**Important Anaphylaxis Notice**

We have students who are at risk of severe allergic reaction to some food items. **This condition is potentially life threatening.** Please do not send nut-based products to school with your child’s recess or lunch. Products include peanut butter, Nutella, sesame seed, loose nuts, muesli, nut or chocolate bars.

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**The Weekly Newsletter from Merewether Heights Public School**

*Phone: 02 4963 3192  Fax: 02 4963 3714  
Web: www.merewethht-p.schools.nsw.edu.au  Email: merewethht-p.school@det.nsw.edu.au  
School Security Unit – 1300 880 021*

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**Noticeboard**

**Week 2**  
**Tuesday, 3 February 2015**

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**P & C Meeting**  
*Class: Monday, 9 February*  
*Cost: $12.00*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**Swimming Carnival**  
*Class: Tuesday, 10 February*  
*Cost: $12.00*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**2H Cup Cake Day**  
*Class: Tuesday, 17 February*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**Zone Swimming Carnival**  
*Class: Wednesday, 25 February*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**5N Cup Cake Day**  
*Class: Tuesday, 3 March*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**School Cross Country**  
*Class: Yrs 2-6*  
*Activity Date: Friday, 6 March*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**Selective High School Test**  
*Class: Thursday, 12 March*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**Band and Choir Camp, Glenrock**  
*Class: Mon, 16/3 – Wed, 18/3*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**3MC Cup Cake Day**  
*Class: Tuesday, 24 March*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**Disco**  
*Class: Tuesday, 26 March*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

**Easter Hat Parade**  
*Class: Thursday, 2 April*  
*Cost: 50c*  
*Note: Yes*  
*Due Date: Fri, 6 Feb*

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**From the Principal…**

Welcome to the 2015 academic year at Merewether Heights! I am so happy to have you all as part of our school community and a special welcome to the new families to the school. The classes have now been established and this year we have 14 classes. The teachers spent a lot of time and energy last year allocating students to classes and I am sure they will very quickly adjust to the changes. We are all looking forward to a very productive and enjoyable year!

---

**Class Structure**

Our classes for this year are as follows:

- **KD**: Mrs D
- **KG**: Mrs G
- **K/1E**: Mrs E
- **1K**: Mrs K
- **1P**: Mrs P and Mrs P
- **2H**: Mrs H
- **2J**: Miss J
- **3MC**: Mrs McC & Mrs C
- **3N**: Miss N
- **4P**: Mr P

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**Important Anaphylaxis Notice**

We have students who are at risk of severe allergic reaction to some food items. **This condition is potentially life threatening.** Please do not send nut-based products to school with your child’s recess or lunch. Products include peanut butter, Nutella, sesame seed, loose nuts, muesli, nut or chocolate bars.
Parent Information Sessions
To help you to get to know your teacher and for you to be informed about what will be happening in each class (including parent/teacher expectations, Student Welfare, homework, etc) we hold Parent Information Sessions. This year the meetings will be held during the week beginning 16th February. The timetable for each class will be published in next week’s Noticeboard. I would encourage you all to make the time available so you can be part of these meetings.

Swimming Carnival
You will have received a note already about next week’s Swimming Carnival. I just want to stress again that ALL STUDENTS must wear a rash shirt or t-shirt unless they are marshalling for a race or in a race. Your cooperation with this will be appreciated.

Kinder Times
Just a reminder that the kindergarten students will finish each day at 3.00pm till Friday, 27 February. From Monday, 2 March they will finish at the same time as the rest of the school which is 3.25 pm.

Safe drop-off and pick-up.
To make the dropping off and picking up of students as safe as possible there are some basic road rules. The ‘KISS AND RIDE’ zone is for dropping off and picking up students, not parking. Drivers are not to park there or leave the car. ‘5 Minute Parking’ means 5 minutes. If you wish to walk down and pick up your child please park outside these zones!

Children are not to ride bikes, scooters or skateboards in the school grounds. Please make sure that your child knows the road rules and has the suitable safety equipment to ride safely.

