

TERM 3 Week 3

3rd August 2011

DISCO – Cartoon Character Theme

This will be our first disco in the new hall. Please note children and parents will need to enter and exit through the Hillvue Road front gate for security and safety reasons the front car park will be locked and the hall car park is for staff use only

K-2 5pm to 6pm

BBQ 6 to 6.30 pm

3-6 6.30pm to 7.30pm

ATHLETICS CARNIVAL

Thank you to Mr Courtney and Mrs Kenniff who organised last Wednesday's carnival and the staff who made it such a wonderful day. Thank you to the parents and friends who supported the children in such numbers. A special thank you to the children whose enthusiasm, co-operation and participation was exemplary – well done Hillvue.

NATIONAL TREE DAY

Planet Ark created National Tree Day (31 July) to help address important environmental issues such as habitat for native wildlife, biodiversity, salinity, erosion and long-term carbon offsetting. Thank you Mr John Tucker and his team from Landcare who planted trees with the help of Mr Phillips and 4C last Friday.

RUGBY LEAGUE

Congratulations to the Open and Junior teams who were winners and runners up in last Wednesday's mid-week competition finals. Both teams are to be commended for their tenacity and sportsmanship. Thank you to coaches Mr Alley, Mr Bergan, helpers Mr James, Mrs Kenniff and Mrs Coombes for all your assistance and thank you to all the family members and staff who positively and enthusiastically supported the children.

WELCOME BACK

Mrs O'Brien from long service leave. Thank you Mrs Porter for teaching 10 and Mrs Mills for relieving as Assistant Principal.

NSW RUGBY LEAGUE COMPETITION



What a big day! Leaving at 2.45am on Monday to play three games in Sydney. Thank you to Mr Hollinworth, Mr Bergan and all the family members who made this wonderful opportunity such a success. Congratulations to the boys whose participation was excellent. Well one!

BASKETBALL

Congratulations to the seven Girls Basketball team who defeated Armidale City last Thursday to become regional champions. Thank you to Mrs McDonald, Bridget Knox and Mel Craigie for everything you do for the girls and the parents for transporting and supporting the team. The girls now move into the last 16 of the competition for the second year in a row.

Have a great day!

Ben van Aanholt



10 had lots of fun cooking.
We made vegemite sandwiches and pavlovas





**Academic/
Endeavour/
Achievement
Awards for
Talking/
Listening**



Infants Awards





Tree Planting Day
4C assisted by
Land Care volunteers
plant trees at Hillvue





Education Week

Tuesday's Guest Speaker at Assembly was Casey Barnett.

Casey is an ex Hillvue student, now a teacher at Peel High School. Casey is pictured with Mrs Galvin.

Be Skilled, Be Fit, program was run Monday and Tuesday.

Students were placed into teams and selected a game to play by drawing out a number. The games were played on a set time and each team gained points for goals reached.



EDUCATION WEEK 2011

1st August—5th August
NSW Public Schools—creating the future

Monday 1st August

9.15am Morning Assembly
Guest Speaker
Be Skilled Be Fit—World Champions Day

Tuesday 2nd August

9.15am Morning Assembly—Guest Speaker
Be Skilled Be Fit—World Champions Day
2.30pm Tamworth Community of Schools

Recipients

Sophie McLeod Outstanding Student Achievement
Mrs Margaret Love Outstanding contribution to a school by a community member
Mrs Vicki Fisher Outstanding contribution to a school by a member of the school community
Mrs Sue O'Connor Outstanding contribution to the school by a staff member

Wednesday 3rd August

9.15am Morning Assembly—Guest Speaker
DISCO K-2 5pm—6pm
3-6 6.30pm—7.30pm
BBQ 6pm—6.30 pm

Kidco and Mrs Lambert have organised a Cartoon Character. This will be our first disco in the “new” hall. Please note children and parents will need to enter and exit through the Hillvue Road front gate. For security and safety reasons the front car park will be locked and the hall car park is for staff use only.

Thursday 4th August

9.15 am Morning Assembly—Guest Speaker

Friday 5th August

9.15am Education Week Assembly K-6
10.15am Open Classroom
11.15am Morning Tea for visitors in the “old” Hall provided by Parents and Citizens Association

BIRTHDAYS THIS WEEK

Gavin Nean Telina Brown
 Tyrone Nean

FOUND

A pram was left at the athletics carnival last Wednesday.
Please see the ladies in the office.



\$3



\$2



\$2



\$10



\$10

Support Daffodil Day by purchasing these items from the front office.

Keeping Kids In Mind Post Separation Parenting Course

Tamworth Family Relationship Centre
Corner of Bridge & Hercules Streets
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Phone: (02) 6762 9200
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Keeping Kids in Mind is a course held one evening per week over five weeks. Keeping Kids in Mind is designed to help separated or divorced parents, parent their children more effectively through the separation.

You will learn about:

- Session 1: Grief and Loss
- Session 2: The Hidden World of Children
- Session 3: Building Resilience
- Session 4: Bridging the Gap
- Session 5: Looking Back and Moving Forward

This course will be held over 5 sessions;
8th, 15th, 22nd, 29th August & 5th September.
5.30pm to 7.30pm

Bookings are essential and can be done by calling Rebecca on 6762 9200.

The course will only proceed with sufficient attendees.



