



### From the Principal...

#### THANK YOU FOR YOUR SUPPORT!

Thank you to all the parents that have been able to make a voluntary contribution to the school. Voluntary contributions support the ongoing success of our school community. These funds help us to:

- **Enhance Educational Programs:** Your contributions enable us to provide a wider range of subjects and extracurricular activities, including music, art, sports, and technology programs. This variety not only enriches students' learning experiences but also helps them discover their interests and talents.
- **Invest in Resources and Facilities:** With your support, we can update and maintain classroom resources, library materials, and technological equipment. This investment ensures that our students have access to the best tools for learning, which enhances their engagement and academic performance.

#### KEEPING YOUR INFORMATION UP TO DATE

We kindly remind all parents and caregivers to ensure that your contact details are accurate and up to date with the school office. Keeping your information current is vital for several reasons:

- **Emergency Communication:** In the event of an emergency, it is crucial for us to reach you immediately. Having accurate contact information ensures we can provide timely updates regarding your child's safety and well-being.
- **School Announcements and Updates:** We often communicate important information regarding school events, schedules, and policies via email. Accurate contact details allow you to stay informed and engaged with your child's education.
- **Parent-Teacher Communication:** Open lines of communication between parents and teachers are essential for your child's academic success. Keeping your information up to date helps facilitate this important relationship.

If you have recently changed your address, phone number, or email, please inform the school office as soon as possible. You can update your details by emailing the school at [hornsbynth-p.school@det.nsw.edu.au](mailto:hornsbynth-p.school@det.nsw.edu.au) or phoning 9987 4605.

#### RESPONDING TO SCHOOL COMMUNICATIONS

We appreciate your cooperation in responding promptly if the school reaches out to you. Timely communication is crucial for several reasons:

- **Addressing Concerns:** When we contact you regarding your child's progress, behaviour, or well-

being, a quick response allows us to work together to address any concerns effectively.

- **Health and Safety Protocols:** In cases of illness or emergencies, your prompt reply can help us take necessary actions to ensure the safety of all students.

#### SCREEN TIME GUIDELINES FOR CHILDREN

As we navigate an increasingly digital world, it is important to consider the amount of time children spend on devices at home. The Australian Government recommends that children aged 5 to 17 limit recreational screen time to no more than 2 hours per day. Here are some key points to consider:

- **Balance is Key:** Encourage a healthy balance between screen time and other activities. While technology can be a valuable educational tool, it is essential for children to engage in physical play, outdoor activities, and face-to-face interactions with family and friends.
- **Quality of Content:** When children do use screens, focus on high-quality content that is educational and age-appropriate. Encourage them to engage in interactive learning experiences rather than passive consumption.
- **Establishing Routines:** Create a daily routine that includes designated screen time, as well as time for homework, chores, and family activities. Setting boundaries helps children understand when and how they can use devices responsibly.
- **Modelling Behaviour:** As parents and caregivers, it is important to model healthy screen habits. Demonstrating a balanced approach to technology use can help instil similar habits in children.

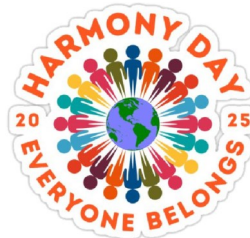
#### CELEBRATING HARMONY DAY

This week our school will proudly celebrate Harmony Day, a special occasion dedicated to promoting inclusiveness, respect, and a sense of belonging for everyone. Harmony Day is an important event in the Australian calendar, encouraging us to embrace our cultural diversity and foster understanding among different communities.

At Hornsby North Public School, we believe that celebrating our diverse backgrounds enriches our school community and contributes to a positive learning environment. This year, we have planned a range of activities that will engage students and staff, in meaningful ways.

We look forward to celebrating together and reinforcing the values of respect and unity that Harmony Day embodies!

Matt Pinchbeck  
Principal



## Around K-2 this week...

### SPORT

Sport in primary schools is an important aspect of the curriculum, aimed at promoting physical activity, teamwork, and overall health among students. The NSW Department of Education encourages schools to provide a variety of sports and physical education programs to engage students and develop their skills. At Hornsby North, K-2 have their weekly sports lessons on Thursdays as well as weekly PE lessons and a term of gymnastics each year.

