

Engadine West Public School

Quality Education in a Stimulating Environment

e-West Side Story



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Email: engadinew-p.school@det.nsw.edu.au

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

Principal: Mrs Sue Roach

Issue 37
22 November 2018

Principal's Message



Dear parents/carers

The End is Coming....

....the end of the school year, that is. It is certainly a sign when Year 6 students are wearing their graduation caps and gowns and having photos taken that their primary school days are coming to a close. Each student looked so grown up (some very tall) yesterday. Their teachers were commenting on the year flying by and I bet parents are thinking that too. I am looking forward to the rest of the end of year festivities for all stages in our school, but especially Year 6.



Staff Professional Learning

Mr Wilkins and Mr Edwards attended professional learning yesterday on evaluating the school plan in readiness for school improvement for 2019. On Tuesday Mr Wilkins also attended a day on assessing what we do in curriculum at our school and how we can improve our practice for better student learning outcomes.

Mr Wilkins attended a course on learning progressions today. Learning progressions are an added tool for knowing and understanding our students' academic progress in literacy and numeracy.

Yesterday afternoon Mrs Wepler, Miss Barrow, Miss McPherson, Miss Strong and Mrs Ryan attended a course at Bangor PS on implementing innovative and different technologies in the classroom.

Kindergarten 2019

Do you have a child in preschool or day care that is ready to start school next year and you have not enrolled them at school yet? Well, now is the time. Please contact the school office for the appropriate information for the enrolment process.

Classes 2019

The Engadine West PS teaching staff is a group of professional educators with many varying skills and abilities who work hard to offer the best curriculum options to your children. I am aware that this is the time of year where parent conversation turns to classes for the following school year. I also know that this conversation can turn into gossip about who has heard what about which teachers. My advice to parents is not to listen to 'school gate gossip'. I will not be accepting letters from parents about which teachers they want for their children for the following school year. Teachers spend a lot of time and effort in forming classes (which will not be done for quite a few weeks yet as we are still operating in Term 4 2018), trying to ensure learners and friends are grouped appropriately.

Are You Leaving Us?

During this term if you know that your family is moving and your child will not be attending Engadine West PS in 2019 it would be extremely helpful to let the office know so that we can work on formulating class numbers in preparedness for 2019.

Sue Roach
Principal



Principal's Report cont'd

See you at
Showcase
Tonight!

Showcase Rehearsals



Our fabulous performers getting ready for today's Showcase extravaganza!



ENGADINE WEST PUBLIC SCHOOL PRESENTS

Showcase 2018

Celebrating the achievements of
our creative and performing arts students.

Thursday 22 November 2018

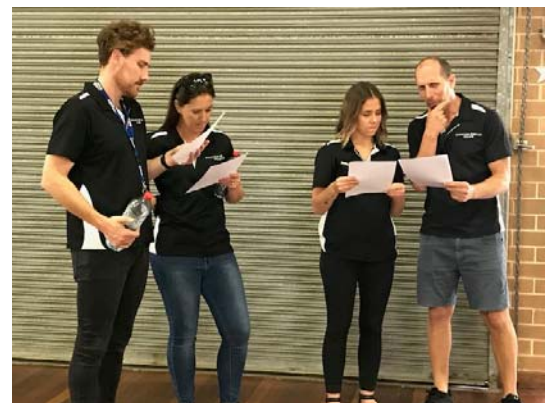
Concert 1: 2:00pm - 3:15pm
Concert 2: 6:00pm - 7:15pm

EWPS school hall

- PERFORMING BAND • JUNIOR CHOIR •
- SENIOR DANCE • TRAINING BAND • RECORDER •
- SENIOR CHOIR • JUNIOR DANCE • THE DEFAULTS •



Wonderful artwork on display



Deputy Principal's Report

Professional Learning

Our teachers have been heavily involved with many cooperative assessment sessions on their student centred learning. Teachers are busy in the assessment and evaluation process for students; in their outcomes of achievement, wellbeing and behaviour as well as the students' grade. Teachers have been diligently working through this process whilst rehearsing and preparing for our end of year celebrations, such as Showcase, Carols Under the Cola and presentation day assemblies.

Our school is also very active this term in compiling our school evidence and beginning our whole school planning and evaluation phase. It is one of our busiest times of year and I wish to express my appreciation to our teachers, administration team and all staff for their efforts.

