Dear Parents

Congratulations to all our Stage 3 students, staff and parent who helped organise and participate in Gold Day which was an outstanding learning experience for our students last week. Everyone participating experienced life on the goldfields. Well done to all involved!

P&C Meeting

The next P&C Meeting will be held on Monday 15 June (Week 9). The meeting will commence at 7.30pm in the staffroom. All parents are welcome to attend.

Student Reports

Teachers are finalising Student Semester One Reports. The reports will be sent home in an envelope with the children on Friday 19 June. If you have any concerns regarding your child’s report please don’t hesitate to book an interview with the classroom teacher. The link will be available on the school website from this Friday. Parents, please look carefully at the effort rating on your child’s report. If they are trying their hardest they need to be praised for their application.

Shark Knockout

Good luck to our Rugby League teams who will be competing and defending their 2014 titles at the Sharks Knock Out on Thursday 11 June. The Knock Out will be held at “The Ridge” at Lucas Heights his year. The day is always well attended by parents. Win or lose, participation and sportsmanship is the most important aspect of the day. The boys will be coached by Mr Griggs, Mr Field and Mr Edwards. Glory, Glory to Engadine West!

Bandfest

Our very talented Junior and Senior band will perform in the annual school Bandfest on Wednesday 17 June at Caringbah High School. Last year both bands were awarded Gold and I’m sure that they will represent the school with pride again this year. Thank you to the students and the band teachers and tutors for your hard work and dedication in 2015.

Excursions

As a culmination of the students studies this term some grades have excursions planned. Kindergarten will be travelling to Darling Harbour Quarter Theatre for a performance of “Snugglepot and Cuddlepie” on Friday 19 June, while year 3 and 4 will be visiting the Nan Tien Temple on Tuesday 16 June (Year 4) and Tuesday 23 June (Year 3). These excursions should be an exciting and enjoyable experience for all students.

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
Deputy Principals’ Report

Engadine West is very conscious of embedding data into the school plans and outcomes. Our staff have been busy with assessment of students for their reports and for our school data. These school reports are now being finalised. We use this data to guide our teaching and to know when our teaching has been most effective. This data led learning cycle is making further improvements to how we teach. Having the technology to achieve this has been very beneficial.

Premier’s Sporting Challenge
Engadine West Public School will be participating in the Premier’s Sporting Challenge again this year. The NSW Premier’s Sporting Challenge aims to engage students and staff in sport and physical activity and encourage choices towards a healthier, more active lifestyle.

The Premier’s Primary School Sport Challenge involves primary school classes participating in a 10 week sport and physical activity challenge.

Safe Schools Hub

Please check out http://www.safeschoolshub.edu.au/for-parents/resources-for-parents for some fantastic resources and tips for the whole school community.

Ross Edwards and Jason Wilkins
Deputy Principals

Parking Around the School

Both the Police and Sutherland Council are having regular patrols outside our school. To eliminate the risk of a traffic fine and for the safety of everyone please ensure that you do not speed or park illegally near the school.

Garry Royston
Principal
Debating

Stage 3 Debating Team

Last week, Connell's Point Public School visited our school with their debating team. This time around our team consisted of Kadyn J, Emma C, Larissa M and Casey F. The topic of debate was: “Misbehaving popstars should not be allowed into Australia.” Both teams spoke clearly and came up with some interesting arguments. Unfortunately, this time EWPS was beaten. We have all learnt a lot about debating so far and are proud of all participants.

Miss Davis and Mrs Sterling

Sutherland Shire Schools Music Festival

Ticket Sales

Our school will be participating in the following concerts

<table>
<thead>
<tr>
<th>Group/s</th>
<th>Concert/s</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Choir (Year 2) Year 3 Dance Group</td>
<td>Concert 1 “Sparkle”</td>
<td>1pm, Friday 7 August ( Matinee) 7pm, Monday 10 August</td>
</tr>
<tr>
<td>Senior Choir (Year 4-6) Senior Dance Group Senior Band</td>
<td>Concert 5 “Dazzle”</td>
<td>7pm, Friday 14 August</td>
</tr>
</tbody>
</table>

This year, tickets for this event will only be available online. All tickets will go on sale on Wednesday 27 May. On this day, tickets will be available to anyone wishing to purchase on a first-in, first served basis. As tickets traditionally sell out for some of the concerts, we recommend you order as early as possible. In the unlikely event that there are unsold tickets for a particular concert, these will be available at the box office on afternoon/night of the concert.

Tickets this year are $17.50. Due to health and safety regulations, the Entertainment Centre will not allow children to sit on parents’ laps. Each person attending the concert will require a ticket.

To order and purchase tickets, go to www.trybooking.com/GYMD

For further information please see the ticket sales note give to all participating students or the school’s website.

