Dear Parents

This week is Education Week and it is the time when we celebrate Public Education and admire the great things happening at Engadine West Public School. The theme for the 2014 Education Week is “60 Years of Education Week - Lighting the Way to a Better World”.

Our schedule for Education Week is as follows:

**Tuesday 29 July**  
**School Athletics Carnival** at Sylvania Athletics Track (Years 3-6) and any Year 2 children turning eight years of age this year.

**Wednesday 30 July**  
Student performances at **Engadine Plaza** from 11.00am. Our Junior and Senior Choirs, Junior and Senior Bands and Junior Dance Group will be performing.

**Thursday 31 July**  
**Open Day** commencing with classroom visits from 10.15am. Recess will be at 11.00am. Student performances will start at 11.40am. The children really enjoy having their family and friends in attendance so we hope to see you there. To assist working parents, the order of performances is outlined below:

- **Senior Band**
- **Acknowledgement to Country**
- **Advance Australia Fair led by Choir**
- **Combined Choir**
- **Principal’s Address**
- **P & C Address**
- **Junior Band**
- **Junior Dance**
- **Year 1**
- **Year 2**
- **Year 3**
- **Year 4**
- **Year 5**
- **Year 6**
- **Kindergarten**

**Wakakirri**

Congratulations to our Stage 3 Wakakirri students who last Friday night performed very impressively at the Sutherland Entertainment Centre. This was a great experience for all involved and the students, staff and parents involved have done a wonderful job. The judge described our item as a “world class performance”. The school was also successful in winning the “Public Speaking Award”. The school will now await the decision from the judges as to whether Engadine West progresses to the finals. This has been an outstanding effort by all involved, well done!
**Professional Learning**

After school today teachers are participating in training to use the school’s new green screen. The use of this technology will enhance our students learning outcomes across a range of curriculum areas. Also, a team of teachers led by Mrs Gilmore are attending training in implementing the new Mathematics Syllabus after school on Tuesday at Bangor Public School.

**Surfer Girl**

Congratulations to Maddie S for her win in the Garie Boardriders Micro Junior surfboard riding competition on the weekend. She put on a fine display of wave riding and was well coached by her dad who also braved the cold conditions.

*Ross Edwards & Nicole Gilmore*
*Deputy Principal & Relieving Deputy Principal*
Healthy eating doesn't have to be expensive

Grocery shopping doesn’t have to be a drain on your purse and your patience. What you need is some pre-planning about your family meals, techniques to manage your child’s ‘pester power’ and some know-how to spot healthy foods.

Eat well – and save money!

- Write a shopping list and plan your meals for the week ahead. This helps avoid impulse purchases that may not be the best for your wallet or your health.
- Set limits on treats – tell your children that each time they ask for something else, one item will be go back on the shelf.
- Don’t shop when you’re hungry. You’ll find yourself buying more than you’ll actually eat.
- Allocate more of your budget to staple foods that provide the most nutrients, such as breads, cereals, fruit, vegetables and legumes, rice, pasta and dairy. These tend to last longer through the week and form the basis of your meals.
- Make your meat go further – replace some of the meat you’d usually use with beans or legumes for added fibre.
- Staple items, like bread and meat, can be bought in bulk. This can work out cheaper and they can be frozen for up to a month.
- Choose fruit and vegetables that are in season, as they tend to be cheaper and better quality. For more information on buying seasonal produce go to [link to ‘Buying Seasonal produce’]
- Visit a local fruit and vegetable market. They can have cheaper and sometimes better quality produce - plus the kids will have fun exploring the place!

Pester power

Food companies know how powerful a whining child can be. They also know how to tempt children by positioning products at just the right height. These items can throw out your weekly shopping budget and can also lead to some difficult – and noisy – moments in the store.

If you can manage your children’s expectations, you can keep their demands under control. Here are some ideas to keep in mind when you’re next faced with ‘I want, I want, I want ...’.

- Food companies want to sell their products, whether or not they are suitable, worth the money or of benefit to your child.
- When you say ‘no’, mean it and explain to your child why they cannot have the item For example, ‘it’s too expensive’ or ‘you bought something else recently’.
- Acknowledge the strength of their desires – ‘Yes, that does look nice’ – while preparing them for disappointment – ‘But you know you probably won’t be able to have that because …’
- Keep ‘treats’ for special occasions.
- This week’s ‘must have’ thing is often soon forgotten by kids.
- Give your kids extra time and attention – this can cut down on demands for things. For example, ask them to help you with spotting items that are on the shopping list.

Money and Valuables at School

Students should not bring valuable items or toys to school. It is DET policy that students do not bring mobile telephones to school. Should this occur the telephone will be confiscated by staff and kept in a secure location for collection at the end of the day by the child or parent as required. Jewellery, including necklaces, bracelets and rings, are not part of the school uniform and are best left at home. Girls should wear studs in pierced ears instead of earrings.

