3 pm five-day school week. The remaining 20% of the school week is left free for additional activities at the school's discretion. For example, many schools use this time for languages, additional school sport, concert rehearsals, religious education and special projects.

English and Mathematics make up about 50% of the school week – this is equivalent to at least 12 hours each week. The other subjects are spread across the remaining time (see pie chart below). The 6–10% of time noted below represents between 1.5 and 2.5 hours per week.

The use of digital technologies is included in every stage of every subject.



**Having a range of percentages allows schools to be flexible in implementing the syllabus and to program more time for English in the earlier years.**

## Ms Birch's Blog

Thanks to **Ocean in Year 2** who is the first student to comment on my blog. Ocean and his mother listened to an online story and left me a comment:

*Hello Ms Birch, my mum and I listened to "The Triceratops Twins". It was a great story about two triceratops babies finding their mother after their mother forget to look after them when they hatched. It helped them to be more brave when they grew up. Ocean 2L*

Thanks for the great comment Ocean!!!! I hope to hear from some more students soon. To access this site go to:

[https://online.det.nsw.edu.au/blog/roller-ui/rendering/page/2357-msbirchscurriculumcorner/entry/storyline\\_online](https://online.det.nsw.edu.au/blog/roller-ui/rendering/page/2357-msbirchscurriculumcorner/entry/storyline_online)

## *Ms Jennifer Birch – Deputy Principal*

### Being a Good Communicator

This semester, all classes are focusing on 21<sup>st</sup> Century Communication. Being an effective communicator in a variety of situations, with a variety of audiences, using a variety of media is a skill that needs to be developed for future success. Being able to change your language and tone to suit the audience and purpose takes a lot of practice. Students will practice communicating in formal and informal situations and will look at the difference between written and spoken communication.

As parents, one of the ways we can help students be effective communicators is to model and teach how to use good manners. Displaying good manners demonstrates respect for others.

Some ways students should demonstrate good manners is:

- Saying good morning/afternoon if you are walking past an adult who you know.
- Asking if you can borrow something, not just taking.
- Returning things that you have borrowed.
- Waiting your turn before you speak.
- Saying 'excuse me,' rather than pushing past someone.
- Holding the door open for the person coming in, especially if he/she is carrying something.
- Respecting your own and other people's property.
- Saying 'please' and 'thank you'.
- Knocking at a door and waiting until you are asked to come in.

Having good manners is a skill which will benefit students throughout their life.

Congratulations to the students who competed in the Georges River Network Public Speaking Competition this week. Andrew, Philippa, Olivia and Bethany represented our school with pride, demonstrating outstanding public speaking skills.

## *Miss Danielle Scott – Deputy Principal*

## IMPORTANT HEALTH INFORMATION

Today a significant number of students were absent from school, particularly in Year 1, because of a vomiting virus, and over the past few days a number of students have been presenting to the school office complaining of stomach pains, feeling nauseous, and vomiting. After contacting Public Health, it was advised that we alert our school community about this outbreak, and provide you with important information regarding the virus. All students were given a note today advising you of the outbreak. If you haven't received it, please check your child's bag.

Please read the following information, and if your child shows any of the symptoms, please follow the appropriate steps and, for the well-being of other students in the school, do not send them to school while they are contagious.

Thank you for your co-operation with this.

### What is norovirus gastroenteritis?

Norovirus gastroenteritis is diarrhoea and vomiting caused by a virus in the digestive system. There are many viruses that can cause gastroenteritis but norovirus is one of the most common. It often occurs as outbreaks where many people get sick at the same time. Common names used for gastroenteritis due to norovirus are 'gastric flu' or 'stomach flu', 'winter vomiting' and 'viral gastro'.

### What are the symptoms?

Common symptoms of viral gastroenteritis include nausea, diarrhoea, vomiting and abdominal cramps. Other symptoms may include headache, chills, low grade fever, muscle aches and tiredness. The illness often begins suddenly and symptoms last between 24–48 hours.

