



# Hammondville Public School Newsletter

Issue 5 - Term 1, Week 10 - Thursday

4 April 2024

## A Message from the Principal

As we come to the end of Term 1, I would like to take this opportunity to thank each and every one of you for your continued support throughout the term. It has been a great term of learning and growth for our students, and I am so proud of the hard work and dedication shown by our entire school community.

I would like to congratulate our student leaders, sports house leaders, and SRC representatives on a fantastic start to their 2024 leadership journey. Your enthusiasm and commitment to making Hammondville Public School a better place does not go unnoticed.

A special congratulations to our fabulous swimming, AFL, basketball, and BMX Mountain Biking representatives on a great sporting start to the year. It is wonderful to see so many students taking the opportunity to represent our school and showcase their talents. We look forward with great excitement to our Cross Country carnival next week for our primary students.

I want to extend a huge thank you to our P&C and the many volunteers who donated their time and effort into making our Colour Explosion fundraiser a huge success. It was a fantastic event that brought our school community together, and I am grateful for the support and generosity shown by all involved.

I would also like to acknowledge the three significant religious events that have taken place these last few weeks: Easter, Holi, and Ramadan. I hope that you were able to share special moments with your families during these occasions. As Ramadan comes to an end next week, I wish those celebrating a joyous Eid.

Last fortnight, we said farewell to one of our wonderful teachers. Ms Elaine Beller enjoyed 22 years as a valued member of our teaching team at Hammondville Public School and many lives were touched by her kindness and the care she took with our students. Ms Beller resigned with the intention of working closer to home and enjoying additional time with her family.

Ms Beller, from our whole Hammondville family, we wish you well.

Ms Sharon Robinson has graciously stepped in to work closely with 3/4 Navy for the remainder of this term, continuing the teaching and learning program that is in place. We look forward to hearing of the appointment of a new classroom teacher for 3/4 Navy and welcoming them to our school. I will be in touch with families of our students in 3/4 Navy when this information is received.

As we head into our final week of Term 1, I wish all our students a safe and restful break. Enjoy the time off and come back ready for an action-packed Term 2, which will commence on Tuesday 30 April.

Thank you once again for your ongoing support and dedication to our school. I am looking forward to seeing what the rest of the year has in store for us all.

Stay safe. Take care of each other.

With gratitude

Jodie Clark

Principal

# School Diary

Friday 5 April	<ul style="list-style-type: none"> <li>• PSSA Round 6</li> </ul>
Monday 8 April	<ul style="list-style-type: none"> <li>• P&amp;C Meeting 7pm</li> </ul>
Wednesday 10 April	<ul style="list-style-type: none"> <li>• 3-6 Cross Country</li> <li>• K-2 Assembly</li> </ul>
Thursday 11 April	<ul style="list-style-type: none"> <li>• NSW State Swimming Carnival</li> </ul>
Friday 12 April	<ul style="list-style-type: none"> <li>• NSW State Swimming Carnival</li> <li>• ANZAC Service 10am</li> <li>• Last day of Term 1</li> </ul>
Tuesday 30 April	<ul style="list-style-type: none"> <li>• First Day for Student for Term 2</li> </ul>
Wednesday 1 May	<ul style="list-style-type: none"> <li>• 3-6 Assembly 2pm</li> </ul>
Friday 3 May	<ul style="list-style-type: none"> <li>• PSSA Winter Trials</li> </ul>
Wednesday 8 May	<ul style="list-style-type: none"> <li>• K-2 Assembly 2pm</li> </ul>
Friday 10 May	<ul style="list-style-type: none"> <li>• PSSA Winter Trials</li> </ul>

## Canberra Camp

The Stage 3 Canberra camp is scheduled for the 26 -28 August 2024 (2 nights).

A \$50.00 non-refundable deposit is required by Friday 5 April 2024 to guarantee your child a position on the camp. The total price will be approximately \$450.00, with the balance due by Friday 9 August. The cost includes transportation to and from Canberra, accommodation, meals and participation in camp activities.

Once student numbers are confirmed we will be able to finalise the exact costing of the camp and the remaining balance will be able to be paid online via School Bytes, either in full or in instalments. More detailed notes, including information regarding medical forms and dietary requirements, will be sent home as the camp approaches.

No late payments of the deposit will be accepted after Friday 5 April 2024 as buses and accommodation are finalised based on this payment.

Payment may be made online via School Bytes <https://portal.schoolbytes.education/auth/login>

Alternatively, payment can be made by EFTPOS at the school office, or you can send cash in an envelope with your child's name and class on it via the secure chute on the left wall outside the office. The balance of payment for camp can be made by instalments, provided it is fully paid for by Friday 9 August 2024.

## Year 5 Entry in an Opportunity Class for 2025

Opportunity classes are just one of the ways that we support our high potential and gifted students. The classes are offered in Years 5 and 6, with parents/carers applying when their child is in Year 4.

