

Hornsby Heights Public School

Aim High

8-20 Somerville Road Hornsby Heights NSW 2077 | PH: 02 9476 5133 | E: hornsbyhts-p.school@det.nsw.edu.au | W: www.hornsbyhts-p.schools.nsw.gov.au

TERM 1 WEEK 6

ISSUE 58

4 MARCH 2025

UPCOMING EVENTS



SCHOOL

Thursday MAR 6: 3-6 assembly **Tuesday MAR 11: Resilience Project Authentic Connections Webinar** 6:30-8pm

Wednesday MAR 12: NAPLAN starts



SPORT

Wednesday MAR 5: Zone **Swimming**

Wednesday MAR 5: Junior Girls Skellern Cup: Year 3 and 4 **Thursday MAR 6: Senior Girls** Skellern Cup: Year 5 and 6



DANCE

Wednesday MAR 5: Dance ensemble rehearsal and continuing each Wednesday into April



Wednesday MAR 5: P&C AGM Friday MAR 7: P&C Welcome Back **BBQ**

Saturday MAR 15: Eco Garden Working Bee 2-4pm

SCHOOL CALENDAR LINK:

https://hornsbyhts-p.schools.nsw. gov.au/school-calendar.html



ABOVE: Meet our new senior house captains for 2025. Gallery inside.



INTERNATIONAL **DAY OF MATHS**

arch 11: the International Day of Maths is a worldwide celebration of Maths and how important it is to our everyday lives. Each year, on March 14, schools and organisations around the world acknowledge how important maths is to what we do everyday. Maths is needed for research, for Science, for medicine, for banking, for everything! March 14 was chosen because many countries already celebrated it as pi day (not pie day!). Pi is a special mathematical number - 3.14. So 14 March (14/3) is a maths day! At HHPS, we are celebrating Maths on the 11th of March.

Continued on Page 2.

Attendance Matters

Coming to school every day matters. Attendance rates have been extremely high this year. This is great and let's keep it like that! Please support your child to maintain the routine of being at school every day. Being late to school can cause much upset for students as they enter a classroom that is already in full swing with teaching and learning. As a team at HHPS we are focussing on arriving on time to school each morning. We thank you for being part of this team effort.

Below are some ways you can help build positive attendance habits:

- Helping your child learn the importance of punctuality and routine
- Making sure your child arrives on time from the start of the school day, ready to take part
- Reducing disruptions to learning where you can, by planning necessary appointments outside of school time
- Contacting us to explain any absences before the school day starts and having this in writing within 7 days of the first day of absence
- Making sure any holidays or medical appointments are taken outside school hours
- Working with the school to encourage and support regular attendance.

Parent information here: LINK

Swimming Success

Our Swimming carnival was a great success last week with so many students participating in a range of events. I thank Mrs Sakajani for her leadership of this event and to all our staff for their organisation on the day. Miss Eudale, Mrs Sakajani and myself look forward to attending the Twilight Zone event held tomorrow at Homebush Pool.

Whole School Buddy Classes

The purpose of buddy classes is to help continue to develop a sense of community at the school, to encourage new friendships and for students to support one another socially and with their learning. It also supports our current Anti-Bullying and Wellbeing policies. It is anticipated that Buddy Classes will create role models for younger children and give older children the opportunity to develop a range of qualities including leadership, responsibility and increased social skills. Buddy Classes also benefits teachers by working with different stage groups and colleagues.

Senior classes are paired with junior classes in the school. Classes meet at least once a term

to participate in lessons based on topics that link with the NSW curriculum. Lessons will be collaboratively planned by the class teachers. This term Buddy classes will participate in World Maths Day together as well as the Easter Hat Making in preparation for the Easter Hat parade.

Social Light Positions

Thank you to the wonderful people that have signed up as being class Social Lights. Many classes are still looking for their Social Light! Social Lights lead the way with planning and arranging class/year/stage get-togethers for our students and families to stay connected and supported socially! If you would like to be a class Social Light please read the expression of interest form seen later in the Newsletter - this was sent out on School Bytes also last week.