### How are noroviruses spread?

Noroviruses are usually spread from one infected person to another. Noroviruses are often associated with outbreaks where people are in close living spaces, such as Aged-care facilities, schools, hospitals, cruise ships and community sporting events. There are different ways in which people become infected:

- eating food or drink that is contaminated with norovirus. This can occur in two ways:
  - when the food may become contaminated during growing or processing, especially oysters
  - when a person who is ill prepares food for other people.
- touching surfaces or objects contaminated with norovirus and then putting their hands in their mouth
- having direct contact with another person who is infected
- small particles of vomit settle on people or food in the same room and result in infection.

### When do symptoms begin?

Symptoms of vomiting, nausea and diarrhoea usually begin 24–48 hours after ingestion of the virus, but they can appear as early as 12 hours after someone is exposed to the virus.

### Are noroviruses contagious?

**Yes, noroviruses are highly contagious. People infected with norovirus can spread the virus from the day they start to feel ill to at least 2 days after diarrhoea or vomiting stops.**

### Who gets norovirus?

Anyone can become infected with norovirus. There are many different strains of norovirus which makes it difficult for a person's body to develop long-lasting immunity. Therefore, you can get norovirus more than once during your lifetime.

### Is there any treatment available?

No specific medication or antibiotics exists for norovirus infection and there is no vaccine available.

When people are ill with diarrhoea or vomiting they should drink plenty of fluids to prevent dehydration. People with severe symptoms or dehydration should seek medical advice.

### How can norovirus infections be prevented?

There are some simple measures to prevent infection:

- Wash hands with soap and water after using the bathroom and changing nappies.
- Wash hands with soap and water before eating, or preparing food for oneself or others.
- Do not prepare food for others while you have gastroenteritis, or for at least 2 days after diarrhoea or vomiting stops.
- Immediately remove and wash clothing or bedding that may be contaminated with diarrhoea or vomit.
- After an episode of vomiting or diarrhoea, clean the area with detergent and warm water and then disinfect contaminated surfaces with household bleach diluted to 1000 parts per million (ppm). (Note: Bleach may damage soft furnishings.)
- People who are ill with norovirus or suspected viral gastroenteritis should be excluded from child care, school or work for a minimum of 48 hours after diarrhoea or vomiting stops.

Finally, it is very important that people thoroughly wash their hands even after symptoms have stopped. Handwashing has been shown to reduce a person's risk of both spreading and catching gastroenteritis.

For further information please refer to NSW Health <http://www.health.nsw.gov.au> or Children's Hospital Westmead <http://www.chw.edu.au>

***Mrs Jenny Cooper – Assistant Principal***

## *In The Classroom*

### *Early Stage 1 (Kindergarten)*

In 2016, students in KP have been involved in enquiry based learning. Students participate in group activities in the classroom once a week. These activities have allowed them to use their 21<sup>st</sup> Century learning skills of collaboration and communication when working with their friends, and critical thinking and creativity as they act out role play scenarios. Students in KP have had a great time collaborating with their friends from KB in play areas such as the home corner, construction site, vet office, café and acting as zookeepers. They have all learnt a lot!





KP students working (and smiling!) with their friends from KB in the zoo, art school, construction site, home corner, dress up corner and vet.

*Miss Erin Piper – KP Classroom teacher*

## Stage 1 Year 1

### 'Our Excursion' by Andrew 1V



On Tuesday 9:00 am Year 1 went to the Royal Botanic Gardens by a double decker bus from Hurstville.

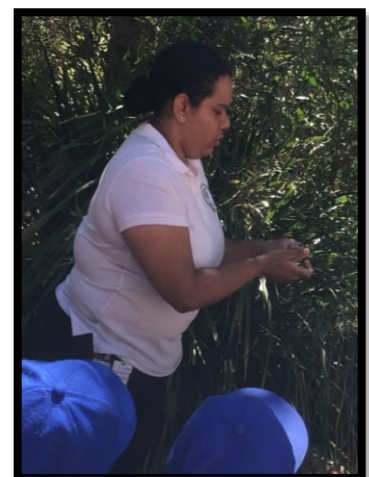
First, Mary told us what Aboriginal people used in the olden days and we did matching activities.

Then Mr Terry showed us big and little tracks in the sand.

