PRINCIPAL’S NEWS

Each week at the school there are triumphs, both small and large, to report.

Late last week Charlotte Bartholomew, representing at State Athletics ran 14th in her event. What a great achievement. Despite running 10 seconds over her previous best time she still ran 14th in the State. Very well done.

Last week I was advised by Patricia Tyrrell-Clarke that “The program I (Hillston Hospital) have been conducting with the central school was entered by me into the Nursing Midwifery Awards and we won the award best project for innovation. Miss Sarah Martin and the kids have been great. Well done Central school.” This project involved students visiting patients and spending time reading and talking with them on a regular basis. Another fine example of the willingness of our students to commit to a larger project in their own education.

In the K/1 and Year 1/2 classrooms the Early Action for Success strategy has been making great strides in improving the numeracy skills of all students. Every five weeks the numeracy, and literacy data is recorded and analysed. 90% of our students are at or above state grade expectations for their numeracy and literacy skills. This is a fantastic achievement! The dedicated work of the teachers and students is showing in these results.

Both the Quicksmart (numeracy) and Multilit (literacy) programs have been in operation this year and early results also show a great improvement in student skills. More hard work from teacher’s aides (School Learning Support Officers) is reaping benefits for the students, who also have had to work hard.

Steve Chapman
Principal

Respect  Responsibility  Caring
Primary Awards

Reading and spelling awards

Sportsmanship

Student of the week

Reading and Silver awards
FRUIT & VEG MONTH HOMEWORK
(For Primary, but we welcome secondary to impress us with their creativity!!)
Make a fruit / veg sculpture at home. Check out the internet for ideas, HILARIOUS!!
Take a photo, print out A4 size (or send in to school to be printed. We will display in
the foyer and award prizes for the most creative. (No rude ones please!)
Due Date– last day of this term

NUDE FOOD DAY
Students are encouraged to ditch their lunchbox waste for the day next MONDAY
September 14th
Primary teachers will judge the healthiest and most waste free lunchboxes in class
with prizes for the best efforts.
Students can dress in their favourite vegetable colour for the day, please bring a
gold coin donation for charity.

FRUIT AND VEG MONTH HOMEWORK
(For Primary, but we welcome secondary to impress us with their creativity!!)
Design an advertising campaign to boost the sales of your chosen fruit or vegetable. Be creative! You can use any media you like– poster, write a jingle, make a movie clip, use digital media. There will be prizes!!
Due Date: to be presented at the Grandparents’ Primary Principal’s Assembly on the Friday of week 5, term 4.

HEALTHY LUNCH– Thursday September 17
Prior to our reward afternoon, all primary students will be engaged in preparing a healthy lunch to share together to celebrate the end of Fruit and Veg month activities. Please bring along $5 donation towards the cost of ingredients.

PRIMARY REWARD DAY Thursday September 17
Primary students are invited to bring along their games for an afternoon of board game fun. This is a reward for another term of excellent behaviour and commitment to learning by our primary students. Congratulations!
What is Nude Food?

Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

✔ To pack a Nude Food Lunch or Snack, you will need:
  - Cutlery from home is better than throwaway plastic ones
  - Plastic or metal drink bottles are recommended for refilling with water
  - Reusable containers for putting all of your food, snacks and drinks into
  - Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

✗ Try to avoid:
  - Zip lock or plastic bags, plastic wrap or aluminium foil
  - Tetra packed drinks, single serve yoghurts and cheese
  - Single use plastic forks and spoons
  - Prepackaged food, i.e. biscuits, snack bars and chips

Tips for Packing Nude Food Lunches:
  - Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
  - Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
  - If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
  - If your child does enjoy chips, why not try making your own vegie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
  - Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.

Keep Australia Beautiful
Eco-Schools
5/6 SCIENCE

This term 5/6 have enjoyed participating in extension Science with Mrs Davis. This is a great opportunity for our students to work with an “expert” and use the secondary facilities for some hands-on learning. The unit is a combination of Health and Science. Students have been investigating a range of topics including the way our body breaks down food, the importance of vitamins and minerals, the effect of calcium in our bones.

RIVERINA ATHLETICS

On the 31st August I went to the Riverina Athletics Carnival to participate in discus. My event was supposed to start at 12.30 but instead started at 2pm. It took about 50 minutes for our competition. The worse part of the day was waiting to get started. At the end of our 3 throws I was in the top 6! I got an extra 3 throws and I came 5th overall. I am hoping that I will make it again next year because I would really like to make it to state.
Connor Lee

SECONDARY SCHOOL CAPTAIN’S SPEECHES

Secondary School Captains Speeches and voting will take place at a Special assembly on Friday 11/9/2015 at 12 noon. All parents and community members are welcome to attend. The 2016 School Captains will be announced at the Year 12 final assembly on Friday 18th September

YEAR 8 MUSIC

Year 8 Record Cover music assignment due Thursday 17/9/15

TRAVEL CONSULTANT TRAINEESHIP.

