

Engadine West Public School

Quality Education in a Stimulating Environment

e-West Side Story



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Principal: Mr Garry Royston

Issue 42.12

17 December 2012

Principal's Message

Dear Parents

We have finally reached the last week of the 2012 school year. I'd like to thank all the students for their efforts this year and the staff for their commitment and hard work as well as the community for your support of our school. To our Year 6 students and their families I wish all of you a happy and successful future. The 2012 Year 6 students have been a wonderful group and have been a pleasure to have at the school.

Thank you to all those parents who have attended the various Presentation Day Assemblies. The major award recipients for 2012 are listed below:

School Captains	Maximus O and Chylene R
Vice Captains	Josh S and Courtney A
Sports House Captains	Reece K, Shea J, Jack M, Emma S, Trey S, Kalani G, Griffin B and Abbey G
Dux	Joel P
Commonwealth Parliamentarians Distinguished Achievement Award	Paege O
Amy Smith Good Sport Award	Shea J
Nicole Cook Citizenship Award	Emma S
Sports Person of the Year Award	Zac T and Hannah V
Performing Arts Award	Jaime T
Musicianship Award	Adam S

This is my last opportunity to wish Mrs Mazzei a long, healthy and wonderful retirement. Her expertise and friendship in the front office will be sadly missed. Also I'd like to wish Miss Pepperell all the best in her new position of Assistant Principal at Bangor. Miss Margot Allatt has been appointed as Miss Pepperell's replacement. We all look forward to working with our newest staff member.



Merry Christmas and
Happy New Year



Principal's Report cont'd

Congratulations Mr Snudden

Last last week Mr Snudden was offered the position of Relieving Principal at Como Public School for Semester 1 in 2013. He has accepted the position and will return to Engadine West at the beginning of Term 3. I'm sure everyone at our school wishes Mr Snudden all the very best in this new leadership role.

Important Dates

Students finish the 2012 school year this Wednesday 19 December. Teachers remain on duty on Thursday and Friday and will be involved in planning activities and professional development sessions. Students return (except Kindergarten) to school on Wednesday 30 January 2013. Kindergarten commence their first day of school on Monday 4 February 2013.

On behalf of my staff and myself, I'd like to wish you all a very Merry Christmas and a safe and prosperous New Year. See you in 2013!

Garry Royston
Principal



School Security - A Community Responsibility

During the school holidays please keep your eye out for any sign of vandalism or inappropriate behaviour in the school grounds. If you notice anything suspicious please ring the security hotline on **1300 880 021** or Engadine police on **9548 4999**. Your support continues to protect our valuable assets.

Live Life Well

How much physical activity is enough?

The National Physical Activity Guidelines for Australians recommend at least 60 minutes of moderate, vigorous physical activity on most days, preferable everyday for children. If your child is just starting to get active, begin with moderate-intensity activity for 10 minutes, then gradually increase the active time.

South Eastern Sydney and Illawarra Area Health Service

Swim and Survive Program

Lessons are for beginners through to confident swimmers keen to practise their technique (from infants to 12 years). See the map to find the pools where friendly swim teachers with AUSTSWIM accreditation teach across NSW.

Find out more: <http://www.dsr.nsw.gov.au/swimandsurvive/about.asp>

Schoolkids Bonus

The Schoolkids Bonus can help lighten the financial load. It replaces the old Education Tax Refund and it's simple: there's no need to collect receipts or claim it through your tax. Eligible families need to register by 31 December.

Find out more: <http://www.fahcsia.gov.au/our-responsibilities/families-and-children/benefits-payments/schoolkids-bonus>

Year 1 Classroom Requirements

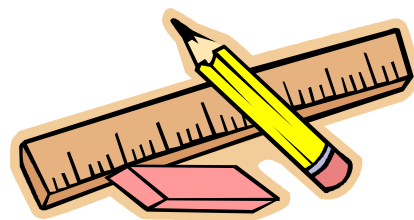
- ♦ 3 glue sticks (good quality and not liquid glue)
- ♦ 5 HB lead pencils
- ♦ Eraser
- ♦ Scissors
- ♦ Pencil sharpener (container type)
- ♦ Coloured pencils/wind up crayons (no Textas)
- ♦ 1 pencil case (small)
- ♦ Library bag
- ♦ Home Reading Pouch
- ♦ Roll of paper towel
- ♦ Box of tissues
- ♦ Antibacterial soap or hand sanitiser
- ♦ Paint shirt
- ♦ Raincoat
- ♦ 2 highlighters
- ♦ Sunscreen (for personal use)

