



## Term 2 Week 9

As Term 2 comes to a close, we begin to realise how quickly the first half of 2023 has flown by and we reflect on the journey of growth and learning for us all. I want to congratulate our wonderful students on their participation, resilience, and hard work. Whether it was excelling in academics, participating in extracurricular activities or displaying acts of kindness, consistently showing the best of what Hillston Central School stands for.

## Reports

These successes will be reflected in our Semester 1 reports that will be coming home with students next week on Thursday 29th June. Any reports not received may be collected from the Front Office.

## Attendance

You will notice in the reports your child's percentage of attendance at school for this Semester. This is to highlight the Departments & HCS's focus on the importance of attendance. HCS's goal is set at, or preferably above 92%. Consistent attendance develops in our students a sense of responsibility, punctuality and discipline. It directly impact's a student's academic success, social skills and lays the groundwork for a bright and promising future.

## Vaping

There has been a lot of information in the news lately about the dangers of vaping. Inside our newsletter we have included some very important information for parents about the serious harm vapes & e-cigarettes can cause our bodies. Protect your child's health and help them to make smart choices by discussing the dangers of vaping.

***Continued on next page***

## Upcoming Dates

Thurs June 22nd  
Principal's Assembly &  
Biggest Morning

Frid June 23rd  
Do It For Dolly Day

Frid Jun 23rd  
Primary Disco

Frid June 30th  
Rewards Day  
Last day of term

**Tue July 18  
Students Return**

Wed July 19—July 21  
Yr. 3/4 Borambola  
Excursion

Hillston Central School acknowledges the Wiradjuri people who are the traditional custodians of the lands on which our school is located. We pay our respects to Elders, past, present, and emerging. We extend our respects to all Aboriginal and Torres Strait Island students enrolled in our school. Hillston Central School is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas.

62-80 Moore St Hillston NSW 2675 T 6967 2277 F 6967 2385 E hillston-c.school@det.nsw.edu.au



### Phone Free School for students K-12

A reminder to all parents that HCS is a phone free school. If you need to contact a student at school as a result of an emergency, please call the school's main office on (02) 6967 2277 and a message will be sent immediately to the student. If a student needs to make emergency contact with anyone they are to do so through the school's main office. I have included our policy in this newsletter.

### Surveys

Feedback from parents is incredibly valuable and plays a vital role in the decision making processes. You have a deep understanding of your child's needs, preferences and overall well-being. Your input helps shape decisions related to education, health, safety and well-being of our students.

I'd like to thank you for your feedback in our survey about the colour of socks in our uniform policy and as a result our uniform now includes navy and white socks – wearers choice.

If you could indulge us once again and fill in our 1 question survey on the possible change of Bell Times for 2024 and beyond. Please click the link below or scan in the QR Code for access.

<https://forms.office.com/r/kFVeNeuemk>

Thank you for a wonderful term and we will see you all on Thursday for our Principal's Assembly, Primary's ProBL Day and HCS's Biggest Morning Tea.

Stay warm

Ms Ryan

Possible change of bell times for  
2024 and beyond - Parent Survey



# SCHOOL NEWS



## Hillston Central School Student use of Digital Devices

### Phone Free School for students K-12

As of Term 1 2023 handheld technologies ie mobile phones & watches must not be used by Hillston Central School students while on school grounds. For the purpose of this policy, a mobile phone is a device with access to a cellular (telecommunication) system, with or without a physical connection to a network.

HCS acknowledges that parents may wish students to be in possession of mobile phones for reasons relating to their safety when travelling to and from school or for medical reasons.

Students who choose to bring mobile phones to school must have them switched off and securely stored during school hours. The school has lockers available for hire for students in these situations. The student must take full responsibility for their devices. The school or staff will not be responsible for their loss, theft or damage. Students who bring them to school do so at their own risk.

#### Exceptions

- students with a health condition documented in the Student Health Support Plan. managing students offsite, this is at the discretion of the excursion coordinating teacher.

#### Breaches of this policy:

If a student interacts with a device or staff observe a device being used during school time:

1<sup>st</sup> offence = device handed in to office, collect at home time and student up a Level in our behaviour system.

2<sup>nd</sup> offence = hand in to office and parent contacted for a meeting with Executive to collect device and student up a Level in our behaviour system.