A locally owned travel company is seeking a young and enthusiastic person to join their team. The Successful applicant must have excellent communication skills along with good customer service. Attention to detail and be able to work independently is essential. On the Job Training will be provided. Please address applications to The Manager, PO BOX 475 Griffith 2680 Applications close: Thursday 17 September
YEAR 7 IMMUNISATIONS

On Tuesday the 15th of September, straight after assembly, Year 7 students will receive their third, and final dose of HPV (Human Papilloma Virus). This will be done at the school in the science building.

If for any reason, anyone wishes to withdraw their consent please either contact myself, or the front office at the school. Thank you in advance for your co-operation.

If anyone has any queries, please don’t hesitate to contact myself, Cherie Bretschneider, on 0427934406 between 8.30am and 4.00pm Monday to Friday.

STATE ATHLETICS

Congratulations to Charlotte Bartholomew for coming 14th in the 800m at the NSW Combined High Schools Athletics Carnival last Friday. Charlotte competed at Homebush Stadium. This is Charlotte’s third state event this year attending a NSW carnival as she had already competed in swimming and cross country. A VERY special achievement. Well done Charlotte.

SECONDARY SPORT DATES

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 3 Week 10</td>
<td>Tuesday 15th September</td>
<td>14/U RAP Netball Team Trials (Students will need to attend trials at school during lunchtime to be selected from HCS to trial for the RAP team)</td>
<td>Barellan</td>
<td>School Bus</td>
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</tbody>
</table>

Remember that if you are on Level 2 or above you are ineligible to participate

EXPRESSION OF INTEREST

Photographer for the Yr 12 formal. Saturday 21st November

Quotes for work to include:
- Sitting session prior to the formal proceedings
- Family settings during the night
- CDs for students to take

All expressions of interest to be submitted in writing to Nikia Waters: Nikia.collins1@det.nsw.edu.au or through the Hillston Central School front office.
BOOK FAIR
During the week 24th—28th August we held our annual Book Fair. We were aiming to sell $1200 worth of books. A big thank you to everyone who supported us and purchased some good reads, it is because of you we sold $1314. This gave us a commission of $345.50 to purchase new books for our school library. Also a special thank you to Alan & Karlene Hutchison for donating a book to our library.

AUTHOR VISIT
On Wednesday 26th August students from kinder to Year 8 walked down to the town library to listen to Caroline Tuohey a local children’s book author. She inspired the students with tales of writing her first published book, “Climb” and they learnt that it takes many steps in writing a book. Caroline was very interesting and our students were captivated with her animated performance.
YEAR 11 CROSSROADS
On Monday 14th and Tuesday 15th September (Week 10) Year 11 will be participating in the annual Crossroads course. This is a mandatory PDHPE course that looks at issues relating to relationships, mental health, personal identity, drugs and alcohol, safe travel and sexual relationships. The course is run at school in the VET IT room, however students will have different break/lunch times based on finishing times of course sections. We will therefore cook our own BBQ lunch on Monday and on Tuesday we will order Chinese. Students will also participate in a canoeing trip on Friday 18th September (last day of term) after the Year 12 Final Assembly. More information will be sent home regarding canoeing later.

TELL THEM FROM ME—STUDENT SURVEY

Our school will be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on students engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents’ and carers’ perspectives on their child’s experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school’s support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be open until 16th of October. Participating in the survey is entirely voluntary, your responses are very much appreciated.

You can access the Partners in Learning Parent Survey via this web address
https://nsw.tellthemfromme.com/login.htm
Username: parent17040 Password:Hil2165

If you experience any problems with this process, please contact:
Fiona Morrison—Learning and Support Teacher

REAL ESTATE TRAINEESHIP

A busy local Real Estate has a traineeship position available. Applicants will need to have excellent presentation & communication skills, be very motivated and willing to learn the real estate industry. The successful applicant will be trained in all Reception and office duties including Property Management.
This position offers a great career opportunity for the right person. School leavers are encouraged to apply.

Should the successful applicant be doing HSC exams, employer is willing to hire after the exams are completed.

Application plus Resume to be mailed to
Att: Maxine Bowman
Bowmans Real Estate
69 Yambil St Griffith NSW 2680.
Applications close on 30/9/15.
Fathers Day Stall

Our Fathers Day stall was held last week. It was a great success. Thank you for everyone's support. A big thank you to our helpers Nicole Burgess, Liz Ceccato, Katieanne Parker, Sam Neal and Marie Erasmus.

Rebecca Dalton
P&C Secretary

Expression of Interest – Relief Canteen Supervisor

The Hillston Central School P and C are inviting Expressions of Interest from parents or members of the community who would be willing to act as relief canteen supervisor should the permanent Supervisor be unavailable. Successful applicants would be required to complete training with the Canteen supervisor. Relevant background checks would also have to be completed before any applicant commenced duty.

