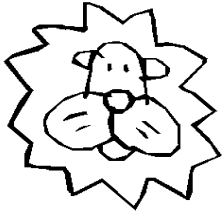


HEBERSHAM PUBLIC SCHOOL



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Newsletter

13 May 2021

Calendar for Week 5 and Week 6 Term 2

Week 5

Monday – 17 May

Tuesday – 18 May

Zone Cross Country

Wednesday – 19 May

Little Lions Playgroup

Thursday – 20 May

Friday – 21 May

Week 6

Monday – 24 May

Tuesday – 25 May

Wednesday – 26 May

Little Lions Playgroup
Sorry Day

Thursday – 27 May

Reconciliation Week begins- More than a Word

Wellbeing Incursion

Friday – 28 May

K-2 Assembly
3-6 Assembly

Pride Goal

Our new pride goal expectation for the next three weeks is:-

Be Respectful
Use kind words when you speak
every day of the week

**Well done to our Year 3
and Year 5 students who
completed NAPLAN tests
this week.**

We are so PROUD of you!

Betty Papandreou
Principal

*We are so
proud of you*





Every day Counts!

Going to school every day is the single most important part of your child's education. Students learn new things at school every day. If your child is going to be absent from school please inform your child's teacher or call the front office.

No Hat, No Play

There are **NO** spare hats in the school's front office. Please ensure that your child has a hat clearly marked with their name in their school bag each day. If you're child has lost their hat, you can visit lost property in the front office.



Road Safety

Take care when dropping off and picking up kids!



- ✓ Our school gates are a busy start and end to the day. Here are some safety tips to keep our kids safe during this busy time:
 - ✓ Adhere to speed limits
 - ✓ Only stop in designated stopping zones
 - ✓ Drop off/ Pick up on the same side of the road as the school
 - ✓ Teach your children to look right, left and right again before crossing the road
 - ✓ Never assume a vehicle will see or stop for children on a crossing

NAPLAN

Year 3 and Year 5 students have now finished their 2021 NAPLAN exams. The staff and school community are extremely proud of their efforts. Thank you to the staff who helped prepare NAPLAN breakfast.

Attendance

As the winter months approach us so do the sniffles and coughs. Please remember to notify the school if your child is going to be away because they are sick. All medical certificates should be handed to the office when they return to school.



Winter Uniform

It's that time of year when we start to rug up in jumpers. Please ensure your child has a green jumper with their name clearly labelled on it. Check out the lost property in the front office if your child is missing anything, we have a lot of jumpers that need a home. **Just a reminder students are not allowed to wear nail polish, colour braids and jewellery.**



Pride Awards

Pride Awards are presented in classrooms along with Work of the Week and Merit Awards. The Principal and Deputy Principal walk through all classrooms to present the awards and recognise the children's achievements. Pride Awards also earn House points. The House points go towards the House Shield that is presented at the end of the year. Congratulations to our students who have achieved these awards.



Toys at School

Toys should not come to school for several reasons - they can be broken, lost or misplaced. Please keep your toys at home so they are safe.

A reminder that footballs and soccer balls should also be kept at home. The school supplies equipment for students to play with in the playground.



P&C Meeting

Wednesday 9th June at 9:15am

Meeting will be held in the Admin block. Come along to hear all the great things the P&C are doing to assist the school.

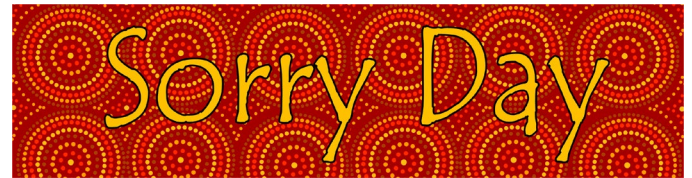


Permission Notes and Payments

A reminder all permission notes and payments are returned to drop box in the front office. Please do not write multiple names onto one permission note. Each student must have an individual signed note.

For our office staff to correctly process payments and notes, please ensure they are all **clearly labelled** with your child's:

- ✓ First and last name
- ✓ Class
- ✓ Name of excursion/activity
- ✓ Amount of money enclosed



National Sorry Day

The first National Sorry Day was held on May 26, 1998, which was one year after the tabling of a report about the removal of Aboriginal and Torres Strait Islander children from their families.

National Sorry Day is held on 26 May each year to acknowledge and recognise members of the Stolen Generations. National Sorry Day is of importance to Australia's First Peoples because it is used to remember and recognise the Stolen Generations.

On February 13th, 2008, Aboriginal people across all Australia were deeply moved and in tears: The Prime Minister of Australia, Kevin Rudd, had apologised to the Stolen Generations and said 'sorry'.



National Reconciliation Week

27 May - 3 June

National Reconciliation Week (NRW) is celebrated across Australia each year between **27 May and 3 June**. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively.

