Dear Parents and Carers,

Welcome Back
I would like to welcome you all back to a busy, productive and exciting school year. Everyone looks rested and relaxed after their summer holiday break. It was a great opportunity for families and friends to catch up and to get some well-deserved rest and recreation.
A very special welcome to our new families who have joined the Hamilton South Public School community. I know your children, and yourselves, will enjoy being part of our wonderful school and encourage you to become involved with the many activities and programs we have at our school.

First Day at School Lunch for Mums and Dads
Next Tuesday 2 February the Friends of Hamilton South would like to invite our Kindergarten parents and our ‘new’ parents with children in Years 1-6 to come along to the Mary Ellen Hotel (57 Railway Street, Merewether) at 12pm. This is a great opportunity for Kindergarten parents to meet other parents with Kindergarten students and for new parents to meet members of our wonderful school community.

Class Organisation
This week students are in their 2015 classes. Our new Kindergarten students are doing the Best Start Kindergarten Assessment over the next three school days (Thursday, Friday and Monday). We will be forming our Year 1 - Year 6 classes on Tuesday and we will have our Kindergarten classes finalised on Wednesday.

Week 1 and Week 2 Key Dates

Week 1
Thursday 28 January
Students in Years 1-6 Return
Kindergarten Best Start Group 1

Friday 29 January
Kindergarten Best Start Group 2
**Week 2**

**Monday 1 February**
- Best Start Group 3
- HSPS Swimming Carnival

**Tuesday 2 February**
- All Kindergarten students start
- New Parents Lunch
- Kindergarten Photographs
- Classes formed for Years 1-6

**Wednesday 3 February**
- Kindergarten Classes formed
- Brainstorm Productions Show - *Being Brave*: K-6 students

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**Sue Estens**
**Principal**

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**HSPS Swimming Carnival**

The annual Hamilton South Swimming Carnival will be held on Monday 1 February at the Lambton Swimming Pool. All students who are in Year 2 this year and above are eligible to attend. The Primary Schools Sporting Association (PSSA) permits only 8 year olds and students turning 8 and above to compete in races. Any student who is 7 or turning 7 this year will only be allowed to compete in novelty events.

**Swimming Assessment**

A 50 metre swimming assessment of all students who wish to compete on the day will be taking place before the carnival commences. They will be given a coloured wristband to wear that indicates their swimming ability. This is a departmental safety requirement. Students who cannot competently swim will be able to participate in novelty events and earn points for their respective house teams.

**Transport**

Transport to and from the event will be by bus from the school. Students are not to go straight to the pool. All students are required to come to school as per normal on the day and will return back at school in time for the normal bell.

**What to Bring**

All students are expected to bring their normal school lunch and drink/s to last the day. There may be opportunities for students to buy small snacks (ice-blocks/lollies) from the kiosk at the venue. Students will not be permitted to buy hot foods from the canteen. It’s suggested that students wear their swimmers to school on the day along with their usual Friday sports uniform (house team shirt). This will allow students to begin their swimming assessment immediately when they arrive at the facility. Students must also take a hat, sunscreen, towel and...
plastic bag with them. Please ensure that all your child’s belongings are clearly marked. It is very frustrating trying to return lost property back to the owner without this.

**Parent Helpers**

The day will require parental assistance (judging and timekeeping). If you are able to assist, please could you leave your name and phone number at the school office. Parental assistance is greatly appreciated at these whole school events.

**Can you help?**

The school urgently needs a ute to assist with the transportation of items on the day. If anyone in the school community can assist with this please contact the school office.

**Departure**

Parents who wish to take their child home from the venue are able to do so but must sign them off the class roll prior to leaving. This will be with your child’s teacher from 2015.

**Urgent Reminder**

Please make sure your child’s permission note for the swimming carnival has been returned to their class teacher before Monday.

Thank you for helping the school staff make this day run smoothly and an enjoyable one for the children.

