Dear Parents and Carers

**Clontarf Academy**
The Clontarf team from Oxley High School worked with our students on Friday morning. The program started at 7:00am with a variety of sporting activities followed by a BBQ breakfast and then some of the Clontarf boys mentored our students in the classroom. This was a wonderful initiative and we are organising a return visit to Oxley High School to cement this relationship. A big thank you to members of staff who came in so early to support our students! Your time, energy and commitment are greatly appreciated.

**Harmony Day Celebrations**
On Friday the 21 March Hillvue Public School will be celebrating Harmony Day. By participating in Harmony Day activities, we can learn and understand how all Australians from diverse backgrounds can work together to enrich this wonderful country and make it a better place for us all. On this day we will be having a community luncheon with a multicultural flavour. Lunch will be supplied and commences at 1.15pm. Notes have been sent home with all students

Chris Shaw  
Executive Principal

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**DIARY DATES**

- **Assembly Item** - Week 7 - 4O  
  Week 8 - 1D
- **High School Parent** - information session  
  2:30pm in the hall  
  Wed 12th March
- **Headspace Visit** - Stage 3  
  Friday 14th March
- **Zone Rugby League Trials**  
  Wed 19th March
- **Harmony Day** -  
  Friday 21st March
- **Cross Country** -  
  Friday 4th April
From the Classroom... 2J

We have been studying the tale; Why the Bear has a Stumpy Tail. This tale is about a fox who teaches a gullible bear how to catch fish. Fox tells Bear to walk out onto the ice and cut a hole in it. Bear sticks his tail down through the hole and holds it there for as long as possible. However Bear’s tail snaps off!

Here are some writing samples from our classroom. We wrote clear instructions to trick another character. Our writing inspiration also came from stories like:

**How the Fox got its colour – By Jayden and Gandjarra**
All you have to do is swim in the dam and roll around in the red dirt. Then wait in the sun to dry.

**How the Bees got their colour – By Tristen and Epi**
All you have to do is go inside and fly into black and yellow paint and hold it there until it is dry.

**How the Eels became electric – By Clabe and Mekhi**
All you have to do is jump out into the air on a stormy night and keep doing it until lightning strikes you. Then touch another fish and watch the flash.

**Why the Bunny has a furry tail – By Bayleigh and Simone**
All you have to do is cover yourself with glue and walk through the cotton crop. Then roll around in the cotton and wait until it is dry.

**How the Turtles got their shells – By Victoria and Kylie**
All you have to do is walk out to the river and go under the water. Then find a green rock and hold it on your back.
ARE YOU STARTING HIGH SCHOOL IN 2015?

Expression of Interest forms are due for Year 6 students who will be attending a public high school in 2015.
To assist you in the completion of the Expression of Interest, we will be conducting parent information sessions on **Wednesday, 12th March, 2014** and **Friday, 14th March, 2014** commencing at 2.30pm in the Hall.
Staff from Hillvue, along with staff from Tamworth High School and Peel High School, will be available to answer any of your questions and/or assist you in completing the Expression of Interest.
Completed forms must be returned no later than **Friday, 21st March**.
If you have any questions, please contact Mrs Vicki York on 67657446.

A RECIPE FROM THE HILLVUE HEALTH & WELL-BEING DAY

**Caesar Salad**

Serves 8

**INGREDIENTS:**
- 4 rashers short cut rind less bacon
- 2 slices multigrain bread
- 1 large cos lettuce, washed and dried
- 1 tablespoon grated parmesan cheese
- 1 teaspoon mustard
- 1 clove garlic, chopped
- ½ cup natural yoghurt
- 2 sprigs parsley, chopped
- 1 teaspoon lemon juice

**METHOD:**
1. Grill bacon until crisp. Cook and break into pieces, drain on paper towels.
2. Toast the bread on each side and cut into cubes.
3. Tear lettuce into pieces.
4. Combine all salad ingredients in a serving bowl.
5. In a bowl combine mustard, garlic, yoghurt and herbs. Use the lemon juice to achieve correct consistency. Drizzle over salad.

**VARIATION:**
Add 1 cooked chicken breast, sliced for a main meal salad.

(Recipe and Picture sourced from [www.gofor2and5.com.au](http://www.gofor2and5.com.au))
**TAMWORTH ZONE PSSA BASKETBALL TRIALS**

Congratulations to Tya Knox, Olivia Flett, Zali Lake, Sharnai McKee, Shontaia Berry, Michael Colonel and Stephen Murray, who attended the Tamworth Zone Basketball Trials on Thursday 6th March 2014.

Shontaia Berry, Stephen Murray and Zali Lake were selected to attend the Regional Trials to be held on Friday 14th March.

Well done and good luck.

Mrs McDonald

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**WEST LIONS RUGBY LEAGUE REGISTRATION DAY**

When: Saturday 15th March
Time: 9am & 11am
Where: Scully Park

All new & current players welcome!
Under 10’s need more players

Contact: Jamie on 0418 432 569

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**RESILIENT KIDS**

Resilient Kids is a 5 week program for children aged 6-11 years old. The program aims to:
- Develop resilience
- Increase ability to cope
- Enhance kids communication abilities
- Increase skills to cope with change

When: 19th March, 26th March, 2nd April, 8th April & 9th April
Time: 3.30—5.00pm
Where: Centacare NENW, 201 Marius St, Tamworth
Phone 67629200 for registrations

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**CONGRATULATIONS TO STUDENTS RECEIVING AWARDS THIS WEEK**

**Social Skills - For “Persistence-Taking A Risk To Try New Things”**

**Student of the Week**

**Principal’s Award**
Hillvue uses DAIRY FARMERS MILK
- White & flavoured milk
- Macquarie Valley Juices
- Dairy Foods

Chris and Linda Sommers
1137 Duri Dungowan Rd
Tamworth 67670217

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1137 Duri Dungowan Rd
Tamworth 67670217

Are you looking for a long day care centre for your pre-school children? Your child is welcome! Your local Long Day Care Centre is just around the corner from Hillvue School in Janelle St. Phone 67628452
Email: reception@janellestreetcentre.com

Christian Caring Committed to Excellence
Janelle Street Centre
4 Janelle Street,

ORTHODONTICS at Tamworth
the team for better smile esteem
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- Straightening smiles without removal of teeth
-Guarantee's on our treatment results

Suite 3, 158 marius street tamworth 2340

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