## OUR SCHOOL WEEK

### TERM 1 Week 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>18th Feb</td>
<td>Years 1-6 Assembly 2.05pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>19th Feb</td>
<td>Year 4 Parent Information Evening 6pm – 7pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>20th Feb</td>
<td>PCS Year 6 Young Leaders</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Year 6 Parent Information Evening 6pm – 7pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Year 5 Parent Information Evening 7pm – 8pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Senior Girls Eagle Tag Training – 3-4pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Junior Girls Teeball Training – 3-4pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>21st Feb</td>
<td>Year 1 Parent Information Evening 6pm – 7pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Year 2 Parent Information Evening 7pm – 8pm</td>
</tr>
<tr>
<td>Friday</td>
<td>22nd Feb</td>
<td>Senior Boys Softball &amp; Junior Boys Cricket Training 8-8.45am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PSSA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Softball: v Wheeler Heights @ Plateau Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tee-Ball: v Wheeler Heights @ Plateau Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cricket: v Wheeler Heights @ Plateau Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eagle Tag: v Wheeler Heights @ Narrabeen Reserve</td>
</tr>
<tr>
<td></td>
<td></td>
<td>AFL v Wheeler Heights @ Narrabeen Reserve</td>
</tr>
</tbody>
</table>

### TERM 1 Week 5

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>25th Feb</td>
<td>Scripture Begins</td>
</tr>
<tr>
<td>Tuesday</td>
<td>26th Feb</td>
<td>PCS Year 6 Young Leaders</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Senior Girls Eagle Tag Training – 3-4pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Junior Girls Teeball Training – 3-4pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>27th Feb</td>
<td>Zone Swimming Carnival</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Manly Selective Open Day 9.30-11.30am</td>
</tr>
<tr>
<td>Thursday</td>
<td>28th Feb</td>
<td>Senior Boys Softball &amp; Junior Boys Cricket Training 8-8.45am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PSSA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Softball: v Bilgola Plateau @ Newport Oval</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tee-Ball: v Bilgola Plateau @ Newport Oval</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cricket: v Bilgola Plateau @ Newport Oval</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eagle Tag: v Bilgola Plateau @ Narrabeen Reserve</td>
</tr>
<tr>
<td></td>
<td></td>
<td>AFL v Bilgola Plateau @ Narrabeen Reserve</td>
</tr>
</tbody>
</table>

- PRODUCTS & SERVICES advertised ARE NOT endorsed by Elanora Heights P.S.
- Please note that items for the weekly newsletter will NOT be accepted after 10am on the preceding Friday.

### Notes Home This Week

- Supervision of Students, Acceptable use of the Internet Agreement, Child Protection- Class Units.
- General Permission to Publish (4 forms) – All Students
- Emergency Information Cards – Youngest in Family

### REMINDER TO PARENTS:

Please make sure that **ALL** your children's belongings (clothes, lunch boxes, drink bottles, stationery, etc.) are **CLEARLY LABELLED** with your child’s name. Labelled property can be easily returned to its owner. Thank you.
Principal’s Message

Dear Parents/Caregivers,

Peninsular Community of School Extension test
On Tuesday, 12th March, the Peninsula Community of Schools (PCS) has arranged a General Achievement Test to select students for placement in Extension Classes in 2014 at Barrenjoey HS, Pittwater HS and Narrabeen Sports HS. The test and placement offers are being organised through the Peninsula Community of Schools Office. Students are only eligible for placement in the Extension Class at their local designated PCS high school, according to their residential address. More information about the test can be obtained from the front office.

Parking within the school
To assist parents with Before and After School Care and Band we have extend the hours that the boom gate is opened, however, we ask that our parents act in a RESPONSIBLE manner by only parking in the designated parking areas. PLEASE DO NOT PARK IN THE TURNING CIRCLE OR ON GRASS AREAS. DO NOT PARK BEHIND OTHER CARS RESTRICTING THEIR MOVEMENT.

