

# Engadine West Public School

Quality Education in a Stimulating Environment

## e-West Side Story



Phone: 9520 8134 \* Fax 9520 5314 \* 4 Buckle Avenue, Engadine 2233  
Email: [engadinew-p.school@det.nsw.edu.au](mailto:engadinew-p.school@det.nsw.edu.au)  
Website: <http://www.engadinew-p.schools.nsw.edu.au>  
Principal: Mr Garry Royston

Issue 40.13  
9 December 2013

### Principal's Message

#### Dear Parents

A special thank you to the small number of parents who on Sunday morning gave up their valuable time to come up to the school and work with myself and staff to weed and re-establish gardens near the Kindergarten classrooms, hall and outside the Administration Block. Your support and hard work is greatly appreciated by the school. We have now reached the last two weeks of the school year and almost everyday is packed with an "end of year celebration". The Presentation Day Assembly's timetable is listed below and we hope to see many parents/friends in attendance to celebrate what has been a very successful year:

<b>Year 4</b>	Monday 9 December	10.00am
<b>Kindergarten</b>	Tuesday 10 December	10.00am
<b>Year 1</b>	Wednesday 11 December	10.00am
<b>Year 2</b>	Thursday 12 December	10.00am
<b>Year 5</b>	Friday 13 December	10.00am
<b>Year 6</b>	Monday 16 December	10.00am

#### Student Reports

Semester Two Student Reports will be sent home on Thursday 12 December. Please make sure to check your child's school bag to ensure that you receive what hopefully is a pleasing report about your child's efforts in 2013.

#### Year 6 Farewell

Our annual Year 6 Farewell will be held at the St Moritz Room above the Engadine Tavern on Tuesday 17 December commencing at 6.30pm. To all of our Year 6 students, I'd like to congratulate you on your efforts throughout your primary school years and wish you all every success in high school.

#### K-2 Christmas Concert

The staff on K-2 have organised an impressive Christmas Concert with all students involved on Tuesday 17 December at 10.00am and again at 12.00 midday. This is a great way to end a successful school year. We hope to see many parents in attendance to enjoy our end of year celebrations.



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*

### **School Development Days**

The school year ends for students on Wednesday 18 December and staff remain at school for two School Development Days on Thursday 19 and Friday 20 December. Student return to commence Term 1 of the 2014 school year on Wednesday 29 January. Tuesday 28 January is a School Development Day and only staff return to duty. Our 2014 Kindergarten students will have their Best Start Literacy and Numeracy Assessments over the first three days of Term 1. All Kindergarten students will commence school on Monday 3 February 2014.

Have a great week!

*Garry Royston*  
*Principal*



## *Deputy Principals' Report*

### **Low Waste Lunches**

Our school has a low waste lunch policy. Students are required to return home with any non-compostable food scraps or lunch wrappings. This policy has greatly reduced our rubbish removal costs but more importantly it is creating a greener, cleaner, healthier learning environment at our school.

### **Ready for High School**

Can you recall what you were most apprehensive about when you started high school? This video of Year 7 students explain why teens shouldn't be worried about starting high school, and how they can get off to a great start in the first few days. Watch the videos: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/what-happens-in-year-7> **Kik messenger**

Does your child use Kik? Police have described it as "the No.1 social media problem involving teenagers", but most parents would barely have heard of messaging app Kik before last week. Find out what it is: [http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology\\_glossary/7w0F/5353/Kik+messenger](http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology_glossary/7w0F/5353/Kik+messenger)

Why cyber safety experts are concerned: <http://www.smh.com.au/digital-life/digital-life-news/experts-warn-of-apps-hidden-dangers-20131130-2yif3.html#ixzz2mYlkXFyd>

### **Choosing School Shoes**

Are expensive school shoes the best option for happy feet? Let's face it. School shoes have never been at the cutting edge of fashion. In fact if you look at what your parents were wearing, the humble school shoe really hasn't evolved much at all.

