### OUR SCHOOL WEEK

<table>
<thead>
<tr>
<th>Term 2</th>
<th>Week 5</th>
<th>Commencing 27th May, 2013</th>
</tr>
</thead>
</table>

#### TERM 2 Week 5

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>27th May</td>
<td>Kindy (2013) Morning Tea - 9am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Public Speaking Finals – Years 3 &amp; 4 – 9.30 to 10.55</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Public Speaking Finals – Years 5 &amp; 6 – 11.30 to 12.45</td>
</tr>
<tr>
<td>Tuesday</td>
<td>28th May</td>
<td>Kindy 2014 Parent Information Evening 7pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>“Take it Home Tuesday”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Blue purple Rainbow Fruito-Vego</td>
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<tr>
<td></td>
<td></td>
<td>Year 6 Leadership excursion to Macquarie University</td>
</tr>
<tr>
<td>Wednesday</td>
<td>29th May</td>
<td>Year 4 Excursion to the Rocks - Students to arrive @ 8.30am please</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Year 2 Excursion to Lessons Afloat - Students to arrive @ 8.30am please</td>
</tr>
<tr>
<td></td>
<td></td>
<td>School Banking Day</td>
</tr>
<tr>
<td>Thursday</td>
<td>30th May</td>
<td>PCS Music Festival Rehearsal</td>
</tr>
<tr>
<td>Friday</td>
<td>31st May</td>
<td>Life Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PSSA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Soccer: v Bilgola Plateau @ Careel Bay</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Netball: v Bilgola Plateau @ Careel Bay</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rugby League: v Collaroy Plateau @ Lake Park</td>
</tr>
</tbody>
</table>

#### TERM 2 Week 6

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>3rd June</td>
<td>K-2 Assembly</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Life Education</td>
</tr>
<tr>
<td>Tuesday</td>
<td>4th June</td>
<td>Life Education</td>
</tr>
<tr>
<td>Wednesday</td>
<td>5th June</td>
<td>Life Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4-6 Healthy Lunch in Hall 9am -12.45pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>6th June</td>
<td>Life Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4-6 Healthy Lunch in Hall 9am -12.45pm</td>
</tr>
<tr>
<td>Friday</td>
<td>7th June</td>
<td>Life Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PSSA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Soccer: v BYE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Netball: v BYE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rugby League: v Mona Vale @ Narrabeen Reserve # 4</td>
</tr>
</tbody>
</table>

- 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**

**Reminders**

- Send in Blue/Purple foods for Rainbow Fruito/Vego day – Tuesday 28th May
- Send in bank books Wednesday or Thursday this week only
**Principal’s Message**

**Staff changes**
Unfortunately, Mrs Smith has had to leave early on maternity leave. She will be replaced by Miss Tracy Bullen for the rest of the year.

**Information for parents**
Resources to support parents in understanding the new NSW K–10 syllabuses incorporating Australian curriculum are now available free on the Board’s [NSW syllabuses for the Australian curriculum website](http://syllabus.bos.nsw.edu.au/support-materials/parents-guide/). The resources provide clear and important messages about the four new syllabuses: English, Mathematics, Science and Technology, and History. For more information go to [http://syllabus.bos.nsw.edu.au/support-materials/parents-guide/](http://syllabus.bos.nsw.edu.au/support-materials/parents-guide/)

**Student Achievement**
Congratulations to **Aimee F of 2C** who recently competed at the 2013 Gymnastics Elite State Championship for Manly Warringah Gymnastics Club. Aimee achieved the top band in her level resulting in a Gold Medal. Well done Aimee!

In the recent Northern Beaches Vocal Eisteddfods at Pittwater RSL and other venues, **Maddie S (3S)** achieved the following against tough competition: a 2nd in the sacred solo, a 3rd in the ballad solo and a highly commended in the pop solo. The comments from the adjudicator (Conservatorium of Music) said “Maddie has a lovely, sweet, crystalline tone. There is a lot of potential in this voice and in this person. Keep working, you have something very special.” Well done Maddie!