This week I have attended Professional Learning sessions along with my colleagues, Mr Edwards and Mrs Teal. I attended Leading the Curriculum which was excellent and I look forward to implementing this further in 2019. Mr Edwards and I attended a session which will assist us in the School Evaluation and Planning process and today I am attending Professional Learning on plotting Literacy and Numeracy and its progressions with the curriculum in preparation for 2019.

Jason Wilkins
Deputy Principal

Year 6 Forensic Science Day

Calling all detectives, inspectors and forensic scientists. An incident has occurred and we need your help to solve it!

- When:** Tuesday 27 November 2018 (all day)
Where: At school
Who: All Year 6 students
Dress: Fancy dress. Come as a detective, an inspector, a police officer or a scientist.
What: Bring your recess and lunch as normal.
Learning: Students investigate by asking questions, making predictions and gathering data to draw evidence-based conclusions and develop explanations.



Shining Star

Congratulations to Darcy M (3S) who participated in the Ulladulla Relay for Life last weekend and bravely shaved her head to raise money for cancer research. Darcy has been wanting to do this since she was in Kindergarten and she finally achieved her goal. She set up her own fundraising page and raised over her target amount. Darcy displayed incredible maturity as she supported and held the hand of the person next to her preparing for their shave!



Well done to Darcy, what a star!

Soldier Christmas Care Packages

Thankyou for all the generous donations towards our Australian Soldier Christmas Care Package SRC initiative on Tuesday 20 November 2018. The SRC, with help from 5W, packed Christmas and thankyou cards, letters and a variety of goods to create 96 individual boxes. This is an incredible effort and will positively impact the selfless and brave armed forces over the festive season.

A special thankyou to Zoe Mitchell, Carly Oakes, Lynda McDowall and Kelli Henson for your help packing and transporting the boxes to the post office.

Maree Sterling & Karen Wepler



No Assembly Tomorrow

A reminder to parents and carers that there will be no K-2 or Years 3-6 assembly tomorrow, Friday 23 November 2018. The last Friday assemblies for the year will be held on 7 December 2018.

End of Year Presentation Assemblies

Thursday 13 December 2018	Year 2	10.00am
	Year 4	12.00pm
	Kindergarten	2.20pm
Monday 17 December 2018	Year 5	10.00am
	Year 3	12.00pm
	Year 1	2.20pm
Tuesday 18 December 2018	Year 6	9.25am



White Ribbon at Engadine West PS - Monday 26 November 2018

Last term, staff took part in professional learning with White Ribbon Australia, which is a charity that promotes equality and respect, values that we share at Engadine West PS.

We would like to show our support by taking a mass photo of our students in the shape of a white ribbon and posting it on our school website (just like the photo shown here).

Students with permission to publish are invited to wear a white top and black pants, shorts or skirt on **Monday 26 November**.

Please feel free to email me at jeremy.metliss3@det.nsw.edu.au with any feedback.

Jeremy Metliss
Coordinator



2019 Kindergarten Enrolments

We are accepting Kindergarten enrolments for 2019. Enrolment forms are available on the school's website <https://engadinew-p.schools.nsw.gov.au/content/dam/doe/sws/schools/e/engadinew-p/localcontent/Enrolment%20Form%202018.pdf> or from the school office.

If your child is starting Kindergarten in 2019, please submit an enrolment form as soon as possible.

- All children must be in compulsory schooling by their 6th birthday.
- Children can start kindergarten at the beginning of the school year if they turn five on or before 31 July that year.
- Students should start school at the beginning of the school year.



Education

Sport and Special Group Photographs

The sport and special group photographs taken on 8 November 2018 are now available to view and order. If you wish to order, please either:

- ♦ Visit The School Photographer website www.theschoolphotographer.com.au and order/pay online. The online order code is: **18S300PSB38EW**

OR

- ♦ View the photos displayed at school in the library windows or at the school office and collect an order form.

Photo prices are:

\$16 each, 2 for \$30, 3 for \$42, 4 for \$52 or 5 for \$60. Additional photos are \$10 each. This discount is only available per family order.

Payment options are:

Cash or money order payments enclosed in the order envelope.
Online payment by credit card - order envelope NOT required.

All orders to be made by **Wednesday 5 December 2018**.

Please note, if payments are not received before photos are sent to school, a late fee of \$5 will be incurred.

Library News

End of Library Borrowing

There will be no more library borrowing for the year as stocktake will be carried out shortly. Please ensure all library books are returned by tomorrow, **Friday 23 November 2018**. Thankyou.

