

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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16 November 2015

Principal's Message



Dear Parents

This is a very busy week with the school having its scheduled three year audit. The auditor will be focusing on student attendance and school finances. As Principal I would like to thank my administration staff (especially Mrs Stevenson) for their efforts in ensuring the school financial records are kept so thoroughly and professionally.

Congratulations Miss Connor

Miss Connor has been successful through merit selection to be appointed as a Regional Positive Behaviour for Learning (PBL) co-ordinator in Queensland for twelve months. While her appointment is a major loss for our school Miss Connor is pursuing her passion for student welfare. I'm sure that everyone at EWPS wishes her all the best in her new position and we hope to see her back in 2017.

Staff Awards

This Tuesday will see four of our staff receive "Network Awards for 2015 for excellence in education". Our school is lucky to have such a talented staff and the following personnel will be recognised at a major ceremony. Our award winners are:-

- i) Tracey Stevenson (School Administration Manager) for her outstanding efforts not only at Engadine West but also her leadership as Chairperson of the SASS Reference Group.
- ii) Ross Edwards for his excellent efforts as Deputy Principal and his outstanding input into the community of schools - Community of Schools on the Park
- iii) Nicole Gilmore for her promotion of executive leadership both at EWPS and her organisation of executive conferences - Primary Executive Network
- iv) Jen Davis for impressive teaching skills and her extensive leadership in technology.

Well done to all four award winners!



Year Six Fete

Last week saw students from Year 6 hold a very successful fete to raise money for their Farewell and gift to the school.

Students in all grades enjoyed the fete and thanks to the generosity of families at EWPS our Year Six students raised \$3400 (after costs). The community support is greatly appreciated. Special mention to Beau V, Kuen G and Lachlan H who handed in a wallet that they found on the day. Well done boys on being very honest students of EWPS



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 Message Cont'd

Student Achievement

Congratulations to Georgia C (5M) who has been selected to join the Rhythmic Gymnastics Team Future Camp to be held in Canberra at the Australian Institute of Sport in December. Well done Georgia!

Band Christmas Concert

To celebrate a very successful year our School Band will be holding their annual Christmas Concert on Wednesday 18 November at 6pm in the school hall. Parents of our talented musicians are invited to attend and listen to both bands. Well done to our musicians and the hard working "band team".



Helpful Information

In view of current events in the media from Paris a recommended flyer relating to children dealing with disaster and trauma has been included later in this newsletter (page 10). Parents may find it informative.

Have a great week!

Garry Royston
Principal

Deputy Principal's Report

Play Day DVD's

Play Day DVD's are being produced this week and will be distributed early next week.

Rules of Engagement for Commenting on our School Facebook page.

Engadine West Public School welcomes you to our official Facebook page. We invite parents, carers and community members to use this page as a method of communication about events that are happening at Engadine West and to celebrate our school's successes.

We encourage you to contribute, keeping in mind that Engadine West Public School follows both the DEC Code of Conduct and Facebook terms and conditions. We have some guidelines to make the page enjoyable for all users. These are:

1. Keep comments respectful with no swearing or personal criticisms. Inappropriate content will be removed.
2. Please be aware of others' privacy. Don't post images or private or identifying details (including surnames) of children or adults without permission.
3. We will try to respond to your questions as soon as possible, between 9am and 4pm on school days. If you have an urgent matter needing clarification please contact the school on 9520 8134.

Please remember to visit our website to view our weekly newsletters which contain information about upcoming events and copies of all permission notes.

<http://www.engadinew-p.schools.nsw.edu.au/>

Ross Edwards
Deputy Principal



K-2 Christmas Sing-a-long 2015

Carols under the COLA

As this year comes to a close, all K-2 classes are busy preparing for our annual Christmas performance. This year we will be having a Christmas sing-a-long on Friday 4th December 2015 at 12.00pm under the EWPS COLA. Visitors are encouraged to bring chairs/picnic rugs to sit on. Throughout this term the children will be learning Christmas carols and classes will have an opportunity to lead one of the carols on the day.

Following the sing-a-long all visitors are invited to join their children for a picnic lunch. Children are asked to wear Christmas attire – there will be no formal costumes. We hope you can come along and join in the fun!

Miss M Emmett
Christmas Sing-a-long Co-ordinator



Year 6 Update

Year 6 Farewell slideshow

The Year 6 Farewell will be held on Wednesday 9 December at Engadine Bowling Club.

A slideshow displaying photographs of our Year 6 students and memories from their time at EWPS will be displayed at the farewell.

