Dear Parents

Welcome to our new Kindergarten students and their families. Today was their first full day at “big school” and I hope that they will all settle into the school routine quickly. Classes from Years 1 to 6 were formed last Friday. Once again this year there will be 30 classes (27 straight classes and three composite classes). In reality all classes are composite with the teacher catering for a variety of ability groups and needing to differentiate the curriculum to meet the needs of each individual child. Research has shown that one of the most important factors in achieving student outcomes is the teacher. We are fortunate at Engadine West Public School to have a very skilled staff. Your child may take a short time to settle into his/her new class, so please be positive about the start of the new school year.

Essential Learning Materials

The note regarding this year’s Essential Learning Materials will be sent home this week. In order to get the term off to a smooth and effective start, it would be appreciated if you could pay for these items as quickly as possible. The annual voluntary School Contribution, which is $50 per year for each student, is also requested. While this payment is voluntary, these funds greatly assist the school to deliver quality educational opportunities for our students. This payment can be made to the School’s Building Fund which makes it tax deductible. If you need financial assistance in these matters, please contact the school for support. Your co-operation is greatly appreciated.

P & C Meeting

The first P & C Meeting for 2015 will be held on Monday 9 February commencing at 7.30pm in the school staffroom. All parents are most welcome to attend.

Parent Information Evenings

At the beginning of each year, every grade holds a Parent Information Evening where parents have the opportunity to meet their child’s teacher and learn about classroom expectations and planned initiatives for the year. These are always informative nights and should not be missed. Dates and times of these meetings will be posted on the school website and notes will be sent home shortly.

Dogs at School

Some parents have been bringing their family dogs into the school grounds. The Department has a very clear policy that dogs should not be brought onto school grounds without permission. For the safety of all our students, could parents please not bring dogs onto the premises.

Have a great week!

Garry Royston
Principal
Welcome back Engadine West Public School community, I trust we all feel refreshed and raring to go. Our teaching team have commenced their professional learning plan with sessions on Anaphylaxis management, grade programming and training in new Science Syllabus. On Monday 2 February all staff will be participating in a refresher course regarding Diabetes management.

A reminder to all that we avoid having peanut products at school to support our students with serious allergies.

**Safe Schools**
Please ensure that all students and parents avoid walking through the school car park between 8.00am and 4.15pm. Parents may not park in the staff car park unless they have special permission due to medical emergencies.

**Please Keep Away From Classrooms While Waiting During Class Time**
All parents would like their children to be able to concentrate during class time which is from 9.25am to 3.30pm. Please move away from classroom windows and doors to have your afternoon chats while waiting for your children and supervise your preschool children.

**Doing Well in Class**
Our expert panel shares tips about how parents can help their younger and older kids reach their full potential at school and motivate them for learning. Watch the video.

**Eight Ways to Get Your Children Organised**
Are you ready for morning madness, late assignments, yesterday's half-eaten lunch sweating in the schoolbag? Just like adults, children cope much better if they can manage their time and their environment wisely.

**Smart Foods to Boost Learning**
Mother Nature is full of foods that help us think and feel better. What do you give your child to help them think more clearly, and enhance concentration and memory?

Ross Edwards and Jason Wilkins
Deputy Principals

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**School Swimming Carnival**

Our annual school Swimming Carnival will be held at Engadine Leisure Centre on **Tuesday 24 February 2015**. The carnival is compulsory for all students in Years 3-6.

Year 2 students who are turning eight in 2015 and are **COMPETITIVE** swimmers (who either attend club or squad) and **CAN** swim 50 metres are invited to attend. A note for Year 2 students will be sent home soon.

**Early Leavers**
Any child wishing to leave the carnival without a parent/caregiver in attendance **MUST** provide a written note outlining who the child is leaving with and their relationship to the child. This includes family members such as grandparents, uncles/aunts etc.

This note **MUST** be signed by a parent/caregiver and a contact number provided.

**Carnival Helpers**
If you are able to help out on the day of the carnival, please contact Mrs Leavai or Mrs Payne at school. All help is greatly appreciated.

