

# Engadine West Public School

Quality Education in a Stimulating Environment

## e-West Side Story



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Principal: Mr Garry Royston

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### Principal's Message

#### Dear Parents

Last week the school had a new Crossing Supervisor appointed. As Principal, I was very proud to hear Mr Coker report how impressed he was by the wonderful manners and friendliness displayed by the Engadine West students. Once again this reflects what a great school we have. Well done boys and girls and please always be careful to follow instructions when crossing the busy roads around the school.

This week will see the last two days of our Kindergarten Transition program. Our 2014 Kinders seem to be enjoying their experience in 'big school'. I would like to thank Mrs Gilmore and the Kindergarten and Administration teams for their efforts. Special mention also to the selected Year 5 students who have supported the teaching staff in the classrooms.

#### Orbeez

Some of the younger students in the school have been bringing Orbeez (jelly like substance that expands when wet) to school. These can be a choking hazard if placed in the mouth. Other students have now started purchasing a cheaper version of this type of product which contains toxic ingredients. I would request all parents be aware of these items and ask you to ensure that the children **do not** bring them to school. Thank you for your assistance in this matter.

#### Parent Helpers' Morning Tea

Our annual Parent Helpers' Morning Tea will be held on Wednesday 4 December from 11.00-11.45am. I would like to invite any parents or other family members who have helped in the school throughout the year in classrooms, canteen, uniform shop, scripture or in any other way. The morning tea is just a small way to say thank you for your support of our school. All the staff hope to see you in attendance.

#### Working Bee

This Sunday 24 November from 7.00am a dedicated group of staff and parents will be spending a few hours at school weeding and re-establishing some of the school gardens. Thank you to the parents and friends who are giving up their own time to improve the school environment. Special mention to Miss Sideris for organising the event.

#### Teaching Survey

Engadine West Public School is always self-reflective and tries to improve the way in which educational programs are delivered to our students. As part of our annual assessment, we are focusing this year on the aspect of "Teaching". Parents are invited to complete our online survey which is on the school website. Your feedback is greatly appreciated.



Engadine West Public School would like to acknowledge the ongoing support provided to the *Community of Schools on the Park (COSOtP)* by the *Rotary Club of Engadine*



## *Principal's Report Cont'd*

### **Student Leaders**

Over the coming weeks, Year 5 students have an opportunity to be considered as a student leader for 2014. I would like to wish all students contemplating nomination for the election of a School Captain, Prefect or House Captain all the very best. I'm sure that the students and staff will have many worthy candidates to choose from.

### **Parent Requests**

Thank you to the parents who have written letters to me regarding class placements for 2014. This year there has been a higher than usual number of letters. Please note that the time for this process has now closed. Parents need to understand that only requests based on sound educational grounds will be considered. Thank you for your understanding in this matter.

Have a great week!

*Garry Royston*  
*Principal*



## *2014 Family Fun Day*

Our Family Fun Day is on again next year, please put this important date in your diary!

***Saturday 15 March 2014***

***Fun for the  
whole family***



***Calling for donations!***

We are asking for donations of good quality **second hand items** for the White Elephant Stall plus suitable **new items** to be wrapped for our boys and girls lucky dip!

Please take all donations to Mr Field's (5F's) classroom located above the Basement, thank you.

## Deputy Principals' Report

### Parent Survey

Each year our school evaluates a key area. This year we are evaluating teaching. Please help us with supplying feedback by completing the brief survey at <https://www.surveymonkey.com/s/JQTZP6S>  
The survey closes this Friday 22 November.

### School Uniforms

It is an Engadine West Public School rule that students must attend school in complete school uniform including a school hat. No students including Year 6 students are permitted to write or draw on any part of their school uniform.

### Comprehension Help for Teens

Some children will read perfectly in primary school and then suddenly struggle with comprehension in high school. Here's why. Comprehension help:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/reading/comprehension-strategies-you-can>

### PA Update

We are still waiting on the power amp generously donated by the P & C for the school hall to arrive in Australia. The power amp, new speakers and lights should be installed in the next couple of weeks.

### School Sports/Group Photos

Staff have edited the photo proofs and the school photos should go live in a week or so. I'll keep you updated.

