PRINCIPAL’S NEWS

Congratulations to all those year 11 students who made a great success of the stall at Sunday’s triathlon. It was wonderful to hear about their contribution to the success of this community event. This is the style of student contribution to community events that is a hallmark of Hillston Central students. They have set a fine example for other students in the school.

Parent teacher evening will be held this Wednesday evening in the school Library and the primary classrooms. The parent teacher conferences will commence at 4pm and conclude at 6:30pm. All students have been provided with booking sheets. This is an excellent opportunity to discuss the educational progress of your students so far this year, as well as learning how they can improve their academic skills.

Sport is prominent at this time of year, especially swimming and it is pride that the success of Charlie Sloan is applauded. Well done Charlie for making the state swimming championships.

School photographs are being taken on March 22nd. All students are expected to be in full school uniform on this day. At the next Principal’s assembly on March 15th we will have a guest speaker. Mrs Allison Vannoort will be presenting an account of her recent visit to a school in Cambodia.

Principal

Steve Chapman

Congratulations to Charlie Sloan for making it to State in 100m Butterfly. Well Done!!
Primary Parents Assembly

This Friday will be our Primary Parents Assembly. This is a chance for family and friends to come down and see the work that primary students have been doing throughout the term. Students will also be presented with the weekly awards. The assembly will be in the school library at 11.10am.
Hillston Central School, along with more than 1550 schools, are gearing up for the 2016 National Day of Action against Bullying and Violence. During the morning of Friday 18th of March students will be participating in activities that promote the ‘Bullying. No way!’ message.
## ZONE SWIMMING

Hillston was represented by 9 students in Leeton for the South-West Zone carnival. Kaleb and Charlie both qualified for Riverina with Charlie coming 1st in Butterfly, and 2nd in 50m, 100m & 200m Freestyle, 50m Backstroke and 50m Breaststroke. Kaleb came 1st in 200m, 2nd in 100m Freestyle and 3rd in 50m Freestyle. Adela Neal finished 3rd in the 50m Butterfly and 4th in 50m Breaststroke. Hayley Burgess finished 4th in 50m Freestyle, Back, Breast and Butterfly. Jade Neal came 5th in the 200m Freestyle. The final results showed many students improving on their carnival times at Zone, which is great to see.

## RIVERINA SWIMMING

Congratulations to Charlie Sloan who placed 3rd on Friday in the 12 years 100m Butterfly and has qualified for the NSW CHS Swimming Carnival in Homebush after Easter. Well done Charlie. Kaleb Dalton also attended the Riverina Carnival on Friday in the 200m Freestyle and 100m Freestyle. Both boys swam extremely well on the day.

## 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 1 2016</td>
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</tr>
<tr>
<td>Week 7</td>
<td>Wednesday 9th</td>
<td>RAP Open Boys &amp; Girls Basketball</td>
<td>Boys- Leeton</td>
<td>Boys– Miss</td>
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<tr>
<td></td>
<td>March</td>
<td>CHS K/O Gala Day</td>
<td>Girls– Narrandera</td>
<td>Denham Girls—</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Mrs Ceccato</td>
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<tr>
<td>Week 8</td>
<td>Tuesday 15th</td>
<td>RAP Girls and Boys Touch</td>
<td>Ted Scobie</td>
<td>Mrs Peters +</td>
</tr>
<tr>
<td></td>
<td>March</td>
<td></td>
<td>Ovals Griffith</td>
<td>Mrs Neal</td>
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<tr>
<td>Week 9</td>
<td>Wednesday 23rd</td>
<td>Hillston Cross Country (pm)</td>
<td>Hillston</td>
<td>Walk</td>
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<tr>
<td></td>
<td>March</td>
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</tbody>
</table>

Remember if you are on Level 2 or above you are ineligible to attend.
Who can enter?
Students from Years 7 to 12 who are taking Geography, or an integrated social science.

Grading
Students are graded at each High School Year level.

Competition Format
It is made up of multiple-choice questions testing geographical knowledge and skills. The competition will run for 35 minutes.

When
Competition in schools will run on either one of these days between the 16th of May – 27th of May.