Margaret Evans and Janet Evans
Teacher Librarians

Koori Art Expressions Exhibition

This year KD, 4D and 1H entered the Koori Art Expressions Exhibition. The theme for this year's exhibition is "Because of Her We Can". The exhibition aims to emphasise and celebrate the unique and essential role that Aboriginal and Torres Strait Islander women have played and continue to play in our communities, locally, state wide and nationally.

KD and 4D entered some fibre sculptures that they worked on collaboratively called "Animals of the Dharawal". 1H entered an acrylic on canvas piece called "Forever Strong".

The exhibition will run from 21 November 2018 to 28 January 2019 at TAFE NSW Eora College in Abercrombie Street, Chippendale. Everyone is welcome to view the exhibition and entry is free.

Lisa Leavai, Tric Davidson and Lauren Howden



1H Acrylic on canvas
'Forever Strong'.



KD and 4D
Fibre sculptures
'Animals of the Dharawal'.

insights

Developing a resilience mindset

by Michael Grose



If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

Watch your self-talk

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

Park the bad stuff

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

Stay flexible in your thinking

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners'. This shows inflexible,

unrealistic thinking that leads to stress and anxiousness. When you have a resilience mindset you'll use more moderate language reflecting a flexible approach to life. The above statements become 'I'll always try to be on time but sometimes it's impossible,' 'They are sometimes helpful but they can be forgetful,' and 'I'd like it if they were well-mannered but sometimes they aren't'.

Make sleep a priority

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary lifestyle steps to make sleep easy to attain.

Create a pressure valve

In a society that views busyness as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value downtime and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your kids. Developing resilience in kids is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

Upcoming Events

Day/Week	Date	Activity	Time
TERM 4			
Week 6			
Thursday	22 November	Showcase - Concert 1 (2.00-3.15pm) Concert 2 (6.00-7.15pm) in the hall	2.00pm and 6.00pm
Friday	23 November	NO K-2 assembly	
		NO Years 3-6 assembly	
		All library books to be returned please	
Week 7			
Monday	26 November	White Ribbon photo day (students may wear white top and black pants)	
Tuesday	27 November	Year 6 forensic science day	
Wednesday	28 November	Uniform shop open	9.15am
Thursday	29 November	Year 3 Symbio Wildlife Park excursion	9.10am
Friday	30 November	P&C gingerbread house making evening in the hall	7.00pm
Week 8			
Tuesday	4 December	Engadine High School orientation day (Year 6 students attending EHS)	
		Science, technology, engineering and mathematics (STEM) incursion	
		Junior band auditions	
Wednesday	5 December	Last day for sport and special group photograph orders	
Thursday	6 December	Year 6 farewell at Engadine Bowling Club	6.00-9.00pm
Friday	7 December	Final round of summer PSSA	
		Final K-2 assembly for the year	11.45am
		Final Skyzone visit	
		Final Years 3-6 assembly for the year	2.15pm
Week 9			
Monday	10 December	P&C meeting	7.30pm
Tuesday	11 December	K-2 Carols under the COLA	tba
Wednesday	12 December	Last uniform shop opening for 2018	9.15am
Thursday	13 December	Year 2 Presentation Day assembly	10.00am
		Year 4 Presentation Day assembly	12.00pm
		Kindergarten Presentation Day assembly	2.20pm
Friday	14 December	Canteen - last day for lunch orders	
Week 10			
Monday	17 December	Year 5 Presentation Day assembly	10.00am
		Year 3 Presentation Day assembly	12.00pm
		Year 1 Presentation Day assembly	2.20pm
Tuesday	18 December	Year 6 Presentation Day assembly	9.25am
		K-6 talent quest in hall (students only)	
Wednesday	19 December	Last day of Term 4	

2019 - Dates for Your Diary

TERM 1		
Week 1		
Tuesday	29 January	School development day (no students, staff only)
Wednesday	30 January	First day of school for students Years 1-6
		Kindergarten Best Start testing
		Uniform shop open 9.15am
Thursday	31 January	Kindergarten Best Start testing
Friday	1 February	Kindergarten Best Start testing
Week 2		
Monday	4 February	Kindergarten students first day of school
Thursday	7 February	LJ Harper book sale day
Week 3		
Monday	11 February	School swimming carnival at Engadine Leisure Centre
Week 4		
Thursday	21 February	School photo day
Week 10		
Monday	1 April	Year 5 Myuna Bay Sport and Recreation excursion (depart)
Thursday	4 April	Year 5 Myuna Bay Sport and Recreation excursion (return)
TERM 2		
Week 2		
Tuesday	30 July	School athletics carnival at Sylvania Waters Athletics Track
Week 5		
Wednesday	21 August	Zone athletics carnival at Sylvania Waters Athletics Track
Week 8		
Monday	9 September	Year 6 Canberra excursion (depart)
Wednesday	11 September	Year 6 Canberra excursion (return)
TERM 4		
Week 4		
Thursday	7 November	Sport and special group photo day (including Year 6 photo)

Student Absences

If your child is absent from school, please send a note to their teacher the day they return explaining their absence. Please only ring the school if your child will be absent for more than three consecutive days.