Next Terry showed us different boomerangs and Terry said that if you throw a spear it will only go around 50 metres, but if you use a woomera it will go 100 metres.

After that Calcony told us that a plant can make soap with water.

Finally I went home on the bus. I was tired. *By Andrew – 1V*



## Year 2

### 'Making connections'

Our Year 2 students had a fantastic start to term 4 with an excursion to the Royal Botanic Gardens. During our first week, Year 2 students, along with Year 2 teachers, travelled to the Royal Botanic Gardens. The excursion was part of our geography unit on Connections with Places, and explored the ideas of connection and country.

The children were very excited to board the double decker bus, and enjoyed the 45-minute ride to the city. Once at the gardens, we enjoyed an educational tour by Aboriginal Education Officers.

Students were able to experience the gardens in a very hands-on way, exploring the way local native plants were used by the first Australians for survival. We investigated how plants were used for food, medicine, tools and weapons, and gained valuable insight into Aboriginal culture and traditions.

After our tour, students and teachers walked through the gardens to the Sydney Harbour foreshore, where we sat on the steps of the Sydney Opera House and enjoyed a beautiful view of the Sydney Harbour Bridge.

A fantastic day was had by all.



*Mrs Kathryn Wakelin – 2C Classroom Teacher*

## Stage 2

### Years 3 & 4

Your child should have received a note about contributing to the Boxes of Love program. This is a humanitarian program that sends shoe boxes full of items to children around the world. The boxes are given to children who are victims of war, poverty and natural disasters. Each class was designated a category such as toys, stationery and personal hygiene items. If you would prefer, children can contribute money instead of an item, which will go towards the postage of the boxes. Please send items or money by the end of Week 4.

As the warmer weather approaches, please remind your child to wear their hat to school. With the harsh Australian sun, it is important that hats are worn so children don't get sunburnt. If students forget their hats, they will be asked to play under the shade cloth area. Another reminder is for all students to bring their school supplies each day so they are ready to learn. Students need to remember to bring items such as pencils, rubbers, glue and a pencil sharpener.

*Stage 2 Classroom Teachers*

## Stage 3 News

Last week Stage 3 were fortunate to have a workshop titled 'Confident Me' which was aimed at opening up communication on appearance and body image. All students were engaged and participated in group discussions.

Year 5 camp money needs to be finalised by the 28/10/16 and Year 6 camp money needs to be finalised by the 27/10/16. On Thursday the 27<sup>th</sup> October at 2.15pm there will be a Year 6 camp meeting in E Block hall, parents are welcome to attend.

Stage 3 are looking forward to Showcase which is on next Tuesday at 6.30pm. There are tickets available online and there will only be limited tickets available on the night.

### *Stage 3 Classroom Teachers*

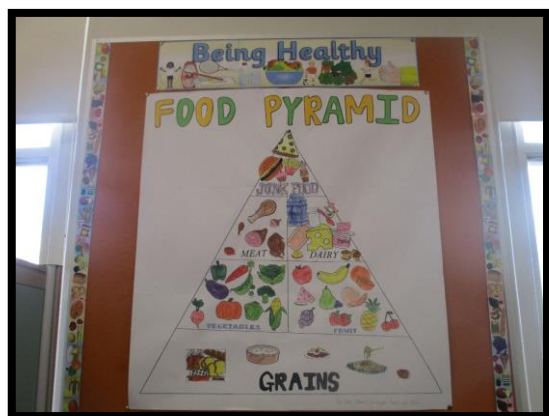
## *Support Unit*

Welcome back to Term 4. We have welcomed a new student to RED class this term. Her name is Enayah and she has settled in well and is making new friends. This term will be a busy one with lots of events and activities, especially for our Year 6 students who are entering their last term of primary school and getting ready for high school.

Below is some of the great art work our students have produced last term.



*Red class learnt about the different seasons and here is some of their spring artwork.*



*BLUE class have been learning about the healthy foods. They have made a healthy food pyramid.*





*GREEN class are learning their sounds. They have made some spiders.*

*Mrs Nicole Moore – Assistant Principal*

## Student Representative Council (SRC) News

What a big busy term we have coming up for the SRC!

