November 12, 2014

P&C GARDEN
Thank you to the P&C and families who attended last Saturday’s planting working bee. We now have fabulous native house gardens, Banksia, Bluegum, Waratah and Wattle, planted along the front of our administration and Kindergarten buildings. This has been an ongoing project over the past year. The garden beds have been prepared (lots of lovely worms found during planting) and a water system installed. As these gardens grow and establish over time they will make a huge difference to the welcoming look of our school.

The P&C have been extremely active this year in spending your voluntary contributions on worthwhile school grounds improvements. Two major projects have been completed in 2014 - the 125th garden refurbishment and shade sail as well as the new native gardens. As a school community we thank you for your voluntary contribution paid to the P&C at the beginning of the year. It has made a huge difference to creating welcoming and exciting school grounds for our community.

REMEMBRANCE DAY
Well done to our students who represented our school at two separate Remembrance Day services. On behalf of the student body our school captains and vice-captains attended the service at the Castle Hill RSL club. Members of our school 3-6 choirs and Ms Speth also participated in and attended the inaugural service held at Castle Towers. We are pleased to be able to serve and represent our community at such important and significant events.

2015 PREFECT ELECTIONS
Each year I am astounded by the depth of student leadership within our school. Over the past week we have had our Year 5 girl and boy prefect elect speeches. All nominated students were outstanding and delivered very high quality speeches - a task that many would find daunting. Congratulations and well done to all students who were nominated and presented their speech.

2014 SHOWCASE SURVEY
Thank you to the many parents who completed our evaluation of this year’s ShowCase. We had 28% of families, 70% of staff and 90% of students Year 1-6 respond. Participating in school surveys gives a voice to parents during the evaluation process. We look closely at the results in order to make adjustments and changes to programs / events to ensure we are continually addressing the needs of our community.
The ShowCase survey was very clear in indicating the annual event is highly valued by students, staff and community. All involved were extremely pleased with the new online ticketing system and valued the numbered seating. Enjoyment of, and participation in, the ShowCase was also another area where all three groups surveyed ranked highly. There are areas for future consideration as indicated by staff and parents. Of those who participated in the survey there were two main areas for further consideration 2015:

1. **Grade based performances.** Each grade has a performance and therefore only ONE show. This has implications for extension stage hire and families with 3 or more children who would need attend shows on multiple evenings.

2. **Seating in the school hall.** Feedback indicated it was difficult to see from seats further back in the hall due to the height of the stage. Suggestions were made as to a larger venue (we are all missing The Hills Centre). The high school hall has been used in the past but has extremely limited opportunity for our use in Term 3 and 4 due to the trial HSC and HSC exams. Back up weather plans are very limited with this site.

These areas will be discussed as a school community prior to any changes being made. They will also need to be discussed in light of additional costs that may be incurred by venue change or longer extension stage rental.

- **Mrs Megan Gibbons, Relieving Principal**

**What's in your child's bag today?**

- **Notes**
  - Year 6 Farewell Information
  - Year 6 Authority to Publish DVD
  - Eldest K-6 Notice to parents Re: Whooping Cough

**Kindergarten News**

Sight words for this week in class are: again, ask, best, bring, far, find, give, how, kind, left, man, mother, own, room, say, step, there, too, walk, wish. These are known as the purple sight words.

Our Kindergarten students for 2015 have now had two visits to school. Their final two visits are Tuesday November 25 and Thursday November 27, from 9.30-10.30am.

Thank you to all students who donated a gold coin for our crazy hair and sock day to raise money for Westmead Children’s Hospital.

Today was the last day for 2014 to hand in mini merit sets. All mini merits can be kept for next year.

Please return your child’s red note folder each Thursday. Home readers are changed every day. Please record and sign the home reader card every night. Many students have read for 100 and 200 nights and received a certificate for their efforts. Keep on reading.

