## OUR SCHOOL WEEK

### TERM 3  Week 5

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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</table>
| Monday    | 12th Aug | Spellathon Test Week  
K-6 Assembly  
Premier’s Sporting Challenge |
| Tuesday   | 13th Aug | Orange Fruito/Vego  
“Take it Home Tuesday” |
| Wednesday | 14th Aug | 2R & 1/2W Excursion to Manly Dam – Be at School by 8.40am  
Years 3-6 Gym  
School Banking Day |
| Thursday  | 15th Aug | 2C & 2D Excursion to Manly Dam – Be at School by 8.40am  
Years 3-6 Gym |
| Friday    | 16th Aug | Premier’s Sporting Challenge Week 5 Stats Due  
PSSA  
Soccer: v Narrabeen North @ Narrabeen North School Grounds  
Netball: v Narrabeen North @ NB Indoor Sports Centre  
Rugby League: v Bilgola Plateau @ Narrabeen Reserve #4 |

### TERM 3  Week 6

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
</table>
| Monday    | 19th Aug | K-2 Assembly  
Premier’s Sporting Challenge |
| Tuesday   | 20th Aug | Book Fair Arrives  
“Take it Home Tuesday” |
| Wednesday | 21st Aug | Years 3-6 Gym  
School Banking Day |
| Thursday  | 22nd Aug | 2014 Kindy “Teddy Bears Picnic” 11.15am  
Years 3-6 Gym |
| Friday    | 23rd Aug | PSSA - LAST DAY FOR PSSA SPORT  
PSSA  
Soccer: Finals or Wet Weather Round  
Netball: Finals or Wet Weather Round  
Rugby League: Finals or Wet Weather Round |

- **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.

## FOUND

1 x two-tone green Tupperware lunch box with compartments - unlabelled  
1 x brand new dog collar - red with red sparkly bones on it

## Reminders

- Year 2 & 1/2W make sure you are at school by 8.40am for your Manly Dam Excursion  
PARENTS, PLEASE COME & CHECK UN-NAMED LOST PROPERTY  
Send in bank books on Wednesday
Principal’s Message

Trivia night
What a huge success!!! Congratulations to the P&C Social committee and Year 3 parents for a wonderful night of fun and frivolity. It was nice to see so many of our community members coming together to enjoy the night. We even had the local Ghostbusters come along to ensure the night was free from any interruptions. What a fantastic way to raise money to support our students. Well done everyone!

When lunch comes home ... again
Almost nine out of 10 Australian parents say children’s resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it’s a battle families can do without and there are some simple steps to help avoid it. Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/food/when-lunch-comes-homeagain

Student Achievement
The Narrabeen Football Club’s WU10 (womens’ under 10) team including Gaby J (5W), Tea C (4W), Paige Q (4R), Jessie C (4R) and Millie R (5P) have finished the season UNDEFEATED. They scored 51 goals and only had one scored against them the entire season. This week sees them compete in the Gala Day – Good Luck girls!!!

Book week
Book Week is the longest running children’s festival in Australia. This special week is almost here again and is an exciting time for students, parents and teachers. The library program, as always, will reflect active involvement in the school’s teaching and learning programs. The slogan for this year is “Read Across the Universe” and officially Book Week is celebrated from Saturday 17th August to Friday 23rd August. The library will be running a Book Fair as part of our commitment to promote reading. Your support is most appreciated.

Eight ways to build your child’s writing skills
Here are a few practical tips to help your child to work out the best way to express themselves through their writing. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/eight-ways-to-support-your-childs-writing-skills

Medical notes
Year 3 medical notes are going out today; please remember to write your child’s name on the form when you return it to your class teacher. We are still waiting for some forms from out Kindergarten, Year 1 and Year 2 parents. These forms need to be returned even if your child doesn’t have any allergies. If you have lost the form please contact the front office. Thank you to those parents who have already returned their forms.

Benefits of team sports
If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer. Playing a team sport provides kids with important lessons in personal values. Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports

Teddy Bear’s picnic
Next Thursday, 22 August we will be holding our annual Teddy Bear’s Picnic for our 2014 Kindergarten students. Only those students who have returned their enrolment form will be able to attend the picnic. Invitations have already been sent to parents so if your letter hasn’t arrived please contact the front office.