### Planning for the Future

Throughout your child's school life you'll need to make choices about aspects of their education and future. Here's a selection of tips to help you plan for parent-teacher talks, subject selection, careers advice and back-to-school. Planning for the future: <http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future>

### Children, Homework and Lies

Do you think your child is lying about their homework? Listen to psychologist Anne Hollonds chat with James O'Loghlin on what to do when the dog eats the homework.

Homework tips: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/kids-homework-and-lies>

### Mathematics at Home

Childrens' early experiences with measurement are often based on watching their parents. Seeing mum or dad measure and pour ingredients for a recipe or weigh items at the fruit shop will often become part of their play.

Maths at home: <http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics/mathematics-tips/helping-your-child-measure-mass-and-volume>

**Ross Edwards**

**Deputy Principal**

## BEAR Reading Program

This week will be the last week of our BEAR reading program. It has been very successful and this is because of the wonderful volunteers we had who offered their time to help.

Thank you to Melissa O'Shea, Kate Organ, Angela Le Roy-Sheedy, Liz London, Janet Williams, Angela Farr, Deb Sambucco, Donna Duric, Jo Stainer, Linda Lee, Angela Duprez, Sarah Stammers-Cook, Natalie Rouland, Amanda Sharp, Deb Hobdan, Helen Trenberth, Margaret Tillbrook and Melissa Woodhouse.

We plan to run the program again in 2014 so keep an eye out in next year's newsletter for the information about volunteering.

**Jenny Scott**  
**LaST**



## Healthy Kids Association

### Why is packing a nutritious lunchbox so important for your child?

During the school day, a child will consume around a third of their daily nutritional requirements through eating recess, lunch and if they have a classroom break, a piece of fruit or vegetable as a snack. That's why it's important that the lunchbox is well planned and contains a variety of nutritious yummy choices to ensure your child eats enough nutritious food to give them the energy and nutrients they need to help them concentrate, learn and play. Base foods in the lunchbox on core food groups, the most nutritious choices.

### Preparation and Time Saving Tips for Packing a Lunchbox

Try to involve your children in the selection of foods for their lunchbox and bring them along to help with the shopping if possible. This will mean there is more chance of them liking the foods that get packed and increases the chances of them eating everything you send.

To get the kids involved with the shopping, use the Healthy Kids lunchbox Builder Resource [https://healthy-kids.com.au/content/upload/files/Fact\\_Sheet\\_Lunchbox\\_Builder\\_2013.pdf](https://healthy-kids.com.au/content/upload/files/Fact_Sheet_Lunchbox_Builder_2013.pdf). This will help identify the foods they like and can be used to navigate your way through the supermarket to find them.

### Quick tips:

- ⇒ Children have tiny stomachs. Keep serves small and packaging easy to open.
- ⇒ Sandwiches and wraps can be prepared and pre-cut the night before or on the weekend, frozen, then packed for the days lunchbox food. Suitable fillings that can be frozen include cooked lean meat, reduced-fat cheese, baked beans or vegemite. Defrost in the fridge overnight and add salad in the morning.
- ⇒ Cut up veggie sticks the night before when cutting up the vegetables for dinner and put in a tub or zip-lock bag ready for the lunchbox.
- ⇒ Stop the sandwiches from going soggy by placing tomato between the lean meat, reduced-fat cheese or lettuce.
- ⇒ Cut sandwiches into different shapes such as triangles or fingers. Use cookie cutters to make it fun and interesting for younger kids.
- ⇒ Use the Healthy Kids lunchbox builder to get your child's food preferences to stick up on the fridge. This will help to write those shopping lists and provide a quick reference if you are stuck one morning and need to make something in a hurry. It will also help the kids in packing their own healthy lunchboxes.
- ⇒ To introduce your child to wholemeal or wholegrain bread why not try a zebra pattern to ease them into it - 1 piece of white and 1 piece of wholemeal or grainy bread.
- ⇒ Ensure you vary the main meal components and snack options to keep your child interested in food, prevent boredom, ensure they eat it and most importantly - get all the nutrients they need.

