PRINCIPAL’S NEWS

A well attended P&C meeting was held last week. The discussions are always productive and positive with many actions to make the school a better place for the students. The willingness of parents to commit to a monthly meeting for the benefit of their students is really appreciated. For a small school, Hillston has a large and active P&C. Next month is the AGM and all parents are welcome.

The swimming carnival on Friday demonstrated another of the valuable qualities of Hillston central students; the willingness to look out for younger students. Watching the younger primary students being assisted throughout the day by older students was very satisfying. The care and encouragement given made the swimming carnival a much more valuable experience for all the students. Participation was at a high level and the enthusiasm of the students could be seen in the wearing of house colours and cheering. Well done to all staff and students for such a great day.

Next Tuesday the 2016 SRC will be inducted. The ceremony will take place in the Barbara Novelli Hall.

Rachel Scott (ACMF) was in school for three days last week. Lots of singing and drumming and musical learning and I was privileged to hear the primary choir singing. Not only did they know the lyrics but they also knew something of the purpose and history of the songs. Very well learnt.

Principal
Steve Chapman
3-6 Canberra Excursion

This year the 3-6 excursion will be to Canberra!
This is a great opportunity for students to see some of our national icons as well as to participate in activities with students from other classes and show off their independence and organisation skills with getting themselves ready.

At this stage the cost of the excursion will be approximately $400. More information and final costing’s will come out closer to Term 3. Please remember that students with poor behaviour will not be eligible.

While we are in the early stages of planning some of the possible stops will be Parliament House, The Australian War Memorial, National Gallery, The Royal Australian Mint, Cockington Green Gardens, Mount Ainslie lookout, Australian Institute of Sport, Dinosaur Museum and Sky Zone Trampolining.

Primary Sport

During Friday Sport, starting on the 19th February, Years 3 to 6 will be involved in swimming at the Hillston Swimming Pool. Students will be walking down to the pool with their class teachers. Students are required to bring their swimmers, towel, sunscreen, hat and a plastic bag to put their wet swimmers and towel in. Please make sure all items are labelled clearly with your child’s name. Students must wear full PE uniform at school. They will change into swimmers, then back into uniform.

A permission note should have come home with your child. Can you please fill it out and return it ASAP.

Better Buddies

Year 6 Big Buddies enjoyed working with their Little Buddies in class this week. The Better Buddies Program helps give young students a welcoming support person to help them with a confident start to school.

SLAB

As parents are aware, primary students are dismissed earlier than secondary students at HCS. This means that children who must catch a bus home are supervised by staff until 3:30.

This service is provided by the school ONLY to students who are CATCHING THE BUS, students who walk or ride must head home straight after dismissal.

Please contact the school if you require your child to remain after school for any reason.
ACMF

Rachel was more than impressed with the application from all primary students, particularly that of our brand new kinders. All students enjoyed Rachel's teaching last week and primary staff are motivated and ready to begin lessons ASAP!
Throughout the year we will be running a number of challenges between the Sporting Houses to increase house spirit. Our first challenge will be a Charity Coin Trail. Each house has voted on a charity they would like to support, if they win. The House captains have been given a collection tin that they are responsible for. The houses must collect as many 5c and 10c pieces as possible. On the 4th March all tins will be collected and laid out in the school hall. The house with the longest trail wins! All of the money will go to the chosen charity of the winning house.

