Celebrating Success

Keys to Success

Congratulations to the following students on their Keys To Success Award:

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Confidence</th>
<th>Resilience</th>
<th>Persistence</th>
<th>Getting Along</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlie S</td>
<td>Joshua R</td>
<td>Sarah D</td>
<td>Dominic B-C</td>
<td>Matilda B</td>
</tr>
<tr>
<td>Zoe T</td>
<td>Harriet P</td>
<td>Clementine K</td>
<td>Jack V-E</td>
<td>Mia A</td>
</tr>
<tr>
<td>Arthur W</td>
<td>Charlotte d-P</td>
<td>Ned B</td>
<td>Matilda F</td>
<td>Georgia M</td>
</tr>
<tr>
<td>Reuben L</td>
<td>Liam P</td>
<td></td>
<td>Ottoline D</td>
<td>Ted F</td>
</tr>
<tr>
<td>Jude W</td>
<td>Benjamin B</td>
<td></td>
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</tbody>
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6M Assembly

Well done to the students of 6M and Mr McCann on their interesting, informative and entertaining slide show and presentation of their recent trip to Canberra at last week’s assembly. Great work everyone!

Excursions

This week it is Stage 1, Year 1 and 2 to head off to their excursion to the Hunter Valley Zoo. What a great day for being out and about and looking at interesting animals and places.
Warning - Magpies at School
We have a magpie who had taken up residence in the K-2 playground and is being very protective of its nest. It is important that parents and visitors are aware of the issue. Information from the South Australia government is listed below:

Everything you need to know about magpie swooping season
‘Protecting your baby is natural – and it’s the same for magpies. Here’s how to avoid their protective spring swoop. Magpies are definitely not bloodthirsty monsters out to get us at this time of year. They are just using their body language – beak clapping, whooshing above your head and screeching – to warn others to keep away from their eggs or newly-hatched chicks. Magpies usually breed between August and October every year, and it’s during this time that their protective swooping behaviour is in full force.

The good news is that a single magpie will swoop for only about six weeks until their chicks are fledged and leave the nest, so magpie breeding season is usually all over by November. It’s the males that defend their nests from the time the eggs are laid until the young birds are fledged, and they will attack anything they consider to be a threat, from a raven or a dog to a human.

But, what if you’re out and about enjoying the warmer weather on your bike, walking your dog or going for a jog? What can you do to make it through magpie breeding season unscathed by a swoop? The best way to avoid being swooped is to change your route. Magpies only swoop within 50 metres of their nests so stay away from known magpie nesting areas. Also, magpies usually go back to the same spot every year, so if there was a swooping danger zone on your route last year, it is likely to be there again this year.

But if that’s not possible, here’s some tactics to avoid being swooped:
- Travel in groups, as swooping birds usually only target individuals.
- Carry an open umbrella above your head.
- Wear sunglasses and a broad-brimmed hat.
- If you ride a bike, walk it through magpie territory or have a flag on the back of the bike that is higher than your head.
- Do not act aggressively. If you wave your arms about or shout, the magpies will see you as a threat to the nest – and not just this year, but for up to five years to come.
- Walk, don’t run.
- Avoid making eye contact with the birds’.

Power Upgrade
We have had some fantastic news! Hamilton South PS is getting a power upgrade! This is a very significant announcement as it means that there will be an increase to the power at the school. There will be additional power supply from the source - from Ausgrid, a new main board and all the sub boards at the school upgraded. This is very significant funding project. The new power supply will meet all our current needs and our needs into the future. It will also mean we can start air-conditioning our classrooms...... The work is currently being scoped and planned.
P&C Ball
Our very enthusiastic and hardworking P&C fund raising committee has organised a fabulous ball. Tickets go on sale for the P&C Ball on Saturday 21 September 2019. See more details in this week’s Noticeboard.

Parking at HSPS
Parking in the streets bordering the school is always at a premium, as there are limited places to park, especially in Kenrick Street. It is really difficult for our neighbours when their driveways are blocked with cars from people visiting our school. This is a repeated problem and we ask people to take care when parking and not park over driveways.