Thank you, Mr Egarr for organising a wide range of engaging activities each week up at Rofe Park for Stage 1. Kindy enjoy their sport lessons at school and are looking forward to the newly renovated oval being used in just a few weeks. Miss Buttpitiya shared these wonderful photos from the lesson last week.



It is always a pleasure to have visitors to my office to share their work and achievements. The smiles on their faces are well deserved, great writing Year 1!



### K-2 EASTER HAT PARADES - MONDAY 7 APRIL

In Week 11 students in K-2 have their Easter Hat Parades. All three parades take place on the 3-6 quadrangle.

9:30am – Kindy

11:40am – Year 1

12:15pm – Year 2

Mrs Collett is organising the Early Stage 1 (Kindergarten) parade. In Kindy the students meet with their Year 5 buddies and create their hats at school. We look forward to seeing the creations.

Mrs Lewis and Mrs Irvine are organising the Stage 1 (Year 1 and Year 2) parades. In year 1 and Year 2 students are asked to make a hat or basket at home and bring it to school on the



day of the parade. A colouring competition will also be sent home this week. Students in Year 1 and 2 should return the colouring sheet to school by Thursday 3 April. A winner for each Year 1 and 2 class will be announced at the parade.

Notes will be emailed home this week. Any questions please talk to your class teacher.

*Julie Hall*  
Deputy Principal

## 3-6 Matters...

**CLASSROOMS INDOOR AND OUTDOOR!** – It's been fantastic to see the incredible work students are producing around the school. The Gardening Club this week harvested a very large potato. They want to make chips!



**NAPLAN** - Testing for Year 3 and 5 students has continued this week with today being the final day. If your child was absent during the testing period, teachers will schedule a time for them to complete the assessment.

*Kylie Cale*  
Relieving Deputy Principal

## Moving to high school

For Year 6 students currently attending a NSW Government School

### YEAR 6 PARENTS -

#### EXPRESSION OF INTEREST FOR HIGH SCHOOL 2026

The online Expression of Interest (EOI) for High School 2026 closes next **Friday, 28 March**.

To enrol your child in Year 7 for 2026, you need to complete a **Moving to high school expression of interest form**. When completing this form, you will be able to indicate which school(s) you would like your child to attend in Year 7.

The EOI process is available online by clicking on the "[Moving to High School](#)" link, which can also be found in the [Enrolment section](#) of our school's [website](#).

After you submit an EOI and it has been assessed, your child will be offered a place at a high school.

**PNR (Placement Not Required)** - If your child will not be attending a NSW Government high school next year, please let us know by completing a "[Placement not required](#)" form. This is available on the same link, below the EOI application section.

If you are unsure whether they will be attending a NSW



Government school (you've applied for a private school, or you are moving interstate), we ask that you still complete an EOI and follow up with your school once a decision has been made.

The online process will guide you through your options and collect the information required to make the process as smooth as possible.

For parents/carers who are not able to complete an application online, a paper EOI form can be collected from the school office but will still need to be submitted by 28 March.

If you miss the expression of interest cut-off date you must enrol directly with the high school by completing an online application via the high school's enrolment page or submitting a paper-based application form to the high school.

If you have any queries in regards to this process please contact the school.

### INVITATION TO ATTEND YEARS 3-6 ANZAC DAY SERVICE



As ANZAC Day approaches, we extend a warm invitation to all current and former military personnel to join us at Hornsby North Public School for a service to honour the courage, sacrifice, and legacy of the ANZACs. This service will provide an opportunity for us to come together, reflect, and pay our respects to those who served, as well as those who continue to serve our country. We would be privileged to have you attend and participate in this special occasion.

**Date:** April 9th, 2025

**Time:** 11:35

**Location:** School Hall

Please RSVP by Friday 4th April to confirm your attendance:

[hornsynth-p.school@det.nsw.edu.au](mailto:hornsynth-p.school@det.nsw.edu.au)

### Sport Noticeboard...

#### INTER-SCHOOL SPORT FINISHED FOR TERM 1

Just a reminder that all inter-school sport competition will cease for Hornsby Council ground changeover for the remainder of Term 1. Summer competitions will resume towards the end Term 3.



