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

Our School News
Week 10 | Commencing 16th September, 2013

Notes Home This Week
Leadership – Year 5
Interrelate – Year 6
Fathers’ Camp Out – Youngest in Family

Found!
✨ FOUND: EHPS Jacket (m.fibre, size10)
✨ FOUND: Watch (silver face, black strap)

Weekly Reminders!
Un-Named Lost Property Parents, please come and check
School Banking NO Banking this week - returns next term
NB: that items for this newsletter will NOT be accepted after 10am on the preceding Friday

EHPS School App COMING SOON!
Stay tuned...

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### Week 10 - Term 3

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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| Mon | 16 Sep | Years K - 6 Assembly
Premier’s Sporting Challenge |
| Tue | 17 Sep | “Take it Home Tuesday”
Kindy Excursion |
| Wed | 18 Sep | NO School Banking this week
Kindy Excursion |
| Thur | 19 Sep | Green Fruito-Vego day |
| Fri | 20 Sep | LAST DAY OF TERM
PSSA v Newport:
Junior Boys Softball @ Kitchener Park
Senior Boys Cricket @ Kitchener Park
Senior Girls Softball @ Kitchener Park
Junior Girls Eagle Tag: behind Rat Park
AFL v Wheeler Heights:
@ Narrabeen High School Grounds |

### Week 1 - Term 4

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<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Mon</td>
<td>07 Oct</td>
<td>PUBLIC HOLIDAY</td>
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</table>
| Tue | 08 Oct | STUDENTS RETURN - TERM 4
“Take it Home Tuesday” |
| Wed | 09 Oct | School Banking Day |
| Thur | 10 Oct | Interrelate - Year 6 |
| Fri | 11 Oct | PSSA v Collaroy Plateau:
Junior Boys Softball @ Kitchener Park
Senior Boys Cricket @ Kitchener Park
Senior Girls Softball @ Kitchener Park
Junior Girls Eagle Tag: behind Rat Park
AFL:
A team v Collaroy Plateau
B team v Narrabeen North:
@ Narrabeen High School Grounds |
Student achievement
Congratulations to Tayanita R (6R), Olivia S (6C), Jess H (6C) and Brienna M (6R) who competed in the 4X100M relay at the PSSA Regional Athletics Carnival at Homebush. The girls qualified for the final but did not place. Tayanita also qualified for 100m final and 200m final (with a personal best time). She placed 7th in the 100m final, had to pull out of the 200m final and placed 4th in the Long Jump and 4th in the High Jump. Excellent result girls!

Congratulations to Jack H (6R) and James H (4MP). The boys were members of the successful Sydney North 10 and 11 years cross country teams that won gold medals at the NSWPSSA Cross Country Carnival. Jack and James were presented with their Gold Medals at today’s K-6 Assembly.

Staff changes
Next term there will be a number of staff changes. Mrs Grewal will be taking maternity at the end of this term and will be replaced by Mrs Sullivan. Mrs Rosconi will be taking maternity leave from the beginning of Week 2 next term and will be replaced by Mrs Beck. I will be taking Long Service at the beginning of the term until 23 October. Mrs Lomas will be relieving in my position, Ms Pitt will be relieving Deputy Principal and Miss Powell will be taking 5P.

Late to school
I would like to remind parents that school begins at 8:55am. Our rolls are legal documents and are regularly checked by the Home School Liaison Officer. A recent check of attendance revealed that we have quite a number of children arriving 4-5 minutes late. One student has had 53 partial absences (late) in 30 weeks. More than one a week is unacceptable. If your child is absent then you are required to inform the school within three days of your child returning to school.

Medical forms
We are still waiting on a number of parents to return their child’s medical forms. If you have mislaid your form please contact the office so we can supply you with another document. THE SAFETY OF OUR STUDENTS IS PARAMOUNT SO IT IS VITALLY IMPORTANT THAT WE HAVE THE LATEST MEDICAL INFORMATION ON YOUR CHILDREN.

Camp giveaway
As part of Sport and Recreation’s outdoor education week you have the chance to win an adventure-packed family weekend away at a camp. Click on the link, watch the video and answer two easy questions to enter the competition. Good luck - www.dsr.nsw.gov.au/win/index.asp

Important NAPLAN information
On Thursday, 5 September the Australian Curriculum and Reporting Authority (ACARA) identified an error in the placement of the national average markers on the Years 5 and 7 NAPLAN Student Reports for Language Conventions. ACARA made the immediate decision to halt any further packaging and distribution of NAPLAN reports while options regarding the distribution of correct NAPLAN Student Reports were considered. This matter may result in the delay of the distribution of student reports, possibly to the week of 13 October.

