



## From the Principal...

### NATIONAL SORRY DAY AND NATIONAL RECONCILIATION WEEK

This week marks two significant events in our national calendar: National Sorry Day – Monday 26 May – and National Reconciliation Week, which runs from 27 May to 3 June.



NATIONAL RECONCILIATION WEEK 2025  
**Bridging  
Now to  
Next**

On National Sorry Day, we payed our respects and acknowledged the Stolen Generations and the ongoing impact of historic government policies that caused profound harm to Aboriginal and/or Torres Strait Islander people – including historical education policies, where students were systematically excluded. It's a time for reflection, recognition and compassion as we commit to healing and building a more genuine relationship with Aboriginal and/or Torres Strait Islander people.

This year's theme for National Reconciliation Week, 'Bridging Now to Next', invites us to acknowledge past wrongs, to reconcile the past with the present, and walk together towards a more respectful and inclusive future.

To acknowledge National Reconciliation Week classes are undertaking lessons at an age-appropriate level to increase their awareness. Yesterday I witnessed 3JP playing an Indigenous game in the afternoon, in which all the students were having a lot of fun and showing outstanding sportsmanship. Well done!

### NRMA SCIENCE AND ROAD SAFETY PRESENTATION

Today and tomorrow our students will be participating in the NRMA's Science and Road Safety program for primary school children. This free workshop is a valuable resource to ensure our most valuable people are kept as safe as possible.

#### The WHAT, WHY and HOW of road safety that is covered

By the time children start school, most are given the responsibility of putting on their own seatbelt and strapping on their own bike helmet, yet few children actually know how to do this correctly which puts them at risk.

We explicitly teach children the following road safety information each accompanied with a tangible safety strategy that they can employ to keep themselves and others safe;

- What seatbelts do in the event of a crash - Why they need to be positioned correctly - How to correctly fit their seatbelts themselves.
- What helmets do in the event of a crash - Why they need to be positioned correctly - How to correctly fit their own helmet.
- What helmet is needed for specific activities - Why they

are designed differently - How to choose the correct bike helmet for their activity.

- What happens to a helmet in a crash - Why a helmet can only survive one crash - How they can properly store their helmet to prevent damage.
- What is the safety door (rear and opening onto the footpath) - Why they should only use this door when entering and exiting a car - How to access the safety door even when they are not seated next to it.
- What are the dangers of sitting in the front seat- Why they should choose to sit in the back - How they can minimise the impact of airbags if they need to sit in the front seat.
- What to do before crossing a road - Why it is important to hold hands - How to cross the road safely.
- What it takes to concentrate on driving a car - Why it is important not to cause a distraction to your driver - How to prepare for a trip to reduce the need to distract the driver.
- What is inattentional blindness - Why this is dangerous for pedestrians - How human brains process information when engaged in a task.

### STUDENT SUCCESS

Congratulations to Mikayla (5D) who has achieved remarkable success at the recent NSW Rhythmic Gymnastics State Championship Elite category! The Elite categories feature some of the most talented young athletes, making for an intense competition with high expectations. After two challenging trial competitions in April and May, where she was crowned in one, Mikayla's dedication and hard work shone through at the State Championship where she earned a bronze medal for the overall competition, a silver medal in freehand, and a bronze medal in hoop in the Sub-Junior category. Her outstanding performance has earned her a well-deserved spot on the State Team, for the second consecutive year, and she will now go on to represent NSW at the Australian National Championship in July. We wish Mikayla the best as she competes at the national level!



Matt Pinchbeck  
Principal

## Around K-2 this week...

### 'WORLD OF MATHS' INCURSION

Last week Kindergarten and 1F were the first classes to enjoy the 'World of Maths' incursion. Thank you Mrs Bortz for organising this special event. Here are some photos of KB enjoying exploring the maths challenges.

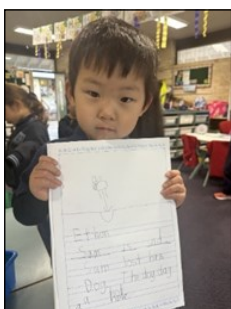


Year 2 are practising their typing skills. 2S worked diligently on their iPad keyboards using the touch type program familiarising themselves with the QWERTY keyboard.