Robby True (Sport Coordinator)

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**SCHOOL NEWS:**

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>Friday, 29.01.16</td>
<td>~Group 2 Kinder Best Start day</td>
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<tr>
<td>Monday, 01.02.16</td>
<td>~Group 3 Kinder Best Start day</td>
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<td>~Swimming Carnival Yrs 2-6</td>
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<td>Tuesday, 02.02.16</td>
<td>~All Kinders start</td>
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<td>Wednesday, 03.02.16</td>
<td>~Being Brave Show</td>
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<td>~Money collection for</td>
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<td>•Bully Performance-Kinder</td>
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<td>•Sport in School-Kinder</td>
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<tr>
<td>Thursday, 04.02.16</td>
<td>~Money collection for</td>
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<tr>
<td></td>
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**NOTES TO BE RETURNED**

- Absence Note – if your child has been absent from school, please fill out a yellow note and send it in to the office. Departmental requirement states you have seven days to explain your child’s absence.
  School hours 8:55am-3:00pm
GETTING TO SCHOOL ON TIME
HINTS AND TIPS FOR PARENTS

It is essential to establish a regular routine each morning and arriving at school on time is an important part of your child’s morning routine.

It is important to be at school on time because:
- It sets up good habits for the future
- It sends a message to your child that you think that being on time is important
- It provides social benefits – good play time and discussion among friends. It gives students time to settle in before the start of the school day
- The school day usually begins with the teacher giving out information to students. Eg. Any changes to school routines, coming events etc.
- It is an opportunity for important teacher pupil interaction before school
- Students who are late to school cause disruption to the class and other students.

How to ensure your child has a happy day at school
- Make sure your child has a good night’s sleep and is in bed by a reasonable hour. This may mean insisting on a specific time for bed on a school night. Technology is best avoided at least 30 mins before bedtime.
- Make sure your child gets up early enough to
  - Have breakfast
  - Get lunch ready
  - Pack a school bag
  - Get dressed / showered
- Don’t turn the TV on or let your child use the computer / iPad unless your child is completely ready for school

Be organised yourself – help your child pack bags and have homework and sports gear ready for the next day.

Be involved with your school – meet with your child’s teacher and talk regularly.
- Offer your support and help
- Read notes from school (including the Noticeboard) and reply on time
- Listen to your child read
- Show an interest in homework

If you are late for school
- It is your legal obligation to provide an explanation either written or verbal to the Principal. Be aware that reasons such as “sleeping in” or “running late” are not considered justifiable reasons for lateness.
- Escort your child to the front office to sign them in. Don’t drop them off at the front gate.
**Canteen Roster: 01.02.16 – 05.02.16**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Canteen Closed</td>
<td>Canteen</td>
<td>M. Corling</td>
<td>Canteen</td>
<td>P. Howe</td>
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<td>Closed</td>
<td>O. Utkina</td>
<td>Closed</td>
<td>K. Goodwin</td>
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<td>J. Schmit</td>
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If you are unable to work, please arrange a swap. In an emergency, phone Mary on 0412 451 226 or email m.alford@idl.com.au

- **CANTEEN WILL OPEN ON WEDNESDAY, 3 FEBRUARY, 2016**
- Please remember to use the new menu for term 1.
- TNT sour ice sticks are now 80c

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**COMMUNITY ANNOUNCEMENTS:**

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**Newcastle Basketball Association**

The 2016 junior basketball year will commence shortly. Newcastle Basketball Association will be hosting a Registration afternoon at Broadmeadow Stadium on Friday 5th February 4.30 - 6.30. The various Basketball Clubs will be in attendance to provide information.

www.newcastlebasketball.com.au

Garry Craig
Secretary
Port Hunter Basketball Club
0422259200
www.porthunterbasketball.net.au
The Great Host Family Hunt is on again!

World Education Program (WEP) Australia, a registered, non-profit student exchange organisation is looking for volunteer families who would like to host a 15 to 18-year-old girl or boy. Our students come from countries such as Italy, France, Belgium, Finland and Chile and are arriving in July 2016. They are looking forward to living and learning about Australia and enjoying our famous Australian hospitality and lifestyle.

