

# 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**

As this is the last school newsletter for 2013, I would like to take this opportunity to thank the students, staff and parents for their support in what has been a successful year for Engadine West Public School. It is the talented students, professional staff and interested parents that make our school so special. Thank you to all the parents, relatives and friends of the school who have attended the many Presentation Day ceremonies over the last week. These assemblies, as well as the individual Student Reports, celebrate the achievements of the students. Congratulations to the following students on achieving the major awards in 2013:

<b>Dux of the School</b>	Scott W
<b>School Captains 2014</b>	Marissa H and Ethan P
<b>Vice Captains 2014</b>	Alexandra C and Jared K
<b>Sturt House Captains 2014</b>	Zoe B and Cameron S
<b>Phillip House Captains 2014</b>	Gabrielle C and Jackson M
<b>Oxley House Captains 2014</b>	Remeny K and Blake H
<b>Cook House Captains 2014</b>	Ella H and Harrison N
<b>Amy Smith Award</b>	Marissa H
<b>Heathcote Parliamentary Medallion</b>	Eleanor C
<b>Nicole Cook Citizenship Award</b>	Koby S
<b>School Citizenship Award</b>	Ashlea B
<b>Musicianship Award</b>	Caleb N
<b>Creative and Performing Arts Award</b>	Estelle R
<b>Commonwealth Leadership Awards</b>	Chyene R, Maximus O, Joshua S, Courtney A, Abbey G, Griffin B, Trey S, Kalani G, Jack M, Emma S, Reece K and Shea J
<b>Commonwealth Parliamentarians</b>	
<b>Distinguished Achievement Award</b>	Chyene R
<b>Library Service Awards</b>	Jaimee B and Sarah H
<b>Sports Awards</b>	Jack M and Ticara G
<b>Science Award</b>	Sean R

To the outgoing Year 6 students, I would like to congratulate you on your outstanding primary careers and your individual achievements. I believe you are all well equipped to face the academic and social challenges of your high school careers. No matter which high school you attend, you will always be part of Engadine West Public School. Good luck in future years.



*Merry Christmas and  
Happy New Year*



## Principal's Report Cont'd

### Before and After School Care News

Congratulations to Jill Garvan on her appointment as Director of the Before and After School Care Centre.

### Busy Last Week

Over this week the following initiatives will be taking place:

- ★ K-2 Christmas Concert                      Tuesday 17 December 2013 - 10.00am and 12.00 midday
- ★ Year 6 Farewell                              Tuesday 17 December 2013 - 6.30pm  
St Moritz Room, Engadine Tavern
- ★ Last Day for Students                      Wednesday 18 December 2013
- ★ School Development Day                  Thursday 19 December and Friday 20 December 2013  
(Staff Only)

### School Maintenance

Just a reminder to parents and students that over the Christmas holiday period the school will be undergoing some major building and playground maintenance. As a result, there will be workmen and heavy machinery on site. The school gates may be open but for safety reasons, please do not enter the school grounds.

### 2014 School Year

Staff return to school on Tuesday 28 January 2014 for a School Development Day. Students in Years 1-6 commence school on **Wednesday 29 January 2014**. Our new 2014 Kindergarten are given their Best Start Assessments over the first three days of Term 1 and commence school on Monday 3 February 2014.

On behalf of all my staff, I'd like to wish everyone at Engadine West Public School a very Merry Christmas and a safe and prosperous New Year and I look forward to working with everyone in what I hope will be a very successful 2014.

Happy holidays!

Garry Royston  
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.

## *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.

## *Healthy Kids Association*

### **Energy**

Energy is not a nutrient, rather the fuel that our body needs to function. The main sources of energy are carbohydrate, protein and fats. They are measured in kilojoules (metric) or calories (imperial) and there are 4.18 kilojoules to 1 calorie.

### **Carbohydrate**

Carbohydrates provide our bodies with energy or fuel. Our brain, nervous system and red blood cells need a constant supply to keep working. There are two main types:

- Sugars - simple carbohydrates that are quickly and easily digested by the body giving you a quick burst of energy. They also provide sweetness which makes food tastier. Sugars can be found in fruit, milk (lactose) and table sugar.
- Starches – complex carbohydrates that take longer to digest. They can be found in cereal products, fruits, vegetables and nuts.

The Glycaemic Index (GI) of food is a ranking from 0 to 100 and tells us how a carbohydrate food raises blood sugar (glucose) levels after eating. Low GI foods are slowly digested and absorbed and result in a gradual rise in blood sugar levels. Low GI foods include pasta, legumes, breads with wholegrains, most vegetables (peas, corn, broccoli, mushrooms, beans) and many fruits (apples, pears, grapes, oranges). Low GI foods help control appetite and delay hunger. Foods that have a high GI value generally break down quickly during digestion resulting in large fluctuations in blood sugar levels. High GI foods include mashed potato, highly processed breakfast cereals and white bread.

### **Dietary Fibre**

Fibre is a type of carbohydrate that helps keep the bowels “regular” and can help lower cholesterol. Good sources of fibre are wheat bran, cereals, legumes, fruits, vegetables, seeds and nuts. There is also ‘resistant starch’ which is found in wholegrain cereals, nuts, seeds and legumes and processed foods such as bread, pasta and some cereals. Resistant starch helps keep the bowel healthy.

### **Protein**

Protein is needed for growth and maintenance of body tissues, and is found in every cell in the body. Protein also provides energy and is found in animal products such as meat and dairy products, nuts, legumes and some vegetables.

### **Fat**

Fat provides energy or fuel for our body and essential fatty acids. Fat is used in the body as insulation, padding for vital organs and to carry fat-soluble vitamins and antioxidants around our body. Fats are found in animal products, nuts, seeds, some fruits (such as olives and avocados) and added in processed foods.