Kindergarten have learnt so much since they started school in February. These students from KGT practised work on rhyming words, sound and word recognition and their fine motor skills. They also shared sentence work ideas about cats, using adjectives and verbs. Well done, Kindy.

*Julie Hall*  
Deputy Principal



## 3-6 Matters...

Despite last week's wet and rainy weather, students continued to produce outstanding work. In Year 4, they have been exploring the text *Ned Kelly and the Green Sash* to deepen their understanding of argument and the authoritative genre. Inspired by the iconic style of Sidney Nolan, they created striking artworks depicting Ned Kelly. Here are a few creative pieces from the talented students in 4LP.



### NED'S RESILIENCY RIDE

On Monday NED's Resiliency Ride visited our school! The assembly was filled with storytelling, humor, illusions and amazing yo-yo tricks where our kids learn the hidden message in NED's name: Never give up Encourage others Do your best.

Thank you to the families that purchased yo-yos. At the end of this newsletter are help sheets on how to adjust the string and also some tricks the students can learn.

If any students would still like to purchase yo-yo's they are still available from Mrs Cale at her office which is near the staffroom.



*Kylie Cale*  
Relieving Deputy Principal

### SRE/E NEWS

The Ethics co-ordinator is currently looking for volunteers to teach a Kindy and a Y3 class. These two classes are currently without a volunteer teacher.

Primary Ethics is the provider for our ethics program and all training is provided. A commitment of 30 minutes on Thursday morning is needed. See ad on page 5 of this newsletter. Please contact Mandy Walmsley for details on [hnpes.ethics@gmail.com](mailto:hnpes.ethics@gmail.com)

*Julie Hall*  
Deputy Principal

### BIGGEST MORNING TEA

Thank you to everyone who attended our Biggest Morning Tea last week or supported the Cancer Council through donations. Despite the wet weather, it was great to see so many parents come together to enjoy the morning and support a worthy cause. Thanks to the generosity of our community, we raised \$918 for the Cancer Council – a fantastic effort by our Hornsby North community! A special thank you to our staff for providing the delicious food and helping make the event such a success.



*Nicole Irvine*  
Stage 1 teacher / Event organiser



# 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

What is something that makes you feel happy?

## Coming Events...



Thurs 29 May	Yr 5 & 6 - NRMA Road Safety Day
Tuesday 3 June	Zone Cross Country - Rofe Park
Wednesday 4 June	Yrs 3 - 6 Athletics Carnival - Foxglove Oval
	Yr 2 - World of Maths incursion
Monday 9 June	King's Birthday Public Holiday
Tuesday 10 June	Kindy "Fresh for Kids" incursion
Wednesday 11 June	Kindy "Fresh for Kids" incursion
	Yr 3 & 4B, 4D & 4LP - World of Maths incursion
	Yr 6 Canberra Camp Day 1
Thursday 12 June	Yr 6 Canberra Camp Day 2
Friday 13 June	Yr 6 Canberra Camp Day 3
	Kindy "Fresh for Kids" incursion

## Sport Noticeboard...

### ZONE CROSS COUNTRY

The Hornsby Zone School Sport Cross Country events have been rescheduled for next Tuesday 3rd June. All event details remain the same for select students who have qualified.

### STUDENT SUCCESS

Adrian in 6H was selected to play for Sydney North in the 2025 NSWPSA Primary Hockey Championships, which took place last week at the Newcastle International Hockey Centre. Sydney North was one of 14 teams representing

## 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

## From the School Office...

### MEET OUR NEW SCHOOL ADMINISTRATIVE OFFICER - MRS. CAROL ACTON

We are excited to introduce Mrs. Carol Acton as the newest member of our HNPS Administration Team. Carol was recently appointed to the role of School Administration Officer following a competitive merit selection process and will commence at the start of Term 3.

She brings with her a wealth of experience, knowledge and a deep commitment to supporting school communities. We are confident that Carol will be a wonderful addition to our team and contribute positively to the daily life of our school. Please join us in giving her a warm HNPS welcome!



Karen Hughes  
School Administration Manager

students from public, catholic, and independent schools. Adrian's team was undefeated throughout the tournament, and proudly finished in third position. Congratulations Adrian!