**Student opportunity**
The University of Technology Sydney's Broadway and Kuring-gai campuses are hosting extension workshops for able students in Year 3-6 students on the weekend of June 15 and 16. Full day workshops held in a variety of subject areas are conducted by qualified and experienced presenters. Flyers for these sessions are available at our front office and more information can be found at [http://www.inspirationeducation.com.au](http://www.inspirationeducation.com.au)

**Dogs on school grounds**
UNDER NO CIRCUMSTANCES ARE DOG ALLOWED in school grounds, including whilst dropping off and picking up your children.

**Sports camps**

**The sum of us**

**Student enrolments for 2014**
Have you completed your Kindergarten enrolment form for 2014? Do you know of someone who is thinking about enrolling at Elanora Heights in 2014? This **Tuesday, 28 May** we are holding a parent information session at 7pm in the school library. Please come along, introduce yourself and find out what is happening in 2014.

Until next time,

Bill Gillespie,
Principal
Grand friends indeed!

Last Monday we celebrated Grandfriends’ Day here at Elanora PS. All the classrooms were open as teachers and students welcomed their visitors for the day. This was a lovely time for grandfriends and students alike as they shared the workings of the class as well as some special activities. Kindergarten treated grandfriends to a mini-concert in the hall – there were beaming faces both on and off the stage! Many grandfriends were on the floor enjoying shared reading in Year 1 before taking off for a tour to see older siblings. Year 2 asked grandfriends to fill in a survey with them to compare what school and life was like “when they were young”! There were certainly some surprised faces from students when they found out how many interests and activities they had in common with their grandfriends. Year 3 and Year 4 students drew portraits of their grandparents, became creative with ‘stick’ art and played maths games. Year 5 and 6 demonstrated their magnificent technology skills in our computer room and helped visitors find their way around the school. A true community event was complete as the band played, toes tapped and tea was sipped. We can’t wait to see our GRAND friends again next year!

Laurinda Lomas
Deputy Principal

Grandfriends’ Day

Thank You to all those wonderful parents who came to help at our school on Grandfriends’ Day. You gave up your time to serve our morning tea and you helped out in the library. We are so very grateful for this and we both value and appreciate your assistance.

Thank You to all those Year 2, Year 4 and Year 6 parents and students who brought in a plate of yummy food to share.

Thank You to the extremely talented Elanora Heights School Band members who entertained us all throughout morning tea.

Finally, thank you to all those wonderful grandfriends who came to our school last Monday and interacted with both students and their teachers. We always enjoy your company and we hope to see you again next year.

We all had a great time.

Cynthia Pitt
An interview with our school captains Lauren and Will

Wil – Mrs Lomas, how long have you been at EHPS?
Mrs Lomas – Fifteen fabulous weeks!

Lauren – Mrs Lomas, what are your hobbies or interests?
Mrs Lomas – Reading, netball, playing piano, maths, and watching my children play sport!

Wil – What do you like best about EHPS?
Mrs Lomas – The friendly staff, wonderful teachers and beautiful surroundings. I have been made to feel very welcome and really appreciate being here.

Lauren – Have you taught at many other schools?
Mrs Lomas – Before I was a teacher, I was a journalist because I loved English and writing. When I became a teacher I worked mostly at Cromer and Newport Public Schools. I was also a Gifted and Talented teacher at St Luke’s Grammar and a Mathematics consultant for the Independent Schools sector.

Wil – What is your role at EHPS?
Mrs Lomas – To help support the teachers, Mr Gillespie and the school staff to continue to create and provide the best learning environment we can. Also, to meet and work with as many students as possible - I am still a teacher at heart!

Make My Own Healthy Lunch…

Years 4, 5 and 6 are participating in an exciting Elanora initiative. On Wednesday 5th and Thursday 6th June, students will make their own lunch at school using a range of healthy ingredients.

Di Reeks, who is coordinating this project, will provide a lesson on the importance of good diet, exercise and rest for our daily well-being and lifelong health. She will explain the new revised Australian Guide to Healthy Eating launched this year and how to choose healthy alternatives – see www.eatforhealth.gov.au. A team of parent helpers, under the capable leadership of Kate Hickson and Elsa McLean, are organising an appetising range of choices for students to then make their own sandwiches and wraps. All students will be asked to try something new from the taste table.