SOCIAL SKILL—WEEK 3

GETTING ALONG



For good listening when instructions are given



NUTRITIONAL INFORMATION		
<i>Servings per package: 1</i>	<i>Serving size: 30g</i>	
	Per Serving	Per 100g
Energy	580kJ	1800kJ
Protein	3.9g	12.1g
Fat, total	6.0g	18.6g
- saturated	1.0g	3.0g
Carbohydrate	16.4g	51.2g
- sugars	9.6g	30.1g
Sodium	51mg	390mg

What to look for on nutrition panels...PART 1

We all know that some food choices are better than others, but how can you tell the difference between an “everyday” food and an “occasional” food? Answer – you can read the nutrition panel available on the labels of most food products. On the left is an example of a nutrition panel that has to be on all manufactured products by law.

The energy value is measured in kilojoules (kJ), although sometimes shown in kilocalories (written as kCal). Some foods are energy dense (such as the example) and have high numbers in the energy per 100g box. Others, like lettuce, are not energy dense – it contains around 30kJ per 100g.

Protein, fat and carbohydrate are called macronutrients. These contribute energy to our diets and have important roles to play in the body. They are measured in grams (g). Fat is listed as total fat and saturated fat. Carbohydrates are shown as a total carbohydrate value and as is sugars as this is a type of carbohydrate.

It is important to be able to identify the components of a food to decide if it is a suitable choice or not. It is important that people can access this important information to help them make good decisions.



Above:
 Tuesday’s Guest Speaker at Assembly was Casey Barnett. Casey is an ex Hillvue student, now a teacher at Peel High School. Casey is pictured with Mrs Galvin.

Above:
 Kristy Redding, former student of Hillvue Pubic School, was our special guest at assembly on Wednesday. Kristy is now working at NBN.

TOUCH RESULTS

The girls and Boys Touch teams travelled to Plain Street Touch Fields on Thursday 21st July to complete Rounds 1 and 2 of the current school knockout competition.

Results are as follows:**Boys**

Preliminary Hillvue PS 7 defeated Tamworth PS 5

Round 1 Hillvue PS 8 defeated Manilla CS 5

Round 2 Hillvue PS 9 defeated Kootingal PS 2

The boy's team will now play in the 3rd round of the competition. Venues and opposition are still to be finalised and players notified as soon as possible.

Girls

Round 1 Hillvue PS 8 defeated Manilla CS 4

Round 2 Kootingal PS 5 defeated Hillvue PS 4

Congratulations to both teams for their sportsmanship and efforts on the day.

Thank you to Mr James and Miss Craigie for accompanying the team to the games and to the parents who helped with transport and support.

RUGBY LEAGUE

Wednesday night competition.

Congratulations to both the Under 10's and Opens teams. Both teams made the Grand Final of the competition.

The Grand Finals were played last Wednesday night. Both teams are to be commended for their sportsmanship and efforts. Results are as follows:

Under 10s St Edward's defeated Hillvue in extra time.

Open's Hillvue defeated Tamworth PS

Both games were very entertaining and of a high standard. Thank you to Mr Bergen, Mr Alley and Mrs Coombes for coaching and managing the team over the competition.

ATHLETICS CARNIVAL

What a great day! The Hillvue PS Athletics Carnival was held last Wednesday. The weather was fantastic and all students and teachers enjoyed themselves. Students are to be congratulated on their efforts and high participation levels.

Competitors that made distance and qualifying times will attend the Zone Athletics Carnival to be held at the TRAC on Wednesday 10th August 2011.

All results will be published in next week's Sportsvue.

Information and notes for the Zone Carnival will be forwarded to these students shortly.

TOUCH FOOTBALL

The Primary School 2011 Touch Competition for Term 3 & 4 will commence on Monday 22nd August 2011.

The competition again consists of three divisions:

Division 1 – Little Nippers (K to 2)

Division 2 – Junior Girls & Junior Boys (Yr 3 & 4)

Division 3 – Senior Girls & Senior Boys (Yr 5 & 6)

Cost per player is \$30.00. This fee must be paid before players are registered to play.

Notes for interested players will be sent home later in the week by Mrs Kenniff.

BASKETBALL**Show Court**

5.30 5/6GA TPS Allstars v Hillvue

6.20 5/6BB Hillvue Dunkers v Legends

Court 3

4.30 3/4GA Hillvue Superstars v TPS Smashits

7.10 5/6GB STH Superstars v Hillvue Leopards

Court 4

5.30 3/4GB Manilla v Hillvue Dolphins

RUGBY LEAGUE RESULTS

Hillvue received an invitation to attend the carnival after becoming joint winners of the 10 years A division at the Peels Schools Carnival on the 19 June.

Well coached by Robert Bergan.

Three games were played at Penrith:

Game 1 Vs St John's, Dapto (Illawarra) 12-12 draw

Malaki Johnson and Brandon O'Leary each scoring a try.

Successful conversions by Tristan Roberts and Malaki Johnson (respectively)

A disallowed try one minute before full time, forced the draw. 2 points

Game 2

Lost against a very strong Valentine Public School team
24 – 0 1 point

Game 3

10-0 win over St Mary's, Casino.

Tries by Caleb Bergan and Brandon O'Leary.

One successful conversion by Tristan Roberts
3 points

Unable to reach the seven points required to play in the quarter finals.

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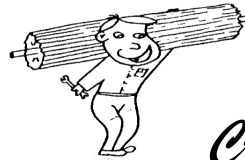
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