Friendships to boost your child’s learning
If children are happy socially they tend to be more engaged in their learning. Teaching your child about the importance of making friends is as vital as learning how to read. Find out more at http://www.schoolatoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning

Parent information evenings
We would like to invite all of our parents to attend our parent information evenings this week. Please remember that this is a time to find out what will be happening this year and it is not a time for individual interviews. If you wish to have time to discuss your child’s individual needs contact the office to make an appointment. Information evenings this week include Year 4 on Tuesday 6-7pm, Year 6 at 6-7pm and Year 5 at 7-8pm on Wednesday and Year 1 at 6-7pm and Year 2 at 7-8pm on Thursday. Miss Widman (1-2W) has sent out a note advising parents about her arrangements.

Staff changes
I would like to offer my congratulation to Miss Woods (5W) who has been seconded to the Department’s Regional Office for 12 months to support teachers implement Best Start. Miss Woods takes up her position as a Best Start Literacy and Numeracy Consultant today and Miss Williams will be replacing her on 5W. Parents of 5W will be able to meet Miss Williams at the parent information evening this Wednesday.

Students with special health needs
We are still waiting for some parents to return health action plans to school. Please return them as soon as possible so that we can assist your child if there is an emergency.

Helping your Kindergarten child succeed at school
A great way to kick off your child’s formal education is to understand the school culture and what your child is doing in the classroom. It can give you peace of mind and your child sound directions in their learning for life. Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-kindy-kids-succeed-at-school

Parent emergency cards
Today we are sending out to every family a bright blue emergency information card. It is important that every parent completes both sides for each child and returns the card to school by Monday, 25 February.

Until next time,
Bill Gillespie,
Principal
LiveLifeWell @School is a joint initiative by the State Health and Education Departments to improve our children’s health through involving parents and schools.

The key messages are **5 Ways to a Healthy Lifestyle:**

- Choose water as a drink
- Eat more fruit and vegies
- Eat fewer snacks and select healthier alternatives
- Turn off the TV or computer and get active
- Get active each day.

We will be encouraging these worthwhile habits throughout the year. We hope you will support these messages and help your child establish healthy patterns of nutrition and activity to lay the basis for a lifetime of good health.

**Why?**

This government program is a response to quite shocking statistics. Since 1985, the proportion of Australian children who are overweight has **doubled** and the proportion who are obese has **trebled**. The latest 2010 study of 8,000 children in Years K, 2, 4, 6, 8, and 10 found:

- 22.8% were overweight or obese
- Less than half of Year K, 2 and 4 students have at least 60 minutes of moderate to vigorous physical activity per day (the Australian guideline)
- One-third of children in Years 4, 6, 8 and 10 did NOT have adequate cardiovascular fitness.

Children who are overweight, unfit or consume too much sugar are at much greater risk of developing life-limiting chronic diseases including Type-2 diabetes, cardiovascular disease and fatty liver disease. Dental health has also declined, with lifelong consequences.

**How you can support LiveLifeWell@School**

- Send a **labelled, refillable water bottle** to school each day.
- **FRUITO/VEGO** - Send suitable fresh fruit or vegetables for our morning Fruito/Vego snack eaten in class around 10.00 am. If sending whole fruit, please ensure that it can be eaten easily and is not too big. A separate small container makes it easy to bring fruito/vego into class. It is a daily delight to see the children so enjoying their varied vegetables as well as a wonderful range of fruit.
- **Send healthy morning tea and lunch food in the right amounts for your child.** Talk with your child about how much he or she needs – it will vary as children grow. Please ensure all containers are clearly labelled and minimise packaging with plastic or foil as it cannot be recycled or composted. Check that your child can open any packets or **containers by themselves**.
- **Join the parent/teacher group** - Staff are keen to work together with parents for the welfare of your children. Last year we had some great parent initiatives such as Rainbow Fruito-Vego, labelling days, fruit kebabs as rewards and nutritional info in the newsletter. Parent input led to two successful grants with an exciting project planned for Years 3-6 this term which needs your support.

