Dear Parents/Caregivers,

Information for parents
To assist the smooth communication between school and the parent community we upload all notes, newsletter and school handouts to the school website located at http://www.elanorahts-p.schools.nsw.edu.au/home If you have lost a note or can’t locate the latest newsletter then this is your first point of call. Don’t forget to look at the calendar to find out what is happening in the weeks ahead.

Staff development days
Last week the staff worked on the new English syllabus that is to be implemented in 2014. During the days staff undertook courses in 21st Century Learners, heard from Michael McQueen, an expert on learning and Gen Y and developed Action Research lesson plans based on the new syllabus. The days were led by Mrs Lomas, Ms Pitt and Miss Widman who helped our staff in their endeavour to gain a greater understanding of the upcoming changes. I would like to thank them for the excellent work and training they provided for our staff. Parents can find out more about the new syllabus by going to http://syllabus.bos.nsw.edu.au/support-materials/parents-guide/
Reading
Reading in our modern world is more important than ever. When your children see you reading and writing in everyday life – reading for pleasure, sharing a story with them, using a recipe, making a shopping list, writing a birthday card, reading street signs, or reading and writing emails – it teaches them that reading and writing are useful skills. To find out how to help your child with reading go to http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/reading-with-your-child-at-home

A busy ending to Term 1
Last term ended with a huge rush of activity with Band Camp, Harmony Day, Cross Country and the Athletics Carnival all happening on the last week. I would like to thank Mrs Reeks, Mrs Hagon, Ms Pitt, Mrs Daniel, Mrs Smith, Mr Waters and Mr Rosconi who gave up their own time, outside of school hours, so that our students can enjoy a rich and rewarding educational experience.

NAPLAN
Next week our Year 3 and Year 5 students participate in the Australia-wide NAPLAN testing. The official days of testing is 14-16 May. Friday 17 May can be used as a make-up day if a student has been ill or couldn’t attend a test. If you wish to learn more about the testing program go to http://www.nap.edu.au/naplan/parent-carer-support.html

P&C meeting
The next P&C meeting is Tuesday 14 May in the school staffroom at 7pm. I look forward to seeing you there.

Until next time,
Bill Gillespie,
Principal

<table>
<thead>
<tr>
<th>GOLD</th>
<th>BRONZE</th>
<th>BRONZE</th>
<th>BRONZE</th>
<th>BRONZE</th>
<th>BRONZE</th>
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<tbody>
<tr>
<td>JACINDA</td>
<td>SAM</td>
<td>TASMAN</td>
<td>COOPER</td>
<td>JESSICA</td>
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<tr>
<td>HARRISON</td>
<td>ELLA</td>
<td>MICHAEL</td>
<td>JAMES</td>
<td>JACKSON</td>
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<tr>
<td>FREYA</td>
<td>MACKA</td>
<td>ISABELL</td>
<td>BYRON</td>
<td>PHOEBE</td>
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<tr>
<td>LACHLAN</td>
<td>BEAU</td>
<td>DANIEL</td>
<td>MELODY</td>
<td>JESSICA</td>
<td>TAYLAH</td>
</tr>
<tr>
<td>LARA</td>
<td>LONDON</td>
<td>JOSHUA</td>
<td>THOMO</td>
<td>AVA</td>
<td>GRACE</td>
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<td>LACHLAN</td>
<td>ISABEL</td>
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<td>EVANGELINE</td>
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<td>GEORGIE</td>
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</table>

The Bronze and Silver Awards are given out 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. Please do not send mini merits in plastic bags. Thank you.)

Grandfriends’ Day 2013

Monday 20th May From 9:30 to 11:20am

Dear Grandfriends,
Elanora Heights Public School warmly welcomes you to Grandfriends’ Day 2013. We ask that you arrive from 9:30am onwards as there is more parking outside the school after 9:30am. If you require special assistance regarding accessing our driveway please ring the School on 99137283 for instructions. There is very limited parking on site.
This year your grandchildren and their teachers invite Grandfriends into classrooms to take a look at all the wonderful work that has been produced so far this year and to spend some time in the classroom with them. The Library will be open and ready for Grandfriends to sponsor a book for $5.00 or $10.00, and Morning Tea will be shared outside with the Elanora Heights School Band playing for your entertainment. We always enjoy having our Grandfriends come to visit and we look forward to seeing you all on the 20th May. Remember to bring your school map with your grandchild's class circled so that you might find them with ease. Please be aware that this is a Grandfriend only event, no parents please. We simply cannot cater for additional people. Thank you for your understanding.

