Dear Parents

Congratulations to our Year 5 students and the teaching staff who attended the three day camp at Myuna Bay last week. From all reports the camp was a great success. Staff at the camp, as well as our teachers from Engadine West Public School, made some very positive comments about the behaviour of our students. Well done girls and boys on what would have been a wonderful experience!

Playground Maintenance

Thank you to everyone for your patience and understanding with the ongoing playground maintenance program. Last week saw the asphalting of a large section of our playground. This week we should see the renewal of the artificial grass outside the assembly hall. While all precautions are being taken with trucks and heavy equipment entering and leaving the playground, I would ask all students, staff and parents be very careful when walking near the construction site.

Grandparents Day

Last week Engadine West Public School held a very successful Grandparents Day. Students in Years K-2 had grandparents and special friends visit our school on Tuesday, with nearly 500 visitors in attendance. They enjoyed a special assembly, classroom visits and a morning tea with the children. A special thank you to all the Year 2 families who helped with catering on the day and those parents and staff who set up the hall. The school has received considerable positive feedback about the day. Thank you to Mrs Sams for co-ordinating the initiative.

Successful Students

Congratulations to Grace C who was successful in being selected in the Engadine Zone Soccer Team. Apologies to Grace whose name was accidentally omitted from last week’s newsletter.

Well done to Caitlyn S, Mia L-S and Molly F for being offered a place in the four day State Dance Workshop.

Congratulations also to Cooper L who last weekend competed on his mountain bike in the 2014 Australia MTB Interschools Downhill Championships. Cooper who was competing against high school aged students came 33rd.

Parent Assistance

If young students (Years K-3) are catching the school bus for the first time, could you please write a letter to the class teacher so that any confusion can be avoided and the students can be directed to the appropriate area to catch the correct bus. Your assistance in this matter is greatly appreciated.
P & C AGM

The Annual General Meeting for the Engadine West Public School P & C will be held on Monday 24 March (Week 9). Nomination forms and position descriptions are available from the front office and on the school website. If you are considering running for one of the executive positions, you will need to complete the appropriate form and return it to the front office at your earliest opportunity.

Have a great week.

Garry Royston
Principal

Deputy Principals’ Report

Year 5 at Myuna Bay
A huge thank you to the enthusiastic and dedicated Year 5 teaching team for their outstanding service at the recent Year 5 Camp at Myuna Bay. Well done to our Year 5 students who behaved beautifully, as well as facing and overcoming many personal challenges over their stay.

Teacher Professional Learning
Today, after school, our teaching team will continue their work in implementing the Taking Off With Numeracy (TOWN) program and the new NSW Mathematics Syllabus. Next week we will be participating in sessions regarding Teacher Accreditation Review Schedule (TARS) and Executive Accreditation and Review Schedule (EARS). Teachers will complete a personal goal setting process targeting quality teaching skills.

National Assessment Program – Literacy and Numeracy (NAPLAN)
If your child is currently in Year 3, 5, 7 or 9, they’ll sit NAPLAN tests this May. And despite what you may have heard, there’s no reason to panic or start an intensive study schedule for your child.


Sushi Train
Brown rice sushi rolls are a nutritious change to pack for school lunches. Unlike white rice sushi, they can be made the night before, and the filling can be adapted to suit your child’s preferences. Pack in a chiller bag with an icepack and include some little soy sauce fish.


School A to Z App
Do you struggle to understand your child’s homework? Does your child need to practise their spelling and times tables? Are you looking for inspiration for projects and assignments? This free homework helper app provides maths and English glossaries, assignment starters and more.

Find out more: http://www.schoolatoz.nsw.edu.au/about/mobile-applications/school-a-to-z

Wild Australia App
Your child can use this terrific app as an interactive educational tool at Taronga Zoo in Sydney or at Taronga Western Plains Zoo, Dubbo. Wild Australia can also be used at home to discover more about the zoos’ amazing animals and interesting keepers.


Ross Edwards
Deputy Principal
Harmony Day

Friday 21 March is Harmony Day. The message of Harmony Day is Everyone Belongs. It is a day to celebrate Australia’s diversity. It is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world.

This week at EWPS the students will be learning more about the importance of Harmony Day around the world. Each class will complete activities about Harmony Day and present these to the school assembly on Friday.

A short ceremony focusing on Harmony Day is planned for both the K-2 assembly (12.00pm) and the 3-6 assembly (2.30pm); visitors are more than welcome to attend.

There are some fascinating statistics about Australia’s diversity that can be good conversation-starters. Did you know:

- Around 45 per cent of Australians were born overseas or have at least one parent who was born overseas.
- People from over 200 countries make up the Australian community.
- More than 300 languages are spoken in Australian homes.
- Apart from English the most common languages spoken in Australia are Mandarin, Italian, Arabic, Cantonese, Greek, Vietnamese, Tagalog/Filipino, Spanish and Hindi.
- More than 60 Indigenous languages are spoken in Australia.

