

Issue 43 Term 1 – Week 3

## Waratah Whispers

Engadine Public School 1A Waratah Road Engadine NSW 2233 T 9520 8559 engadine-p.school@det.nsw.edu.au



Friday 15<sup>th</sup> February 2019

**Important Dates** 

### Week 3

Friday 15 <sup>th</sup> February:	Parent Info Sess Kindy & K-1D: Assembly K-2:	ions 2.15pm 2.15pm	
Week 4			
Monday 18 <sup>th</sup> February: Wednesday 20 <sup>th</sup> February:	Swimming Carni (Yr 3 – 6 student	s)	
Friday 22 <sup>nd</sup> February:	PSSA Term 1 commences Assembly Yr 3-6		
Week 5			
Thursday 28 <sup>th</sup> February: Friday 1 <sup>st</sup> March:	Back To School Disco Whole School Assembly		
Week 6			
Tuesday 5 <sup>th</sup> March: Thursday 7 <sup>th</sup> March: Friday 8 <sup>th</sup> March:	Zone Swimming Hot Dog Day Assembly Yr 3-6	Carnival	
Week 7			
Friday 15 <sup>th</sup> March:	Assembly Yr K-2		
Week 8			
Wednesday 20 <sup>th</sup> March: Thursday 21 <sup>st</sup> March: Friday 22 <sup>nd</sup> March:	Stage 3 Excursio School Photos Assembly Yr 3-6	n RNP	

#### Dear parents/carers,

It is lovely to see how quickly everyone is settling in to their class routines. The beginning of a school year is the perfect time to re-state and clarify school expectations and affirm school values, so you may be hearing phrases like 'hands and feet to yourself' and 'be a kind and caring friend'. I know Kindergarten is particularly reinforcing these aspects of our school expectations. You can help at home by discussing

what these statements mean: what does it look like to be a kind friend? Why do we need to keep our hands and feet to ourselves? We thank you for providing consistency between home and school expectations. This week we had a wonderful response to our parent information sessions and I know those who were able to attend would have been impressed by the teacher presentations and overviews of what is sure to be a rigorous year of learning and growth. Thank you to all our teachers who have planned and prepared for a great year ahead; I know they are all looking forward to working with you towards improved educational outcomes for each student. Later this term there will be an opportunity to meet individually with your teachers for a parent/teacher conference to discuss goals and progress.

On Wednesday of this week we had the staff of Engadine Coles visit our school with some treats of fresh fruit and bottled water for all our students. It was a lovely way to reinforce our focus on healthy eating and Crunch & Sip and we would like to thank the team and management from Coles, Engadine. I know they took some great photos which we hope to share with you in next week's newsletter. Next week we are looking forward to our school swimming carnival, so let's hope for some continuing good – but not too hot – weather! I can't wait to hear all the House chants and see our new Sporting House leaders in action.

At this time of year you will be experiencing 'School Note Overload'!! While it may seem overwhelming, please take the time to sort through the school bag and notes each afternoon so that you can update your calendars, sign any permission slips or complete requests for information and deal with any of the important invoices that relate to book packs and school contributions. Many thanks for your prompt return of notes and monies.





Finally, a reminder that our P&C Annual General Meeting is on this coming Monday, February 18<sup>th</sup>. I warmly invite parents and friends to attend, particularly families new to our school. It is a great way to meet people, make new friends and help out your school. There are some exciting projects on the boil this year, so jump in and lend a hand. Looking forward to meeting you there and sharing a coffee and a chat.

Have a sensational weekend and keep smiling.  $\odot$ 

Sara Swift, Principal

#### **Important Notice to Parents**

Our duty of care is to ensure students are picked up from school by parents, family members or adults who are nominated as contacts on our records. If you wish to arrange for an alternate person to pick up your child from school we require a written letter of permission. Please return the form sent home to all families advising your child's regular pick up procedure (OOSH, bus, pick up by parent etc). If there are any changes to your child's regular afternoon pick-up procedure please advise the school in writing.

#### Scripture 2019

Our Scripture classes will now be starting on Tuesday 26th February. Like last year we will be offering Catholic, Protestant and Non- scripture classes. At this time we are updating all our student scripture classes. Please return the note that was sent home earlier this week indicating the preferred SRE option for your child.

#### **ATTENTION PARENTS/CARERS OF CATHOLIC**

<u>SCRIPTURE CHILDREN IN YEARS 2, 3 AND 6</u> - Should you wish to register your child/ren in the Sacrament of First Reconciliation, (Yr2) First Holy Communion (Yr 3) or Confirmation, (Yr 6) at St John Bosco Engadine Parish, please register online (www.bosco.org.au) Should you have any enquiries, please don't hesitate to email the Parish Sacramental Coordinator, (Kay Macadam) at boscosacraments@gmail.com Thank you.