Persistent misuse of devices in school may result in further consequences for students such as revoking the privilege of bringing digital devices onto school property or other appropriate measure as determined by the Executive in line with the school's discipline policy.

Other disciplinary action will be taken in cases where students have bullied, threatened or harassed other students or staff via a digital device or where the device has been used to take photographs or display inappropriate material. In cases where it is confirmed or reasonably suspected that a criminal offence has taken place, the matter will be handed over to the police.

#### Parent Responsibility

If a parent or caregiver needs to contact a student at school as a result of an emergency, they are required to call the school's main office on (02) 6967 2277 and a message will be sent immediately to the student. If a student needs to make emergency contact with anyone they are to do so through the school's main office.

# SCHOOL NEWS



## Uniform Process

### Student Expectations

- A student out of uniform is required to bring a signed note from their parent/carer explaining the reason. Roll Call/Class teacher signs, dates and strikes through the note and does not record on Sentral as student has followed procedure.
- A student out of uniform without a signed note from parent/carer will be recorded on Sentral and given a yellow Uniform Slip by their Roll Call/Class Teacher. The student is required to meet the Uniform Coordinator at the beginning of recess and present the uniform slip for it to be signed and dated.

### Consequences

- A student who fails to follow procedure by meeting the Uniform Coordinator at recess will be given a Communication Slip. This will be recorded on Sentral by the Uniform Coordinator and will be managed through our behaviour system.
- Students who are out of uniform will not be able to represent the school on the day of extra-curricular events (including sports) or represent and/or receive awards at assemblies.

### Support

- A student who is persistently out of uniform, with or without a signed note from the parent/carer, will be discussed by the Uniform Coordinator and Year Advisor/Class Teacher. The parent/carer will then be contacted by the Uniform Coordinator/Class Teacher to see if the school can provide any support with the issue.
- A student who is out of uniform will be directed to the Front Office to borrow items of school uniform for that day, if available.

### Reminders

- Under no circumstances are "hoodies" to be worn to school.
- Representative attire is not part of our school uniform.
- Hats are to be worn at all times when outside.
- School shoes are to be black.
- Layers worn under school uniform are not to be visible (e.g. "skins" etc.)
- School shorts are plain navy with no stripes or logos other than the school initials



# SCHOOL NEWS



**We welcome families & friends to join us in celebrating our students' learning achievements at our Principal's Assembly. Following that, enjoy some morning tea and see our Primary Project Based Learning (Pro-BL) displays.**

**THURS  
22ND  
JUNE**

**11.15  
AM**

**TERM 2  
PRINCIPAL'S  
ASSEMBLY**

**THE SRC  
BIGGEST  
MORNING TEA**



**ProBL  
OPEN  
DAY**

**BARBARA NOVELLI HALL**

# SCHOOL NEWS

HILLSTON CENTRAL SCHOOL'S

## Biggest Morning Tea

**When:** Thursday 22nd June (Week 9)  
after the Principal's Assembly

**Where:** Barbara Novelli Hall  
Baked goods, coffee and tea will be  
available for a cost of \$1-\$5

SRC Hillston Central School

## CALLING ALL BAKERS!

The SRC are looking for donations of baked goods for the Biggest Morning Tea.

If you make the best brownies, the fanciest cupcakes or the most scrumptious slices we want some!

Drop your donation off at the school on the morning of the Thursday, 22nd June 2023 (Week 9)



PLEASE, NO NUTS

# SCHOOL NEWS

## Medications at School

Reminder that **no primary student should have ANY kind of medication in their school bag.**



All medication must be prescribed by a Dr (including Panadol) and be held at the front office.

The only exception to this rule is epi-pen for

## STOP BULLYING WEAR BLUE

*Do it for Dolly*

MUFTI DAY  
GOLD COIN DONATION  
FRIDAY 23RD JUNE



THE HCS SRC PRESENTS

**23**  
JUNE

## HCS'S PRIMARY WINTER DISCO

FEATURING DJ DEE JAY  
05.30PM TO 7.30PM  
FRIDAY, 23TH JUNE  
BARBARA NOVELLI HALL  
\$5 ENTRY  
INCLUDES  
SAUSAGE SIZZLE,  
LOLLY BAG & DRINK

SCHOOL READY TO YEAR 6  
INVITED



# SCHOOL NEWS

## AEROSOLS

A reminder that aerosol sprays including deodorant and insect repellents are not permitted at our school.



