## OUR SCHOOL WEEK

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<th>DAY</th>
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<td><strong>Monday</strong></td>
<td>02nd Sept</td>
<td>Years K-2 Assembly</td>
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<td>Premier’s Sporting Challenge</td>
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<td><strong>Tuesday</strong></td>
<td>03rd Sept</td>
<td>Rugby Union Gala Day – Years 3-6</td>
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<td>“Take it Home Tuesday”</td>
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<td><strong>Wednesday</strong></td>
<td>04th Sept</td>
<td>PCS “Sensational Science Fair”</td>
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<td>Years 3-6 Gym</td>
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<td>School Banking Day</td>
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<td><strong>Thursday</strong></td>
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<td>K-2 Athletics</td>
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<td>Years 3-6 Gym</td>
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<td><strong>Friday</strong></td>
<td>06th Sept</td>
<td>Last Day for Canteen Fun Day Orders</td>
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<tr>
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<tr>
<td><strong>Monday</strong></td>
<td>09th Sept</td>
<td>Years 3-6 Assembly</td>
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<td>“Canteen Fun Day”</td>
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<td>“Take it Home Tuesday”</td>
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<td><strong>Tuesday</strong></td>
<td>10th Sept</td>
<td>Year 1 Excursion - “Lessons Afloat”</td>
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<td>Years 3-6 Gym</td>
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<td>School Banking Day</td>
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<td><strong>Wednesday</strong></td>
<td>11th Sept</td>
<td>Spring PSSA begins</td>
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<td>Junior Boys Softball</td>
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- 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

Terms 3 & 4 Fit Kids, Tennis and Sports Pro – Permission & Payment –Years 3-6

### Reminders

- The P&C are looking for anyone with chickens to donate any spare fresh eggs for the P&C Election Day BBQ. Please drop off at the canteen.
- PARENTS, PLEASE COME & CHECK UN-NAMED LOST PROPERTY
- Send in bank books on Wednesday
Principal's Message

Medical Alert
We have been advised that a couple of our students have had Influenza B. Please seek medical advice should you have any concerns.

Sale of School Equipment
We are currently in the process of disposing of seven VERY old school sewing machines, harking back to the ‘80s. If you are interested in one of these please pop in to the office to have a look and put in a bid on a machine. The highest bidder “wins” that machine. Bids are to be placed in a sealed envelope and handed to either Margi or Louise with the number of the machine on the outside. Bids must be in by Friday, 6 September at 9am. There is no lower limit on the bid. Machines are to be disposed of in “as is” condition.

National Child Protection Week 1-7 September
Protecting children is everyone’s business. Play your part by reporting the abuse, neglect or exploitation of a child to Crime Stoppers on 1800 333 000. Find out more at http://napcan.org.au/

Student achievement
Last Tuesday 45 students represented the school at the Zone Athletics Carnival. Mr Rosconi told me that the students were fantastic ambassadors for the school showing great responsibility and respect. Mr Rosconi will give a more detailed account of the students’ achievement later in the newsletter; however, I would like to highlight one student who won “Outstanding Athlete of the Meet”. Tayanita R (6R) came 2nd in Girls 11 years 100m Finals, 1st in 200m Finals, 1st in Long Jump, 1st in High Jump (smashing the old record) and 1st in Senior Girls Relay. Tayanita won the Gordon Jones Memorial Trophy for her outstanding achievement. Congratulations to everyone who represented our school!

Alisha D (4MP) (pictured) along with her troupe participated in the Greater West Dance Challenge last weekend. The girls took out 1st place in both Ballet & Lyrical. A great achievement for their first ever eisteddfod. Congratulations Alisha!

Helping your child choose right from wrong
How do you raise ethically aware children? In this audio discussion, Dr Simon Longstaff from the St James Ethics Centre explains some ideas to James O’Loghlin. Find out more by going to http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong

P&C election day cake stall and BBQ
This Saturday the P&C will be selling delicious cakes and sausages at school. Why not come to the school to vote, purchase something delicious and support our wonderful P&C at the same time.

Preparing for Year 7
The transition from primary school to high school maths can be difficult for both you and your child. However, by working in partnership with your child and using some careful forward planning, the transition can be smooth and successful. Find out more by visiting http://educationequals.com/what-you-need-to-know-about-learning-maths-in-high-school/

Numbers fun
Learning to count forwards and backwards from a given number helps children with solving addition and subtraction problems. Use these great worksheets located at http://www.schoolatoz.nsw.edu.au/detresources/numbers_beetles_butterflies_tLzmIljWfc.pdf to help your child learn about number ordering.