Great Prizes to be won
- Overseas trips to represent Australia in the International Geography Olympiad in Belgrade, Serbia in 2017.
- Trips to North Stradbroke Island, Queensland in 2016
- Books
- Medals
- Certificates for portfolios

Entry Fee: $4.00

If interested, please fill in the entry form below and return it with your money to the office before the 4th of April 2016 (Term 1 Week 10)

For further information contact Mrs. Jatan at school or visit the website at www.geographycompetition.org.au
The 2015 School Magazine

Can be purchased from the front office for $10

Lions Club Licola Camp

Each year Lions Club International run a respite camp for children and young people with disabilities. The camp is held at the Licola camp and Lions Village on the banks of the McAllister River, at the foot of the Great Dividing Range, 250kms east of Melbourne. Leaders and participants will travel by bus departing Saturday 9th April and returning Friday 15th April. Hillston Lions usually sponsor a leader or a participant and is interested in any one who would like to attend. The facilities at the camp include swimming pool, adventure playground, archery, cricket, high and low ropes courses, trampoline, sports stadium, arts & craft, mini golf, flying fox, giant swing and canoeing. Campers Application, Medication details forms, Leaders Application forms and information for parents, campers and leaders are available from Hillston Central School office. The organisers require confirmation of attendees by 21st March and the completed forms must be returned by 28th March. Once these details are confirmed a schedule for the bus will be arranged. The cost is $370 which covers bus and accommodation at Licola. The Lions you may wish to contact are Colin and Cheryl Ryan at Gulargambone, Phone & Fax 0268251153, Mobiles 0429071053 0427251155

T20 Blast School Cup

All students in Years 3—6 will be participating in the T20 Blast School Cup. This will be held at the Stan Peters Oval on Thursday 16th of March. Students will be placed into teams of 8—10 students of mixed abilities on the day.

Each student who participates will not only be exposed to cricket in a fun, inclusive learning environment, they will also receive a give away pack.

Students are asked to bring a hat, sunscreen, plenty of cold water, a packed recess and lunch, cricket bats (if they have one) and to wear their sports uniform. The event is free of charge. Ms Maher and Ms Martin will be supervising the students on the day, while the development officers conduct the competition.

Year 9/10 Careers

Students were given copies of the Tax File Number form that they are able to complete at home and mail off to obtain a Tax File Number if they do not already have one. I would encourage all students to make use of this as other methods require students to make appointments in Griffith in order to obtain one.

Year 10 Students

Have been asked to create a Unique Student Identifier (USI). They were given the forms two weeks ago and while some were able to complete these in class, some students will need to complete these at home. This is a requirement for their VET subjects and a copy of the Authorisation sheet and a copy of the student’s USI MUST be returned to Mrs Waters.
Years 7 & 8 Science Excursion- Questacon Experience
9th of March
at Barellan Central School

This Wednesday the 9th of March, a number of Year 7 and 8 students will be attending a Questacon experience at Barellan Central School. Travel will be in the school bus, which will leave at 11am (students will be in normal classes periods 1 & 2) and return to school at approximately 5pm. Students are required to wear full school uniform and bring a packed lunch. Those students not attending will have combined normal lessons. We would like to thank Barellan Central School and Mr Hartley for allowing us to join in this exciting opportunity. If you have any questions please contact Ms McCarthy or Miss Butler at school.

X Elective Visual Art Walk.

The Visual Art Elective class have been extending their drawing skills by drawing some buildings. Last week they walked down Moore Street looking at different buildings and their design and then chose to draw the trees and the silos near Byron Street. Here’s the group concentrating on their task and their subject. As another part of their term assessment task they will be drawing groups of people, either a stationary group or in action.
Mr Chapman has spoken and written about the changes that have and are currently being implemented in our Public Schools. One of these was the upgrade of our school planning process to ensure local input is taken into consideration. Hillston Central School’s community decided that our 3 strategic directions should be based around Wellbeing, Learning for the 21st Century and Strengthening a Sense of Community with the overall goal for our students to become self directed learners. One of the strategies we are introducing are Learning Logs. Below is an explanation of Learning Logs.

S Ryan

A Learning Log is basically a log or record or journal of your own learning. It is not necessarily a formal “academic” piece of work. It is a personal record of your own learning. As such it is a document, which is unique to you and cannot be ‘right’ or ‘wrong’. A Learning Log helps you to record, structure, think about and reflect upon, plan, develop and evidence your own learning. In other words a self-directed learner.

A Learning Log is not just a diary or record of “what you have done” but a record of what you have learnt, tried and critically reflected upon.

