Dear Parents

This week will see our Year 5 students enjoying three days on camp at Myuna Bay. Mr Edwards, Miss Barrow, Mr Field, Miss Allatt and Mr Meakin will be accompanying the students on what should be a great experience where the children will bond with their peers and get to know their teachers. The group will return to school on Wednesday afternoon. I am sure the boys and girls will have a great time and be wonderful ambassadors for our school.

Grandparents Day

On Tuesday of this week, Engadine West Public School will be holding a Grandparents Day for our students in Years K-2. From responses we have already received, we are expecting between 400-500 guests. We look forward to seeing grandparents and special friends visiting our school and enjoying a sing-a-long assembly, classroom visit and morning tea. Our special guests are invited to arrive from 10.00am. It should be a great day that our younger students will really enjoy.

Sporting Success

Well done to Brianna F, Jade K, Tamara B and Noah S who all were successful in being selected in the Zone Soccer teams.

NAPLAN

Important information for parents of students in Years 3 and 5. Please find the upcoming dates for NAPLAN testing below:

<table>
<thead>
<tr>
<th>Test</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language Conventions and Writing Test</td>
<td>Tuesday 13 May</td>
</tr>
<tr>
<td>Reading Test</td>
<td>Wednesday 14 May</td>
</tr>
<tr>
<td>Numeracy Test</td>
<td>Thursday 15 May</td>
</tr>
<tr>
<td>Catch Up Day</td>
<td>Friday 16 May</td>
</tr>
</tbody>
</table>

Happy Retirement

A long standing member of staff, Mrs Patricia Dries, is officially retiring on Thursday 20 March. Pat has been a valued and respected teacher at Engadine West Public School for 38 years. Pat has had an extremely positive impact on many students at Engadine West. As Principal, I would like to acknowledge her wonderful career and thank her for commitment, professionalism and dedication to what has been a long and impressive teaching career. Everyone hopes that Pat and her family have a long and wonderful future ahead. We will miss you!

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.
Workplace Health and Safety
Last week the WH & S Committee met to ratify the action plan for 2014. The health and safety of students, staff and visitors is of the utmost importance. The school had an evacuation practice last week. Feedback from this practice has resulted in the following changes to our signals:

- Continuous Bell = emergency evacuation
- Alternate Bell, continuing = emergency sheltering procedures

Due to the ongoing school playground improvements, we ask that visitors to the school be particularly vigilant when around the work areas and ensure that any pre-school children are carefully supervised.

Transition to High School
Last Friday our Year 6 students received their High School Expression of Interest forms. Parents of Year 6 students need to read these carefully and return them to class teachers no later than Friday 21 March.

Year 6 T-Shirts
Year 6 T-shirts have arrived and were delivered to students today. If any student wishes to order additional shirts, please see Mr Hogan before the end of this term.

2014 Homework Planner
The best homework help you can give your child is to teach them to be organised. Print out the 2014 homework and study calendar, which includes key dates and school holidays. Stick them on the fridge and above their desk. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/2013-homework-planner

Maths A to Z
Brush up on some of the maths terms your child uses in the classroom. The Maths A to Z glossary provides straightforward explanations and illustrated examples. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/maths/maths-a-to-z

Great Books for Tweens to Read
Favourite books from the Premier’s Reading Challenge team that will inspire kids aged between nine and 13 to read read read! Find out more: http://www.schoolatoz.nsw.edu.au/hu/homework-and-study/english/my-book-club/helping-tweens-to-love-reading/ideal-books-for-tweens-to-read

Science Assignment Starters
Not sure where to go to help your child find out about electricity, natural disasters, the solar system or other science projects? Have a look at our project starters. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/science-project-starters

Hugh Hogan
Relieving Deputy Principal
Annual School Swimming Carnival

Congratulations to our team of 33 swimmers who competed at the Engadine Zone Swimming Carnival last Tuesday. Not only were we exemplary in our behaviour but victorious in the pool.

Seventeen of our swimmers will now compete at the Sydney East Regional Carnival on 19 March at Sydney Olympic Park Aquatic Centre (SOPAC).

Great moments from the pool include overall champion school (which we have now won for at least the last four years), four relay teams to compete at Regional and four age champions.

Congratulations to our age champions:

Jade K  Junior Girls
Cameron S  11yr Boys
Marissa H  11yr Girls
Ethan P  Senior Boys

EWPS Competitors - Sydney East Regional Swimming


Swimming Ribbon Presentation Assembly - A date will be advised soon.

