

Principal's Message

Dear Parents

Congratulations to all the children involved in our school Band Program. This year has been a very successful one for both the students and band staff. The group's hard work and dedication is reflected in their many performances and awards. Last Wednesday evening saw the Junior and Senior Bands perform in front of a very appreciative audience of parents. Thank you to our Year 6 band members who will be moving onto high school next year. Special mention also to all the parents who have supported the band, particularly when it involves the transportation of a large number of instruments. A fantastic effort everyone.

EWPS Official Facebook Page Launch



ENGADINE WEST Engadine West Public School Education

Today we have launched the **official** Engadine West Public School Facebook page. We wish to extend a warm welcome to all parents, students and friends to "like" our page.

Please click on "about" and read our rules of engagement. On this page you will be kept up to date with events and information about the school. Items will also be posted to celebrate successes and recent initiatives.

Class Requests

A number of families have contacted the school relating to class placements for their children in 2015. Please note that each request will be considered but not all granted. The school each year does its best to place children in the class that best suits their needs. As this process has now commenced, no further requests will be considered. Thank you for your understanding in this matter.

Canteen

Thank you to those few parents who responded to last week's request for additional parent helpers for the canteen in 2015. Our Canteen Supervisor is still in need of more volunteers. If you can help to ensure the canteen remains open four days a week, please contact Leanne Best on 0408 697 660.

P & C Meeting

The final P & C Meeting for 2014 will be held on Monday 1 December commencing at a special time of 7.00pm at Engadine Bowling Club. All parents are welcome to attend.

Parent Helpers' Morning Tea

Please don't forget that this Thursday the school will be holding its annual Parent Helpers' Morning Tea from 11.15am to 12.15pm. Parents and friends of the school who have given up their time this year to support our students are invited to attend. Thank you to our school community for your support during 2014.

Have a great week!

Garry	Royston
Princij	



Deputy Principals' Report

Staff Professional Learning and Program Implementation

Teachers have been extremely busy throughout the year writing new English programs for their grades and developing Mathematics assessment tasks, learning experiences and learning goals to implement in classrooms next year. Thank you teachers for all your hard work in ensuring Engadine West PS continues to provide quality educational programs for our students that are reflective of the new syllabuses.

Band Christmas Concert

Congratulations to our participating band members for their outstanding performance last Wednesday night. Their fantastic musicianship showcased the success of our band program. With mixed feelings we celebrated 2014 as it was the final opportunity for our Year 6 band leaders to play with us altogether. Paramount to the band's success is parental support. A big thank you to the Shepherd and Vitelli families for manning the BBQ and raising a total of \$425. A reminder please that all band fees are due and need to be promptly paid. We are looking forward to a strong 2015 with new band members being auditioned on Monday 1 December.

Christmas Treats at School

At this time of year, we notice that students bring candy canes and other sweets 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.

Home Readers and Guided Readers K-2

Thank you to the parents and grandparents who have assisted with home reading and guided reading programs in K -2 classrooms this year. Teachers are currently collating these books to return them to the school library for accessioning. Please return any readers to your child's class teacher that you have at home asap.

K-2 Christmas Concert

The K-2 Christmas concert is fast approaching with all the students and teachers from K-2 busily preparing and practising their fabulous items. Please make sure that you have received the green note about the concert details and costume requirements that went home last week, otherwise see your child's class teacher.

SRC Donation

Thankyou to our fantastic SRC, led by Mrs Weppler who have purchased a new Christmas tree for the school which is now on display on the hall stage.

Wonderful Work

The following students from Kindergarten showed Mrs Gilmore their wonderful work last week – Madeleine, Owen, Lily and Kalahni. Well done super workers!

Ross Edwards & Nicole Gilmore Deputy Principal & Relieving Deputy Principal

Student Bus Passes for 2015

Transdev NSW runs a number of buses which bring students to and from school. For all children who are in Kindergarten, Year 1 and Year 2 bus travel is free. For primary students travel is free if they live beyond a 1.6 km radius from the school or 2.3 km walking distance from the school. Bus pass application forms are available from the Front Office.

It is therefore necessary to re-apply for a bus pass if your child is going into Year 3.

Students expected to carry their bus pass each day and show it to the driver. Lost bus passes can be replaced at a cost of \$15.00. Students travelling on the buses are expected to sit down and behave in a safe and responsible manner. Any breach of the required code of conduct may result in the passes being removed from the students by the bus company.



