Our School News

Week 10 | Commencing 9th December, 2013

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

Found!

- FOUND: Pink knitted shawl
- FOUND: Toy Turtle-red spotted shell

Weekly Reminders!

Music Concerts, Presentation Assembly, Band Gala night & Carols evening

Un-Named Lost Property Parents, please come and check

School Banking NO banking for the rest of the term

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

Week 10 - Term 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon</td>
<td>09 Dec</td>
<td>Presentation Assembly 9.30am</td>
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<tr>
<td>Tue</td>
<td>10 Dec</td>
<td>3-6 Awards Assembly 3-6 Music Concert 7pm White Fruito/Vego</td>
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<tr>
<td>Wed</td>
<td>11 Dec</td>
<td>Band Gala Night 6.50pm 3-6 Music Concert 10am</td>
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<tr>
<td>Thur</td>
<td>12 Dec</td>
<td>P&amp;C Christmas Music Festival (Carols Evening) 6pm</td>
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Week 11 - Term 4

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<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon</td>
<td>16 Dec</td>
<td>Reports to Parents</td>
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<tr>
<td>Tue</td>
<td>17 Dec</td>
<td>Year 6 Farewell Dinner 5.30pm K-6 Christmas Parties Year 3&amp;4 Movie Day</td>
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<tr>
<td>Wed</td>
<td>18 Dec</td>
<td>Year 6 Farewell Assembly Last Day of Term for Students</td>
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<tr>
<td>Thur</td>
<td>19 Dec</td>
<td>Staff Development Day</td>
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<tr>
<td>Fri</td>
<td>20 Dec</td>
<td>Staff Development Day</td>
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<tr>
<td>2014</td>
<td>29 Jan</td>
<td>Year 1 - 6 Return</td>
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<td></td>
<td>03 Feb</td>
<td>Kindy 2014 Start</td>
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Don’t forget to visit the EHPS website

www.elanorahts-p.schools.nsw.edu.au
Student achievement
Congratulations to Jack C, Oscar H, James H, Jonny S, Nelson H, Flynn E, Tristan H and Tom G from Year 4 who were part of the U10 Sharks team that won the Grand Final in the Small Sided Football (Soccer) competition held at Warringah Rugby Park. They played against a team that all season conceded only four goals after nine rounds and were unbeaten until the Sharks met them in the Semi (1-0) and then in the Grand Final (3-2). Well done boys!

Once again Tayanita R has produced some magnificent results in Athletics. Tayanita represented Manly Warringah Little Athletics at the State Relay Championships at Homebush in the U12 Girls High\Long Jump. Tayanita jumped a personal best of 1.5 metres coming first place in the High Jump and her points contributed to the Team placing 1st and winning the gold medal for this event.

Earlier this Term a number of Band students sat AMEB examinations. All students gained excellent results and we congratulate; Ella P (6R) Flute, Grade 2 B+; James H (4MP) Clarinet, Grade 2 B; Charlie S (4W) Piano, Grade 3B.

Studyladder
As 2013 comes to an end, we would like to remind you that students at your school will continue to have free school access to Studyladder, from home, over the holidays. Studyladder is a K-6 web based educational program designed by teachers. The program is curriculum based and covers Mathematics, Literacy and 8 other subjects. Your child has been given a username and password which can be used to access Studyladder at school and from home. It is not compulsory for your child to use Studyladder at home, however, regular access will help your child to reinforce what they have learnt in school. It will also help to build their confidence through practice. To access Studyladder from home, go to www.studyladder.com.au and login using your child’s school username and password. NOTE: Please ensure you get your child’s username and password BEFORE school ends.

Home Doctor Service
The Home Doctor Service provides home visits when GP clinics are closed. Generally visits are bulk billed and the service can be contacted on 137425 (13 SICK). The call centre is open weekdays from 4pm, Saturdays from 10am and all day and night on Sundays and public holidays.

Year 6 camp
I would like to thank our departing Year 6 students on their responsible behaviour when they went on camp last week. Mrs Hagon, Miss Powell and Mr Rosconi came back from camp very tired but full of admiration for the way the students conducted themselves. I’m sure the students would also like to thank their teachers for giving up their time so they could have such an enjoyable time.

Dates for the diary
Tuesday is Presentation Day. Year 3-6 Music Concert is Wednesday at 7pm and Thursday 10am. The Band Gala Night performance is Thursday night and the Music Festival Night, with Carols, is Friday 13 December. Don’t forget that school finishes on Wednesday, 18 December and resumes for Years 1-6 students on Wednesday 29 January.

Until next time,

Your Principal, Bill Gillespie
THE CANTEEN NEEDS YOUR HELP...
The canteen needs you help THIS Friday, 13th 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 our WONDERFUL VOLUNTEERS! Thank you.

