

New Lambton Heights Infants

'A Family School'

176 Lookout Rd New Lambton Heights Ph: 49572744 Fax: 49562432

## School Newsletter

Website: [www.newlambht-p.schools.nsw.edu.au](http://www.newlambht-p.schools.nsw.edu.au)

Respect

Responsibility

Safe Learning

Our 2<sup>nd</sup> annual Grandparents Day

What a lovely morning! Thank you to all our wonderful Grandparents and Grandfriends who were able to make it for our celebrations last Thursday. It was such a relaxed and enjoyable morning for all. If only it happened more than once a year!

I personally enjoyed sharing my own special memories of my Grandparents and even more so, watching our kids make new memories with their Grandparents. A special morning they will remember well into adulthood.

Once again thank you for your support of our school and our kids. Be sure to take a look at some of the pictures from the morning on the newsletter and our school website.

If you wish to email your pictures through we can also put these onto our website.

2<sup>nd</sup> Kinder Orientation

Next Wednesday we are once again looking forward to seeing our new Kinders for 2016. Mrs Probst and Mrs Lobb will be doing some fun things to get to know our Kinders in small groups at different times throughout the day. If you see anyone looking lost, please help show them down to the Kinder rooms.

## Year 2 Parent and Student New Lambton Public School visit – reminder

Just a reminder that the children attending New Lambton Public School in 2016 have their Orientation visit, for students and parents, this **Thursday 5<sup>th</sup> November 9:30am – 12:30pm**.

Parents are required to ensure their children are there for a 9:30am start and transport them back to school after the visit.

Please ensure students have a packed morning tea and school hat as they will be spending the whole morning down there.

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## Dates for your Diary

<i>Term 4 Events</i>	<i>Date</i>
Whole school Swimming lessons	Fridays from Wk 1– Wk 8 9 <sup>th</sup> October – 27 <sup>th</sup> November
Second Kinder Orientation	Wednesday 11 <sup>th</sup> November Time TBA
Disco	Thursday 12 <sup>th</sup> November Time TBA
Third Kinder Orientation	Wednesday 2 <sup>nd</sup> December Time TBA
Christmas Concert	Friday 4 <sup>th</sup> December Time TBA
Newcastle Jets W-League Visit	Friday 11 <sup>th</sup> December
Presentation Day	Monday 14 <sup>th</sup> December Time TBA
Party Day	Tuesday 15 <sup>th</sup> December
Talent Quest and Year 2 Clap Out	Wednesday 16 <sup>th</sup> December

## Awards

Congratulations to all award recipients:

<b>KB</b>	<b>K/1P</b>
Matilda E	Hartley B
Genevieve F	Isabella E
Zachariah J	Maggie M
Teddy K	Sibella D
<b>1/2L</b>	<b>2C</b>
Rosa C	Riley B
Elise M	Jack M
Jasper T	Archie V
Tom G	Cooper E

## Gold Awards:

Riordan M  
Amaya D  
Isla M  
Varshini S  
Gabriel F



## ARE YOU A DAD? ARE YOUR KIDS IN PRIMARY SCHOOL?

**Register your interest now to be involved in an international award winning healthy lifestyle program in 2016!**



Healthy Dads, Healthy Kids is a FREE nine week program run by The University of Newcastle

*"I cannot recommend this program enough."*

*"Healthy Dads, Healthy Kids made me a better father."*

*"The four of my kids and I had smiles and sore abs. The abs were from laughing so much!"*

### What does 'Healthy Dads, Healthy Kids' involve?

- 9 x 90 minute face-to-face weekly sessions delivered by expert facilitators for dads and kids consisting of:
  - 5 x dads and kids information sessions (30 mins) and physical activity sessions (60mins)
  - 2 x weight maintenance, healthy eating and physical activity information sessions for dads-only (90 mins)
  - 2 x dads, mums and kids information sessions (60 mins) and physical activity sessions (30 mins)



QUALITY FAMILY TIME TOGETHER



FUN ROUGH & TUMBLE PLAY

### What will you get out of 'Healthy Dads, Healthy Kids'?

- Dads learn how to manage their weight without having to give up the foods and drinks they love
- HDHK will provide dads with parenting secrets to getting kids physically active, reducing kids screen time and improving their self esteem and confidence
- Dads and kids will spend quality time together participating in fun rough and tumble games, health-related fitness and sports skills activities

### What our research has shown the program improves:

Morgan et al (2011). International Journal of Obesity

#### Dads have achieved:

- health improvements of weight loss, reduced waist circumference and blood pressure
- increased physical activity
- improved parenting skills
- improved diet
- improved relationships with their children and family quality of life

#### Kids have achieved:

- a healthier weight
- increased physical activity and fitness
- improved educational outcomes
- improved sports skills
- improved social and emotional well-being



IMPROVE SPORTS SKILLS

# P & C Newsletter

4 November 2015

[nlhipandc@gmail.com](mailto:nlhipandc@gmail.com)

## SCHOOL DISCO NEXT WEEK

The School Disco is on next week, Thursday 12<sup>th</sup> November from 6-7pm at the school. If your child is planning to come, please make sure you have returned the permission slip and money to the P&C dropbox outside the office by this Friday, 6<sup>th</sup> November. Permission slips were handed out last week or are available on the school website or on the rack outside the office.

## CANTEEN TOMORROW



The usual Friday Canteen will run on **Thursday** for the whole of this term.

Volunteers for this week are **Jen Cole** and **Sarah Clement**.

## GRANDPARENTS DAY

Grandparent's day went really well. So many came and everyone seemed to have a great time. Thank you to all the parents who helped put the morning tea together and helped the day run smoothly.

## SURVEY

Attached to this week's newsletter is a survey about the Friendship Fete. The P&C would love to hear feedback on what you thought went well, what could do with some improvement and any other thoughts you have. This feedback will be helpful to any future P&C if they decide to run a fete. Please return any surveys either to the P&C dropbox outside the office or via email to [nlhipandc@gmail.com](mailto:nlhipandc@gmail.com) by Friday 14<sup>th</sup> November. Thanks.

## P&C MEETING

Our next P&C meeting is **tonight** Wednesday 7<sup>th</sup> October in the staff resource room starting at **7:30pm**. We love seeing new faces, so if you are able, turn up and find out what the P&C are involved in. Non members are welcome at all meetings and if you do want to join you can do so at any meeting.



## P&C EVENTS CALENDAR

### Term 4

4 November	P&C Meeting – 7.30pm
12 November	School Disco
Week 7	Teacher Appreciation Week
5 December	IGA Cake Stall
7 December	Monday Canteen

Hi everyone,

The Friendship Fete was a great success and most importantly, the children had a FANTASTIC time! However it would be useful to get YOUR thoughts on the fete – specifically what you thought was great about the fete, and also what didn't work so well. You may wish to comment on the stalls, food, organisation, the weather, the prizes, publicity... anything to do with the fete.

What are we going to do with your feedback? We will collate the information and report back at the December P&C meeting. It is envisaged that this will be a great resource for those planning the next fete.

All responses are kept confidential. Once completed, please drop the surveys in the cream P&C box, or forward to The P&C ([nlhipandc@gmail.com](mailto:nlhipandc@gmail.com)) by Friday 14<sup>th</sup> December.

Many thanks for your time, your feedback is greatly appreciated.

The Friendship Fete Organising Committee

What do you think were the three best things about the fete (please rank in order)	
1	
2	
3	

What do you think didn't work so well (again, please rank in order)	
1	
2	
3	

What would be your suggestions for the next NLHIS fete?	
1	
2	
3	