Our School News
Week 6 | Commencing 11th November, 2013

Don’t forget to visit our website at elanorahts-p.school.nsw.edu.au

ATTENTION!!!
MOVIE NIGHT HAS BEEN CANCELLED

Weekly Reminders!

Swimming Gear - Year 2
Kindy 2014 Orientation Evening -
Tuesday 12 November

Recorders for Music Program

Un-Named Lost Property Parents, please come and check School Banking on Wednesday

NB: that items for this newsletter will NOT be accepted after 5pm on the preceding Thursday

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Week 6 - Term 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>11 Nov</td>
<td>K-2 Assembly</td>
</tr>
<tr>
<td>Tue</td>
<td>12 Nov</td>
<td>Kindy 2014 Parent Orientation Evening “Take it Home Tuesday”</td>
</tr>
<tr>
<td>Wed</td>
<td>13 Nov</td>
<td>School Banking Day</td>
</tr>
<tr>
<td>Thur</td>
<td>14 Nov</td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>15 Nov</td>
<td>P&amp;C Movie Night - CANCELLED PSSA v Narrabeen Lakes: Junior Boys Softball @ Griffith Park Senior Boys Cricket @ Griffith Park Senior Girls Softball @ Griffith Park Junior Girls Eagle Tag: behind Rat Park AFL v Narrabeen North: @ Narrabeen Sports HS grounds</td>
</tr>
</tbody>
</table>

Week 7 - Term 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>18 Nov</td>
<td>Years 3-6 Assembly</td>
</tr>
<tr>
<td>Tue</td>
<td>19 Nov</td>
<td>Combined Scripture Christmas Assembly EHPS Helpers Thank You Morning Tea - 10.45am in Staff Room</td>
</tr>
<tr>
<td>Wed</td>
<td>20 Nov</td>
<td>School Banking Day</td>
</tr>
<tr>
<td>Thur</td>
<td>21 Nov</td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>22 Nov</td>
<td>PSSA v Narrabeen North: Junior Boys Softball @ Kitchener Park Senior Boys Cricket @ Kitchener Park Senior Girls Softball @ Kitchener Park Junior Girls Eagle Tag: behind Rat Park AFL v Wheeler Heights: @ Narrabeen Sports HS grounds</td>
</tr>
</tbody>
</table>
**Movie Night**
This Friday the P&C had organised an outdoor cinema, however, because of the extremely poor response (only 27 forms returned) they have had to cancel the event. I think it is very unfortunate as it would have been a great night and the children would have loved the size of the screen (massive) and the chance to see themselves on it. The P&C Social Committee had also organised a disco, face painting and other activities to make the night very special for our children. The P&C works extremely hard to provide additional funds to support the educational programs within the school. Your support for the P&C and its fundraising activities is appreciated.

**Parent thank you morning tea!**
As a way of thanking all of the parents, caregivers and friends who have helped us during the year the staff are putting on a special thank you morning tea on Tuesday, 19 November in the staffroom at 10:45 am. **Please come along and join in the festive spirit.**

**Possible school structure for 2015**
We urgently need to know if you are not returning to our school in 2015. The school is structured on the number of students attending the school. On current numbers the likely scenario for the class setup for 2015 is K = 98 students = 5 classes, Year 1 = 84 students = 4 classes, Year 2 = 100 students = 4 classes, Year 3 = 85 students = 3 classes, Year 4 = 78 students, Year 5 = 79 students and Year 6 = 52 students = 2 x Year 4 classes, 2 x Year 5 classes, 1 x 4/5 class, 1 x 5/6 class and 1 x Year 6 class.

**Applying for selective High School placement in 2015**
Just a quick reminder to parents or carers of Year 5 students who wish their children to be considered for placement in Year 7 at a selective high school in 2015 that applications close on 18 November. Application information is available on the Department’s internet at http://www.schools.nsw.edu.au/shsplacement All students seeking Year 7 entry to a selective high school in 2015 will be required to take the Selective High School Placement Test on the morning of Thursday, 13 March 2014.

**Sun safety**
This spring has seen temperatures soar. A new information pack with the latest advice on sun safety is available for schools and parents.

**Year 6 fun day**
I would like to congratulate our Year 6 students (and their parents) on a very successful Fun Day. The students raised $2432.75 which will be used to purchase a gift for the school.