  If you are interested, please send a note or email to the office with your contact details and possible times to meet.

We all want our children to be healthy, full of energy and ready to learn. Elanora students are a very fortunate bunch and we aim to work with you to develop the good habits which give them the best chance for healthy, happy lives.

**Jenny Cullen and Vicki Bosler**
**Assistant Principals**
PSSA TRAINING TIMES
(TRAINING IS CANCELLED IF IT IS RAINING)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Girls Eagle Tag</td>
<td>Wednesdays</td>
<td>3 - 4pm</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Senior Boys Softball</td>
<td>Fridays</td>
<td>8:00 - 8:45am</td>
<td>Middle Oval</td>
</tr>
<tr>
<td>Junior Girls T-Ball</td>
<td>Wednesdays</td>
<td>3 - 4pm</td>
<td>Middle Oval</td>
</tr>
<tr>
<td>Junior Boys Cricket</td>
<td>Friday</td>
<td>8:00 - 8:45am</td>
<td>Top Oval</td>
</tr>
</tbody>
</table>

Please be advised that all children should be collected by parents when they are dismissed from training (within the school grounds) and NOT wait for collection at the top of the track where there is no supervision.

PSSA RESULTS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Versus</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Girls Eagle Tag &quot;A&quot;</td>
<td>Mona Vale</td>
<td>Win 2 – 1</td>
</tr>
<tr>
<td>Senior Girls Eagle Tag &quot;B&quot;</td>
<td>Mona Vale</td>
<td>Draw 2 - 2</td>
</tr>
<tr>
<td>Senior Boys Softball &quot;A&quot;</td>
<td>Mona Vale</td>
<td>Win 12 – 7</td>
</tr>
<tr>
<td>Senior Boys Softball &quot;B&quot;</td>
<td>Mona Vale</td>
<td>Loss 1 – 7</td>
</tr>
<tr>
<td>Junior Girls T-Ball &quot;A&quot;</td>
<td>Mona Vale</td>
<td>Loss 8 – 11</td>
</tr>
<tr>
<td>Junior Girls T-Ball &quot;B&quot;</td>
<td>Mona Vale</td>
<td>Win 14 - 9</td>
</tr>
<tr>
<td>Junior Boys Cricket</td>
<td>Mona Vale</td>
<td>Win 51 - 37</td>
</tr>
</tbody>
</table>

Stewart House Clothing Appeal
We are once again collecting used clothing for Stewart House. Bags are being sent home today for each family and we ask that you return these by Thursday, 21st February.

Student Absences
Under new guidelines set by the Department of Education, all student absences need to be accounted for. When a student is absent without a note, that absence is marked “unexplained.” The new guidelines state that a parent/caregiver should send a note in explaining a child’s absence within two days of that absence. However we have a tolerance of six days for a note to be sent in. If on the seventh day no explanation has been received, that “unexplained” absence will automatically (via the computer system) change to “unjustified” and will remain so even if we receive a note at a later date.

Parents/caregivers can notify staff of an absence by sending a note, writing an email, making a phone call or verbally to the teacher or office staff. All notes are kept on record and become legal documents.

Marguerite Chapman
Position Vacant

Elanora Public School requires an efficient, enthusiastic CANTEEN ASSISTANT to work in our school canteen. The purpose of this position is to support the Canteen Manager to deliver a healthy food service to the students and staff of Elanora Public School. The Canteen Assistant undertakes a range of activities including, food preparation, cooking, serving students, food purchasing and storage, keeping kitchen equipment available for use, assuring the canteen areas are clean, sanitized and ready for the next day’s activities. The position is for 1 day a week from 8am to 2.30pm but must be available at reasonable notice to fill in for the canteen manager when required. Salary is in accordance with the Fast Food Industry Award 2010.