National Reconciliation Week (NRW) is a time for all Australians to learn



about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

Pride Pins



Congratulations to the following students who received their Pride Pin at the Week 3 School Assemblies. Your teachers, classmates, parents and carers are proud of you!

| Name | Class | Name | Class |
|------------|-------|---------------|-------|
| Avah-Lee | KL | Tom | S1L |
| Adam | KL | Puni | S1L |
| Lotukalafi | KS | Fetubellaryna | S1M |
| Joshua | KS | Fua | S1M |
| Njel | KS | Sam | S1M |
| Ella | KT | Aliyah | S1T |
| Thiridy | KT | Lorit | S1T |
| April | S1B | Lana | S2V |
| Jordyn | S1B | Ciara | S2V |
| Krishna | S1B | TJ | S2V |
| Jedidiah | S1B | Darlene | S2E |
| Julianna | S1G | Abby | S2H |
| Mikayla | S1G | Cameron | S2H |
| Giselle | S1G | Muhammad | S2H |
| Cynthia | S1K | Alliyson | S2J |
| Kaius | S1K | Leonaitasi | S2M |
| Zechariah | S1L | Jye | S2M |

| Name | Class | Name | Class |
|--------|-------|----------|-------|
| Ali | S2M | Nikki | S3N |
| Nikita | S2S | Virginia | S3S |
| Kaden | S2S | Eshal | S3S |
| Justin | S2S | Leerce | S3S |
| Zara | S2W | Taizac | S3S |
| Ella | S2W | Violet | S3T |
| Rahnaf | S2W | Theodora | S3T |
| Daphne | S3C | Menzy | S3T |
| Eva | S3C | Hezekiah | S3T |
| Vivaan | S3C | Scarlett | SCH |
| Soul | S3E | Riley | SCH |
| Dallas | S3E | Declan | SCH |
| Tanya | S3J | Hudson | SCM |
| Taha | S3J | Cody | SCT |
| Anwar | S3N | | |

Australian Good Meat Virtual Incursion

This term, Stage 1 are exploring how plants and animals are used for food and fibre products in Science. Australian Good Meat's virtual classrooms is giving Stage 1 students the exciting opportunity to engage with an Aussie cattle, sheep or goat farmer which ties in with our Science unit this term!

Students will learn:

- How farmers look after the land and the animals on their property
- How farmers help us to stay healthy through the production of red meat
- How different climates in Australia affect the way farmers manage their land and dictate the types of animals they can farm
- How farmers use technology to ensure they're farming in the most efficient and sustainable manner possible

When: 28th May 2021 at 2pm

Where: At school (This is a virtual incursion and will be conducted via Zoom).

Cost: Free





The Wellbeing Show Incursion

On Thursday the 27th of May 2021, all students will be attending an incursion at school which promotes Positive Education and blends academic learning with character and wellbeing. This year there will be no cost to families as the school will cover each student's entry to the incursion.

“The Wellbeing Show” is an interactive performance which aims to promote the attitudes and behaviours that each student needs to acquire, in order to be successful academically, in social interactions with others and to generally experience happiness and wellbeing within themselves. The performance highlights; strategies for success such as Excellence, Grit, Determination, Positive Emotions, Positive Relationships, Optimism, Positive Purpose, Happiness, Being Healthy, Confidence, Achievement and laughter. With hilarious comedy skits, singing, guitar, didgeridoo, percussion and much more the students are completely engaged the entire time.

There will be 2 sessions held:

9:30am - 10:30am (Early Stage 1, Stage 1, Support)

12:00pm - 1:00 pm (Stage 2, Stage 3)

If you DO NOT wish for your child to attend, please fill out and return the non-cosent form to the front office.

Healthy Lunch Box recipe

Zucchini muffins



Ingredients

2 zucchinis, grated & liquid squeezed out
1 carrot, grated
125g tin corn kernels, drained
1 small red onion, finely diced
1 cup baby spinach leaves, chopped
1 cup wholemeal self-raising flour
6 eggs, beaten
1 cup reduced-fat tasty cheese, grated

Method

Preheat oven to 180°C. Line a 12-hole muffin tin with muffin liners.

Heat a non-stick frypan over medium heat and cook the onion until translucent. Allow to cool.

Place all ingredients into a large mixing bowl and mix until well combined.

Divide the mixture between the 12 muffin liners. Bake for 25 to 30 minutes or until muffins are golden and a skewer comes out clean.

For more recipes visit:
healthy lunchbox.com.au



Healthy Lunch Box recipe

Layered mixed potato bake



Ingredients

Olive oil spray
2 large potatoes, peeled & thinly sliced lengthways
1 large sweet potato, peeled & thinly sliced lengthways
2 zucchinis, thinly sliced lengthways
½ cup frozen corn kernels
½ cup frozen peas
8 eggs, lightly beaten
½ cup reduced-fat milk
½ cup reduced-fat Ricotta
½ cup reduced-fat tasty cheese, grated
1 tsp fresh thyme, leaves picked

Method

Preheat oven to 180°C. Line and spray a 20cm square cake tin with olive oil.

Steam the sweet potato and potato until just tender. In the base of the cake tin, layer half of the sweet potato followed by half of the potato, then ¼ cup frozen peas and ¼ cup frozen corn. Top with a layer of half the zucchini. Repeat.

Mix the eggs, milk, ricotta and ¼ cup of the cheese in a jug. Pour over the vegetables. Top with remaining grated cheese and the thyme.

Bake for 25-30 minutes or until golden and set. Cool for 5 minutes before serving.

For more recipes visit:
healthy lunchbox.com.au