## SCHOOL HOURS

**Primary:** 8:55am-2:50pm

**Secondary:** 8:55am-3:25pm

Students are welcome onsite following the morning bell at 8:30am.



## Primary Slab

Just a reminder to parents, Primary School finishes at 2:50pm.



If your child is in primary and travels by bus to school they will remain on Slab for playtime until the bus collects them at 3:25pm. Students who do not travel by bus are required to leave school grounds at 2:50pm. If for any reason you require your child to stay behind until 3:25pm, please contact the Front Office.

## School Bus

School buses collect HCS students from Moore St at about 3:25 each afternoon.



Please note that if your child is going to be taking a different bus to their usual route, they must have a letter from you for the driver. Bus drivers will not allow children onto different routes without a parent/carer letter. This also applies if your child does not usually take the bus and is going home on the bus with a friend.

Students should be aware of and comply with bus rules.

Parents are encouraged to communicate directly with your bus driver or the company with any concerns about bus travel.

Hillston Central P & C Association

## CHAIRBAG SALE

RRP **\$25**

4 Year Warranty Australian Made

**5 COLOURS AVAILABLE**  
Purple, Green, Red, Royal Blue

AVAILABLE TO PURCHASE  
AT THE SCHOOL CANTEEN/FRONT OFFICE



SALAD IN SANDWICHES SET  
STUDENTS UP FOR SUCCESS!



**HEALTHYEATING  
ACTIVE LIVING**



## Mobile Library

Mobile Library will be visiting on Wednesday 21st June, please return all books.





## THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

### DO YOU KNOW WHAT YOU'RE VAPING?



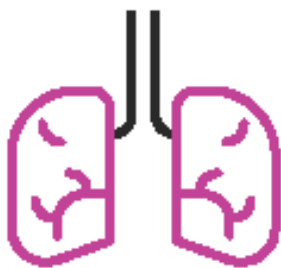
Many vapes contain nicotine making them **very addictive**



The nicotine in 1 vape can  
**= 50**  
**cigarettes**



If you vape you are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not**  
**water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



Do you know what you're vaping?  
Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

\*All statements are backed by evidence which can be found on the website



# SCHOOL NEWS

## VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



## MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that 4 in 5 young people do not vape.

You might think vaping is harmless, but it isn't, and **the serious consequences of vaping are just starting to emerge.**

Any take up of vaping by young people is worrying.

## NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many vapes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory.

## RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



Do you know what you're vaping?  
Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

\*All statements are backed by evidence which can be found on the website



# COMMUNITY NEWS

## **Murrumbidgee Local Health District: FREE Dental Visits HILLSTON monthly**

For enquiries or to make a dental appointment call our FREE number:  
**1800 450 046**

Monday to Friday 8:00am – 4:15pm (excluding public holidays)

### **How will our Dental Services help you?**

FREE general and preventive dental care is available at NSW Public Dental Clinics  
for:

All children under 18 years of age.

Adults who hold any of the following current Centrelink concession cards:

Pensioner Concession Card

Commonwealth Seniors Healthcare

Health Care Card

Anyone listed on your card is also eligible for free public oral health care.

All patients must be eligible for Medicare and should have a valid Medicare card.

For Medicare information call **13 32 54**.



**CLEANERS  
WANTED**

Applicants need to be available to work  
Monday to Friday between the hours  
5:00am-7:00pm.

- Split shifts: 5:00am-9:00am and  
2:00pm-7:00pm
- Day shift available from 11:00am-3:00pm

[careers@jossgroup.com.au](mailto:careers@jossgroup.com.au)  
[www.jossgroup.com.au](http://www.jossgroup.com.au)





# HARVEST FESTIVAL



JOIN THE FUN !



OCTOBER 27, 2023

STALLS | HOT POTATOES | GAMES  
DANCE | JUMPING CASTLE | BBQ  
LOLLY STALL | AUCTION | AND MORE

Hillston Central School grounds  
From 3.30pm