You may download student absence forms from the school website (located under the 'Notes & Forms' tab).

Approval for absences of periods in excess of five days, such as an extended family holiday or representation at elite sporting competitions, needs to be applied for **prior** to leave being granted. Application for extended leave forms are available on the school website ('Notes & Forms' tab) or can be obtained from the school office.

Thankyou for your assistance in this matter.

Payments

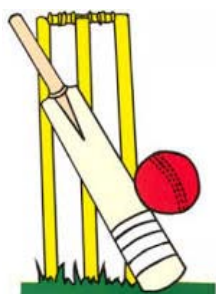
Year	Payment	Please pay by	Amount
Year 3	Excursion to Symbio Wildlife Park (29 November)	Thursday 15 November	\$28
Year 4 (2018)	Year 5 2019 Myuna Bay Excursion (1-4 April 2019)	Friday 8 February 2019	\$100 deposit
Years K-6	Student curriculum programs (<i>including Reading Eggs/Reading Eggspress, Groove Nation, technology levy, Mathseeds (K-2) and Literacy Pro (Years 3-6)</i>)	overdue	\$55
Years K-6	Voluntary school contribution		\$50
Band fees	Term 4 band fees	as soon as possible	\$125



**2018 Statement of Accounts
have been emailed and mailed parents**

As the year is drawing to a close, Statement of Accounts were again emailed and mailed to parents last week. To make a payment, click on the payment link on the Statement of Account **OR** visit the school website and click on the 'Make a Payment' tab. Please do not hesitate to contact the school office if you would like to discuss your account or require assistance.

PSSA - Round 7



Summer PSSA Friday 23 November 2018

Engadine West Gold v Menai at The Ridge (bottom 1 & 2)
Engadine West Green v Heathcote East at Anzac Oval (top)

Games start at 9.30am and are completed by 11.00am
Buses depart Engadine West PS at 9.00am
Bus cost for away games: \$7.00 per week

Know Your Parking Signs

SIGNS YOU WILL SEE AROUND SCHOOL



NO PARKING

What does it mean?
 You CAN stop in a NO PARKING zone for a maximum of two minutes to drop off and pick up passengers. You must stay within three metres of your vehicle at all times.

Why is it there?

To provide a safe place for older children to be set down and picked up without endangering other children.



NO STOPPING SIGNS & CONTINUOUS YELLOW EDGE LINES

What do they mean?
 You CANNOT stop in these areas FOR ANY REASON.

Why are they there?

To keep sight lines clear for drivers AND children so both have more time to avoid crashes.



BUS ZONE

What does it mean?
 You must NOT stop or park in a bus zone unless you are driving a bus.
Why is it there?

To provide a safe place for large buses to set down and pick up. Cars parking in bus zones put lives at risk by forcing buses out of 'their' safety zone.

Uniform Shop News

- ➡ Place orders through **Flexischools** before 5.00pm Tuesdays for delivery to classrooms on Wednesdays.
- ➡ Leave orders at the school office or call into the uniform shop on open days.
- ➡ Find order forms on the school website under the 'Notes and Forms' tab or at the school office.

Our next opening times will be:

Week 7

Wednesday 28 November from 9.15am

Week 9

Wednesday 12 December from 9.15am
Last opening time for 2018



Clare Ritchie
Uniform Shop Coordinator

Canteen News



EWPS Canteen

- ➡ The canteen is closed every **Tuesday**.
- ➡ Lunch orders **must be placed by 9.00am** on **Flexischools** or **9.30am** at the canteen.
- ➡ Email: ewps.canteen1@gmail.com

Can you help in the canteen?

HELP.....the canteen is in need of volunteers! Can you help once a term, two-to-three hours a morning (help preparing our fresh fruit and vegie items) or one-to-two hours of an afternoon (help with pack up and cleaning)?