#### TERM 2 & 3 WINTER INTER-SCHOOL SPORT

Winter inter-school sport trials will commence this Friday 21st March during morning sport times. Teams competing in football, netball and AFL will be announced before the April school holidays.

Yours in Sport,  
*Chad Lawrence*  
Head of Sport



### From the School Office...

Dear Parent and Carers,

The Term 1 school contributions have recently been sent out to families - thank you to those who have made payments.

It is noted however, that there are several families that have "unallocated credit" sitting in their

School Bytes Parent Portal. This credit can be used towards any school contributions that have been issued through the School Bytes parent portal. Please check your parent portal and use any credit you may have against term 1 school contributions by selecting the item and "apply credit".

You're welcome to contact the office if you need help with this.

*Karen Hughes*  
School Administration Manager

## THE RESILIENCE PROJECT™

### What are GEM Chats/Conversations

GEM Chats are regular discussions where students reflect on Gratitude, Empathy, and Mindfulness (GEM), helping them build resilience and positive mental health through The Resilience Project. Parents can have GEM Chats with their child at any time, such as during mealtimes, on the way to school, or before bed. These conversations create a great opportunity to connect, encourage positive thinking and support emotional well-being.

### VALUE FOR THE WEEK

#### Gratitude

When we think about things we're grateful for, we're training our brains to focus on the good stuff.

#### GEM Conversation

Describe something you're looking forward to this year.

**THE RESILIENCE PROJECT.**

## GEM Chats Gratitude

CREATING WELLBEING HABITS & CONNECTION

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice gratitude.

Try these prompts:

- ★ What are you **grateful** for today?
- ★ Share a moment that **made you smile**.
- ★ How can you **support** someone tomorrow?
- ★ What was the **best part** of your day?

In 21 days of practising gratitude, you **rewire your brain** to start scanning the world for the positives. You become **three times** more likely to **notice a positive**.

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

@theresilienceproject... 
 The Resilience Project 
 The Resilience Project 
 theresilienceproject.com.au

## Coming Events...

Wed 12 Mar - Mon 24 Mar	NAPLAN
Wednesday 26 March	P&C Meeting—Via Zoom Harmony Day
Thursday 27 March	Bronze & Honour Ceremonies
Friday 4 April	Kindy Nocturnal Incursion #1
Monday 7 April	K-2 Easter Hat Parade
Tuesday 8 April	Year 3 Riverside Theatre Excursion
Wednesday 9 April	ANZAC Day Service (School hall) * Years 3 - 6 : 11:35am
Friday 11 April	Last day for Term 1
Wednesday 30 April	Students return for Term 2



## Canteen News...

The canteen has an oven again! Pizzas, burgers and cheese and vegemite scrolls are back! Mixed fruit muffins are also available on Tuesdays and Wednesdays. There have been some changes to the menu.

We would also love to have some more volunteers at the canteen. Contact [hornsynthcanteen@gmail.com](mailto:hornsynthcanteen@gmail.com) for more information.

## Uniform Shop News...

### IN-PERSON PURCHASES AT THE UNIFORM SHOP

A reminder to families that you will purchase new uniforms via our online store:

(<https://hnps-uniform-shop.myshopify.com>) using your own device or Uniform Shop iPad even when making in-person purchases at the uniform shop. Volunteers will then provide you with your order to take with you. NO cash or EFTPOS accepted for new uniforms. Second-hand uniforms and uniforms that may not be returned or exchanged may be bought via EFTPOS. No cash or AMEX.



### 2025 OPENING HOURS:

Wednesdays: 9am—10am

Fridays: 9am—10am

For online purchases please visit our website:

<https://hnps-uniform-shop.myshopify.com>

### CONTACT US

Email: [hnpsuniforms@gmail.com](mailto:hnpsuniforms@gmail.com)

Uniform Shop Volunteers

## P & C News...

### P & C MEETING - 26 MARCH

✳️ Join us for the next P&C Meeting on Wednesday, March 26th at 7.30 (online)! ✳️

It's a fantastic chance to get involved, stay informed, and help shape the future of our school community. We'd love to see you there to share your ideas and make a positive impact!

Topics in the meeting will include price increases to school canteen menu, supporting funding requests from the school, updates on the new co-ed high school, an update on upcoming Band Workshops and an upcoming P&C survey to hear your thoughts and feedback.

