# OUR SCHOOL WEEK

## TERM 2 Week 4

| Monday  | 20th May | K – 6 Assembly  
|---------|----------|-------------------
|         |          | **Grandfriends’ Day** from 9.30am to 11.20am |
| Tuesday | 21st May | “Take it Home Tuesday” |
| Wednesday | 22nd May | Year 5 Excursion to Bathurst  
|          |          | School Banking Day |
| Thursday | 23rd May | Year 5 Excursion to Bathurst |
| Friday  | 24th May | Winter PSSA Begins |

## TERM 2 Week 5

| Monday  | 27th May | Kindy (2013) Morning Tea - 9am  
|---------|----------|-------------------------------
|         |          | Year 1 Afternoon Tea –  
|         |          | Public Speaking Finals – Years 3 & 4 – 9.30 to 10.55  
|         |          | Public Speaking Finals – Years 5 & 6 – 11.30 to 12.45 |
| Tuesday | 28th May | Kindy 2014 Parent Information Evening 7pm  
|         |          | “Take it Home Tuesday” |
| Wednesday | 29th May | Year 4 Excursion to the Rocks  
|          |          | School Banking Day |
| Thursday | 30th May | PCS Music Festival Rehearsal |
| Friday  | 31st May | Life Education |

- **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

- P and C Jacket order form
- Winter canteen menu
- Masterchef Comes to Elanora (3-6)

## Reminders

- Year 2 & 1/2W - Send in notes for Excursion to Lessons Afloat  
|          |          | Send in Bank Deposit Books on Wednesdays |

## Principal's Message

Dear Parents/Caregivers,

Record-breaking Zone Cross Country Team!

Congratulations to our Zone Cross Country team who competed at North Narrabeen last Friday and won both the Handicap and Schools Outright trophies for the carnival! What an amazing achievement! This is the first time we have won the Outright trophy, an honour that usually goes to much larger schools. Our thanks go to Mrs Janine Daniel for organising the team and supporting them throughout the day. A full report from Mrs Daniel will be in next week’s newsletter.
Need Before or After School Care

A reminder to all parents that Before School Care is now running at Elanora Heights PS every day from 7:00am - 8:30am. Breakfast is served daily and the cost for the morning is $15 for permanent bookings and $17 for casual bookings. For more information please contact either Bridget 0478 333 845 or Gabby on 0481 439 358 and visit http://www.pittwater.nsw.gov.au/children/after_school_care

Parking around the school

In last week’s newsletter we provided information regarding ‘stop, kiss and leave’ parking etiquette? Over the last few weeks there have been many instances of cars stopping randomly in the stop kiss and leave zone, rather than parking close to the car in front of them. Please think of our students and other drivers when picking up or dropping off children. There are quiet streets close by the school where you can park and walk to school and avoid much of the mayhem and even get a little exercise as well. Please consider these options.

Student Achievement

Gaby J from 5W had a wonderful experience with the Sydney North Tennis team in Albury. The tennis park in Albury has 26 grass courts, which was Gaby’s first experience playing tennis on grass. There were 130 children participating in the event, 65 boys and 65 girls. In the girl’s event there were 13 teams. Gaby played singles & doubles and her team came fifth. This is an exceptional result when you consider Gaby is still a junior and was competing against children two years older than her.

Weekly scheduling

Learning how to make time for homework, study, chores, part-time jobs and so on is a vital skill for all kids, but it’s one that we need to teach them by example. With this Word document, you can now create your own weekly schedules to whip your family into shape. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/weekly-schedule-template

Making school easier

Teacher and mum Katherine Bricknell has already helped several of her children navigate primary, high school and tertiary education, and has some great, practical advice for other parents. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-to-make-high-school-easier