Opportunity classes provide an environment where students can learn and make friends with classmates of similar abilities. This can benefit students' academic progress and wellbeing. Opportunity classes are not zoned.

### Opportunity Class Placement Test

Applications for opportunity class placement are considered on the results of the Opportunity Class Placement Test. Students who wish to be considered for placement are required to sit the Opportunity Class Placement Test on **Thursday 1 August 2024**.

### How to apply

- Parents/carers apply online between **Thursday 4 April** and **Monday 20 May 2024** at: [education.nsw.gov.au/oc](https://education.nsw.gov.au/oc).
- You must use your own email address and not one belonging to your child.
- You must submit only **one** application for each child.
- Late applications are **not** usually accepted.

If you do not have internet access you can apply at a public library or at your child's school. If you have a disability that prevents you from using a computer, you can contact the Selective Education Unit for assistance after 4 April 2024. If you have any further questions please see Mrs Fleming.



NSW Department of Education

## Applying for my child to attend an opportunity class or selective high school

### Why selective education?

Grouping high potential and gifted students together and using special teaching methods supports their:

- academic development
- emotional wellbeing
- friendships and social life.

Students tell us that they enjoy learning more when their classmates have similar abilities and interests.

### Is it right for my child?

Here are some signs that your child may benefit from selective education.



learns quickly and easily



goal-driven



asks complex questions



good memory



curious and creative



deeply explores passions

Keep in mind, some children's high potential may be hidden. Being in an opportunity class or selective high school could help.



[education.nsw.gov.au/shs-oc](https://education.nsw.gov.au/shs-oc)



## How can I support my child through the application process?



Talk to your child about the **benefits** and **challenges** of selective education and address their questions and concerns.



Ask your **child's teacher** (or other staff who know them well) whether they think selective education will suit your child.



Apply for any required **reasonable adjustments** for disability or medical conditions.



Encourage your child to use the department's **free resources** to prepare for the test.



Remind your child they only need to do a **small amount** of **preparation** for the placement test, and **don't** need coaching.



Support your child to continue **co-curricular activities**, see friends, eat healthily and sleep well in the lead-up to the test.

The **Equity Placement Model** reserves up to **20% of places** in opportunity classes and selective high schools for high potential and gifted:

- students from low socio-educational advantage backgrounds
- Aboriginal and/or Torres Strait Islander students
- students from rural and remote locations
- students with disability

Learn more: [edu.nsw.link/equity](https://edu.nsw.link/equity)

Resources in other languages:  
[edu.nsw.link/shsoc\\_languages](https://edu.nsw.link/shsoc_languages)



### Financial support

[edu.nsw.link/pubedu](https://edu.nsw.link/pubedu)

The [Public Education Foundation scholarships](#) offer financial support to help young people at NSW public schools to access opportunities and reach their potential.

*Please note there are no fees to apply and sit for the placement test, and there are no extra fees to enrol in a selective high school or opportunity class.*

### Get ready to apply

Learn more at our [website](#):



### Telephone interpreter service

If you need interpreter assistance to speak with your child's class teacher please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. Tell the operator the phone number you want to call and the operator will get an interpreter on the line to assist you with the conversation. You will not be charged for this service.

[education.nsw.gov.au/shs-oc](https://education.nsw.gov.au/shs-oc)

# Sport Update

## 2024 Carnivals

School Cross Country Carnival (3-6) - Wednesday 10 April 2024

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



## 3-6 Cross Country Carnival

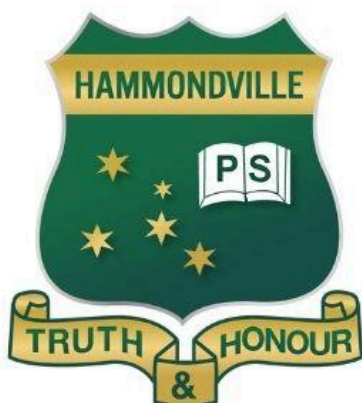
# 3-6 Cross Country

## Wednesday 10 April, 2024

The school's 3-6 cross country carnival is to be held on Wednesday 10 April, on the school grounds. Any students in Year 2 who are eight or turning eight this year are invited to participate, alongside the competing students in Years 3-6. Parents and carers are welcome to attend the carnival to cheer on the students.

The top seven finishers in each race will represent the school at the Liverpool zone cross country carnival on Tuesday 21 May 2024.