Staff car parks are for staff and delivery vehicles ONLY. (Dropping off your child does not mean that you are a delivery vehicle!) This includes OOSSH, Band, Dancing, etc.

Please do not park in or in front of neighbours’ driveways!

With all of us following these procedures we help to make the dropping off and picking up of our children as safe as possible!

SRE, Ethics and Meditation
The school will once again be offering SRE (scripture), Ethics and Meditation classes for 30 minutes each week. If you are new to the school please complete the attached preference sheet and return it to the office by Monday, 9 February. For all returning students I will use the preferences you indicated in 2014. NB – students not participating in these will be completing a values booklet.

Art Classes
Watch this space! I am looking at finalising a before school art teacher for interested students.
P&C Meeting
Our first meeting for the year will be held on Monday, 9 February. The meeting is held in the Staffroom commencing at 7.00 pm. One of the first items to be discussed this year will be replacing the infants play equipment. I invite you all to come along and be part of the parent body that works so closely and productively with the school!


Enjoy your week.

Steve E
Principal

FROM THE OFFICE...

OFFICE HOURS: The school office is managed by:
Mrs Dorothy Y, School Administrative Manager - Monday to Friday
Mrs Gail D, School Administrative Officer - Monday and Tuesday
Mrs Tanya O, School Administrative Officer – Wednesday to Friday
Mrs Tammy M, School Administrative Officer - Wednesday
Mrs Anne G, School Administrative Officer (Library) - Thursday

The school office is manned from 8.45 am to 3.30 pm Monday to Friday. It would be appreciated if phone calls/visits/enquiries etc. could be made during these hours. Due to the necessity for the office staff to undertake end of day procedures, it would also be appreciated if all payments could be made to the school office prior to 3.00 pm each day. The office staff is available to assist students, parents and staff with all enquiries, information, concerns etc., and would thank you for your assistance in these matters.

PAYMENTS TO THE OFFICE
As well as cash and cheque, the office is able to accept payments by Eftpos and credit card, being either Visa or MasterCard only. Please note we cannot accept American Express, AMEX or Diners Club cards.

Eftpos, credit card, cash and cheque can pay for items such as excursions, performances, sport events, text books, voluntary school contributions, book club, camps, etc. Please note we cannot accept Eftpos or Credit Card to make prepayments towards events.

Payments for clothing pool, band, dance groups, art class etc. cannot be processed by the school office, and should still be given to the coordinator for these groups.

We have included in this Noticeboard some credit note payment slips. If you make a payment using a credit card slip, would you please ensure that the entire form is completed and signed. Please also ensure that all numbers are clearly written.

All credit card slips containing personal information will be strictly confidential and will be kept in a secure location.
Due to an increasing number of parents using our Eftpos/Visa credit card facilities, the school office does not keep a cash float and does not have a lot of cash on hand during the day. Therefore, we are not always able to provide change to parents or students, particularly in the morning. It would be appreciated when making a payment in cash that the correct money is provided.

We would ask parents to please put students’ names on envelopes sent to the school office with payments. If you require a receipt for a payment on that day, please have the payment to the school office before lunch. Receipts are sent back to classrooms for class teachers to send home with students.

It is important to read the school’s weekly newsletter, “Noticeboard”. Information relevant to various activities within the school and also out of school is detailed in Noticeboard. Closing dates/times for various things such as Book Club and P&C fundraisers are published in Noticeboard. To avoid disappointment, we would ask that parents take notice of these deadlines.

We would also ask you to note that cheques for P&C events/fundraisers need to be made payable to Merewether Heights Public School P&C, and are not to be included with any student payment to the school office for performances or excursions.

FINANCIAL PAYMENTS

Throughout the school year students participate in various excursions/performances etc. which require a payment to be made. If at any time payments for excursions/performances, textbooks, voluntary school contributions, etc. causes concern or financial difficulties, please do not hesitate to contact Mr Steve E, Principal. Contacts made to Mr E will be kept strictly confidential.