Student Digital Citizenship Expectations Matrix

Be a Learner				
At School	At Home	In Cyberspace		
 Use computers for learning. Learn to research using different sources. Remember that real life interaction and learning at school is more important than cyberspace. Acknowledge the work of others – understand copyright. 	 Use appropriate websites for research. Use keywords to narrow results when researching. It's Ok to explore but discuss with your parents. If something or someone makes you feel uncomfortable let your parents know. 	 Access experts. Only communicate online with people you know. Utilise help functions of various services appropriately. Acknowledge the work of others - copyright. 		

Sports and Special Group Photographs

The Sports and Special Group Photographs have arrived for you to view and order. You may visit the front office to do so or go to <u>academyphoto.com.au</u> 'Online Ordering' and enter Shoot Key YDU972BX to view and order. Orders must be placed by this Friday 28 November 2014.

Shining Stars



Congratulations to a number of EWPS ex-students who performed in Heathcote High School's, Alice's Adventures in Wonderland over the weekend. It was great to see our ex-students 'treading the boards' in this production, their performances were outstanding, well done!

Forensic Science Day

On Tuesday, Year 6 students left their uniforms home for the day and came dressed as scientists, police officers or detectives. A crime had been committed in our administration block on Monday afternoon when Mr Royston's autographed South Sydney Rabbitohs beanie went missing from his office. Year 6 had the challenge of identifying the thief. Video footage had identified Mr Field, Mrs Leavai, Mrs Browne, Ms Connor and Miss Cross, as being in the crime scene location at the time of the crime.

After a briefing by Lois Holloway and Detective Broom, our students went to interview each of the suspects and collect evidence. Our Year 6 forensic scientists then split up into small groups and participated in different activities where they examined the evidence that had been collected. These activities included the comparison of: finger and shoe prints and hair and handwriting samples, as well as ink from different pens. Also students investigated how to separate white powders.

After lunch, several students from each group, summarised their group's evidence findings and nominated the suspect teacher, who they believed "borrowed" Mr Royston's beanie. Our two most likely thieves were Mrs Browne and Mrs Leavai. Mrs Browne, professing her innocence, was handcuffed by several of our police officers and on examination of her handbag, Mr Royston's beanie was found.

Year 6 students would like to thank Mr Royston and our teacher suspects, for being good sports on the day. Also we'd like to thank Detective Broom for his insightful presentation on crime scene investigation by the police. A final big thankyou to Lois Holloway, whose expertise was much appreciated in helping the Year 6 teachers with their preparation for our Forensic Science Day.



Year 6 Teachers and Mrs Janet Evans

What's Happening at EWPS?

Week 8		Week 9		
Monday 24 November	Yr 6 T-Shirt Fitting 8.30-9.30am in the Basement (Yr 5 - 2014)	Monday 1 December	 Band Auditions P & C Meeting at Engadine 	
Tuesday 25 November	Canteen ClosedStudent Banking	Tuesday 2 December	Bowling Club - 7.00pm Canteen Closed	
Wednesday 26 November	 Uniform Shop Open 9.15am End of Year Scripture Assembly 		 Student Banking (LAST DAY) K-2 Christmas Concert 10.00am and 12.00pm in Hall 	
Thursday 27 November	 Parent Helpers' Morning Tea 11.15am in the Hall 	Wednesday 3 December	 Uniform Shop Open 9.15am (LAST DAY) Yr 6 High School Orientation 	
Friday 28 November	Yr 6 T-Shirt Fitting 8.30-9.30am		Day	
in the Basement (Yr 5 - 2014) Sports/Special Group Photograph orders due PSSA Friday Swimming 	Thursday 4 December	 K-2 Christmas Concert 10.00am and 12.00pm in Hall 		
	Friday 5 December	PSSAFriday Swimming		

Don't forget to check the school's website calendar for upcoming events!

Excursions and Payments					
Year	Excursion or Payment	Please pay by	Amount		
Year 5	Year 6 T-Shirts for 2015	Between 3-10 December	\$33.00 ea		
Years K-2	Noises for Kids Incursion (16 December)	Monday 8 December	\$5.00		
Year 4	Year 5 Myuna Bay Camp 2015		\$50.00 Deposit		
Band Members	Term 4 Band Fees		\$105.00 per term \$420.00 per year		

Please finalise all payments for 2014 as soon as possible

PSSA - Friday 28 October

Engadine West Green play at Anzac Oval Engadine West Gold play at Anzac Oval Buses depart EWPS at 9.00am

Go to <u>engadine.sessazones.com/</u> to view draws Cost: \$6.00 per week

PSSA Code of Conduct

Even though the current PSSA competition is drawing to a close, parents please be reminded of the PSSA Code of Conduct below.