### Starting Times and Distances



**10:00 am** - 8/9 years boys (2 laps - 1600 m)

**10:15 am** - 8/9 years girls (2 laps - 1600 m)

**10:30 am** - 10 years boys (2 laps - 1600 m)

**10:45 am** - 10 years girls (2 laps - 1600 m)

**11:00 am** - 11 years boys (3 laps - 2400 m)

**11:15 am** - 11 years girls (3 laps - 2400 m)

**11:30 am** - 12/13 years boys (3 laps - 2400 m)

**11:32 am** - 12/13 years girls (3 laps - 2400 m)

## P&C News

### Colour Explosion 2024

What a fabulous day! We would like to say a big thank you to all of our amazing volunteers. It was great to have so many volunteers this year helping out. Thank you to all of the teachers for your work in helping to make it such a special day. To all our wonderful participants, we thank you for participating with such enthusiasm and for helping to raise funds for our wonderful school.

Congratulations to 2 Sky for being the highest fundraising class. The money raised will go towards a removable cover for the kinder sandpit so our littlest learners can get back in there and safely enjoy. It will also be used to support resourcing for the introduction of the new syllabuses

and will be used to purchase high quality literature and mathematics resources for our students.

### **Mother's Day Stall**

After the incredible success of last year's online Mother's Day stall, we are excited to announce that we will be continuing this tradition this year! In alignment with our school's philosophy of minimising disruptions to classroom learning, we have decided to host the Mother's Day stall primarily online.

We do, however, understand the importance of offering a tangible shopping experience for those who prefer it. Therefore, we will have a small selection of items available for purchase near the front gate on Monday, Wednesday, and Friday during the week prior to Mother's Day. Please note that not all items from the online stall will be available at the in-person stall.

Here's what you need to know:

- **Online Stall Availability:** The online stall will be accessible starting next week. Make sure to keep an eye out for further details on our P&C Facebook page!
- **In-Person Stall:** Limited items will be available for purchase near the front gate on Monday, Wednesday, and Friday of the Mother's Day week.
- **Variety:** While not everything from the online stall will be available at the in-person stall, we've curated a diverse selection to cater to different preferences and tastes.
- **Accessing the Online Stall:** The online stall will be accessible through My School Connect. Please ensure you have liked our P&C Facebook page for updates on available items and instructions on how to access the online stall.

We hope this arrangement provides convenience and flexibility for all our families while maintaining the joy and spirit of the Mother's Day stall tradition. Thank you for your continued support!

### **Recess Orders**

We're thrilled to announce that our school canteen is now offering recess orders for your convenience! If you've been looking to purchase items for your child during recess, we've got you covered.

Here's how it works:

- **Access My School Connect:** Log in to My School Connect, our online platform for easy access to school services.
- **Choose the Recess Menu:** Navigate to the recess menu section (under My School Tuckshop) and select the items you'd like to order for your child.
- **Proceed to Checkout:** Once you've made your selections, simply proceed to checkout as you normally would for any online purchase.

- **Collection at Recess:** Your child will still need to collect their order directly from the canteen at recess time.

This new system aims to streamline the ordering process and reduce confusion in the canteen. We're now printing separate labels specifically for recess orders to ensure smooth operations.

Should you have any questions or require assistance with placing orders, please don't hesitate to reach out to us. We're here to help!

### **Second Hand Uniform Stall**

Our Second Hand Uniform Store is still in need of a dedicated volunteer to lend a helping hand on Monday afternoons from 2:30 to 3:00 pm. Whether you can commit to every week, every second week, or once a month, your support is invaluable and greatly appreciated.

If you're interested in joining our team and making a difference, please reach out to us via [hammopandc@gmail.com](mailto:hammopandc@gmail.com) to sign up or for more details.

## **Canteen News**

If you need to contact the canteen please use our phone number of 0488 757 101. Leave a message if we do not pick up.

Reminder that lunch orders are to be done by 9am on My School Connect. If you do miss the cut-off please contact us on the above number and we will tell you how to proceed. If using cash across the counter for lunch orders they must also be in by 9am. Remind your child to drop off the order before the bell goes.

Remember that if we make up a lunch order there is no refund.

Counter Sales are cash only and are Mon -Thu recess and lunch, Friday is lunch time only.

Please remind your children that ice blocks and frozen yoghurts are only available at lunch time.

Celebration food orders are to in at least 1 week before they are required. This is cash only.

My School Connect is the preferred method for ordering uniforms. They will be delivered to your child's classroom. We ask that, if possible, any counter sales for uniforms are not done on Friday mornings.

Second hand uniforms are open Wednesday morning 8.30am to 9.00am and Friday afternoon from 2.30pm to 3.00pm.

Your co-operation in all of the above is greatly appreciated.

If you have any questions, feel free to contact the canteen at 0488757101 or email [hammopandccanteen@gmail.com](mailto:hammopandccanteen@gmail.com)



## 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



South Western Sydney Local Health District

# Healthy Family Bulletin

APRIL 2024

Information current as of 1 April

## Small changes can boost your food budget



### Low cost and free meals directories:

The Health Promotion Service has created free directories that list the local services that provide low-cost pantries, free meals, food vouchers, financial assistance and support.