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.)

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<td>LUKE B</td>
<td>ASHLEA A</td>
<td>ELLIA</td>
<td>ABIGAIL B</td>
<td>LUKE B</td>
<td>MILES B</td>
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<td>POPPY C</td>
<td>XAVIER B</td>
<td>POPPY C</td>
<td>TYLA C</td>
<td>HARRY C</td>
<td>RYSTY-JAY E</td>
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<td>ZARA F</td>
<td>LACHLAN F</td>
<td>RYAN F</td>
<td>MICHAEL G</td>
<td>ISABELLA G</td>
<td>ISABELLE H</td>
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<td>TOMMY H</td>
<td>TYLER J</td>
<td>ASHTON K</td>
<td>JONAH K</td>
<td>TASHI L-F</td>
<td>MATILDA M</td>
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<td>TASHI L-F</td>
<td>FLYNN N</td>
<td>THOMO K</td>
<td>DYLAN S</td>
<td>TIA S</td>
<td>RHYS S</td>
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<td>ROXIE R</td>
<td>JESSICA S</td>
<td>JACK U</td>
<td>ANNIKA V</td>
<td>MIKALA W</td>
<td>GABBIE W</td>
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Meet Our Staff

Mrs Shea – School Admin Officer

An interview by our school captains Lauren, Ruby and Wil

Wil – Mrs Shea, how long have you been at EHPHS?
Mrs Shea – I started school here as a student when I was 6 and seems like I never left! I returned in 1992 as a parent volunteer, when my children started school here, then became a teacher’s aide and an admin officer.

Lauren – What do you like best about EHPHS?
Mrs Shea – The beautiful students and parents, the wonderful staff and the amazing bush setting.

Ruby – Have you worked at many other schools?
Mrs Shea – No. I have done some casual work in the district office.

Wil – Mrs Shea, what are your hobbies or interests?
Mrs Shea – Walking in the early morning, spending time with my family and friends and reading.

Lauren – What is your role at EHPHS?
Mrs Shea – I’m a school admin officer with responsibility for all enrolments and all facets of a busy school office. I also work in the library one day a week.

Let me know if you can spot Mrs Shea in the photo below.........
Pittwater Zone Athletics Carnival 2013

On Tuesday, 27th August, 2013 Elanora Heights took a team of 44 athletes to the Pittwater Zone Athletics Track and Field Carnival at the N.S.W. Academy of Sport in Narrabeen. We were lucky to be blessed with a beautiful day (unlike our first attempt at our school carnival!) where our students could show off their amazing talents.

All students represented Elanora Heights PS with amazing respect and responsibility. Mrs McNab (Team Manager), Miss Behagg, Mr Waters and Mr Rosconi (Track and Field event duties) were all very impressed with our students' tremendous sense of sportsmanship and efforts on the day. We finished the day 4th overall and 4th in the Handicap which is a great result!

Well done Team Elanora!

A special mention must go to Tayanita R who was awarded “Outstanding Athlete of the Meet” for her amazing efforts across both Track and Field.

Here are some of our outstanding results:

**Field Events**

Layla R  5th Junior Girls Shot Put
Tayanita R  1st 11yrs Girls Long Jump (4.47m)
Brienna M  1st 12/13yrs Girls Long Jump (4.27m)
Olivia 3rd  12/13yrs Girls Long Jump
Tayanita R  1st 11yrs Girls High Jump (1.44m **Record**)  
Ned R  2nd 12/13yrs Boys Long Jump (4.45m)
Hayden C  3rd 12/13yrs Boys High Jump (1.30m)
James H  Qualified for Discus
Brooke K  Qualified for Discus

**Track Events**

Will L-B  4th 8yrs Boys 100m (16.12)
Ned R 5th  12yrs Boys 100m
James H  4th Junior Boys 800m
Jack H  4th 11yrs Boys 800m
Angus C  5th 12/13yrs Boys 800m
Senior Boys  4x100m Relay 5th
Holli R  1st Junior Girls 200m (32.89)
Tayanita R  1st  11yrs Girls 200m (30.38)
Brienna M  1st  12/13yrs Girls 200m (30.64)
Jess H   4th  12/13yrs Girls 200m (31.66)
Keeley H  4th  8yrs Girls 100m (17.96)
Holli R   3rd  10yrs Girls 100m (16.05)
Tayanita R  2nd  11yrs Girls 100m (14.74)
Jess H   2nd  12yrs Girls 100m (15.18)
Brienna M  3rd  12yrs Girls 100m (15.27)
Olivia S  4th  12yrs Girls 100m (15.47)
Bella D   5th  11yrs Girls 800m
Brienna M  2nd  12/13yrs Girls 800m

Senior Girls 1st  4x100m Relay

Congratulations to the following students who will be competing at the Sydney North Regional Athletics Carnival at the Sydney Athletic Centre in Homebush on Monday, 9th September, 2013. Good Luck!!