Lisa Leavai & Jeanine Payne
Carnival Organisers
### Year 1 Classroom Requirements
- 3 glue sticks (good quality and not liquid glue)
- 5 HB lead pencils
- Eraser
- Scissors
- Pencil sharpener (container type)
- Coloured pencils/wind up crayons (no Textas)
- 1 pencil case (small)
- Library bag
- Home Reading Pouch
- Roll of paper towel
- Box of tissues
- 2 packets of wet wipes or hand sanitiser
- Paint shirt
- Raincoat
- 2 highlighters
- Sunscreen (for personal use)

### Year 2 Classroom Requirements
- 3 glue sticks (replace when used)
- 2 highlighters (different colours)
- Library bag
- Home reading bag
- Paint shirt
- Scissors
- Small pencil case
- Eraser, sharpener (container type)
- 2 HB pencils (replace when used)
- A4 128 page homework book (to paste A4 sheet into)
- Coloured pencils and/or wind up crayons for colouring work in books (textas are optional)
- 2 boxes of tissues
- 2 packs of wet wipes or hand sanitiser
- Raincoat (remains in school bag)
- Sunscreen (for personal use)
- Sunscreen to remain in school bag (replace when used)

### Year 3 & 4 Classroom Requirements 2015
- 4 HB lead pencils - replace when used
- Red and blue pens
- Soft white pencil rubber
- Ruler 30cm (cm & mm) not flexi type, clear plastic if possible
- 2 glue sticks
- Scissors
- Paint shirt
- Dictionary - Macquarie Primary is recommended
- Pencil sharpener
- Coloured pencils and textas
- Highlighter
- Raincoat
- Sunscreen (for personal use)
- 96 page A4 ruled exercise book (homework)
- A book each day for silent reading
- A3 scrapbook/artbook (can be re-used from Year 3 to Year 4)
- A4 display folder
- Thin black artline texta
- USB thumb drive - can be purchased for under $10
- Box of tissues
- Paper towels or wet ones
- Liquid soap

Please ensure all items are clearly labelled with your child’s name and replace items when used.

Thank You

### Year 5 & 6 Classroom Requirements 2015
- 6 HB lead pencils (per term)
- Red and blue pens
- Green pen
- Thin black artline texta
- Soft white pencil rubber
- Ruler 30cm (cm & mm) not flexi type, clear plastic if possible
- 2 Glue sticks
- Scissors
- 128pg A4 exercise book for homework
- Paint shirt
- A3 size art portfolio or scrapbook
- Clear contact (to cover class exercise books)
- Dictionary
- Pencil sharpener (container type)

- Coloured pencils and textas
- Highlighters
- Plastic A4 storage envelope
- Raincoat
- Novel for silent reading
- Calculator (optional)
- Protractor
- Headphones for laptops
- USB thumb drive - 2GB
- A box of tissues x 2
- Paper towels
- Sunscreen (for personal use)
- Correction fluid/tape not permitted
**For Your Diary**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 2 February</td>
<td>First Day for Kindergarten Students</td>
</tr>
<tr>
<td>Tuesday 3 February</td>
<td>Canteen Closed</td>
</tr>
<tr>
<td>Wednesday 4 February</td>
<td>Uniform Shop Open 9.15am, Senior Band Rehearsals commence at 8.30am</td>
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<tr>
<td>Thursday 5 February</td>
<td></td>
</tr>
<tr>
<td>Friday 6 February</td>
<td>Friday Swimming Commences</td>
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<tr>
<td>Monday 9 February</td>
<td>Book Club orders due, P &amp; C Meeting at 7.30pm in the Staffroom</td>
</tr>
<tr>
<td>Tuesday 10 February</td>
<td>Canteen Closed</td>
</tr>
<tr>
<td>Wednesday 11 February</td>
<td>Band Parent Meeting at 5.30pm in Basement</td>
</tr>
<tr>
<td>Thursday 12 February</td>
<td>Junior Band Rehearsals commence at 8.30am</td>
</tr>
<tr>
<td>Friday 13 February</td>
<td>Friday Swimming</td>
</tr>
</tbody>
</table>

**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 3-6 (plus participating Year 2 students)</td>
<td>School Swimming Carnival Tuesday 24 February</td>
<td>Wednesday 18 February 2015</td>
<td>$4.20</td>
</tr>
<tr>
<td>Participating Students Years 3-6</td>
<td>Term 1 2015 Swimming</td>
<td>Friday 30 January 2015</td>
<td>$147.50</td>
</tr>
<tr>
<td>Year 5</td>
<td>Year 5 Myuna Bay Camp 16-18 February</td>
<td>Monday 2 February 2015</td>
<td>$280 Balance</td>
</tr>
</tbody>
</table>

**School Attendance**

Do you have problems with getting your child to school, for some of the following reasons?