Parents are invited to contribute to the slideshow by sending in photos. Photos of students can be from any age/year; if there are old photos of students from school events from when they were younger, these can be included in the slideshow. If group shots are submitted, parents should ensure that they have parental permission of all students shown in the photo.

Photos need to be submitted by email or on a USB to Miss Davis by the end of Week 8 (Friday 27th November) at jennifer.davis34@det.nsw.edu.au



BEAR Reading



reading has now finished for the year. Thank you so much to all the tutors who assisted this time. The children who participated have enjoyed working with you all.

Early Bird Reading

Early Bird Reading will finish on Thursday this week. Thank you to the primary students who have volunteered to be peer tutors. An outstanding effort from everyone involved!



Library News

A big thank you to all those volunteers who helped cover our new books. No further help is required at this stage.

All library books should be returned by Week 7 (this week) for stocktake and Pillow Week. Children are allowed to bring a small pillow to relax and read books in their library time. All home readers need to be back by Week 8 for library stocktake.



For Your Diary

Week 7

Monday 16 November	<ul style="list-style-type: none"> * Pillow Week in the Library Commences * All Library books returned this week please
Tuesday 17 November	<ul style="list-style-type: none"> * Canteen Closed * Student Banking
Wednesday 18 November	<ul style="list-style-type: none"> * Band Christmas Concert 6pm in the Hall
Thursday 19 November	<ul style="list-style-type: none"> * Last Early Bird Reading
Friday 20 November	<ul style="list-style-type: none"> * PSSA * 3-6 Swimming

Week 8

Monday 23 November	
Tuesday 24 November	<ul style="list-style-type: none"> * Canteen Closed * Student Banking
Wednesday 25 November	<ul style="list-style-type: none"> * Christmas Scripture Assembly
Thursday 26 November	
Friday 27 November	<ul style="list-style-type: none"> * PSSA * 3-6 Swimming * Reach Out Party

Excursions and Payments

Year	Excursion or Payment	Please pay by	Amount
Band Members	Term 4 Band Fees	As soon as possible	\$120.00

Outstanding invoices have been sent home. Please settle these accounts by Wednesday 25 November. Your co-operation is greatly appreciated.

PSSA News



Friendlies
EWPS Green Teams play at The Ridge
EWPS Gold Teams play at Kingswood Oval

All games start at 9.30am and are completed by 11.00am
 Buses depart EWPS at 9.00am
 Cost: \$6.00 per week

Go to engadine.sessazones.com/ to view draws



Term 4 Dates to Remember

Day	Date	Activity
Wednesday	18 November	Band Christmas Concert 6.00pm in Hall
Thursday	19 November	Last Early Bird Reading
Wednesday	25 November	Christmas Scripture Assembly
Friday	27 November	Reach Out Party (Note to follow soon)
Wednesday	2 December	Parent Thank You Morning Tea 11.15am –11.45am in Library
Friday	4 December	K-2 Christmas Sing-a-long 12.00pm under the COLA
Monday	7 December	Kindergarten Presentation Assembly at 10.00am in Hall
Tuesday	8 December	Year 1 Presentation Assembly at 10.00am in Hall
Wednesday	9 December	Year 3 Presentation Assembly at 10.00am in Hall
		Year 6 Farewell at Engadine Bowling Club
Thursday	10 December	Year 4 Presentation Assembly at 10.00am in Hall
Friday	11 December	Year 2 Presentation Assembly at 10.00am in Hall
Monday	14 December	Year 5 Presentation Assembly at 10.00am in Hall
Tuesday	15 December	Year 6 Presentation Assembly at 10.00am in Hall
Wednesday	16 December	Last Day of Term 4 for Students
Thursday	17 December	School Development Day for Staff (No Students)
Friday	18 December	School Development Day for Staff (No Students)
<i>Term 1 - 2016</i>		
Wednesday	27 January	School Development Day for Staff (No Students)
Thursday	28 January	First Day of Term 1 for Students Year 1 to Year 6
		Best Start Testing for 2016 Kindergarten Students
Friday	29 January	Best Start Testing for 2016 Kindergarten Students
Monday	1 February	Best Start Testing for 2016 Kindergarten Students
Tuesday	2 February	2016 Kindergarten Students First Day of School



Uniform Shop News

The next Uniform Shop opening time will be:

Wednesday 18 November 2015 from 9.15-10.15am

The uniform shop will open on **Wednesday 2 December 2015** for the last time this year. No orders will be filled after this date due to stocktake.

Students commencing Year 3 in 2016 will need to purchase a gold polo shirt with school logo for sport. They are available from the Uniform Shop at a cost of \$20.00 and should be ordered by 2 December 2015.