Lisa Leavai & Jeanine Payne
Swimming Carnival Organisers

Cyber Safety and Digital Citizenship

The increasing use of the Internet by students raises many safety issues, including: social networking, excessive use of ICT devices, file sharing, identity theft, location-based services, offensive content, E-security, and sharing of personal information.

We are addressing these concerns through Digital Citizenship lessons at school, and hope to up-skill parents and caregivers as well. We have created a short survey online to find out which resources would best support parents/caregivers in managing Cyber Safety with their children.

Please fill out the online survey by following the link below. Your assistance in this matter is much appreciated!

https://www.surveymonkey.com/s/DY6VDJM

Jen Davis & Hugh Hogan
IT Co-ordinator & Relieving Deputy Principal

Driving and Parking Safely Near School

School opening and closing times are busy times for pedestrian and vehicle traffic outside the school. Drivers have a responsibility to ensure the safety of all children, so:

⇒ Always take extra care in a 40km/h school zone.
⇒ Park safely, even if it means walking further to the school gate.
⇒ Observe all parking signs, they are planned with children’s safety in mind.
⇒ NEVER double park, it puts children at risk.
⇒ Model safe and considerate behaviour for your child, they will learn from you.
⇒ Slow down near the school crossing.
⇒ At a supervised crossing, observe the directions of the School Crossing Supervisor.

Parents are also asked to please be considerate of our neighbours and NOT park across driveways. Sutherland Shire Council officers regularly patrol our school area and issue penalty notices to those who breach road rules.
The Writing Corner - Sharing and Celebrating Student Writing!

Year 6 students have been learning about ‘Author Style’ in our English lessons. They have experimented with writing from different points of view, analysed the styles of a range of authors, and practised summarising texts. We hope you enjoy some of their work samples.

* * * *

6A students wrote short descriptions of the weather as experienced by Douglas Mawson during his Antarctic expedition.

The wind! It howls and bashes the hut. Its groans never stop. Its bites sting my skin. The wind hammers me down deep into the icy snow. Its wailing screams pierce my ears. It sweeps me off my frost-bitten feet. My skin tingles. All I can hear is the bellowing wind and it strikes me like I’m just a speck of dust, as it whistles through the freezing air.

By Mitchell, 6A

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Live Life Well

Switch off the Screen

Watching TV, surfing the web and playing computer games or small handheld devices can be good fun – and even educational! But spending too much time sitting still each day can be bad for your health. It’s important to balance screen time with active play time so your body can grow strong, fit and healthy.

★ Effects of too much screen time.
★ Your posture can get worse.
★ Your eyesight can deteriorate.
★ You can strain your wrist, thumb and elbow.
★ You can have problems with your sleep.
★ Your social skills can suffer.
★ Your body can store more energy than it uses.
★ How long is too long?
★ It is recommended that you spend no more than two hours each day on the computer, small screen games or watching TV.

The Facts on TV

Children who watch TV for more than two hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to take part in sport or physical activity.

More than 60% of Year 6 boys and 45% of Year 6 girls have more than two hours of screen time every day. This increases to more than 75% of high school boys and 67% of high school girls (2004 Schools Physical Activity and Nutrition Survey).

Kids and teens who watch TV are more likely to snack on foods that are high in sugar, salt or saturated fat.

What About Wii?

A study in the British Medical Journal found that playing active computer games uses a lot more energy than playing sedentary computer games – but not as much energy as playing the sport itself.

“The energy used when playing active WiiTM Sports games was not of high enough intensity to contribute toward the recommended daily amount of exercise in children.”

Tips

Try not to spend too much time on the computer during the daytime – you could be having fun playing outside! If your favourite TV shows are on during the day, set the recorder and watch them later.

Write a list of active things you can do instead of playing on the computer. If you get bored, pick something on your list to do.

Think of presents for your birthday and Christmas that help you active – balls, bats, totem tennis, hula hoop, frisbee, kite, skipping rope or a trampoline!

For Your Diary

Monday 10 March
- Year 5 Depart for Myuna Bay
  6.30am
- Kindergarten English Information Night 6.30pm in KA Classroom

Tuesday 11 March
- Canteen Closed
- Student Banking
- Year 5 Myuna Bay Camp
- K-2 Grandparents Day
  10.00am-11.30am

Wednesday 12 March
- Uniform Shop Open
- Year 5 Return from Myuna Bay at approximately 4.00pm

Thursday 13 March

Friday 14 March
- Friday Swimming
- Backyard League at The Ridge

Monday 17 March

Tuesday 18 March
- Canteen Closed
- Student Banking

Wednesday 19 March

Thursday 20 March
- Year 1 Walking Excursion (Re-scheduled)