Happy Harmony Day!

Year 1 Parents

The annual School Photographs will be taken on Thursday 27 March. As Thursday is Year 1 sports day, please ensure your child is wearing their full summer school uniform, not their sports uniform on this day.

Thank you for your co-operation in this matter.

Gifted Education

The University of Technology (UTS) are hosting a series of innovative workshops for Years 3-6 students, beginning with the weekend of 22 and 23 March.

Students suitable for this program include:

★ Students attaining an A or B grade in the specific subject.
★ Students involved in extension classes.

Workshops are conducted by fully qualified and experienced teachers. Multiple, age-appropriate sessions will be run in learning spaces at the UTS Broadway campus. Workshops are held in Literacy, Numeracy, Science, HSIE and Creative Arts.

Cost is $90 per day or $165 per weekend. Workshops are conducted between 9.30am-3.30pm. If you are interested, please obtain a brochure from the front office. Further details are also available from www.inspirationeducation.com.au

Vince Murphy
Assistant Principal

Sydney East PSSA Swimming Carnival

Good luck on Wednesday to all our individual and relay swimmers at the Sydney East PSSA Region Swimming Carnival at SOPAC!

Lisa Leavai
Last week, Year 5 attended camp at Myuna Bay. The children were very well behaved and the camp staff told us how happy they were to have our children each year. All of the staff were very proud of the students and their behaviour, however, we were all most impressed by the way they all conquered their fears on many of the obstacles and during many challenges.

Here are some reflections from the students in 5B, about their time at camp.

Camp was amazing. I had a ball. The high ropes were awesome. It was a bit hard but not too hard. It was so much fun. A lot of people were scared, obviously I was too. Four boys were terrified. It was my favourite activity and Julie helped us the whole time. **Kya G**

The best thing out of all of the scary activities at camp, was the high ropes. If I had to choose to go on the high ropes again, the answer would obviously be NO! It was like I was falling off a cliff but not falling. So I have two words to say about what I think about the high ropes; terrifying and high. At least the harness made me feel safe, well, for a while. **Owen W** (Editor’s note: Owen was particularly brave on this obstacle and was the first person to tackle the ropes. His performance was remarkable and inspiring, very, very brave.)

Year 5 camp was a fantastic experience for everyone. Many fears were faced and challenges were completed. Tasks like; canoeing, kayaking, rock climbing and high ropes are what everyone loved, but the giant swing was probably the most terrifying, which made it almost everyone’s favourite. “Trivia” and “County Fairs” were done each night. Breakfast, lunch, dinner and supper were delicious. **Scarlett H**

I am walking to the giant swing. I am so nervous that I am shivering. I sit down. I put my harness on and I wait until it is my turn. Finally it is my turn. It is so amazing. I go over to Julie and she checks me out and says, “you are good to go”. Ok I am going. I hook up to the rope and jump on the rope. [The other kids pull me up to the top of the swing]. I release myself and I am holding on for my life. The swimming felt horrifying but it was also fantastic. I unhook and climb down the ladder. I am finally free. It is over with. **Max B**

My favourite activity at the awesome camp was obviously the big swing. It was so cool, awesome, amazing and terrifying but it was so much fun and that is why I loved it. **Shannon D**

My favourite activity was the high swing and the high ropes because the giant swing was so giant! The high ropes were lots of fun. I also liked the night games. My favourite night games as trivia because I LOVE answering questions. My favourite free time activity was soccer. **Jack B**

One of what I think was the funniest things at camp was certainly kayaking in the double kayak with Chloe M. We got bogged and I told Chloe to get out and push us out, but instead we got stuck in the mud. Yuck! **Georgina L**

My camp reflection is the big swing because it took a lot of guts to get harnessed up and connected. Then get pulled up until you say stop. Then pull the rope beside you. When I went on the big swing, I was terrified to death. I wanted to come back down but once you’re up there, there is no way down except for pulling the rope. So that is why I liked the big swing, because it was terrifying. **Lachlan B** (Editor’s note: Lachlan was another who pushed through the most intense fear to be lifted up on the giant swing – much higher than he really wanted to go. Well done Lachy.)

We all loved camp, especially the teachers! It was so wonderful to see all of the children push themselves through their fear, to accomplish amazing things. It was wonderful to feel so proud of the children and the way they represented our school. Well done to Year 5 and well done to all of the teachers and the very brave Mrs Peychers, who survived the three days away from their families to give the children this opportunity.

**Ms Barrow**  
**Year 5 Co-ordinator**
Common colds are usually caught from other people who have colds. Common colds can be passed on through touching hands or objects (e.g. tissues and toys) or by breathing in droplets from sneezes or coughs.