**Chosen Charities**
- Lachlan— UNICEF
- Murray— RSPCA
- Bidgee— Royal Flying Doctors

### SECONDARY SPORT DATES

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<td>Term 1 2016</td>
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<tr>
<td>Week 5</td>
<td>Monday 22nd</td>
<td>RAP Team Trials- Yr 11/Under Boys &amp; Girls Cricket, OPEN Boys &amp; Girls Touch, OPEN Boys &amp; Girls Tennis, OPEN Mixed Lawn Bowls. Open Girls &amp; Boys Basketball</td>
<td>Barellan</td>
<td>TBC numbers pending. Possibly Teachers cars</td>
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<td>Feb</td>
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<td>Week 5</td>
<td>Wednesday 24th</td>
<td>Zone Swimming Carnival</td>
<td>Leeton</td>
<td>Bus (Bartholomew)</td>
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<td>Feb</td>
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<td>Week 6</td>
<td>Monday 29th</td>
<td>CHS Knockout Gala Day – RAP Boys Cricket Team</td>
<td>Narrandera</td>
<td>TBC</td>
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<td>Feb</td>
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<tr>
<td>Week 6</td>
<td>Friday 4th</td>
<td>Riverina Secondary Swimming Carnival</td>
<td>Leeton</td>
<td>Parents</td>
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<td>March</td>
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<tr>
<td>Week 7</td>
<td>Wednesday 9th</td>
<td>RAP Open Boys &amp; Girls Basketball CHS K/O Gala Day</td>
<td>Narrandera</td>
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<td>March</td>
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<td>Week 8</td>
<td>Tuesday 15th</td>
<td>RAP Girls and Boys Touch</td>
<td>Ted Scobie Ovals Griffith</td>
<td>Mrs Peters + one parent numbers pending</td>
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<td>March</td>
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<td>Week 9</td>
<td>Wednesday 23rd</td>
<td>Hillston Cross Country (pm)</td>
<td>Hillston</td>
<td>Walk</td>
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Remember if you are on Level 2 or above you are ineligible to attend.
YEAR 7 IMMUNISATIONS

On Thursday the **18th of February** at 9 am, **Year 7** students will receive their first lot of immunisations for the year. Students will receive boostrix (tetanus, diphtheria and whooping cough), and their first dose of HPV (Human Papilloma Virus).

Students will all bring home a pack of consent forms. Could **ALL** forms please be completed and returned to the front office by **Monday the 15th of February**.

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 Brettschneider, on 0427934406 between 8.30am and 4.00pm Monday to Friday.

**REMINDER FOR ALL IMMUNISATION FORMS TO BE BACK IN to front Office ASAP**

PSSA Trials

Throughout the year, the Griffith Zone runs a number of sporting try outs. If you feel that your child has the ability to represent our Zone in a particular sport please contact Ms Martin now so I can ensure they don’t miss out. Students that attend the trials must be of a high standard and participate in the sport on a regular basis.

Technology

This term Yr 7 Technology mandatory will be working on the Built Environment Aspect. Students will be given the opportunity to design a landscape garden while participating in agricultural activities.

Last week students were shown the design process and as part of that, were given the task of designing a chair for someone who had legs that bent in the opposite direction to the normal. Students were then asked to use straws and blue tack to construct their ideas.

Permission to Publish and Local Excursion Note

Reminder for everyone to hand in their Permission to Publish and Local Excursion Notes.

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**A Quick Bite …**

**Why are fundamental movement skills so important?**

- These skills are so important in developing children. They allow children to:
  - maintain a healthy weight
  - improve posture
  - develop parts of the brain
  - develop problem solving skills
  - socialise and interact with their environment

For babies, things like tummy time strengthen neck and back muscles. It allows them to track moving objects and develop spatial awareness. These activities stimulate and develop the brain further.

In toddlers, actions like running and side stepping progress to sprint running and side gallops in later childhood.

Fun activities and games including these movements lead to children mastering these, so they can enjoy and lead active healthy lifestyles.