We are still looking for parents to be Social Lights

We are still looking for parents to be Social Lights in classes.

> 1/2L 5W

6C

Once we have a Social Light for every class, a message will be sent to all social lights about the next steps! If you are a Social Light already, please do nothing until I contact you. Thank you!

PAX Behaviour Games

This year we have been introducing the PAX Behaviour Games at HHPS. PAX means peace, productivity, health and happiness, and is what the PAX Good Behaviour Game helps create and strengthen in each classroom.

PAX GBG consists of proven behavioural strategies used daily by teachers with students. By the end of Term 2, students will have been taught the 10 "Kernels" that align with the 5 social emotional core competencies. Our first one that we have started with is "PAX Vision". Please see information later in the Newsletter about 'Pax Leader'.



By KATRIN CORNELL Hornsby Heights Public School PRINCIPAL



Hornsby Heights Public School Interested in being a Class Social Light for 2025?

This year we are continuing with our parent social network system in the school in order to help 'shine a light' on the social side of being part of a school community. We have deliberately made the name "Social Light" a fun one as it is a very enjoyable and lively

Role of the Class Social Light

Each class will have one or two parents who take on the role of Class Social Light for the year. This is a voluntary position, the focus of which is to build community spirit through organising small social events for each class or you can even get together and arrange something within the grade or stage. It can be an event as simple as a play in the park!

We ask that all parent communication regarding social events is arranged through email (this will be discussed at our first introductory meeting). The role is purely a social role as the school will be responsible for engaging parent help or support for stage and school based events. You may be asked to assist with rallying up support or sending out information for some whole school events such as Open Day or World Teacher's Day and collecting a class list of contact numbers for the class.

All communication that goes out via the classes needs to be communicated first to the class teacher/s.

If you are interested in being a Social Light, please complete the tear off slip below and return to the office. Note: If we are inundated with volunteers then we will pick names out of a hat.

Katrin Corne)
Principal	

EXPRESSION OF INTEREST Interested in being a Class Social Light for 2025?

Please return to your child's classroom teacher/s by Friday 21 February, 2025

Yes, I would like to volunteer to be Social Light for Cla	SS
Your Name:	(Child's Class)
Child's Name:	
Contact No:	
Email:	

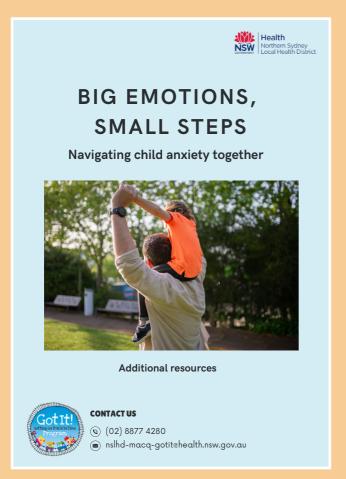
PARENT RESOURCE TO SUPPORT CHILDHOOD ANXIETY



By JANE FINLAY
Hornsby Heights Public School
EAL/D AND LEARNING
SUPPORT TEACHER

I wanted to share with you a document, 'Big Emotions, Little Steps', from the Got It! Program, from NSW Health. The document offers suggestions and tips to help support your child who may exhibit signs of anxiety or separation anxiety. There are helpful resources, such as books, videos, websites and suggested strategies that you may like to try at home.

Click on the image and link below to access the pdf.







PAX Leader is used to guide students in making positive choices and avoiding problematic behaviors. PAX Leader promotes teamwork as well as setting and achieving high expectations. It also ensures that students take an active role in bettering the world around them.

Right away, PAX Leader will help students...

- · Make more thoughtful, positive choices.
- Take pride in their achievements.
- · Feel more belonging with their peers at school.

In the long run, PAX Leader helps students...

