Hoxton Park Public School

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Newsletter

P & C meets every third Wednesday of the month
Principal's message

Professional Learning

Over the last two days, our Assistant Principals: Mrs Pierson, Dr Nielsen, Mrs Fabian-Carter and Mr Scales attended professional learning run by the Curriculum and Leadership department from the Department of Education and Communities. They listened to keynotes by: Professor Alan Reid (University of South Australia) on General Capabilities and the Australian Curriculum; Janice Farmer-Hailey (Instructional Leader – Western Sydney Region) on How Students Learn; and Professor Steve Dinham (University of Melbourne) on Leading Curriculum Change. This learning will shape the staff development days at the beginning of next term (Monday and Tuesday, 29 and 30 April).

P & C Election Results

Congratulations to the 2013 Parents and Citizens group who elected their new executive last week.

President: Paula Dos Santos
Vice President: Narelle Barker
Treasurer: Merryn King
Secretary: Rita Ebrahim

We look forward to another great year with our P & C.

Easter Holiday Dates

Easter Holiday dates: students do not attend school on Good Friday or Easter Monday. Students and teachers return to school on Tuesday 2\textsuperscript{nd} April.

School Contributions

A reminder to parents that school contributions are due. These are voluntary contributions which go towards the running of the school. We will be having a draw for those who have paid, early next term. The prizes will be 1 x $100, 1 x $50, 2 x $25 vouchers to be used at the uniform shop.

Reading Target

Do you know your child’s reading target for this term? How close are they to achieving it? Remember that being a successful reader is an ongoing project for all of us. Once we can read well, we can still improve our vocabulary and our fluency. This will in turn impact upon our overall intelligence!

School zone safety

A reminder to parents about the operation of school speed zones around the Easter holidays.

School zones exist for the safety of children and families; they will operate on Thursday 28 March, then resume on Tuesday 2 April.

Forty-kilometres-an-hour school speed zones operate across New South Wales at all school sites on gazetted school days, which are all days the school is open, even pupil-free days. Find out more: http://www.rta.nsw.gov.au/roadsafety/children/schoolroadsafety/schoolzoneprogram.html

Bullying knows no bounds

When cyberbullying hits home - what one mum wishes she’d done differently. Because most cyberbullying happens in the home, parents need to be aware of the technology that young people are using.

A reminder to all parents: students are required to be 13 to sign up for a Facebook account. We also recognise that many parents have allowed their children to be on Facebook prior to this age. This is your decision as a parent but I believe that it is good to be informed. Teach your children responsible behaviour when online. If they are not brave enough to say something to someone’s face then being an anonymous keyboard warrior is simply not appropriate behaviour. If social media is abused and other students are threatened, this immediately is referred to police.

Some tips: Talk to your child about responsible internet behaviour; monitor what they are doing; have a strong net nanny to block the access of inappropriate sites; do not have tvs and computers in bedrooms as this only adds to the difficulty of monitoring what your child is viewing and if they are actually asleep.

**The National Young Leaders Day 2013**

On Monday 25th March, I had the privilege of taking our school leaders; Madison Tieu, Mark Calleja, Hannah Cross, David Mclean, Meegan Jimenez, Kaylin Stone, Sebastian Cal and Kishan Sharma, to the National Young Leaders day, at the Sydney Entertainment Centre, hosted by the Halogen Foundation.

Our next generation of great leaders (6000 school students) were inspired by interactive presentations from; Creel Price (Entrepreneur), Brett Lee (internet safety and cyber bullying expert), Mike Martin (Executive Director of the Halogen Foundation) and Nathan Hindmarsh (former captain of the Parramatta Eels).

Students enjoyed sharing the leadership experiences of the speakers and returned to school motivated to work together as effective student leaders of Hoxton Park Public School.

Donna Casey

Wishing our community a lovely Easter break. We will see you back next Tuesday.

Kylie Donovan

PRINCIPAL
Upcoming events – Term 1

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<td>K-6 ANZAC day assembly @ 2.10pm</td>
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<td>April 4</td>
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Library News

The library has been a hive of activity this term! Classes are visiting every day and borrowing keenly. All classes are learning an exciting song called “Gotta Keep Reading” and we hope to perform it as a whole school soon. If you would like to check this song out, just search for “Gotta keep reading” on you tube.

The Premiers Reading Challenge has begun for 2013. Students from 3-6 are encouraged to log on to the website (www.premiersreadingchallenge.nsw.edu.au) using their DEC portal login (the one they use for the computers at school) and to enter each book they read. K-2 students will need a parent to login them in and enter their books. Students’ logins can be obtained from their classroom teacher if they do not know them. Students who record a minimum of 20 books will receive a certificate in term 4.

All students have a special lunchtime to visit the library and enjoy games, stories and other activities. Stage 3 visit on Mondays, stage 2 on Tuesdays, stage 1 on Wednesdays and kindergarten on Friday.

Thanks to all the staff and parents who have collected plastic bags so that all students can borrow (even if they forget their real library bag).

Melissa Johnson
Teacher Librarian

Triple P is a Positive Parenting Program for parents that provides practical answers to everyday parenting concerns. All parents with children aged up to 12 years can attend this program.

Seminars are the ideal introduction to Triple P. They consist of three 2 hour sessions that will leave you feeling more confident and ready to deal with common childhood behavioural issues.

Seminar One: The Power of Positive Parenting

Children of all ages need a safe, secure and loving environment to do well. Positive parenting is an effective approach to raising children that emphasises the positive. It involves creating a family environment that is loving, supportive and predictable. This is important in raising healthy, well adjusted children who have the skills and confidence they need to succeed at school and in their relationships with others. Positive parenting reduces the stress of parenting and makes parenting more rewarding and enjoyable.