[For more information visit](www.milhd.health.nsw.gov.au/services/health-promotion-1)
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<tr>
<th>Week</th>
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<tr>
<td>1/February</td>
<td>January 25</td>
<td>February 1</td>
<td>Eastern Division Commences</td>
<td>Eastern Division Commences</td>
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<td>SDD</td>
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<td>Eastern Division Commences</td>
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<td>2</td>
<td>8</td>
<td>9</td>
<td>RAP Induction Camp</td>
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<td>RAP Induction Camp</td>
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<td>3</td>
<td>15</td>
<td>16</td>
<td>R &amp; C Meeting</td>
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<td>R &amp; C Meeting</td>
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<td>22</td>
<td>23</td>
<td>SRC Induction</td>
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<td>Term 2</td>
<td>31</td>
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**Notes:**
- Students resume SRC nomination
- Return SRC Noms
- ACMF
- Healthy Hillston Meeting
- Band Rehearsals Start
- Students resume SRC nomination
- ACMF
- Year 7 Immunisations - P1
- Primary Industries-Bug Checking 1am-3pm
- EAFS - Wagga - SR/SC
- Clean up Australia Day
- Eastern Division Commences
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**Acronyms:**
- SDD: School Development and Design
- ACMF: Australian Catholic Migrant and Refugee Centre
- SRC: School Representative Council
- WSSM: Western School Swimming Meet
- EAFS: Eastern Australian Football School
- P & C: Parent and Citizens Association

**Events:**
- February 1: RAP Induction Camp
- February 2: No Kinder
- February 3: Best Start Testing
- February 4: No Kinder
- February 5: Year 7 Immunisations
- February 6: Primary Industries
- February 7: RSPCA
- February 8: Fac meeting
- February 9: SRC Induction
- February 10: ACMF
- February 11: Band Rehearsals Start
- February 12: Swimming Carnival
- February 13: EAFS - Wagga - SR/SC
- February 14: Clean up Australia Day
- February 15: SRC Induction
- February 16: ACMF
- February 17: Band Rehearsals Start
- February 18: Swimming Carnival
- February 19: EAFS - Wagga - SR/SC
- February 20: Clean up Australia Day
- February 21: SRC Induction
- February 22: ACMF
- February 23: Band Rehearsals Start
- February 24: Swimming Carnival
- February 25: EAFS - Wagga - SR/SC
- February 26: Clean up Australia Day
- February 27: SRC Induction
- February 28: ACMF
- February 29: Band Rehearsals Start
- February 30: Swimming Carnival
- February 31: EAFS - Wagga - SR/SC
- Clean up Australia Day
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<th>Notes</th>
<th>Week</th>
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<td>Notes</td>
<td>March</td>
<td>6 (6)</td>
<td>29 Primary Riverina Swim</td>
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<td>4 School Clean Up Day Riverina Swim (Sec)</td>
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<td>March</td>
<td>7 (7)</td>
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<td>8 NRL School Visit</td>
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<td>P&amp;C AGM</td>
<td>Parent/teacher evening</td>
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<td>WSSM - Learning Logs</td>
<td>6.30-8.30pm Questacon – JMc - Barellan</td>
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<td>March</td>
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<td>Faculty</td>
<td>RAP Study Day @ ACS</td>
<td>18 Principals Conf Anti Bullying Day</td>
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<td>March</td>
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<td>21 Principals Assembly</td>
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<td>School Photos</td>
<td>Cross Country</td>
<td>25 GOOD FRIDAY</td>
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<td>March/April</td>
<td>10 (10)</td>
<td>28 EASTER MONDAY</td>
<td>29 RAP Cluster Mgt Meeting</td>
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<td>WSSM - Literacy</td>
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What a fantastic day we had on Friday! It was great to see so many students participating and having a go. Our little people loved being helped by the big kids and some even got to help out in relays. There was lots of colour in the crowd with many of the teachers getting involved as well. This year the Lachlan Turtles were a real stand out. Congratulations to Murray who won the day. More information in next week’s newsletter.
The P&C would like to express their sincere thanks to all those who have purchased from the school canteen over the years. Without the parents, students and staff patronage the canteen would not have been able to operate. The past years have seen a drop in student numbers which directly affects the running and productivity of the school canteen. The P&C have always viewed the canteen operation as a service to the school community. They envisaged providing food at a reasonable price.

Unfortunately for the past 2-3 years the canteen has been operating unsustainably. Financially the canteen has been running at a loss. This is due to many factors; supplier price increases, falling student numbers and rises in running costs just to mention a few.