**Digital citizenship**
We’re the first generation of parents responsible for equipping our children with digital citizenship skills – how to use technology safely and responsibly, and how to evaluate, manage and use the information and tools they find online. Here are some tips to get you started:

**School phone app**
Did you know that you can send absent notes straight to school from our phone app? Many of our parents are already using this feature so why not go to the Play Store or iTunes, search for Elanora and download our app.

Until next time,

Your Principal, Bill Gillespie
AND THE AWARD GOES TO...

Bronze and Silver Awards will be given to the students at the K-2 & 3-6 Assemblies. The Gold and Diamond Awards will be given out at the K-6 Assembly. If you wish to see your child receive their award at assembly, please first contact the office to confirm this. When sending the 20 mini merits from home, please make sure that the mini merit on top has your child’s full name & class on it. Please do not send them in plastic bags or envelopes. PLEASE NOTE that due to PUBLISHING RESTRICTIONS we will ONLY PROCESS the MINI MERITS HANDED IN by the THURSDAY PRECEDING THE RELATIVE ASSEMBLY. Thank you.

**SILVER AWARDS**

- TYRONE F
- CHARLEE E
- HOLLY L
- NICK J
- ZACHARY K
- BENJAMIN M
- MAX D
- RYAN W
- MAX S
- TOBY G
- TYSON J

**BRONZE AWARDS**

- DAN C
- JAMESON D
- WILLIAM E
- MAX H
- RUBI W
- BEAU K
- ZACHARY K
- OLIVER K
- HOLLY L
- MANON L
- LILY McD
- LEXI M
- GABRIELLE W
- LUKE B
- ANGUS C
- CHLOE C
- KAYLA D
- SAMI D
- MARCUS D
- COOPER D
- LILY D
- MADISON E
- JACKSON G
- TOBY G
- SAMUEL H
- TYSON J
- VAUGHAN K
- ALEXANDER K
- JAYDEN McI
- JESSICA M
- CHRISTINA N
- SARAH M
- NATALIE P
- JOSEPHINE P
- THOMO R
- LACHLAN S
- ZOE S
- MADISON T
- ELIZABETH T
- PETER V
- JENSEN V
- MIKALA W
- MEISHA W
- TASHI L-F

**P&C**

Parents & Citizens Assoc.

**MOVIE NIGHT - CANCELLED**

The Outdoor Cinema scheduled for Friday 15th November has been CANCELLED due to the number of ticket sales not meeting the minimum number required for us to make it a viable event.

If you made a payment the following will happen:

If you were paying by credit card, the form will be destroyed.

If you were paying by cheque or cash, the money or cheque along with the form will be returned today in your child’s bag.
LIVE LIFE WELL @ SCHOOL

RED FOODS

Red foods get their colour from lycopene and also from anthocyanins.

Lycopene is a powerful antioxidant made famous by the humble tomato. However lycopene can also be found in watermelon, pink grapefruit and guava.

Research has shown that lycopene consumption reduces the risk of prostate cancer and also breast and endometrial cancers. The strong anti-oxidant activity of lycopene also helps lowering inflammation and is thought to be helpful in the common cold by reducing inflammation in the airways.

Lycopene is a fat-soluble pigment and is absorbed in the presence of dietary fat. It also becomes more bioavailable when cooked.

E.g. enjoy a baked tomato with a dash of olive oil.

Anthocyanin is a water soluble pigment that give plants the colour red, purple or blue, depending on the pH (i.e. the acidity). Fruits and vegetables like strawberries, raspberries, red grapes, rhubarb, red pepper, radish, red cabbage are all rich in anthocyanin. Anthocyanins are also powerful antioxidants and antibacterial compounds (e.g. cranberry juice reduces urinary tract infection) with many health benefits (see blue foods).

Boost your intake of lycopene with a tomato soup, or go all out on anthocyanin while indulging in slices of watermelon...delicious!

Martha Leonard – Wholistic Nutritionist | Delicious Nutrition Therapy

RAINBOW FRUITO-VEGO

RED Fruito-Vego | Martha Leonard – Wholistic nutritionist @ deliciousnutrition.com.au

When: Wednesday, 13th November

Next Wednesday please send RED fruits and vegetables for fruito-vego, preferably in a labelled container rather than plastic.

Red gives you lots of choice - strawberries, raspberries, red grapes, tomato, red pepper, red papaya, watermelon, pink grapefruit, guava, radish, red cabbage!