The Uniform Shop is open every second Wednesday. If there are any parents wishing to be placed on our roster to help on Wednesdays, please leave your details at the front office.

Tracy Farquhar & Kathy Cunynghame
Uniform Shop Co-ordinators



Canteen News

Find us on Facebook - EWPS Canteen

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

2015 Roster - Your Canteen Needs You!

We are in urgent need of more volunteers for this year. Volunteers are rostered on once every 4 weeks from school drop off until approximately 3.00pm, however, we are very flexible. Whatever time you can 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.

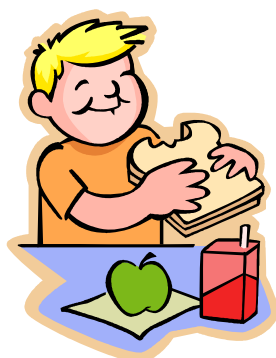
All training is provided and we endeavour to provide a fun work place. You are welcome to drop in and have a look around and meet some of our wonderful volunteers.

Lunch Order Specials

Medium Fruit Salad	\$3.00
Large Fruit Salad	\$4.00
Yoghurt	50c extra
Banana Smoothie	\$3.00
Chocolate Smoothie	\$3.00

If anyone has any questions regarding the canteen, please come in and see me.

Leanne Best
Canteen Supervisor



This Week's Roster

Tuesday - 17 November
CANTEEN CLOSED

Wednesday - 18 November
K Quine

Thursday - 19 November
M Healey, K Zaknich

Friday - 20 November
A Pillington, D Osmand, K Holmes,
B Maguire

Monday - 23 November
S McFarlane, B Eshman,
K Kingston

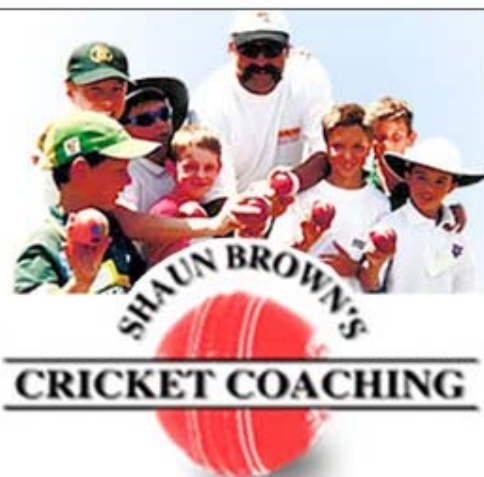
Movember Foundation

The Movember Foundation is a global charity, committed to men living happier, healthier, longer lives. Since 2003, millions have joined the men's health movement, raising \$685 million and funding over 1,000 programs focusing on prostate cancer, testicular cancer, poor mental health and physical inactivity.

This year, Mr Field has taken on the challenge and decided to grow a "mo" in support of Movember. He would love you to support his "mo" growing during the month of Movember. You can do this by donating online <http://moteam.co/mocann-s> or to Mr Field directly. Every donation makes a difference. Thank you very much for your support.

Regards,

Mr Field



Presents
Summer Cricket Camp

Ages: 5 to 16

Fun, Safe environment

Coaching since 1990!

Video Analysis

Ex-Australian Stars Coaching

December 21st & 22nd - 2015

Sutherland

For a Free brochure

FREECALL 1800 35 14 15

Or visit

www.cricketcoaching.com.au

for more information

SHARKS BASKETBALL HOLIDAY CAMP

19th to 22nd January 2016
9am - 2pm Age 7 to 15 years
T-Shirt & Ball for all Camp Participants



Download enrolment form from our website:
www.sutherland.basketball.net.au

Enrolments close
16th December 2015
(Unless maximum
numbers are reached prior
to closing date).

Waratah Park Rawson Ave Sutherland
Phone: 9542-1999 Fax: 9521-5696
Email: admin@sutherlandbasketball.net.au
Website: www.sutherland.basketball.net.au





Come and **JOIN THE TIGERS IN 2016**



- ☒ Registrations are open for Ages U6 to U17
- ☒ Mini/Mod League played under Safeplay Code
- ☒ International ages U13's to U17's
- ☒ Pre Season Training Nov/Dec 2015
- ☒ NRL Dragons Tag FEB/MAR 2016
- ☒ Check helensburghjrl.leaguenet.com.au for details or logon to "Teamapp" from your device and select Helensburgh Tigers Junior RLFC

\$90 Includes Shorts & Socks

\$70 Without Shorts & Socks



Register now or more info go to helensburghjrl.leaguenet.com.au



Important information about the School Opal card

The School Opal Card will officially launch its new online application for relevant parents and students travelling in the Opal public transport region today.