Shining Stars

Congratulations to Eden P 6F who competed in the Australian Rhythmic Gymnastics Championships in Melbourne. Eden won gold with her ball routine, silver with her hoop, placing third overall. Eden was also 1 of 40 girls selected from Australia to attend a 3 day camp at the Australian Institute of Sport to help further her Rhythms Gymnastics
**For Your Diary**

<table>
<thead>
<tr>
<th>Monday 8 June</th>
<th>Public Holiday</th>
</tr>
</thead>
</table>
| Tuesday 9 June | Canteen Closed  
|               | Student Banking |
| Wednesday 10 June | * |
| Thursday 11 June | Sharks Rugby League Knockout at The Ridge Sporting Complex commencing 9 am  
|               | Junior Choir Practice at Yarrawarrah PS. Students at school by 8.45am |
| Friday 12 June | PSSA  
|               | OZTag at Heathcote Oval  
|               | Soccer & Netball at The Ridge  
|               | K - 2 Assembly 12.00pm  
|               | 3-6 Assembly 2.30pm |
| Monday 15 June | * |
| Tuesday 16 June | Canteen Closed  
|               | Student Banking  
|               | Year 4 Excursion Nan Tien Temple  
|               | Students at school at 8.30am |
| Wednesday 17 June | Uniform Shop Open 9.15am  
|               | Bandfest-Mega Band Day at Caringbah High School. Band Students at school at 9.15am |
| Thursday 18 June | * |
| Friday 19 June | PSSA  
|               | OZTag at Heathcote Oval  
|               | Soccer & Netball at The Ridge  
|               | Kindergarten Excursion  
|               | Snugglepot and Cuddle Pie. Students to be at school at 8.30am |

**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>Kindergarten</td>
<td>Snuggle Pot and Cuddle Pie</td>
<td>Wednesday 17 June</td>
<td>$28.00</td>
</tr>
<tr>
<td>Years K-6</td>
<td>Voluntary School Contribution</td>
<td>As soon as possible</td>
<td>$50.00 per child</td>
</tr>
</tbody>
</table>
| Band Members | Term 2 Band Fees  
|               | Mega Band Day                                            | As soon as possible       | $120.00  
|               |                                                          | Friday 12 June            | $12.00  
| Year 3  | Nan Tien Temple Excursion (23 June)                       | Friday 17 June            | $29.00  
| Year 4  | Nan Tien Temple Excursion (16 June)                       | Friday 10 June            | $29.00  

**PSSA Sport Results**

<table>
<thead>
<tr>
<th>TEAM</th>
<th>OPPONENT</th>
<th>SCORE</th>
<th>TEAM</th>
<th>OPPONENT</th>
<th>SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>OZTAG Jnr Boys Green</td>
<td>Heathcote</td>
<td>Draw 4-4</td>
<td>OZTAG Snr Girls Gold</td>
<td>Helensburgh</td>
<td>Won 8-0</td>
</tr>
<tr>
<td>OZTAG Jnr Boys Gold</td>
<td>Heathcote</td>
<td>Lost 7-4</td>
<td>OZTAG Snr Girls Blue</td>
<td>Bangor</td>
<td>Won 7-2</td>
</tr>
<tr>
<td>OZTAG Jnr Boys Blue</td>
<td>Bangor</td>
<td>Lost 7-1</td>
<td>Netball Jnr Green</td>
<td>Tharawal</td>
<td>Won 11-2</td>
</tr>
<tr>
<td>OZTAG Jnr Girls Green</td>
<td>Heathcote</td>
<td>Won 8-5</td>
<td>Netball Jnr Gold</td>
<td>Tharawal</td>
<td>Lost 9-1</td>
</tr>
<tr>
<td>OZTAG Jnr Girls Gold</td>
<td>Bangor</td>
<td>Lost 8-6</td>
<td>Netball Snr Green</td>
<td>Tharawal</td>
<td>Lost 16-6</td>
</tr>
<tr>
<td>OZTAG Jnr Girls Blue</td>
<td>Lucas Heights</td>
<td>Won 11-0</td>
<td>Netball Snr Gold</td>
<td>Tharawal</td>
<td>Lost 10-4</td>
</tr>
<tr>
<td>OZTAG Snr Boys Green</td>
<td>Heathcote</td>
<td>Lost 5-3</td>
<td>Soccer Jnr A</td>
<td>Helensburgh</td>
<td>Won 2-1</td>
</tr>
<tr>
<td>OZTAG Snr Boys Gold</td>
<td>Bangor</td>
<td>Lost 6-1</td>
<td>Soccer Jnr B</td>
<td>Heathcote</td>
<td>Lost 2-0</td>
</tr>
<tr>
<td>OZTAG Snr Boys Blue</td>
<td>Marton</td>
<td>Won 9-2</td>
<td>Soccer Snr A</td>
<td>Helensburgh</td>
<td>Won 3-2</td>
</tr>
<tr>
<td>OZTAG Snr Girls Green</td>
<td>Marton</td>
<td>Lost 9-4</td>
<td>Soccer Snr B</td>
<td>Heathcote</td>
<td>Lost 2-1</td>
</tr>
</tbody>
</table>