Remuneration would be the award rate on a casual basis. Anyone interested can collect an Expression Of Interest form from the Hillston Central School office. Forms must be returned to the office in a sealed envelope marked ATT: P and C President by Friday, Sept 18

The P&C Secondhand Uniform Shop will now be open on Monday, Wednesday, Friday from 8:30AM to 9:30 AM and Thursday from 3:30 - 4:30PM

For all other times please contact Katieanne on 0423513246

Navy Blue School Skirts (Brand New With Tags)
Were $30 NOW $20
Be quick they won't last long at this price

One of our major fundraisers is on again! The Carrathool Shire has approved our stretch of road and are paying us to clean up the roadsides. No setting up or cooking required, just a walk in the sunshine.

When: Saturday 19th September, 2015
Time: 8:30 AM
Where: Meet at Mt Erin (Kent Burgess) Driveway for induction and safety briefing
What to Bring: gloves, hat, water bottle

Get fit, and clean up our roads at the same time.
Purple merits up for grabs!!
Please contact Kent if you can come along
0428 672 530 or by email at kentandjo01@bigpond.com
Funds raised go directly to school programs. Come along and support your kids education!
# Canteen Menu 2015

Orders to be placed by 9.00am.
Bags are available at the counter.

<table>
<thead>
<tr>
<th>Sandwich Wraps</th>
<th>Roll &amp; Wraps</th>
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<tbody>
<tr>
<td>Salad (no meat)</td>
<td>3.50</td>
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<tr>
<td>Salad with Ham</td>
<td>4.00</td>
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<tr>
<td>Salad with Chicken</td>
<td>4.50</td>
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<tr>
<td>Chicken lettuce and Mayo</td>
<td>3.00</td>
</tr>
<tr>
<td>Salad with Tuna</td>
<td>3.50</td>
</tr>
<tr>
<td>Ham, tomato, cheese</td>
<td>3.00</td>
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</tbody>
</table>

**Hot Food Recess or lunch orders**
- Hot bread: 1.50
- Ham & pineapple Pizza: 2.20
- Sausage Roll: 2.50
- Small Pie: 2.50
- Pizza Rounder: 2.50
- Spinach and ricotta Roll: 3.00
- Potato Topped Pies: 3.50
- Sauce: .30
- Ham, Cheese, Tomato toasted sandwich: 3.00
- Ham and Cheese toasted sandwich: 3.00
- Cheese toasted sandwich: 2.00

**Hot food – Lunch Orders Only**
- Noodle Cups Beef or Chick: 2.50
- 6 x Chicken Crackles: 3.50
- 8 x Chicken Crackles: 4.50
- Chicken and Gravy Rolls: 4.00
- Chicken Burger (with patty, lettuce, cheese & mayo): 4.00

<table>
<thead>
<tr>
<th>Small</th>
<th>Large</th>
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<tr>
<td>Sweet Chilli Chicken Wrap (with Lettuce, cheese, tomato, chicken Tenders, sweet chilli sauce): 3.00</td>
<td>4.00</td>
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<tr>
<td>3 x Chicken Tenders w/sauce: 4.00</td>
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**Snack Food**
- Home made Biscuits: 0.25
- Home made slice: 0.50
- Vegemite Roll: 0.60
- Tiny Teddies: 0.80
- Jelly Cups: 1.00
- Chips (chicken Honey & soy and Sea Salt): 1.00
- Home made muffins: 1.50
- Grain Waves (sweet chilly and Sour cream & chives): 2.00
- Popcorn: 0.50
- Pizza Shapes: 2.50

**Drinks**
- Fruit Box: 1.20
- Sm GO Juice: 1.50
- Lol (razz, blackcurrant, tropical): 1.50
- Coke Zero: 2.00
- Sprite Zero: 2.00
- GV 100% Juice Apple: 2.50
- GV 100% Juice Orange: 2.50
- Sm Water: 1.50
- Lge Water: 2.50
- Flavoured Low Fat Milk: 2.00s 3.50lg
- Choc, Strawberry, Iced Coffee

**Ice Creams**
- Frozen Yoghurt Strawberry: 2.00
- Billabong: 1.50
- Dixi Cup Low Fat: 1.80
- Cruncha: 1.00
- Icy Pole Lemonade: 1.00
- Zooper Dooper: .50
- Snapper: .40
- Fruit Ice: .30
- TNT: .50
- Fandangles: 1.50

All effort will be made to provide your child with the lunch they order. If for any reason we do not have the item, a similar one to the same value will be offered. Please be aware that your child will be given what is written on the lunch bag. If you require any changes such as no cheese, butter, sauce etc. clearly print it on the bag, otherwise the standard order will be given.

Please let Toni know if your child is leaving early or going home sick, so their order can be held for another day.