Tips for choosing shoes: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/choosing-the-right-school-shoes>

### **Teach your kids to be waterproof**

As temperatures rise, the risk of drowning increases too. Review these water-safety tips to help keep your family safe this summer. Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/water-safety-tips>

**Ross Edwards**  
**Deputy Principal**

## Family Fun Day

Our Family Fun Day is on again next year!

**Saturday 15 March 2014**



### Calling for donations!

- ★ Lucky dip items for both boys and girls
- ★ Good quality second hand items for the White Elephant stall
- ★ Nail polish and face painting supplies
- ★ Halloween decorations
- ★ Cane baskets to be used for hampers (could you keep these from Christmas and deliver to Mr Field next year)

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

## Parents As Tutors

Our Kindergarten PAT's Program has now concluded for the year. A huge thank you to our dedicated mums and grandmothers who have supported our program over the year. Your time is hugely appreciated. We hope you all have a safe and very Merry Christmas!

**Lisa Leavai**  
**Reading Recovery Teacher**



## Year 6 Information

### High School Student for the Day

This week Year 6 will be participating in their 'High School Student for the Day' activity. Students come to school as usual, but instead of going into their normal class they use their timetable to attend periods with a range of teachers in different subjects. The intent of the activity is to allow students to experience a day as a high school student, making their transition into Year 7 that little bit easier.

### Engadine High School Uniform

Students attending Engadine High need to be aware of the following information regarding uniform that we have received from the school:

- Students must wear white socks. The socks must cover the ankles (no short/ankle socks allowed).
- All school shoes must be **black leather**. This is for safety when working in industrial arts/design lessons. They *must be lace up, with black laces*.
- Sport shoes, for both boys and girls, must be *white leather*.
- If in doubt, and you have information to the contrary (eg. from a shop) contact the school to check.

### Year 6 Farewell

The preparations for the Farewell are going smoothly. Thank you to all parents who have already paid. Money (\$10) is now due, with the note on the website if you need another copy.

Mr Hogan is collecting requests for music to be played at the farewell. Students need to write down the name of the song and the artist and give it to him by this Friday. Thank you to Mr Meakin who will be helping with the music.

## Years K-2 Home Reading

Home reading has now finished for the year. Please ensure all home readers are returned as soon as possible for Library stocktake. Thank you.



**K-2 Teachers**

## Candy Canes at School

We have noticed that students have been bringing candy canes to school to share with friends. As candy canes are high in sugar and the children often receive a few of them, please encourage your child/children to take their candy canes home rather than eat them at school to enable you to monitor their consumption.



*Thank you for your assistance in this matter.*

## Lost Property

There are lost property items being held at the front office including jewellery, watches, wallets and toys. If you have misplaced any of the above items, please call into the front office to claim your property.

Please ensure that all items of removable clothing are clearly marked with your child's name. This makes identification and return of lost property to students much easier. Any clothing or items, lunch boxes and drink bottles found in the playground will be placed in lost property boxes in the Basement where parents and students can check for their items. After a reasonable time, unnamed and unclaimed articles will be sent to a local charity.

## Healthy Kids Association

Did you know that NSW households throw away more than \$2.5 billion worth of edible food per year? This works out to more than \$1,000 of food per household per year.

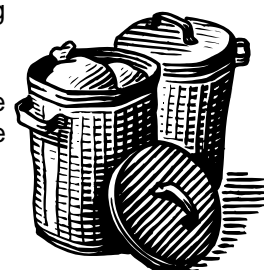
Aussie Families Love Food Hate Waste is a free programme that helps you to create healthy, tasty meals and reduce your food waste at the same time. It is funded by NSW Government and Healthy Kids Association has partnered with Hornsby Shire Council to get the message out. Take a look at the [Aussie Families Love Food Hate Waste video](#) to see what's involved.

Some food waste is unavoidable such as orange rinds and vegetable peelings while other food waste can be avoided by simply not buying too much, cooking the correct amounts, and saving and storing food correctly.

