### OUR SCHOOL WEEK

<table>
<thead>
<tr>
<th>TERM 1</th>
<th>Week 9</th>
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</table>
| Monday | 25th Mar | K – 6 Assembly  
          |         | Year 3 - Start of Q4H2O Challenge |
| Tuesday| 26th Mar | Canteen Fun Day – Return orders by Friday 22nd March  
          |         | Parent/Teacher Interviews  Years 1 - 6 |
| Wednesday | 27th Mar | Before & After School Care Bandaged Bear Breakfast – from 7am  
          |         | Parent/Teacher Interviews  Years 1 - 6 |
| Thursday| 28th Mar | PCS Young Leaders  
          |         | Parent/Teacher Interviews  Years 1 – 6  
          |         | DRINK WATER ONLY DAY – don’t forget drink bottles |
| Friday | 29th Mar | GOOD FRIDAY – PUBLIC HOLIDAY |

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<tr>
<th>TERM 1</th>
<th>Week 10</th>
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<tbody>
<tr>
<td>Monday</td>
<td>01st Apr</td>
<td>EASTER MONDAY – PUBLIC HOLIDAY</td>
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<tr>
<td>Tuesday</td>
<td>02nd Apr</td>
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<tr>
<td>Wednesday</td>
<td>03rd Apr</td>
<td>Athletics Carnival</td>
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</table>
| Thursday| 04th Apr | PCS Young Leaders  
          |         | SCHOOL PHOTOS – Smiley Faces Please  
          |         | P&C K-2 Disco |
| Friday | 05th Apr | Anzac Day Ceremony – 11.15am |

- 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.

### STAFF DEVELOPMENT DAYS

In order to implement the new curriculum, the Department of Education has gazetted an extra Staff Development Day at the beginning of Term 2. Students will return to school for Term 2 on Wednesday, 1 May, 2013.
**Principal's Message**

**Dear Parents/Caregivers,**

**Student Achievement**

Congratulations to Gaby J of 5W who will be representing Sydney North Region at the State Tennis Championship in Albury on 7-10 May. Gaby will be representing the Zone in tennis. I would also like to congratulate Tayanita R of 6R who, last Saturday 16 March, won the “Rookie of the Year” medal for the U11 Girls at Little Athletics.

**School Fee Payment**

An online payment was received on 20/3/13 for $672 from Police Bank Ltd. There was no child’s name as reference. If you deposited that amount please call Mrs Millar on 9913 7283 ASAP. Thank you.

**Sounding out aloud**


**Facts about fractions**

If you've forgotten 3/5 of primary school maths and 7/8 of high school maths, what's left? Ah ha! Kids need help learning how to add fractions too. The only thing left is to print these fact sheets. Find out more: [https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4013.pdf](https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4013.pdf) If you think you know the answer to the first sentence please feel free to email the school with Maths Answer in the subject line. And no there isn’t a prize for the first correct answer, but we would love to know how you worked it out!

**Students leaving school early**

I would like to remind parents that, if for any reason you have to collect your child during school time, you must come to the office and have your child signed out prior to going to the classroom. In most cases we will have students come to the office to speed up your collection of your children.

**Changes to the sport uniform**

The New Sports Jacket is being offered to all Years 3 - 6 students to be worn as an alternative to the Zip Jacket on Sports Day and whenever the sports uniform is worn. The jacket is made of a lightweight Microfiber material and has a breathable liner which is perfect as a warm-up jacket during sport or just as a windbreak on cooler days. The jacket has been introduced by the P&C and the Uniform Shop as a pre-purchase item so students will need to complete a form to order and pay for the jacket. The cost of the jacket will be $40. A form will be available in the Uniform shop and the Office from today. Once students have ordered the jacket, it will be made and embroidered with the school crest and delivered to class by Week 3 of Term 2.

**Fitness for the family**

Michelle Bridges is a fitness guru who talks about how to make fitness a priority for the whole family. Try out some tips to keep you and your children healthy and active by going to [http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/fitness-for-the-whole-family](http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/fitness-for-the-whole-family)

**A thank you to parents**

I would like to thank the parents for parking in the designated parking area when coming to drop off or collect your children. We are all responsible for the safety of the children. As I have said previously, we are our children’s role models and if we want them to be RESPONSIBLE we have to act in a similar manner. I would, however, like to remind parents that if you are driving out of the school from between the Year 5-6 classrooms and the Year 3-4 classrooms that you must go around the left hand side of the round-a-bout and not the right hand side (same as on the road).

