ATHLETICS SUCCESS
Congratulations to Beau W who achieved a silver medal at the Australian PSSA Athletics Championship in Adelaide. Beau was competing for New South Wales in the Junior Boys Long Jump and has been placed second in his age group. This is a fantastic achievement for a keen athlete from Helensburgh, we are all proud of your success. Another student from our school, Krystal, was also a competitor and we eagerly await a report on her performance. These two students show how dedication, opportunity and talent can be nurtured and encouraged in our great public schools.

YEAR SIX CAMP
This week students from Year 6 will be attending their annual camp at Narrabeen Sports and Recreation Centre. We know all our students will have a wonderful time and will create a list of life-long memories. I hope they all reflect in future years on the friendships, experiences and personal challenges school camps provide.

STUDENT REPORTS
This week staff will be finalizing your child’s end of year report. A great deal of time and energy is invested by teachers in providing you with an accurate assessment of your child’s performance of the last semester. Please read carefully the explanation of the performance scales and effort scales on the cover of the report. Remembering that in the standardized NSW grading system, a C in a school report indicated that your child is working satisfactorily at grade level.

PRINCIPAL’S AWARDS
This week is the final grade assemblies at which Principal’s Awards will be presented. Teachers will be calculating from last Friday 23rd November who in their class will receive the Principal’s medallion for the most Principal’s Awards. Principal’s medallions will be presented to the winning students at our Presentation day assembly on 11 December.

Year 1 and 2 Principal Awards will be handed out on Wednesday 28th November 1.40pm at the Stage 1 assembly. Kindergarten Principal Awards will be handed out on Thursday 29 November at the Kindergarten assembly at 2.30pm in the Kindergarten rooms and Years 3-6 Principal Awards will be handed out on Friday 30th November at 2.10pm at the 3-6 assembly.

PREFECT NOMINEES
This week our 2013 Prefect Nominees will be performing the duties of our Year 6 Prefects while they are away at camp. I know they take these responsibilities very seriously and I wish them well as they get a taste of life as a prefect.

Christopher Connor
Principal
Helensburgh Public School
125th Anniversary Year

Important Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>26th Nov</td>
<td>Yr 6 Camp 26th - 30th</td>
</tr>
<tr>
<td>28th Nov</td>
<td>1-2 Assembly 1.40pm</td>
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<tr>
<td>29th Nov</td>
<td>Kindergarten Assembly 2.30pm</td>
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<tr>
<td></td>
<td>Kindergarten rooms</td>
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<tr>
<td>30th Nov</td>
<td>3-6 Assembly 2.10pm</td>
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<tr>
<td>3rd Dec</td>
<td>Smiths Hill Performance “To the Moon and Back”</td>
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<tr>
<td>4th Dec</td>
<td>Thank you Afternoon Tea 1.20pm - 2pm</td>
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<tr>
<td>5th Dec</td>
<td>Yr 6 High School Orientation Day</td>
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<tr>
<td>6th Dec</td>
<td>SRC Christmas Disco K-2 4pm-5.30pm</td>
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<tr>
<td></td>
<td>Yrs 3-6 6pm-7.30pm/ Christmas Choir</td>
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<tr>
<td></td>
<td>Performance Helensburgh Workers Club</td>
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<tr>
<td>11th Dec</td>
<td>Presentation Day &amp; Special Assembly</td>
</tr>
<tr>
<td>14th Dec</td>
<td>P&amp;C Meeting 7pm</td>
</tr>
<tr>
<td>17th Dec</td>
<td>Prefects, SRC &amp; Library Monitors Excursion</td>
</tr>
<tr>
<td>18th Dec</td>
<td>Christmas Concert &amp; Reverse Christmas Tree/Kindergarten 2013 meet the Teacher</td>
</tr>
<tr>
<td>19th Dec</td>
<td>Day 9.15am -10.15am</td>
</tr>
<tr>
<td>30th Jan</td>
<td>Yr 6 Farewell School Hall 5.30pm-9.30pm</td>
</tr>
<tr>
<td>8th Feb</td>
<td>&quot;Burgh’s Got Talent&quot;/ Last day for students</td>
</tr>
<tr>
<td>15th Feb</td>
<td>Students return to school</td>
</tr>
<tr>
<td></td>
<td>Swimming Carnival</td>
</tr>
<tr>
<td></td>
<td>Back up date Swimming Carnival</td>
</tr>
</tbody>
</table>

Wanted Stage 3 Parent
To coordinate the trying on, ordering and distribution of Heathcote High uniforms. This needs to occur one afternoon after school in the school hall at a time that suits them. If you can help please contact Mrs Butterfield.
Kindergarten
Kindergarten Principal Awards will be handed out on Thursday 29 November at the Kindergarten Assembly at 2.30 in the kindergarten rooms.
Home Reading will finish next week and all books are to be back at school by Friday 7th December.

