

Engadine West Public School

Quality Education in a Stimulating Environment

e-West Side Story



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Website: <http://www.engadinew-p.schools.nsw.edu.au>
Principal: Mr Garry Royston

Issue 38.15
23 November 2015

Principal's Message



Dear Parents

Last week the Network Awards for 2015 were presented to staff in various schools for their achievement and excellence in Public Education. Tracey Stevenson, Ross Edwards, Nicole Gilmore and Jen Davis were all recognised for their individual efforts in the areas of administration, leadership and teaching. Engadine West Public School was very well represented on the night. Congratulations to our magnificent staff!

Band Concert

Last Wednesday evening the talented musicians in our school band program performed for their parents. Once again, the students showcased their skills and the evening was well attended. Congratulations to all the children involved and thank you to the hard working band staff for their efforts throughout 2015. If it wasn't for the hard work of all involved including the support of our band parents, this outstanding program would not be possible. Well done everyone!

Parent Helper's Morning Tea

Each year the school holds a Parent Helper's Morning Tea as a small gesture to thank all those parents and friends of the school who help support the students and families at Engadine West. This year's Parent Helper's Morning Tea will be held on Wednesday 2 December from 11.15-11.45am in the hall. All the volunteer helpers in the school are invited to attend. The school greatly appreciates the support it receives.

State Dance Ensemble

Two of our talented students, Caitlin S (5/6D) and Molly F (4KJ), will be dancing in the 'Matilda Medley' at the School Spectacular this weekend. The show will be televised on 5 December on Channel 9. As a school we are very proud of both girls. Well done!

Sporting Success

Congratulations to Aimee H (5HS) for being selected in the U/13 Women's NSW Premier League soccer squad. Well done Aimee!

P & C Meeting

The last P & C Meeting for 2015 will be held next Monday 30 November commencing at 7.00pm. To celebrate a very successful year the meeting will be held at Engadine Bowling Club. Parents are most welcome to attend.



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

Presentation Day Ceremonies

This time of the year is always busy. Below is the schedule of Presentation Day assemblies for your information:

Kindergarten	Monday 7 December	10.00am
Year 1	Tuesday 8 December	10.00am
Year 3	Wednesday 9 December	10.00am
Year 4	Thursday 10 December	10.00am
Year 2	Friday 11 December	10.00am
Year 5	Monday 14 December	10.00am
Year 6	Tuesday 15 December	10.00am

We hope to see many parents in attendance to celebrate the achievements at EWPS for 2015.

Have a great week!

Garry Royston
Principal



Deputy Principal's Report

Bobcat Sam

A big thank you to Sam Tanner (Bobcat Sam) who is supporting the school's P&C shed building project by donating his services in levelling the ground for the shed's slab.

Sam can be contacted on 0416 272 350
Email: bobcatsam@mial.com.au
Website: www.bobcatsam.com.au

Parent Teacher Interviews

Teacher/parent interview bookings will go live this Friday at 4.00pm.

<https://www.schoolinterviews.com.au/>

Enter the code 8NGNR

Please ensure that you have allowed 48 hours notice for bookings.

Care Centre

The next Care Centre Meeting Parent Meeting "Feed For Feedback!" will be on Friday 27 November 2015 at 5.30pm at the Care Centre. Please RSVP for catering.

Christmas Meeting

The next P&C meeting will be held on Monday 30 November 2015 at 7.00pm at the Engadine Bowling Club. All are welcome.

Ross Edwards
Deputy Principal

Library News

To assist us in our Library stocktake, please return all library books, including home readers, immediately as stocktake is commencing this week.

Thank you kindly.

Margaret Evans & Janet Evans
Teacher Librarians



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



Student Bus Passes/Opal Card for 2016

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.

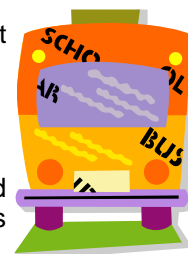
Just like current paper travel passes, the new School Opal card gives eligible students free travel to and from school on school days. However, the School Opal card makes travel simpler, because now students don't need multiple application forms and passes if they use different transport operators within 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 school early in first term 2016.