Bill Gillespie
Principal Elanora Heights PS

Dear Parents,

Elanora Heights Public School welcomes Grandfriends to our school on Monday 20th May 2013. We ask parents to help us on this special day.

1. This is a Grandfriend only event. We understand that sometimes Grandparents are unable to attend. A significant other adult is welcome to come on this day. No parents please. Numbers prevent any additional people to attend.

2. Make sure your Grandfriend has a map of our school (provided in newsletter) and are aware of their grandchild/children's classroom.

3. Stress to Grandfriends that teachers and students are expecting them from 9:30am. More parking is available outside the school from 9:30 onwards. If your Grandfriend requires special assistance regarding accessing our driveway please ring the School on 9913 7283 for instructions. There is very limited parking on site.

4. If your child is in Years 2, 4 or 6 we ask that they bring a plate of food for the Grandfriends' Morning Tea. Scones, biscuits, cakes (cut ready to serve) or small sandwiches work best and of course homemade is always better!! Children will need to bring their plate to the hall as soon as they arrive at school on Monday 20th May. We are a nut free school so no food with nuts please. Label any containers so that they can be returned at the end of the day.

5. Finally, we will need some parent helpers on the day to help set up and serve morning tea or help in the Library. If you can help please return the slip below to the office ASAP which will be passed on to me and I will contact you.

Thank you for your assistance. We love having our Grandfriends come to our school and we appreciate the parent support that helps make this a great event.

Cynthia Pitt and the Grandfriends' Day Organising Committee

Yes, I can help on Grandfriends' Day.
My name is

My phone number is

My child/children’s names are
Glorious sunshine appeared for our cross country carnival after a disappointing washout of our Athletics Carnival the week before. This carnival is one of the few opportunities for the whole school to come together and compete at a sporting event.

All students assembled on the hill to cheer on and support their houses and team mates. They ran their hearts out and performed with great determination and effort. All students from the first finisher to last in every event put in an outstanding performance.

Many thanks to all the parents and school staff who assisted on the day to ensure that the carnival ran successfully like clockwork. Special mention must go to Mr O’Reilly who was up at the crack of dawn to set up the course and then help pack it away at the end of the day – his contribution gets bigger every year! A huge congratulations to the winning house: Kookaburra! Well done to all the individual winners and best of luck to the top 6 runners from the age races who now go on to represent the school at the zone carnival on Friday, May 17th.

Janine Daniel & Laura Smith (Co-ordinators)

CROSS COUNTRY RESULTS 2013

<table>
<thead>
<tr>
<th>Kindergarten Boys</th>
<th>Kindergarten Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tyrone F</td>
</tr>
<tr>
<td>2</td>
<td>Jackson T</td>
</tr>
<tr>
<td>3</td>
<td>Max D</td>
</tr>
<tr>
<td>Year 1 Boys</td>
<td>Year 1 Girls</td>
</tr>
<tr>
<td>1</td>
<td>Billy H</td>
</tr>
<tr>
<td>2</td>
<td>Dominic V</td>
</tr>
<tr>
<td>3</td>
<td>Daniel K</td>
</tr>
<tr>
<td>Year 2 Boys</td>
<td>Year 2 Girls</td>
</tr>
<tr>
<td>1</td>
<td>Xavier B</td>
</tr>
<tr>
<td>2</td>
<td>Oliver H</td>
</tr>
<tr>
<td>3</td>
<td>Nash R</td>
</tr>
<tr>
<td>8 &amp; 9 Year Boys</td>
<td>8 &amp; 9 Year Girls</td>
</tr>
<tr>
<td>1</td>
<td>Nathan S</td>
</tr>
<tr>
<td>2</td>
<td>Cam P</td>
</tr>
<tr>
<td>3</td>
<td>Ted W</td>
</tr>
<tr>
<td>10 Year Boys</td>
<td>10 Year Girls</td>
</tr>
<tr>
<td>1</td>
<td>James H</td>
</tr>
<tr>
<td>2</td>
<td>Sam J</td>
</tr>
<tr>
<td>3</td>
<td>Lachlan B</td>
</tr>
<tr>
<td>11 Year Boys</td>
<td>11 Year Girls</td>
</tr>
<tr>
<td>1</td>
<td>Jack H</td>
</tr>
<tr>
<td>2</td>
<td>Beau H</td>
</tr>
<tr>
<td>3</td>
<td>Nathan C</td>
</tr>
<tr>
<td>12 Year Boys</td>
<td>12 Year Girls</td>
</tr>
<tr>
<td>1</td>
<td>Angus C</td>
</tr>
<tr>
<td>2</td>
<td>James H</td>
</tr>
<tr>
<td>3</td>
<td>Ned R</td>
</tr>
</tbody>
</table>
Magic happens in many places around our school. Most of those moments involve an extra sparkle of kindness, insight and laughter that can suddenly give so much to our day.