- **From the Kindergarten Teachers**
MND (Motor Neurone Disease) Ice Bucket Challenge

MND (Motor Neurone Disease) is the name given to a group of diseases in which the nerve cells (neurones) controlling the muscles that enable us to move, speak, breathe and swallow undergo degeneration and die. (MND Australia)

More information can be found at www.mndaust.asn.au, the website of MND Australia.

6D participated in the MND Ice Bucket Challenge on Friday afternoon. They enjoyed the event very much, even though the water they poured over each other was freezing! Thank you very much to all of the students and teachers who came out to support them.

Particular mention must go to Ms Sauniere, Mr Holland and Mr Smith who also volunteered to join in the fun and help raise awareness about this incurable disease. It was a terrific school event and we hope that it raised awareness in the community of Motor Neurone Disease and reinforced the importance of supporting others in need. It was a terrific compliment to fundraising for Westmead Children's Hospital.

- Kim Dudgeon (6D class teacher)

CHICKEN POX

There have recently been several cases of Chicken Pox diagnosed. Notes have been sent home to all classes that have been affected. We would like to advise that should your child show any symptoms please consult your doctor.

PSSA Sport Venues - November 14, 2014 - All buses leave school at 9:05am and return by 10:45am.

- Touch Football - Memorial Avenue, Kellyville
- Cricket - Wrights Road Reserve, Kellyville
- Softball/Tball - Ted Horwood
- Basketball - Bernie Mullane
- School Sport - Castlewood
Carols by Candlelight – Parramatta Park
Each year Friends of Old Government House (a volunteer group) coordinate a major function to raise funds to support Old Government House and Experiment Farm Cottage. They raise funds to support the conservation of these significant heritage properties and to support the work the properties do in their education programmes.

On December 6, 2014 they are holding community Carols by Candlelight in front of Old Government House. Please see below for event details;

Carols by Candlelight at Old Government House, Parramatta (Parramatta Park)
Saturday 6 December 2014
Time: 7.00pm to 9.00pm Gates open 6.00pm

Start the festive season with a night of carols played by NSW Police Band. Enjoy Model Farms High School students as they sing favourite contemporary Christmas songs and enjoy a visit from Santa Claus.

Entry is via a gold coin and all funds raised go to support Old Government House and Experiment Farm Cottage (two of our most precious heritage properties).

There will be a sausage sizzle, candles, drinks and several Christmas Hampers as a raffle. Please bring rugs or low chairs for seating at the front of Old Government House.

Mini Merit Awards

Important 2014 Dates / Information regarding mini merit system

- Wednesday November 12
  - Last day to present mini merits for 2014. Students can continue collecting for presenting in 2015.
  - Last day to present mini merit sets for Bronze, Silver and Gold levels.
  - Last Day for Year 6 platinum students to present totals of certificate collection for total of 50 or more in readiness for platinum assembly.

- Last K-6 assembly – Monday November 24
- K-6 Platinum assembly – Monday December 1

Term 4 Week 5 – Congratulations to our fabulous students who have earned seven mini merits.