We hope parents will support the follow-up challenge – to make their own school morning teas and lunches as often as possible in the next fortnight from Tuesday 11th June. Parent and graphic designer Anna Buono has designed an inviting Make My Own Healthy Lunch card to record their efforts. There will be mini-merits and a healthy treat for those who complete lunch cards, but of course, the real rewards are in developing daily habits taking responsibility for our own health. So please discuss what your child might like to do for this challenge. Morning lunchboxes could be one task lifted from your load!

Thank you so much Di, Elsa, Kate, Anna and the parent team for making this opportunity possible. Thanks are also due to the state government who provided a seeding grant of $1000.

Jenny Cullen
ZONE CROSS COUNTRY RESULTS

They say winners are grinners! On Friday 17\textsuperscript{th} May, our representatives in the zone cross country team were huge grinners. For the first time in 23 years, they managed to win both the outright overall points score as well as the handicap score at the Carnival, ending the dominance of much larger schools.

Friday 17\textsuperscript{th} May was pretty much a perfect day for running. Mr O’Reilly set up Fortress Elanora at the start of the finish line as our school banners fluttered in the cool breeze. Everyone was high on adrenalin and nervous dashes to the bathroom were prevalent. Many in the team were first time novices. More experienced campaigners were set the task of bettering their previous positions. Both parents and students were unanimous in their support for fellow runners.

I could not have been more proud of everyone. Whilst there were some exceptional individual performances, our win was achieved by the whole team. Everyone seemed to put in that little bit extra which makes winning more special. Well done! Our 10 year girls, 11 year boys and 12 year boys also won ribbons for their efforts.

The following 11 students ran so well that they qualified to represent the school and zone at the Regional Cross Country Carnival in Gosford on June 13\textsuperscript{th}. We wish them continuing success in their athletic pursuits.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Boy/Girl</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/13 Year Boys</td>
<td>Angus C.</td>
<td>4\textsuperscript{th}</td>
</tr>
<tr>
<td>12/13 Year Girls</td>
<td>Brienna M.</td>
<td>3\textsuperscript{rd}</td>
</tr>
<tr>
<td>11 Year Boys</td>
<td>Jack H.</td>
<td>2\textsuperscript{nd}</td>
</tr>
<tr>
<td>11 Year Girls</td>
<td>Bella D.</td>
<td>4\textsuperscript{th}</td>
</tr>
<tr>
<td>10 Year Boys</td>
<td>James Ho</td>
<td>1\textsuperscript{st}</td>
</tr>
<tr>
<td>10 Year Girls</td>
<td>Holli R.</td>
<td>2\textsuperscript{nd}</td>
</tr>
<tr>
<td>8/9 Year Boys</td>
<td>Connor R.</td>
<td>4\textsuperscript{th}</td>
</tr>
</tbody>
</table>

Many thanks to Mr O’Reilly for setting up/packing up and Miss Williams and Mrs Smith who assisted with the team on the day. A special thank you to all parents who volunteered as course marshals and Bella’s mum and Imogen’s gran for helping pack up at the end of the day.

Janine Daniel  
Cross Country Co-ordinator

**RAINBOW FRUITO-VEGO – TUESDAY 28\textsuperscript{th} MAY – EAT BLUE-PURPLE!**

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 blue and purple fruits and vegetable on Tuesday 28th May - purple grapes, blueberries, plums, purple cabbage, purple carrots, purplish greens … 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.
Positive Behaviour Engaging Learners (PBEL) at Elanora Heights Public School

At Elanora Heights Public School the Positive Behaviour Engaging Learners (PBEL) welfare system has provided a proactive school-wide approach to defining, teaching and supporting appropriate student behaviours.

PBEL is seen as a fundamental process in the promotion of positive behaviours, teaching of appropriate social skills, and management of problem behaviours. Students are taught the skills to enable them to actively participate in the development, implementation and review of their school’s behaviour codes, and to be involved in decision-making processes within the school.

The school promotes the behavioural expectations of Respect, Responsibility and Achievement within the school and across the wider community. Visual posters in each classroom help to reinforce these expected behaviours, and give students information about what it ‘looks’ like to behave in these ways.