Peninsula Community of Schools News

The 13 Peninsula Community of Schools (PCS); Avalon PS, Barrenjoey HS, Bilgola Plateau PS, Collaroy Plateau PS, Cromer PS, Elanora Heights PS, Mona Vale PS, Narrabeen Lakes PS, Narrabeen North PS, Narrabeen Sports HS, Newport PS, Pittwater HS & Wheeler Heights PS have banded together to donate the sport equipment from their ‘Coles Sports for Schools vouchers’ to the Katherine Group Schools.
The Katherine Group Schools (KGS) are a largely indigenous community of 13 schools in the Katherine area of Arnhem Land. Despite the numerous hardships faced in these remote communities they have benefited from the funding and educational resources that Fountain for Youth has provided over the last 9 years. [http://ianthorpes-fountainforyouth.com/](http://ianthorpes-fountainforyouth.com/)

Three years ago a small group of teachers from the PCS visited the Katherine Group Schools and saw the great work that Ian Thorpe's charity - 'Fountain for Youth' had done in providing much needed reading material through the Literacy backpack program for remote Indigenous schools and families. These schools now have Smart boards to enhance student engagement and learning, libraries with quality reading materials, PM home readers and of course the Literacy backpacks. The pride these students had in their school was testimony to the collaboration that has been created between teachers, community members and Fountain of Youth.

These schools are a success story but there are many more communities that do not yet have these necessary facilities and resources that we, on the Northern Beaches take for granted. For the last 3 years, the PCS have collaboratively fundraised within the 13 Public Schools to assist in the sponsoring of Literacy Backpacks, maintaining links with these schools and donating the sports equipment from the collection of Coles vouchers to the KGS.

Last Tuesday, Cathy Freeman and Preston Campbell (Coles ambassadors) were at Bilgola Plateau Public School to formally handover the sports equipment in an assembly with the PCS Principals and school leaders, recognising the contribution that the PCS students and families have made to the indigenous communities of the Katherine Group Schools.

A formal handover of the sporting equipment to the Katherine Group Schools will be made in the last week of May. The PCS will be sending a number of staff to the Northern Territory along with Preston Campbell.

Until next time,
**Bill Gillespie**, 
Principal
Can you hear the Drums Elanora?

Do you know the difference between a high hat and a floor hat? Do they go on your head or on your feet? Well, neither actually, you hit them with drumsticks to make a magnificent sound!

This term we are lucky to have our band conductor, Mrs Frances Fordham in as a specialist teacher to help us learn how to read and respond to rhythms and music notation. All Kindergarten to Year 2 classes attend lessons each week this term, leading up to a fabulous school concert in week 9 to celebrate their new skills and knowledge.

In 1J’s lesson last week they were learning the technical names of the parts of a drum kit. The high hat, floor hat, and tom toms got a good work out that day! They not only found out the names, but how to strike the drums and with which drumstick to get the best sound. Everyone got a turn on the big bass drum and the bongos so it was loud and fun!!

Keep a look out for information about our K-2 concert this term and our year 3-6 concert in term 3.

Photos: Dave Waters

Laurinda Lomas  
Deputy Principal
Meet Our Staff

Mr Gillespie
An interview with our school captains Lauren, Will and Ruby.

Lauren – Mr Gillespie, how long have you been at EHPS?
Mr Gillespie – I started at EHPS in 2012 so this is my second year.

Will – Mr Gillespie, what are your hobbies or interests?
Mr Gillespie - I like to dabble in technology. I also write software and hardware reviews and I like to watch motorbike racing when I get a chance.

Ruby – What do you like best about EHPS?
Mr Gillespie – I think we are very fortunate to have such lovely students (especially the school captains). We also have a lovely environment for learning and a very supportive parent community.

Lauren – Have you taught at many other schools?
Mr Gillespie – I have taught at Terrigal, Narara, Valley View, Wyoming, Chertsey, Seaforth, Kanwal and Mount Colah Public Schools. I have also worked in the Learning Technologies Team at the Professional Support and Curriculum Directorate and as a Senior Education Officer in the Training and Development Directorate.

Will – What is your role at EHPS?
Mr Gillespie – I am the school principal.