Seminar Two: Raising Confident, Competent Children.

The values, skills and behaviours to encourage in children are the choice of every individual parent. However, some core skills are important for everyone. Children are more likely to be confident, succeed at school and get along with others when they develop certain life skills. These life skills include being respectful and considerate, communicating well with others, thinking positively and having healthy self-esteem, being a good problem solver, and becoming independent and able to do things for themselves.

Seminar Three: Raising Resilient Children

One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children’s emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, wellbeing and success in life. Emotional resilience involves six key skills: recognising and accepting feelings, expressing feelings appropriately, having a positive outlook, developing effective ways of coping, being able to deal with negative feelings, and being able to manage stressful life events.
Does the Go4Fun program work?
Independent clinical studies show Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun. This information helps build the program's evidence base and track improvements of individual children as a result of the program.

The program meets all current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for the Management of Overweight and Obesity in Children.

The benefits of the Go4Fun program:
- Improved self-esteem and confidence
- Improved sporting skills and fitness
- Improved team work and communication
- Improved diet enhancing concentration and mood/behaviour
- A healthier child!

Where: Go4Fun programs are run from sports centres, schools and community centres in most council areas of South Western Sydney and Sydney Local Health Districts.

Where: Programs run after school alongside each school term for 10 weeks. Sessions runs twice a week for two hours, usually starting at 4:30pm, 4:45pm or 5:00pm.

How much does it cost?
The program is FREE for all families. Children who attend the program receive two free t-shirts, a drawstring bag, bouncy ball, water bottle and information folder.

After MEND
Each family is provided with online access to MEND World for the following 12 months, encouraging families to maintain healthy changes and inspire ongoing positive steps. Information about available community clubs and programs in local areas is also provided to graduating families.

Go4Fun is a healthy lifestyle program for children aged 7-13 years who are above their healthy weight. The program is run after-school during the school term and is FREE for eligible families. Go4Fun is open for new enrolments at www.swahs.nsw.gov.au/populationhealth/Go4Fun.html

Go4Fun originated in the UK as an evidence-based multi-disciplinary program called MEND. This program was designed by a specialist clinical team focused on participation as opposed to competition, and has operated in New South Wales as Go4Fun for over three years.

MEND stands for...
Mind – Understanding and changing unhealthy attitudes and behaviours around food (e.g. personal goals and reward setting, internal and external food triggers, and effective problem solving).

Exercise – Adequate, safe and fun physical activity for one hour per session (sessions based on outdoor and pool activities to help build physical activity and sporting skill, working on fundamental movement skills as well as team work).

Nutrition – Enjoyable and practical activities teaching healthy eating and food choices including: healthy eating information (e.g. fats, sugars, unrefined vs refined foods); food label reading and a supermarket tour.

Do it – Get involved!

What is 'above a healthy weight'?
Approximately 25% of children in NSW are overweight or obese. Children who could be above a healthy weight for height and age include those that:
- Wear clothes sizes for an older age group
- Spend over two hours watching television (or using a computer) per day
- Are physically active for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

NSW Health
Population Health

How to find out more and contact details:
Leah Choi - Go4Fun Program Manager
South Western Sydney and Sydney Local Health District Health Promotion Service
P: 02 9780 2811 | M: 0457 507 606

February 2013

Why should children attend Go4Fun?

Being overweight can contribute to health problems like asthma, diabetes and heart problems, as well as affect a child’s self-esteem, willingness to participate in activities and can even affect friendships with peers.

Poor body image may also prevent a child from reaching their full potential. A poor diet can affect concentration and therefore learning and school ability. Poor body image and self-esteem may also affect school attendance and behaviour.
GO4FUN DAYS AND LOCATIONS
TERM 2 2013
South Western Sydney Local Health District

Bankstown – Bankstown PCYC
Cnr Meredith St & French Ave Bankstown 2200
Mondays and Wednesdays 4.30pm – 6.30pm

Camden – Mount Annan Leisure Centre
368 Welling Drive Mount Annan 2567
Mondays and Wednesdays 4.30pm – 6.30pm

Campbelltown – Aquafit Fitness and Leisure
Old Menangle Road Campbelltown 2560
Mondays and Thursdays 4pm – 6pm

Fairfield – Fairfield Leisure Centre
44 Vine Street Fairfield 2165
Tuesdays and Thursdays 4.30pm – 6.30pm

Villawood – Wran Leisure Centre
Gundaroo St Villawood 2163
Tuesdays and Thursdays 4.30pm – 6.30pm

Liverpool – Liverpool West Public School
79-81 Hoxton Park Road Liverpool 2170
Mondays and Thursdays 4.30pm – 6.30pm

Minto – Minto Indoor Sports Centre
9 Redfern Road Minto 2566
Tuesdays and Thursdays 4.30pm – 6.30pm

Wollondilly – Tahmoor Public School
Bronze Wing St, Tahmoor 2573
Tuesdays and Thursdays 4pm – 6pm

Go4Fun is a FREE program funded by NSW Health for children aged between 7-13 years old who are above a healthy weight.

Parents and children are invited to attend and register for the Go4Fun program at the locations listed.

For more information or to register for the program:

Leah Choi - Program Manager
leah.choi@sswahs.nsw.gov.au | 02 9780 2811 | 0457 507 606
FreeCall 1800 780 900 OR SMS 0409745645 for a call back.