- See themselves as leaders in a variety of settings.
- Associate the positive things they do with who they are as a person.

I BETTER MY WORLD, I BETTER MYSELF. I AM A PAX LEADER.

Here are some questions you can ask your child about using PAX Leader:

- 1. How were you a PAX Leader today? How did that make you feel?
- 2. Who else did you notice being a PAX Leader today? What did they do?
- 3. What PAX Leaders do we know in our family and friends?

PAX Leader is not about perfection.

PAX Leaders do their best to bring Peace, Productivity, Health, and Happiness.

 $https://hornsbyhts-p.schools.nsw.gov.au/content/dam/doe/sws/schools/h/hornsbyhts-p/2025/Big_Emotions_Small_Steps_Anxiety_Booklet.pdf$





















HORNSBY HEIGHTS PUBLIC SCHOOL 9















Come along to a Parent & Carer Presentation!



WHO'S INVITED?

DURATION Parents & Carers 60 minutes WHERE?

Online Webinar

ABOUT THIS WORKSHOP

Join Hugh van Cuylenburg from The Resilience Project for their inspiring online presentation, 'Authentic Connection'.

Designed for parents and carers, this session features engaging stories and practical strategies to help you:



Embrace vulnerability, imperfection, and passion to build stronger, more meaningful connections.



Experience the positive benefits connection has in your personal and professional life.

Don't miss this opportunity to reflect and gain tools to enhance your wellbeing and relationships. We hope to see you there!





AUTHENTIC CONNECTIONS WEBINAR FOR PARENTS **TUESDAY 11TH MARCH** 6:30-7:30PM

CLICK ON THIS LINK TO REGISTER











HORNSBY HEIGHTS PUBLIC SCHOOL

MEDIA TEAM

We are currently forming a new Media Team for 2025. Everyone in Year 5 and 6 has the opportunity to join via audition as spaces are limited. Please see information about the **audition video task** in this issue. The Media Team meets every Tuesday at lunchtime. Together we learn about all aspects of photography and film production through practical, hands-on activities and projects.

PRODUCTION VALUES

You will learn how to create high quality video productions. This means using professional lighting and sound recording equipment to make our video projects look and sound professional.

TV NEWS PACKAGE

You will learn how to design and edit a complete news package using iMovie, Adobe Premiere and iPads using a template. You will have a chance to document how you learn in class and make videos about important issues you feel strongly about. You will learn

to document through photography the life of our wonderful school.

COMMITMENT

The Media Team will run for the whole year and you will need to commit for the entire year each Tuesday lunch. At major school events such as sports carnivals you will be asked to collect footage for our TV news broadcasts and newsletter.

BADGE

All Media Team members will receive an official HHPS Media Team badge.

Let their voices be heard!





HORNSBY HEIGHTS PUBLIC SCHOOL

MEDIA TEAM



AUDITION

All Year 5 and 6 students are eligible to join the Media Team which meets every Tuesday at lunchtime in the library. The Media Team consists of about 15 students who document important school events through photos and videos. Year 5 and 6 students who are interested in joining must submit an audition video.

TASK: MEDIA TEAM AUDITION VIDEO

Students must make a short video. There are 3 options.

1. Prepare a short video presentation on why you should be selected: what special skills and qualities do you have?

OR

2. Prepare a video demonstrating your camera/editing/interviewing/writing/research skills on a topic of your choice.

OR

"The Day That Changed My Life". Make a dramatic video of a day you'll never forget.

Videos should run for no more than 30-60 seconds. Students must prepare this video presentation in their own time, not class time. Please bring your video to school on a thumb drive - USB stick (labelled with your name and class) and hand it to your teacher.

DATE DUE: Tuesday, 1 April









Essential Learnings



Please read this fortnight's essential learnings and talk about them with your child/children.

These are very important to help me feel safe and relaxed when I come to work at HHPS.