Chad Lawrence  
Head of Sport





## Canteen News...

### ATHLETICS CARNIVAL VOLUNTEERS NEEDED

The canteen would love volunteers on Athletics Day Wednesday, 4th June. We will require volunteers at Foxglove Oval as well as the school canteen. Sign up to volunteer at Athletics Day here:



<https://signup.com/go/CmvOvXW>

## Uniform Shop News...

### IN-PERSON PURCHASES AT THE UNIFORM SHOP

Families need to purchase new uniforms via our online store:

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

#### 2025 OPENING HOURS:

Wednesdays: 9am—10am

Fridays: 9am—10am



You can use your own device or the 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. 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...

### EXCITING NEWS FROM THE BAND PROGRAM!

We're thrilled to announce that our Wind Ensemble – the most senior band at our school – has been selected to perform at the **Primary Proms Coorong Concert on Tuesday, 23rd September 2025 at Sydney Town Hall!** This is a fantastic achievement and a testament to the dedication of our students and conductors over the past 3–4 years. Congratulations to everyone involved – we can't wait to see you shine on stage!



## JOIN THE BAND COMMITTEE!

We're currently looking for a **Band Coordinator** to join the P&C. This role acts as a link between the Band Committee and the P&C – a great opportunity to support our school's vibrant music program. If you're interested or would like to know more, please reach out!



## YOUR VOICE MATTERS

We'd also love to hear your thoughts on fundraising ideas and how P&C funds could best support our school community. Whether it's big or small, your input helps shape the future of our school – so feel free to get in touch and share your ideas!

Contact us at [hello@hornsbynorthpandc.com.au](mailto:hello@hornsbynorthpandc.com.au)

P & C Committee

## Community News...

### TRY JUNIOR GIRL GUIDES NIGHT

Would you like your daughter to develop her leadership skills? Learn to work in a team and build confidence and friendships?

Hornsby Waitara Girl Guides invites all girls 6 – 9 years old to try Girl Guides

5 June 2025

5 – 6:30pm

Waitara Girl Guide Hall

25 Edgeworth David Ave, Hornsby



Waitara Girl Guides



### Screen Savvy Parents:

Empowering parents to tackle screen time impacts and build healthy habits



Exclusive opportunity to hear from screen use expert, **Brad Marshall, The Unplugged Psychologist.**

**FREE Webinar**

This live webinar will empower parents to minimise harms from recreational screen use on primary school aged children's development.

**Hosted by:** Northern Sydney Local Health District, School Years team and the Northern Sydney Network of Councils.

**For:** Parents of primary school children living in the Northern Sydney Councils region and Northern Sydney Local Health District.

Date: Wed 28th May, 2025

Time: 6:30pm - 8.00pm

Location: Online via MS Teams



Scan the QR code or click here to register now!

Supported by:







# Primary ETHICS



## Hornsby North Ethics requires a volunteer to take on an existing Ethics class in 2025.

Until volunteers are recruited, the SEE class will participate in other meaningful activities.

Ethics classes are thought-provoking and give children a chance to practise skills like disagreeing respectfully with others. They will be encouraged to try to find answers to the questions posed by giving reasons, finding evidence and building on each other's ideas. For more information about the Primary Ethics program, please visit [primaryethics.com.au](https://primaryethics.com.au).

Each week the children discuss a topic from the approved Primary Ethics curriculum suitable for their age. Children discuss topics such as:

- how should we treat living things?
- what is laziness?
- how do we disagree in a respectful way?
- what is fairness?

Classes run for 30 minutes in the SEE timeslot each week – Thursday morning from 9.45am.

Lesson plans for ethics classes are provided by Primary Ethics, so you don't need to create your own lessons. Ethics teachers receive full training through online modules and a comprehensive 2-day training workshop.

If you or someone you know is looking for an opportunity to make a valuable contribution to our school and your family, please use the QR code to register, or contact the HN Ethics Coordinator, Mandy Walmsley on [hnpes.ethics@gmail.com](mailto:hnpes.ethics@gmail.com) for more details.