When we waste food, we waste all of the energy that went into getting it to us. We waste the initial cost of purchasing the raw ingredients, the cost of storing food, the cost of preparing and cooking it, and cost of disposing of it. Food waste also creates methane (a gas) as it decomposes, which contributes to greenhouse gas and negatively affects climate change.

The [Love Food Hate Waste website](#) has a range of information and resources available to help families reduce their food waste. Some of these resources include: menu planning ideas, smart shopping tips, recipes, ideas for leftovers, food safety information and a [serving size calculator](#).

We at Healthy Kids love food and want to avoid wasting it and we know that you feel the same. Take a look at our [Aussie Families Love Food Hate Waste Tips](#) to help you reduce your waste.



## *For Your Diary*

<b>Monday 9 December</b>	<ul style="list-style-type: none"> <li>♦ Yr 4 Presentation Assembly 10.00am in Hall</li> </ul>	<b>Monday 16 December</b>	<ul style="list-style-type: none"> <li>♦ Yr 6 Presentation Assembly 10.00am in Hall</li> </ul>
<b>Tuesday 10 December</b>	<ul style="list-style-type: none"> <li>♦ Canteen Closed</li> <li>♦ Student Banking (Last Day)</li> <li>♦ Kinder Presentation Assembly 10.00am in Hall</li> </ul>	<b>Tuesday 17 December</b>	<ul style="list-style-type: none"> <li>♦ Canteen Closed</li> <li>♦ K-2 Christmas Sing-a-long 10.00am and 12.00 midday</li> <li>♦ Year 6 Farewell 6.30pm St Moritz Room</li> </ul>
<b>Wednesday 11 December</b>	<ul style="list-style-type: none"> <li>♦ Uniform Shop Open</li> <li>♦ Yr 1 Presentation Assembly 10.00am in Hall</li> </ul>	<b>Wednesday 18 December</b>	<ul style="list-style-type: none"> <li>♦ Last Day for Students</li> </ul>
<b>Thursday 12 December</b>	<ul style="list-style-type: none"> <li>♦ Yr 2 Presentation Assembly 10.00am in Hall</li> <li>♦ Student Reports Sent Home</li> </ul>	<b>Thursday 19 December</b>	<ul style="list-style-type: none"> <li>♦ School Development Day (No Students)</li> </ul>
<b>Friday 13 December</b>	<ul style="list-style-type: none"> <li>♦ Yr 5 Presentation Assembly 10.00am in hall</li> <li>♦ Last Day for Lunch Orders (Canteen)</li> </ul>	<b>Friday 20 December</b>	<ul style="list-style-type: none"> <li>♦ School Development Day (No Students)</li> </ul>

## *Dates to Remember*

- ★ **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

## *Excursions and Payments*

Year	Excursion or Payment	Payment due	Amount
Year 6	Year 6 Farewell	as soon as possible	\$10.00
Year 4	Myuna Bay Excursion (Year 5 2014)	Friday 6 December	\$50.00 Deposit
Band Students	Term 4 Band Fees	as soon as possible	\$100.00

## *PSSA Grand Final Results*

TEAM	OPPONENT	SCORE
Cricket Green	Bangor	Lost

*Congratulations to all of our PSSA Teams for a wonderful season and to our Cricket Green Team for making it to the Grand Final!*

## Uniform Shop News

The Uniform Shop will be open on:

**Wednesday 11 December from 9.15-10.15am**

This will be the last opening time for the year. A reminder that Year 2 students going into Year 3 next year will require a gold polo for Friday sport (\$20). We thank you for supporting the Uniform Shop throughout the year and will be open on Wednesday 29 January 2014.

**Tracy Farquhar & Kathy Cunyngame**  
**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

### New Item

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

### Gingerbread House Fundraiser

Gingerbread House Kits will be sent home today. Thank you for supporting this fundraiser.

### Canteen Volunteer Roster

We are in urgent need of volunteers for next year. If you are interested in joining the canteen volunteers for 2014 or you would like more information, please drop in and see me.