I often wish parents could see how eagerly your children eat these daily fresh snacks, and vegies are eaten just as keenly as fruit.

Martha explains above some of the particular nutrients found in red foods.

COMBINED SCRIPTURE CHRISTMAS ASSEMBLY

Your children and the scripture teachers invite you all to their Combined Scripture Christmas Assembly which will be held on Tuesday, 19th November in the school hall at 9.30am.

The assembly will be an hour of carols, pantomime and fun and we hope you will all join us.
MEET OUR STAFF...

Mrs Johnson, Teacher
An interview by our school captains Lauren, Ruby and Wil

Wil: Mrs Johnson, how long have you been at EHPS?
Mrs Johnson: I have been teaching here for fourteen or fifteen years.

Lauren: What do you like best about EHPS?
Mrs Johnson: The beautiful setting, the staff and the students all combine to make it a beautiful place to work. Also, the size of the school is small enough to be friendly.

Ruby: Have you taught at many other schools?
Mrs Johnson: Yes, from Fairfield West to Frenchs Forest and a few in between!

Wil: Mrs Johnson, what are your hobbies or interests?
Mrs Johnson: As well as being with my family and friends, I also like to read, go on coastal walks, listen to music and shopping.

Lauren: What is your role at EHPS?
Mrs Johnson: I currently teach a Year 1 class.

THE CANTEEN NEEDS YOUR HELP...

There are many days on the canteen roster that needs to be filled. We are especially in need of your help for Friday, 22nd November, Friday, 29th November, Friday, 6th December.

If anyone is able to help, please drop by & see us at the canteen or call us on 9913 2721. WE CANNOT OPERATE WITHOUT THE HELP OF OUR WONDERFUL VOLUNTEERS and we really do appreciate you giving your precious time.

Thank you,,
Wendy Douglass
Canteen Co-ordinator

Children Leaving EHPS in 2014

(Please return slip to Office.)

My children will not be returning to Elanora Heights Public School in 2014.

Name ___________________________________________ Class __________

Name ___________________________________________ Class __________

Reason _______________________________________________________________________________________
______________________________________________________________________________________________

Signed________________________________________Date __________________
**2014 Band Program**

Late last week we sent email 2 of 3 to all Years 2 and 3 parents who provided details, and parents from other years who provided their details, to introduce the 2014 Band program.

A few things:

- We are only communicating detailed information to parents by email
- No printed notes will be sent home
- If you are interested in the Band program and did not receive an email, please email me at tim.cowdery@gmail.com with your name, your child’s name, class number and year and we will add you to our current blitzkrieg
- Depending on the program, students currently in Years K to 5 and next year’s Year K, qualify for Band entry.

**World Premiere**

The Junior Band is on schedule to perform publically for the first time at the **K-2 Assembly on Monday, 25 November.**

Please ensure your child is practicing the School Song (Beethoven’s Ninth with Bars 21, 22,23 and 24 blocked out; these bars are drum solo, would love to see the K-2s sing along to that!), Power Rock and The Spook. This will be a big day in their short musical lives and a stepping stone to bigger and better things. Parents are most welcome to attend the performance.

**Junior Band**

The Junior Band was treated to an old friend for their conductor last Tuesday as Frances Fordham made a long overdue return to conducting and teaching. Nic was busy performing at a function to do with some gee-ggee race held at Flemington (wherever that is) and Frances picked up where she’d left off. You’d never know she’d been away.

**Guitars**

Jose asks that all guitar students practice with a little more commitment. He is of the opinion that the group is not progressing as it should due to lack of practice.

The competency and progress of all musicians in the Band program will be on display at Gala Night and the Christmas Music Festival. We would like every student to be at their best.

Jose recommends sitting in with your strummer and picker, preferably with a glass of your favourite beverage, and enjoy the experience.

**Important Dates**

**Band Gala Night commences at 7pm on Thursday, 12 December, in the Hall.** All musicians in all band activities will perform. This is a night of musical magnificence and cannot be missed. It even has free entry, how good is that! All parents and school students are welcome to attend and it is a great night for next year’s band students to see what they will achieve in a year or two.

