



Hammondville Public School Newsletter

Issue 1 - Term 1, Week 2 - Thursday 8

February 2024

A Message from the Principal

Dear Hammondville Families,

Welcome back to another exciting year at Hammondville Public School! I hope this message finds you rested, rejuvenated, and ready for the adventures that await us in 2024.

As we kick off the new school year, I am thrilled to share some highlights from our first week back. We've had a fantastic start with a highly successful swimming carnival, a warm welcome morning tea for our new Ngarala students, the joyous arrival of our Kindergarten students, and the official opening of our support classes. Your support and patience as we navigated through the initial weeks have been invaluable, and we sincerely appreciate your calm and reassuring conversations with your children as they embarked on their new journey with us.

I am delighted to introduce our dedicated classroom team for the year. Each member is committed to nurturing your child's growth, both academically and personally. Please rest assured that we are here to support you and your child every step of the way. The wider staff list will be added to our website

Principal – Jodie Clark

Deputy Principal – Angela Fleming

Assistant Principal – Curriculum & Instruction – Michelle Hansell

Early Stage 1 (Kindergarten)

Assistant Principals – Shona Waugh (Mon-Wed) & Alana Allum (Th & F)

K Blue – Shona Waugh & Alana Allum

K Yellow – Adrianna Mazloun & Nikki Enright

K Red – Kylie Herron

Stage 1 (Years 1 & 2)

Assistant Principal – Mark Betts

1 Emerald – Leanne Cavallaro & Kirra Stewart

1 Green – Jasmine Morata

1 Teal – Isabella Lor

2 Sky – Mark Betts

2 Purple – Madeline Elliott & Amy Edmonds

2 Peach – Taylor Fabris

Stage 2 (Years 3 & 4)

Assistant Principal – Grant Withers

3/4 Orange – Grant Withers

3/4 Ruby – Emily John

3/4 Navy – Elaine Beller

3/4 Violet – Aimee Holdsworth

Stage 3 (Years 5 & 6)

Assistant Principals – Lynley Fuller & Leanne Smith

4/5 Cobalt – Craig Hughes

5/6 Jade – Amanda Pham

5/6 Turquoise – Zach Ramsay

5/6 Sapphire – Lynley Fuller & Leanne Smith

5/6 Crimson – Jessica Muller & Marlee Horne

Ngarala

Assistant Principal – Samantha Bruno

Classroom teacher – Liana Harrison

Classroom Teacher – Karen Lembryk

SLSO Ngarala – Meredith Delaney

SLSO Ngarala – Chris Lowe

Library – Sarah Stanely & Jane Steen

Release from Face to Face (RFF)

Garry Boardman

Claudia Zanapalis

Annika Mandel

Marlee Horne

Kirra Stewart

Communication Platforms

Communication plays a pivotal role in fostering a strong partnership between home and school. Our main communication platform remains Audiri, and we are excited to announce the expansion of features in the SchoolBytes Parent App. To streamline communication, we encourage you to explore the 'groups' feature on Audiri and select the groups that align with your needs. This ensures that you receive only the most relevant alerts, minimizing unnecessary notifications.

In the coming days, teachers will be sharing Dojo codes for their respective classes. Please join the Classroom Dojo to stay updated on your child's learning journey and engage in meaningful conversations with their teachers. Additionally, if you wish to schedule a more in-depth discussion, don't hesitate to contact the office to arrange a mutually convenient time. Your involvement is key to your child's success, and we welcome your proactive engagement.

Remember, you don't need to wait for formal communication to connect with your child's teachers. We are here to support you and your child's progress, and encourage you to reach out at any time.

Upcoming Events

Looking ahead, mark your calendars for our upcoming Meet the Teacher Community BBQ in Week 4. Last year's event was a roaring success, and we are dedicated to making this year's gathering even more remarkable. Keep an eye out for a flyer coming through Audiri with a registration link. We are covering the cost of the event and eagerly invite you to join us!

As we embark on this new school year together, I am filled with optimism and excitement for the incredible learning experiences and achievements that lie ahead. Here's to a fabulous fortnight and a year filled with growth, discovery, and success!