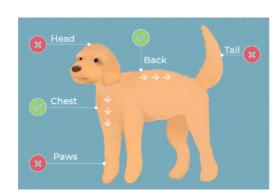
How and when to approach Poppy

• Always approach Poppy from the front where she can see you





- Use a calm and quiet tone of voice when talking to Poppy
- Don't cuddle or put your hands around Poppy's neck
- If Poppy is laying down on her mat, this means she wants to be left alone
- Students and parents/carers need to ask the teacher that is with Poppy if they can interact with her. Sometimes it is not the right time to pat or interact with Poppy so the teachers can help you understand if it is the right time or not
- Only pat Poppy on her back or her chest











An update from Poppy

- I graduated puppy preschool! I don't know how I graduated I slept through most of it. I got to wear a very cute hat at the end and Miss Ridley took lots and lots of photos of me
 - I absolutely love the beach (but I don't like having a bath afterwards I want to stay sandy)
 - I like going on walks every day, and I'm still learning how to stop my lead from getting tangled around my legs (it's very confusing for me)
- I've been visiting HHPS on the weekends! I love walking around the school and sniffing everything. I'm also practising going up and down the stairs – they are very fun!
 - My new favourite food is egg
 - I'm getting very good at hiding Miss Ridley's shoes! Every morning I find a new hiding spot to put them, and she spends lots of time searching for them

I can't wait to meet everyone in Term 2!



3 Expectations

It's easy as 1,2,3 to help our Well-being Dog to learn to relax.



and stare).

KINDERGARTEN

INFORMATION - 2026 -

Starting school is such an exciting time. We are looking forward to being part of this journey with you!

MINI SHOWCASE AND **SCHOOL TOUR FOR PARENTS/CARERS & 2026 STUDENTS**

Come along to see and

PARENT INFORMATION **EVENING IN THE** SCHOOL HALL

School and information

KINDERGARTEN ORIENTATION VISITS 8 SCHOOL TOUR









MRS DUNN & MRS TUDOR



















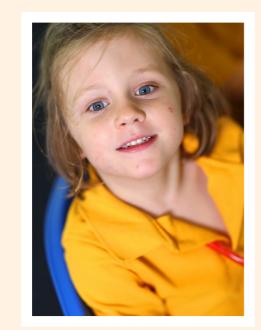


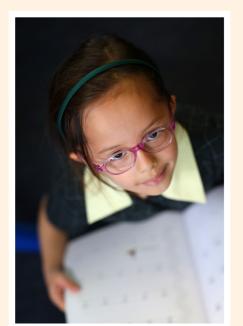
























22 HORNSBY HEIGHTS PUBLIC SCHOOL

ECO GARDEN UPDATE THE ECO GARDENERS



By **LAUREN GIAQUINTO**Hornsby Heights Public School
TEACHER

couple of times a term the HHPS Eco Garden is open for school families to come and do some gardening and light maintenance. If you are interested in helping us out (even just for half an hour!) please ensure you are wearing enclosed shoes, a hat and, if possible, bring along your gardening gloves. No gardening experience required! The times for this term are:

- Saturday 15th March from 2-4pm. Meet Julie and Michelle in the garden from 2-4pm. Children welcome but must be accompanied by an adult.
- Wednesday 9th April from 2-3:10pm the perfect way to kill the time while waiting to pick up your kids! Please meet Wendy in the garden once you have been to the office and signed in as a volunteer.

Want to know more?

Our Eco Garden is a very special place. It is highly regarded amongst the school and wider community and is many students favourite part of HHPS! We would not be able to maintain the gardens, care for the chickens, and run the amazing class sessions without the help from our family members and volunteers. The Eco Garden Committee is always looking for additional helpers and welcomes all families to be involved in any capacity.

The Committee meets once a term via Zoom. The next meeting will be held on Monday 12th May at 7pm. For Zoom details or if you would like to find out more, please contact Julie at ecogardenhhps@gmail.com. All welcome to attend!