Go to engadine.sessazones.com/ to view draws  
Cost: $6.00 per week  
Buses depart EWPS at 9.00am  
Oz Tag at Heathcote Oval  
Netball and Soccer at The Ridge
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 will wear school uniform. Uniforms can be purchased from the Uniform Outlet, which is operated by the P & C, and is open every second Wednesday from 9.15am to 10.15am. The uniform outlet is located off the Basement area near the computer lab. If you are unable to attend the outlet, order forms are available from the Front Office or on the school website.

As the weather is now cooler, please send your child/children to school in their full winter uniform.

The green school hat plays an important part in providing sun protection when the children go outside to play and do sport. All children are expected to wear their school hat everyday throughout the year. The school has a no hat-no play policy. The school hat and sports socks are also available to purchase from the canteen.

The next Uniform Shop opening times will be:

Wednesday 17 June 2015 from 9.15-10.15am

Tracy Farquhar & Kathy Cunynghame
Uniform Shop Co-ordinators

Find us on Facebook - EWPS Canteen
Please note that lunch orders must be placed by 9.30am.

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.

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

Lunch Order Specials

★ Chicken & Sweet Corn Soup with Garlic Toast $3-00
★ Baked Potato with topping of: Bolognaise & Cheese Ham & Cheese Spaghetti of Baked Beans & Cheese $3-50
★ Chocolate Smoothie (Recommended by Sam H and Liam W) $3-00
Banana still available

Leanne Best
Canteen Supervisor
Dinner and Fundraising Evening
Supporting the search for a cure for Type 1 Diabetes in Children and young Adults

Rebecca and Josh invite you to join them for their ‘Big Red Run’ Fundraiser to be held:

Date: Friday 29th June, 2015
Time: 7:00 for 7:30 pm
Place: The Fraternity Club, 11 Bourke Street, Fairy Meadow.

You will be treated to a 2 course dinner, music, entertainment, auctions, raffle and a lucky door prize. We would love to have as many people as possible join us to assist in our goal of helping to find a cure for Type 1 Diabetes. Get your friends together for a great night out.

Tickets: $50.00 each
or Table of 10: $450 (when booked as a whole table)

Book now to secure your tickets as seats will sell quickly and we don’t want you to miss out.

How to book your ticket or table:

Please note there is a maximum of 10 guests per table. Should you require alternate seating or specific dietary requirements, please let us know when you book. For bookings contact:

Rebecca Barrow
Ph: 0421 355 571
Email: Rebecca.barrows1@det.nsw.edu.au (preferred)

Please include your name, number of guests and a contact phone number. Your email or call will be returned to confirm your booking.

Payment options include; cash, cheque payable to Rebecca Barrow or Direct Deposit. Please contact Rebecca via email for direct deposit details. Payment must be received to secure your booking. Bookings must be finalised by Friday 5th June, 2015. Be sure to book your tickets early!

For further enquiries, please contact Rebecca on 0421 355 571 or Josh 0402 579 764.

Running 250km in 6 Days through the Simpson Desert to help JDRF turn Type 1 into Type None.

www.bigredrun.org.au
www.everydayhero.com Search for Big Red Bec or Joshua Leussink (to make a donation)
Follow us on Facebook. Search for Big Red Bec or Squirrels Nuts. ‘Like’ and ‘Share’ our pages.
Skills for Work and Study TAFE Course!
This course at Gymea TAFE is for people who wish to refresh their skills to re-enter the workforce or do further study.

Classes run 3 days per week in school hours beginning 20\textsuperscript{th} July. Subjects include: Computing, Workplace Writing, Resumes, Interview Skills, First Aid and more.

**Information session:**
10 am Wednesday 10\textsuperscript{th} June

Gymea College Building A Room AG12, The Kingsway Gymea
Enquiries: Phone 9710 5136

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Tips to help prevent the spread of colds

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.

For more information, go to the 'parents & carers' page of the [www.gottacold.com](http://www.gottacold.com) website, produced by the National Prescribing Service Ltd.
Seasons for Growth

This is an eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.