Smiths Hill High School Performance “To the Moon and Back”
Smith’s Hill High School's Youth Theatre class is visiting our school on Monday 3rd December to present their show called “To the Moon and Back”. This show explores the issues of bullying and resilience and utilises a broad range of performance styles. Students will accompany Billy on a journey as he discovers the secrets of PageLand. Jump aboard and take a trip to the circus, the crazy land of Dr Seuss and all the way to the moon and back! There will be 2 performances, one for K-2 at 12.30pm and another at 1.45pm for Years 3-6. This performance will not require a permission note if you would like your child to attend please hand in $2 at the door on the day.

 SRC NEWS
Thank you to all the people auditioning for “Burgh’s Got Talent” over the next 6 lunch times. As we have around 80 children already auditioning for around 20 items on the performance day, I can’t accept any late notes from now. Your child will receive a letter next week to inform them of whether or not they made it in to this years show. If they don’t make it this year, please encourage them to try out next year.

Kind regards
Ms Macmillan

Christmas is a Wonderful Time of the Year!
On Thursday 6th December, the Christmas Choir has been invited to perform at the Helensburgh Workers Club for the Northern Illawarra Neighbour Aid Centre. We will be celebrating Christmas with lots of great carols and a special lunch, subsidised by the Club. A choice of five hot meals and drinks will only cost $6.00. Children may wear Christmas clothes, tinsel, reindeer ears to really get into the mood. We will also be ringing lots of bells! If your child is in the Christmas Choir, please see Mrs Murray for more information or a note if you haven’t yet received one.

Wollongong High School Audition Package
The audition package for Year 7 - 2014 will be available on the WHSPA website.

Bulli High School Year 6 Orientation Day
Wednesday 5th December 9.30am - 12.30pm Bulli High School. Students will be picked up from their school between 9 - 9.15am.

Congratulations
Congratulations to Sian and Billy Allen for being selected in the Oztag Illawarra Rep Team for the State Cup. Billy has been selected for the U9 team and Sian for the U10 girls team. They will play in a 3 day tournament against the best teams in the state next February.

Principals Award

KB Juliette, Jamaya, Maja, Brodee, Bailey, Cooper, Jacob
KD Kirra, Emily, Caitlin, Tahina, Nelli, Taj
KF Rebecca, Lauren
K/1G Tahli, Skylah, Lara, Jarvis, Satine, Maeve, Keira
2S Thomas, Bowen
2H Emma, Olivia, Kayla, Brianna, Cadence, Ryan, Noah
3S Maya, Hayley, Macey Lu, Kalani, Dylan, Joshua, Harri, Noah, Hugo
3J Teagan, Holly, Olivia, Aleisha, Tess, Ismanah, Tahj, Cassius, Nathan, Nickolas
4M Jemma, Keely, Anne, Rachel, Jessica, Emma, Shakira, Georgie-Rose, Isabella, Nathan, Kyle, Yaan, Kit, Aden, William
4L Jasmine, Shannyn, Will, Scott
4/5B Lachie, Emily
5T Kathryn, Cerys, Jade, Riley, Elyssa, Ryan, Raymond, Ted, Jiah
5/6C Zoe, Kristen, Aimee, Piper, James, Elizabeth, Paige, Victoria, Lachlan, Jarrod
6A Kayla, Kyrah, Jamie, Claire x3, Sophie, Karla x2, Hayley, Jade, Tyra, Amy x2, Alysha, Jodi, Nathan, Brae, Finn, Cooper, Lachlan x2, Harry, Ewan, Tommy, Alex

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11 Fletcher Street, Helensburgh, 2508 Ph: (02) 4294 1332 or (02) 4294 1050
email: helensburg-p.school@det.nsw.edu.au web http://www.helensburg-p-schools.nsw.edu.au
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SRC
Christmas Disco
Thursday, 6th December 2012
K-2: 4:00pm – 5:30pm
3-6: 6:00pm – 7:30pm
Cost - $5.00 per student
(Pay on the night)
Includes chips & a popper

Nutrition Snippet
Understanding Drink Labels
This 5 step guide to reading drink labels will help you to make healthy drink choices!
1. Choose the drink
2. Find the nutrition information panel on the back or side of the drink
3. Look at the per 100mL column
4. Compare the amount of total fat, saturated fat, sugars and sodium with amounts recommended in this guide
5. Choose drinks that meet most of the healthier criteria

<table>
<thead>
<tr>
<th>Drink*</th>
<th>Per 100mL</th>
<th>Healthier</th>
<th>OK choice</th>
<th>Least healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>1.5g or less</td>
<td>1.5g - 10g</td>
<td>10g or more</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>750mg or less</td>
<td>750mg – 2.5g</td>
<td>2.5g or more</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>2.5g or less</td>
<td>2.5g – 7.5g</td>
<td>7.5g or more</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>120mg or less</td>
<td>120mg</td>
<td>600mg or more</td>
<td></td>
</tr>
</tbody>
</table>

*These guidelines are for reading drinks. Cancer Council NSW advises that water is the best drink of choice.