-HAVE HALF AN HOUR TO SPARE?



THE ECO GARDEN NEEDS



- Come down to the Eco Garden to help with some light gardening on:
 - Saturday 15th March from 2-4pm (kids must be accompanied by an adult)
 - Wednesday 9th April from 2-3pm (a great way to help out while waiting to pick up your kids! Please sign in at the office)
- **MORE INFO**

See the HHPS Newsletter or contact Julie at ecogardenhhps@gmail.com







HHPS ANNUAL SWIMMING CARNIVAL AT KNOX AQUATIC CENTRE



By VANESSA SAKAJANI Hornsby Heights Public School SPORTS COORDINATOR

n Monday we held our annual swimming carnival at Knox Aquatic Centre. Our first events were the non-competitive 25m races, and it was so encouraging to see many of our students participate. They showed courage and determination, and it was an amazing way to start the day. A huge congratulations to all our swimmers who put in such a big effort. To all our parent helpers who took the time to help on the day, a huge thank you, as our carnivals cannot run without you.

Congratulations to our 35 students below who are competing in our Zone Swimming Carnival on Wednesday, we wish them all the best representing HHPS!

THROUGH TO ZONE

Logan B Alex H Chloe G Aurora C Annabel G Annabel W Rosie W Amelia B Rhys G

Cara R Madeline G Jacinta F Lillian B Clayton W Jayden L Lachlan G Elizabeth W Matteus P

Cameron S Remi P

Amy C Ethan R Ethan B Sloane W Kai K Luke H Ellie J

Aria S















Unpacking the new PDHPE syllabus – with Mrs Sakajani

The aim of PDHPE K–6 is to empower students with the essential knowledge, understanding, skills, values and attitudes to promote wellbeing and lead a safe, active and healthy life.

Learning in PDHPE is the foundation for lifelong engagement in physical activity. Through PDHPE, students learn to value movement through the acquisition and application of movement skills, concepts and strategies across a range of physical activities.



The syllabus for PDHPE K-6 (2024) is based on evidence highlighting that:

•physical activity is vitally important for children's health, wellbeing, development and learning (OECD, 2019)

What we do at HHPS to support this:

What you can do at home to support this:



- Movement breaks/Brain Breaks (using equipment eg, silent ball)
- School sport and PE lessons
- Lunchtime Legends
- Playmates

The evidence

- Recess and Lunch activities and games (eg, Ping Pong)
- Teacher vs student games
- Explicit teaching in Health lessons
- Tracking Physical activity through Premier's Sporting challenge (PSC).



- Play with your kids at the park
- Promote fundamental movement skills at home
- Encourage sport outside of school
- Encourage children to play outside
- Parents to be aware of their own screen time and try to limit when kids are around
- Set a timer for digital devices and break it up with movement breaks (walk, stretch, catch)
- Get kids to teach you the skills they learn at school.



Week 5 - Results

Round: 1, Summer Competition

League Tag played against Turramurra

Cricket & T-Ball/Softball played against Turramurra



Sport	The scores were:		Players of the Week
League Tag Jr A	Hornsby Heights 4	Turramurra 2	Andy P, Harry J
League Tag Jr B	Hornsby Heights 3	Turramurra 0	Benji dB, Harvey R
League Tag Snr A	Hornsby Heights 4	Turramurra 4	Max F, Rylan P
League Tag Snr B	Hornsby Heights 5	Turramurra 1	Ava M, Matteus P
Cricket juniors	Hornsby Heights 50	Turramurra 46	Max C
Cricket Seniors	Hornsby Heights 8	Turramurra 37	Remi P
T-Ball	Hornsby Heights 4	Turramurra 15	Lexi R, Estella F
Softball	Hornsby Heights 1	Turramurra 2	Melissa H, Eloise B

36 HORNSBY HEIGHTS PUBLIC SCHOOL HORNSBY HEIGHTS PUBLIC SCHOOL 37

BOYS SUTTON CUP SOCCER

hat a busy week of Sport! Our 3-6 boys friendly competition when they attended the Sutton Cup Gala Day award on the day. Well done boys! at North Turramurra Recreation Area (NTRA). The boys played for their Gala day on Wednesday & Area (NTRA). The boys played plenty of football across the day and should be commended on

their effort and positive attitudes. A huge congratulations to Faizan enjoyed a day full of fun Jamal and Harrison Boyd who were the recipients of the All Stars Thursday.





