Until next time,

**Bill Gillespie,**

**Principal**
Dear Parents/Careers,
We look forward to photographing your school on Thursday 4th April.
Please be sure to hand in the envelope before photo day.

Payments can be made by cash, cheque or money order in the envelope. Alternatively you can pay with credit card online at www.advancedlife.com.au and for security reasons payments can ONLY be made on our website. Please be sure to record the 8 digit receipt number on child’s envelope.

Photos can be purchased after the day of photography by contacting our offices. If you have any photo enquires please do not contact the school, contact us directly and we will happily assist you with your enquires - Advancedlife Photography on 1300 728 972 or alternatively email us at enquiries@advancedlife.com.au

ANZAC DAY CEREMONY

Our school will be holding an Anzac Day ceremony on Friday April 5th at 11.15am. This year Anzac Day, the 25th April, falls when we are on holidays so we have chosen April 5th to commemorate this national day. The ceremony will be conducted by the school prefects and will include laying flowers around the flagpole to remember the Australian soldiers who lost their lives in war. Students in Years 3-6 will attend the ceremony and are asked to bring in a few flowers to make a class bouquet. Any student who belongs to the Guiding or Scouting movement may wear their uniform to the ceremony. 

Ms. Sherwood and Mr Rosconi

GOLD
SAM K
BELLA G
OSCAR F
JAY A
CLAUDIA C
LAUREN H
JACK F
CLAUDIA C
LARA D
MAX D
OSCAR B
MAISY B
JACK F
ANNABELLE F
OSCAR L
PIETRO M
JESSICA P
ANNABELLE F
JACINDA B
TARLIA M
ALANA P
CLAUDIA C
NOEL R
ASHER S
MAX S
JACINDA B
NEON S
KURT W
ELIZABETH T
OSCAR B
TAHAA S
COOPER W

The Bronze Awards are given out at the K-2 & 3-6 Lines. The Silver Awards will be given to the students at the K-2 & 3-6 Assemblies. The Gold & Diamond Awards will be given out at the K-6 Assembly. (Parents, if you are sending the 20 mini merits from home, could you please make sure that the mini merit on top has your child’s full name & class on it. Thank you.)
More Student Achievements

Congratulations to the following students for outstanding achievements:

Taynita R (6R) competed in the U11 Girls High Jump and out of 24 girls, not only jumped a personal best of 1.41 metres, but also placed third to bring home the Bronze Medal while displaying great sportsmanship.

Daniel M (5P) has been selected in the U11 Boys Sydney Representative Hockey Team. There were three teams selected from the Sydney Metropolitan area and Daniel made it into the first team. Bella D (6C) was also selected in the 1st team for the Sydney Junior Hockey U11 girls rep side. Both Bella and Dan represent Manly Hockey.

Jade T’s (6R) Pittwater team the Nemo’s made the grand final after winning their last 4 games. Jade was their pitcher and they did their best against the Predators another Pittwater team. They finished 2nd but a brilliant effort was made by the whole team. Jade is off to Melbourne next Friday for 4 days to play in an Easter tournament at Waverley in the North Shore Representative team. They will be playing 5 games each day.

Well done everyone!!

PARENTS & FRIENDS OF ELANORA

CAN YOU HELP?????

In Term 2 we need volunteers to help with the Intensive Reading Program for some Years 1 and 2 students.

It requires that you work with four students on an individual basis from 8.55 – 10.55am. A teacher will be with you at all times.

Training will be provided on Thursday 11th April 2013 in the Stellar Room at 2.00pm.

Your help will be very much appreciated by the students and staff.

If you can assist, just ring the office (9913 7283) as soon as possible, and we will return your call.

Thank you

Mrs. Sue Yardley

P.S. Tea and Coffee is provided

PPS We urgently need your help!
On Thursday, April 11th 2013, our school cross country carnival will be taking place in the school grounds between 9am and 1pm. It is always a great day and it would be wonderful if you are able to come along and support your child in their efforts.

Spectator seating will be available along the Year 2 block wall and in the K-2 lunch area. Please consider and think about where you are standing on the day as the path beside the lunch area forms part of the course. Please DO NOT sit in the way of our competitors. The climbing equipment area will be out of bounds during the carnival.