Rainbow:
Stephanie (KA), Matthew (KG), Nathan (KM), Sandra (KS), Abdullah (1G), Calvin (1G), Evan (1M), Tabitha (1M) 2 Sets, Keira (1N), Rochelle (1N), Gino (1N), Janice (1N), Toby (1N), Ryan (1O) 2 Sets, Matthew (1O), Alana (2A), Amir (2A) 2 Sets, Kieren (2C), Joshua (2C), Jessica (2C) 2 Sets, Joya (2C) 2 Sets, Yun (2G), Ben (2R), Alex (2R), Jack (3/2L) 2 Sets,  Joelle (3/2L), Kerry (3/2L), Zac (3/2L), Maddison (3A), Aarya (3A) 2 Sets, Milan 3A, Charlotte (3A), Alejandro (3A), James (3G) 2 Sets, Ashvith (3P), Monica (3P), Jade (3P), Maddison (3P), Jonathan (3S), Arjun (4P), Tatjana (4P), Claire (4P), Eun (4S), Francesca (4W) 2 Sets, Kian (4W), Maki (4W), Emilia (4W), Nathapon (4W) 3 Sets, Jason (5/4C) 2 Sets, Brendan (5E), Heidi (5W), Jake (5W), Angelina (6/5G), Daniel (6/5G) 5 Sets, Rafaela (6/5G) 2 Sets, Yulissa (6D), Lola (6D), Maddy (6D) 3 Sets, Rayana (6D), Anjali (6H) 3 Sets, Chloe (6H), Saki (6H), Ashley (6M), Emma (6M), Idris (6M) 2 Sets, Jeanni (6M) 3 Sets, Corey (6M) 4 Sets, Justin (6M) 3 Sets, Koray (6M), Sebastiaan (6M), Richard (6M) 5 Sets, Justin (6M), Cassie (6M), James (6M) 2 Sets, Harry (6M), Natalie (6M), Harrison (6M), Christina (6M) 2 Sets.

English:
Joshua (KM), Daniel (KP), Arya (KP), Jacob (KP), Felix (KS), Benson (1G), Calvin (1G) 2 Sets, Alex (1M), Malaki (1M), Charlie (1M), Hari (1M), Ryan (1O), Amir (2A) 2 Sets, Victor (2A), Joshua (2C), Yun (2G), Wilson (2G), Eve (2R), Ben (2R), Holly (3/2L), Alex (3/2L), Jade (3P), Lily (3P) 2 Sets, Lucinda (3S), Arjun (4P), Noah (4S), Nathapon (4W) 4 Sets, Kian (4W), Jade (5E), Brendan (5E), Bill (6/5G), Paris (6H), Sohil (6M), James (6M), Tara (6M), Jared (6M), Harrison (6M), Koray (6M).
Maths: Sofie (1G), Tammie (1O), Zachary (3/2L), Daniel (3/2L), Lily (3P), Arjun (4P) 3 Sets, Jacinta (4P), Dilhan (4S), Rhys (4W), Emilia (4W), Taylah (5E), Heidi (5W), Bill (6/5G), Rafaella (6/5G), Chloe (6H), Jenny (6H), Daniel (6H), Christina (6M), Lachlan (6M), Justin (6M) 2 Sets, Sylvie (6M), Rebecca (6M), Justin (6M), Richard (6M), Natalie (6M).

Creative Arts: Rebecca (KS), Alex (1M), Lily (3P), Nathan (4S), Joel (4S), Emilia (4W), Bill (6/5G), Angeline (6/5G), James (6M), Richard (6M).

PD/H/PE: Jacinta (KG), Elizabeth (KP), Joshua (2C), Jack (3/2L), Daniel (3/2L), Atalay (3P), Ian (3P), Arjun (4P), Noah (4S), Dilhan (4S) 2 Sets, Rhys (4W), Nathapon (4W), Justin (6M), Justin (6M), Jemma (6M), Koray (6M).

Science & Technology: Arjun (4P), Jacinta (4P), Marcus (4S), Rhys (4W), Nathapon (4W) 2 Sets, Emilia (4W), Brendan (5E), Bill (6/5G), Koray (6M), Sylvie (6M).

HSIE: Arjun (4P), Rhys (4W), Angeline (6/5G), Koray (6M), Tara (6M), James (6M), Sylvie (6M), Cassandra (6M), Jared (6M).

Citizenship: Rubin (KG), Matthew (KG), Isaac (KG), Lucy (KP), Jake (KP), Jack (2C), Elena (2G), Zac (3/2L), Eugenie (3A), Nathapon (4W) 2 Sets, Bill (6/5G), Justin (6M) 2 Sets.

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Ms Denise Lockrey, Deputy Principal

PARENTING IDEAS - Michael Grose

Have a look at the website - www.parentingideas.com.au This week's topic

"10 research-backed tips for raising happy kids"

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the RULER Program, the world’s best emotional intelligence program for children and families.