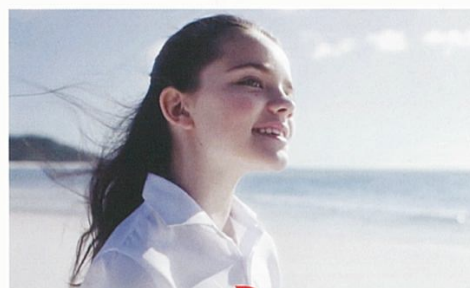
## AUSTRALIAN GIRLS CHOIR

**An experience that goes far beyond the stage!**

Girls blossom as members of the AGC, both on and off the stage. Your daughter will develop confidence, self-esteem, public speaking and presentation skills, all while gaining friendships that will last a lifetime.

Our senior performers have shared the stage with a long list of artists including Hugh Jackman and Kylie Minogue and have performed at dazzling events including the Australian Open, Prime Minister's Olympic Dinner, Carols by Candlelight and Carols in the Domain. We're proud to have represented Qantas in the iconic 'I Still Call Australia Home' advertising campaigns for 26 years.

Now accepting enrolments for our rehearsal venues in Balgowlah, Beecroft, Castle Hill, Chatswood, Haberfield, Kellyville, North Parramatta, North Ryde, St Ives and Waverley.

**JOIN US AT OUR JUNE OPEN DAY**

Register now at [ausgirlschoir.com.au/joinagc](https://ausgirlschoir.com.au/joinagc) or phone 02 9922 6733



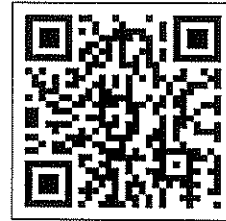
AUSTRALIAN SCHOOL OF PERFORMING ARTS





# NED'S SIX TRIX™

Scan the QR code to visit NED's Yo-Yo Channel ([www.NEDKids.com](http://www.NEDKids.com)), where you can watch step-by-step instruction videos and learn 30 more tricks!

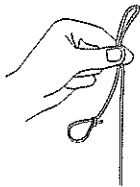


## Is your string too long? .....

### 1. Measure the String

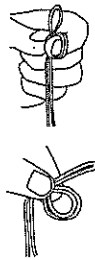
Let the string out and set the yo-yo on the ground.

Pinch the string at your elbow and let the top part drop. Slide your other finger down two inches.



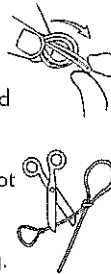
### 2. Make a Solid Loop

Tie a new knot by wrapping the string around your fingernail and pinching it with your thumb, just like tying a balloon. Slide it off your finger.



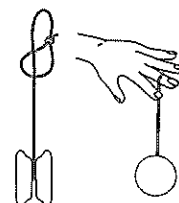
Slip the end underneath and pull it through to form a penny-sized loop.

Pull the knot tight and cut off the extra string.



### 3. Make a Slip Loop

This loop will fit any size finger, so the yo-yo doesn't fall off your hand.



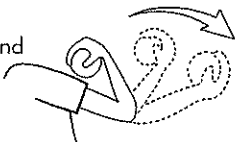
The Specialty yos need five wraps around the axle to do the first three tricks (See back)  
Super Spinner yos need to be thrown 'softly' to do these 3 tricks.

## 1 Gravity Gripper

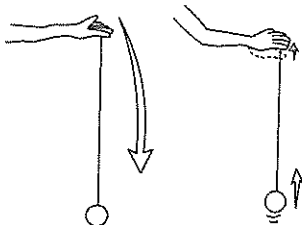
1. Place the yo-yo in your hand with your palm up. Make sure the string wraps over the top of your yo-yo.



2. Make a muscle, curl your wrist and fling your arm straight out in front of you.



3. Release the yo-yo with a hard downward throw. Turn your palm over, and catch the yo-yo. Good job!

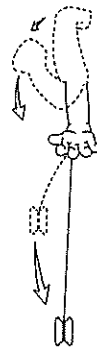


**NED TIP**

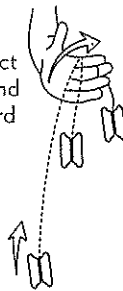
Is your yo-yo not coming up, but ends up spinning on its side? Line your shoulder, elbow and wrist straight out in front of you before your hard downward throw.

## 2 Flip Flop

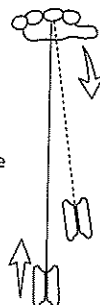
1. Release the yo-yo downward, like you would with the Gravity Gripper.