Sue Estens
Principal
DATES TO REMEMBER

Wednesday, 18.09.19  ~Money collection for
*Stage Levy & School Contribution
*Band fees
~P&C meeting-7pm

Thursday, 19.09.19  ~Money collection for
*Stage Levy & School Contribution
*Band fees

Friday, 01.11.19  ~School Ball-tickets go on sale 21/9

NOTES TO BE RETURNED

• Absence Note – if your child has been absent from school, please either fill out a yellow note, email the school or do an absence note on skoolbag. Departmental requirement states you have seven days to explain your child’s absence.
School hours 8:55am-3:00pm
Please note:- Students need to be in their classroom by 8:55am.

SCHOOL ASSEMBLY
5BF will be hosting the school assembly on Tuesday 24 September. The assembly starts at 2.10pm and is expected to run until around 2.50pm. Parents, carers and families are all invited to come along. Access via gate 3 in Kenrick Street only.

KINDERGARTEN 2020 ENROLMENT
Parents of children starting Kindergarten next year can now bring in their child’s original birth certificate, immunisation record and proof of address. We now require parents to bring in 100 points of proof of address. Enrolment packs have been sent home. Forms are to be returned as soon as possible.

YEAR 4 EXCURSION - THE ROCKS AND BLUE MOUNTAINS
Last Thursday and Friday Year 4 had their excursion to The Rocks and Blue Mountains. All students had an amazing two days and thoroughly enjoyed themselves.

After an early start of arriving at school for a 5.45am assemble, the students arrived at The Rocks at 9.30am where they assigned roles of; convicts, settlers or officers. Students dressed up for their roles and had an informative walk around The Rocks learning the early history of life in Australia.
Another bus trip and the students arrived for their experience along Coxs Road one of the earliest Colonial-era road-lines surviving in Australia. The students heard stories about the hardships of the early explorers and the work that went into expanding the colony.

The night brought much excitement wandering through the majestic Jenolan Caves. Our guides told stories of how the caves were discovered and allowed the students to imagine what it was like to be in the caves before the paths and lights were there to help. Freaky but cool was how one student described their experience through the cave.

Another early start and the students were on their way again to Scenic World. The Skywalk showed off some of the amazing views on offer at the Blue Mountains as well as allowing a bird’s eye view through the glass floor. The descent on the world’s steepest incline was a highlight for those more thrill seeking students. Once at the bottom, the students went bushwalking and then back up the Cableway to take in the magical views.

The last stop of the trip involved an Aboriginal perspective of the National Park, followed by a guided tour through the National park. The guides shared different features of the park and took the students to different locations to witness some of the breathtaking views.

Throughout the trip our guides commented on how well behaved and polite the students were. The students looked out and helped each other when needed and showed great resilience facing their own fears. They learnt some interesting habits of their friends after being away together for so long but were always respectful to one another.

The students all had their different favourite activities from their trip and definitely recommend next year’s Year 4 to go. Over the two days students covered 30000 steps, 19 kilometres and climbed the equivalent of 100 flights of steps!!
LUNCHTIME ART – STAINED GLASS WINDOWS
LUNCHTIME ART - BOX CONSTRUCTION
Merewether High School
An academically selective school for gifted and talented students

Information session – The Application Process
Year 7 2021

Parents of Year 5 students 2019 are invited to attend an information session about the procedures for applying for entry in an academically selective school for Year 7 2021.

When: Tuesday 15th October 2019
Where: Bensley Hall – Merewether High school
Chatham Road Broadmeadow
Time: 4.00pm
2020 Renewals and Sibling Enrolments

From **9am on Monday 11 November, 2019** we will begin accepting renewal enrolment forms and new enrolment forms for siblings starting kinder in 2020.

Enrolment forms have been emailed out on 4 September, 2019 and can also be found on our website, [www.hamiltonsouthoosh.com.au](http://www.hamiltonsouthoosh.com.au), or picked up from the centre or the school office.

All renewing and new enrolments will be required to fill out an enrolment form this year.

We will only be accepting forms returned electronically. No paper copies will be accepted. This is to help reduce the amount of paper we use within the centre.