- Won’t get out of bed
- Won’t go to bed
- Can’t find their clothes, books, homework, school bag……
- School lunches not ready
- Dawdles over breakfast
- Homework not done
- Watching television late at night or when they should be getting ready for school
- Mum planning a day out
- Test/presentation at school
- Child or sibling birthday
- Child screams and won’t let you go

Here are some suggestions which are based on ‘setting regular routines’

- Have a set time to be out of bed
- Have a set time to go to bed
- Have uniform and school bag ready the night before
- Make lunches the night before
- Have a set time to starting/ending breakfast. A routine is important.
- Set time for daily homework activities
- Turn the television on for a set time and only if appropriate
- Be firm, children must go to school
- Provide lots of positive encouragement
- Be firm, a birthday is not a holiday
- Time arrival at school to coincide with bell time and leave quickly. If arranged with the teacher beforehand, please place your child’s hand into that of a teacher and then leave.
Uniform Shop News

The Uniform Shop will be open:

**Wednesday 4 February 2015 from 9.15-10.15am**

We will then be opening on every second Wednesday. 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.

**REMINDER:** Year 2 students going into Year 3 this year require a gold polo shirt for Friday sport ($20).

*Tracy Farquhar & Kathy Cunynghame*

*Uniform Shop Co-ordinators*

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Canteen News

Please note that lunch orders **must be placed by 9.30am.**

**Find us on Facebook - EWPS Canteen**

**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**

- Banana Smoothie  $3.00
- Medium Fruit Salad  $3.50
- Large Fruit Salad  $4.50

**New Price List**

Our new Price List will be available next week and 2014 prices are still valid for this week.

*Leanne Best*

*Canteen Supervisor*
Choose water as a drink

Did you know?

★ Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
★ In NSW, 45% of boys and 38% of girls in Year 6 drink two to six cups of soft drink per week.

Water

Drinking water is the best way to quench your thirst. Even better, it doesn’t come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Fruit juice

Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink.

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child’s recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Drinking water is the best way to quench your thirst”

continues over the page
**Community News**

**WOMEN’S COURSE!**

**SUTHERLAND COLLEGE-GYMEA CAMPUS**

**SKILLS FOR WORK & TRAINING**

We still have vacancies for the Career Education & Employment for Women course at Gymea Tafe.

This course is for women who wish to refresh their skills to re-enter the workforce or do further study.

Classes are 3 days per week within school hours commencing 9th February 2015.

Subjects include: Computing, Resumes, Interview Skills, Communication, Workplace Writing, First Aid and more.

**Enquiries:** Phone 9710 5136

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**Live Life Well Cont’d**

**Sweetened drinks: soft drinks, cordials, sports and energy drinks**

Soft drinks, cordials, sports and energy drinks and flavoured mineral waters often have large amounts of sugar and kilojoules. In fact, a can of soft drink contains around 10 teaspoons of sugar.

Drinking too many sweetened drinks can cause a range of problems including tooth decay, poor appetite, picky eating, change in bowel habits and putting on excess weight. These drinks should only be consumed occasionally – not every day.

**Sweetened drinks containing caffeine**

Caffeine is a mildly addictive stimulant drug. Cola-type soft drinks and energy drinks contain caffeine as well as lots of sugar. Higher amounts of caffeine are found in energy drinks. There are many side effects of caffeine consumption, particularly in kids and teens. These include disturbed sleep, bedwetting, anxiety and headache – even from drinking quite small amounts. There is also a link between caffeine in soft drinks and bone fractures. Consumption by kids and teens of cola drinks, particularly energy drinks, is best avoided.

**Ideas to help kids and teens drink more water**

- Pack a water bottle whenever you go out.
- In summer, pack a frozen water bottle in your child’s lunch box.

- Don’t keep sweetened drinks at home; make cold water available instead.
- Water down sweetened drinks – such as cordials or fruit juice – for a short time and then start to replace them with plain water.
- When playing sport, encourage kids to drink water rather than sports drinks or energy drinks.
- Serve plain water in decorative jugs. Add slices of lemon, orange or mint for flavour and, in summer, add ice cubes to keep it chilled.
- Serve sweetened drinks in smaller glasses and only have them occasionally – not every day.