If you require further information, please visit www.opal.com.au

As a reminder, students travelling on 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 student's pass being removed by the bus company.



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.



Future Primary Students - Parent Workshop

Please be reminded that Engadine West Stage 2 teachers will be conducting a workshop for Year 2 parents to assist in understanding the transition between Infants to Primary. The Stage 2 teaching team recognises that 'Primary' can be different to 'Infants' and we are endeavouring to make this a smooth transition for both students and parents. Please find details below, we would love to see you there.

When: Friday 11 December (after Year 2 Presentation Day Assembly)
Where: School Library
Time: 11.45am

Please RSVP to your child's teacher by Friday 4 December.

For Your Diary

Week 8

Monday 23 November	
Tuesday 24 November	<ul style="list-style-type: none"> * Canteen Closed * Student Banking * Book Club Orders Due
Wednesday 25 November	<ul style="list-style-type: none"> * Christmas Scripture Assembly * Please finalise outstanding payments
Thursday 26 November	
Friday 27 November	<ul style="list-style-type: none"> * PSSA Friendlies (TBA) * 3-6 Swimming (Final Lesson) * Reach Out Party

Week 9

Monday 30 November	<ul style="list-style-type: none"> * P & C Meeting at 7.00pm at Engading Bowling Club (Christmas Meeting)
Tuesday 1 December	<ul style="list-style-type: none"> * Canteen Closed * Student Banking
Wednesday 2 December	<ul style="list-style-type: none"> * Uniform Shop Open 9.15am (Last opening time for this year) * Parent Helper's Morning Tea at 11.15-11.45am in the Library
Thursday 3 December	
Friday 4 December	<ul style="list-style-type: none"> * PSSA

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.

thank
you!

PSSA News



EWPS Green Teams (Friendlies, venue to be announced)
EWPS Gold Teams (Friendlies, venue to be announced)

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	25 November	Christmas Scripture Assembly
Friday	27 November	Reach Out Party
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 2 December 2015 from 9.15-10.15am

Please note this will be the last opening time for this year. No orders will be filled after this date due to stock-take.

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

Friday 11 December - Last Day for Lunch Orders

Please note the last day for lunch orders will be Friday 11 December. On Monday 14 and Wednesday 16 the canteen will be open for recess and lunch only, no lunch orders.

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

Leanne Best
Canteen Supervisor

This Week's Roster

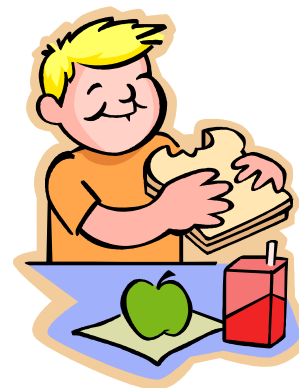
Tuesday - 24 November
CANTEEN CLOSED

Wednesday - 25 November
J Davidson, K Dickenson,
K Schnabel

Thursday - 26 November
N McNally, T Huntly

Friday - 27 November
C Vitelli, S Savania

Monday - 30 November
N Hardy, A Jones



Community News

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.

Mr Field



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.

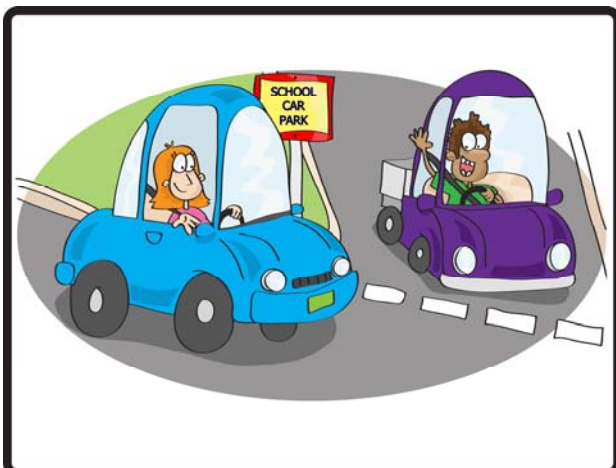
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Those students who do not need to apply will have a School Opal card sent to your school early in first term 2016.