FAMILY DETAILS

To make sure family details held at the school are up to date, please contact the school office if you have had a change in address, home phone number, mobile phone number, emergency contact details or work phone numbers. This will enable us to contact you quickly in the case of an emergency.

ANAPHYLAXIS

We currently have students at our school who are at risk of anaphylaxis (ie suffers from a severe allergic reaction) due to nut allergies, eggs, seafood, dairy products or bee stings.

All our children are special and have particular needs. These students’ needs are potentially life threatening. We ask for your help to keep them all safe by not sending nut-based products to school with your child’s recess or lunch. These products include peanut butter, nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing nuts. Products that are labeled “may contain traces of nuts” do not generally present a threat.

These students have management plans in place while they are at school. All staff know these students and have participated in a training session run by an Anaphylaxis Educator to ensure they can act quickly in an emergency.
LOST PROPERTY

To avoid children’s belongings being lost, would you please label everything that your child brings to school. This includes lunch boxes, hats, all clothing, books, pencil cases, etc. This will enable any items found to be quickly returned to students. A cupboard containing lost property is located in the foyer on the western side of the staffroom.

BOOK CLUB

Book Club is being sent home today. If you wish to order items from Book Club for your child please return the order and payment to the school before Friday, 13 February.

NOTICEBOARD BY EMAIL

Would you like to receive the weekly newsletter by email? We have the option for parents to receive the newsletter each week direct by email. This will ensure that parents receive the newsletter and have the added benefit of reducing the amount of paper used in its production. We will not be providing a paper copy of the newsletter to families who have one emailed to them. For those families without internet access, a hard copy of the newsletter will be provided for you. If you would like to receive the weekly newsletter by email, would you either:

- Email the school and type “newsletter” in the subject line. We will then assume that you would like the newsletter emailed direct to you and we will also then have the email address to forward it to. All email address will be BCC when Noticeboard is sent, so you can be assured that we will not be sharing your email address with others. If your email address should change, it will be your responsibility to notify the school office.

- Complete the tear off slip located in this newsletter. Please ensure that your email address is complete.

ALL FAMILIES WHO RECEIVED THEIR NOTICEBOARD BY EMAIL LAST YEAR WILL CONTINUE TO DO SO FROM NEXT WEEK AND DO NOT HAVE TO SUBMIT A NEW FORM. ALL NEW FAMILIES WHO RETURN THE FORM WILL RECEIVE THEIR NOTICEBOARD BY EMAIL AS FROM NEXT WEEK.

2H CUP CAKE DAY

2H will hold its Cup Cake Day on Tuesday, 17 February 2015. Donations of cakes, slices and other goodies can be left at 2H’s classroom. (No toffees or nuts please as we have students with peanut allergies.)

Don’t forget – Cup cakes are now 50 cents each for a delicious treat. Helpers on the day would be most welcome and should come to the canteen at 10.30 am.

MOSQUITOES

At the moment mosquitos are quite prevalent within our school grounds. It is recommended that students apply insect repellent prior to coming to school.
PARENTS PLEASE NOTE: ANNUAL STUDENT & FAMILY DETAILS UPDATE OF INFORMATION

In two weeks, on 17 February, as part of our annual update of information for students and families, the school office will be sending home to parents a form containing personal information. This information includes address details, parent contact details, emergency contact details, doctors contact details and medical information relating to your child. These forms will be forwarded home with students. We will be asking parents to please alter any information on the form that needs to be changed, sign and date the form, and return to the school office as soon as possible. Even if there are no alterations to be made, we are asking parents to sign and date the form, and return to the school office as soon as possible.

If you do not want this information to be sent home with your child, please contact the school office to make alternate arrangements.

Should your child have a medical condition which is not listed on the form, please contact the school office as soon as possible to provide details. It is essential that all medical conditions are noted to overcome the need to provide this information on every permission note throughout the year.

Please note: It is a parent’s responsibility to notify the school of any changes in their child’s medical condition.

From the Teachers...