Term dates
Term 3 concludes on Friday, 20 September and students return on Tuesday, 8 October. I would like to wish everyone a happy and safe break and look forward to seeing you again in a couple of week

Until next time,

Your Principal, Bill Gillespie
RUGBY UNION 7S GALA DAY

Seniors and Juniors put in a tremendous effort! | Mr Rosconi, PSSA Sports Coordinator

On Tuesday 3rd September, 2013 Elanora Heights sent 44 boys down to Rat Park for the annual ARU Warringah 7s Gala Day for primary school students. Elanora sent 5 teams in total this year in the junior and senior divisions which is a great effort and certainly shows how popular this newly appointed Olympic sport is becoming. All the teams that participated on the day showed tremendous respect, responsibility and sportsmanship while representing Elanora Height P.S.

The 3 senior teams that took place in the competition all played a great style of 7s rugby and came away with some outstanding results. The Senior As won all three of their pool games to progress into the semi-final against Manly West P.S. It was a tough and frantic game which the boys narrowly lost 4 tries to 2 to finish equal 3rd in the competition. The Senior Bs had a tough pool and improved in every game. They finished the carnival with 1 win from their 4 games. The senior Cs reached the final of their division only to go down to Wakehurst P.S.

The 2 junior teams had a great day as well with the Junior Bs playing well and enjoying some open, running 7s rugby. All the boys contributed well and had a great time playing their 4 pool matches. The Junior As got off to a slow start in their first pool game before regathering themselves to win their final two pool games and scrape into the semi-finals. In the semi they faced the tough Forrestville P.S. boys and at one stage led 2-0 before things were all locked up 3-3 on full time. Our boys were lucky enough to progress to the finals due to scoring the first try of the game. In the final the boys started slowly going down 3 tries to nil early against a strong Manly West outfit. Some great running from our powerful forwards Jett F, Klay F and Fin H and nippy footwork from our outside backs Cam P, Jai G and Henry W saw the scores locked up at 3-3 with less than a minute to play. Unfortunately the boys let in a try right on full time to go down 4-3 in the final but what a tremendous effort!

All our participants had a great experience on the day and received loads of goodies from the ARU Team that ran the day. A big thank you to Mr Waters and Miss Behagg for helping coach our teams and to all the parents who came to support our teams.

Thank you everyone, I know all of our boys appreciate your efforts!

MEET OUR STAFF...

Miss Abby Clydsdale, Teacher
An interview by our school captains Lauren, Ruby and Wil

Wil: Miss Abby Clydsdale, how long have you been at EHPS?
Miss Abby Clydsdale: I’ve been teaching here since the middle of 2010.

Lauren: What do you like best about EHPS?
Miss Abby Clydsdale: The beautiful students and amazing staff.

Ruby: Have you taught at many other schools?
Miss Abby Clydsdale: Yes. I have done worked at Merriwa PS and Bathurst PS.

Wil: Miss Abby Clydsdale, what are your hobbies or interests?
Miss Abby Clydsdale: Netball, the beach, teaching and travelling. I also like going home to Scone to spend time with my family.

Lauren: What is your role at EHPS?
Miss Abby Clydsdale: I’m am currently teaching a Kindergarten class and I also teach dance and train the netball team.
AND THE AWARD GOES TO...

Bronze and Silver Awards will be given to the students at the K-2 & 3-6 Assemblies. The Gold and 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. When sending the 20 mini merits from home, 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.

**GOLD AWARDS**

LUKE S  HOLLY N  JACK H (PSSA*)  JAMES H (PSSA*)

*James and Jack were awarded PSSA Cross Country gold medals

PSSA Training

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.

**PSSA Training Times**

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DAY &amp; TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Junior Girls Pittwater Tag</td>
<td>Wednesdays 3pm - 4pm</td>
<td>Top Oval</td>
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<tr>
<td>Senior Girls Softball</td>
<td>Thursdays 3pm - 4pm</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Junior Boys Softball</td>
<td>Tuesdays 8am – 8.55am</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Senior Boys Cricket</td>
<td>Fridays 8am – 8.55am</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Junior Mixed AFL</td>
<td>Fridays 8am – 8.55am</td>
<td>Middle Oval</td>
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Training is **cancelled** if it is raining