For quick reference, download the Healthy Lunchbox fact sheet:

<https://healthy-kids.com.au/content/upload/files/What%20should%20be%20in%20a%20healthy%20kids%20lunchbox%202012.pdf>



## Shining Stars



Congratulations to Mr Hogan, Mrs Weppler and Mrs Payne for competing in their first triathlon held at Kurnell on Sunday. Well done also to Miss Barrow who trained for weeks leading up to the event but was unfortunately unable to participate on the day. Well done teachers!



Congratulations to Mia L-S and Mackenzie B who competed in the NSW Gymnastics State Championships held at Rooty Hill over the weekend. Mia and Mackenzie both competed in Level 1 Senior Trio and placed 4th in Dynamic, 5th in Balance and finished in 6th place overall. Well done girls!

## For Your Diary

<b>Monday 18 November</b>	<ul style="list-style-type: none"> <li>♦ Library Stocktake Begins</li> <li>♦ Kinder 2014 Transition Day 2.15-3.15pm</li> <li>♦ Selective High School Applications Close</li> </ul>	<b>Monday 25 November</b>	<ul style="list-style-type: none"> <li>♦ Year 1 Recorder Group Parent Concert in classroom 1D at 2.00pm</li> </ul>
<b>Tuesday 19 November</b>	<ul style="list-style-type: none"> <li>♦ Canteen Closed</li> <li>♦ Student Banking</li> </ul>	<b>Tuesday 26 November</b>	<ul style="list-style-type: none"> <li>♦ Canteen Closed</li> <li>♦ Student Banking</li> </ul>
<b>Wednesday 20 November</b>	<ul style="list-style-type: none"> <li>♦ Uniform Shop Open</li> <li>♦ Kinder 2014 Transition Day 2.15-3.15pm</li> </ul>	<b>Wednesday 27 November</b>	<ul style="list-style-type: none"> <li>♦ Band Concert 6.00pm</li> </ul>
<b>Thursday 21 November</b>	♦	<b>Thursday 28 November</b>	♦
<b>Friday 22 November</b>	<ul style="list-style-type: none"> <li>♦ PSSA</li> <li>♦ Friday Swimming</li> </ul>	<b>Friday 29 November</b>	<ul style="list-style-type: none"> <li>♦ PSSA</li> <li>♦ Friday Swimming (Last Day)</li> <li>♦ K-2 Assembly 12.00 midday</li> <li>♦ 3-6 Assembly 2.30pm</li> </ul>
<b>Sunday 24 November</b>	♦ EWPS Working Bee from 7.00am		

★ **Last Day of Term 4 for Students**  
Wednesday 18 December 2013

★ **Staff Development Days**  
19 & 20 December 2013 (No Students)

★ **First Day of School for Yr 1-6 Students 2014**  
Wednesday 29 January 2014

★ **First Day of School for Kindergarten Students 2014**  
Monday 3 February 2014

## Dates to Remember

## Excursions and Payments

Year	Excursion or Payment	Payment due	Amount
Years K-6	Voluntary School Contribution	as soon as possible	\$50.00
Band Students	Term 4 Band Fees	as soon as possible	\$100.00

## PSSA Results

TEAM	OPPONENT	SCORE	TEAM	OPPONENT	SCORE
Softball Girls Green	Illawong	Lost 0-24	Cricket Green	Illawong	Won
Softball Girls Gold	Helensburgh	Won 16-3	Cricket Gold	Helensburgh	Won
Softball Boys Green	Illawong	Won 11-7	T-Ball Green	Illawong	Lost 12-42
Softball Boys Gold	Helensburgh	Draw 6-6	T-Ball Gold	Helensburgh	Lost 14-32

Go to [engadine.sessazones.com/](http://engadine.sessazones.com/) to view draws

Cost: \$5.00 per week

Buses depart EWPS at 9.00am

Cricket, Softball & T-Ball

## Uniform Shop News

The next Uniform Shop opening time will be:

**Wednesday 20 November from 9.15-10.15am**

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

**Tracy Farquhar & Kathy Cunynghame**  
Uniform Shop Co-ordinators



## Canteen News

Please note that lunch orders **must be placed by 9.30am.**

### 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 Order Specials

Banana Smoothie	\$3.00
Hash Brown Triangles	.80c

### Menu Changes

Thorpedo has been discontinued and replaced with Focus Water (lemonade, berry or fruit tingle) \$2.00