The night formerly known as **Carols Night is still on, wait for it, Friday, 13 December, worryingly freaky.** This event is planned to be even “huger” than last year (impossible is still the rallying call), but it’s true. So true in fact, and huge (massive), it’s been **renamed the Christmas Music Festival.** All the Bands will play, not just carols but some of their scorching red hot numbers too, the strings and guitars will serenade, the school choirs will mesmerise with their polished and dulcet tones and, as a special treat, we will hear some of our amazingly talented tutors play some exceptional music. All this on the village green that is the middle oval.
Why Music? The Many Benefits of a Musical Education

With school funding shortages leading to cuts across the board, music education programs may fall by the wayside. However, because music learning yields so many benefits to students, these programs are far too valuable to lose.

Benefits to the Brain and General Learning Skills

Music learning involves active engagement and discipline, resulting in far-reaching benefits to the brain that may include:

- Improved reading skills
- A better vocabulary
- Stronger neural activation in native language

90% of preschool children studied showed increased verbal intelligence after just 20 days of musical training.1

Other verbal benefits observed:

- Increased ability to incorporate the sound patterns of a new language into words – especially helpful for students for whom English is a second language
- Better and more focused listening skills, including the ability to pick out the most important auditory signals
- Better auditory memory and attention

Superior working and long-term memory.3

Peninsula Community of Schools
### Kids Kafe Roster | To volunteer call 9913 2721

Here is the roster for the next 4 weeks. There are still many days we are still in need of helpers, especially on Friday, 22nd November, Friday, 29th November and Friday, 6th December. **IF ANYONE IS ABLE TO HELP, PLEASE DROP BY & SEE US OR PHONE ON THE NUMBER ABOVE.** Your help is much appreciated as the canteen cannot operate without our wonderful volunteers. Thanks, Wendy.

#### Weeks 6 to 9 – Term 4

<table>
<thead>
<tr>
<th>Week</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 6 11/11 – 15/11</td>
<td>FIONA F</td>
<td>PIPPA McF</td>
<td>LOUISE E</td>
<td>ANGELA C</td>
<td>HANA CARLI A</td>
</tr>
<tr>
<td>Week 7 18/11 – 22/11</td>
<td>NEED HELP</td>
<td>SUSIE W</td>
<td>KATHRYN V KIM K</td>
<td>INGRID T</td>
<td>MANDY H NEED HELP</td>
</tr>
<tr>
<td>Week 8 25/11 – 29/11</td>
<td>VANESSA C NEED HELP</td>
<td>CANTEEN FUN DAY LOU E KATE H PAULA B</td>
<td>SHARON C</td>
<td>9.30-11.30 ERICA R 9.30-1.30 GILL E</td>
<td>NEED HELP</td>
</tr>
<tr>
<td>Week 9 02/12 – 06/12</td>
<td>KAREN W</td>
<td>ANGIE K</td>
<td>KATE McG</td>
<td>ANGELA C</td>
<td>KELLY G NEED HELP</td>
</tr>
</tbody>
</table>

To order school lunches online go to [www.munchmonitor.com](http://www.munchmonitor.com)
Use log in – username: Elanora and password: munch2102
PSSA Training

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 Training Times

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DAY &amp; TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Girls Pittwater Tag</td>
<td>Wednesdays</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Senior Girls Softball</td>
<td>Thursdays</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Junior Boys Softball</td>
<td>Tuesdays</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Senior Boys Cricket</td>
<td>Fridays</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Junior Mixed AFL</td>
<td>Fridays</td>
<td>Middle Oval</td>
</tr>
</tbody>
</table>

Training is cancelled if it is raining.

PSSA Results

<table>
<thead>
<tr>
<th>SPORT</th>
<th>VERSUS</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Boys Cricket</td>
<td>Bilgola Plateau</td>
<td>Win 86 - 59</td>
</tr>
<tr>
<td>Junior Boys Softball ‘A’</td>
<td>Bilgola Plateau</td>
<td>Loss 3 - 8</td>
</tr>
<tr>
<td>Junior Boys Softball ‘B’</td>
<td>Bilgola Plateau</td>
<td>Win 16 - 2</td>
</tr>
<tr>
<td>Senior Girls Softball ‘A’</td>
<td>Bilgola Plateau</td>
<td>Loss 7 - 8</td>
</tr>
<tr>
<td>Senior Girls Softball ‘B’</td>
<td>Bilgola Plateau</td>
<td>Loss 7 - 14</td>
</tr>
<tr>
<td>Junior Girls Pittwater Tag ‘A’</td>
<td>Bilgola Plateau</td>
<td>Win 12 - 1</td>
</tr>
<tr>
<td>Junior Girls Pittwater Tag ‘B’</td>
<td>Bilgola Plateau</td>
<td>Win 7 - 4</td>
</tr>
</tbody>
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Uniform Shop

Uniform Shop Coordinator Kate Dutton

Open on Monday & Thursday from 8.15am to 9.45am

Purchase in store or by order form available online. Pay by cash or card (Eftpos, Visa or Mastercard)

Email: ehps.uniforms@gmail.com

Altering & Repairs by Michelle Sturrock (Dressmaker and parent), great rates on offer to Elanora families. Details are available at the Uniform Shop.