#### **Environmental Team**

If your child is in year 2 – 6 and would like to be part of the school Environmental Team please return the permission note that has been sent home. We are lucky at EPS to have wonderful staff and students who maintain our herb and vegetable gardens, as well as general garden maintenance, recycling and composting at school. We are also looking for any parents or grandparents who would be able to assist with these activities!

This year we will be meeting Monday lunchtimes, supervised by Mrs Corben and Mrs Taggart. Years 2 to 6 are invited to attend. Permission notes should be at the office, or they can get one from Mrs Corben or Mrs Taggart.

#### **School Band**

An expression of interest note was sent home for those students who are interested in joining the school band. If you think your child would like to join the band please return the expression of interest note to school by Thursday 21<sup>st</sup> February.

#### **Swimming Carnival - REMINDER**

Our annual Swimming Carnival will be held at Engadine Leisure Centre on Wednesday 20th February for all students in years 3-6, from 10:00am until approximately 2:30pm.

**8yr olds in Year 2 are able to attend if they are confidently able to swim 50 metres in approved strokes. They need to be competitors in these races.** A reminder that all students are to be at school by 9.15am for roll call then walk to the pool in small groups. Students will return to school with their teacher – please do not take your child from the pool without signing them out first.

#### Safety Reminder

A reminder to our school community to please be aware of the high traffic in our area. Also if you are dropping off or picking up a student please be aware of



the pedestrian crossings and take caution – arriving safely always takes priority.

Also a reminder to our students to always use the pedestrian crossings that are around our school entries.

#### **Mobile Phones**

A reminder to all parents that students are not allowed to have mobile phones at school. If your child brings a phone to school they must leave it at the front office and can collect it at the end of the school day. If you need to contact your child at school please phone the office and a message can be passed on.





#### P & C Reminders



#### **Fete Meeting**

Our first Fete meeting is on Monday night 4th March at 6:30pm in the staffroom and we'd love to see anyone interested in helping out to come along to the meeting.

A reminder to all families our fete will be held on Saturday 24<sup>th</sup> August!!!

#### **Canteen Notice**

If the temperature is predicted to be over 35 degrees on a Monday or Tuesday, the canteen will open at lunch only to sell ice blocks only for \$1. Reminders will be posted on our P&C Facebook Group. UPDATED MENU & ROSTER

Our new canteen menu and roster for term 1 can be found over the page! Thank you to Mrs Cody for all her hard work.

We are having our first Hot Dog day on 7<sup>th</sup> March – notes coming home very soon.





AFL after school program Auskick is coming to EPS starting 25<sup>th</sup> February. It will be held on the school premises on MONDAY afternoons from 3.15pm-4.15pm. Please register online if you are interested in your child attending.

#### Interrelate

Interrelate will be coming to Engadine Public School on Thursday 28th March – please save the date if you are interested. Information on the Interrelate program can be found in news. Further details will be sent home soon.

#### **School Photos**

Don Wood Photography will be visiting Engadine Public School on Thursday 21<sup>st</sup> March. All school photos must be pre-ordered. Envelopes and more information will be sent home next week. Online orders are open now! Please follow the instructions found in this newsletter.