You may (or may not!) be past looking for fairies at the bottom of your garden – but we truly do have magic happening at the bottom of our lower oval. Magic in the sense used long ago by alchemists searching to transform base metals into gold. Within the row of eight black bins, the daily remains of lovingly packed lunches are transformed into rich dark soil through the mysterious magic of compost.

Marvellously, the microbes, bugs and worms munch away, day and night until all those peels and papers vanish, leaving nutrient-charged organic humus ready to grow more food in the nearby vegetable garden.

Our growing stockpile of compost is only possible because of our dedicated band of compost monitors who collect the buckets each day for both compost and recycling. A huge thank you is due to the following students who undertook this responsibility for all of Term 1. Holly and Jessica deserve a special mention for so discreetly collecting the staffroom compost every single day.

**Thank You Term One Compost Heroes!**

Many of these students have chosen to continue in Term 2, with some keen new volunteers in Tim K, Samara, Madeleine, Amy, and Tara.

**Every student every day makes a difference**
The system depends on each student consciously deciding whether to put rubbish in the compost, recycling or garbage bin. The compost monitors have also been helping by talking to kindergarten classes and standing by the bins to assist. Overall, our students are doing very well but stray plastic and foil do end up in the compost. Many months later within the completed compost, the foil packets, plastic straws, spoons, and bags look just the same. It is sobering to think that our plastic waste, buried in landfill, will still be there long after we are gone.

**How parents can help**
The less plastic and foil in lunchboxes, the less waste we send to Kimbriki Tip … or have to fish out of the compost. If wrap is needed, paper can be composted. Elanora students bring a wonderful variety of healthy appetising lunches, many without any packaging.

Thank you for your daily care of your children's nutrition and our environment.

**Jenny Cullen**

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**An Invitation to Parents**

The Peninsula Community of Schools has the great pleasure of welcoming Dr Alison Knight from BehaveAbility to present for our PCS parent community at Cromer PS on Tuesday, 21st May, from 4:00pm to 5:15pm. Dr Alison Knight is a nutritional medicine practitioner working mainly in the area of child and adolescent behavioural disorders. Her talk will cover why we need to eat nutritious food and what happens in our bodies when we don’t, and how colourings, preservatives and additives affect behaviour. She will also
discuss 'pyrroluria', a common genetic condition (yet not widely understood by mainstream medicine) affecting about 10% of the population which can cause nutrient deficiency even in spite of a good diet. The nutrient deficiency, 'pyrroluria', can increase the likelihood of temper tantrums, rages, excessive sensitivity and anxiety in some children and can be effectively treated using nutrient supplements.

There are only very limited places available for this free presentation. Please log on to http://www.schoolinterviews.com.au/home and type in the code LGW2W. Complete the details and choose "Nutrition and Children's Behaviour" from the drop down menu. Please bring along your confirmation email to attend this presentation. Registration and tea/coffee available at 3:30pm.