Follow us on Twitter @MerewetherHtsPS

CROSS COUNTRY

The school Cross Country Carnival will be held on Friday, 6 March at school. Children from Year 2 – 6 will be participating in this event. Students will require sports uniforms, hats, blockout and drink bottles.

A M
Co-ordinator

BAND NEWS

Band rehearsals will start this Thursday, 5 February (7.45 – 9.00 am) with our band conductor, Mr Paul I in the school hall. We are looking forward to another great year. This week during rehearsals we will be electing our Band Captain for 2015.

We have a number of instruments available. Please come and see me if your child is interested in learning an instrument and joining our school band.

Thank you
Miss G, Band Co-ordinator
Dear Parent/Carer

Welcome back to another school year - a year that we hope will be full of exciting challenges, successful learning, lasting friendships and the key to so many activities: reading!

Scholastic Book Club operates eight times a year and is very easy to use. Simply select the items your child would like and fill in the Order Form on the back page. Then return the order and the correct money in a sealed envelope to the school office by the closing date. Cheques made out to Ashton Scholastic are also acceptable. If you wish to pay by Visa, please follow the instructions and ring your payment through to the number provided on the order form, place the receipt number on the order form and then send the order form to the school office.

The orders will be processed and the books should arrive back at the school in approximately two weeks. They will then be distributed for the children to bring home.

Remember there is no obligation to purchase and Scholastic offers a full guarantee of satisfaction. So, if an item is unsuitable you will be able to receive a full refund.

Our school also benefits from Book Club by earning reward points which are used to purchase books for the library.

There are four reading levels - Wombat, Lucky, Arrow and Star. The selections are varied and children look forward to receiving their own books to read or for parents to read with them.

Our Book Club is run by parent volunteers. Many thanks to them for helping the school and students in this way.

Alison L
Teacher/Librarian

From the Parents...

CLOTHING POOL

The clothing pool is opened every Tuesday from 9am - 9.30am. The clothing pool does not carry a float so correct money is appreciated. Cash or cheque are accepted. Cheques to be made payable to MHPS P & C. Sorry we do not have EFTPOS facilities.

The roster for the clothing pool is as follows:
SCHOOL BANKING

School banking starts back this Wednesday, 4 February 2015.

For those who are new to School Banking ….. WELCOME

Things you need to know

- Wednesday is School Banking day.
- Your child’s yellow deposit book (along with a deposit) should be placed inside their class’ grey banking satchel on Wednesday morning (every classroom has a satchel).
- Deposits are processed on site and books returned to students every Thursday.
- For every deposit made your child will receive one Dollarmite token.
- Once your child has saved ten Dollarmite tokens they can choose an exciting reward (see below).
- A parent information pack will be sent home with every student within the next two weeks.
- More information about the School Banking program can be found at: www.commbank.com.au/personal/kids/school-banking

Also …. Did you know

- CBA School Banking has been helping teach consistent saving habits to students since 1931.
- Our school receives $5 for every account opened.
- Our school receives a further 5% of every individual deposit made (up to $10).
- During 2014 our school received over $1,000 in commission.

2015 Banking Rewards

This year’s new rewards are OUT OF THIS WORLD.

- Two new rewards are launched each term and are available until stocks run out
- Tokens earned during 2014 (but not redeemed) can be used in 2015

New rewards being launched this year are:

- ET DVD
- Planet Handball
- Invisible Ink Martian Pen
- Intergalactic Rocket
- Glow-in-the-Dark Solar System
- Cosmic Light Beam Torch
- Outer Space Savers Money Box
- Lunar Light Band

PLEASE NOTE THAT OUR CLOTHING POOL WILL BE OPEN TOMORROW, WEDNESDAY, 4 FEBRUARY FROM 9.00 AM – 9.30 AM. WE APOLOGISE FOR ANY INCONVENIENCE CAUSED WITH THE CLOTHING POOL NOT OPENING THIS MORNING.
Additional rewards available (carried over from prior years, limited stocks) include:

- Beach Ball
- Slap Band Ruler
- Headphones
- Knuckles Game
- Scented Pencils
- Sea/pool Streamers
- Shark Keyring

Win a holiday to Disneyland!
Every student who makes 25 or more deposits at our school this year will be automatically entered into a national competition to win an amazing holiday to Disneyland. Prize includes five nights at Disneyland hotel, three day pass to Disneyland and $2,000 in spending money.