In Week 4, as part of the Year 6 mini fete, the SRC will be running a juice boxes stall, selling juice boxes for \$1 each. Students in the SRC are asked to donate a 6 pack and/or 8 pack of Golden Circle brand juice to sell at the mini fete. These can be stored in the KP classroom until the date of the mini fete. All the money raised at the SRC juice box stall will be donated to the charity, 'Red Kite'.  
<http://www.redkite.org.au/>

Thanks for getting involved!



Later this term, we are also organising a crazy hair day fundraiser, so start thinking of some *weird, wacky and wonderful* ways you can decorate your hair. Watch this space for more details ☺

We also still have **Nude Food Days** running every Monday and Wednesday! Thanks everyone for your constant involvement and enthusiasm with this program – the playground looks better, and is always happier and safer with less rubbish on the ground.



*Miss Erin Piper, Mrs Vanessa Kapoor, Mrs Anna Kakakios, Miss Ediva Hong-SRC Co-ordinators*

## Values In Action

The students listed below will receive their **medals** on Monday 24<sup>th</sup> October at the whole school morning assembly. Congratulations! Parents are most welcome to see their child receive their award.

*Kenny W. 4A*

*James L. 5H*

The students listed below will receive their **GOLD** award at this assembly as well.

|                 |                  |               |
|-----------------|------------------|---------------|
| CJ T. Red Class | Philippa H. 2C   | Chloe Z. 3/4S |
| Alexander L. 1V | Rose Marie L. 2B | Kaitlyn L. 4A |
| Ethan H. 1/2S   | Iris W. 3K       | Cynthia Z. 4A |
| Ivy W. 2I       | Mahesh K. 3/4S   |               |
| Zayn M. 2C      | Jackie C. 3/4S   |               |
| Jasin Lin 2D    |                  |               |

If your child receives 5 Values in Action Awards, please send them in so that your child can receive their Bronze award at their grade assembly.

*Mrs Jessica Maakaroun – Assistant Principal*

### **Public Speaking Competition**

On Wednesday this week, our school's Public Speaking Finalists competed in the highly competitive Georges River Network Public Speaking Competition which was held at Peakhurst West Primary School. Our school was represented by Andrew L from KK (Early Stage 1), Philippa H from 2C (Stage 1), Olivia H from 4K (Stage 2) and Bethany H from 5C (Stage 3). They competed against students from different schools in the Georges River Network division.

Prior to the Regional competition, these students competed against their class, their grade and then their stage. For them to be the finalists at school level was quite an achievement in itself. Leading up to the Regional competition, the students continued to spend time practicing their speeches and improving their skills in writing impromptu speeches so they would be well prepared. Each student performed most outstandingly.

Our speakers did extremely well with Bethany H (5C) gaining a Highly Commended medal. Congratulations to all four student finalists for the wonderful way in which you conducted yourselves and for being such outstanding public speakers!

*Ms Erina Law-Public Speaking Co-ordinator*

### **Band**

Congratulations to the students who have been accepted into the Training Band program for 2017. Once again, band has proven to be extremely popular and we had many students express interest in joining. We will be holding an information night for parents who are new to the Band program on **Tuesday 8 November 2016**. It will begin at 6pm and be held in our school hall. Engadine Bandtime will provide details about the program and answer any questions you may have. We look forward to seeing you then.

I also look forward to seeing our three bands perform at the Showcase next Tuesday night. A reminder that all students need to bring their instrument, music and wear their Band uniform to both the dress rehearsal and night time performance. Because of the Showcase, all rehearsals and tutorials for next Tuesday have been cancelled. Wind Orchestra students are having their rehearsal on Monday instead of Thursday next week.


*Miss Danielle Scott – Deputy Principal*

## Fruit and Vegetable 2016 Competition

Thank you to all the students who have participated in the Fruit and Veg 2016 competition. The judges were very impressed by the work of Hurstville PS students!


Congratulations to our winner- Alvin X. of 6K. Alvin will be receiving his prize pack containing a Yates gardening pack and Nude Food Movers lunchbox. Great work, Alvin!