Kids Kafe Roster | To volunteer call 9913 2721

CAANTEEN FUN DAY
Here is the roster for the last weeks of term. As the year comes to an end, we will be running down our stock. If a specific item is unavailable, the closest substitute will be offered, keeping in mind children with allergies. If you have any questions, please give me a call.

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<tr>
<th>Weeks 8 to 10 – Term 4</th>
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<tr>
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<td>Week 10</td>
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To order school lunches online go to www.munchmonitor.com
Use log in – username: Elanora and password: munch2102

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 _________________
MEET OUR STAFF...

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

▲ Lauren: Mrs Sullivan, how long have you been at EHPS?
Mrs Sullivan: I have been here for three and a half years.

▲ Lauren: What do you like best about EHPS?
Mrs Sullivan: The wonderful teachers and students and the beautiful bush setting. I love that the children have huge grounds to play in.

▲ Wil: Have you taught at many other schools?
Mrs Sullivan: Yes, I have including, Avalon, Mona Vale Narrabeen North and Newport Public Schools as well as Loquat Valley Preparatory School.

▲ Ruby: Mrs Sullivan, what are your hobbies or interests?
Mrs Sullivan: I love spending time with my family and friends, as well as dancing. I also love to travel, experience new cultures and meet new people.

▲ Wil: What is your role at EHPS?
Mrs Sullivan: I currently teach a Year 1 class.

(Photo: Mrs Sullivan with her children)

SPECIAL NEW YEAR OPENING TIMES

Worried the kids will grow out of their uniforms over the Summer Holidays? Need to grab a few extra items to start the year off? Then pop in to the Uniform Shop during our extended trading hours for 2014.

Wednesday 29th January 2014 – 8:15am to 9:45am
Thursday 30th January 2014 – 8:15am to 9:45am
Friday 31st January 2014 – 8:15am to 9:45am

The latest Price list/Order form is available on the school website in PDF form or you can pick up a copy from the Office or Uniform Shop.

We offer EFTPOS and CREDIT CARD facilities (Visa/Mastercard)

Katie Dutton
Email: ehps.uniforms@gmail.com
Mob: 0406 348 541

Have you downloaded our EHPS School App?

Staying in touch has never been easier... Download it for FREE now

Go to iTunes or Google Play App Store and search for SCHOOL APP NAME provide details here
AND THE AWARD GOES TO...

All awards that were handed in last week have been processed and handed out at lines today. Children who have awards at home can keep them towards next year’s awards.

GOLD AWARDS

NED R

SILVER AWARDS

TAMARA W  LACHLAN F  ISABELLA G  LILI G
CHLOE B  ELLA v W  AMY D  LILY McD
MAX W  ANGUS C  CHLOE R  MARK v A
JADE S  JACK v W  FLYNN E  CHLOE D
MAX S  NED R  ELISE C  ANYA F
BAILEY H  LARA D  ANIKA V

BRONZE AWARDS

LAUREN H  BELLA G  ABIGAIL C  OLIVER F
ASHER R  TIM K  WESLEY D H  ANIKA V
MAIREN C  TAMARA W  AMY D  LILI G
RYAN S-M  CHLOE E  DANIEL M  ETHAN S
LACHLAN F  TAJ C  EBONY P  ALEX G
LEXI Mc  SIENNA H  ISABELLA M  SAM K
GABY J  SASKIA W  GEORGE E  MARK v A
PAIGE Q  JACK C  JOSHUA P  CHLOE D
MAKAELA C  JAMES H  ZARA F  LUKE S
ELLA v W  SAM K  HEBE B  OSCAR B
JETT F  ISABELLA G  TIMOTHY B  TARA W
JESSICA T  HUXLEY R  SAM B  SKYE Y
TRISTAN H  NIKITA L  CALEY F  LACHLAN F
ASHER R  RUBY S  STELLA R-S  TYLER G
LUKE P  ELLA D  TAYLAH P  JACK L
RUBY W  GENEVIEVE B  ROSIE C  SABRINA G
KADEN B  INDY B  MATTHEW K  LACHALN B
SAMARA R  REBECCA H  NATHAN C  MITCHELL S
MAX S  MIKALA W  LUCY M  TESS S
TIM J  ORLANDO G  OLIVIA S
PARKING & PEDESTRIAN CHANGES in 2014

Elanora Heights Public School
Parking and pedestrian changes coming to your school in 2014

Pittwater Council, Elanora Heights Public School, the NSW Department of Education and Communities (DEC) and local residents have been working together to improve traffic, parking, safety and pedestrian access around Elanora Heights. In order for the bush track to be re-opened and to allow for the construction of a footpath, it has been necessary to make some changes to current parking and no stopping zones on Elanora Road. You will notice that the road will be narrowed and parking will be limited or removed in some areas. Changes to parking around Elanora Heights Public School are also being implemented to improve the traffic flow and to reduce congestion on the roads.