Register here <https://forms.gle/7JLHPpNua4yXZBdy8>

We're also on the lookout for an additional Grants Coordinator to assist with applying for grants to help fund exciting projects that will support our school. If you've got experience with grant writing or navigating government funding (bonus points if you've worked with tenders!), this is a great opportunity to make a real difference. If you're interested, come along to the meeting or reach out – we'd love to have you join the team and help us secure the resources our school deserves!

Contact us at: [hello@hornsynorthpandc.com.au](mailto:hello@hornsynorthpandc.com.au) for more information.

ASSOCIATION

Hornsby North public school

You are invited

**To the HNPS P&C  
General Meeting (Virtual)**

On  
**Wednesday 26th March 2025**

From  
**7.30pm onwards**

on  
**Microsoft meets**

Teams Meeting:  
[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MTI4NDZlMjgtZTVmNC00NTgwLTgyMTctMjE3YzdIOTMy\\_ZTg1%40thread.v2/0?context=%7b%22Tid%22%3a%22c2cf3555-c004-47f6-ac49-84bc18c5bcb4%22%2c%22Oid%22%3a%225a39ce2a-0c89-4ba5-8e11-0ee8b384d313%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MTI4NDZlMjgtZTVmNC00NTgwLTgyMTctMjE3YzdIOTMy_ZTg1%40thread.v2/0?context=%7b%22Tid%22%3a%22c2cf3555-c004-47f6-ac49-84bc18c5bcb4%22%2c%22Oid%22%3a%225a39ce2a-0c89-4ba5-8e11-0ee8b384d313%22%7d)

Get involved and make a difference: Join the P&C



# HORNSBY RSL GYMNASTICS HOLIDAY PROGRAMS

JOIN US FOR A FUN FILLED DAY OF GYMNASTICS ACTIVITIES THAT IS SURE TO KEEP THE KIDS ENTERTAINED ALL DAY LONG.



## WHAT DOES THE DAY INVOLVE?

- A full day program for children aged 5-12 years, members and non members, no experience necessary, all welcome!
- There are two programs types available where we fit the very best things into one fun filled, action packed day:
- COMBO DAY: Combining the very best of GymSKILLS, FreeG + Tumble, Tricks and Flips! Learn new skills and try a wide range of different drills, activities and creative time!
- HOLIDAY FUN DAY: Sessions loaded with lots of gymnastics activities, circuits, games and other FUN activities including craft, free play and lots lots more!
- Morning tea and lunch break (bring your own food, NO NUTS permitted)



**HORNSBY RSL GYMNASTICS**  
1 ASHLEY LANE HORNSBY NSW 2077  
9476 6689 INFO@HORNSBYRSLGYMNASTICS.COM.AU

**WWW.HORNSBYRSLGYMNASTICS.COM.AU**

## PROGRAM DETAILS

### APRIL 2025 PROGRAM:

MONDAY 14TH APRIL  
(COMBO DAY)

WEDNESDAY 16TH APRIL  
(HOLIDAY FUN)

WEDNESDAY 23RD APRIL  
(COMBO DAY)

9AM - 3PM

\$65 PER CHILD PER DAY

AGES 5-12 YEARS

BRING MORNING TEA, LUNCH, DRINK  
BOTTLE, HAT, SUNSCREEN





THE **BEST FUN** YOUR **4 -7 YEAR OLD** CAN HAVE ON A  
SUNDAY MORNING!

JOIN OUR **50+ GIRLS & BOYS** IN OUR AUSKICK PROGRAM!

**AUSKICK** IS A FUN INTRODUCTORY **AUSTRALIAN**  
**RULES FOOTBALL** PROGRAM FULL OF AGE-APPROPRIATE  
GAMES & ACTIVITIES!