How to open an account
Accounts can be opened at any CBA branch or, if a parent is already a CBA customer, an account can be opened on-line via on-line banking at www.commbank.com.au

Thank you for supporting the school banking program
Your school banking coordinators / parent helpers - Helen T and Marianne A (0425 207 923)

CANTEEN COMMITTEE MEETING
Our first Canteen Committee meeting for the year will be held on Monday, 9 February at 9.30 am in the staffroom. Items to be discussed will include the Menu, new items to be included and special days to be planned.

Everyone is most welcome to attend and we would like to see many new parents to our school come along and see how our Canteen works. Come along and have some input into the running of your Canteen.

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>4/2/15</td>
<td>Meg S, Volunteer Needed</td>
</tr>
<tr>
<td>Thursday</td>
<td>5/2/15</td>
<td>Paul W, Alex V</td>
</tr>
<tr>
<td>Friday</td>
<td>6/2/15</td>
<td>Kristen G, Justine C</td>
</tr>
<tr>
<td>Monday</td>
<td>9/2/15</td>
<td>Cheree Macd, Di McN</td>
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<tr>
<td>TUESDAY</td>
<td>10/2/15</td>
<td>CANTEEN CLOSED</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11/2/15</td>
<td>Lauren D, Katie S</td>
</tr>
<tr>
<td>Thursday</td>
<td>12/2/15</td>
<td>Reanna S, Tracee S</td>
</tr>
<tr>
<td>Friday</td>
<td>13/2/15</td>
<td>Megan S, Volunteer Needed</td>
</tr>
<tr>
<td>Monday</td>
<td>16/2/15</td>
<td>Peta B, Volunteer Needed</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>17/2/15</td>
<td>CANTEEN CLOSED</td>
</tr>
</tbody>
</table>

COULD ALL VOLUNTEERS PLEASE PAY THEIR $2.00 FEE TO COVER INSURANCE FEES NEXT TIME YOU ARE WORKING IN THE CANTEEN. Thanks.
CANTEEN ROSTER VACANCIES  2015   TERM 1

Below is a list of days where help is needed in the Canteen. If you are able to help out on any of these days please contact Kim (0421336626) or see her in the Canteen. Any help you can give would be appreciated.

Thanks.

Week 3:  
Friday  13/2/15  9.30 am – 2.15 pm

Week 4:  
Monday  16/2/15  9.30 am – 2.15 pm
Wednesday  18/2/15  9.30 am – 2.15 pm

Week 6:  
Monday  2/3/15  9.30 am – 2.15 pm
Monday  2/3/15  9.30 am – 2.15 pm

Week 7:  
Monday  9/3/15  9.30 am – 2.15 pm
Wednesday  11/3/15  9.30 am – 2.15 pm

Week 8:  
Monday  16/3/15  9.30 am – 2.15 pm
Monday  16/3/15  9.30 am – 2.15 pm

Week 9:  
Monday  23/3/15  9.30 am – 2.15 pm
Monday  25/3/15  9.30 am – 2.15 pm
Wednesday  25/3/15  9.30 am – 2.15 pm

Week 10:  
Monday  30/3/15  9.30 am – 2.15 pm
Monday  30/3/15  9.30 am – 2.15 pm
Wednesday  1/4/15  9.30 am – 2.15 pm
Thursday  2/4/14  9.30 am – 2.15 pm

CANTEEN SUSHI DAY

The Canteen is holding a Sushi Day on Friday, 20 February. Please fill in your order at the end of this newsletter and drop it in to school before Wednesday, 18 February.

From the Community...