Year 2 Classroom Requirements

- ♦ 2 glue sticks (replace when used)
- ♦ 2 highlighters (different colours)
- ♦ Library bag
- ♦ Home reading bag
- ♦ Paint shirt
- ♦ Scissors
- ♦ Small pencil case
- ♦ Eraser, sharpener (container type)
- ♦ 2 HB pencils (replace when used)
- ♦ A4 128 page homework book (to paste A4 sheet into)
- ♦ Coloured pencils and/or wind up crayons for colouring work in books (textas are optional)
- ♦ 2 rolls of paper towels or wet wipes
- ♦ 2 boxes of tissues
- ♦ Pump pack of soap (or refills)
- ♦ Raincoat (remains in school bag)
- ♦ Sunscreen (for personal use)

Years 3 & 4 Classroom Requirements 2013

- ♦ 2 HB lead pencils
- ♦ Red and blue pens
- ♦ Soft white pencil rubber
- ♦ Ruler 30cm (cm & mm) **not flexi type**, clear plastic if possible
- ♦ 2 glue sticks
- ♦ Scissors
- ♦ Paint shirt
- ♦ Dictionary (Macquarie Primary-Kookaburra on cover)
- ♦ Pencil sharpener
- ♦ Coloured pencils and textas
- ♦ Highlighter
- ♦ Raincoat
- ♦ Sunscreen (for personal use)
- ♦ 96 page A4 ruled exercise book (homework)
- ♦ A book each day for silent reading
- ♦ A3 scrapbook
- ♦ A4 display folder
- ♦ Thin black artline texta
- ♦ USB thumbdrive - can be purchased for under \$10
- ♦ Box of tissues
- ♦ Paper towels or wet ones
- ♦ Liquid soap



Please ensure all items are clearly labelled with your child's name and replace items when used

Thank You

Years 5 & 6 Classroom Requirements 2013

- ♦ 4 HB lead pencils
- ♦ Red and blue pens
- ♦ Green pen
- ♦ Thin black artline texta
- ♦ Soft white pencil rubber
- ♦ Ruler 30cm (cm & mm) **not flexi type**, clear plastic if possible
- ♦ 2 Glue sticks
- ♦ Scissors
- ♦ A4 Display homework folder
- ♦ Paint shirt
- ♦ A3 size art portfolio or scrapbook
- ♦ Clear contact (to cover class exercise books)
- ♦ Dictionary (Macquarie Senior)
- ♦ Pencil sharpener (container type)
- ♦ Coloured pencils and textas
- ♦ Highlighters
- ♦ Plastic A4 storage envelope
- ♦ Raincoat
- ♦ Books for silent reading
- ♦ Calculator (optional)
- ♦ Protractor
- ♦ Headphones for laptops
- ♦ USB thumb drive - 2GB
- ♦ A box of tissues
- ♦ Paper towels
- ♦ Liquid soap
- ♦ Sunscreen (for personal use)
- ♦ Correction fluid/tape **not permitted**

For Your Diary

Monday 17 December	<ul style="list-style-type: none"> ♦ Canteen Open (no lunch orders) ♦ Yr 6 Presentation Assembly 10.00am ♦ Westgate Presentation 2.15pm in Hall 	Monday 28 January 2013	♦ Australia Day Public Holiday
Tuesday 18 December	<ul style="list-style-type: none"> ♦ Canteen Closed ♦ NO STUDENT BANKING ♦ K-2 Picnic Day and Incursion ♦ 3-6 Class Parties ♦ Yr 6 Farewell 	Tuesday 29 January	♦ Staff Development Day (No Students)
Wednesday 19 December	<ul style="list-style-type: none"> ♦ Last Day of Term for Students ♦ Canteen Open (no lunch orders) ♦ 9.30am Yr 6 v Teachers Sport Challenge ♦ 3.00pm Yr 6 Farewell Archway 	Wednesday 30 January	<ul style="list-style-type: none"> ♦ First Day for Students Yrs 1-6 ♦ Kindergarten Best Start Testing
Thursday 20 December	♦ Staff Development Day	Thursday 31 January	♦ Kindergarten Best Start Testing
Friday 21 December	♦ Staff Development Day	Friday 1 February	♦ Kindergarten Best Start Testing
		Monday 4 February	♦ First Day for Kindergarten Students

2013 Dates to Remember

Australia Day Public Holiday Monday 28 January 2013
Staff Development Day Tuesday 29 January 2013
Students Years 1-6 return Wednesday 30 January 2013
Kindergarten students commence Monday 4 February 2013



Excursions and Payments

Year	Excursion or Payment	Please pay by	Amount
K-2 Students	K-2 Christmas Picnic Day and Incursion	Friday 14 December 2012	\$4.00
Year 6 Students	Year 6 Farewell	Friday 7 December 2012	\$10.00
	Term 1 2013 Swimming	Wednesday 6 February 2013	\$112.50



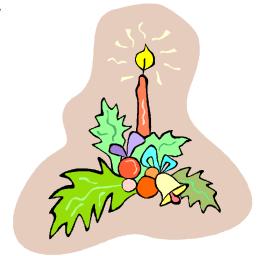
Uniform Shop News

The Uniform Shop has now closed for 2012. Orders may be left at the Front Office and will be filled early next year.