### **Water**

Water is the most important nutrient and makes up around 66% of the body - without it we could only survive a few days. Water is used by our bodies for cooling and helps remove toxins in the urine and sweat.

Source: Saxelby, C., 2006. *Nutrition for Life 5th ed.*, Australia



## 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

- ♦ 3 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 boxes of tissues
- ♦ 2 packs of wet wipes or hand sanitiser
- ♦ Raincoat (remains in school bag)
- ♦ Sunscreen (for personal use)
- ♦ Sunscreen to remain in school bag (replace when

## Years 3 & 4 Classroom Requirements 2014

- ♦ 4 HB lead pencils - replace when used
- ♦ 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 is recommended
- ♦ 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/artbook (can be re-used from Year 3 to Year 4)
- ♦ A4 display folder
- ♦ Thin black artline texta
- ♦ USB thumb drive - 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 2014

- ♦ 6 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
- ♦ Novel for silent reading
- ♦ Calculator (optional)
- ♦ Protractor
- ♦ Headphones for laptops
- ♦ USB thumb drive - 2GB
- ♦ A box of tissues x 2
- ♦ Paper towels
- ♦ Sunscreen (for personal use)
- ♦ Correction fluid/tape **not permitted**

## For Your Diary

<b>Monday 16 December</b>	<ul style="list-style-type: none"> <li>♦ Yr 6 Presentation Assembly 10.00am in Hall</li> <li>♦ Canteen Open - <b>No Lunch Orders</b></li> </ul>	<b>Monday 27 January 2014</b>	<ul style="list-style-type: none"> <li>♦ Australia Day Public Holiday</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>♦ Years 3 &amp; 4 Picnic - Back Grass</li> <li>♦ Year 6 Farewell 6.30pm St Moritz Room</li> </ul>	<b>Tuesday 28 January 2014</b>	<ul style="list-style-type: none"> <li>♦ School Development Day (No Students)</li> </ul>
<b>Wednesday 18 December</b>	<ul style="list-style-type: none"> <li>♦ <b>Last Day for Students</b></li> <li>♦ Canteen Open - <b>No Lunch Orders</b></li> </ul>	<b>Wednesday 29 January 2014</b>	<ul style="list-style-type: none"> <li>♦ <b>First Day of Term 1 for Year 1-6 Students</b></li> <li>♦ Best Start Testing Kindergarten Students</li> <li>♦ Uniform Shop Open</li> </ul>
<b>Thursday 19 December</b>	<ul style="list-style-type: none"> <li>♦ School Development Day (No Students)</li> </ul>	<b>Thursday 30 January 2014</b>	<ul style="list-style-type: none"> <li>♦ Best Start Testing Kindergarten Students</li> </ul>
<b>Friday 20 December</b>	<ul style="list-style-type: none"> <li>♦ School Development Day (No Students)</li> </ul>	<b>Friday 31 January 2014</b>	<ul style="list-style-type: none"> <li>♦ Best Start Testing Kindergarten Students</li> </ul>
		<b>Monday 3 February 2014</b>	<ul style="list-style-type: none"> <li>♦ <b>First Day of Term 1 for Kindergarten Students</b></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
Interested Yr 3-6 Students	Friday Swimming Program	Monday 3 February 2014	\$112.50
Year 6	Year 6 Farewell	as soon as possible	\$10.00
Year 4	Myuna Bay Excursion (Year 5 2014)	as soon as possible	\$50.00 Deposit
Band Students	Term 4 Band Fees	as soon as possible	\$100.00



## Uniform Shop News

The Uniform Shop will be open on:

*Term 1 2014*

**Wednesday 29 January from 9.15-10.15am**

Thank you for supporting the Uniform Shop throughout 2013. Have a very Merry Christmas and we look forward to seeing you in the new year!

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



## Canteen News

**Find us on Facebook - EWPS Canteen**

**2014 Roster - Your Canteen Needs You**

We are in urgent need of more volunteers for next year. Volunteers are rostered on once a month from school drop off until approximately 3.00pm, however we are very flexible. Whatever time you are able to spare is greatly appreciated. Options to consider:

- ◆ Once a term
- ◆ A few hours of a morning to prepare fresh food
- ◆ Serving at recess and/or lunch breaks
- ◆ A few hours in the afternoon

All training is provided and we endeavour to provide a fun work place. You are welcome to drop in, have a look around and meet some of our wonderful volunteers.

**Thank You!**

A big thank you to everyone for supporting our canteen this year. To all the wonderful volunteers, we couldn't operate without you. Whether you utilise the canteen on a regular basis, baked for cake stalls or supported fundraising, thank you!

Wishing you all a very Merry Christmas and a safe and happy holiday. Good luck to this year's Year 6 students on their high school adventure.

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

### *This Week's Roster*

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

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

## Found

A video camera was left in KA's classroom last Tuesday. Does this belong to you? If so, please collect it from the Front Office.

*Thank You*



## Community News



Department of  
Primary Industries



### Kids' fishing workshop



Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from Industry & Investment NSW.

The day runs from 10 am–2 pm and involves fishing techniques, bag & size limits, fish handling for catch & release.

**COST: \$40 PER CHILD**, and includes rod & reel combination, shirt, hat, tackle box and show bag — all to take home!

 **BOOKINGS ARE ESSENTIAL.** Maximum 25 participants.

**LOCATION: Gunnamatta Bay, Cronulla**

**DATE: Thurs 16/01/2014**

**Bookings for the workshop close on the 09/01/2014**

**CONTACT: [Brendan.williams@dpi.nsw.gov.au](mailto:Brendan.williams@dpi.nsw.gov.au)**