South Newcastle Junior Rugby League:  Registrations are now open for all new and returning players. In 2015, registrations will be 100% completed on-line. Registration links can be found on the South’s Facebook page or website. On-line registration assistance days will be held at South Newcastle Leagues Club (Llewellyn Street, Merewether), Sunday, 8 February 2015 (2pm – 4pm) and Thursday, 13 February 2015 from 6pm – 8pm for those who may not have access to “on-line”.

On Sunday, 22 February 2015, a final registration day is planned from 2pm – 4pm

Mini League age groups from under 6’s to Under 8’s,
Mod League age groups from Under 9’s to Under 12’s
International from U13’s to U18’s

Enquiries: Please contact Scott at scotthlitt@yahoo.com.au or Graeme on 0407 093 662.
Exciting musical opportunity in 2015

Christ Church Cathedral offers a great opportunity for enthusiastic young singers: The St Nicholas Choir. The St Nicholas Choir has a long history of providing excellent musical tuition and vocal training for children aged 8-14 in a safe, friendly and fun environment. It is an ideal choir for anyone who loves singing or music, and is the perfect compliment to existing school music programmes or private music lessons.

Many of our choristers have successfully auditioned for Hunter School of Performing Arts, and for music scholarships at local, private high schools. Some Cathedral choristers have even gone on to local, national and international music careers!

Rehearsals are from 4-5pm every Friday during term time, and the choir performs on average once a month (generally on Saturday evenings). Further information can be found at www.newcastlecathedral.org.au/music (where you can download a brochure and hear the choir sing), or by contacting Peter Guy (Cathedral Director of Music) at music@newcastlecathedral.org.au or 0419 239 828.
The Royal Society for the Blind

Low vision aids & professional services:
- Occupational Therapy
- Social Work
- Orientation & Mobility
- Low vision aids
- Adaptive technology
- Social groups & programs

(02) 4956 2282

151 Lambton Road
Broadmeadow
NSW 2282
www.rsb.org.au
rsbhunter@rsb.org.au

NSW NDIS Provider Registration
Number: 264057/04
HACC and DVA Provider

Coastal Valleys Region Girl Guides invite you to

Come and Try Guides!
At your local Girl Guide unit

For girls aged 6-17 years
Leadership opportunities for adults 18 years and over
Guides enjoy challenging and fun program of indoor and outdoor activities:
games, leadership and life skills, craft, badges, cooking, camping and community events

For information on the location and available meetings -
Region Membership Adviser on helenEG2@live.com.au
Or visit our website www.girlguides-nsw.org.au to find out more

about Guides
HAVING FUN TODAY - LEADING THE WORLD TOMORROW

Our advertisers support our school but please be aware that advertisements appearing in Noticeboard are not an endorsement by the school.
Our advertisers support our school but please be aware that advertisements appearing in Noticeboard are not an endorsement by the school.
BELLA ALBUMS AVAILABLE

For those who missed out on purchasing a Bella album at their recent shows, the good news is the girls have managed to get a number of units from the record company.

“Gravity” by Bella (sony/BMG) is available now for $25.00. If you would like to place your order with Mrs Dunn, your album will be personally autographed by Lyn, Kate and Karen.

Please complete the following form with $25.00 and return to Mrs Dunn.

Name:……………………………………………………………….. Child’s Name………………………………………………………….. Class………
Name/s to dedicate on album………………………………………………………………………………………………………….....
…………………………………………………………………………………………………………………………………………………………….
**SCORES** is a school-based program run by Hunter New England Health aimed to help children to become more skilled and more active!

**Program**
The **SCORES** program involves 5 key components which your school will be receiving over the next 6-9 months:
1. Professional learning for teachers
2. Student leadership and incentives
3. Recess and lunchtime activities
4. School Physical Activity policy
5. Parental engagement through newsletters

**Why is being active important?**
Children benefit greatly from being active as it can:
- Promote healthy growth and development
- Build strong bones and muscles
- Improve balance and movement skills
- Maintain and develop flexibility
- Improve cardiovascular fitness
- Help achieve and maintain a healthy weight
- Improve posture
- Help relaxation
- Provide opportunities to make friends
- Improve self-esteem

Children who are not physically active enough will not have the opportunity to gain these benefits and are at an increased risk of becoming overweight or obese. Being overweight or obese long term can contribute to conditions such as high blood pressure and cholesterol, Type 2 diabetes and heart disease.