This information was brought to you by Eat It To Beat It, helping families to eat more fruit & veg. For more information visit www.cancercouncil.com.au/eatittobeatit or phone 4223 0200.

Environmental News
Only 2 weeks until our final Working Bee for 2012! Sat 8th Dec is the date - from 9:30 am. Please join us for a fun and satisfying morning. Children are very welcome!

Scrumptious spinach parcels are on sale every lunch time for as long as stocks last - and only $2.50. These are homemade, using fresh spinach and herbs from our own school garden! Yum!

Interested in Being in Band or Learning a Musical Instrument in 2013?
Expression of interest forms for Band next year and private instrument lessons are now available from Mrs. Garvie, all students in years 2-5 (ie children who will be in years 3-6 in 2013) are eligible to join the band in 2013. A small number of forms will be sent to each year 2-5 class next week.

Any student who thinks they would like to learn a new instrument as well as returning music students need to fill in one of these forms, and return them to either the office or Mrs. Garvie by November 30th. This will allow time to plan next year’s lesson schedule and arrange for the purchase of new instruments if necessary.

Canteen News
Spinach and Cheese Parcels
The Canteen will be selling SPINACH AND CHEESE PARCELS from Monday, 26th November until Friday, 30th November. Filled with organic spinach and herbs from the school garden mixed with cheese inside filo pastry, the parcels are baked fresh every day for just $2.50. Order in the usual way before stocks run out!

We cannot accept ANY FOREIGN COIN

Uniform News
Please note that the canteen provides an order service for all Heathcote High Uniform items. Please drop by and talk to us, our prices are the same or less than Claudine’s at Caringbah.

Thank you for you continued support.
Jan 4294 1778 Bronwyn 4294 3568
40km/h school zones

INFORMATION FOR PARENTS

The 40km/h school zone slows traffic in the vicinity of the school. Most 40km/h school zones operate between 8am and 9:30am and from 2:30pm till 4pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen.

A 40km/h school zone operates on all gazetted school days including staff development days (pupil free days).

While some schools may operate on different term dates, school zone speed limits MUST be adhered to during NSW Government determined school terms.


Gazetted school term dates can be found on the RTA website and the websites of the NSW Board of Studies and the NSW Department of Education and Training.

Western Division

A small number of schools in the Western Division of NSW commence the school year one week later than schools in the remainder of the state.

Non-standard 40km/h school zone times

There are a small number of non-standard school zone times in NSW. Red signs at these schools display the non-standard times which apply.

The minimum penalty for speeding in an operating 40km/h school zone is a $150 fine and the loss of 2* demerit points.

Dragon’s teeth road markings

To increase motorists’ awareness of 40km/h school zones, triangular dragon’s teeth road markings indicate that the vehicle is entering a school zone.

<table>
<thead>
<tr>
<th>TERM 1</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>27 January to 1 April</td>
<td>28 January to 8 April</td>
<td>27 January to 5 April</td>
<td>29 January to 12 April</td>
</tr>
<tr>
<td>April</td>
<td>19 April to 2 July</td>
<td>26 April to 1 July</td>
<td>23 April to 29 June</td>
<td>29 April to 28 June</td>
</tr>
<tr>
<td>October</td>
<td>19 July to 24 September</td>
<td>18 July to 23 September</td>
<td>16 July to 21 September</td>
<td>15 July to 20 September</td>
</tr>
<tr>
<td>October</td>
<td>11 October to 17 December</td>
<td>10 October to 20 December</td>
<td>8 October to 21 December</td>
<td>8 October to 20 December</td>
</tr>
</tbody>
</table>

Minimum fines and loss of demerit points for exceeding the 40km/h speed limit in an operating school zone

If you exceed 40km/h in an operating school zone in a light vehicle by:

<table>
<thead>
<tr>
<th>Speed Limit</th>
<th>Minimum fine</th>
<th>Minimum loss of demerit points</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 km/h and under</td>
<td>$150</td>
<td>2*</td>
</tr>
<tr>
<td>More than 10km/h but less than 20 km/h</td>
<td>$271</td>
<td>4*</td>
</tr>
<tr>
<td>More than 20km/h but less than 30 km/h</td>
<td>$451</td>
<td>5*</td>
</tr>
<tr>
<td>More than 30km/h but less than 45 km/h</td>
<td>$872</td>
<td>6*</td>
</tr>
<tr>
<td>More than 45 km/h</td>
<td>$1,987</td>
<td>7*</td>
</tr>
</tbody>
</table>

*These values are higher for provisional drivers and are doubled during designated holiday/long weekend periods.

For further enquiries www.rta.nsw.gov.au  | 13 22 13

Drive Ahead with Street Sense is a road safety education program delivered as part of the PDHPE program in all NSW primary schools.
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