Until next time,
Bill Gillespie
Principal
The Bronze and Silver Awards will be given to the students at the K-2 & 3-6 Assemblies. The Gold & Diamond Awards will be given out at the K-6 Assembly. If you wish to see your child receive their award at assembly, please first contact the office to confirm this. (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 them in plastic bags or envelopes. Thank you.)

<table>
<thead>
<tr>
<th>Gold Awards</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jessica P</td>
<td>James H</td>
</tr>
<tr>
<td>Millie R</td>
<td>Luke P</td>
</tr>
<tr>
<td>Emily P</td>
<td></td>
</tr>
</tbody>
</table>

Meet Our Staff

Mr Rosconi – Teacher

An interview by our school captains Lauren, Ruby and Wil

Wil – Mr Rosconi, how long have you been at EHPS?
Mr Rosconi – Five years.

Ruby – What do you like best about EHPS?
Mr Rosconi – The students, who are so hardworking, the friendly staff and the bush makes me feel like I’m in the country again!

Wil – Have you taught at many other schools?
Mr Rosconi – Not many. At Kelso High, Bathurst, I taught Maths and I also taught at Beauty Point.

Lauren – Mr Rosconi, what are your hobbies or interests?
Mr Rosconi – Running, spending time with my family and friends, sport – rugby league, rugby union, touch football and cricket.

Lauren – What is your role at EHPS?
Mr Rosconi – I’m a teacher currently teaching 6R – the best class in the world!! I’m also the PSSA Co-Ordinator and the manager for Sydney North Rugby Union.

Reminders

Premier’s Reading Challenge
The Premier’s Reading Challenge for 2013 will officially end on Sunday, 1st September but in order for us to collate all information, the last day for parents to help their children submit their books they have read on-line is Friday, 23rd August.

Spellathon
A reminder that the Spellathon test is in Week 5. We hope your cards are filled with sponsors - you still have time to collect some more. The class that raises the most sponsorship money will be given a party.
What a creative and clever lot they are in Year 4!

As part of their HSIE unit, Year 4 has started designing their own Australian National Park websites, using both their creative talents and research skills.

Each student has been given instructions about how to create their website, choosing from a variety of pro-formas and styles.

Their front page, pictures, titles and drop down menus have to be easy to follow and appropriate for the intended audience (other year 4 students).

There was quite a buzz in the computer room last week as Mr Waters’ class experimented with design and information presentation. They were considering how websites were laid out and why – was it better to have photos on the left and text on the right? How do people “read” websites?

I can’t wait to see their final designs and learn a lot about our national parks. Great work Year 4!

Mrs Lomas

Clearing of the art & craft room

The P&C are assisting the School with the clear out & refurbishment of the Art & Craft room. We would really love some volunteers to help us clear the unwanted items from the room.

Clear out days will be held in September on Thursday 5th, Friday 6th, Thursday 12th and Friday 13th. Timings will be 9.30am – 11.30am.

If you can spare an hour or two to assist us we would appreciate it. Please email your availability, date and time to the P&C at elanorahtspandc@gmail.com
Book Week is the longest running children’s festival in Australia. This special week is almost here again and is an exciting time for students, parents and teachers. The library program, as always, will reflect active involvement in the school’s teaching and learning programs.

The slogan for this year is “Read Across the Universe” and officially Book Week is celebrated from Saturday 17th August to Friday 23rd August. The library will be running a Book Fair as part of our commitment to promote reading.

Please note that this is an opportunity for children to purchase books for themselves not for donation to the library. Purchases can be made at a Family Event and preview and purchase times will be advised shortly.

During library sessions this term, students will be introduced to shortlisted books nominated for awards, to be announced in Book Week by the Children’s Book Council of Australia. Further, through the use of technologies, students will also complete a variety of interactive activities related to the books, authors and illustrators.

This week, K-6 will be engaged in doing crafty things at lunch time in the library.

I look forward to this special time of the year and hope to see you at the Book Week Family Event.