**How much?**
Children and youth should participate in at least 60 minutes of ‘huff and puff’ physical activity EVERY DAY!

This activity doesn’t all have to be done at once. It can be built up through the day. For example walking or riding to and from school, active play at home, and organised sport after school and on weekends.
Karen Oshea, vocal teacher, is now available on Tuesday and Wednesday afternoons. Lessons cost $33 per lesson, including gst, payable by the term. For further information please see Mrs D.

Port Hunter Basketball is holding its registration day on Friday, 13 February 2015, 4.30 – 7.00 pm at the Newcastle Basketball Stadium. Port Hunter Basketball is also holding a FREE Pre Season Skills afternoon on Tuesday, 17 February 2015, 4.30 – 5.30 pm at the Newcastle Basketball Stadium. All ages are welcome! Bring a friend! If you have a basketball bring it along and don’t forget your water bottle. Please contact Nicole 0431486080 with any enquiries regarding registrations of the pre season skills afternoon.

Big 5 Sports information and registration brochures are coming home with all students from Kindergarten to Year 3. Please note that this program is commencing on Tuesday, 10 February NOT 3 February as stated on the brochure.

Return Slips for Parents...

NOTICEBOARD BY EMAIL

I wish to receive the Noticeboard via Email. I understand that I will no longer receive a hard copy.

Name of eldest child and class (please print clearly)

Name: ........................................................................................................... Class: .........................

Email address .................................................................................................................................

(please print clearly)

Parent Signature: ............................................................... Telephone No ......................................

CREDIT CARD PAYMENT
Merewether Heights Public School
The School will accept VISA and MasterCard payments Only

Student Name: ................................................................. Class: _____________

Amount: _______________ For: ______________________________

☐ MasterCard ☐ VISA

Cardholders Name: ......................................................... Phone: ______________

Card Number: ___________ ___________ ___________ ___________

CCV Number: ___________ Expiry Date: __________/__________

Signature of Cardholder: .................................................. Date: ______________
It is a Department of Education & Training requirement that schools are to provide a half hour SRE lesson each week, providing religious instruction.

All children will be participating in SRE lessons. Please make your selection and return to the school office by Monday, 9 February 2015.

NB: For returning students the school will use the preferences from 2014.

Name: ................................................................. Class: .................................

Please tick one of the options listed below:

☐ Scripture
☐ Ethics
☐ Meditation
☐ Values Booklet

If this form is not returned your child will be included in the Scripture Groups.

Signed Parent/Guardian: ........................................ Date: ..........................

Parent/Guardian Name: ..................................................
**SUSHI DAY - FRIDAY, 20 February 2015**  
(lunch only)

All rolls are made fresh on the day. Each roll comes with a soy sauce (soy does contain gluten).

Orders and money must be in no later than **Wednesday, 18 February**.

**Meal Deal:** one roll, drink and chips $6 or sushi can be ordered individually for $3.50 each.

**Name: ................................................................. Class: ......**

**Roll Varieties – $3.50 each**
- Teriyaki Chicken: .......
- Poached Chicken & Avocado: .......
- Poached Chicken Lettuce & Mayo: .......
- Smoked Salmon & Lettuce: .......
- Tuna, Lettuce & Mayo: .......
- Prawn California: .......
- Vegetarian Roll  
  – carrot, lettuce, avocado, cucumber: .......

**Drinks - $1.50**
- Milk ....... Flavour............................................
- Juice ....... Flavour............................................
- OKF ....... Flavour............................................

**Chips - $1**
- Plain ......
- Honey Soy ......
- Grainwaves  
  – sour cream and chives ......

**Meal Deal choice of one roll, drink and chips $6**