PSSA Code of Conduct

Codes of Behaviour provide a supportive framework which promotes fair play and appropriate behaviour in school sport. These codes apply to players, teachers, coaches, principals, parents, officials and spectators who together provide the environment in which school sport is played. The following Codes apply to school sport at all levels and are designed to highlight:

- » The principles of enjoyment, satisfaction and safe play in sport.
- » That students participate for their own sake and not to fulfil the desires of parents, adult groups or peers.
- » The encouragement of student participation in sport and, in so doing, contribute to higher levels of health and physical fitness.

Players' Code

- » Play for the fun of it.
- » Play by the rules and always abide by the decisions of officials.
- » Control your temper. Make no criticism either by word or gesture. Deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
- » Work equally hard for yourself and your team. Your team's performance will benefit and so will your own.
- » Be willing to train and prepare for the game or competition. Preparation helps prevent injury and increases the level of enjoyment.
- » Play only when you are fully fit. To play with injury will handicap your team, and may expose you to the risk of further and more serious injury.
- » Be a good sport. Applaud the good play of your team mates and that of your opponents.
- » At all times cooperate with your coach, team mates and opponents, for without them you do not have a competition.
- » Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.

Parents' Code

- » Encourage your child to always play by the rules.
- » If children are interested in sport, encourage them to participate. Refrain from forcing an unwilling child to participate.
- » Remember that children participate in organised school sports for their enjoyment and fulfilment, not yours.
- » Teach your child that honest effort is as important as winning so that the result of each game is accepted without undue disappointment.
- » Encourage your child to work towards skill improvement. Never ridicule your child for making a mistake or losing a competition.
- » Always encourage the principle of good sportsmanship.
- » Children learn best by example. Applaud good play by all individuals and all teams.
- » Do not publicly question the officials' judgement and never their honesty.
- » Appreciate the contribution and commitment of teachers in coaching positions. They give their time and resources to provide sporting activities for your child and deserve your support.
- » Have realistic expectations for your child and her or his team. Do not expect more than they can give.
- » Support all efforts to remove verbal and physical abuse from sporting activities. Condemn the use of violence in any form.



Uniform Shop News

The Uniform Shop is operated by the P & C and is open every second Wednesday from 9.15am to 10.15am. The next opening times will be:

Wednesday 26 November Last opening for 2014: Wednesday 3 December

Please note the **last day** the Uniform Shop will be open this year will be **Wednesday 3 December**. Uniform orders will not be accepted after this date.

Please be reminded that Year 2 students going into Year 3 next year require a gold polo shirt for Friday sport (\$20).

Tracy Farguhar & 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.

Lunch Order Specials

Banana Smoothie \$3.00 Chicken Ceasar Wrap \$4.50 \$4.00 Large Fruit Salad Medium Fruit Salad \$3.00 (Yoghurt Extra 50c)

Special Mini Mate Ice Creams \$4.00 ea

PLEASE NOTE: Banana milk has been discontinued.

Volunteers for 2015

We are in urgent need of volunteers for next year to enable the canteen to operate four days a week. Any help would be greatly appreciated. Please contact me on 0408 697 660 for more information.

If you have any questions regarding the canteen, please come in and see me, you're always welcome!

Leanne Best Canteen Supervisor



Please note the last day for student banking will be **Tuesday 2 December**. Thank you for supporting student banking during 2014 and we look forward to your continued support in 2015!

This Week's Roster

Tuesday - 25 November CANTEEN CLOSED

Wednesday - 26 November N Rylands, L Alford

Thursday - 27 November G Padgett, T Huntly, M Robertson

Friday - 28 November A Astbury, T Farquhar, C Vitelli, J White

Monday - 1 December N Hardy, A Jones





2014 Family Fun Day Sponsors







West Engadine A

125 Anzac Ave Engadine NSW 2233 • Ph 9520 9986 • Fax 9520 0797 Neville Seeto (B.Pharm. M.P.S)





HICAPS Easy Claim on the spot rebates HICAPS Easy Claim on the spot rebates

•Work Cover • Third Party Ange •VETS DVA • Medicare Plans Mich

are Plans Michael Hely (Exercise Rehab & Musculoskeletal) Adults, Kids, Everyday athletes, **YOU**

n (Nu

letel & Orth

edici)

Ground Floor access, Menai Central (near Aldi) Appointments 7-7pm Monday - Friday PH: 9543 3500 elitephysiotherapymenai.com.au



NEW HOMES • DEVELOPMENTS
 RENOVATIONS • ADDITIONS • COMMERCIAL

0410 528 760 0403 397 856

BUILDERS Lie No. 2070880

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.

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.