Friday 21 March
- Friday Swimming
- Backyard League at The Ridge
- K-2 Assembly 12.00 midday
- 3-6 Assembly 2.30pm

Excursions and Payments

<table>
<thead>
<tr>
<th>Year</th>
<th>Excursion or Payment</th>
<th>Please pay by</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Years K-6</td>
<td>School Voluntary Contribution</td>
<td>As soon as possible</td>
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<tr>
<td>Years K-6</td>
<td>Reading Eggs Subscription</td>
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<td>Years K-6</td>
<td>Groove Nation Dance Program</td>
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<td>Essential Learning Materials</td>
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<tr>
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<td>Year 3</td>
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</tr>
<tr>
<td>Years 4-6</td>
<td>Essential Learning Materials</td>
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<tr>
<td>Band Members</td>
<td>Term 1 Band Fees</td>
<td>As soon as possible</td>
<td>$105.00 per term $420.00 per year</td>
</tr>
</tbody>
</table>

NEVER DOUBLE PARK TO PICK UP OR DROP OFF CHILDREN.
Uniform Shop News

The Uniform Shop will be open:

**Wednesday 12 March from 9.15-10.15am**

The Uniform Shop are in need of volunteers. If there are any parents wishing to be placed on our roster for Wednesdays, please leave your details at the front office.

*Tracy Farquhar & 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

**We Urgently Need Volunteers for Thursdays!**

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.

**New Items**

Juicie Sticks $1.20 *(Calipo style)*

Up & Go $2.00 *(banana, choc, strawberry)*

**Lunch Orders Specials**

Banana Smoothie $3.00

Fruit Salad Med $3.00

Large $4.00

Yogurt + .50c

GLUTEN FREE/DAIRY FREE BREAD NOW AVAILABLE FOR TOASTED SANDWICHES (add 50c per sandwich)

Leanne Best

*Canteen Supervisor*

This Week’s Roster

**Tuesday - 11 March**

CANTEEN CLOSED

**Wednesday - 12 March**

L Adams, F Reusche, K Smith

**Thursday - 13 March**

K Zaknich

**Friday - 14 March**

N Brydon, B Keegan, J James, E Braz, H Giakoumelos

**Monday - 15 March**

L Gray, D Herd, J Morando

P & C News - Care Centre

Last week, Jill Garvan resigned from her role as Care Centre Co-ordinator. Her resignation was due to personal and family changes that have occurred recently. As a result, Acting Centre Co-ordinators will be Kylie Hanbidge and Julie Fulcher. On behalf of the children and parents who use the centre, staff and the P & C, I would like to thank Jill for her efforts since December 2013 and wish her all the best for the future.

*Michael Kimber*

*President EWPS P & C*
OPEN NIGHT 2014

TUESDAY 11th MARCH

6PM

Invitation to parents and students of years 5 & 6

Participate in hands on activities in all curriculum areas.

See demonstrations and performances by our enthusiastic students.

Visit classrooms, meet our dedicated staff and see our school in action.

Make the very best choice for your educational future.

Feel free to contact the school if you are unable to attend and would like to visit:

Heathcote High School - Wilson Parade, Heathcote
Phone: 9520 9488
Email: heathcote-h.school@det.nsw.edu.au

EXCELLENCE OPPORTUNITY & SUCCESS FOR ALL OUR STUDENTS
Community News

KIDS MOVIE NIGHT
@ Engadine Church of Christ

SATURDAY 29TH MARCH @ 6:30pm - 8:15pm

Bring your friends & watch an awesome movie on a MASSIVE SCREEN!

Who: For K-6 kids    Cost: $3 - includes yummy after-dinner snackages.

Note: Parents are welcome to stay OR can also go out and have a lovely couple of hours off...
Engadine Church of Christ is a 'nut aware' environment.

ECC
Engadine Church of Christ | 131 Woronora Road, Engadine | 02 9520 0990 | www.ecc.asn.au

TRANSITION TO HIGH SCHOOL

The Transition Tightrope
5 Tips for Parents in Transitions to Secondary School
Angie Wilcock

WHEN:
6.30pm - 7.30pm
Tuesday 1 April

WHERE:
Sutherland Library
30-36 Belmont Street

BOOKINGS:
Are essential and can be made online or by calling 9710 0351.

Author and educator, Angie Wilcock, will speak about ideas and strategies to assist families with the transition of Year 6 students from primary school to high school.

Angie’s presentation is based on her new book, The Transition Tightrope, a practical and humorous guide to understanding and supporting high school transition.

For parents of Year 5 & 6 students.
Books will be available for purchase and signing on the night.