To be considered you must meet the following criteria:
Demonstrated understanding of healthy eating
Demonstrated ability to prepare, cook and promote healthy foods
Demonstrated ability to work as a team member as well as supervise others
Demonstrated time management skills and ability to control day-to-day operations of a school canteen

Canteen:
Experience with volunteers and parent groups
Knowledge of basic financial management systems
Knowledge of the Fresh Tastes @ School NSW Healthy School Canteen Strategy
Experience and/or qualifications in food preparation, food safety and handling
Understanding of OH&S principles
Interest in food preparation, nutrition and children
Demonstrated computer literacy using Office applications and internet

Qualifications in the Fresh Tastes @ School Strategy, Canteen Operations and/or Food Safety and Hygiene will be highly regarded.
If interested and for more information, please contact our Canteen Co-Ordinator, Wendy Douglas on Ph: 9913 2721.

Band Fees
Invoices were sent at the weekend to Band and Guitar Groups. We would greatly appreciate efforts to make payment by Direct Deposit. This year we phased out cash payments and next year we will almost certainly phase out cheque payments for Band fees.
Our goal this year is also to make the Band as paperless as possible. There is no need to print documents as we have made forms editable by you for email back to the Treasurers.

Email Addresses
All Band (includes Guitar and Strings) communication is by email. Please ensure email addresses are up to date. Changes are to be advised to the President. We have some in the guitar group who have not advised their email address. If you have not received an email from me, please email me with your students name, class and DOB at: tim_cowdery@iprimus.com.au. If we don’t hear from you we need to chase you through the school and this creates unnecessary work for school staff.

Practice
Regular (daily) practice is absolutely critical for your band student to progress and achieve goals set for their group. Fifteen minutes each day is far more effective than 90mins once a week. When you get the “I’m bored” comment, get out the timer, the instrument and go for it!

Tim Cowdery
Band President
**A message from the P&C ...**

**P&C CONTRIBUTIONS** - Thank you to everyone who has sent in their P&C contribution. This year we hope to raise enough money to add to the $10,000 the P&C gave to the school for the GATS and Stella programs. A quick statistic to note: if every family contributed $50 to P&C that would cover the $20,000+ needed to cover the program per year.

**P&C MEETING 12/2/2013** - Some goals and objectives were put forward at the meeting such as installing the Multi-Purpose Courts, purchasing mobile learning devices (tablets) for the school classes, installation of air-conditioning and improvement of the bottom oval. We are aiming to extend these goals at the next P&C meeting in Week 7.

*Justin Wolfe*
P&C President

---

**CANTEEN NEWS**

Below is the roster for the next three weeks. Recess orders can also be made via Munch Monitor for our “Dip Pots” with either carrots or celery sticks or our Saladas with either Vegemite, cheese or cheese & tomato. Please ensure you tell your child to come to the canteen to collect these orders, where they will be ready and waiting for them.

Our next Canteen Committee Meeting will be held in the staffroom on Tuesday, 26th February at 2pm. Please come along and join us.

Thanks, Wendy.

---

The Canteen Committee is still in need of a Treasurer. Yvette, our wonderful outgoing treasurer is happy to discuss what is involved in this role for anyone who may be interested. Again, we cannot operate without the help of our parents and do greatly appreciate your support which in turn helps our precious children. Please contact me on the number below with any questions.