To help prevent the spread of colds, encourage children (and adults) to:

⇒ cover their mouth when coughing or sneezing
⇒ keep hands away from their eyes, nose and mouth
⇒ throw tissues away after blowing their nose
⇒ wash hands thoroughly with soap, particularly before eating food and after blowing their nose
⇒ avoid sharing cups, glasses and cutlery.

See your doctor if you are concerned about your child’s health.

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**Tips to Help Prevent the Spread of Colds**

Being active and eating healthy food play a big part in getting healthy and staying healthy.

Everyone – not just children – should be active every day, in as many ways as possible. Not being active can cause an energy imbalance – that’s when you take in more energy than you actually use. It can have a big effect on your health and how you feel.

<table>
<thead>
<tr>
<th>Age</th>
<th>How much activity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 to 12</td>
<td>At least 60 minutes a day of moderate and vigorous activities. It’s even better to be active for up to a couple of hours every day.</td>
</tr>
<tr>
<td>12 to 18</td>
<td>At least 60 minutes a day of moderate and vigorous activities. For even more health benefits, try to include 20 minutes or more of vigorous activity three or four times a week.</td>
</tr>
</tbody>
</table>

It sounds like a lot but you don’t have to do it in one go – it all adds up over the day. It’s also fun to do a few different activities.

Moderate activities make your heart beat faster and your breathing become quicker. Vigorous activity makes you ‘huff and puff’.

**Moderate Activities**
- Walking fast
- Bike riding
- Skateboarding
- Dancing
- Playing on park equipment

**Vigorous Activities**
- Organised sports
- Running/chasing friends
- Swimming laps
- Star jumps
- Skipping

Try to be active in lots of different ways and challenge yourself to try something new. Remember that it can take time to learn a new skill or a new sport, so don’t expect to be good at something right away.

**Why be active?**
- ★ To help your body grow properly, giving you strong bones, muscles, lungs and heart.
- ★ To have good flexibility, balance and coordination, so you can move well.
- ★ To meet up with your friends and make new ones.
- ★ To learn how to run, throw, jump, catch and kick, which are part of lots of sports.
- ★ To improve your fitness.
- ★ To help you stay healthy and not get sick.
- ★ To feel happy and full of energy.
- ★ To help you keep at a healthy weight.
- ★ To help you feel relaxed and confident.
- ★ To help you sleep better.
- ★ To improve your posture.
- ★ To learn new skills and challenge yourself.
- ★ To have fun!
For Your Diary

Monday 17 March
- Excursions and Payments

Tuesday 18 March
- Canteen Closed
- Student Banking

Wednesday 19 March
- Scripture Commences
- Sydney East PSSA Swimming Carnival at SOPAC

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

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

Monday 24 March
- P & C AGM 7.30pm in Staffroom

Tuesday 25 March
- Canteen Closed
- Student Banking

Wednesday 26 March
- Junior Choir Rehearsal (8.15am) Woolooware Public School

Thursday 27 March
- School Photographs (Please bring Photo Envelopes on this day)

Friday 28 March
- Friday Swimming
- Backyard League at The Ridge
- Swimming Carnival Assembly 2.30pm

Excursions and Payments

<table>
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<tr>
<th>Year</th>
<th>Excursion or Payment</th>
<th>Please pay by</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Voice Members</td>
<td>Voice</td>
<td>As soon as possible</td>
<td>$30.00</td>
</tr>
<tr>
<td>Junior Choir Members</td>
<td>Junior Choir</td>
<td>As soon as possible</td>
<td>$30.00</td>
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<tr>
<td>Years K-6</td>
<td>School Voluntary Contribution</td>
<td>As soon as possible</td>
<td>$50.00</td>
</tr>
<tr>
<td>Years K-6</td>
<td>Reading Eggs Subscription</td>
<td>As soon as possible</td>
<td>$8.00</td>
</tr>
<tr>
<td>Years K-6</td>
<td>Groove Nation Dance Program</td>
<td>As soon as possible</td>
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<tr>
<td>Kindergarten</td>
<td>Essential Learning Materials</td>
<td>As soon as possible</td>
<td>$25.00</td>
</tr>
<tr>
<td>Year 1</td>
<td>Essential Learning Materials</td>
<td>As soon as possible</td>
<td>$30.00</td>
</tr>
<tr>
<td>Year 2</td>
<td>Essential Learning Materials</td>
<td>As soon as possible</td>
<td>$35.00</td>
</tr>
<tr>
<td>Year 3</td>
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<td>$25.00</td>
</tr>
<tr>
<td>Years 4-6</td>
<td>Essential Learning Materials</td>
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<td>Band Members</td>
<td>Term 1 Band Fees</td>
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<td></td>
<td></td>
<td></td>
<td>$420.00 per year</td>
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</table>