Student Competition Entry Form

 **Vegetables  
are  
Funky!**

My new band member's name is:   Potato  

Here is a drawing of my band member:



Student name:   Alvin Xu  

Student year (e.g. Year 1):   6 (6K)  

School name:   Hurstville public school  

School suburb:   Hurstville  

*Ms Kate Maymystova- Co-ordinator*

### *From the Office*

#### **SCHOOL OFFICE CLOSED ON MONDAY 19 DECEMBER 2016**

***Please note that due to compulsory staff training the School Office WILL NOT be open on Monday 19 December 2016.  
The office will re-open on Tuesday 20 December 2016.***

# NDIS First Step Workshops

Do you want to learn more about the NDIS?  
Do you want to understand how the NDIS might benefit your child?

This information session will support with your understanding of:

- The National Disability Insurance Scheme (NDIS)
- How early intervention is supported by the NDIS

It will also assist you to identify:

- The supports your child is currently receiving
- Which supports for your child work, which don't and why
- Other support you might like for your child
- How the NDIA might support you to achieve those new things



- When:** 23 November 2016  
**Time:** 10am- 12pm and 6pm-8pm  
**Where:** Level 2, Suite 2.02  
12 Butler, Hurstville NSW 2220  
**RSVP:** 9 November 2016 to:  
E: [macarthur.admin@northcott.com.au](mailto:macarthur.admin@northcott.com.au)  
P: 02 4640 8700  
**Cost:** FREE

Workshops funded by Department of Social Services, Australian Government and provided by Cerebral Palsy Australia and First Step Alliance.

**FIRST STEP ALLIANCE**



P: 1800 818 286  
E: [northcott@northcott.com.au](mailto:northcott@northcott.com.au)  
[www.northcott.com.au](http://www.northcott.com.au)

**Northcott**  
Let's see what you can do



## Free two day workshop for parents and carers Additional follow up session available

**Workshop: 16-17NSWPC11**

**Location: St George NSW**

Like all school-aged students, young people on the autism spectrum benefit from strong, positive relationships between home and school. Positive Partnerships use evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

This workshop is suitable for parents, full time carers and grandparents.

### What will you gain?

The Positive Partnerships parent/carer workshop intends to:

- Increase understanding of the impact of autism on learning
- Introduce a planning tool that can be used to share an understanding of your young person
- Explore ways to work in partnership with your school
- Share information about how to access support both inside and outside of school
- Highlight the policies, system and processes that contribute to the educational environment
- Increase your capacity to maximise your young person's learning at home and at school
- Provide an opportunity to network and share strategies with other parents/carers
- Support small group discussions on a range of topics relevant to young people on the autism spectrum and their families
- Provide an opportunity to review your progress and plan next steps during an additional session one month after initial workshop days

### Workshop details

**Venue:** St George Motor Boat Club  
2 Wellington Street  
Sans Souci NSW 2219

**When:** Two day workshop – Tuesday 8 and Wednesday 9 November 2016 ( 2 consecutive days )  
9.15 am – 3.00 pm (Registration from 8.30 am)

Online registrations for the Two day workshop open on Tuesday 27 September 2016 and close two days prior to the workshop.

If you have an email address and access to a computer please register directly through our secure website [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au). You will receive a confirmation email of your registration.

If you have any enquiries phone the Positive Partnerships Infoline 1300 881 971 or email [parentcarer@autismspectrum.org.au](mailto:parentcarer@autismspectrum.org.au).

**Additional session – will be held on Wednesday 7 December 2016, 9.45 am – 12.45 pm (arrive from 9.30 am onwards).**

**Registration for this session will be taken at the initial workshop days and details about venue will be shared on these days**

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism.

The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.



*Taren Point Public School*  
**SPRING**  
*fling 2016*  
Saturday 29th October

**\*RIDES \*STALLS \*FOOD**

**\*ANIMAL FARM**

**\*LIVE MUSIC**

**\*WILD LIFE MAN**

**\*LIVE BROADCAST 2SSRFM**

**\*PHOTO EXHIBITION**