REMINDER: Year 2 students going into Year 3 next year require a gold polo shirt for Friday sport (\$20).

We would like to thank you for supporting the Uniform Shop during 2012 and wish you a very Merry Christmas!

Tracy Farquhar & Kathy Cunynghame
Uniform Shop Co-ordinators



Canteen News

Find us on Facebook - EWPS Canteen

For information on menu updates, specials, red light days etc. The canteen price list can be found on the school website or spare copies are available in the canteen.

Lunch orders have now finished for this year

The last day for lunch orders was **Friday 14 December**. The Canteen will be open on Monday 17 December and Wednesday 19 December for ice blocks etc. only at recess and lunch.

Thank You

Thank you to everyone who has supported the Canteen this year including the P & C Executive and Margaret Tilbrook, mums and grandmothers who have baked for our special days, office and teaching staff and my wonderful volunteers for giving up their time to help. Good luck to our Year 6 students entering high school next year.

Have a very Merry Christmas and a safe and Happy New Year!!

Leanne Best
Canteen Supervisor



This Week's Roster

Tuesday - CLOSED

Wednesday - 19 December
S Brotherton, J James

2013

FIRST DAY FOR STUDENTS

Wednesday - 30 January
F Reusche, L Adams

Thursday - 31 January
T Clark, G Clark, N Rylands

Friday - 1 February
A Astbury, L Gattone, T Farquhar,
C Vitelli, L Duffy

Monday - 4 February
B Coman, N Hardy

Community News

HEATHCOTE ENGADINE AFL FC

play **AFL**

HAWKS

AFL

REGISTER NOW FOR NEXT SEASON
PLAYERS WANTED - AUSKICK TO U16'S

www.heathcotehawks.org



ENGADINE EAGLES FOOTBALL CLUB

2013 Registration Days

Player Registrations will be held at the Engadine Eagles Club Room, Anzac Oval on the following Days:

Sun 27 th January	4.00pm to 6.00pm
Thurs 31 st January	6.00pm to 8.00pm
Sun 3 rd February	2.00pm to 6.00pm

All players who wish to play with EEFC in 2013 must register online. All Registration Fees must be paid when registering. Payments will be able to be made online.

New Registrations

New players who have never registered with SSFA previously are to supply an original birth certificate or passport. Proof of residency in the Sutherland Shire is also required for all new players this season onward. **COPIES ARE NOT ACCEPTED.** New players **MUST** attend one of the registration days so the documentation can be sighted by an appropriate club official.

Calisthenics-uniquely Australian

Dance sport combining dance, gymnastics, ballet, apparatus manipulation, all in 1 lesson/week. Affordable, friendly.

Contact Tracey 0438 414 656
Jenny 9521-5226

Held at Sylvania Heights Community & Youth Club

www.sylvaniacalistenics.com



Community News



'Tis the Season of Meltdowns

As the end of the school year rapidly approaches, calendars and to-do lists get jam-packed and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren't usual for them such as being teary and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they might have a 'meltdown'. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activation of the child's 'fight or flight' response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (rushing around with too many things on the to-do list) and other changes can create a "perfect storm" for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair.

The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

Tune in to early warning signs in your children. What do these signs look like?

- ★ Resistance to, or disengaging from, an activity or routine
- ★ Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, stuttering, grimacing etc.

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can have a positive impact. An example of this could be "I can see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?"

It may also be helpful to manage your child's environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a bust day.

If prevention fails, there are ways to manage a meltdown to minimise its impact:-

- ★ Once your child is having a meltdown, the time for reasoning has passed. He or she is overwhelmed emotionally and will not be able to think rationally.
- ★ It is imperative that you, as the parent, stay calm. If you feel you are losing control, enlist another adult to help you or take time out yourself if you are at home.
- ★ Ensure your child is safe whilst having a meltdown. Move a young child away from roads, sharp objects etc.
- ★ If you are out and about and the meltdown doesn't subside quickly, it's often better to go straight home.
- ★ Don't interfere with your child's meltdown in terms of making suggestions or ordering your child to stop. Wait until the storm begins to subside before offering comfort.
- ★ Once your child is calmer, offer simple suggestions such as a cuddle, a quiet story together or a DVD.
- ★ Only engage in problem solving the issues that led to the meltdown once your child is completely calm. It may even be the next day before you can help your child find a solution to their angst.

Parent Line NSW is a State Government funded free professional telephone counselling service that is available 24 hours a day 7 days a week. Call our Parenting Counsellors to talk through any issue related to raising your child 1300 1300 52.