For example if in your Learning Log you include details of what you did or how you did something then consider asking yourself questions such as:

Did it go well? Why? What did you learn?
Did it go badly? Why? What did you learn?
How can you improve for next time?

A Learning Log contains your record or your experiences, thoughts, feelings and reflections. One of the most important things it contains is your conclusion about how what you have learnt is relevant to you and how you will use the new information/knowledge/skill in the future.

Once you have commenced a Learning Log you will find it a valuable and useful tool to help your learning and to help you to think about and structure your own learning.

Write about:
What you did
Your thoughts
Your feelings
How well (badly) it went
What you learnt
What will you do differently next time?

On a regular basis review what you have written and reflect upon this. Be honest with yourself. Ask yourself questions such as:

Have I achieved anything? If so what?
What progress have I made?
Have I put theory into practice?
How does what I have been doing lead to me becoming better at a skill?
How can I use this to plan for the future?
Experiences?

Skills rarely suddenly develop or improve over night. Learning new knowledge and applying it within a skills context usually takes time, effort and perseverance. A Learning Log will help you to become more aware of how you learn, what learning tasks you enjoy (and don’t enjoy) and your thought processes.

At first it may seem difficult to start to critically reflect upon your own learning. Over time though you will find that it becomes easier. The more often you practice the skill of self-reflection then the easier it will become.
Below is the detailed information about the ICAS competitions that will be held in school from Term 2.

Please retain the list of dates as a reminder.
If interested please fill in the form below and return it to school with your correct entry fee.

<table>
<thead>
<tr>
<th>ICAS Subject</th>
<th>Year Levels</th>
<th>ICAS Sitting Date</th>
<th>Official Closing Date</th>
<th>Price (GST inc)</th>
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<tbody>
<tr>
<td>Digi Tech</td>
<td>3–10</td>
<td>17th of May 2016</td>
<td>5th of April 2016</td>
<td>AUD 8.80</td>
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<tr>
<td>Science</td>
<td>2–12</td>
<td>31st of May 2016</td>
<td>3rd of May 2016</td>
<td>AUD 8.80</td>
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<tr>
<td>Writing</td>
<td>3–12</td>
<td>13-17th of June 2016</td>
<td>16th of May 2016</td>
<td>AUD 18.70</td>
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<tr>
<td>Spelling</td>
<td>3–7</td>
<td>15th of June 2016</td>
<td>18th of May 2016</td>
<td>AUD 12.10</td>
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<tr>
<td>English</td>
<td>2–12</td>
<td>2nd of August 2016</td>
<td>21st of June 2016</td>
<td>AUD 8.80</td>
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<tr>
<td>Mathematics</td>
<td>2–12</td>
<td>16th of August 2016</td>
<td>21st of July 2016</td>
<td>AUD 8.80</td>
</tr>
</tbody>
</table>

For further queries you can contact Mrs Jatan at school.
The P & C are looking for helpers to assist the canteen on Wednesdays, Thursdays and Fridays. There are still some dates vacant. If you are able to help on the highlighted dates below please contact Tania Dalton 0429675336. Volunteers are required from 9:30am – 11:30 am. A $10.00 Canteen Credit is given to each volunteer for their service each day. Thank you to everyone for your support and contributions.

<table>
<thead>
<tr>
<th>Date</th>
<th>Volunteer</th>
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</thead>
<tbody>
<tr>
<td>02/03/16</td>
<td>Anna Newman</td>
</tr>
<tr>
<td>03/03/16</td>
<td>Nicole Martins</td>
</tr>
<tr>
<td>04/03/16</td>
<td>Katie Anne Parker</td>
</tr>
<tr>
<td>09/03/16</td>
<td>Gail McMurdo</td>
</tr>
<tr>
<td>10/03/16</td>
<td>Nicole Martins</td>
</tr>
<tr>
<td>11/03/16</td>
<td>Ella Dalton</td>
</tr>
<tr>
<td>16/03/16</td>
<td>Rebecca Dalton</td>
</tr>
<tr>
<td>17/03/16</td>
<td>Nicole Martins</td>
</tr>
<tr>
<td>18/03/16</td>
<td>Lydia</td>
</tr>
<tr>
<td>23/03/16</td>
<td>Tracy</td>
</tr>
<tr>
<td>24/03/16</td>
<td>Nicole Martins</td>
</tr>
<tr>
<td>25/03/16</td>
<td>GOOD FRIDAY</td>
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<tr>
<td>30/03/16</td>
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<td>31/03/16</td>
<td>Nicole Martins</td>
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<td>Nicole Martins</td>
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<tr>
<td>08/04/16</td>
<td>Katie Anne Parker</td>
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</tbody>
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Lunchbox Central