---

**KIDS KAFE**

<table>
<thead>
<tr>
<th>Term 1 2013</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 4</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 – 22 Feb</td>
<td>VIV K</td>
<td>RENATE R</td>
<td>SHARON C</td>
<td>9.30-11.30</td>
<td>NARELLE F</td>
</tr>
<tr>
<td></td>
<td>FIONA F</td>
<td>KARIN S</td>
<td></td>
<td>MARTHA S</td>
<td>HANA</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9.30-1.30</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>DANNI Q</td>
<td></td>
</tr>
<tr>
<td><strong>Week 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24 – 01 Mar</td>
<td>KYLIE</td>
<td>JULIE S</td>
<td>KATHRYN V</td>
<td>LYNNE H</td>
<td>KAREN Y</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PIPPA Mc</td>
<td>KIM K</td>
<td>LISA H</td>
<td>JENNY G</td>
</tr>
<tr>
<td><strong>Week 6</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>04 – 08 Mar</td>
<td>DI V</td>
<td>ANGIE K</td>
<td>LOUISE E</td>
<td>9.30-11.30</td>
<td>KELLY G</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>ERICA R</td>
<td>RO B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9.30-1.30</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>GILL E</td>
<td></td>
</tr>
</tbody>
</table>

Wendy Douglass  Canteen Coordinator  Ph: 9913 2721
Uniform Shop

Shop hours:  
Monday: 8.15 am – 9.45 am  
Thursday: 8.15 am - 9.45 am

We offer ETPPOS and CREDIT CARD facilities (Visa/MasterCard)

Suzie Duncan  
Uniform Shop Coordinator

2nd Hand Uniforms

If you require any second hand clothing please call me after 9 a.m. on 9913 1292 or email me at thewoodleys@optusnet.com.au

SECOND HAND UNIFORMS ARE ALWAYS IN DEMAND SO DONATIONS ARE MOST WELCOME

Karen Woodley,  Second Hand Uniform Coordinator

COMMUNITY NEWS

Macmillan Australian Student School Dictionaries & Atlas available through Elanora Heights Newsagency

Dictionary only $21.99 & Atlas only $22.99

Please place orders either at the Newsagency (63B Kalang Road) or elanorahsnews@bigpond.com

By Friday 8th February
For any queries please contact Karla on 9913 2228

LIFELINE NORTHERN BEACHES BOOK FAIR:

22-24 FEBRUARY

Venue: Ted Blackwood Hall, Cnr Jacksons and Boondah Rds, WARRIEWOOD

Dates/Times:  
Fri 22 February  2 pm – 9 pm
Sat 23 February  9 am – 5 pm
Sun 24 February  9 am – 2 pm

As Book Lovers who spend $50 or more will go into the draw to win one of three vouchers, valued at $50, to be redeemed at any of our book fairs in 2013. So come along and help us celebrate our 50th birthday.

Entry by gold coin donation is appreciated.

Somewhere in Australia there is a new call to Lifeline every minute.

This is why your on-going support is important and valued.
ENROL NOW!!
PAY-AS-YOU-GO
No Direct Debit
No Contracts

Elanora Heights Public School
43 Elanora Road, Elanora Heights
FRIDAY Juniors: 6:00pm
Beacon Hill Primary School
Trinity Road, Beacon Hill
THURS Juniors (5ys to 12 yrs) 6:00pm
Terrey Hills Community Centre
Yuulong Ave, Terrey Hills
TUES Juniors: 6:00pm

Phone: 04 1300 4094
www.tkma.com.au

EXTENSIONS & NEW HOMES
HOME DESIGNS & PLANS FROM
CONCEPT TO COMPLETION!
• Innovative, functional designs to suit your
  lifestyle and budget
• Experienced and with your local council
• Increase the value of your home &
  improve your lifestyle

LIFESTYLE HOME DESIGNS
For a free consult call
9986 1311
www.lifestylehomedesigns.com.au

KIDS KARATE
Balance & concentration
Confidence & focus
Self Defence
Self-esteem
for boys & girls 5-12 years old
meet new friends
advance from beginner to black belt

Register for a FREE trial class at
www.kids-karate.com.au

MULTI SPORT PROGRAM
★ 0411 526 472 ★
2.5-5 year olds
Learn 8 different sports - tennis, golf, rugby, basketball, soccer, cricket, touch & hockey.
Enhance basic ball skills
Learn important fundamentals of each sport
Improve sportsmanship & teamwork
Classes are held indoors
Locations Forrestville and Warriewood

www.sportylittlemunchkins.com.au