Year 2 students turning 8 this year need to decide whether they will run the 1km course (2 laps) for fun or the 2km course (4 laps) with the 8 and 9 year olds (zone representatives are chosen from this race). They can only run in one or the other, not both.

We are looking for parents to act as course marshals on the day between the hours of 9am – 11am and between 11.15am and 1.00pm. These times are approximate. Marshals are necessary to ensure safety of all our students while running the course. In past years we have been short of helpers during the 11.15am – 1pm session. Please complete the slip below if you can assist.

Finally, the usual reminder that the children will need to wear full sports uniform on the day, their hats of course, sun block if required, and water bottles. Students may wear appropriately coloured t-shirts in their house colour. Asthmatics should also carry their puffers. Please make yourself known to the teachers if you have put your name down to help on the day and you can be directed to your marshalling point.

<table>
<thead>
<tr>
<th>Approx Time</th>
<th>Events</th>
<th>Distance</th>
<th>Approx Time</th>
<th>Events</th>
<th>Distance</th>
</tr>
</thead>
</table>
| 9.15 am     | 1. Year 1 Boys  
              2. Year 1 Girls | 1 km | 10.55 am | Recess |
|             | 3. Kindergarten Boys  
              4. Kindergarten Girls | 1 km | 11.15 am | 10. 10 Year Girls | 2 km |
|             | 5. Year 2 Boys  
              6. Year 2 Girls | 1 km | 11. 11 Year Boys  
              12. 11 Year Girls | 3 km |
| 10.10 am    | 7. 8 & 9 Year Boys  
              8. 8 & 9 Year Girls | 2 km | 13. 12 Year Boys  
              14. 12 Year Girls | 3 km |
|             | 9. 10 Year Boys | 2 km |           |        |

All times are approximate due to increased class numbers – please be patient!

PLEASE RETURN TO MRS DANIEL (2D)

Cross Country Helper

Name ____________________________ Child’s Name ____________________________ Class ________

I am available (please circle a time) ____________________________ 

9.00am – 11.00am or 11.00am – 1.00pm. 

Thurs April 11th 2013
Help Needed – Do you have 15 minutes or more to spare? The Library is in need of people to cover books for Grandfriends’ Day. Please contact Mrs Morrison in the Library.

Any help would be appreciated.
Come and join us for breakfast

All parents, families, friends and grandparents are invited to come and join us for breakfast to raise money for The Children’s Hospital at Westmead

Wednesday 27 March 2013
From 7am to 8.45am
Outside the BASC Class Rooms

Enjoy a bacon and egg roll plus a juice for only $5.00!

Also take the opportunity to visit Before School Care, meet the staff and even have a go at our handball competition and some craft activities too!

If you would like to make a contribution but are unable to attend, please place your cash donation in an envelope marked “Bandaged Bear Breakfast” with your child’s name and class. Envelopes can be left at the School Office.

If you would like to book your child in for Before School Care for the morning, you can register at


Enquiries: please call Gabby on 0481 439 358

PLEASE NOTE NO PARKING IS AVAILABLE IN SCHOOL GROUNDS
Please use street parking
Drink Water Only Day - Thursday, 28\textsuperscript{th} March

On Thursday, 28\textsuperscript{th} March, we are encouraging all students K-6 to drink only water at school to highlight the importance of water as our main drink. Most Elanora students already bring their own water bottle – it would be great to see every child with their own water bottle on Thursday and we are suggesting that they drink only water or milk for this day.

Some Year 3 students will be visiting classes to give prepared talks on why water is the best drink which they have written to practise persuasive texts about why water is important for us.

When it comes to thirst, drink water first!

What’s the best drink to quench a thirst? Water!


Tap water makes the best drink!

Here’s what water has to offer:

- it costs very, very little to fill a water bottle at home, and nothing to refill it at school
- it is readily available
- it doesn’t contain any kilojoules or sugar
- it is not acidic like fruit juices and fizzy drinks
- it encourages optimal function of the body
- the fluoride in tap water helps develop strong teeth and bones
- it requires no wasteful packaging and creates no litter
- it develops good habits for life.

What about fruit juices and flavoured mineral waters?

Fruit juice, which contains Vitamin C, is often seen as a healthy choice of drink. However, fruit juice is high in sugar and kilojoules, just like fruit drinks, flavoured mineral water, energy drinks and soft drinks. For example, a 250ml cup of apple juice or cola contains up to six teaspoons of sugar.