Anne-Marie Morrison
Teacher-Librarian

Bushlink and Schools
The Bushlink team has been working at our school regenerating our bushland. The aim of the Bushlink Team is to enhance communications and improve perceptions of people with intellectual disabilities by providing meaningful and respected employment and a leadership role in our community. Below are some photos of their progress.
LUNCHBOXES AND WATER BOTTLES – LOVE ‘EM AND LABEL ‘EM!

Check your labels – is your child’s name and class still clear?

Lunchboxes and water bottles are essential to give your children healthy food and drink. By packing your own food and water, you also minimise waste, unnecessary use of resources, and the pollution created in producing packaged food. It is a daily delight to see the nutritious fresh food in many lunchboxes.

After just three weeks of term there are already two tubs full of unlabelled containers and bottles. Every labelled container is returned to its owner, but these are unclaimed despite being paraded around all K-2 classes and displayed for 3-6.

Last chance for a new home
A give-away box with these containers will be outside the office this week. Please come and take any you’d like. Any found this week will be kept separately, to be collected only by their owners.

MAKE YOUR JOB AND OURS EASIER – LABEL THEM ALL!
Thank you,
Jenny Cullen

RAINFOREST FRUITO-VEGO

ORANGE FRUITO/VEGO – Tuesday, 13th August

Tomorrow, please send an orange fruit or vegetable for our mid-morning fresh food snack. Oranges and mandarins are delicious at the moment, or how about carrot, paw-paw, rockmelon, fuji fruit (persimmon), sweet potato or pumpkin wedges?

Our occasional rainbow fruito-vego days are a simple way to highlight the importance of eating a wide variety of fruits and vegetables as they provide different nutrients. Thank you Martha for this inspiring idea and for providing the nutritional advice provided below.

ORANGE FOODS
The orange colour of fruits and vegetables is derived from a pigment called carotenoid. Some carotenoids (alpha-carotene, beta-carotene, beta-cryptoxanthin) are provitamin A because they can be converted to retinol (a form of vitamin A) in the body.

Here are some good reasons for including orange fruits/vegetables in your diet:

- Vitamin A is essential for growth and development, immune system function and vision.
- Dietary carotenoids intake has been associated with lower risk of cardiovascular disease.
- Carotenoids are found in all layers of the skin and contribute to normal skin colour. They also enhance the perception of healthy skin.

Did you know that carotenoids are best absorbed with fat in a meal? (e.g. add a dash of olive oil on your steamed carrots).
In season now: pumpkin, sweet potato, carrots, mandarins, oranges. This winter, try baked sweet potato with your Sunday roast. Put the entire sweet potato (including the skin) on a baking tray in the oven, bake until cooked (i.e. until flesh is tender). Serve slices of your sweet potato with your roast (the skin will come off easily after baking).

Martha Leonard – Wholistic nutritionist
www.deliciousnutrition.com.au

PSSA RESULTS

<table>
<thead>
<tr>
<th>Versus</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Girls Netball &quot;A&quot;</td>
<td>PSSA</td>
</tr>
<tr>
<td>Senior Girls Netball &quot;B&quot;</td>
<td></td>
</tr>
<tr>
<td>Junior Girls Netball &quot;A&quot;</td>
<td>CANCELLED</td>
</tr>
<tr>
<td>Junior Girls Netball &quot;B&quot;</td>
<td></td>
</tr>
<tr>
<td>Senior Boys Soccer</td>
<td>LAST</td>
</tr>
<tr>
<td>Junior Boys Soccer</td>
<td></td>
</tr>
<tr>
<td>Senior Girls Soccer</td>
<td>FRIDAY</td>
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<tr>
<td>Junior Girls Soccer</td>
<td></td>
</tr>
<tr>
<td>Senior Boys Rugby League</td>
<td></td>
</tr>
<tr>
<td>Junior Boys Rugby League</td>
<td></td>
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</table>

PSSA TRAINING TIMES

(Training is cancelled if it is raining)

<table>
<thead>
<tr>
<th>Sport</th>
<th>Days</th>
<th>Times</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></td>
<td>Thursdays</td>
<td>8am – 8.45am</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>
</tr>
<tr>
<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>Senior Girls Netball</td>
<td>Fridays</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>Courts</td>
</tr>
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</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.