Any form received prior to 9am will be returned, asking you to submit it after 9am.

If you have any questions please ask Michael. Thank you.
SPORT NEWS:

GIRLS TOUCH FOOTBALL NEWS
Last Wednesday afternoon the girls played their fifth round match against Maryland PS. The girls had another spectacular win scoring 6 tries to 1. We have a wait on our hands now as our next opponent has not yet been decided. This win puts us in the top 4 in the Hunter.

Mrs Robinson

GIRLS BASKETBALL NEWS
Last Thursday our incredible Girls Knockout Basketball Team did our school proud when they played in the Hunter Region Grand Final against Bolwarra PS. Both teams gave it their all, displaying so much basketball talent. In the final seconds we had possession of the ball but unfortunately could not take the shot before the final siren sounded. Bolwarra defeated us by only 2 points, 23-21. Out of almost 100 schools the girls can be extremely proud of their achievement to make it this far in the competition.

We wish Bolwarra all the best at the State Finals in October. A huge thank you to Phil Morgan for giving up so much time to train the girls. The improvement throughout the year has been so impressive to watch. Thank you to all the parents who helped transport the girls, helped on the bench and cheered the girls on at the game.

Mrs Robinson
**E-SMART NEWS:**

**WHY IS MY CHILD OBSESSED WITH YOU-TUBE?**

YouTube and YouTube Kids have now replaced TV as the chief source of entertainment for both kids and teens. Dr Kristy Goodwin has written an article on children and young people’s obsession with YouTube. Listed below are recommendations.

**Why do our kids and teens spend hours on YouTube?**

- **YouTube caters for kids’ three most fundamental psychological needs** - as humans we have three basic psychological needs - the need for connection, competency and control. Our kids love to view other videos that their peers talk about or that are popular in the platform as they’re hard-wired for relational connection. They can experience competency by searching for videos on topics they want to learn more about, or watch videos to refine their sport skills (& a few even use it as an educational tool to revise or learn difficult concepts they’re taught at school).

- **YouTube provides highly curated and personalised content thanks to the Google recommendation algorithm.** It’s no accident that the suggested videos in the Up Next section are *exactly* what will appeal to your child’s interests as YouTube aggregates data from your search history, other online activities and viewing history to suggest related videos that are very appealing (and suggests other channels which would also appeal).

- Kids get hits of **adrenaline** and there’s **anticipation** about what they’ll find on YouTube. The format of YouTube is much more unpredictable than regular TV streaming services and less liner content than traditional TV shows.

- **YouTube caters for the brain’s desire for novelty.** YouTube is always new, interesting, rewarding and requires minimal mental effort. There are peculiar and downright odd events captured on YouTube- adults wearing nappies and their favourite cartoon characters doing strange things. Kids love this unpredictability as it’s often an escapism for their very organised and routinised lives. YouTube channels don’t follow strict program schedules so the content can pop up at any time (hence, why notifications work to keep kids hooked). Novelty is psychologically appealing.

- **YouTube gives kids a sense of control** - as they choose what they want to watch and when they consume it (they’re not restricted to prescribed viewing schedules like regular TV). Kids want a sense of agency and YouTube meets this need.

- **YouTube requires minimal cognitive effort** - it is easy to passively watch YouTube content so it can really entice kids. They get maximum rewards for minimal effort.

- **YouTube is silly and playful** - which we all know appeals to kids. This in turn releases serotonin and dopamine in the brain (which makes them want more).

- **There’s an element of risk and chance** - kids are unsure what they’ll view next as much of the content is made by amateurs.
• The auto-play feature and other design techniques get kids hooked on YouTube. Kids (and adults) enter the psychological state of flow when watching YouTube. They can become so engrossed with what they’re doing that they literally lose track of time. Hypnotic music, silly concepts and the auto-play feature distracts kids and lulls them into this state. This is one of the chief reasons why kids become agitated and frustrated when asked to switch off YouTube because they honestly feel like they’ve only just started watching, when the reality is that they’ve been watching for 3 hours.