**PSSA Results**

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<thead>
<tr>
<th>SPORT</th>
<th>VERSUS</th>
<th>RESULT</th>
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<tbody>
<tr>
<td>Senior Boys Cricket</td>
<td>Mona Vale</td>
<td>Loss 39 - 63</td>
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<tr>
<td>Junior Boys Softball ‘A’</td>
<td>Mona Vale</td>
<td>Win 5 - 4</td>
</tr>
<tr>
<td>Junior Boys Softball ‘B’</td>
<td>Mona Vale</td>
<td>Loss 2 - 13</td>
</tr>
<tr>
<td>Senior Girls Softball ‘A’</td>
<td>Mona Vale</td>
<td>Loss 1 - 7</td>
</tr>
<tr>
<td>Senior Girls Softball ‘B’</td>
<td>Mona Vale</td>
<td>Loss 4 - 8</td>
</tr>
<tr>
<td>Junior Girls Pittwater Tag ‘A’</td>
<td>Mona Vale</td>
<td>Win 7 - 4</td>
</tr>
<tr>
<td>Junior Girls Pittwater Tag ‘B’</td>
<td>Mona Vale</td>
<td>Loss 3 - 5</td>
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We’re coming to getcha
It’s around about now that parents of Year 2 and Year 3 students should start some critical thinking about a musical education for your children in 2014 and beyond. Three broad streams of music are offered, band (brass, woodwind, drums and percussion), guitar (and for the first time, bass guitar in 2014 if not earlier) and strings (violin and cello). Next term we will distribute a wealth, a veritable treasure no less, of material to help with your deliberations and decisions covering music in particular and its associated academic enhancement as a fringe benefit.

The agony and the ecstasy
Thursday afternoon’s rehearsal of the Senior and Intermediate Bands was a disaster with most of the Yr 5 students missing in action. They grew WINGS and flew away to an extension class at Narrabeen Sports High demonstrating once again the benefits of music on academic performance. Not a bad segue eh?

Junior Band
Our budding musicians are actually belting out tunes that most mortals would recognise as music. Practice is important over the holidays and students should attempt to master the School Song and the national anthem, God Save the Queen. Once mastered, we will give them their first taste of the big-time with a performance at a K-2 Assembly in Term 4.

Senior and Intermediate Bands
Term 4 takes the pressure off as we only have one tentative performance at Warringah Mall sponsored by Mall Music. Last time I shopped there the word was it was happening this year after last year’s successful event.

That was the Term that was
The term may have started on a downbeat in a minor key with Frances’ travails but the ending was definitely upbeat. Frances is recovering well and all signs remain positive, so much so FrancesWatch© is now cancelled. Nic continues to settle into the conductor’s role having jumped into the deep end without a life jacket and swim like crazy. In the end, the students overcame unsettling shocks and settled back into fine music; the whole reason the music program exists.

On behalf of the Band Committee I extend our thanks to everyone who has assisted with the program, provided cards, flowers and support for Frances and who have rallied to the cause. Our school community has a wonderful record of helping those in need and every little bit helps. School returns on Tuesday, 8 October and the Junior Band will hit the ground running with a rehearsal at 3pm. I take this opportunity to wish all families a safe and happy holiday break. We look forward to your company next term.

Erratum
I’ve been reliably informed the national anthem was recently changed to Advance Australia Fair. This explains a lot. Please disregard the advice earlier in this dispatch.

Uniform Shop
Uniform Shop Coordinator Suzie Duncan
Open on Monday & Thursday from 8.15am to 9.45am
Purchase in store or by order form available online here
Pay by cash or card (Eftpos, Visa or Mastercard)
Alterations & Repairs by Michelle Sturrock (Dressmaker and parent), great rates on offer to Elanora families. Details are available at the Uniform Shop.

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.

Second Hand Uniforms
Second Hand Uniform Coordinator Karen Woodley
Enquiries or Purchase please call 9913 1292 after 9.00am or email thewoodleys@optusnet.com.au

Uniform donations are most welcome as Second hand uniforms are in demand!
Position vacant | Uniform Shop Co-Ordinator

The P&C is currently seeking expressions of interest from parents in the school community for someone with administration experience to run the EHPS Uniform Shop.

The Uniform Shop Co-Ordinator is responsible for the smooth running of the uniform shop and to ensure the best possible customer service and affordable prices for parents. This is a paid position for two 3 hour shifts per week – Monday and Thursday mornings.

If you have retail and/or administration experience and would be interested in the role, please email a brief outline of your experience and skills to elanorah tspandc@gmail.com by Thursday, 19th September, 2013.

Kids Kafe Roster | To volunteer call 9913 2721

Here is the roster for the last week of term and weeks 1 – 4 of Term 4. There are still a lot of days we are in need of help for term 4. If anyone is able to help out, please drop by or call on the number below, it would be very much appreciated. Please also note that juice will have a price increase from the start of term 4 from $1.30 to $1.50. An updated menu will be available next term. A huge thanks to my wonderful helpers from Tuesday’s fun day, Louise E, Kate H, Paula B, Julie S & Mr O. The day was a great success & definitely enjoyed by the children. Thank you also to the parents for supporting your canteen.