Children will learn:
- to understand and talk about the normal range of emotions experienced during major change, grief and loss
- how to build positive relationships with family and friends
- how they can participate in a caring and confidential network of peers and adults
- about resiliency
- how to plan for a realistic and hope-filled future

Monday afternoons, 4:00pm to 5:00pm
20 July – 14 September 2015
(includes party week)

Venue: Interrelate, Shop 1C
383-385 Port Hacking Road, Caringbah NSW

Cost: $50 per child

Bookings essential - Phone 8522 4450

interrelate
relationship experts since 1926
How to Pack a Healthy Lunchbox

When packing a lunchbox for your child, you should feel confident that you’re providing them with a nutritious supply of food that will get them through the day with the energy they need to function.

Follow this rule to make packing a healthy lunchbox easy:

PACK THE CORE 4 (plus 1 for active and fast growing kids).

What are the CORE 4?

1. **Main lunch item** – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.

2. **Nutritious snack** – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hummus, or yoghurt.

3. **Piece of fresh fruit** – whatever is in season.

4. **Drink** – always include a water bottle. Add an additional small reduced fat milk drink (less than 300ml) or a 99% fruit juice drink (less than 200ml) once or twice a week.

**PLUS 1 additional snack**

Every child is different and depending on their activity level or rate of growth, they may need an additional snack in their lunchbox. If this is the case, we recommend choosing a fifth item from the five food groups first, such as those listed in lunchbox item number 2 (the nutritious snack). This will provide the extra nutrients some kids need.

**Occasionally...**

For variety and enjoyment it’s OK to include an occasional “extra” item in place of this fifth snack option. Extra foods include sweet biscuits, muesli bars, packets of chips, confectionary or dry noodle products. These kinds of items should not make a daily appearance in the lunchbox, but can be added once a week for variety and enjoyment and to teach balance.
### Need some inspiration?

Try these ideas for a nutritious lunch:

<table>
<thead>
<tr>
<th>MAIN LUNCH</th>
<th>NUTRITIOUS SNACK</th>
<th>FRUIT</th>
<th>DRINK (in addition to water)</th>
<th>PLUS 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, hommus and cucumber sandwich</td>
<td>Reduced fat cheese slices with wholegrain crackers</td>
<td>Apple</td>
<td>Chocolate flavoured reduced fat milk</td>
<td>Air popped popcorn</td>
</tr>
<tr>
<td>Ham, reduced fat cream cheese and salad wrap</td>
<td>Sultana snack pack</td>
<td>Fruit salad</td>
<td>Water</td>
<td>Dry breakfast cereal</td>
</tr>
<tr>
<td>Pesto pasta salad with chicken and capsicum</td>
<td>Reduced fat yoghurt</td>
<td>Orange</td>
<td>99% fruit juice (200ml or less)</td>
<td>Vegetable sticks with dip</td>
</tr>
<tr>
<td>Egg, celery and reduced fat mayonnaise sandwich</td>
<td>Homemade pita chips with hummus</td>
<td>Frozen grapes</td>
<td>Reduced fat plain milk</td>
<td>Tinned fruit in juice</td>
</tr>
<tr>
<td>Tuna, corn, lettuce and reduced fat mayonnaise wrap</td>
<td>Reduced fat cheese with crackers</td>
<td>Fruit kebab</td>
<td>Water</td>
<td>Muesli bar (weekly extra)</td>
</tr>
<tr>
<td>Ham and sweet corn frittata</td>
<td>Reduced fat custard</td>
<td>Banana</td>
<td>Water</td>
<td>Rice crackers or cakes with dip</td>
</tr>
<tr>
<td>Chicken salad with chick peas, baby spinach and pumpkin</td>
<td>Vegetable sticks with dip</td>
<td>Fruit salad</td>
<td>Strawberry flavoured reduced fat milk</td>
<td>Reduced fat yoghurt</td>
</tr>
<tr>
<td>Tuna and sweet potato patties</td>
<td>Reduced fat cheese stick</td>
<td>Frozen melon balls</td>
<td>Water</td>
<td>Fruit spice English muffin</td>
</tr>
<tr>
<td>Turkey, tomato, spinach and reduced fat cheese sandwich</td>
<td>Avocado, carrot and lettuce rice paper rolls</td>
<td>Apple</td>
<td>Reduced fat plain milk</td>
<td>Reduced fat custard</td>
</tr>
<tr>
<td>Sweet chilli chicken and lettuce wrap</td>
<td>Muesli and reduced fat yoghurt</td>
<td>Kiwi fruit and strawberries</td>
<td>99% fruit juice (200ml or less)</td>
<td>Small packet potato chips (weekly extra)</td>
</tr>
</tbody>
</table>

### REMEMBER!

Always pack an ice-pack or frozen water bottle with your child’s lunch. This will help prevent the growth of bacteria and keep it cool until lunch time.

**Healthy Kids Association**

www.healthy-kids.com.au  |  p: 02 9876 1300  |  e: info@healthy-kids.com.au