• Low-quality content floods the platform (which kids love)- much of the content kids and teens are watching is made by amateurs, not professional TV production teams. Kids enjoy the unpredictable nature of this content and love seeing content created and ‘produced’ (I use that word loosely) by kids of their age.

• Kids have under-developed impulse-control skills- the frontal lobe of the brain, which is responsible for impulse control, isn’t fully developed in our kids or teens (in fact it isn’t developed until the twenties for most kids). The limited impulse control skills they do have are compromised when their brains are flooded with dopamine, as this neurotransmitter literally hijacks the logical part of their brain, making it even more challenging to resist urges.

• Kids enter the ‘state of insufficiency’— one of the chief reasons kids and teens throw techno-tantrums is because when they’re using YouTube they enter the state of insufficiency. Basically, they never feel ‘done’ or ‘complete’. There’s always one more video “They have to watch” The auto play feature and the recommendation algorithm are two deliberate design techniques that keep kids hooked on the platform (& the more time they’re on YouTube the more money the platform makes from advertising revenue).

Simple strategies for Managing YouTube?

• Turn off auto-play- this feature has been designed to keep kids hooked on the platform (YouTube earn more advertising revenue the longer people stay on the platform). Many kids enter the ‘state of insufficiency’ when they watch YouTube clips because they don’t feel ‘done’. For specific instructions on how to disable autoplay, click here.

• Subscribe to channels and manage your notifications— Encourage your kids to subscribe to specific channels as opposed to spending hours mindlessly trawling YouTube trying to find videos. You could work with your child to make these selections together. Subscribers receive notifications (which you can schedule for a set time of the day and limit to one notification/day) when a new video is uploaded. In addition, all their channels are displayed in the Subscriptions section, enabling kids to make the most of their time online. Find out more here.

• Create playlists— this will not only ensure your child’s online safety but will also help you to moderate how much time they spend on YouTube because you can limit their viewing time to the videos in specific playlists.

• Give them quantities and not a time limit— thanks to the recommendation algorithm, kids can all get lost in YouTube because the Up Next videos are filled with appealing content as they’re based on kids’ search and viewing history. Kids can get stuck in the ‘state of insufficiency’

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**MUSIC MESSAGES:**

**CHOIR:**
Rehearsals are going very well and students are enjoying working with our wonderful conductor
Julie Fawcett. I am blown away by how quickly this group has picked up their repertoire. Their
focus on Monday mornings has been amazing.

**BANDLINK:**
Unfortunately Bandlink has been cancelled this year. Those families that made payment please
contact Ros in the office to arrange a refund or for the funds to be added to your account as “fees in
advance” to cover other school costs as they arise.

**HAMILTON CHILD CARE CENTRE FUNDRAISER:**
The Concert Band will be performing at the Hamilton Child Care Centre Movie Night FUNdraiser.
This event is taking place this weekend on Saturday September 21 at Gregson Park. Participation
in this event relies on enough of our students being able to take part. Just like in other team sports
and activities - we can’t take the field without a full team! Please make sure that any last minute
notes are returned to Mrs Bell by Wednesday so I can make the necessary arrangements for
Saturday night. All Hamilton South families are encouraged to attend this fundraiser. Please see
the flyer in this week’s newsletter for more information.

**LESSONS:**
If you have not received your invoice or wish to make a query regarding your lessons/fees please
contact your tutor OR the Conservatorium directly on (02) 4921 8900. Please let your tutors know
if your child is going to be absent so they can make appropriate changes to their teaching
timetables as well as possibly start making up a few of these missed lessons.

**ROCKCON:**
Rehearsals will continue as normal this week.

As always if you have any questions, queries or comments please send me an email at
nadine.bell6@det.nsw.edu.au

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Thanks
Nadine Bell
HSPS Music Coordinator
Hamilton Child Care Centre Presents

OUTDOOR CINEMA

$6 in advance
$8 on the night

Disney
MARY POPPINS
RETURNS

Saturday 21st September
Gregson Park, Hamilton from 4pm - Movie at 6pm
Live Entertainment, Sausage Sizzle, Vegetarian Option, Cake Stall,
Face Painting, Coffee Cart, Popcorn and More!
Come with your family, bring a picnic rug (no chairs please)