Add it up: just one can of soft drink or juice per day means you’re adding 18 kilos of sugar to your diet each year! There is none of the fibre of a whole fruit, which slows down metabolising the sugar. All forms of sugar give the body a sudden surge in blood glucose which can affect mood and concentration, and a high intake of sugar has serious long-term effects, increasing the risk of various diseases such as Type 2 Diabetes. The high sugar content can also blunt the child’s appetite for the food they need to eat.

Australian researchers found that children aged between 4 and 12 years who drank 500ml or more of fruit juice or cordial per day were twice as likely to be overweight or obese as children who consumed none.

Fruit drinks, fruit juices, soft drinks, sports drinks and flavoured mineral waters all have sugar and are also acidic. Acid and sugar both cause tooth decay, so together they form a double whammy leading to increased decay.

Health professionals recommend that children can have these drinks occasionally, but they are not a necessary part of a healthy diet and daily consumption is not recommended.

Please support Drink Water Only Day on Thursday by sending your child with only a water bottle.
School Banking – A platform to help you teach your child about saving!

Elanora Heights Public School will be taking part in the Commonwealth Bank School Banking program. It’s a great way to give your child a financial head start by helping them to learn about good money management and the importance of saving.

It’s time kids learnt that Mum and Dad are not the bank! Does your child always want? Do they understand how much things cost? Do they think there is an endless supply of cash from the machine in the wall? The School Banking program offers you a platform to start teaching your child the value of money and the benefits of saving.

Our Saving Tips to discuss with your child:

1. Discuss what saving into the bank means. A bank account is somewhere safe to keep your money, the money remains yours and the more money you put in the more money you have.
2. How do you earn money? A great way to start your child’s venture into earning money is doing chores around the house to earn pocket money. Set expectations and what they have the potential to earn.
3. Set a goal, work out together something your child would really like to save for, starting out with smaller and achievable items works best. Discuss how much money they will need to save to reach this goal.
4. Once your child has reached the goal, research through catalogues or online as to where they will get the best value for their money.
5. Watch your child’s sense of pride as you take them to purchase the item that they have worked and saved for!

We realise that many parents already have an account for their child and are actively saving for their child’s future. Most of the time this is done through electronic banking and your child doesn’t get to see and handle the benefit first hand. This program is once again about your child learning the process of saving and handling the cash themselves. Participating in School Banking gives your child the opportunity to do this on a weekly basis.

Earning fun rewards
Every time your child makes a deposit through the School Banking program, regardless of how much, they receive a cool Dollarmites token. Once they have saved enough tokens, they can swap them for fun Dollarmites gifts, like handballs, calculators and money boxes.

What you need to know
School Banking Day will be WEDNESDAY, commencing Wednesday 3rd April, 2013.
Your child will need a Commonwealth Bank Youthsaver account. There are several options on how to open an account.

A representative from the Commonwealth Bank will be at the school at the following times to assist parents with opening accounts: Monday 25th March 2013 – 2.20pm to 3.20pm.
*Please bring photo identification for yourself.
You can also attend any Commonwealth Bank branch with identification for yourself and your child’s birth certificate; if you’re an existing Commonwealth Bank customer you can open an account through your Netbank facility. Existing accounts can be used, just simply bring it in on the first banking day.

Banking Day
Simply bring in your yellow wallet and deposit book - this will be collected by the teachers in the morning and sent to the office for processing by the School Banking Coordinator. The wallet will then be returned to the class that day.

Your School Banking Coordinator is: Carolyn Chessell - cazrob2101@hotmail.com

Thank you for supporting School Banking at our school!
Band Fees
We still have fees outstanding. Please contact the Treasurers jdlmasters@gmail.com urgently to advise of payment or alternative arrangements.
Fee receipts will be issued after the last payment is received or arrangement made.

Band Camp
We have a small number of parents who have not replied to emails. Please review the forms sent to you and reply to the Band Camp Coordinator, Paula Burgess at paulaburgess1@optusnet.com.au ASAP. The Band Committee has a sizeable task ahead to collate information and make documents available to the school and Camp Kedron. Band Camp is compulsory for Senior Band and strongly recommended for Intermediate Band.
The Guitar Group will also run a 2 day workshop at Band Camp.
Beginners will have a one day Band Camp in Term 2.

