Hello All,

CONGRATULATIONS!
To our Zone Athletics competitors. Particularly our PP6 Relay team members – Lewin, Rivah, Elen and Connor. It gave me great pleasure to watch the video of your win as I attended my Conference! You are awesome!

COMINGS AND GOINGS
Welcome Ms. Dennis – it was great having you with us Thursday and Friday of last week – and we welcome you again Friday 14 and next Thursday 20, as Mrs. Stevenson is attending a Professional Learning Day about Road Safety for students.

The Relf family – Caitlan, Byron and Liberty – who were in the wonderful respite care of Jan and Rick have moved out of the area. We wish them well, and send them away with our very best wishes and hope they share great memories of HVPS. We will miss you all!

We will have a visit from the home School Liaison Officer on Tuesday! She’s checking out student attendance.

There has been a change to the school staffing structure. Mrs. Stevenson (and her incoming replacement or replacements) will be with us from Monday to Friday and Tuesday to Friday alternately. Mrs. Read will be replaced by Mrs. Dean on Tuesdays (9-11 am) and Mrs. Stevenson on Thursdays.

Mrs. Stevenson’s final day before Maternity Leave is 4 September. We’ll have an Afternoon Tea to wish Jenny well on that day!

CHAFFS LEADS INTO THE RETURN OF MUSIC LESSONS
The show Vaudeville which we are performing in Term 4, is centred around student performance. Recorder, keyboard and possibly guitar lessons will recommence in Week 6, I will be away on Friday this week due to family commitments. Music will go ahead, but will be centred around continuing to learn the script and songs for Vaudeville.

PRINCIPAL CONFERENCE
On Thursday 6 and Friday 7 August I attended the annual North Coast Principal’s Conference at Coffs Harbour.

Coming Events

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Saturday 15 August</td>
<td>Tennis Club Working Bee</td>
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<tr>
<td>Mon 24-Wed 26 August</td>
<td>Great Assuie Bush Camp Y3-6</td>
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<tr>
<td>Friday 21 August</td>
<td>P&amp;C Meeting 8:30 am</td>
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<td>Celebration Assembly</td>
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<td>Premier’s Reading Challenge closes</td>
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<td>Friday 28 August</td>
<td>Hunter Region Athletics carnival</td>
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<td>Soccer Gala Day</td>
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CHATS TEST FOR YEAR 6 THEN HIGH SCHOOL INFORMATION SESSION AT MOORLAND P.S.
Well done Rivah, Elen and Connor – who sat the CHATS test on Wednesday... and followed up on Thursday with an Information Session at Moorland PS for Year 7. Busy times for our Year 6 at the moment!

CANTEEN
Our mixed sandwiches were delicious! Thanks so much to Marius and Magda!

RIDING YOUR BIKE TO SCHOOL AND BIKE HELMETS
Just a big reminder to ALL students who ride their bikes to school – helmets are a required part of your attire by law!

Also students must ride on the correct side of the road, and be careful to consider all other bike riders they are riding with. Further information for parents and students will be circulated soon after Mrs. Stevenson completes her PL day on 20. GET READY!

SCHOOL FEES
We still have a few outstanding accounts for 2015 school fees/general contributions. Parents and carers are welcome to check at the school office if you are unsure whether you have paid your child’s fees for the year.
THE GREAT AUSSIE BUSH CAMP
All students from Years 3 to 6 are attending this camp...... WOW!! This is REALLY exciting! Thought I’d include the Vision and Mission Statement from the Camp!

Aussie Bush Camp – Vision and Mission Statement

Our Vision
Our vision is to be consistently regarded as the first choice provider of teaching and learning experiences that are delivered within an outdoor recreation environment.

Mission Statement
At the Aussie bush camp our mission is to deliver the best possible outdoor recreation teaching and learning outcomes for our clients through programs that are:

• Fun
• Challenging
• Relevant
• Memorable

In delivering these programs our goal is to:

• Place the safety and well-being of our clients above all else
• Adhere to the highest possible standards as teaching and learning providers.

On every occasion I have attended the camp the above has been very evident.

UPCOMING ORGANISATION
Things are getting REALLY busy.......

I draw your attention to the following Calendar Overview – ‘til end Week 8.....

WHilst this week looks rather placid I am out on Friday due to family commitments, as already mentioned.
Kinder and Year 2 Excursion is still being finalised. A note will go home immediately we know what is on the agenda and which day, either 24, 25 or 26, this exciting day will be.