$20 Gourmet cheese box advance purchases only
Reference: Your Surname+Cheese

Purchase tickets at HCCC or by bank transfer to Hamilton Child Care Centre
BSB: 062-808 Account: 00904597 Reference: Your Surname+Cinema

GreaterBank
PIGGOTT’S PHARMACY
GREENROOF
Fennel & Co.
Canteen Roster: 23.09.19 – 27.09.19

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>W. Bramley</td>
<td>Canteen</td>
<td>V. Knight</td>
<td>Canteen</td>
<td>B. McCourt</td>
</tr>
<tr>
<td>W. Tse (9-11:30)</td>
<td>Closed</td>
<td>K. McIlwain</td>
<td>Closed</td>
<td>E. Hunt</td>
</tr>
<tr>
<td>M. McNaughton</td>
<td></td>
<td>E. Sylvester (10-2)</td>
<td></td>
<td>R. Jackson</td>
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<tr>
<td>(11:30-2)</td>
<td></td>
<td></td>
<td></td>
<td>C. Marquet (9-11:30)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>K. Finnane (12-3)</td>
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</tbody>
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If you are unable to work, please arrange a swap. In an emergency, phone Mary on 0412 451 226

Fresh for Kids promotion has started. Get your kids to choose our healthy options and they have a chance to win some fabulous prizes.

The Canteen Team.

P&C NEWS:

P&C MEETING:
At our next P&C Meeting on this Wednesday 18 September at 7pm. We will be discussing which fundraising events the P&C will be involved in for 2020. Involvement in the P&C is one of the best ways of being aware of school activities and what is planned to improve the school environment for your child. So, if you have an idea you’d like the P&C to consider please come along!

HSPS SCHOOL BALL - TICKET SALES
Grab your friends and get ready for the HSPS School Ball, being held at Merewether Surf House on Friday 1 November 6:30 – 11:30pm
- Tickets go on sale on Saturday 21 September 2019
- Tables will be sold via Eventbrite for $1,400 per table of 10: [https://www.eventbrite.com.au/e/hsp-s-ball-diamonds-are-forever-tickets-72821453929](https://www.eventbrite.com.au/e/hsp-s-ball-diamonds-are-forever-tickets-72821453929)
- Payment will be required via credit card at the time of booking
- Individual ticket sales ($140 per person) or payments via cash or direct deposit will be available by contacting the ball committee (Katey on hspsball@gmail.com)

Thank you to the Friends of Hamilton South for organising the Father’s Day stall and to all the people who have wrapped presents.

For more information or if you have any questions please email the P&C at hamiltonsouthpublicschool@pandcaffeinate.org.au
SCHOOL UNIFORM SHOP
Shop is open every Tuesday 8.30 to 9.15am
All donations are gladly received in the basket outside the uniform shop any day.

Lauren

FATHER'S DAY STALL IOU'S
There are a few IOU's outstanding if you can pay these at the office as soon as possible that would be great.

Rachel and Donna
Friends of Hamilton South

ENTERTAINMENT BOOK
Order online go to:

COMMUNITY ANNOUNCEMENTS:

YWCA Vacation Care
School holiday fun for children aged 5-12 years
Games - Theatre - Day tripping - Excursions - Movies - Cooking
Enquiries: 4929 2954 - yncle@bigpond.com
(Child Care Benefit Available)

Venue: YWCA Hunter Region Inc, 24 Dawson Street, Cooks Hill 2300
Opening Hours: 7.30am-6.00pm
Ph: 4929 2954 Email: yncle@bigpond.com
Cost: $50 per day (plus additional excursion/incursion costs)
Child Care Subsidy available to eligible families.

PLACES ARE LIMITED, DON’T MISS OUT!
To book visit www.ywcahunterregion.org.au/vacation-care
3-DAY MEGA CAMP
OCTOBER 1ST, 2ND & 3RD

THE BIGGEST MULTISPORTS EVENT OF THE YEAR!
DURATION: 3 DAYS
AGE: KINDER - YEAR 6
LOCATION: MEREWETHER HIGH SCHOOL
TIME: 8:30AM - 3:30PM
PRICE: $110 EARLY BIRD OFFER (EXPIRES 20TH SEPTEMBER)
$125 THEREAFTER
MOTIV8SPORTS ROOKIE JERSEY (VALUED AT $20) INCLUDED FOR ALL NEW MEMBERS!