**SUNDAYS 8:30 – 9:30AM**

**ROFE PARK, HORNSBY HEIGHTS**

COMMENCES 6 APRIL 2025 & RUNNING THROUGH UNTIL 10 AUGUST 2025

TO REGISTER OR FOR MORE INFO GO TO

[WWW.HORNSBYBEROWRAEAGLES.COM](http://WWW.HORNSBYBEROWRAEAGLES.COM)







## Hornsby North Public School Canteen

Open for Recess and Lunch - 5 days a week

### Snacks

(E) Piece of Fruit (GF) (V)	\$1.00
(E) Veggie Sticks w/ Dip (V)	\$1.50
(E) Apple Slinky (GF) (V)	\$1.00
(O) Popcorn (GF) (V)	\$0.50
(E) Breadsticks - Plain (2) (V)	\$0.50
(O) Fruity Muffin (V) (Tues, Wed)	\$2.00
(O) Banana Bread (V) (Mon, Thurs, Fri)	\$2.00
(E) Breadsticks w/ Dip (V)	\$1.50
(E) Pikelets (2) w/ Jam (V)	\$2.00
(E) Raisin Toast (V)	\$1.00
(E) Fruit Cup (V) (GF)	\$1.50



### Warm Lunch Food Online Orders Only

(E) Beef Burger (Plain)	\$4.00
+Cheese	\$4.50
+Tomato & Lettuce	\$5.00
(E) Beef Lasagne	\$5.00
(E) Butter Chicken & Rice	\$5.00
(E) Canteen's Own Veggie Rice (GF, V)	\$5.00
(E) Canteen's Own Mac & Cheese (V)	\$5.00
(E) Canteen's Own Lentil Dahl (V)	\$5.00

### Frozen Snacks

(E) Frozen Fruit Piece (GF) (V)	\$0.50
(E) Juicies (GF) (V)	\$2.00
(Wild Berry, Watermelon)	
(E) Quelch Stick 99% Fruit Juice (GF)(V)	\$1.00
(mixed flavours)	
(O) Frozen Yoghurt (GF) (V)	\$2.00
(Chocolate, Strawberry)	
(O) Popsicle (frozen flavour milk)	\$2.00
(Chocolate, Strawberry)	



### Sandwiches

(Gluten-Free bread available upon request)

(E) Butter only (V)	\$2.00
(E) Vegemite (V)	\$2.00
(E) Cheese (V)	\$2.50
(E) Egg (V)	\$3.00
(E) Ham	\$3.50
(E) Roast Chicken	\$3.50
(E) Egg & Lettuce (V)	\$3.50
(E) Chicken & Lettuce	\$4.00
(E) Ham & Cheese	\$4.00
(E) Salad (V)	\$4.00



### Daily Specials Online Orders Only

**Tues Only** - Pizza now with real pizza bases!

(O) Cheese Pizza (V)	\$3.00
(O) Ham and Cheese	\$4.00

**Mon, Tues, Wed**

(O) Cheese & Vegemite Scroll (V)	\$1.50
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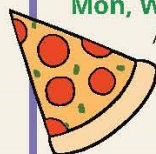
**Mon, Wed, Fri** - Mini Pizza w Muffin Base

(O) Cheese Pizza (V)	\$2.00
(O) Ham and Cheese	\$3.00

**Thurs, Fri** - Sausage Roll \$4.00

**Mon, Wed, Thurs** - (E) Sushi \$4.30

Avo & Cucumber (V) / Beef & Lettuce /  
Teriyaki Chicken & Lettuce /  
Teriyaki Salmon & Cucumber /  
Tuna & Avocado / Tuna & Cucumber



### Salad Box

(E) Salad Box (V)	\$4.00
(E) Salad Box w/ Cheese (V)	\$4.50
(E) Salad Box w/ Egg (V)	\$5.00
(E) Salad Box w/ Chicken or Ham	\$6.00



### Drinks

(E) Water (GF) (V)	\$2.50
(O) Flavoured Milk (V)	\$2.50
(Chocolate or Strawberry)	
(E) 99% Fruit Juice Popper (GF) (V)	\$2.00
(Apple, Apple & Blackcurrent, Paradise Punch)	



Over the counter orders to be at the canteen  
before 9:10am.

Name, Class and Order  
clearly labelled on paper bag



Online Orders via  
[www.munchmonitor.com](http://www.munchmonitor.com)  
by 8.30am  
Orders can be made up to a month in  
advance

Legend: (E) = Everyday Food / (O) = Occasional Food  
(GF) = Gluten Free / (V) = Vegetarian

Due to health concerns, the canteen is unable to  
meet requests to heat/cook food brought from  
home.