**Remember**

- Choose water as a drink.
- Sweetened drinks such as soft drinks, fruit juice drinks, cordials, sports and energy drinks are not a necessary part of a healthy diet.
- Regularly offering sweetened drinks makes it harder to choose water as a drink.
- If sweetened drinks are on the menu, try not to include them every day and choose healthier options, such as watered-down versions of favourite drinks. These will still quench your thirst, but without the excess sugar and kilojoules. It can also help reduce the preference for strongly sweetened drinks.

For more information and ideas on healthy eating and physical activity, go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)
Community News

Join us for the 2015

Veronica James Science Challenge for Hearing Impaired Children
Sponsored by The University of Sydney, Sydney Medical School, Discipline of Pathology
to be held on the last weekend of the School Holidays, 18th and 19th April, 2015
In the Exciting NEW Charles Perkins Centre

ENQUIRIES
email: vjsciencechallenge@yahoo.com.au
Telephone: (02)9449 5919

Kid’s Movie Night at Engadine Church of Christ

Saturday 21st February 6:30pm – 8:15pm

Bring your friends and watch a recent release DVD on a MASSIVE screen.

Ages: Kids from Kindergarten to Year 6
Cost: No entry fee but a $3 charge for a bag with snacks and drink
Place: Engadine Church of Christ 131 Woronora Rd, Engadine
More Information: Church office 9520 0990.

Parents more than welcome to stay (no charge) or enjoy the time to yourselves.

Please note that due to licensing agreements we are not allowed to advertise the name of the movie in writing but will be more than happy to give this information over the phone or in person. Thank you for your understanding.
## Program and Course Schedule 2015

### Relating as Stepfamilies

- **3-session program specifically for couples either in a stepfamily or considering forming one.**
- **Date:** Monday nights, 16 February to 2 March 2015
- **Time:** 6.30pm to 9.00pm
- **Cost:** $100 per couple with SRT subsidy

### Parents Not Partners

- **6-session program for separated parents who are in conflict over children. Focused on helping you manage conflict with the other parent to bring positive outcomes for your children.**
- **Date:** Monday nights, 16 February to 23 March 2015
- **Time:** 6.30pm to 9.00pm
- **Cost:** $150 per person

### Seasons for Growth

- **8-session program to help young people (6 to 12 years) to understand and express experiences of significant change, loss and grief.**
- **Date:** Monday afternoons, 9 February to 30 March 2015
- **Time:** 4.00pm to 5.00pm
- **Cost:** $50 per child (includes booklet and afternoon tea)

### Building Bridges

- **This program, for 8-12 year olds, discusses how bridges connect families that are living in two separate places. When parents separate, children often live in two homes and they need to find ways to build their own bridge between the two homes.**
- **Date:** 10 February 2015
- **Time:** 4.00pm to 6.00pm
- **Cost:** Free

### Building Connections Through Play

- **This program is an attachment base program, aiming to improve father-child and mother-child relationships through encouragement of responsiveness to child’s cues. This is an individual program and can run at a time convenient for father or mother, child and facilitator.**
- **When:** Between 9am and 5pm, Monday to Friday
- **Cost:** Free

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**Bookings essential. Please call 8522 4450**

383 Port Hacking Road South, Caringbah NSW 2229

[www.interrelate.org.au](http://www.interrelate.org.au)
Kids Connected Thru Sport program

The Hub Community Centre has been successful in gaining a grant from Sutherland Shire Council to help kids play their favourite sport who are from financially disadvantaged families who cannot afford the costs of registration fees.

This program aims to help approximately 20 children to join a club of their choice for 2015 season. The Hub Community Centre will pay the registration fees and uniform costs directly to each particular club. An eligibility process is required.

We would like to ask the support of teachers, chaplains, principals, other services and local community groups to nominate a family that may not be in a position to pay for their child/children to participate in sport due to their circumstances. Single parents or one income families are eligible. Please contact Joanne, The Hub Community Centre 9525 4971.

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Engadine Crusaders Football Club

Your local family club! All ages welcome

Soccer Registration is open now online.

Registration days at Preston Clubhouse are:

- Wednesday 4th February (4pm – 8pm)
- Saturday 7th February (12pm – 4pm)

Please check out our website at this time for more details

www.engadinecrusadersfc.com.au

Note: We are keeping our registration fees the same as 2014.