Term 1 - Red Day
Thursday 24th March

Summer 2016

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

Hot Food

Barbeque Honey Chicken Drummines $1.00 each
- 3 Drummines with Rice $4.00
- 2 Drummines with Rice $3.00

Barbeque 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, $4.80, $6.00

Pizza Single $2.50
Sausage Roll $2.70
Small Pie $2.00
Spinach & Ricotta Roll $3.40
Pizza Rounder $3.60
Large Pie $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 (lowsugar)
Juppies $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 Bottles 600ml $1.50
Fruit Box 250ml $1.80 **Price increase
Small Flavoured milk 300ml $2.40
GV Juice 250ml $2.80
Cake Zero/Sprite Zero $3.00 only available until current stock are sold
Plain Milk 300ml $1.50

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

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
Wrap extra $0.50, Roll extra $1.00
Toasted extra $0.50

All Sandwiches will be available on Grain bread unless requested otherwise on lunch order.

Every Thursday
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 150ml for $1.00. Choose your flavour!!!

Red items or menu are currently available every day. It is our intention to phase these foods out to a couple of times a week.
Hillston Junior Basketball Association

Are having a come and try day on Monday 4th April at 4pm at the Hillston Community Hall
Kinder to Year 6 only

If you have any questions please contact Cass Storrier 0428 671 135

Everybody is welcome and we hope to see you all there!

Auskick Registrations

www.aflauskick.com.au, please register your email address and then follow the instructions in the registration email you receive. Please remember your password as you will need it to register.

OR

Alternatively you can come to registration day with access to your email and we can go through the process with you.

Please contact Tash Mahy with any enquiries 0427 672 293

Junior Football Registrations

This year registration requires a valid email address. Please come to registration day with access to your email and we will register for you.

Payment cannot be made online, please make payment at Registration Day.

Any enquiries please contact
Michelle Sarkis 0428 723 777 or
Tash Mahy 0427 672 293

A Quick Bite ...

6 steps to a healthy lunchbox!

Step 1: Pick a fruit
Step 2: Pick a vegetable
Step 3: Pick a dip
Step 4: Pick a main meal
Step 5: Pick a snack
Step 6: Pack water and mix and match these every day!

Try some suggestions from our Mix and Match tip sheet, which is available on our website:

Suggestion #1: Apple + Carrot sticks + Salsa dip + Chicken & avocado wrap + Yoghurt + Water

Suggestion #2: Rockmelon + Snow peas + White Bean Dip + Left overs + Rice crackers + Water

Suggestion #4: Strawberries + Baby Corn + Spinach Dip + Mini Quiche + Popcorn + Water

For more information visit

Live Life Well @ School
NSW Murrumbidgee Local Health District

A Quick Bite ...

Autumn Planting

Just as herbs and vegetables are best eaten when in season, they also grow better when planted at a time that will produce best growth.

As the weather starts to cool it is time to clear out the summer vegies and start planting your winter crop.

Your autumn planting could include broccoli, cabbage, carrot, cauliflower, coriander, fennel, garlic, kale, leek, mint, onion, oregano, rosemary, sage, shallot, spinach and silverbeet.

For more information visit

Live Life Well @ School
NSW Murrumbidgee Local Health District
HILLSTON CENTRAL FETE

STALLS
- Plant Stall
- Face Painting
- Cakes
- Art Gallery
- Jewellery
- Hair Feathers
- Glitter Tattoos
- Book Stall & Lots More

FUN FOR THE KIDS
- Nerf Gun Target Shooting
- Photo Booth
- Guessing Competition
- Balloons
- Jumping Castle

FOOD
- BBQ
- Coffee
- Food Stalls
- Cold Drinks
- Milkshakes & Lots of Yummy Treats

FRIDAY 8TH APRIL, 2016
2PM ONWARDS

Music

ALL ENQUIRIES
please contact
Rebecca Dalton 69 676 244
or Sam Neal 0437 949 449