## line The Munch Factory 2.0 - Engadine Public School Canteen - Term 1 2019

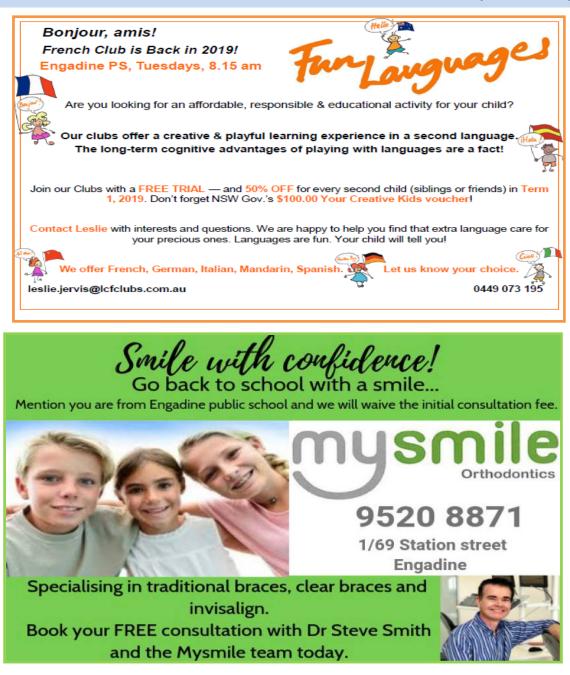
SANDWICHES (Rolls 60c extra)		HOT FOODS		SNACKS		
Ham, Chicken or Tuna	\$3.00	Cheese and bacon rolls (warm)	\$3.00	A bag of Popcorn (GF)	50c	
Salad	\$3.50	Corn on the cob (GF)	\$1.00	A bag of Milo cereal wholegrain flakes	50c	
Tomato or Cheese	\$2.50	Chicken tender sub with lettuce or cheese	\$4.00	Fruit Juice Jelly cup	\$1.00	
Vegemite or Honey	\$2.00	Hamburger (inc. tomato & lettuce)	\$4.00	Cup of custard	\$1.00	
Extra fillings- lettuce, cheese, tomato, beetroot, carrot, cucumber	\$0.50	Add sauce to any burger choice: Mayo, sweet chilli, tomato or bbq		Red Rock Deli Chips -Sea Salt or Honey Soy Chicken	\$1.50	
Extra for toasting	\$0.50	Pizza (ham & pineapple) or (cheese & bacon)	\$3.50			
SALAD		Lasagne, Macaroni cheese (GF), Twista Pasta	\$4.50	Water (600mL)	\$1.50	
Salad Tubs- Lettuce, tomato, carrot, cucumber & beetroot (GF)			pie (lite) \$3.50 100% fresh fruit juice- Apple, Ora age roll \$3.00 Apple/blackcurrant		\$1.80	
Extras- as per extras in sandwiches		Chicken Breast Tenders	\$2.00	Plain milk	\$1.50	
SUSHI- Wednesdays only *		Nuggets	\$0.80	Milk (chocolate or strawberry)	\$1.80	
Teriyaki chicken hand roll	\$4.00	Cheese Pizza Bread - Wholegrain	50c	FROZEN TREATS		
Tuna hand roll 🛛 🔊	\$4.00	Raisin toast	\$1.00	Moosies (ice cream bar)	\$1.50	
Vegie hand roll	\$4.00	EXTRA		Juicee (tropical, apple/blackcurrant) – half	50c	
		Sauce sachet	\$0.30	(Apple, Wild berry) whole	\$1.00	
*Choice of any/all carrot, cucumber		·····				
& avocado are optional for no extra charge. Provided by Kanakawa Engadine		A variety of fresh baked goods & gluten free snacks are available at		- 😤		
Seasonal fruit- whole (GF)	\$1.00		Thank you for supporting out P&C run canteen!			
Fruit sticks (GF)	\$1.00			Many hands make light work!	JY	
Apple slinky- BYO apple, otherwise add the cost of an apple (GF)	\$0.30	Write your child's lunch order on a paper bag with their name and class at top.		If you can spare a couple of hours once or twice a term, please come and see us at the canteen. It's a great way to meet other parents and your children would love to see you.		
Sultanas (GF)	\$0.80	If you don't provide a bag, you will be charged an extra 20c				

### NOTE: WE ARE CLOSED ON MONDAYS AND TUESDAYS

#### CANTEEN ROSTER TERM 1

	WEDNESDAY		THURSDAY		FRIDAY
		14/2	Corinne Turton	15/2	Savy Hughes, Jodie Anderson
20/2	Jo Fuller	21/2	Maree Stokes, Lisa Welling	22/2	Emily Olsen, Jessica Tooth
27/2	Lee Johnson	28/2	Lisa Giovenco, Nicole McNamara	1/3	Trista Morgan, Ashleigh Stuart
6/3	Kendra Davis, Naomi Shying	7/3	PROMO TEAM Merran Mitchell, TraceyRea, Anitta Hoad, Nicole Grant	8/3	Sally Wilding, Maria Matthews
13/3	Fiona Wallace	14/3	Jessica Lodge, Corinne Turton	15/3	Sally Hughes, Jodie Anderson
20/3	Karen McGowan, Jo Fuller	21/3	Maree Stocks, Lisa Welling	22/3	Karyn Nguyen, Belinda Pepe
27/3	Lee Johnson	28/3	Lisa Giovenco	29/3	Jessica Tooth, Emily Olsen
3/4	Kendra Davis, Naomi Shying	4/4	PROMO TEAM Merran Mitchell, Tracey Rea, Anitta Hoad, Nicole Grant	5/5	Tristan Morgan, Ashleigh Stuart
10/4	Fiona Wallace	11/4	Jessica Lodge, Corinne Turton	12/4	Savy Hughes, Jodie Anderson
Please contact Deidre 0412 212 750 if not available for any of these dates. Thank you		Please contact Deidre 0412 212 750 if not available for any of these dates. Thank you		Please contact Deidre 0412 212 750 if not available for any of these dates. Thank you	





### when kids ask "the" questions...

## Interrelate has the answers!

Interrelate's high-quality Sexuality and Relationship Education program is coming to your school! With over 90 years' experience in this field, Interrelate has a reputation for providing excellence in sexuality and relationship education. Today, over 40,000 students and family members participate in Interrelate School and Family programs each year.