### New Item

Orchy blackcurrent juice	\$1.80
Mamee rice sticks (cheese or vegetable flavour)	\$1.00

### Gingerbread House Fundraiser

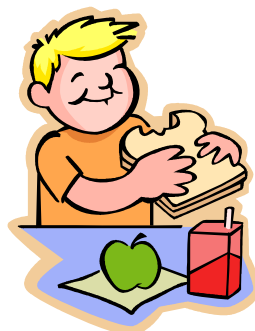
Gingerbread House Kit order forms will be sent home with your child this week. Kits will cost \$25 and order forms are due back to the canteen by Monday 2 December. The gingerbread is egg free, dairy free and gluten free options are also available. Thank you for supporting this fundraiser.



### Canteen Volunteer Roster

We are always in need of volunteers. If you are interested in joining the canteen volunteers or you would like more information, please drop in and see me. If you have any questions regarding the canteen, please come in and see me.

**Leanne Best**  
Canteen Supervisor



## Community News



### *FREE COURSE FOR WOMEN IN 2014!*

The Career Education & Employment for Women Course at Gymea Tafe is a course for women who wish to refresh their skills to re-enter the workforce or do further study.

Classes are 3 days per week in school hours for 18 weeks.

**Subjects include:** Computing, Communication Workplace Writing, Resumes, Interview Skills and more.

There is no administration fee.

**Information session:**

Gymea College, The Kingsway, Gymea  
Block A, Room AG17

11.00am Thursday 5 December 2013 or 11.00am Wednesday 22 January 2014

**Enquiries:** Phone 9710 5136



### **Selective Class Test 2014 – Information for Parents**

Heathcote High School has conducted a review of the Selective class placement process and as a result, will implement changes to the process for 2014.

The on line test will still be conducted at the school but will now occur in Term 3.

The cost to sit the test will now be \$40. Those who sit the test and enrol at Heathcote High for 2015 will see that amount deducted from their School fees, regardless of whether the student is successful in gaining a place in the Selective class or not. Those who sit the test but do not enrol at Heathcote High school will not receive a refund.

Students will receive feedback about their results and possible placement in the Selective class by the end of term 3, 2014 for the class of 2015.

### **Rabbit Found**

A young, small, black rabbit was found in Banksia Avenue near the intersection of Anzac Avenue, Engadine.

Please contact the school for further information.



## Community News

### Are your children driving you crazy?

Are your children aged between 2 and 12 years old?  
Would you like to stop their whining and fighting?  
You're invited to participate in a well-known parenting program for free!

The program is part of an evaluation study and participants will be asked to :

- ⇒ Watch audio-visual material (at home);
- ⇒ Fill in online questionnaires.

Please contact Renata Drummond (Department of Psychology, Macquarie University)

Email: [renata@ozemail.com.au](mailto:renata@ozemail.com.au)

Text: 0411 709 752

## THE JOHN FRANKLIN

# Christmas Lunch

We would like you to join us for traditional Christmas fare  
and great company at the John Franklin Christmas Lunch

### On Christmas Day

25TH DECEMBER – 11:30AM - 2:30PM  
AT SUTHERLAND ENTERTAINMENT CENTRE  
ETON STREET, SUTHERLAND  
COST: FREE!

The venue is located a short, easy flat walk from  
Sutherland Railway Station and has wheelchair access.

John Franklin lived on the streets of Sutherland. He spoke of the loneliness on Christmas Day for people such as himself before his tragic death in 2000. The John Franklin Christmas Day Lunch, held in the memory of John's life, for all persons wanting company on Christmas Day, is a joint initiative of the St. Patrick's and St. John's Churches of Sutherland with help from the surrounding community.

**Do you know someone who would appreciate hearing about this day?** Tell them about it, or tell us and we will extend a personal invitation to them.



For more information contact:  
Margaret on 9545 0498  
Email: [JFCL.2001@yahoo.com.au](mailto:JFCL.2001@yahoo.com.au)