The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter

Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors where at play.

3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first, with only-children, make sure you build these skills through plenty of interactions with peers.
5. Developmental matching matters
A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

7. Family dinners matter
Yes, you've got to eat. But you need to eat together. Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don't let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn't set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.

So let's recap!
To raise happy, successful kids:
1. Birth order matters
2. Positive peers matter
3. Parent mental health matters
4. Sibling relationships matter
5. Developmental matching matters
6. Good parenting matters
7. Family dinners matter
8. Fun matters
9. Helping others matters
10. Emotional intelligence matters
P&C News

Our second last meeting of the year is tonight, 7:30pm in the staff room. It will be a planning meeting for 2015. On the agenda we have Canteen committee, Project ideas, improvements to communication, 2015 Kindergarten orientation, funding/grant applications and voting for the P&C Federation elections (Nth West Region).

If you can't make the meeting but would like to contribute an idea or ask a question, give me a call.

  - Liga Hegner (President) 0400 887 785

P&C- Planting Working Bee 8th November

Last Saturday the school’s front garden beds were the scene of major activity. An enthusiastic band of volunteers from the school community spent the afternoon installing more than 300 native shrubs and trees. Under the supervision of our friendly professional landscaper Rodney Cox from Huon Designs, we dug, fertilised, planted, and watered our way from one end of the extensive garden bed to the other and completed a project for the school that has been more than 12 months in the planning. I’m sure we will all enjoy watching our garden grow and establish over the coming years.

I would especially like to thank and acknowledge all the families and helpers that worked so hard and gave of their time on Saturday afternoon to come and help enhance the main entrance to our school. My appreciation goes to the Jayatilake family who planted and kindly donated food and beverages, the Ly family, Erica Elkass, Carolyn Vanderklauw, Nancy Wen and family, Cindy Zhang, her Mum, and family, Jane Metcalfe, Janelle Turek, Megan Gibbons, the Fattoretto family, and Tim McCallum our school Director.

  - Fiona Foote Landscaping Team

Bookclub

Castle Hill Public has been invited to participate in a trial of the Scholastic Book club LOOP ordering system so from this Issue onwards, parents are able to actually order their books and pay online themselves.

Issue 8 brochures go out this week so orders from this Issue are due by the end of the next week so that there is enough time for the orders to be returned. This is the last issue for 2014. Parent pick ups are still available if you put parent pickup and a contact number on the order form. These should be handed in to the school office still as I am not sure how these can be organised through the online parenting ordering/payment system. Cash/cheque orders are still accepted in the school office as well.

I will still collect credit card orders from the School office but parents have to place their own orders using this new system. All school classes are entered into the system so you simply select the class your child in. You may need to add your child’s first name and initial of their last name to the class the first time you log in (based on what I have had to enter in when I have used the new system).

Orders will still be delivered to the school and distributed each Wednesday. If you have any questions, please get in touch with me.

  - Katherine Mullen (Book Club Co-ordinator) 0403 543 431 or katmullen@bigpond.com
Canteen News

ROSTER:

Thursday 13 November Danielle Fox, Vanessa Jackson
Friday 14 November Katherine, Julia, Stacey
Monday 17 November Charlene Stewart, Lana Hannelly
Tuesday 18 November **ASSISTANCE REQUIRED** - please contact Kylee on 0405 357 150 if you are able to volunteer today
Wednesday 19 November Cindy Wills, Svetlana Prosser

BIRTHDAY ICE-BLOCKS:

Did you know you can purchase ice-blocks from the Canteen for your child’s class on their birthday? Let us make it easier for you! Just come to the Canteen window in the morning to purchase the required number, we will put them aside and have them ready for collection at a time suitable to your child’s teacher. No dashing to the supermarket, no running back into school, and no hoping you’ve chosen a suitable time to drop them in. See? Easy!