Year 6 Excursion to Canberra
As part of their investigation of Democracy and Government, Year 6 students undertook an educational tour of Canberra, our national capital, between 7th and 9th May. They participated in a variety of educational programmes focused on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed funding of $20 per student under the Parliament and Civics Education Rebate programme towards the travel expenses incurred. This contribution will be paid directly to the school upon completion of the excursion.

Year 6 enjoyed their visit and would like to thank their parents, teachers and the Australian Government for giving them the opportunity to have such a fun and rewarding learning experience.

Here are some of the comments Year 6 would like to share:

‘The closing ceremony at the Australian War Memorial to remember the soldiers who fought for our country was very moving. Our school Captains laid a wreath of poppies.’ Angus & Angelica

‘I thought that Questacon was the best thing we did... we spent heaps of time there... we learnt lots of new things about science.’ Penny

‘At the Electoral Education Centre we watched a movie... at the bottom of the screen they had projected 3D people interacting within the props. It was really cool.’ Ben

‘We went to Parliament House and it was massive! We went to the House of Representatives and the Senate then did a role play about passing a bill. I was Tony Abbott.’ James

‘At CSIRO discovery the stick insects crawled all over my hands. It felt weird.’ Ishara

‘We had a great time.’ Year 6 ‘What a wonderfully behaved group of students’. Year 6 teachers and staff at all the venues we visited!'
RAINBOW FRUITO-VEGO – TUESDAY 28th MAY – EAT PURPLISH-GREEN!

One of the key aims of LiveLifeWell@School is to encourage children to eat more fruit and vegetables. Our daily fruito-vego in-class snack is always welcomed enthusiastically.

Rainbow Fruito-vego days are a simple, popular way to highlight the importance of eating a wide range of fresh food by sending food of a particular colour. This was suggested last year by parent and nutritionist, Martha Leonard.

In each of the next three terms, we will have two Rainbow Fruito-vego days. Although her fourth child has moved onto high school, Martha has kindly offered to continue to provide nutritional information about the specific nutrients found in foods of a different colour. Teachers will reinforce these messages in class.

Send purplish/green fruits and vegetables on Tuesday 28th May -
Purple grapes, blueberries, plums, purple cabbage, purple carrots …
While fruito-vego is usually meant to be raw food only, on this day you might like to include pieces of cooked purple sweet potatoes or eggplant.

Please use labelled containers rather than plastic or foil, so that there is no rubbish left from this healthy snack.
Jenny Cullen

PURPLISH/GREEN FOODS
Purplish/Green foods get their colour from a phytochemical called anthocyanin. Anthocyanin is a water soluble pigment. It is often found in the outer layer of the fruit/vegetable, i.e. in the skin. Plants produce phytochemicals such as anthocyanin to fight off diseases, insects and to perform biological functions. When we eat those foods, the anthocyanins are also beneficial to us. They protect against age-related conditions such as cardiovascular disease, cancer, diabetes and obesity. Anthocyanin even helps us see in the dark!

So remember, if you want to stay young and see in the dark: think purplish/green foods!!!

Examples of purplish/green foods:
Blueberries, plums, purple grapes, sweet cherries, purple cabbage, eggplant, purple basil, purple carrots, purple sweet potatoes, kohlrabi, and purple cauliflower.

Blueberry smoothie: ½ cup of frozen blueberries, 4 ice cubes, ½ banana, 1 cup of pineapple juice or milk, 1 squirt of honey. Mix all ingredients in a blender. Delicious - Enjoy the colour and the taste!