What changes are happening?

Extension of footpath on Elanora Road
Pittwater Council will be working to extend the footpath on the eastern side of Elanora Road down to Weeroona Avenue. Work will be completed over four stages with the first stage to commence early 2014. Funding for the footpath extension has been made available from the Pittwater Council’s Schools Footpath Program. We aim to complete the works outside of school term to avoid any disruption to school traffic.

New bush track from Elanora Road to the school
Elanora Heights Public School has been successful in obtaining grant funding from DEC’s capital works program. Works will begin in 2014 to re-open the bush track next to 25 Elanora Road. Constructing the footpath and re-opening the bush track will allow for safer pedestrian access to the school from Weeroona Avenue and will also allow for additional short term parking for dropping off and picking up children.

P2 Stop, Kiss and Leave Zones
• The current P2 stop, kiss and leave zone will be extended by two spaces and the no parking zone removed.
• A new P2 stop, kiss and leave zone will be installed when the new bush track is open and the footpath constructed. These zones will operate between 8.00 - 9.30am and 2.30 - 4.00pm on school days.

1/4 P Parking
• All current 1/4 P parking on the western side of Elanora Road (opposite the school) will be removed and will become a no stopping zone between 8.30am - 9.30am and 2.30 - 3.30pm on school days.
• Additional 1/4 P parking will be available on the eastern side of Elanora Road (school side) and will be located near both of the P2 stop, kiss and leave zones.

No Stopping Zones
• The majority of the western side of Elanora Road will become a no stopping zone at all times and the current 1/4 P parking on the western side of Elanora Road (opposite school) will become no stopping zone between 8.30am - 9.30am and 2.30 - 3.30pm on school days. No parking will be available on the western side (opposite the school) of Elanora Road during the school drop off and pick up period.
• No stopping is planned for the northern side of Elanora Road between the existing double separation lines but will be on hold until a six month review is completed.
• No stopping will be in place on the eastern side of Georgina Avenue up to the drive of 21 Georgina Avenue between 8.30 - 9am and 2.30 - 3.30pm on school days.
• No stopping signs will be installed in areas where there are existing double center separation lines to support the existing road rule.
• Refer to map for detailed information on the locations and times of no stopping zones.

If you have any questions relating to these changes please contact Michelle Carter, Road Safety Officer, on 9970 1196. We will provide further updates on changes as the project is implemented. Make sure you always check the signs before leaving your vehicle.
IN FOCUS

THIS WEEK'S FEATURES...

Changes to parking and pedestrian access around Elanora Public School

KEY:
- P2 - 2 Minute Parking – Stop, Kiss & Leave Zone (8:00 – 9:00am & 2:30 – 4:00pm – School days)
- 1/4 P - 15 Minute Parking (8:30 – 9:30am & 3:30 – 3:30pm – School days)
- No Stopping
- No Stopping (8:30 – 9:00am & 2:30 – 3:30pm – School days)
- No Stopping (8:30 – 9:30am & 2:30 – 3:30pm – School days)
- Footpath
- Future Footpath (expected to commence 2014)
- Bush Track
- Future Bush Track
- Speed Bump
- Rear to kerb parking
RAINBOW FRUITO-VEGO

WHITE Fruito-Vego  | Jenny Cullen

When: Wednesday, 11th December

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

White seems like more of a challenge at first, so we’ll go for whitish, or partly white e.g. nashi pear, banana, apple, white end of celery, kohlrabi, white peach, cucumber, inner iceberg lettuce – surprise me so I can make the list longer next year!

Martha explains some of the particular nutrients found in white foods.

Thank you for your support all year with establishing healthy lifestyle habits. There will be some new LiveLifeWell@School initiatives next year, as well as our old favourites.

And that brings us to the end of the rainbow for 2013!

Wishing you a happy and healthy Christmas,

White Foods | Martha Leonard – Wholistic nutritionist @ deliciousnutrition.com.au

The colour white in fruit and vegetable indicates bioflavonoids and allicin.

Bioflavonoids are found in many fruits & vegetables for example citrus fruits, berries, and broccoli. Often the white colour is masked by other pigments (e.g. chlorophyll and anthocyanin). Bioflavonoids are also antioxidants; they work synergistically with vitamin C (i.e. they make a great team). They have anti-infection and anti-carcinogenic properties and also bind to metals to help us eliminate them

Allicin is a sulphur-containing compound found in the garlic family. It helps decrease LDL cholesterol, increase HDL cholesterol, reduce inflammation and support the immune system. Best of all you only need small amounts of garlic per day in your diet…

White foods also have important compounds that help us stay healthy!