Mr Rosconi

Sensational Science Fair
Wednesday 4th September 2013

Seven enthusiastic science students from year 4 and year 5 will be representing Elanora Heights at the PCS Sensational Science Fair this Wednesday.

The Sensational Science Fair will provide an opportunity for our up and coming student scientists to showcase their ideas and passion for science. The afternoon will allow students to exhibit their electrifying science experiments (creating circuits, lighting a light bulb using lemons and demonstrating how we get electricity to our homes). The science fair also will allow our students to view and participate in experiments from other primary and high schools in our local area. We wish the students a fun filled day!

Amanda Tebbatt
Election Cake Stall - this Saturday
7th September

P&C are holding a cake stall and BBQ in the school grounds this Saturday. Each family will be asked to supply a cake, cupcakes or slice. A cake box will be sent home on Wednesday to be filled and returned. Cakes and slices can be returned to the canteen on Friday afternoon 3pm - 5pm or prior to 9am on Saturday morning.

We thank you in advance for your baking efforts.

Year 4 Parents: We need volunteers to man the cake stall and BBQ. So far we have had only 3 parents volunteer for a time slot. Please email Di Vassallo on di_davev@bigpond.net.au with a time you can help out.

Public Performances
The next public performance is at the Chatswood Concourse this Sunday, September 8. This performance is organised by NSSWE and is part of the Willoughby Council Spring Music Festival. The Senior and Intermediate Bands will combine and assemble from noon at the meeting area and then move to a rehearsal room for a performance at the matinee session commencing at 1pm. Please ignore previous advice regarding the Stage Band. The Stage Band is NOT playing due to lack of instrumentation and members with the flu.

Strings
The Strings group, 5 violinists and 2 cellists, is making excellent progress with some fine playing. As is the case with all musical activities run by the Band Committee, students build their skill on solid foundations by learning to read music and understand the formalities of the craft.
Guitars
The Guitar group is making excellent progress on their ensemble training. Jose has asked that all guitar students practice as hard as they can as practice is vital for the group to progress as a whole. Ensemble training is a vital skill and emphasis is not on the instrument but on the group. We hope to take the skills learnt in ensembles to new levels by introducing guitar into the Stage Band before Term 4.

Private Tuition
All Senior, Intermediate and Junior Band members should have a private tutor. If you do not have private tutor please email me at: tim.cowdery@gmail.com

Benefits of Music Practice for a Child’s Development
Practice, practice, practice.
A fabulous link to a SMH article published last week describing the benefits of learning music and practice, both at an individual level and as a group.

Public Schools NSW Regional Band
Students interested in joining a Regional Band for 2014 are encouraged to visit: www.regionalband.weebly.com
Primary Band auditions will be held Saturday, 7 December at Belrose Public School.

FrancesWatch©
Frances was released from hospital on Friday night and is now recovering at home. She will require significant rest at first and I will update her progress and wishes as information comes to hand. Frances passes on her thanks for cards, flowers and texts and is very grateful for the wonderful support shown by the school community.

Tim Cowdery
Band President

Canteen News
Here is the roster for the next three weeks. **There are still days this term that we are in need of helpers. WE STILL NEED HELP THIS FRIDAY and Monday, 9th September.**

Next Tuesday is our Canteen Fun Day for the term. There will be a sausage sizzle, PRE-ORDER ONLY & we also have treats available at both recess – COUNTER SRVICE ONLY & lunch either by pre-order or counter service. The sausages will be purchased from Devitt’s Meats & are gluten free. The Honey Joys will be made following the Kellogs recipe. A full list of ingredients is available on request.