CANTEEN NEWS

Here is the roster for the next three weeks. We now have Frozen Yoghurt again in either Strawberry or Mango flavour, selling for $1.60 each. **There are still days this term that we are in need of helpers, especially Fridays. We still need help on Friday, 30 August, Fridays, 6, 13 and 20 September.** Please drop by and see us or call on the number below if you are able to help out. We really do appreciate you giving your precious time as we cannot operate the canteen without your help.

Many thanks.

Wendy
**Term 3 2013**

<table>
<thead>
<tr>
<th>Week 5</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/8 – 16/8</td>
<td>LISA T</td>
<td>SUSIE W</td>
<td>KATHRYN V</td>
<td>INGRID T</td>
<td>KAREN C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>KIM K</td>
<td></td>
<td>LESLEY M</td>
</tr>
<tr>
<td>Week 6</td>
<td>DI V</td>
<td>RENATE R</td>
<td>SHARON C</td>
<td></td>
<td>KELLY G</td>
</tr>
<tr>
<td>19/8 – 23/8</td>
<td>DARREN J</td>
<td>KARIN S</td>
<td></td>
<td>9.30-11.30</td>
<td>CAROLINE R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>ERICA R</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>9.30-1.30</td>
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<td></td>
<td></td>
<td></td>
<td>GILL E</td>
<td></td>
</tr>
<tr>
<td>Week 7</td>
<td>KAREN W</td>
<td>PAULA B</td>
<td>KATE McG</td>
<td>ANGELA C</td>
<td>NEED HELP!!</td>
</tr>
<tr>
<td>26/8 – 30/8</td>
<td></td>
<td></td>
<td></td>
<td>MANDY H</td>
<td>NEED HELP!!</td>
</tr>
</tbody>
</table>

MUNCH MONITOR – [www.mumchmonitor.com](http://www.mumchmonitor.com) m- username: Elanora, Password: munch2102

Wendy Douglass
Canteen Co-Ordinator Ph: 9913 2721

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**Uniform Shop**

<table>
<thead>
<tr>
<th>Shop hours:</th>
<th>Monday: 8.15 am – 9.45 am</th>
<th>Thursday: 8.15 am - 9.45 am</th>
</tr>
</thead>
</table>

We offer ETPOS and CREDIT CARD facilities (Visa/MasterCard) in store and via mail order

Winter is upon us, the weather is wet and there is a chill in the air. We now have ponchos in sizes Small, Medium and Large for $18.00. We have a full range of tights, long pants, shirts and blouses in stock. Our new School Jacket in Microfibre is also available via our pre-purchase order for only $40.00. Just fill in the form attached to the newsletter and send it in to the uniform shop.

**Alterations/Repairs** – A reminder if you need repairs and alterations to your uniform items, Michelle Sturrock, dressmaker and a parent of our school, offers great rates to Elanora families. All details are at the Uniform Shop.

**Suzie Duncan**
Uniform Shop Coordinator

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**Second Hand Uniforms**
If you require any second hand clothing please call me [after 9 a.m.](tel:99131292) 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

**CODY’s SWIM COACHING**

- Swim Instructor at your own pool
- All equipment provided
- Up to 4 children per class
- Ages 3 years and above
- Austswim accredited
- Licenced Coach
- Current CPR Examiner
- Experience with 4 different swim schools
- Classes cost $60/hour and $40/half hour
- Pool also available, however costs differ due to pool rental
- **GREAT FOR THE SUMMER**

*Cody Bromley: Phone: 0403 812 366*

*Email: codyscoaching@hotmail.com*
Do you have a child diagnosed with AD/HD?

Are you looking for positive strategies to help manage your child’s behaviour?

Is your child between 6 and 12 years old?

You are invited free of charge to attend a well-known parenting program at Macquarie University.

The program is part of an evaluation study and participants will be asked to:

- attend evening sessions
- fill in questionnaires (anonymously)

Please call Julie Chesterfield (Department of Psychology, Macquarie University) on 0412 414 114 (if unanswered, please leave a clear voicemail), text, or email julie.chesterfield@students.mq.edu.au and leave your phone number.