**Upcoming Events**
The Senior and Stage Bands have two engagements in May. The first is Grandfriends’ Day on Monday, 20 May. A reminder will be sent to bring instruments to school. The second is the Northern Beaches Expo at the Sports Centre near Narrabeen North Public School at around noon on Sunday 26 May. More details will be provided as they come to hand.

**Strings**
The first ever strings session at EHPS commenced last Thursday morning before school and the program is finally rolling. Carla van der Wallen treated us to some exquisite violin solos and it’s clear the program is in very capable hands. According to reliable sources, EHPS is now one of only two primary schools on the northern beaches offering strings as part of their music program.

We still have places available for this program and it is not too late to register and be part of the school’s illustrious history. Please contact the Strings Coordinator, Di Vassallo, on 0447 007 109 or at di_davev@bigpond.net.au to register your interest.

**Practice**
Part 2 of 3 of the John Morrison practice anecdotes.

When John was a young music student his tutor told him to practice a piece over and over (and over). After practicing for what seemed like a hundred times his tutor told him it was not enough. John then practiced over and over and over (and over) for what seemed like at least a thousand times if not an eternity. He proudly announced to his tutor that he spent most of his time doing nothing but repetitive practice and would the tutor now like to hear it. The tutor said no and one highly miffed and confused student went home. Eventually the penny dropped; what he learnt was how to practice, not how to play.

The message from this experience is to nail home the importance of **repetition**, bit like this 3 part series!
Lost Property

We have a number of lost unnamed jackets in lost property. If your child has misplaced a jacket could you please come to the office to see if they could be your child’s. Unclaimed uniforms will be given to the second hand uniform shop at the end of next week.

We also have the following non-school uniform lost property:

- Size 12 “Urban Supply” white T-shirt
- Size 10 “Urban Supply” black & grey fleece lined wind jacket
- Size 11 “Urban Supply” cream Ugg Boots
- Size Eur 116 light grey tracksuit pants
- White cap with “Hawaii” written in sequence on the front
- 1 x size UK50/US60 “Ascent” black sneaker
- 1 thin pink sparkley headband

The following was possibly left at the disco

- Size 7 light pink tights
- Pink knitted bolero style cardigan
- Bright pink headband with large pink flower
- Diego dinosaur sunglasses
- 1 x green hockey stick

Please come to the office if any of these belong to you. Unclaimed items will be put in the charity clothing bin at the end of next week.

Canteen News

Below is the roster for the next 3 weeks. We have quite a few Fridays we are still in need of helpers for this term. The canteen cannot run without the help of our wonderful volunteers and we really do appreciate you giving your precious time. If anyone is able to help, please either come and see us at the canteen or call me on the number below.

Cheese toast is back for recess at a $1.00. There is also Hot Chocolate available either before school or at recess and lunch for $1.50. We now have Chicken Vegetable Traveller Pies selling at lunch time and 2 new Sushi varieties added to our selection, Teriyaki Beef and Cucumber, now available on Mondays and Fridays. Unfortunately, Frozen Yoghurts are no longer available, however, we now have either Strawberry or Vanilla Yoghurt pouches selling for $1.20.

Thanks................. Wendy Douglass

Canteen Co-ordinator 9913 2721
<table>
<thead>
<tr>
<th>Term 2 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 2</td>
<td>NICK A</td>
<td>RENATE R</td>
<td>KATHRYN V</td>
<td>LYNNE H</td>
<td>MICHAELA B</td>
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<tr>
<td>06 – 10 May</td>
<td></td>
<td>KARIN S</td>
<td>KIM K</td>
<td>NEED HELP</td>
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<tr>
<td>Week 3</td>
<td>DI V</td>
<td>ANGIE K</td>
<td>LOUISE E</td>
<td>ERICA R</td>
<td>KELLY G</td>
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<tr>
<td>13 – 17 May</td>
<td></td>
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<td></td>
<td>9.30-11.30</td>
<td>DARREN J</td>
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<tr>
<td>Week 4</td>
<td>KAREN W</td>
<td>IONE B</td>
<td>KATE McG</td>
<td>ANGELA C</td>
<td>NICOLA F</td>
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<tr>
<td>20 – 24 May</td>
<td></td>
<td>PIPPA McF</td>
<td></td>
<td>MANDY H</td>
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Wendy Douglass Canteen Coordinator Ph: 9913 2721

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**Date 4 Kate**

**THE GREATEST DATE NIGHT OF ALL TIME**

Take a night out to celebrate life & help raise funds for Kate MacRae

Kate is going to be an unforgettable evening of dinner, dancing and all night party fun. Join us along with high profile special guests, world class entertainment and a bounty of auctions & prizes, to be part of the greatest date night of all time and an evening you’ll never forget.