The canteen fun days help us raise some much needed funds that all goes back to our precious kids. Your support is greatly appreciated. **Be sure to get your notes in by this Friday or place your order on Munch Monitor from tomorrow afternoon.** 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 Douglass
MUNCH MONITOR – www.mumchmonitor.com m- username: Elanora, Password: munch2102
Wendy Douglass
Canteen Co-Ordinator    Ph:  9913 2721

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<tr>
<th>Term 3 2013</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>Week 8</td>
<td>VIV K</td>
<td>PIPPA McF</td>
<td>LOUISE E</td>
<td>DANNI Q</td>
<td>PETER T</td>
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<td>2/9 – 6/9</td>
<td>FIONA F</td>
<td>IONE B</td>
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<td>MARTHA W</td>
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<td>Week 9</td>
<td>NEED HELP</td>
<td>CAUrzEE FUN DAY</td>
<td>KIM K</td>
<td>LYNNE H</td>
<td>KAREN C</td>
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<td>9/9 – 13/9</td>
<td>NEED HELP</td>
<td>JULIE S</td>
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<td>LISA H</td>
<td>CAROLINE R</td>
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<td>Week 16/9 –20/9</td>
<td>DI V</td>
<td>RENATE R</td>
<td>LOUISE E</td>
<td>GILL E</td>
<td>DAVINA J</td>
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MUNCH MONITOR – www.mumchmonitor.com m- username: Elanora, Password: munch2102
Wendy Douglass
Canteen Co-Ordinator    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) in store and via mail order

Al term 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

Second 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

Parent Forum

An invitation is extended to all parents of students accessing Student Services Programs to attend an information sharing meeting with other parents and Department of Education and Communities’ representatives.

At this forum we welcome our guest speaker, Scott Gould, Psychologist and School Counsellor (Hearing), Arranounbai School. Scott’s topic will be Positive Health for children - The chemical effect of happiness and gratitude on the brain and how schools can contribute to the overall well-being and satisfaction of students, beyond just a focus on achievement.

Date: 13 September 2013
Time: 10.00am to 12.00 noon
Venue: Lindfield East Public School Hall
90 Tryon Road, East Lindfield

For more information, please contact Kate McCosker - Student Welfare Consultant, 9987 3900 or email kate.mccosker@det.nsw.edu.au. RSVP for catering purposes to Kate McCosker, Phone 9987 3900 or email kate.mccosker@det.nsw.edu.au.

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

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ENROL NOW!!

PAY-AS-YOU-GO
No Direct Debit
No Contracts

Telok Chopal Martial Arts

Elanora Heights Public School
43 Elanora Road, Elanora Heights
FRIDAY Juniors: 6:00pm
Beacon Hill Primary School
Trisram 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
North Narrabeen Surf Club would like to invite you all to our Nippers Registration Days:

Sunday 8th & 15th September 2013
9am to 12pm
Upstairs in the clubhouse
Malcolm Street, North Narrabeen

Our aim at North Narrabeen SLSC is to educate our children to be competent and safe on the beach and using surf equipment. Surf knowledge and techniques are gradually introduced to the children in relation to their age and ability. Nippers participate in age groups starting from 6 years through to 14 years. Whilst all children are encouraged to improve their surf skills through regular competition, no child is forced or pressured to do something he/she does not want to do. We ultimately just want to see the children have fun and enjoy coming to the beach each Sunday.

For more information or to download a registration form visit [www.nnsslscnippers.com](http://www.nnsslscnippers.com)

For all registration enquiries please contact Geoff Halpin – Secretary, Junior Committee
email: registration@nnsslscnippers.com or mobile: 0412 541 183

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Spring Holiday Camps
School Holiday Camps | 23rd Sept – 4th Oct

Join our Holiday Clinics and play soccer indoors on grass

**CLINICS FILL FAST, SO BOOK NOW!**

- Professionally qualified & engaging FFA & AFC coaches
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a "Maradona Spill", "Cryuff Cut", "Ronald Stopover", or learn how to do an "Octopus"
- Play football, no matter what the weather, in your boots!
- Small-sided games
- Heaps of fun
- Finish the day with Laser football

For 5-13 year olds 9.00am-3.00pm Book from 2 days to 10 days

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Mini World Cup Tournaments run from 3pm-5pm over 2 days. Choose a Country name for your team and play 6-8 games a day. Organise a team of mates, or register as an Individual and we'll do our best to put you into a team.

Age groups and dates:

13614ys – 30 Sept – 1st Oct | 15616ys – 2-3 Oct

$50 per person for 2 days.

Visit www.thefootballfactory.com.au to sign up now!