2. As the yo-yo comes up, direct it over your hand and back toward the floor.



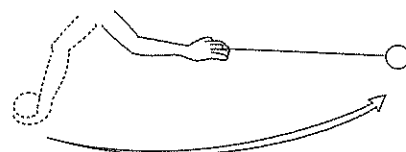
3. As the yo-yo flops back down let it do a second Gravity Gripper.



Congratulations! You've just done the Flip-Flop!

## 3 Forward Pass

1. Start with the yo-yo in your palm like you would for a Gravity Gripper. Now let your arms hang to your side, and draw your yo-yo hand back... ready to swing it quickly forward.



2. Let go of your yo-yo while it's behind you, and at the same instant, thrust your arm and hand forward in a swinging motion, leading with the back of your hand.

3. As the yo-yo comes back, turn your palm up to catch it. Nice job on the Forward Pass!





Remove wraps from the Classic Yo so there is just 1 left for tricks 4-6 (see below).



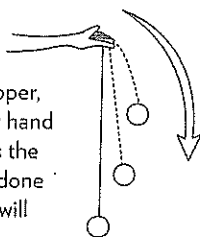
Always keep 3 wraps on the Super Spinner Yos.

# 4

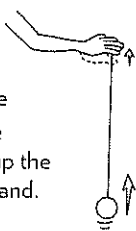
## Spinner

### SLEEPER TRICK

1. Start this trick just like the Gravity Gripper, but gently stop your hand as the yo-yo reaches the end of the string. If done correctly, the yo-yo will spin or "sleep."



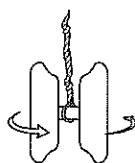
2. Turn your hand over (palm down) and give the string a tug. If there is still enough spin, the yo-yo will climb back up the string right into your hand.



**NED TIP**

The harder you throw your yo-yo down the longer it will spin AND the looser the string must be.

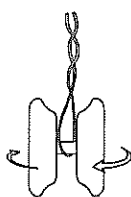
#### YO-YO WON'T STAY & SPIN?



Your string is too "tight." Look down at your yo-yo, and turn it counterclockwise, like the hands of a clock moving backward. Now try it...

If your Super Spinner yo won't spin, use a harder overhand throw.

#### YO-YO WON'T COME UP?



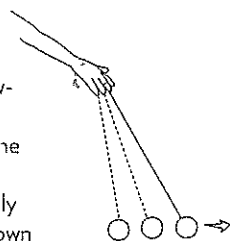
Your string is too "loose." Look down at your yo-yo and turn it clockwise. Or, simply let the yo hang down and it will naturally tighten. Now try it...

# 5

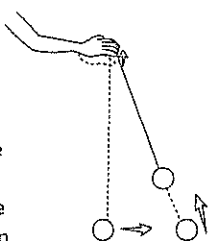
## Walk the Dog

### SLEEPER TRICK

1. Start by throwing a good Spinner. As the yo-yo swings forward, lightly let it touch down on the floor.



2. Let the yo-yo "walk" in front of you.
3. Before it runs out of spin give the string a small tug so the yo-yo will return to your hand.



**NED TIP**

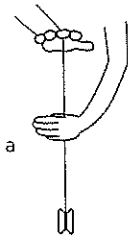
A hard floor surface - wood, gym or kitchen - works best for "walking your dog!"

# 6

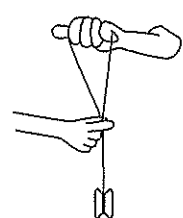
## Rock the Baby

### SLEEPER TRICK

1. After throwing a good Spinner, grab the string a little above the middle with your free hand.



2. Bend the string down with your yo-yo hand, and pinch the string about 5 inches (13 cm) above your yo-yo.



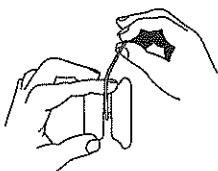
3. Now swing the triangle down between you and your yo-yo and bring it into place, forming the cradle.



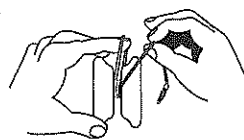
**NED TIP**

Try the trick a few times before adding the spin.

## HOW TO WIND THE STRING on the Specialty Yos



1. Make the first wrap over one finger.

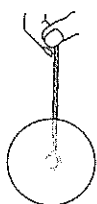


2. Continue to wrap string around the axle, to the side of your finger, 2-3 times.

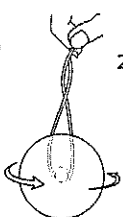
3. Remove finger and gently continue wrapping until wound.