See you soon,

Jodie Clark

Principal

School Diary

Friday 9 February	<ul style="list-style-type: none">• PSSA Trial 2
Friday 16 February	<ul style="list-style-type: none">• PSSA Trial
Tuesday 20 February	<ul style="list-style-type: none">• PULSE Alive Rehearsal Homebush
Wednesday 21 February	<ul style="list-style-type: none">• Holsworthy HS Visit Stage 3
Friday 23 February	<ul style="list-style-type: none">• PSSA round 1
Thursday 29 February	<ul style="list-style-type: none">• Jersey Day

Sport Update

2024 Carnivals

Zone Swimming Carnival - Tuesday 27 February 2024

Regional Swimming Carnival - Tuesday 12 March 2024

School Cross Country Carnival - TBA

Zone Cross Country Carnival - Tuesday 21 May 2024

Regional Cross Country Carnival - Thursday 13 June 2024

School Athletics Carnival (3-6) - Thursday 25 July 2024

Zone Athletics Carnival - Tuesday 20 August 2024

SSW Athletics Carnival - Wednesday 18 September 2024

P&C News

[Contact Us](#)

For any questions regarding canteen or uniforms please email at hammopandccanteen@gmail.com or call/sms 0488 757 101

For questions about P&C events please email hammopandc@gmail.com or message us through our Facebook or Instagram pages.

Canteen News

Welcome back!

The canteen can be contact directly on 0488 757 101 for all enquirers.

Tracey & Sue

Search for the stars when you shop



Buying tips:

- Look for the Health Star Rating on the front of packaged food.
- Use the rating to compare similar foods.
- Choose products with a higher star rating and lower in saturated fat, sugar and salt.
- Include fruit and vegetables in the basket.

The Health Star Rating is a system that lets you compare similar foods to see which ones are better for you.

The system rates a product based on the amount of energy, saturated fat, salt and sugar it contains.

Stars are added for fruit and vegetables, calcium and protein content.

Generally, a product with 3.5 or more stars is considered more healthy.

Foods rated lower than two stars should only be eaten occasionally.

Shoppers can use the Health Star Rating to help them make healthier choices and eat a variety of things from the five food groups each day.

[read more...](#)

New year for active and creative kids

Athletics, basketball, football, drawing and photography are some of the activities children can enjoy through their 2024 Active and Creative Kids vouchers, which start this month. Eligible parents, guardians and carers can apply for two \$50 vouchers to use during this calendar year. The vouchers are for NSW school-aged children whose parents receive a Family Tax Benefit. They are a fun way to introduce children to a new activity or continue to participate in one they already enjoy.

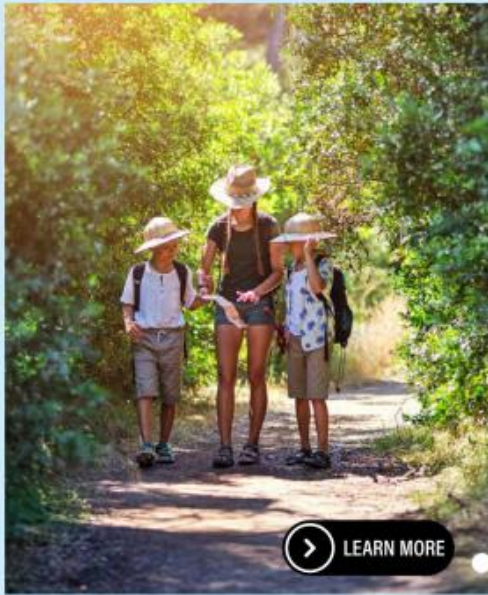
[LEARN MORE](#)





Healthy Family Bulletin

Alternative to screen time



[LEARN MORE](#)

If you are looking for a fun and screen-free activity for children, give a treasure hunt a try. A treasure hunt is an exciting way for families to get active and explore their surroundings. The game can be hard or easy, depending on the age of the children.

For younger children, rather than hunting for clues, tell them to look for items. If you are in a park, look for a curved leaf, something smooth, two types of birds or a yellow flower. Create written clues for older children and include a treasure at the end of the game. This will encourage them to keep trying.