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<tr>
<th>Week 10 – Term 3</th>
<th>Weeks 1 to 4 - Term 4</th>
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<td><strong>MON</strong></td>
<td><strong>TUE</strong></td>
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<tr>
<td>Week 10</td>
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<td>16/9 – 20/9</td>
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<tr>
<td>TERM 4 Week 1</td>
<td>KAREN W</td>
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<td>07/10 – 11/10</td>
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<tr>
<td>TERM 4 Week 2</td>
<td>FIONA F</td>
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<td>14/10– 18/10</td>
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<tr>
<td>TERM 4 Week 3</td>
<td>SUSIE W</td>
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<tr>
<td>21/10 – 25/10</td>
<td><strong>NEED HELP</strong></td>
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<tr>
<td>TERM 4 Week 4</td>
<td>DI V</td>
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<td>28/10 – 02/11</td>
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To order school lunches online go to www.munchmonitor.com

Use log in – username: Elanora and password: munch2102
LIVE LIFE WELL @ SCHOOL

Lunchboxes Round-Up | Jenny Cullen

Well done parents and students! The number of containers and bottles left in the playground has really gone down this term, and even fewer are unlabelled. But there is still a box of unlabelled ones outside the office to be cleared by the end of the week. Come and take any of them. Holiday Job – Check everything still has legible labels!

RAINBOW FRUITO-VEGO

GREEN Fruito-Vego | Martha Leonard – Wholistic nutritionist @ deliciousnutrition.com.au

When: Thursday, 19th September

It is wonderful to see that our children munch vegetables just as enthusiastically as fruits in our daily fruito-vego snack. Our Rainbow Fruito-Vego this Thursday is the colour Green. Besides green fruits, this is a great chance to promote the many health benefits of green vegetables, which are rich in many macro- and micro-nutrients.

Scientists are still discovering more micro-nutrients in plants and unravelling their role in human health. Martha explains some of these nutrients below.

Green Foods

Green vegetables and fruits owe their colour to the pigment chlorophyll. It is essential for photosynthesis.

Chlorophyll has an almost identical molecular structure to heame (part of the haemoglobin molecule that transport oxygen in our blood). Chlorophyll promotes detoxification by trapping some carcinogens before they get to our tissues. The darker the green the more chlorophyll the plant contains.

Green vegetables are beneficial not only for their chlorophyll content but also things like high magnesium content, vitamin K content, folate and fibre.

Some greens (e.g. broccoli, kale) also contain indole-3-carbinol a plant chemical that boost DNA repair in cells. Some green vegetables/fruits: green apple, kiwi, lime, grapes, lettuce, broccoli, kale, spinach, cabbage, asparagus, avocado, green beans, green capsicum, cucumber, artichokes, peas …

RECIPE TIP! Have you ever tried a green smoothie? You can enjoy your greens and have a yummy drink! Here’s a recipe: About ¼ cup of Kale, spinach or celery, ¼ cup of parsley and/or coriander (or both if you like), 1 fruit of your choice, ½ banana or ½ avocado will give a smooth texture, 1-2 tablespoon of natural yogurt and water. Place the greens in the blender, add enough water to facilitate blending, and gradually add the other ingredients with a bit more water each time. If you do not like a thick smoothie, add extra water. Enjoy!

Don’t forget to visit the EHPS website
www.elanorahts-p.schools.nsw.edu.au
CONNECT | Week 10 - Term 3

Products & Services advertised are NOT endorsed by Elanora Heights P.S.

Have you downloaded our EHPS School App?
Staying in touch has never been easier...Download it for FREE now
Go to iTunes or Google Play App Store and search for SCHOOL APP NAME provide details here

Keep your eyes peeled for the P&C Newsletter!
It’s packed with updates plus upcoming event info
Email elanorahtspandc@gmail.com.au to receive your copy

Our school is part of the Peninsula Community of Schools
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
Yalong Ave, Terrey Hills
TUES Juniors: 6:00pm

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

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Cody Bromley: Phone: 0403 812 366
Email: codyescoaching@hotmail.com

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Yoga classes to suit all levels

Weekly Classes are held Wed 6.30pm
at Elanora Community Centre.

Private Sessions held either at
YogaFitness studio in Elanora Heights, or
in the comfort of your own home.

Patricia Corson
T: 02 9944 6212
M: 0434 900 967
E: patricia@yogafitness.net.au
www.yogafitness.net.au