Just like current paper travel passes, the School Opal card gives eligible students free travel to and from school on school days. However, the School Opal card makes travel simpler, because now students don't need multiple application forms and passes if they use different transport operators within the Opal network.

Students with school travel passes this year will not need to apply for the School Opal card unless they are changing school, campus, their home address or moving from Year 2 to Year 3 or from primary school to high school.

Those students who do not need to apply will have a School Opal card sent to your school early in first term 2016.

More information is available on the website www.opal.com.au

The Opal Team



Helping children after a disaster

- Limit children's viewing of TV news about disasters to prevent them from becoming more distressed
- Talk about it if they need to talk about it
- Keep their days normal
- Keep their activities normal
- Let them know they are safe and secure. Experts agree that it is important for children to be told that their parents and others will love and protect them during difficult times
- Let them participate in any charitable giving or fundraising the family makes
- Let them write a journal
- Let them send cards or emails
- Let them express their feelings in drawings and art
- Spend more time communication with your child.

Helpful Resources

KIDS HELPLINE

1800 55 1800 National 24 hour helpline

NSW Health 1800 201 123 Counselling

Seasons For Growth - a peer support program about change and loss for children, adolescents and adults. Contact NALAG Centre for Loss & Grief 6882 9222

Parent Line 13 22 89

Victorian Parent Centre - www.vicparenting.com.au

Disaster and Coping

www.criminology.unimelb.edu.au/ptsd/disaster.html

The Child Trauma Academy - www.childtrauma.org

For more information
or a Chapter or Branch near you
please contact

NALAG Centre for Loss & Grief

Welchman Street
DUBBO NSW 2830



02 6882 9222



02 6884 9100



nalag@hwy.com.au



NALAG Centre for Loss & Grief
PO Box 379
DUBBO NSW 2830

www.nalag.org.au

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Helping Children after Disasters



Helping Children After A Disaster

The child's response is different from an adults

Though children have the same sorts of feelings as adults they show them differently. Emotional states may come on and go. It is important to let your child know that these feelings are OK.

Children often express their feelings through their behaviour, play and even drawings. Adults should not be alarmed if children act out disaster scenes or draw them. They may talk about their toys or imaginary friends about their sadness. This is a way for them to make meaning out of what has happened.

Children are curious and are searching for explanations. How did this happen? Often the grief is acted out in bad behaviour. It is helpful to give firm non-punitive disciplinary guidelines, this will help to support the child through the chaos of emotions.

Children absorb concepts about grief very slowly and a little at a time. It is normal for a child to be sad for a little while, then go outside and happily play. They may ask questions over and over, even for weeks or months, or they may hide their feelings, often to protect adults from further pain.

Children sense the emotion around them, react to body language and overheard conversations and television news. We want to protect children but it is not helpful to exclude or isolate them by not talking about death or disasters.

Children's fantasies can be much worse than reality...

Helping the child through grief...

1. Get back a regular household routine as soon as possible.
2. Let the child know he/she is safe and protected.
3. Try to understand the child's behaviour. Sometimes he/she does not have the words to express grief.
4. Involve the child in ceremony to say goodbye.
5. Talk about bad dreams.
6. Let the child help you in an age appropriate way.
7. Look together at photos of the person who has died.
8. Give the child a memento of the person who has died.
9. Let the school know about the death.
10. Don't lean on the child for comfort and support. Let the child stay a child.

These suggestions also apply to grief experienced after divorce, death of a pet, moving house / school, losses after bushfires, storms etc...

Helping your child through trauma

The way in which we talk to your children about distressing situations can teach them a lot about how to cope with negative things that happen in the world.

- Do not force discussion of the traumatic event
- Try not to make the discussion too detailed. Children are often happy with a few ideas and will come back later for more detail
- If your child wants to discuss a disaster, check on their understanding of what they have seen and heard. Sometimes what they are concerned about is not what you might expect. Use words and concepts they understand
- When talking about traumatic events, give

children simple, factual information. Avoid talking in images that can hold of their imagination

- Point out how rare such events are, and how people dealt with them in the past
- Keep communicating, talk about what is happening, this prevents children from feeling alone, isolated and misunderstood
- Reassure them they are safe and cared for
- Allow expressions of emotions - they are part of the healing process
- Do some fun things as a family.

When to seek help

If these common reactions continue for more than a few days further help may be needed:

- Severe and continued sleep disturbance
- Severe anxiety on separation from loved ones
- Continued fears about things which may remind the child of the trauma
- Behavioral problems at school or home
- A return to "babyish" behaviour they had grown out of.