BOOK TODAY!!
https://bit.ly/2OHO1tW

BOOK NOW

THE ULTIMATE SCHOOL HOLIDAY EXPERIENCE!
- 12 INNOVATIVE TEAM SPORTS
- 8 MEGA FACE OFF CHALLENGES
- 4 MEGA TEAM SESSIONS
- INCREDIBLE COACHES
- NON-STOP MOTIVATION
- UNBELIEVABLE PRIZES
ACTIVE + CREATIVE KIDS VOUCHERS ARE ACCEPTED TO REGISTER FOR THIS EVENT!!

VISIT: MOTIV8SPORTS.COM
CONTACT AARON: 0412 872 396
@MOTIV8SPORTS NEWCASTLE

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What's on these Holidays

GYMNASTICS SKILLS CLINIC
8 yrs.+
6pm - 7:30pm Mon 20th Sept & Wed 2nd Oct
SkillsClinic@yoga4kids.com.au
The "Skills Clinic" is a workshop-style program for individuals wanting to learn key floor base skills for gymnastics, participants will learn progressions for front and back handsprings, flips and jumps and more.

PARKOUR 3-DAY WORKSHOP
Learn PARKOUR moves such as:
SHOULDER ROLL CAT PASS DASH VAULT
SPEED VAULT PRECISION JUMP
Suitable for all skill levels 8yrs - 9+ yrs.
COST: $100.00
Mon 30th Sept - Thurs 3rd Oct 2019
4pm - 5.30pm - 6-8yrs or 5.30pm - 7pm - 9yrs+

VACATION CARE
MONDAY 30th September --- FRIDAY 4th October
(Closed Mon 7th Oct due to Public Holiday)
7.30am - 6.00pm Meals Included
BOOKINGS FOR ALL PROGRAMS ESSENTIAL
Contact the Centre
PO Box 3187 • Glendale NSW
P: 4953 6366 • F: 4953 6587
www.hsc.org.au
Orchestra Nova
Children's Concert

Meet the Orchestra
Featuring music from the Harry Potter Movies & Pirates of the Caribbean
Plus instrument/section demonstrations

Conducted by Dr Mark Pinner

Admission:
$5 per person
Max. $20 per family

Kids pre-concert colouring in activity at 1:30pm

Sunday, 22nd of September 2019 at 2:00pm
Lake Macquarie Performing Arts Centre

Tickets available at the door or online at http://orchestranova.org.au
OCTOBER 2019 HOLIDAY PROGRAM
AT THE HUNTER WETLANDS CENTRE

Program for Vacation Care Centres
Vacation Care Centre Directors are invited to bring groups of 12 or more to the Hunter Wetlands Centre for one of our special school holiday programs. Staff from the Hunter Wetlands Centre will guide your students on a fun day of outdoor adventure and learning. For the School Holidays we can again offer a choice of:

1. Bush Adventure Day  Cost: $14 per child
   This program may include:
   - Preparing and eating a damper (cooked in a BBQ)
   - Talk on bush survival skills
   - Shelter building
   - Guided walk
   - Reptile Encounter

2. Self Guided Program Cost: $7 per child
   Your staff can bring children to the wetlands and use the self-guided Wetlands Explorer Activity notes to explore the site. Entry includes the use of dip-nets and a Reptile Encounter.

Bookings Essential
If you would like to discuss developing a program tailored to meet the needs of your students please phone Val on 4951 6466
or email: marketing@wetlands.com.au

Facilities
- Undercover picnic tables and shelters
- Discovery Playground and grassy area suitable for games and picnics
- BBQ Hire
- Cafe – meals, chips, ice creams, drinks
- Shop – gift shop

Access
- Free car and bus parking available
- Train - easy 15 minute walk from Sandgate Station

The appearance of advertising in our Noticeboard does not indicate Hamilton South Public School's support or endorsement.