Without the generosity of families around the world, student exchange could not exist. Experiencing a foreign language and culture in your own home is the next best thing to living overseas.

To request a free information pack for your family, contact us today!

1300 884 733 info@wep.org.au www.wep.org.au

World Education Program Australia Limited – WEP Australia ABN 82 098 289 897
A NON-PROFIT STUDENT EXCHANGE ORGANISATION REGISTERED/APPROVED BY THE EDUCATION DEPARTMENTS/REGULATORY AUTHORITIES IN NEW SOUTH WALES,

South Newcastle Junior Rugby League
Registrations are now open for all new and returning players. Registration links can be found on the South’s Facebook page or website. On-line registration assistance days will be held at South Newcastle Leagues Club (Llewellyn Street, Merewether), Sunday 31st January 2016 (2pm – 4pm) and Thursday 11th February 2016 from 6pm – 8pm for those who may not have access to “on-line” and Sunday 14th February 2016 (2pm – 4pm).
Mini League age groups from under 6’s to Under 8’s, Mod League age groups from Under 9’s to Under 12’s International from U13’s to U17’s
Enquiries: Please contact Scott Hallett at scotthlltt@yahoo.com.au or Graeme Fitzgerald on 0407 093 662.
1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old
A three session program for parents and carers
at Eastlakes Family Support Service, 18 Hickory Rd, Gateshead
Commencing on Thursday 17th March 2016, at 10.30 am – 1.00 pm

Learn:
- To engage your children’s cooperation by positively noticing and encouraging them
- To set clear expectations and help them to develop frustration tolerance
- To help children’s brains to develop filters for behaving well
- To resolve family conflict quietly
- Some simple strategies to practice being a calm parent

Course: No Cost – Childcare provided – Booking Essential!
Register for this course by contacting Paula or Steve on 4943 9255.

What people are saying:
This is a program that can change your life and your family’s life
Every family is different, this program is not for everyone
It is not just about managing and controlling the child but teaching the child
You are the child’s role model
You are who they are becoming
They are who you are becoming
You are who they will become
You are who they are...

Who is running it?
The facilitators for this course are Paula Watson and Steve Prendergast.

For more information contact Paula or Steve on 4943 9255
A program of Eastlakes Family Support Service

* An end to the arguing and yelling! • It saves our lives! • Simpler, gentler, effective

Circle of Security®
PARENTING SERIES

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

This course will cover –
- Understanding your child’s emotional world by learning to read their emotional needs
- Supporting your child’s ability to successfully manage emotions
- Enhance the development of your child’s self esteem
- Honour your innate wisdom and desire for your child to be secure

When: Commences Thursday 4th February 2016. Runs for 6 weeks!
Time: 10.30 am – 12.30 pm
Where: Eastlakes Family Support Service, 14 Hickory Rd, Gateshead
Childcare: FREE – Booking essential
Bookings: Please phone Steve or Paula on 4943 9255

Circle of Security
Early Intervention Program for Parents of Children
Bringing Up Great Kids
PARENTING PROGRAM

A reflective parenting program developed by the Australian Childhood Foundation

Bringing up Great Kids is a six week program that promotes positive, respectful parent/child relationships.

Through the program it is expected that parents will look at:
- Messages from the past - where do our ideas about parenting come from?
- The message centre - Understanding our child’s brain and how experiences shape it!
- Giving and receiving messages - Communicating effectively with your child.
- Messages of behaviour - How do children’s behaviours show us what they need!
- Messages about me - Who we are and our relationship with our child.

When: Commences Monday 8th February, 2016 (for 6 weeks)
Time: 10.30am – 12.30pm
Where: Eastlakes Family Support Service, 14 Hickory Rd, Gateshead
Childcare: FREE – Bookings essential
Bookings: Please phone Paula or Steve on 4943 9255

Program presented by Eastlakes Family Support Service
and Samaritans

The appearance of advertising in our Noticeboard does not indicate Hamilton South Public School’s support or endorsement.