Martha Leonard – Wholistic Nutritionist
www.deliciousnutrition.com.au
PSSA TRAINING TIMES
(TRAINING IS CANCELLED IF IT IS RAINING)

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<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>Senior Boys Rugby League</td>
<td>Wednesdays</td>
<td>2.55 - 4pm</td>
<td>Top Oval</td>
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<td>Fridays</td>
<td>8 – 8.45am</td>
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<tr>
<td>Junior Boys Rugby League</td>
<td>Wednesdays</td>
<td>2.55 – 4pm</td>
<td>Top Oval</td>
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<td>Senior Girls Soccer</td>
<td>Thursdays</td>
<td>8am – 8.45am</td>
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<td>Seniors Girls Netball</td>
<td>Mondays</td>
<td>8am – 8.45am</td>
<td>Netball Courts</td>
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<td>Junior Girls Netball</td>
<td>Tuesdays</td>
<td>8am – 8.45am</td>
<td>Courts</td>
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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.

Band Captains & Vice-Captains
After many rounds of voting, so tight was the contest and rich the talent, and by the slimmest of margins we congratulate Molly L (6R) and Raffy A (6C) on their appointment as Band Captains for 2013.
The Vice-Captain result also went down to the wire and we congratulate Bella D (6C) and Lachlan B (6R) on their appointment.
The Band is in a very fine set of hands and we look forward to your contribution and leadership.

AMEB Results
Congratulations to Luke S (5P) for an A result in Grade 4 for trombone, a tremendous achievement.

Upcoming Events
The Senior and Stage Bands have one engagement in May at the Northern Beaches Expo at the Sports Centre near Narrabeen North Public School at around noon on Sunday 26 May. Both the Senior and Stage bands will perform and some Intermediate band members will be invited to join the Senior Band for this performance. More details will be provided as they come to hand.
The last public engagement for this term is on Sunday, June 23 at Pittwater High School for the Senior Band and possibly the Stage Band. The date and time will be confirmed once the official paperwork is received and submitted.

John Morrison, diet and a mathematical conundrum
Today Part 4 of the 3 Part series on the John Morrison practice anecdotes.
What? How can this be?
1+1+1=3 you say. Usually, but not when 1 is a large number.
Those comfortable with this concept can now read on in this time signature,
There is a theory that if you eat 3 times a day you’ll get hungry 3 times a day. If you eat 5 times a day you’ll get hungry 5 times a day and so on. Same with practice, the more you practice the hungrier you become for more practice. Forget those marketing campaigns of “Feed the man Meat” etc., feed the student practice; breakfast, morning tea, lunch, afternoon tea, dinner and supper.

So there we have it, gems from a master musician. Therefore, unless 1 is even bigger than first thought, there is unlikely to be a Part 5, so the take out is:

- Practice is for everyone (remember the King of Thailand, it was a while ago… )
- Make it easy to practice and practice often
- Repeat the practice over and over until it is perfect
- Get hungry for more practice

**Band Committee Meeting**

The Band Committee meets at 7pm in the Staffroom on Tuesday, 21 May, all welcome.

**Tim Cowdery**

**Band President**
Canteen News

Below is the roster for the next 3 weeks. There are a few days we are still in need of helpers. If you are able to help, please drop by the canteen or call me on the number below. Your help is very much appreciated as we cannot run our canteen without our wonderful volunteers.

We have a new Pizza on Tuesdays. It is pre-made by “Allied Chef” and is available in Ham and Pineapple or Margarita selling for $3.20. Traveller Pies are also available in In Chicken and Vegetable. An updated menu is attached to today's newsletter and you can also pick one up from the canteen. Any questions?? Please either call me on 9913 2721 or drop by the canteen.

Thanks……………..
Wendy Douglass
Canteen Co-ordinator 9913 2721

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<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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<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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<td>20 – 24 May</td>
<td>PIPPA McF</td>
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<td>MANDY H</td>
<td>CAROLINE R</td>
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<td>Week 5</td>
<td>VICKI K</td>
<td>SUSIE W</td>
<td>SHARON C</td>
<td>DANNI Q</td>
<td>MICHAELA B</td>
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<td>27 – 31 May</td>
<td>FIONA F</td>
<td></td>
<td>MARTHA H</td>
<td>HANA</td>
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<tr>
<td>Week 6</td>
<td>NEED HELP</td>
<td>JULIE S</td>
<td>KATHRYN V</td>
<td>LYNNE H</td>
<td>KAREN Y</td>
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<td>03 – 07 June</td>
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<td>NEED HELP</td>
<td>NEED HELP</td>
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Wendy Douglass Canteen Coordinator Ph: 9913 2721

**News Flash**
New School Jacket
We are now taking orders for the new School Jacket. Attached to the newsletter is a form to be completed if you are interested in purchasing one of these versatile, great looking jackets for your child. If you wish to check sizes, we have samples in the Uniform Shop.