Please drop in and see Leanne to discuss options. As always, any offer of help is greatly appreciate and don't forget, lunch and coffee are provided.



Last Day for Lunch Orders - Friday 14 December 2018

The canteen will be open on Monday 17 December and Wednesday 19 December (last day of term) for recess and lunch.

Sushi Roll Wednesdays - \$4.50 per roll

Every Wednesday until the end of term.

- ♦ chicken teriyaki, chicken schnitzel or cooked tuna
all with either avocado or cucumber
- ♦ vegetarian (cucumber, carrot, avocado)

Orders must be placed by 9.20am (sorry late orders will not be accepted). Fresh sandwiches, salads etc. WILL NOT be available on Wednesdays. ONLY sushi rolls and hot food.

Leanne Best
Canteen Supervisor

Week 6	Roster
Friday	23 November K Holmes, C Milliken HELP NEEDED
Week 7	Roster
Monday	26 November N Hardy, A Farr
Wednesday	28 November P Paton, J Symes
Thursday	29 November H Trenberth, G Padgett
Friday	30 November C Vitelli, S Mann HELP NEEDED



Sushi Roll Wednesdays
\$4.50 per roll



Connect
preschool

131 Woronora Road, Engadine

Ph: 9520 6959

director@connectpreschool.com



Hours: 8.30am - 4pm
Extended hours: 8am - 5pm

Fees: From \$20 per day
Open: School term only

(Few blocks down from Engadine West Public school)

www.connectpreschool.com.au



RATED

EXCEEDING

NATIONAL QUALITY STANDARD

Community News

SHARKS BASKETBALL HOLIDAY CAMP

21st to 24th January 2019
9am - 2pm Age 6 to 15 years
T-Shirt & Ball for all Camp Participants



Download enrolment form from our website
www.sutherlandbasketball.net.au

Waratah Park Rawson Ave Sutherland
Phone: (02) 9542-1999
Email: admin@sutherlandbasketball.net.au
Website: www.sutherlandbasketball.net.au

Enrolments close
17th December 2018
unless maximum
numbers are reached
prior to closing date

BOOK EARLY TO AVOID DISAPPOINTMENT!!!

WE WOULD APPRECIATE *Your Help!*

Volunteers are needed to assist us on Christmas Eve to help prepare the venue for our guests on Christmas Day.

On Christmas eve

24TH DECEMBER FROM 9AM
AT SUTHERLAND ENTERTAINMENT CENTRE
ETON STREET, SUTHERLAND

Donations are always welcome

Donations of the following items are always appreciated and needed:

- NEW GIFTS FOR MALE AND FEMALE OF ALL AGES
- TINNED FOODS SUCH AS ASPARAGUS, PINEAPPLE, BEETROOT, BISCUITS, CAKES AND OTHER CHRISTMAS FARE
- CASH DONATIONS

(100% TAX DEDUCTIBLE OVER \$2)

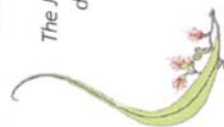
Contact us on **04 4453 2981** or go to www.johnfranklinchristmaslunch.com.au for more information, to find out how you can volunteer your time on Christmas day or Christmas eve, or where you can donate items.

The John Franklin Christmas Lunch is generously funded by financial and product donations from individuals, schools, churches and commercial enterprises throughout the Sutherland Shire and neighbouring areas.



AN ACTIVITY OF JAFACAL

ABN 70 714 112 610



THE JOHN FRANKLIN *Christmas Lunch*

We would like you to join us for traditional Christmas fare and great company at the John Franklin Christmas Lunch

On Christmas Day

25TH DECEMBER – 11:30AM – 2:30PM
AT SUTHERLAND ENTERTAINMENT CENTRE
ETON STREET, SUTHERLAND

COST: FREE!

The venue is located a short, easy flat walk from Sutherland Railway Station and has Wheelchair access.

John Franklin lived on the streets of Sutherland. He spoke of the loneliness on Christmas Day for people such as himself before his tragic death in 2000. The John Franklin Christmas Day lunch, held in the memory of John's life for all persons wanting company on Christmas Day, is a joint initiative of the St. Patrick's and St. John's Churches at Sutherland with help from the surrounding community.

Do you know someone who would appreciate hearing about this day? Tell them about it, or tell us and we will extend a personal invitation to them.



For more information contact: **04 4453 2981**
Email: jfcd2512@gmail.com
www.johnfranklinchristmaslunch.com.au