ALWAYS MAKE CHILDREN GET IN AND OUT OF THE CAR ON THE FOOTPATH SIDE.
Students at Engadine West are proud to wear their uniforms, which indicate they are students of this school. It is part of the school’s discipline policy that all students wear school uniform. Uniforms can be purchased from the Uniform Shop (located off the Basement area near the computer lab), which is operated by the P & C and is open every second Wednesday from 9.15am to 10.15am. The next opening time will be:

Wednesday 26 March from 9.15-10.15am

Tracy Farquhar & Kathy Cunynghame
Uniform Shop Co-ordinators

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

The Before and After School Care Centre have a new email address for parent accounts (enquiries regarding fees, receipts and statements): ewpscc1@gmail.com

Please continue to contact the care centre by phone or in person for bookings. Thank you for your assistance in this matter.

Julie Fulcher and Kylie Hanbidge
Acting Care Centre Co-ordinators
The Engadine West Public School
P&C Association
would like to invite you to the
Annual General Meeting.

Date: Monday 24th March 2014
Venue: School Staffroom
Time: 7.30pm

Please access the EWPS P&C website for details about these positions.

<table>
<thead>
<tr>
<th>Executive Office Bearers</th>
<th>Sub Committees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. President</td>
<td>9. Care Centre Subcommittee Member</td>
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<tr>
<td>2. Vice President Care Centre</td>
<td>10. Canteen Subcommittee Member</td>
</tr>
<tr>
<td>3. Vice President Canteen</td>
<td>11. School Banking Coordinator</td>
</tr>
<tr>
<td>4. Treasurer</td>
<td>12. Book Club Coordinator</td>
</tr>
<tr>
<td>5. Assistant Treasurer</td>
<td>13. Publicity Officer</td>
</tr>
<tr>
<td>6. Secretary</td>
<td>14. Trivia Night Coordinator</td>
</tr>
<tr>
<td>7. Uniform Coordinator 1</td>
<td>15. Mothers Day/Fathers Stall Coordinator</td>
</tr>
<tr>
<td>8. Uniform Coordinator 2</td>
<td>16. School Disco Coordinator</td>
</tr>
<tr>
<td></td>
<td>17. Easter Egg Raffle Coordinator</td>
</tr>
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<td></td>
<td>18. Assets &amp; Purchasing</td>
</tr>
</tbody>
</table>

Nomination form for P & C Executive Committee
Annual General Meeting 2014

Person nominated: ____________________________

Position: ____________________________

Signature: ____________________________ Date: __________

Secounder: ____________________________

Signature: ____________________________ Date: __________
Unfortunately, it was necessary to make one final date change for our Family Fun Day. It is now officially being held on:

Sunday 12 October 2014

We still have some vacancies available for Stall Holders. If you, or someone you know, are interested in having a stall, please contact the front office and leave your details. The cost of having a stalls is $70.

Please stay tuned for more information!

Tracy Farquhar and Martin Field
Fun Day Co-ordinators

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Want to know if your child should be fitter, healthier and happier?

BMI-for-age charts are a way to determine if your child is within the healthy weight range for their age.

Scan the QR code below to check how healthy your child is, or visit www.go4fun.com.au and follow the links to the BMI Calculator

Go4Fun is a FREE healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above their ideal weight.

Register now! Call the Linda Trotter (Local Go4Fun Coordinator) on 9382 8641

Scan the QR code to find out how healthy your child is, or visit www.go4fun.com.au
Free parent workshop in the Sutherland Shire LGA

Understanding Bullying

Bullying in Australian schools is a huge concern for teachers, parents and students. While schools are promoted as a safe place for children and anti-bullying policies are in place, there is a gap in linking parents and school professionals to work together in understanding and providing early intervention.

This workshop will assist parents in identifying bullying, the different forms of bullying and what proactive strategies can be implemented. With appropriate support and intervention, the impact of bullying can be lessened and children can feel safe at school.

Date: Wednesday 26th March 2014
Time: 6:00pm - 9:00pm
Venue: Miranda North Public School
       162b The Boulevarde, Miranda 2228
Cost: FREE for parents and carers

To Register: Call (02) 8568 8200 or visit www.learninglinks.org.au

Bookings essential.

* Proudly supported by Gymea Tradies.

Your Presenter
Leah Ballin has been a registered psychologist for 10 years who has experience working in schools, multi-disciplinary clinics, and workplaces in both the public and private sector. Leah is currently working as a psychologist with Learning Links where she provides individual counseling and assessment services to children, adolescents and their families.

She also runs workshops for parents and professionals covering bullying, building resilience in childhood, and managing anxiety and depression.

In addition to holding a Master of Psychology (Educational and Developmental) she is a member of the APS College of Educational and Developmental Psychologists