CANTEEN COMMITTEE NOMINATIONS OPEN:

The Canteen Committee would like to advise that nominations for the positions of President, Secretary and Treasurer are now open.

Elections will be held at the December P&C AGM. Nominations can happen at this meeting or by forwarding expressions of interest to P&C President Liga Hegner.

- Canteen Committee

Uniform Shop News

Volunteer Roster: Thursday November 13 - Carrie Prosser Shaw, Maggie Perez, Fiona Donnelly
           Julia Hanson Clinnick
Monday November 17 - Annie Hanna, Sam Paturi, Teddy Samuelson
Thursday November 20 - Marie Dols, Jie (Jane) Li, Lee Lau,
           Julia Hanson Clinnick

The Uniform shop will be CLOSED MONDAY DECEMBER 1
All flexischool orders will be processed as normal that week.

A very big THANK YOU to all the volunteers that have helped with the kindy orientation days, without you we couldn’t open the shop so it’s very much appreciated.

Uniform Shop Christmas Lunch
Tuesday December 2
Castle Hill RSL
11.30am
All welcome. Please let me know if you need to be signed in.

This year you will be able to order online through Flexischools. Please go to www.flexischools.com.au where you can place your orders, which will be delivered to the classroom. Parents are advised that Flexischool orders will be signed for by the child. Loss of orders will be the responsibility of child and their parents.

- Simone Pedler, Uniform Shop Manager
043880993 or simone.pedler@det.nsw.edu.au
The NSW Swifts are helping Netball NSW promote the “Design the Netball NSW Mascot” competition. This Netball NSW Mascot will represent everything we love about the sport of Netball and will join Sporty at every NSW Swifts home games and will be active in the netball community.

Not only will the winning design see their vision come to life, but that person will win a money-can’t-buy trip for two (2) to watch the NSW Swifts take on the Melbourne Vixens at the new Margaret Court Arena, in Melbourne, in the 2015 ANZ Championship on Sunday 24 May, 2015. There are also two Minor Prizes, each consisting of four (4) tickets to watch the NSW Swifts’ Allphones Arena BLOCKBUSTER against reigning Premiers, the Melbourne Vixens, on Sunday 3 May, 2014.

The competition is open to Netball NSW and NSW Swifts fans, members and netballers with no age restriction on who can enter. Please read the Terms and Conditions before participating in this Design a Netball NSW Mascot competition.

Entries are now open and close at 11:59pm AEST, Sunday 7 December 2014. Netball NSW is encouraging people to be super creative, but please keep in mind entries need to follow these guidelines:

- Is original
- Is a made-up/imaginary character or animal or person
- Is easy to recognise as the official Mascot for Netball NSW
- Is appealing to young people
- Is friendly-looking
- Incorporates and reflects the colour palate of Netball NSW

Entries can be a drawing or a photograph, but must be received by Netball NSW within the above competition dates.

To enter by post, send to:
Sporty Wants a Friend, Netball NSW, PO Box 396, Lidcombe, NSW 1825

To enter by email, send to:
sportywantsafriend@netballnsw.com

Entries much include:
All submissions must consist of the design, name of Mascot, and the entrant’s contact details (full name, date of birth, age, full address (including postcode), name of Parent/Guardian, telephone number (including area code) in clear legible form.

Alternatively, download, complete and print off this entry form.

Note: If delivering in person, entries will not be received after 5pm AEST, Friday 5 December 2014.

The NSW Swifts and Netball NSW are hugely excited about this competition and we look forward to unveiling YOUR mascot in 2015.