Date: Saturday May 11th, 2013
Location: Shimmering Cockatoo
Station Exhibition Hall, Australian Technology Park

Purchase tickets or donate at [www.date4kate.com](http://www.date4kate.com)
**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

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**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

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**COMMUNITY NEWS**

Elanora P.S. After School Football Sessions

Proudly sponsored by “Freshwater Community Bank - Branch of Bendigo Bank”

**COACHES**  
Qualified Manly United FC Coaches and Players

**TIME, DAY, AND DATES**  
3.10pm-4.10pm  6 x Tuesday’s – May 14th, 21st, 28th, June 4th, 11th, 18th

**WHERE DO WE MEET?**  
Upper playground at the end of the school day.

**WHAT WILL I NEED?**  
Trainers, appropriate clothing, drink.

**PRICE**  
$90 inclusive – Please return all Forms & Payments to the school office.  
(THERE IS A 1% SURCHARGE ON CREDIT CARD PAYMENTS)

Parents will be notified via SMS should any sessions need to be postponed due to wet weather

PLEASE CALL JIMMY WITH ANY QUESTIONS REGARDING THE PROGRAM

OFFICE 9982 6228 OR MOBILE 0421 254 752  
EMAIL jimmy@manlyunitedfc.com.au

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Mona Vale Cub Scouts

Mona Vale "Hiking with Drums” Cub Scouts needs learner drummers.  
Thursdays: 7pm at Mona Vale Scout Hall.

Contact: Mark Boyle, Cub Scout Leader (Australian Finalist 'Active Factor' community awards); Mobile: 0408166548; E-mail: boyle.mr@gmail.com

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Selling and Buying On-Line Computer Course

Course # 28339  Cost $230.00  
5 Mondays beginning 20 May 2013 (not June 10)

Enquiries: Ph 9942 0227 or email robyn.woolley@tafe.nsw.edu.au
A fun 8 week netball program for 5 year olds - 8 year olds
Tuesday 7th May - Tuesday 25th June
Time 3.30pm - 4.30pm
At Boondah Reserve, Boondah Rd
Cost $80.00
Contact: Tracy O'Brien
0413 187 930
tob_1970@hotmail.com

CUBBY HOUSE/FORT/GYM
FOR SALE - Elanora Heights
Phone: Chris 0413 248 843
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

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www.lifestylehome designs.com.au

Tae Kwon-Do for males and females of all ages.
Established in the northern suburbs since 1982.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>4.30pm</td>
<td>Mona Vale Public School</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7.30pm</td>
<td>Mona Vale Memorial Hall</td>
</tr>
<tr>
<td>Friday</td>
<td>4.00pm</td>
<td>Newport Community Centre</td>
</tr>
<tr>
<td>Friday</td>
<td>7.00pm</td>
<td>Narrabeen Sport High School</td>
</tr>
<tr>
<td>Saturday</td>
<td>5.30pm</td>
<td>Beacon Hill Community Centre</td>
</tr>
</tbody>
</table>

This sport is fun and helps in developing self confidence. It teaches mutual respect, self discipline, self defence, personal safety and increases overall physical fitness.

Tae Kwon-Do is taught in many private and public schools throughout Sydney. Classes are assigned for all ages and three levels, children as young as 4 years of age. We teach how to avoid issues of confrontation and discrimination.

Grand Master Suh, a ninth dan black belt, has over 40 years of teaching experience and is one of the world’s top exponents in this sport. Tae Kwon-Do is an official Olympic sport for the Sydney 2000 Olympics.

For further information please phone Mr. Suh
9981 7788