4. The finger loop will disappear when you throw the yo-yo down!

## HOW TO ADD or REMOVE WRAPS



1. Pinch the string about 3 inches (7cm) above your yo.

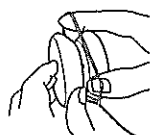


2. As you look down at your yo-yo, spin it counter-clockwise until the strands of the string split apart

3. TO REMOVE WRAPS: Take off one wrap at a time until there is only 1 wrap left around the axle.

TO ADD WRAPS:

Add one wrap at a time until there are 3 wraps (Classic Yo) or 5 wraps (Specialty Yos) around the axle.

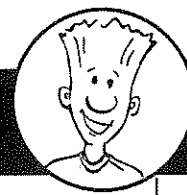


4. Let go of the pinched string, and the yo-yo will spin, returning the string to its natural position.

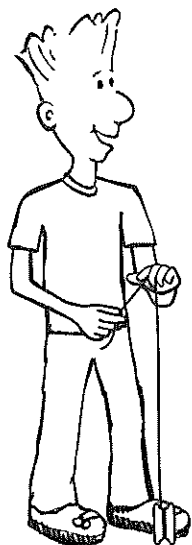




# STRING ADJUSTING



## WHAT YOU NEED TO KNOW!

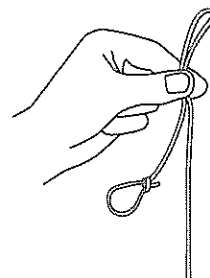


ADJUST the string length of each student's yo according to the instructions below.

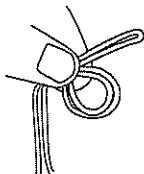
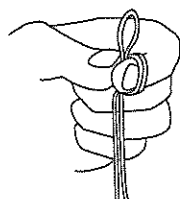
### A. MEASURE THE STRING

Let the string all the way out and set the yo-yo on the ground next to the student's **shoe**.

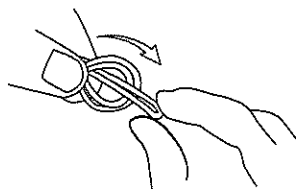
Pinch the string at the student's **elbow** and let the top part drop. Slide your other finger down **two inches**.



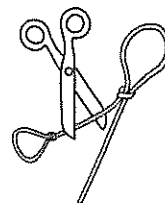
### B. MAKE A SOLID LOOP



Now, tie a new knot by wrapping the string around your **fingernail** one time and pinch it with your **thumb**, just like tying a water balloon.



Slip the end underneath and pull it **through** to form a loop that's the size of a **penny**.

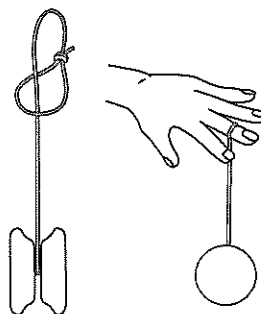


**Pull** the knot tight and cut off the extra string with a pair of **scissors**.

### C. MAKE A SLIP LOOP

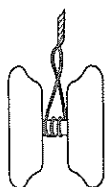
This loop will fit any size finger, so the yo-yo doesn't fall off your hand.

Place the yo between the first and second knuckle on the middle finger.

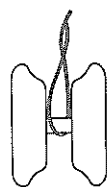


[www.theNEDshows.com/string-adjusting](http://www.theNEDshows.com/string-adjusting)

### ADJUSTING WRAPS

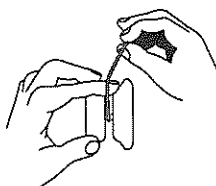


**MULTIPLE WRAPS**  
for easy play

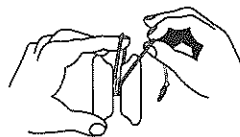


**ONE WRAP**  
for sleeper tricks

### HOW TO WIND THE STRING on a sleeper yo



1. Make the first wrap over one finger.



2. Continue to wrap string around the axle, to the side of your finger, 2-3 times.

3. Remove finger and gently continue wrapping until wound.

4. The finger loop will disappear when you throw the yo-yo down!