*Read the prize details in the Terms and Conditions
## Term 4 Overview as at today

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
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<td>Yr 2 School Swim Scheme commences</td>
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<td></td>
<td>K-6 Assembly - 2pm</td>
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<td>Nov 11</td>
<td>Kindergarten 2015 Orientation - 9.30 - 10.30am</td>
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<td></td>
<td>Yr 5 Interrelate</td>
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<td>Nov 12</td>
<td>P&amp;C meeting - 7.30pm</td>
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<td>Nov 13</td>
<td>PSSA [round 13]</td>
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<td>Nov 14</td>
<td>8.30am SRC meeting - 3A room</td>
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<td>Nov 15</td>
<td>New enrolment tour - 10am</td>
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<td>Nov 16</td>
<td>Last enrolment tour</td>
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<tr>
<td>Nov 17</td>
<td>Kindergarten 2015 Orientation - 9.30 - 10.30am</td>
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<td>Yr3-6</td>
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<td>Nov 18</td>
<td>Kindergarten 2015 Orientation - 9.30 - 10.30am</td>
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<td>Nov 19</td>
<td>P&amp;C meeting - 7.30pm</td>
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<td>PSSA [round 14]</td>
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<td>Nov 22</td>
<td>8.30am SRC meeting - 3A room</td>
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<td>Nov 23</td>
<td>Platinum Assembly - 2pm</td>
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<td>Nov 24</td>
<td>Last Assembly 2015 school leaders introduced.</td>
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<td>Nov 25</td>
<td>Kindergarten 2015 Orientation - 9.30 - 10.30am</td>
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<td>Nov 26</td>
<td>PSSA Finals</td>
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<td>Nov 27</td>
<td>Student semester 2 reports home</td>
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<td>Nov 28</td>
<td>High School Orientation Day</td>
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<tr>
<td>Dec  1</td>
<td>Gold lunch - 12.15pm</td>
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<td>Dec  2</td>
<td>Silver Afternoon - 2.30pm</td>
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<td>Dec  3</td>
<td>Yr 6 Farewell - 5.30 - 9.00pm</td>
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<td>Dec  4</td>
<td>P&amp;C meeting - 7.30pm</td>
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<td>PSSA Finals</td>
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<td>Dec  6</td>
<td>Student semester 2 reports home</td>
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<td>Dec  7</td>
<td>Presentation Day @ Castle Grand</td>
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<td>Dec  8</td>
<td>7-9pm Tai Chi using hall</td>
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<td>Dec  9</td>
<td>Talent Quest</td>
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## Term 1 2015 Overview

### TERM 1

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<tr>
<td>Jan 26</td>
<td>Public Holiday</td>
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<tr>
<td>Jan 27</td>
<td>Staff Development Day - no students</td>
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<tr>
<td>Jan 28</td>
<td>Years 1-6 return Best Start Day</td>
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<td>Jan 29</td>
<td>Best Start Day</td>
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<td>Jan 30</td>
<td>Best Start Day</td>
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<tr>
<td>Feb  2</td>
<td>Kindergarten start</td>
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<td>Feb  9</td>
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<td>Feb 10</td>
<td>Expenses collection</td>
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<td>Feb 13</td>
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<td>Feb 16</td>
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<td>Feb 17</td>
<td>K-2 Parent Information session - 6-7pm</td>
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<td>Feb 18</td>
<td>3-6 Parent Information Session 6.00 - 7.00pm</td>
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<td>Feb 19</td>
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<td>Feb 20</td>
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This event is FREE and is presented as a Community Service by
Soroptimist International of the Hills District Inc
supported by
The Hills Domestic Violence Prevention Committee
and other community service organisations

Building Healthy Relationships

Providing professional information empowering women and men to make informed decisions for themselves and their families.

The issues addressed during the day will include family conflict and the effect of violence on children

Where: Castle Grand Community Centre
Pioneer Room
Cnr Castle & Pennant Streets, Castle Hill

When: Thursday, 4 December 2014
9.00am-2.30pm

FREE Admission | FREE Lunch & Refreshments | FREE créche for 0-5 year olds
FREE access to Professional Advice | FREE access to translators

For bookings and further information contact:
Faye on 0435 232 261 or Bev on 9639 0638
Email—soroptimist2153@gmail.com