### *This Week's Roster*

**Tuesday - 10 December**  
**CANTEEN CLOSED**

**Wednesday - 11 December**  
R Hutchison, F Reusche

**Thursday - 12 December**  
G Padgett, K Zaknich, M Tilbrook

**Friday - 13 December**  
**Last Lunch Order Day**  
D Goodyer, N Ross, K Hansen,  
B Cook, J Catt

### *Next Week's Roster*

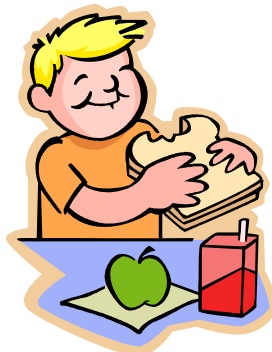
**Monday - 16 December**  
C Wright, L Gray

**Tuesday - 17 December**  
**CANTEEN CLOSED**

**Wednesday - 18 December**  
**Last Day**  
N Grove, T Huntly

**Last lunch order day - Friday 13 December 2013**

**Leanne Best**  
**Canteen Supervisor**





## Community News



### Engadine Crusaders Football Club

Your local family club!

All ages welcome

Soccer Registration opens in early January 2014.

Please check out our website at this time for more details

[www.engadinecrusadersfc.com.au](http://www.engadinecrusadersfc.com.au)

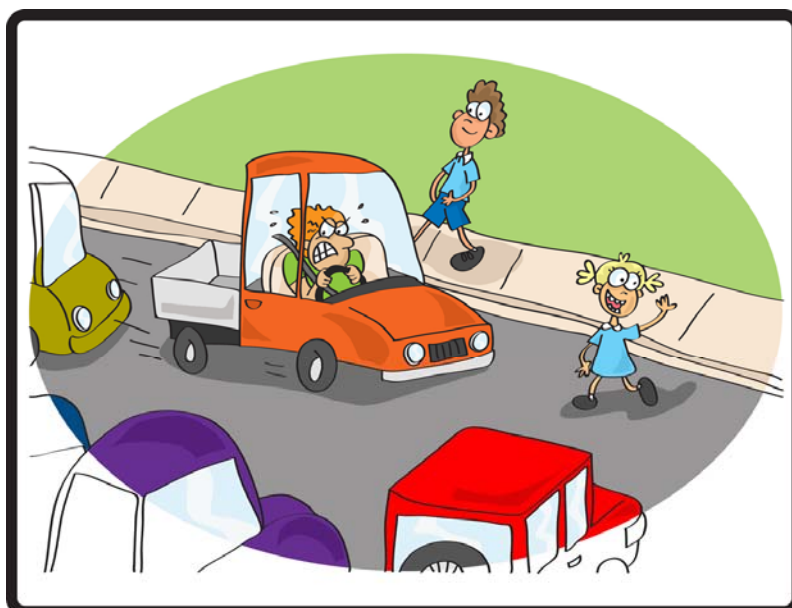
Note: We are keeping our registration fees the same as 2013.

### Helensburgh Junior Rugby League Football Club

*Early Bird Registrations \$80 including shorts and socks*

Saturday 1/2/14 10am-1pm, Walker Street (outside Pizzarama) and Tuesday 4/2/14 6pm-8pm, Helensburgh Workers Club. Boys (5 - 17yrs) and Girls (5 -12 yrs) welcome. New players need to bring Birth Certificate and Medicare Card to registration day. Those who played in 2013 and wish to re-register now have the option of doing so online and paying by credit card just visit [helensburghjrl.leaguenet.com.au](http://helensburghjrl.leaguenet.com.au).

If you have any questions please contact [registrarhjrflc@hotmail.com](mailto:registrarhjrflc@hotmail.com) or phone Nicole on 0416 148 081.



**BE PATIENT! AN EXTRA 2 MINUTES OUT  
OF YOUR DAY COULD SAVE A LIFE!**

# 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.