A few options have been discussed at P&C meetings over the past few months.

* we considered extending to other organisations in the community offering our canteen menu to be utilised and food delivered when required.
* closing the canteen maybe 2 days a week.
* operating with volunteers only.
* closing the canteen all together
* price increases across the menu.

While all options have been considered all had their problems.

* volunteers would be required to ferry meals during lunch times to other venues, we are already a small school with a high volunteer requirement.
* fresh foods would require quicker turnover and may not be consumed every day, leading to high wastage.
* volunteers become burnt out while a paid employee is in the job by choice.
* no canteen offered may see an increase in students leaving the school grounds which causes issues for staff and parents.
* an increase in canteen prices may deter students and parents from using the canteen and we may see a further decline in student/staff patronage.

While we recognise these are not all the issues or possible quick fixes, we have made some changes and would encourage further input from those who would like to support the school canteen to keep it operating.

Over the past 10 years the NSW Education Department has introduced the “Healthy Canteen Policy”. As a provider of food to the school the Canteen has been implementing this policy and has slowly made some changes to the menu. You may not be aware, a traffic light system is in place for foods sold through school canteens Australia wide. Green foods are every day foods, they are fresh, primarily meat, vegetables and fruits. Amber foods are sometimes foods, they may contain sugars and sodium and are mostly pre-packaged or contain additives for an extended shelf life. These foods should be eaten in moderation. Red foods are the foods which are only to be sold two days a term through school canteens. They may be high in fat, sugar, preservatives etc. Lollies, soft drinks, large meat pies etc.

We would like to make it known that we are aware of our obligations and are doing our very best to implement structure and change in a way which causes the least disruption to students, parents and staff as possible.

Many may have been made aware of some new items added to the menu already. Implementation of a healthy school canteen has started with new meals and snacks available daily. The idea behind these changes is to offer green foods (healthy and fresh) at an affordable price, while amber and red foods will be priced in order to reflect not so healthy choices.

Price increases across the menu will be occurring due to the nominal increase by suppliers. We are endeavouring to source cheaper suppliers and this too will take time as we are a voluntary organisation and time poor.

While we will make every effort to carry on operating the canteen five days a week, it will continue this way only if it is utilised by the school community. We are asking you to consider all these issues and changes when considering a lunch or recess order for your child, and understand that this is the change needed to continue to offer this service daily and sustainably.

Again thank you for your support over the years and we look forward to a long and healthy future together with you and your child.

The NEW menu is included in this newsletter and will be current from tomorrow, Wednesday the 17th of February, 2016.

Hillston Central School P&C
Lunchbox Central

Summer 2016

All hot foods MUST be ordered. This means Pies, Pizza, and Sausage Rolls. Lunch & Recess.

Hot Food

- BBQ Honey Chicken Drumminies $1.00 each
  - 3 Drumminies with Rice $4.00
  - 2 Drumminies with Rice $3.00
- BBQ Honey Chicken Strips $1.00 each
  - 3 Strips with Rice $4.00
  - 3 Strips with Salad $5.00
- Specials - Small Tub $4.00  Large Tub $5.00
- Chicken Tenders $1.50 each
- Noodle Cups Beef/Chicken $2.50
- 6 X Chicken Crackles $3.50
- 8 X Chicken Crackles $4.50
- Chicken & Gravy Roll $4.00
- Chicken Burger $4.80
- Sweet Chilli Chicken Wrap $3.50 sm $4.80 lg
- Pizza Single $2.50
- Sausage Roll $2.70
- Small Pie $2.80
- Spinach & Ricotta Roll $3.40
- Pizza Rounder $3.60
- Large Pies $5.00
- Sauce EXTRA $0.30c