To learn more, [click here](#).

The rising cost of living is putting pressure on the household budget and making it more challenging to make ends meet. Food and groceries are an important part of the family budget. Here are a few tips to help you reduce your food waste and costs:

- **Use it up:** Check what's in your pantry, fridge and freezer and find recipes that include the ingredients you already have.
- **Waste not, want not:** Use leftover vegetables in soups. Add soft fruit to smoothies or desserts.
- **Have a food budget.**
- **Plan meals for the week:** Make a shopping list that corresponds to your meal plan.
- **Buy imperfect produce:** It's cheaper.
- **Shop by unit price:** Check the price per kilogram or litre.
- **Have a meat-free meal at least once a week.**

## Keep your family safe by getting a flu shot

Now is the time for families to get their annual flu shot to keep themselves, their loved ones and the wider community safe. Influenza (also known as the flu) is highly contagious and can spread quickly when large numbers of people are in close contact such as at school, childcare centres and social gatherings.

Influenza vaccines (flu shots) are made from inactivated viruses. They cannot cause a flu illness. Minor side-effects are common and harmless.

Free flu shots are available for:

- Children from six months to under 5 years of age.
- People with serious health conditions including cancer.
- Pregnant women. The vaccine is safe in pregnancy.
- Aboriginal people from 6 months of age.
- People who are 65 and over.



Book your flu shot through your doctor, pharmacist, Aboriginal Medical Service or public health nurse clinics in your area. Keep an eye on [South Western Sydney Local Health District's Facebook page](#) for details.





South Western Sydney Local Health District

## Healthy Family Bulletin

### Flip out and Go4Fun in Term Two

Children and their families can flip out and bounce into a healthy lifestyle because our free Go4Fun program will include trampolining in Term Two.

The trampolining program will be held at Flip Out Smeaton Grange after school on Wednesdays from 1 May. Go4Fun is also coming to more locations for Term Two, kicking off on Monday 29 April.

A new program will run at Wilton Community Centre on Saturdays. Go4Fun will also be held at Prairiewood Youth and Community Centre on Thursdays and Michael Clarke Recreation Centre on Mondays. Pool programs will run at Mt Annan Leisure Centre on Saturdays and Eagle Vale Leisure Centre on Thursdays. Aboriginal Go4Fun will be held at Bankstown PCYC on Wednesdays.



**WHAT:** Go4Fun is for children aged 7-13 and their families.

**HOW:** It includes fun physical activities, interactive nutrition sessions, a supportive environment and guidance from professionals in health and fitness.

### Get on your bike with the recycling shed



For more information,

[CLICK HERE](#)



If you or your friends are looking for a second-hand bike, pedal over to the Recycling Shed at Fairfield Showground at Prairiewood. Western Sydney Cycling Network has many second-hand bikes available, with prices starting at \$25 for a child's bike. All of the bikes have been repaired by the network's team of volunteers. Members have recycled more than 4000 bikes into the Fairfield community since 2006. The network also accepts donations of unwanted or unused bikes, which may need some repairs. The recycling centre opens on the first Sunday of the month, from 9am to 12pm and every Wednesday from 9am to 1pm.







South Western Sydney Local Health District

# Healthy Family Bulletin

SUBSCRIBE



## How to build a healthy lunchbox



Busy parents may be looking for some inspiration to help them pack their child's lunchbox with a variety of nutritious and tasty food.

A good place to start is the Cancer Council NSW's [Healthy Lunchbox](#) website, which has interactive tools to help parents and children build a box together.

The website also includes healthy lunchbox examples and healthy alternatives to cakes, chocolate bars, biscuits, juice and cordials. You can also find recipes, including the tuna mix sandwich filling (below).

Recipes are listed in groups including type, diet and allergy and time to make. You can also search for easy to freeze and quick and easy recipes or meals that take under 30 minutes to prepare.

[LEARN MORE >>](#)

## Quick and easy recipe: tuna mix

Tuna mix is a tasty and affordable sandwich filling you could add to a healthy lunchbox. It takes 10 minutes to prepare and is nut free. To make the recipe dairy free, use dairy free mayonnaise.

**Ingredients:**

- 185g can tuna in springwater, drained.
- 125g can corn kernels.
- 1 celery stick, finely chopped.
- 1 tbsp chives or dill, finely chopped.
- 1 tbsp mayonnaise.
- ½ lemon, juiced.
- 4 lettuce leaves.
- ¼ lebanese cucumber, sliced into rounds.
- 4 wholemeal rolls.

**Method:**

1. In a bowl, mix the tuna, corn kernels, celery, herbs, mayonnaise and juice.
2. Halve the wholemeal rolls, place a lettuce leaf on each bottom half.
3. Top with the tuna mix, cucumber and roll tops. Tuna mix can also be used as a cracker or wrap spread.