Cauliflower is one of my favourite white vegetables. Our family loves Cauliflower Mornay (or cauliflower in a white sauce)! Delicious.
Band Gala Night
All students in the Band program, i.e. Band, Guitar and Strings (and not to be confused with the Jellybean Concerts) strut their stuff on Thursday, 12 December from 7pm. Please ensure your musical marvel is at the Hall by 6.45pm in Band Uniform (for those who have Band uniforms) or black/dark T-shirt and pants, black shoes and bright socks. A video/slide show is planned prior to the official start from about 6.50pm as an incentive to arrive on time.

Joining the Band Music Program next year?
Come along to the Band Gala Night and get a taste of what's in store. This event is open to the whole school community, family and friends.

2014 Band Program
Our recent email program may have missed its mark and we are planning some additional instrument demonstrations before the end of year.

We are particularly interested in students who may be contemplating brass (trumpet, trombone and euphonium) as well as other Band instruments and strings.

Kingergarten and Year 1 Students
Students currently in Kindergarten and Year 1 are eligible to join the Strings Group next year and play violin or cello. 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 list of interested students.

“Blow Tests”
We will advise students on “Blow Tests” later this week. The Band has a punishing schedule this week with performances at Presentation Day on Tuesday, Band Gala Night on Thursday and the Christmas Music Festival on Friday, plus a couple of extra rehearsals. Our resources are somewhat stretched.

Next Year’s Rehearsal Schedule
The draft Rehearsal schedule for next year is:

Monday: 7.20am to 8.50am Guitar (30min ea for 3 groups)
Tuesday 7.40am to 8.50am Concert Band; Group 1
Tuesday 3.00pm to 4.00pm Beginner Ensemble
Wednesday 7.40am to 8.50am Concert Band; Group 2
Thursday 3.00pm to 4.00pm Concert Band
Thursday 4.00pm to 5.00pm Stage Band
Friday 7.50am to 8.20am Strings Ensemble
Friday 8.20am to 8.50am Strings Ensemble (2014 Beginners)

All rehearsals will be in the Hall and students will be advised of their groups ASAP.

Jellybean Concerts
All Year 3 to 6 students are learning music as a part of the curriculum this term and they will present their dazzling achievements at two concerts, the first at 7pm on Wednesday, 11 December and the second on Thursday, 12 December at 10am. All Year 3 to 6 students will play at both concerts.

Christmas Music Festival
The final concert for the year promises to be a beauty with performances from the Concert Band, Stage Band, Junior Band, Strings Ensemble, Sydney Vivace Trio, Senior Percussion Group, the Combined School Choirs, and some hot sax from our Band Conductor Nic Campbell. All happening from 6pm on the Middle Oval.
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
Alterations & 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 (5s to 12 yrs): 6:00pm
Terrey Hills Community Centre
Yalong Ave, Terrey Hills
TUES Juniors: 6:00pm

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

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Sausage Sizzle & Drink

School Holiday CAMP
Includes 5 hours Supervised FUN, Coaching and Activities
MON, WED & FRI DEC 23RD–JAN 24th

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

50 Kalang Road, Elanora Heights 2101
1.15pm – LUNCH
2.15pm – Indoor soccer
2.45pm – FREE TIME
PLAY
3.00pm - Parent Pick up

Bookings Essential!!
9913 9003 /
0407 958 669

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Our school is part of the

Peninsula Community of Schools

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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

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Haizels Beauty Spot
9913 9756
Shop 3, 47-49 Elanora Road, Elanora Heights

You deserve to be pampered!

Our pampering package is a must for everyone.
Treat yourself today.
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
Get fit, have fun & support your local netball club
the Mona Vale Commodores

2014 Registration Day
Pittwater RSL Club
Saturday 1st February 2014
10am – 1.00pm

Net Set Go (5-7 years)
Nettak (8-9 years)
Juniors (10-16 years)
Seniors (17 years+)

(Please bring a copy of child’s birth certificate & 1 passport photo)

Come on your own, come with a friend, or come as a full team who would like to stay together. All ages & abilities welcome.

Uniform fitting & ordering at registration day.

www.monavalecommodores.com

after school classes & holiday workshops
63 Porrooew St, Cremorne
holiday workshops
St Kieran’s Parish, Manly Vale
Operates 6 days per week
Classes run on Mondays to Saturdays for ages 3-15 years

call 8084 5817
email info@brightsparksco.com

www.brightsparksco.com