TEENI3 CLU4 WORKING BEE
John Gillies and the Bushfire Brigade have kindly offered the services of the fire truck next Saturday morning to provide water for the gurneying of the Court. This job has been attempted THREE times now by Troy Kompara. I thank Troy for his patience and rest assured that this Saturday is the day! Any other parents and Tennis Club members are very welcome to come along and lend a hand. There’s weeding on the agenda also...and general tidying up. Tennis Club Social Tennis begins in the next couple of weeks. Unfortunately I am unable to attend!

NEWCASTLE PERMANENT MATHS TEST, WEDNESDAY 19 AUGUST
Last year Ben blitzed this Test....no pressure Year 5/6, but can we do it again?

CELEBRATION ASSEMBLY
Next Celebration Assembly happens 21 August, 2.30-3.00p.m. – on the same day we have the P&C Meeting in the morning.

CLASH OF DATES
We need to talk this over Mums and Dads! The Moorland Soccer Day is on the same day as the Regional Athletics carnival. There will be a number of different school students involved in the Hunter Regional carnival – not just ours. Our team at Moorland Soccer Day may be without our P6 Relay members! I fear Harrington, Lansdowne and Moorland may have even bigger numbers out.

BOOK FAIR AND BOOK WEEK PARADE
Tuesday 1 September we will have our Book Fair and Book Parade. Students are already working on displays for this day. As the day will come round very quickly I urge everyone to start thinking about Book Week Costumes. The theme for this year’s Book Week is Light up your World. Students can come as a character from one of the CBCA Books they have been studying or a character from their favourite book. It would be good to think of a character from a book with “light” as its theme. Books like The Lighthouse Keepers Lunch, How to Catch a Star, Giraffes Can’t Dance- there’s a whole swag of titles that would fit the genre.

Thanks for your continued help, support and friendship everyone,

Pamela Everingham
Teaching Principal
Star of the Week this week is Rivah Cabot. Rivah has now not only taken a last minute role in our CHAFFS performance, but this week he stepped into a spot in the Relay Team! …and his Homework has been completed for Week 4 also! Certainly Rivah is managing his student responsibilities very well!

Unfortunately Rivah is absent today and unable to be interviewed.

CHAFFS PERFORMANCE
A big belated thank you to Pam, Jenny and all the children for all of the work they put into the CHAFFS performance. We were very proud of our little school!

CANTEEN
Thank you Magda and Marius for last weeks delicious sandwiches. A new order form for next week will go out today. Please return order forms by Friday.

QUOTE OF THE WEEK

P&C LUCKY PICK
This weeks Lucky Pick winner was Magda Rogers

NEXT MEETING
Friday 21 August 8:30am

As always,
Thanks for your support.
Michelle Dennis
P&C President

CHAFFS DVD
If anyone wishes to purchase a DVD from the night, please fill out an order form and return to the school with $20.

DVD’s from previous years performances can also be purchased.
Here are a few suggestions to help schools to support families make healthy decisions about what foods they choose for their children.

With the introduction of the DEC Nutrition in Schools Policy in 2011, this has made available to students at these events.

- Mini vegetables muffins or mini fruit muffins
- Cheese cubes and crackers
- Fruit e.g. cut up, fruit kebabs, fruit and yoghurt or custard
- Vegetable sticks with low fat dip e.g. cucumber, with low fat vegetable dip e.g. hummus, tzatziki etc.
- Pikelets with a scraping of marrowfat margarine and jam or fruit pikelets
- Fruit bread with a scraping of marrowfat margarine
- Untoasted muesli and low fat yoghurt
- Cheese sandwich
- Breakfast drinks e.g. Up and Go
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- Cereal bites e.g. fruity bites, cherrios, mini wheats etc.
- Boiled egg


Important for kids

**Importance of Breakfast**

Did you know that breakfast literally means breaking the fast from overnight? One in four Australian children skip breakfast and research has shown that students who do find it difficult to concentrate in class and may be lethargic in the playground. They may also choose more high sugar, high fat snacks or overeat because they are so tired and hungry.

Breakfast really is the most important meal of the day and should be eaten every day.

Some children may have a long distance to travel to school, while others take a while to wake up and be ready to eat breakfast so here are some quick on the go breakfast ideas:

- Fruit bread or a fruit hot cross bun
- Banana
- Breakfast drinks e.g. Up and Go
- Cheese sandwich
- Untoasted muesli and low fat yoghurt
- Cereal bites e.g. fruity bites, cherrios, mini wheats etc.
- Boiled egg


**Good for Kids**

**For more information on healthy meals and snacks go to:**

**Healthy Ideas for Class Parties**

- Quick on the go breakfast ideas:
  - Boiled egg
  - Cereal bites e.g. fruity bites, cherrios, mini wheats etc.
  - Untoasted muesli and low fat yoghurt
  - Cheese sandwich
  - Breakfast drinks e.g. Up and Go
  - Banana
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