Second Hand Uniforms

Second Hand Uniform Coordinator Karen Woodley

Enquiries or Purchase please call 9913 1292 after 9.00am or email thewoodleys@optusnet.com.au

Uniform donations are most welcome as Second hand uniforms are in demand!
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
Tristram Road, Beacon Hill
THURS Juniors (5ys to 12 yrs) 6:00pm
Terrey Hills Community Centre
Yulong Ave, Terrey Hills
TUES Juniors: 6:00pm

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

DANCE ARENA
School of Dance
ELANORA HTS
TERREY HILLS
BEGINNERS TO ADVANCED
SPECIALIST TEACHER OF CHILDREN
CLASSICAL
TAP
JAZZ/HIP-HOP
CONTEMPORARY

Katherine Wand
BA Dip Teach AISTD
ACBA Crocetti
Royal Academy of Dance
Registered Teacher 113922
99712244
ESTABLISHED 1989

POOLE
REAL ESTATE

OUR POINTS OF DIFFERENCE
• Direct Principal involvement in your campaign
• Two senior professionals for the price of one
• We are independent and, therefore, flexible
• Commission rates that will save you money
• Results that you will be happy with

If you are thinking of selling, leasing or require property management, visit our website or give us a call.

Jon Poole
0413 313 299
Babs Poole
0411 316 171

Haizels Beauty Spot, 9513 9756,
Shop 3, 47-49 Elanora Road, Elanora Heights
Haizels Beauty Spot

You deserve to be pampered!
Our pampering package is a must for everyone. Treat yourself today and get yourself ‘party ready’ for only $99 – a huge saving of $58, you will get:

Nails
Mini manicure and Mini pedicure

Eyes
Eyelash tint, Eyebrow shape and Party lashes

Body
Spray tan

The perfect package - enjoy on your own, with a friend or pre-party day! Call us today to make an appointment and treat yourself – 9913 9756
Bee Day

Come Support our friends
Bee, Irish Joe and the family
for a family FUN afternoon including:
- 6 a-side soccer comp
- Family Games
- Food Stalls
- Raffles
- Auctions
- With loads of prizes
Join us at:
Boondah Reserve, Warriewood
12 - 6pm
17th November
Bring your own picnic and share in our family fun day

School Fete

Sunday 24 November 2013

SJIS
Terrey Hills

☆ Japanese Food Stalls
☆ Jumble Sale
☆ Animal Nursery
☆ Entertainment
☆ Kid’s Rides

10am until 2pm
Sydney Japanese International School
112 Booralee Road Terrey Hills NSW 2084
www.sjis.nsw.edu.au

Narrabeen Car Boot Sale

Do you have stuff in your garage that you don’t use anymore? Do you need to downsize? Clean out the kids’ cupboards? Don’t wait for the council clean up, make some cash!!!!!!! Come and enjoy a great family day out at NARRABEEN CAR BOOT SALE and help to raise funds for Narrabeen Sports High School.

If you don’t have anything to sell, come along and you will be sure to pick up an absolute bargain! You will be amazed at what you find. There is something for everyone.

WHERE: At the back soccer field Narrabeen Sports High School, 10 Namona St North Narrabeen 2101

WHEN: Sunday 24th November
5.30 am till 2 pm

- Prebooked confirmed site
- $35 Car Spot
- $45 Car & Trailer

- Casual sites on the day
  - (only if available)
  - $45 Car Spot
  - $55 Car & Trailer

BOOKINGS ONLY CONFIRMED BY PAYMENT FOR SITE
MAKE SURE YOU GET A SPOT!
FOR ANY INFORMATION OR TO MAKE A BOOKING PLEASE CALL
Josephine ON 0421 810 019

Or Visit the website
www.narrabeencauboot.com

Paid parking available for a limited number of cars on school grounds for $2
Vehicles under 2.2m high only