Teachers are encouraged to support these positive behaviours by giving the students Mini Merits when they display the core expectations. There is no limit to the number of Mini Merits that a student can receive in a week and as students collect Mini Merits they accumulate towards the award of the four different levels of Merit Awards.
Life Education NSW will be visiting our school

Here’s a brief outline of the range of programs in which the children will be participating:

**Clued Up**
Early Stage 1 (K) – Healthy lifestyle, personal safety, safety with medicines, body knowledge & self-assertion skills

**Harold’s Surprise**
Early Stage 1 (K) - Healthy food choices, importance of physical activity, safety

**Harold’s Mystery Tour**
Stage 1 (Year 1) - Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making

**Harold’s Heroes**
Stage 1 (Year 2) - Environmental health issues, emergency procedures, individual needs for medicines and safe use and storage.

**All Systems Go**
Stages 1 & 2 (Years 2-3) Function of body systems, peer pressure, second hand smoking, safety with medicines.

**Harold’s Diary**
Stage 2 (Year 3) - Friendship, resilience, expressing emotions, coping strategies, healthy food choices, active lifestyles

**bCyberwise NEW!**
Stage 2 (Years 3 & 4) – Explores cybersafety through animation, vox pops of children, relevant scenarios, discussion & problem solving.

**Mind Your Medicine**
Stage 2 (Year 4) - Safe and unsafe situations, medicines and consequence of misuse, peer influence and friendship, positive communication

**The Burning Issue**
Stage 3 (Year 5) – Short and long term effects of smoking, effects of passive smoking, laws, peer influence, and refusal skills.

**Think Twice**
Stage 3 (Year 6) - Consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use.

**It’s Your Call IMPROVED**
Stage 3 (Years 5 & 6) – Definition of legal drugs, decision making, emotions, peer pressure, risk taking, problem solving, safe and appropriate use of communication technology

The programs address many of the components and objectives within the NSW PDHPE curriculum.
Dear Parents,

HAROLD MERCHANDISE

Life Education NSW is a not for profit community-based organisation that relies heavily on the raising of funds within the community to assist in meeting the shortfall left after receiving minimal assistance from Government funding.

The sale of Harold merchandise to the children whilst the program is visiting each school supports the fundraising activities of local committees and all proceeds support Life Education within each local area. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

Please send in your order form on the day of your child’s visit. Please provide the correct money in an envelope with the item written on the face of the envelope along with your child’s name and class. This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit.

<table>
<thead>
<tr>
<th>Product description</th>
<th>Price Incl. GST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tattoo</td>
<td>$0.50</td>
</tr>
<tr>
<td>Harold Sticky Note Pad</td>
<td>$2.00</td>
</tr>
<tr>
<td>Harold Activity Bag</td>
<td>$3.00</td>
</tr>
<tr>
<td>Harold Stationery Set</td>
<td>$3.00</td>
</tr>
<tr>
<td>Harold Keyring</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product description</th>
<th>Price Incl. GST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harold Hand Ball</td>
<td>$3.00</td>
</tr>
<tr>
<td>Harold Wallet</td>
<td>$4.00</td>
</tr>
<tr>
<td>Small Harold Soft Toy</td>
<td>$8.00</td>
</tr>
<tr>
<td>Large Harold Soft Toy</td>
<td>$20.00</td>
</tr>
</tbody>
</table>

NB Harold Products are subject to availability
Life Education NSW thanks you for your support.

[Form fields for ordering and donation]

I would like to donate _______ to Life Education NSW.
Gifts of $2.00 or over are tax deductible.

Name: ___________________________ Phone (optional): ___________________________
Address: ___________________________
Suburb: ___________________________ Postcode: ___________________________
Email (optional): __________________ Child’s Class: __________________

Visit Life Education at www.lifeeducation.org.au or www.healthyharold.org.au
This week the school banking will be processed on Thursday 30\textsuperscript{th} May as Mrs Chessell will be attending the Year 4 and Year 2 school excursions on Wednesday. For this week only bank books can be sent in on Wednesday and Thursday.

