

Term 2  
Week 7  
2019



# Hampton Public School

## Newsletter



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School Leaders 2019

Dylan Grant and Hannah  
Gorman

### Principal's Message:

Welcome to week 7, term 2. It has been a very busy term with One Schools days, snow days and assessments as we get closer to reporting time.

If your child is away for any reason, please let the school know ASAP. The school encourages parents to try to limit the amount of time your child has off school as it all adds up. For example, just 15 minutes late each day for 1 term equals 12.5 hours (2 days of schooling). This may not seem like a lot, however your child is missing important learning especially first thing in the morning and this can be detrimental.

Please continue to encourage and assist your children in returning homework, home readers and library books each week as we are all really excited about the prospect of going to see the new Toy Story 4 movie and I would hate for students to have to miss out. If you have any issues with any of these requests, please let either Shell or myself know.

Kind Regards,  
*Belinda Greer*  
Principal

Hi there!

Thank you for welcoming me to Hampton Public School. I have enjoyed getting to know our students for the start of term 2 and look forward to working with them to continue to achieve their goals.

I have an open door policy and I am really looking forward to meeting you all. If you ever have any questions, queries or concerns, please feel free to drop in or leave a message at the office and I will get back to you.

We are asking for some support on a Friday morning to help boost our students reading. If you are available or know of a grandparent on a Friday morning and would like to come in with me it would be greatly appreciated.

*Shell Hanrahan*  
Relieving Principal

## Hampton Public School Newsletter - Term 2 Week 7 2019

### P&C News

Our Trivia night was another great success, raising over \$1300 for our school! Thanks to all who put in the hard work on the night and behind the scenes leading up to it. It is a great fundraiser and something that couldn't happen without a team of dedicated helpers and generous local businesses.

Thanks to Hampton Halfway Hotel for the use of their function room, and to the following businesses for their donations of prizes: Bunnings Lithgow, Blackheath Butchers, PCYC Lithgow, Verabella, Seclusions, Eagleview Escape, Gail Gearin, Massage on main, Coles Lithgow, Metro5 cinema Bathurst,, JR Conveyor, Amy Curran Author/Illustrator and Black Gold Cabins Wallerawang.

### Special Canteen

Thank you to Laura for the Hot Dogs with Chocolate spiders last week. We look forward to having Kirsty cook for us on Monday 17th June.

### Absence Policies

Official School times are **9:30am—3:15pm**. Please be sure to remember that any late arrivals/ early departures from school must be signed in/out by a parent or guardian in the office. Also any absences need to be accounted for by way of a note/email to school outlining the reasons for the absence. This is best done as soon as they return to school as after 7 days we cannot legally change the roll. The roll will only be changed from an unjustified absence to a Justified absence in accordance with DoE policy.

### School Banking

School banking is a great way to encourage your child to develop good saving habits. We will be processing student banking each **Wednesday**. If you need any assistance or new Bank books please let Katie know.

### Snow Days

As we are now in Winter, please ensure that if any emergency contact details change that you let the school know immediately. When we have snow forecast Mrs Hanrahan or I will let you know ASAP if it will impact school. If there are any road closures, school will be non-operational for the day. If it begins to snow when we are at school, the Principal will advise if conditions warrant early collection of students.

### School Photos

A big thank you to Amy for the beautiful school photos. You always make sure that they are original and captures their personalities perfectly.

### Wood Raffle Tickets

We had another successful Wood raffle selling over 100 tickets. The lucky winner is Lesley Cluff!

# Term 2 Calendar

*Please be aware dates are subject to change (wherever possible we will aim to ensure notice of changes is given well in advance).*

Principal: Mrs Greer			Rel. Principal: Mrs Hnarahan		
Week	Monday	Tuesday	Wednesday	Thursday	Friday
7	10/6 PUBLIC HOLIDAY (Queen's Birthday)	11/6 Music 11.30- 12.30	12/6 Hockey 2-3pm Student Banking Bunnings 10.30	13/6	14/6 Music 12-1
8	17/6 Special Canteen- Kirsty	18/6 Music 11.30- 12.30	19/6 Hockey 2-3pm Student Banking	20/6	21/6
9	24/6	25/6 One Schools Combined day Capertee	26/6 Hockey 2-3pm Student Banking  Athletics Carnival Lithgow	27/6	28/6 Music 12-1
10	1/7 Special Canteen- Amy	2/7 Music 11.30- 12.30	3/7 Hockey 2-3pm Student Banking	4/7	5/7



In order to increase the return of Library books, home work and home readers; Students who complete these tasks every Friday for the rest of term, will earn a reward. Term 2s reward will be a trip to the movies to see **Toy Story 4** (parent transport will be needed but school will buy students tickets).

If you know of any reason your child will be unable to complete these tasks please feel free to come and see Belinda or Shell. (if your child has lost their library book or home reader, you will need to pay a replacement cost and then we can arrange for new ones to be given out).



# The Importance of Breakfast

Does your child eat breakfast every morning? Eating a balanced breakfast is crucial to ensure your child stays happy and healthy.

We often hear that 'breakfast is the most important meal of the day!', yet according to the Australian Bureau of Statistics (2015) one in seven Australian children skip the morning meal regularly. Skipping breakfast can cause a range of health problems for children, contribute to poor academic performance and can even cause behavioural problems in the classroom.

It is really important that we, as parents and teachers, encourage our children to eat a healthy nutritious breakfast every day, Here are some reasons why:

- Breakfast **Increases your child's concentration levels** and improves their ability to learn
- Helps them to **maintain a healthy weight** and decrease the likelihood of obesity
- **Strengthens heart, bones, muscles and joints**, which will help reduce serious childhood health problems
- Brightens their mood by **providing them with energy** which helps build positive self-image

And helps to **develop positive breakfast habits** that they will take into adulthood.

Every child, every day, needs to eat a healthy nutritious breakfast, but we understand it can sometimes be difficult to get your child to eat in the morning! We are here to help with some ideas and tips.

**Breakfasts don't need to take hours to prepare**, here are some healthy, quick and delicious suggestions for your child's breakfast. Why not try:

- Whole-wheat or wholegrain breakfast cereals e.g. rolled oats, muesli, bran, wheat flakes, wheat biscuits, etc
- Wholemeal or multigrain toast with baked beans, eggs, cheese or spreads
- Yoghurt with fresh fruit
- Fruit smoothies with milk, yoghurt and soft fruit
- Wholegrain toasted sandwich with cheese and tomato, or banana

Wholegrain muffins, crumpets or bagels.

**Tip: Try to limit fruit juice as it contains lots of sugar, instead opt for fresh fruit!**

Research tells us that one of the most common reasons children won't eat breakfast is because they insist they are not hungry. Try inspiring your child to eat in the morning. Why not give the following suggestions a go with your child this week?

- Offer healthy breakfast choices in a variety of ways, as it may take multiple times before your child develops a taste for it
- Eat some of the same breakfast foods as your child, as this will model healthy breakfast habits

Involve them in preparing their breakfast and in trying new foods in different and creative ways.

**Tip: Try making a smiley face using a piece of wholegrain toast with cottage cheese and different fruits! This is both a fun and nutritious breakfast that children enjoy eating, and is a great way to start your child's day!**

When providing your child with a healthy nutritious breakfast, try to tick the following off:

- Fruit and/or vegetables
- A dairy product (or alternative)

Wholegrain bread, cereal or grain product.

You will be providing your child with sufficient amounts of fibre, vitamins and minerals that will boost your child's energy levels and brainpower! Good luck!