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

The Opal Team



**BE CONSIDERATE OF OTHER DRIVERS
IN THE SCHOOL.**



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



ENGADINE LEISURE CENTRE OPEN DAY
SUN 29 NOV 11.00AM - 3.00PM

FREE
ENTRY

- Live DJ
- Giant water inflatables
- Face painting
- Rock climbing - race your friends to the top!
- Awesome prizes

Voluntary gold
coin donation to
beyondblue

Sutherland Shire Leisure Centres
- Proudly supporting *beyondblue*

\$0 Joining fee
on memberships

Conditions apply.



Engadine Leisure Centre
Anzac Ave, Engadine
Ph: (02) 9548 4200
sslc.com.au
f SutherlandShireLeisureCentres



Engadine Dragons JRLFC

2016 Player Registrations are now open online

Existing players simply visit www.engadinedragons.com.au and
click on the 2016 registration link

Registration dates (new players) at Anzac Ave Clubhouse

Thursday 11th February 2016 6pm-7pm

Tuesday 16th February 2016 6pm-7pm

Thursday 18th February 2016 6pm-7pm

Saturday 20th February 2016 1pm-4pm

Further information can be found at
www.engadinedragons.com.au or email;
secretary@engadinedragons.com.au

SUTHERLAND DISTRICT TRADE UNION CLUB and ELOUERA SLSC
proudly announce the Award winning
2016 TRADIES SURF AWARENESS CLINIC



'Benefitting the Community Together'



CLINIC PROGRAM

Preliminary Swim:

Friday, January 8, 2016
9:00 a.m. to 10:30 a.m.
Caringbah Leisure Centre,
Jacaranda Rd Caringbah.

Surf Awareness Clinic:

Monday, January 11 to
Friday January 15, 2016 (incl.)
9:00 a.m. to 12:15 p.m. daily
Elouera Beach

Awards Presentation:

Friday January 15, 2016
From 10:30 a.m.
Elouera Surf Club.



Caringbah Leisure Centre

**Jacaranda Road
CARINGBAH
NSW 2229**

For Further Information:

**Phone: 9523 7295
(Elouera Clubhouse)**

or

Visit Elouera Website at:

www.elouera.com



The THIRTY FOURTH annual TRADIES SURF AWARENESS CLINIC conducted by Elouera SLSC will be held at Elouera Beach for children 7 to 12 years of age. The Clinic enables youngsters to have a lot of fun while learning important surf safety do's and don'ts. All participants **must** attend and **competently swim 50 metres unaided** on Friday, January 8 at Caringbah Leisure Centre.

Entry Fees:

A small fee is charged to offset expenses. For all registrations received by Wednesday 31 December, 2015 this fee is \$50.00 per child. After this date, but no later than January 8, 2016, an additional late fee of \$5.00 per child will be charged. Fee payments can be made by cheques or money orders payable to ELOUERA SLSC and attached to the entry form. Payments may also be made over the phone by credit card or electronically through our Payment Gateway system (refer to Elouera web site www.elouera.com for details) Entry fees are non-refundable if sessions are cancelled after the commencement of the clinic. A cancellation fee of \$5.00 will be charged if cancelled before the start of the clinic.

(Please tear off here & retain)

ENTRY FORM

Forward to: 2016 TRADIES Surf Awareness Clinic

**c/- P O Box 46
Cronulla NSW 2230**

(Payment must be included)

Payment Receipt No: _____

**Entries must be received
NO LATER THAN last mail
December 31 2015**

I/We authorise the participation of my/our child.

CHILD'S NAME _____ AGE (as at 11/01/2016) _____ SEX _____

(Please indicate Yes or No as appropriate): DOES THE CHILD HAVE (1) ASTHMA? _____ (2) EPILEPSY? _____

(3) ANY OTHER CONDITION/ALLERGY we should be aware of? (If Yes, please specify) _____

PARENT/GUARDIAN'S NAME (please print) _____

ADDRESS _____ POSTCODE _____

CONTACT NAME DURING CLINIC (please print) _____

PHONE (H/W) _____ (MOBILE) _____

EMAIL ADDRESS _____

PARENT/GUARDIAN'S SIGNATURE _____

WHERE DID YOU HEAR ABOUT THE TRADIES SURF AWARENESS CLINIC? _____



'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.