A reminder to parents to please ensure ALL sections of the deposit slip is filled in each week in both the deposit AND the receipt section of the deposit slip i.e. name, student number, branch, account number, date, amount in notes and coin plus a total. In the receipt section just put the amount being deposited that day. If the amount sent in doesn't match the deposit slip, I will send home a note to advise you of the amount that was banked. This will really save me a lot of time when it comes to doing the banking.

It’s great to see the children completing the slips, but it would be lovely if a parent could check it before it goes into the school bag.

Each week we are getting additional children banking which is fantastic. Keep up the good work.

If parents have any questions, please email me at cazrob2101@hotmail.com

Thanks
Carolyn Chessell
School Banking

**PSSA TRAINING TIMES**
*(TRAINING IS CANCELLED IF IT IS RAINING)*

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

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.
Upcoming Events
The Senior Band has one more public performance this Term on Sunday, June 23 at Pittwater High School. The Stage Band may also perform if a timeslot is available. The time will be confirmed as soon as we are advised by the organisers.

Grandfriends’ Day
The Intermediate and Senior Bands combined to put on a rousing performance for Grandfriends. More than a few Grandfriends were spotted dancing to the upbeat performance. New members of these bands performed for the first time to a large audience and, despite nerves, rose to the occasion and played brilliantly. Many thanks to Ms Pitt for the opportunity to perform and to Frances for knocking the Band into fabulous shape so early on in the year’s program.

Mail
There’s irrefutable proof that music improves the mind, helps with learning and is great for arithmetic and maths. Clearly, last weeks’ time signature was considered a bit simple; infinity and complex number theory so passé these days. The mailbox was full to overflowing with alternative time signatures so the mathematically challenged editor chose this one at random for the delight of the school’s musical and mathematical fraternity.

$$g(t) \sin(x-t) \partial t + y_0 \cos x + y_2 \sin x$$

If anyone knows what it means please let me know.

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.

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>
</tr>
</thead>
<tbody>
<tr>
<td>Week 5</td>
<td>VIV K</td>
<td>SUSIE W</td>
<td>SHARON C</td>
<td>DANNI Q</td>
<td>MICHAELA B</td>
</tr>
<tr>
<td>27 – 31 May</td>
<td>FIONA F</td>
<td></td>
<td></td>
<td>MARTHA H</td>
<td>HANA</td>
</tr>
<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>
</tr>
<tr>
<td>03 – 07 June</td>
<td></td>
<td>NEED HELP</td>
<td></td>
<td>INGRID T</td>
<td>CLARE D</td>
</tr>
</tbody>
</table>


Wendy Douglass Canteen Coordinator Ph: 9913 2721

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)

**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

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

LOST
"Cockatiel, lost 23/05/13 @ Elanora Heights. Timmy is 9 years old. He is yellow and white with orange cheeks. It is urgent he is found as he is a family member. He is used to being with his family all the time and only sleeps in his cage at night. If you have seen a cockatiel flying around that looks similar, or if you found him, please call us at any time on 9913 3295 or take him to the vet."

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
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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FREE Narrabeen Mums Walking Group
Seeking Expressions of Interest

We’ve been so successful with our first Women’s Walking Group that we’re now looking to start an additional group just for mums and their bubs. The group provides mums with a child friendly environment; an opportunity to meet other mums; improve your fitness and learn more about your community. **There is no cost.** For more information and to express interest please call or text Jen Hernandez on 0414 070 870 or via email on Jenniferhe@ransw.org.au to put your name down!
Warringah Council presents
Speaker's Night with Paul Dillon
FREE EVENT

Teenagers, Alcohol and Drugs

Parents, carers and industry professionals are invited to an interactive Speakers Night with the renowned educator Paul Dillon. Paul will discuss the latest research regarding young people and drugs, how and when to talk to young people about drugs and alcohol as well as the influence of peers and the media.

WEDNESDAY 5 JUNE
7-9PM
Northern Beaches Secondary College
Freshwater Campus,
Harbord Rd, Freshwater

The Seminar will be followed by a panel discussion with representatives from NSW Police, Manly Drug Education and Counselling Centre, Northern Sydney Area Health and Family Drug Support.

Further information call Greg on 9942 2681.
Free but bookings essential at youthbookings@warringah.nsw.gov.au

warringah.nsw.gov.au