Winter is coming! – we have a full range of stock available for your “early bird” shopping. The latest Price list/Order form is now available on the school website in PDF form for you to download if you wish to take advantage of our Mail Order system. It’s easy - just send the completed order in with your child to class and we will deliver the items you require to your child’s class 2-3 days later.

Alterations/Repairs – we are fortunate to have one of our parents, Michelle Sturrock, who is a dressmaker and is offering to carry out repairs and alterations for your uniform items. Please contact the uniform shop for a price list and further details.

Suzie Duncan
Uniform Shop Coordinator

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)

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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
**BOYS ONLY**—Years 2 – 5. Wednesdays (school term only) 4.30pm to 5.45pm
Games, food craft and Bible talks. Cost:$4.00
Contact: Oliver Holland   Mob: 0404 077 987

**GIRLS ONLY**—Years 3 – 6. Wednesdays (school term only) 4.30pm to 5.45pm
Games, food craft and Bible talks. Cost:$6.00
Contact: Linda Ryan   Mob: 0414 929 803
Venue: Nelson Heather Centre, Banksia Room (Rainbow) & Angophora Room (Sweat)
Corner Jacksons Rd & Boondah Rd  Warriewood.

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**Narrabeen Car Boot Sale**

**WHERE:** Narrabeen Sports High School, 10 Namona St North Narrabeen 2101

**WHEN:** Sunday 26th May  5.30 am till 2 pm

Prebooked site: $35 Car Spot   $45 Car & Trailer
Casual sites on the day: $40 Car Spot   $55 Car & Trailer

BOOKINGS CHEAPER SITES LIMITED

MAKE SURE YOU GET A SPOT!

FOR ANY INFO OR TO MAKE A BOOKING PLEASE CALL Josephine ON 0421 810 019

Or Visit the website  [www.narrabeencarboot.org](http://www.narrabeencarboot.org)

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

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**SATURDAY AFTERNOON BASKETBALL**

Learn to Play then Play (only $9 per session)
Excellent coaches – Ages 7 & Under (2.30–3.30pm)
All Girls (2.30 – 3.30pm) Ages 8 & above (3.30 – 4.30pm)
EXPERIENCED COACHES COME AND HAVE SOME FUN!!

NORTHERN BEACHES INDOOR SPORTS CENTRE

ENQUIRIES MWBA 9913 3622
ENROL NOW!!
PAY-AS-YOU-GO
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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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Tae Kwon-Do for males and females of all ages.
Established on the northern suburbs since 1978.

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<th>Day</th>
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<tr>
<td>Monday</td>
<td>4.30pm</td>
<td>Mona Vale Public School</td>
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<td>Tuesday</td>
<td>7.30pm</td>
<td>Mona Vale Memorial Hall</td>
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<td>Friday</td>
<td>4.00pm</td>
<td>Newport Community Centre</td>
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<td>Friday</td>
<td>7.00pm</td>
<td>Narrabeen Sport High School</td>
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<td>Saturday</td>
<td>5.30pm</td>
<td>Beacon Hill Community Centre</td>
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The sport is fun and helps in developing self confidence, it teaches mutual respect,
self discipline, self control, personal safety and increases overall physical fitness.

Tae Kwon-Do is taught in many private and public schools throughout Sydney. Classes
are designed for all ages and fitness levels, children are welcome from 5 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 training 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