



Swimming Carnival 2020 – The results are in!

Congratulations to all MHPS students who participated in the Swimming Carnival last week. We had a fantastic time at West Wallsend Swim Centre with many students, teachers and community members being involved on the day. Below is a copy of the result placings from the carnival. All students who have finished 1st – 3rd have received placing ribbons for their events.

Boys All Age 100m Freestyle	Girls All Age 100m Freestyle
1 st Wayde C	1 st Holly F
2 nd Miles N	2 nd Ava T
3 rd Cooper E	3 rd Abbie C
8 Year Boys 50m Freestyle	8 Year Girls 50m Freestyle
1 st Daedan C	1 st Chloe M
2 nd Oliver F	
3 rd Bayah G	
9 Year Boys 50m Freestyle	9 Year Girls 50m Freestyle
1 st Elijah L	1 st Taylor D
	2 nd Abbie C
	3 rd April F
10 Year Boys 50m Freestyle	10 Year Girls 50m Freestyle
1 st Cooper E	1 st Ava T
2 nd Malakai N	2 nd Tarnee G
3 rd Deegan J	3 rd Chloe E
11 Year Boys 50m Freestyle	11 Year Girls 50m Freestyle
1 st Wayde C	1 st Ninjirah B
2 nd Miles N	2 nd Lily W
3 rd Sebastian D	3 rd Shanique M
12 Year Boys 50m Freestyle	12 Year Girls 50m Freestyle
1 st Tye J	1 st Holly F
2 nd Asher C	2 nd Ciara B
3 rd Braedy F	3 rd Isabelle B
Junior Boys 50m Breaststroke	Junior Girls 50m Breaststroke
1 st Cooper E	1 st Ava T
2 nd Malakai N	2 nd Taylor D
3 rd Zac N	3 rd April F

**We are safe, respectful learners when we are able to
celebrate and cope with change.**

Dunkley says, 'all of us can celebrate and cope with change.'

Everyone, Everywhere, Every time



11 Year Boys 50m Breaststroke	11 Year Girls 50m Breaststroke
1 st Wayde C	1 st Ninjirah B
2 nd Miles N	2 nd Lily W
3 rd Zac N	3 rd Forever B
Senior Boys 50m Breaststroke	Senior Girls 50m Breaststroke
1 st Tye J	1 st Holly F
2 nd Asher C	
3 rd Lachlan S	
Junior Boys 50m Backstroke	Junior Girls 50m Backstroke
1 st Malakai N	1 st Taylor D
2 nd Oliver F	2 nd Chloe E
3 rd Elijah L	3 rd Estelle N
11 Year Boys 50m Backstroke	11 Year Girls 50m Backstroke
1 st Wayde C	1 st Ninjirah B
2 nd Miles N	2 nd Lilly G
3 rd Sebastian D	3 rd Lily W
Senior Boys 50m Backstroke	Senior Girls 50m Backstroke
1 st Tye J	1 st Holly F
2 nd Lachlan S	2 nd Ciara B
3 rd Braedy F	
Junior Boys 50m Butterfly	Junior Girls 50m Butterfly
1 st Cooper E	1 st Taylor D
	2 nd Estelle N
	3 rd April F
11 Year Boys 50m Butterfly	11 Year Girls 50m Butterfly
1 st Wayde C	1 st Lily W
2 nd Miles N	
3 rd Noah D	
Senior Boys 50m Butterfly	Senior Girls 50m Butterfly
	1 st Holly F



School Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday
5	February 24	February 25	February 26	February 27	February 28
				Paul Harragon Cup	
6	March 2	March 3	March 4	March 5	March 6
	School Photographs (new date)	Regional Hunter PSSA Swimming Carnival Miniroos Soccer Gala Day Year 3/4		Miniroos Soccer Gala Day Year 5/6	
7	March 9	March 10	March 11	March 12	March 13
		Year 6 Lunch Fundraiser			
8	March 16	March 17	March 18	March 19	March 20
				DISCO (to be confirmed)	Harmony Day
9	March 23	March 24	March 25	March 26	March 27
10	March 30	March 31	April 1	April 2	April 3
				Athletics Carnival	
11	April 6	April 7	April 8	April 9	April 10
				Easter Hat Parade Cross Country	Good Friday
Week	Monday	Tuesday	Wednesday	Thursday	Friday
Term 2 Week 1	April 27	April 28	April 29	April 30	May 1
	Staff Development Day	Students return to school			Zone Cross Country
Week 2	May 4	May 5	May 6	May 7	May 8
Week 3	May 11	May 12	May 13	May 14	May 15