HZSS SOFTBALL/T-BALL FIRST ROUND HIGHLIGHTS Well done to both teams who run with a final score of 2-1. oftball and T-Ball had an represented our school with great amazing first round of the respect, responsibility and personal T-ball has 7 new players to the **HZSS Summer Season.** best! team and they played so well for Unfortunately the scores did not their debut game as a team. The reflect the hard work and spirit of **CASSIE PETHYBRIDGE** final score was 15-4 to Turramurra the teams as they battled in hot TEACHER who had an incredible line up of conditions. strong batters. This score did not reflect the amazing fielding and Softball had an incredibly close game (with a triple out!) and were wonderful batting by our junior tied 1-1 until the final innings when players. Turramurra took the game by one HORNSBY HEIGHTS PUBLIC SCHOOL 43 **42 HORNSBY HEIGHTS PUBLIC SCHOOL**

Summer Uniform

HORNSBY HEIGHTS PUBLIC SCHOOL

Sports Uniform

HORNSBY HEIGHTS PUBLIC SCHOOL























Girls

- Bottle green/navy/yellow plaid check dress
- Bottle green culottes and gold polo shirt
- Bottle green jacket, sloppy joe or jumper
- White short socks (socks must be visible)
- Black school shoes

Boys

- Gold short sleeve polo shirt
- Grey shorts
- Grey short socks with green/ gold band
- Bottle green jacket, sloppy joe or jumper
- Black school shoes

Girls

- Bottle green shorts
- · Polo shirt in house colour
- Sports shoes and white socks
- Green track pants (in winter)

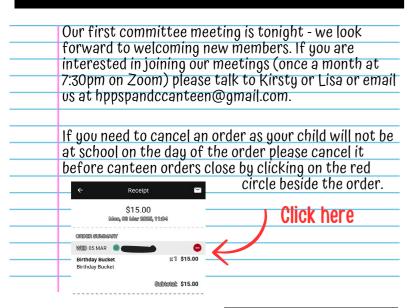
Boys

- Bottle green shorts
- · Polo shirt in house colour
- Sports shoes and white socks
- Green track pants (in winter)

CANTEEN NEWS

Term 1 Week 6

A note from the committee:



Food spotlight:

Frozen foods available:

Juicies - wildberry, tropical, orange and lemonade

Milk minis - chocolate, strawberry Juicy Fruities Frozurts

Looking ahead:

CANTEEN MEETING

TONIGHT VIA ZOOM

Email us for the link. **AGENDA ITEMS:**

Special Food Days. Risk assessment.

Strategies for getting volunteers.









Volunteering:

Thank you to Peggy, Christine, Melanie B, Anna, Karen, Lyn and Melanie G for helping in the canteen. We couldn't do it without your support.

Do you miss your child while they are at school? You can sign up for shifts and see them at https://signup. zone/hhps-canteen



Signup

If you have ordered a frozen item or a smoothie, please remind your child to pick it up from the canteen, taking their lunch bag with them.





NEWTOWN HIGH SCHOOL OF THE PERFORMING ARTS

AUDITIONS NOW OPEN







Year 7 and Year 11 2026 INFORMATION AND ONLINE APPLICATION VIA NEWTOWN HIGH SCHOOL OF THE PERFORMING ARTS WEBSITE **Dance, Drama and Music Audition Procedures**

Students currently in Year 6 or Year 10 2025 enrolled in public or non-government schools who are seeking entry into Year 7 or Year 11 in 2026 performing arts stream may apply for an audition in one or two of the three disciplines of Dance, Drama or Music.