From time to time students will be asked to bring money for payments for such things as excursions, textbook purchases and special programs. These should be in clearly marked envelopes and given to the class teacher first thing in the morning where a record of payments will be made.
For Your Diary

Monday 28 July
- Education Week
- P & C Meeting at 7.30pm in the Staffroom
- NSW All Schools Rugby League Carnival

Tuesday 29 July
- Canteen Closed
- NO Student Banking
- Book Club Orders Due
- Athletics Carnival

Wednesday 30 July
- Uniform Shop Open
- Engadine Plaza Performance from 11.00am (Jnr and Snr Choir, Jnr and Snr Band and Jnr Dance)
- 4C Play Day Workshop (at school)

Thursday 31 July
- Open Day commencing 10.15am

Friday 1 August
- PSSA

Monday 4 August
- Debate against Sutherland Public School

Tuesday 5 August
- Canteen Closed
- Student Banking
- 3/4D Play Day Workshop (at school)

Wednesday 6 August
- 3E Play Day Workshop (at school)

Thursday 7 August
- 4WP Play Day Workshop (at school)

Friday 8 August
- PSSA
- K-2 Assembly 12.00pm
- 3-6 Assembly 2.30pm

Excursions and Payments

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<th>Year</th>
<th>Excursion or Payment</th>
<th>Please pay by</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Years 3-6</td>
<td>Athletics Carnival</td>
<td>Friday 25 July</td>
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<td>Classes 3E, 3S, 3/4D, 4C, 4G and 4WP</td>
<td>Sydney Region Primary Play Day</td>
<td>Monday 28 July</td>
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<td>Junior &amp; Senior Choir</td>
<td>Engadine Plaza Performance</td>
<td>Wednesday 30 July</td>
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<td>Junior Dance Group</td>
<td>Year 1 Powerhouse Museum Excursion</td>
<td>Monday 18 August</td>
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| Year 6     | Year 6 Canberra Excursion (1-3 September)        | Friday 15 August | $50.00 Deposit
|            |                                                     |               | $315.00 Balance
|            |                                                     |               | $365.00 Total  |
| Band Members | Term 3 Band Fees                                    |               | $105.00 per term
|            |                                                     |               | $420.00 per year |

PSSA Results

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<th>TEAM</th>
<th>OPPONENT</th>
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Uniform Shop News

The Uniform Shop 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 30 July 2014

Parents please note that full winter uniform should now be worn by students, not a combination of summer and winter uniform. Thank you for your co-operation.

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.

Lunch Orders Specials

- Potato $3.00
  - Sour cream and sweet chilli
  - Bolognaise and cheese
  - Baked beans or spaghetti and cheese
  - Tuna and corn

- Sweet Corn and Chicken Soup $3.00 (with garlic toast)

Open Day - Thursday 31 July

The canteen will be open and serving mixed sandwiches, soup and rice paper rolls and the coffee machine will be located in the hall canteen. We would appreciate donations of cakes, slices etc. to sell in both canteens on the day. We will also need help during the morning to make sandwiches and serve. Any assistance you are able to offer will be greatly appreciated.

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

Leanne Best
Canteen Supervisor

This Week’s Roster

Tuesday - 29 July
CANTEEN CLOSED

Wednesday - 30 July
K Kingston, D Duffy

Thursday - 31 July
Friday - 1 August
A Astbury, T Farquhar, C Vitelli, J White

Monday - 4 August
A Jones, C Babcot, L Alford
Book Club News

Orders from Issue 5 catalogues are due to be returned to your classroom or the front office by Tuesday 29 July. Every order earns free books for our school library so take advantage of the great savings.

If you are paying with cash, particularly coins, could you please tape unsealed parts of envelope to ensure coins do not fall out.

Orders can be held at the office for collection. Please ensure this is clearly marked on all the order forms and envelope with a contact phone number. We will ring you when the books are ready for collection from the front office.

To ensure your order can be placed on time, please check the following:

★ Student’s name and class on all forms and envelope.
★ For cash payments please check the amount if your child is paying and please ensure the envelope is well sealed.
★ For cheque payments the cheque must be made out to Scholastic Australia.
★ For credit card payments use the website to pay and get a receipt number or call the phone number on the form. Only one receipt for the total amount is necessary and you only need to write the receipt details on one order form

Thank you for your support.

Mandy Goodman & Stephanie Wise
Book Club Co-ordinators

Community News

ENGADINE DRAGONS CRICKET CLUB

U8 PLAYERS STILL REQUIRED
(Born after 1/9/06)

★ ALL GAMES ARE HELD ON SATURDAY MORNINGS.
★ GAMES RUN FOR 1.5 Hrs (U8s) - STARTING TIMES ARE GENERALLY 8:30AM or 10:15AM WITH ALL GAMES FINISHED BY MIDDAY
★ ALL PLAYERS PARTICIPATE WITH BATTING & BOWLING EVENLY SHARED. playing equipment supplied.
★ ALL PLAYING EQUIPMENT SUPPLIED.
★ ALL NEW U8 REGISTRATIONS RECEIVE A FREE CRICKET BALL & PLAYING CAP

For all enquires please contact the Club Secretary on 0418 674 495 or via email edcc_secretary@engadinedragonscc.org.au

Further information can be obtained on our website www.engadinedragonscc.org.au
Dear Parents and Grandparents,

Do you have 1 hour per week to help children learn to read? Then we need you!

We would like to implement this great program again to provide extra assistance to some of our students from Years 1 and 2.

In order to make it successful we need the support of some parents/grandparents. Training will be provided and we are flexible with the time you can offer.

If you would like more information, please call Mrs Scott.

A training session will be held on Friday 1st August at school (venue to be confirmed.)

It is planned to run the program from week 4 this term until week 4 in term 4 (October 31st).

We appreciate your support.

Jenny Scott (LaST)

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Please return to the School Office

Yes, I would like to help with the BEAR Reading Program in Terms 3 and 4

Name________________________________________

Phone number__________________________________

Your child's name and class________________________

I am able to attend the training session on Friday, 1st August at 3:00pm. Yes / No (If you have helped before attendance at this session is optional.)

I would be able to help on a... (please circle)

Monday Tuesday Wednesday Thursday Friday

Preferred time 09.30 - 10.30 10.30 - 11.30 12.00 - 1.00 2.30 - 3.30

NB. This program may involve you working with children from a class that is different to your own child.