Seasonal Fruit from $0.50
- Fruit Salad Tub $3.00
  - With yoghurt add 50c
- Veggie Stick Pack $3.00
  - Carrot sticks, celery sticks and rice crackers
  - With hummus or philly sweet chilli
- Homemade Biscuits $0.25
- Homemade Slice $0.50
- Homemade Muffins $1.00
- Popcorn $0.60
- Jelly Cup $1.00 (low sugar)
- Jumpies $1.10
- Chips $1.30 (Honey/Soy or Sea Salt)
- Grain Waves $2.40 (Sweet Chilli/Sour Cream & Chives)
- Pizza Shapes $3.00

Snack Food

- Water small $2.00
- Water large $3.00
- Fruit Box $1.50
- Small Flavoured milk $2.40
- GV Juice $2.80
- Coke Zero/Sprite Zero $3.00

Cool Refreshments

- Yoghurt Pops Homemade $0.40
- Cruncha $1.00
- Mango Frozen Yoghurt $2.50
- Fruit Ice $0.40
- Snappers $0.50
- Zooper Dooper $0.60  Dixie Cup $2.20
- TNT $0.80
- Lemonade Icy Pole $1.20

Discontinued Item
Large Flavoured Milk.

Sandwiches/Wraps & Rolls

- Salad (No Meat) $3.50
- Tuna/Salad $4.00
- Ham/Salad $4.00
- Chicken/Salad $4.50
- Ham/Cheese/Tomato $3.00
- Sweet Chilli Chicken Wrap
  - Small $3.50
  - Large $4.80
- Wraps extra $0.50  Rolls extra $1.00
- Toasted extra $0.50
- All Sandwiches will be available on Grain bread unless requested otherwise on lunch order.

Thursday Special

Chicken Rice Paper Rolls
$4.00 for a 2 pack or $5.00 for a 3 pack
Sauce included

New items-
‘Sipahh Straws’ will be sold with a cup of milk for $1.00.
Choose your flavour!!!

Red items on menu are currently available every day. It is our intention to phase these foods out to a couple of times a week.
Community News

Hillston Karate/ Kickboxing

Commencing 10th Feb
Karate :4-5:30pm Mon/Wed
Kickboxing 6-7pm Wednesday
School Hall

Kaz Greenwood
0488144510

Junior Football Rego Day

It's that time of year again and we are looking for all old and new players to come and join the Hillston Swans for some outdoor fun and mateship

On Thursday 3rd March at 4pm
At the Stan Peters Oval

Auskick is now setup to register online www.aflauskick.com.au
(Please note that Auskick is 5-10 year olds only)
Auskick registration is $65.00

If you have any questions please contact Michelle Sarkis 0428723777

Cut off for registrations will be 31/3/16

Junior & Senior Netball Rego Day

Hillston Swans Junior & Senior Netball Rego Day
Wednesday 24th February 2016 at the Stan Peters Oval
Juniors from 5pm
Net-Set-Go -$65
U10’s,U13’s & U16’s - $70
Seniors from 6pm
A,B & C Grade - $100
Cut off for Rego’s will be 31.03.16

Hope to see you all there!

Friday Night Tennis

Starts Friday 19th Feb at 6:30 pm
$5 per player.
Ages 12 and up, new players most welcome.
Contact Shaina 0458 672 663
HILLSTON OUTBACK TRIATHLON – GET YOUR EARLY ENTRIES IN
DISCOUNTED AMOUNT IF PAID BY 4.3.16
ALL TEAM MEMBERS MUST BE PAID TO RECEIVE DISCOUNT.

Date: Sunday 6th March Continuous BBQ available.

Entry forms available at St Josephs, Hillston Central School, Griffith Motorcycle Centre,
Bendigo Bank, Carrathool Shire Council Office
For further inquiries contact Robin Bartholomew, Race Director on 69672999

Could all children entering complete their registration forms and take them to the school offices with the correct money in an envelope for collection.

HOT IMPORTANT INFORMATION –
All competitors must wear an Australian Approved Helmet making sure it is fitted correctly and have working brakes on their push bikes. These will be checked on entering the transition area and if they do not comply you will not be able to compete.