Free books from Dolly Parton's Imagination Library

Children born from 1 January 2022 and living in Fairfield City Council have the chance to receive a free book each month to support their language development and early literacy.

Dolly Parton's Imagination Library is offering the book gifting program to eligible families in the Fairfield Local Government Area. The program runs from birth to age five and aims to foster a lifelong love of reading in children.

Families also receive a "tip sheet" which has been translated into different languages to help them engage with the free books.

[REGISTER NOW](#)





South Western Sydney Local Health District

Healthy Family Bulletin

Free workout at gyms in parks



REGISTER NOW >

Qualified fitness instructors will guide you during a free seven-week exercise program using the outdoor equipment and walking tracks at two Fairfield area parks.

Gyms in Parks runs from Monday 12 February to Thursday 28 March.

Come down to Lalich Park, at Bonnyrigg, on Mondays and Wednesdays or Deerbush Park, at Fairfield Showground in Prairiewood, on Tuesdays and Thursdays, from 9.30am to 10.30am.

Wear comfortable exercise clothes and sneakers and bring a towel or gym mat, hat, water and sunscreen.

Participants will receive a free fitness assessment at the start and end of the program and a goodie bag on the last day.

To find out more, [click here](#).

Healthy lunchbox recipe, bean balls

Now that the school year has started, parents may be looking for some healthy alternatives to add to their child's lunchbox instead of a sandwich.

The healthy lifestyle program Crunch & Sip has some great recipes to try, including this [bean balls recipe](#).

Bean balls are packed with vegetables to help people get their daily serve of these foods.

You can vary the recipe and use-up any vegetables you have in the pantry, such as grated zucchini, chopped capsicum or broccoli. You can also freeze the bean balls to save time and money or enjoy them for dinner.



For more healthy lunchbox ideas.







Happy Lunar New Year - the Year of the Dragon

2024



Celebrate the Year of the Dragon on Saturday 10 February. Lunar New Year festivities start on the first day of the lunar calendar.



To welcome the New Year, people decorate their homes and businesses in red and gold to bring good fortune. Families enjoy cooking, catching up with loved ones and watching fireworks displays and lion dancing. Celebrations are also held across the region including [Cabramatta Lunar New Year](#) in Freedom Plaza on Saturday 24 February from 11am to 9pm and Sunday 25 February from 10am to 4pm.

[LEARN MORE](#)



Recipe: oven-baked spring rolls

Visit a local food market and enjoy a taste of Asia or explore new fruit and vegetables to celebrate Lunar New Year. An easy and healthy recipe to make at home is oven-baked spring rolls.

The recipe serves four people.



Ingredients:

- 3 tspn olive oil.
- 1 onion, diced.
- 1/2 tspn ginger, ground.
- 1 clove garlic.
- 1 celery stick.
- 5 mushrooms, finely diced.
- 1 capsicum, finely diced.
- 2 cups cabbage, finely chopped.
- 1 cup cooked ham, finely diced.
- 1/2 cup bean sprouts.
- 1 tbspn cornflour.
- 1tspn sweet chilli sauce.
- 1 tbspn soy sauce.
- 250g spring roll pastry.

Method:

1. Preheat oven to 200C.
2. Brush an oven tray with one teaspoon of oil.
3. Heat remaining oil in a wok over medium to high heat. Add onion, ginger and garlic and fry for one minute.
4. Add celery, mushrooms, capsicum and cabbage and stir-fry for about three minutes.
5. Add ham and sprouts. Cover the lid and let the vegetables cook for another minute.
6. Meanwhile, combine cornflour, sweet chilli sauce, soya sauce and herbs. Add the mixed sauce to the spring roll filling and heat until the mixture thickens.
7. Remove saucepan from heat and allow to cool.
8. Place 1-2 tablespoons of mixture on bottom corner of one pastry sheet. Fold edges of sheet in and roll up. Continue until all mixture is used.
9. Bake in oven for 15-20 minutes until golden brown.

For the full recipe,

[CLICK HERE](#)





P&C FACEBOOK

Hammondville

PS

P&C: <https://www.facebook.com/hammondvillepandc/>

or look up "Hammondville PS P&C"

We Are a White Ribbon School