Strings
After a search that would put head hunter Egon Zehnder to shame, we are pleased to announce that Carla van der Wallen will teach strings commencing in Term 2. Places are still available if you are interested. Please contact me at tim_cowdery@iprimus.com.au with your child’s name and class.
Thanks the size of the universe to Vicki Bosler and Frances Fordham for their invaluable assistance to find a tutor.

Intermediate Band Practice Pieces
In addition to scales the Intermediate Band should practice: We will rock you, School Song, Power Rock, Circus Rondo and Tomahawk.

Tim Cowdery
Band President

COMMUNITY NEWS

NARRABEEEN FOOTBALL CLUB is looking for girls to play soccer.

We are looking for girls born in 2004 and 2005 to join a soccer team playing on Sunday mornings in the all-girls competition. Do you still want to play another sport on Saturdays and play soccer also; well this is your chance!

For further information please contact our ladiescoordinator@gmail.com or phone Craig on 0409 818 866.

CANTEEN NEWS

Below is the roster for the next two weeks. Tomorrow is our “Easter Canteen Fun Day”. There will be a sausage sizzle, pre-order only and we will also have treats available at both, recess COUNTER SERVICE ONLY and lunch, either with your pre-order or counter service. The sausages will be purchased from Devitts Meats and are gluten free. The Chocolate Crackles will be made on site and we will be following the "Kellogs" recipe. A full list of ingredients is available on request. The Canteen Fun Days help us raise some much needed funds which all go back to our precious children. Your support is greatly appreciated.
Thanks, Wendy.
<table>
<thead>
<tr>
<th>Term 1 2013</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Week 9</td>
<td>VANESSA C</td>
<td>CANTEEN FUN DAY</td>
<td>KATHRYN V</td>
<td>HALINA R</td>
<td>CLOSED - GOOD</td>
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<td>9.30-11.30</td>
<td>KIM K</td>
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<td>FRIDAY</td>
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<td></td>
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<td>JADE B</td>
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<td>PAULA B</td>
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<td>KATE C</td>
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<td>KATE H</td>
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<td>JENN J</td>
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<td>Week 10</td>
<td>CLOSED -</td>
<td>ANGIE K</td>
<td>CLOSED -</td>
<td>9.30-11.30</td>
<td>KELLY G</td>
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<td>EASTER MANDY</td>
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<td>SPORTS</td>
<td>ERICA R</td>
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<td>PIPPA McF</td>
<td>CARNIVAL</td>
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**Uniform Shop**

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

We offer ETPOS 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**

Warriewood Anglican Church invites boys in their youth (Year group 2-5) to come down to the Nelson Heather Centre (Angophora room) in Warriewood on a Wednesday afternoons to have fun, play games, hear bible talks, enjoy food together and play more games. Group starts at 4.30pm and finishes at 5.45pm, only during term time, and costs $4. Please contact Oliver Holland on 0404 077 987 for more information.
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
Strawberry Road, Beacon Hill
THURS: Juniors (5yrs to 12yrs) 6:00pm
Terrey Hills Community Centre
Yulalong Ave, Terrey Hills
TUES: Juniors: 6:00pm

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

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NEW PARTIES FOR 2013!
Cheeky Monkeys is pleased to announce our NEW Parties available in 2013
- Cookie Decorating Parties
- Treasure Hunt Parties
- Crazy Hair Parties
as well as our old favourites Fairy/Disco, Wizard/Disco and Slot Car parties.
(These parties now have FREE bracelet and slap band making included)
Check website for info www.cheekymonkeysplayhouse.com.au

Sausage Sizzle & Drink

School Holiday CAMP
Includes 5 hours Supervised
FUN, Coaching and Activities
MON WED & FRI, April 15th - 26th

10.30am – Table tennis
11.00am – Squash
11.45am – Morning tea
12.15pm – Basketball
12.45pm – Volleyball fun

1.15pm – LUNCH
2.15pm – Indoor soccer
2.45pm – FREE TIME
PLAY
3.30pm - Parent Pick up

50 Kalang Road, Elanora Heights 2101

Bookings Essential!!
9913 9003/ 0407 958 669

$35 per child
All inclusive

CHEEKY MONKEY’S PLAY HOUSE 9999 0388
UNIT 110/4 DAYDREAM ST, WARRIEWOOD

ELANORA SQUASH & FITNESS CENTRE