Audition information and online application is located on the school's website:

Home - Newtown High School of the Performing Arts

Auditions - Newtown High School of the Performing Arts

To assist parents and carers completing the 'Moving into Year 7 in a NSW Government School' form, please note the following:

- Newtown High School of the Performing Arts is a specialist performing arts high school providing the highest level of education to students with outstanding potential and/or achievement in Dance, Drama and Music.
- If residing outside our catchment area, Newtown High School of the Performing Arts has specific enrolment criteria which requires students to audition. Audition information and on-line applications may be found on our school's website.
- Student from within our local catchment area who have an interest and talent in one or two of the disciplines are encouraged, although not obliged, to audition for places in our performing arts stream via the online application process which is separate to an Expression of Interest provided to parents from their primary schools.
- The closing date for audition applications online is **Thursday 1 May 2025**.

To be eligible to apply, candidates must be Australian Citizens or holders of a visa granting permanent resident status in Australia on the day of their audition.

For audition enquiries email newtown-h.school@det.nsw.edu.au or contact 9519 1544 ext 105.



OPEN NIGHT

REGISTER NOW

ENRICHMENT CLASS

- YEAR 7 2026

Apply now on school website:

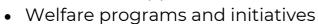
https://asquithboyh.schools.nsw.gov.au

Monday 10 March 2025 4pm - 7pm

- Meet our: Principal and Executive Staff
 - Subject experts and staff
 - School leaders

Experience our: • Newly constructed specialised classroom facilities





Curricular and co-curricular programs



https://forms.gle/dibcVo8PzrCG28Qs9

Excellent Academic Success

- 100% student university application success rate.
- 8 points above state ATAR average.
- 90% of HSC subjects scoring above state average.
- 5th ranked comprehensive school for Mathematics Standard, 10% above state average.
- Extensive range of electives and school-based learning pathways, university and industry courses.



International Women's Day 2025

#MarchForward

International Women's Day Breakfast:

Date: Friday the 7th of March Time: 7:00am - 8:30am Location: AGHS Hall

Tickets: \$30 pp

All funds raised are donated to Mahboba's Promise

Ticket purchase: https://www.trybooking.com/CZFVZ







Hornsby Community Workshop

Learn how to prepare for and recover from extreme weather events

Build community connections and capacity

Extreme weather events are becoming more frequent and unpredictable. This workshop will provide information and practical strategies on how to prepare for fires, floods and other extreme events and will provide local residents the opportunity to build connections and capacity.

- Gain an understanding of the impacts that these events can have.
- Learn about the impact of cascading (repeat) disasters and its effects on individuals & communities
- Build practical skills to support local level preparedness and recovery and hear about initiatives being employed by other communities
- Receive support to implement resilience building events in your local community

"With the right information, people can become stronger and as a community, we can work together, to make a real difference"

- Community Workshop participant

Where: Storey Park Community

Centre

12 Old Berowra Road Hornsby NSW 2077

When: 26th March 2025

9.30am - 3:30pm

Cost: Free *

Lunch provided

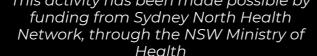
* Registration is essential and places are limited

To register:

Go to Eventbrite by using the QR code or click on this **LINK**



This activity has been made possible by funding from Sydney North Health Network, through the NSW Ministry of Health





HORNSBY RSL F.C.

REGISTRATIONS FOR 2025 SEASON NOW OPEN

> REGISTER VIA CLUB WEBSITE OR PLAYFOOTBALL.COM.AU

FOR INFORMATION VISIT WWW.HORNSBYRSLFC.COM.AU

WINTER SEASON FOOTBALL TRAINING NIGHTS WEDNESDAY - MILLS PARK, ASQUITH