Many parents find it hard to discuss questions relating to sexuality education. We know how to help break the ice. Interrelate programs are interactive and family focused, and are conducted by highly trained and experienced educators, who adhere to a strict code of ethics.

#### Session 1: Where did I come from? (1 hoursession - Year 3-6)

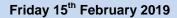
This session educates children more about how their bodies work and the differences between males and females, including their understanding of conception, fertilisation, foetal development and the birth process.

#### Session 2: Preparing for puberty (1 hour session - Years 5-6; Years 3-4 at parents discretion )

This session prepares children and parents/caregivers for the physical, social and emotional changes associated with puberty, and addresses changing emotions and relationships with families and peers.









NEW SOUTH WALES DEPARTMENT OF EDUCATION AND TRAINING



TRAINING





Cancer Screen & Prevention

Managing Menopause

Diabetes

Osteoporosis

Diet, Exercise, Wellbeing

Depression, Anxiety, Stress

What else is needed?



Southern

Community

Welfare Inc.

iou

Electoral

## Work at the biggest event in NSW NSW State election 23 March 2019

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We offer a variety of roles based on your interests and experience.

You must be on the electoral roll to work at the election.

Apply now at elections.nsw.gov.au



Southern Community Welfare presents a community education session:

## Understanding and Managing Anxiety in Children

Date: 5 March 2019 Time: 7-9pm (supper included) Location: Engadine Uniting Church,



Cnr Chipilly Avenue & Cambrai Avenue, Engadine (entry via Chipilly Ave)

#### Presented by: Kerry Moss

Community Programs Manager B.Sc. (Psych); Grad.Dip.Counselling; Cert IV Training and Ass; Reg PACFA

Kerry has been working with SCW since 2004 and is currently involved in developing and directing programs for children, schools and parents to assist with relationships, resilience and confidence. She is the author of two of our three children's anxiety books, Mr Jitters and Speech Day Jitters.

This is an education session for parents, grandparents and carers of children aged 2-12 years. Bookings are essential. **Please book via Trybooking event** https://www.trybooking.com/BAEEW. The cost is \$10 per head, handouts included. Childcare is provided at no cost. For further information, please call Tammy Hollands on 0409 001 115.

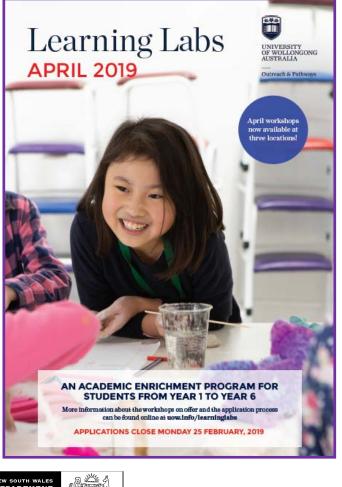
Event supported by Uniting











# Seasons for Growth

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This is an eight-week program for children aged 6 to12 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.

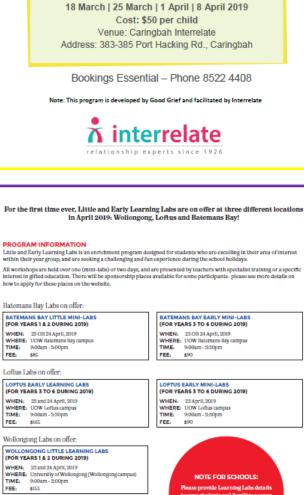
#### Children will learn:

- 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

Mondays, 4:00pm - 5:00pm

18 February | 25 February | 4 March | 11 March

- about resiliency
- how to plan for a realistic and hope-filled future



NOTE FOR SCHOOLS de Learning Labs d

## A full list of the available workshops to choose from will be posted on the website in January 2019 when applications open. Please note that the program books up quite quickly, so ensure you submit your application as early as possible. APPLICATION & CONTACT DETAILS

For more detailed workshop descriptions, how to apply, FAQ's, and the online application form, please go to: uow.info/learninglabs

or all other enquiries, please contact the Learning Labs team via: Facebook: www.facebook.com/UOWOandP E: learning-labs@uow.edu.au P: (02) 4221 5557

WORKSHOP DETAILS

APPLICATIONS CLOSE MONDAY 25 FEBRUARY, 2019