Professional Learning Calendar

This calendar details professional learning activities of staff. It may help families have conversations at home about upcoming changes to the normal daily routines at school for our students.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
5	February 24	February 25	February 26	February 27	February 28
			Mrs Pearce @ EAFS Induction	Mrs Pearce @ EAFS Induction	Ms Drewe @ Trauma informed Practice Mr Rumford, Mrs Grenell & Mrs Pearce @ L3
6	March 2	March 3	March 4	March 5	March 6
			Ms Yeo @ Glenrock Attendance Strategy		
7	March 9	March 10	March 11	March 12	March 13
	Ms Yeo @ Flourish PL	Mrs Bishop & Mrs Pearce @ Additive Strategies		SLSO Trauma Informed Practice	
8	March 16	March 17	March 18	March 19	March 20
	Mrs Grenell @ ARCO training	Ms Yeo with Glenrock Advisory Board	Mr Rumford, Mrs Grenell & Mrs Pearce @ L3		
9	March 23	March 24	March 25	March 26	March 27
		Mrs Bishop & Mrs Pearce @ L3			
10	March 30	March 31	April 1	April 2	April 3
			Mr Rumford, Mrs Grenell & Mrs Pearce @ L3		
11	April 6	April 7	April 8	April 9	April 10
Week	Monday	Tuesday	Wednesday	Thursday	Friday
Term 2 Week 1	April 27	April 28	April 29	April 30	May 1
Week 2	May 4	May 5	May 6	May 7	May 8
		Mrs Bishop & Mrs Pearce @ L3			

Student Resource Kits at Mount Hutton Public School



Resource Kits include subscriptions to Mathletics, Reading Eggs, Spellodrome and Typing Tournament



What you WON'T need to do: -

- ✗ Buy pens, pencils, pencil cases, (and the list goes on...)
- ✗ Send your child to school with a pencil case (or two!)
- ✗ Go to the shops with a long list of equipment to buy
- ✗ Worry about your child's property getting lost or stolen
- ✗ Replace items that break or run out during the year
- ✗ Venture into expensive stores that sound like 'Hypo', 'Office Perks', and 'Wiggle'!

What you WILL need to do: -

- ✓ Pay \$25 to the Office for each child in your family
- ✓ \$25 can be paid in full, or in instalments during the year
- ✓ Keep your receipt from the Office to claim on your Tax
- ✓ Benefit from the bulk buying power of the school
- ✓ Sit back, relax and let Mount Hutton Public School do all of the shopping!





Celebrating Change

The Playground

Area:	This is what it looks like:
Big COLA	<ul style="list-style-type: none">✓ Sit to eat✓ Walk, walk, walk✓ Handball sized balls only✓ Use equipment safely✓ Use positive talk
Playground Equipment	<ul style="list-style-type: none">✓ Wait for the teacher before entering✓ Take turns and be patient✓ Always wear a school hat✓ Use equipment appropriately
Hall COLA	<ul style="list-style-type: none">✓ Walk, Walk, walk✓ Use equipment safely✓ Use positive talk✓ Follow handball game expectations
Field	<ul style="list-style-type: none">✓ Always wear a school hat✓ Follow the expectations of the game and show sportsmanship✓ Be on time and play with your stage✓ Hand equipment to teacher when asked

**Would you like to improve your fitness, health and wellbeing for free, at your local park?
Plus, get an ecofit fitness pack worth over \$50 and vouchers for participating...**



ecofit

**Sign up by yourself,
with friends
or family**

Ecofit is an evidence-based research program to increase physical activity levels through the use of local parks and facilities. It includes the use of a smart phone app, a group training session and a health check.

We are seeking people to participate who:

1. Are not meeting aerobic and/or resistance training public health guidelines (<150 mins of moderate activity per week, and/or <2 days of strength training),
2. Have access to a smart phone,
3. Will have passed the pre-exercise screening test (by answering questions about your health).

Locations

- Cameron Park
- Dixon Park
- Home Challenge
- Islington Park
- Lambton Park
- Speers Point
- Stockton Foreshore
- UoN Callaghan
- Wangi Wangi
- Warners Bay
- Fernleigh Track Adamstown and more to come.



Interested in this research?

Get more info and see if you are eligible by emailing us at ecofit@newcastle.edu.au or call either 4985 4060 or 4921 7391



Chief Investigator Prof R Plotnikoff. This project has been approved by the University's Ethics Committee, HREC Approval No H-2018-0060. If you have any concerns please contact the Human Research Ethics Officer, Research Email: Human-Ethics@newcastle.edu.au Ph: (02) 49216333

Good for Kids good for life

MASTERING THE SPRINT

Sprinting is one of 12 Fundamental Movement Skills which requires practice. Fundamental Movement Skills are taught at school but you can help teach your child these important skills at home.

To master the sprint:

1. Lift knees high
2. Bring heels close to the bottom
3. Focus eyes forward
4. Don't let heels touch the ground
5. Land on balls of feet
6. Bend elbows at 90 degrees
7. Drive arms forward and back in opposition to legs



For a demonstration search: 'Get Skilled: Get Active – Sprint' on YouTube



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



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