This year Hill End Public School joined many other schools across the state in a program entitled Live Life Well @ School. The program aims to encourage healthy living, eating and exercise through a range of lessons, games and activities.

Part of our focus this term has been on healthy food and our ‘lunchbox scorecard’. Students have been encouraged to take a little time at home to help choose and make their lunches. It has been wonderful to see the children bringing healthy food choices, home cooked foods and hearty sandwiches throughout the challenge! Well done kids and parents!

The healthy and hearty food choices that I have seen the kids bring to school throughout the challenge really do make a difference to their concentration levels and general well-being at school.

Not only are the home-cooked choices and hearty sandwiches good for their health, the choices are good for the environment. We have seen a dramatic drop in the amount of packaging being brought to school.

Enjoy the weekend.

Mr G
Students and staff have been enjoying participating in fitness every morning. Everyone feels clear headed and fresh to attack our daily tasks and lessons and we are already seeing an improvement in fitness levels. Can’t wait till the next beep test!!!! Our lunchbox scorecard is also a hit with everyone getting involved in looking at our food more closely and making better choices.
‘LITTLE DIGGERS’ WEDNESDAY

The infants joined the ‘Little Diggers’ for some drama. We were acting out the story of “The Lion and the Mouse”. This week for transition we were reading non fiction texts. The text for the transition and infants was a text on Pets. The text for the primary children was on Boats. After sharing our work with each other we went outside into the sun for some fun fitness games.

S C I E N C E  W I T H  M R S  R A Y N E R

This week is National Science Week all around Australia. This term for science at HEPS we are using the National Science Week resources in our science lessons. So far topics that we have looked at include Healthy Food Starts with Healthy Soil and the Chicken and the Egg. In the topic Healthy Food Starts with Healthy Soil, we looked at the amount of actual land that is useable for food production in the world. We also looked at what types of soils are best to grow foods in. In the topic The Chicken and the Egg, we were looking at the lifecycle of a chicken and of the importance of chickens to feeding people all over the world. This week we started our new topic, CHOCOLATE – food of the Gods. In this topic we are looking at liquids and solids when heat is added or taken away. Next week we will have to taste test the chocolate for scientific research purposes. All students have volunteered to be guinea pigs for this science experiment!

Improving the soil for the planting next week of asparagus and rhubarb. We have decided to use one of our garden beds for these and other perennials. THANKS - to Mrs Drakeford for providing delicious homemade pasties for our lunch yesterday.

LIGHTS, CAMERA, ACTION!

Emma learning how to use a video camera. HEPS are making a movie for the Mudgee Small Schools Network upcoming film festival.

AWARDS
Senior Student of the Week
Jinja Turner - beautiful bookwork
Junior Student of the Week
Emma English - positive attitude
"BACK TO HILL END SCHOOL FESTIVAL"

20th October, 1956
From 11 a.m. to 3 p.m.

EVENTS
1. GRAND SHEEP SHOW.
   To be judged by the well known sheep judge, Mr. W. Prattley.
2. LEAF CUTTING CHAMPIONSHIP
   Another "first" for Hill End.
3. CHILDREN’S DISPLAYS.
4. MARCHING SQUADS
   ECO for best squad.
5. SPECIMEN RACE
   Who can find the gold first.
6. ALL KINDS OF NOVELTIES.
   Guess the weight of the KANGAROO.
   Throwing the broom.
   Stop the distance.
   Knock-em.
   Lucky Dips for the children.
   Judge the beat sheep
   Etc., Etc.,

LUNCH
AFTERNOON TEA
COOL DRINKS
SERVED ON THE GROUND.

SATURDAY NIGHT
AT 8 P.M.
GRAND FESTIVAL DANCE
GOOD MUSIC

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