Our School News

Week 3 | Commencing 20th October, 2014

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

Notes Home This Week

NB: If you have misplaced a note sent home, please check our website (notes tab) first.

Weekly Reminders!

P&C Meeting: Tue Oct 21
Navy Band: Wed Oct 22 @ 11:15am
- All Welcome
PSSA has a BYE this week
Kindy 2015 Orientation: Mon 27th, Wed 29th, Thu 30th & Fri 31st
School Banking Send bank books in on Wednesday
Un-Named Lost Property: Parents, please come and check.

Week 3 - Term 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>20 Oct</td>
<td>K - 6 Assembly</td>
</tr>
<tr>
<td>Tue</td>
<td>21 Oct</td>
<td>P&amp;C Meeting 7pm</td>
</tr>
<tr>
<td>Wed</td>
<td>22 Oct</td>
<td>Navy Band Visit 11.15AM School Banking</td>
</tr>
<tr>
<td>Thur</td>
<td>23 Oct</td>
<td>Interrelate - Year 6</td>
</tr>
<tr>
<td>Fri</td>
<td>24 Oct</td>
<td>PSSA: Pittwater Tag = BYE Cricket = BYE Softball = BYE AFL = BYE</td>
</tr>
</tbody>
</table>

Week 4 - Term 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon</td>
<td>27 Oct</td>
<td>K - 6 Assembly Kindy 2015 Orientation</td>
</tr>
<tr>
<td>Tue</td>
<td>28 Oct</td>
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<tr>
<td>Wed</td>
<td>29 Oct</td>
<td>School Banking Kindy 2015 Orientation</td>
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<tr>
<td>Thur</td>
<td>30 Oct</td>
<td>Interrelate - Year 6 Kindy 2015 Orientation</td>
</tr>
<tr>
<td>Fri</td>
<td>31 Oct</td>
<td>Kindy 2015 Orientation PSSA: Pittwater Tag v Narrabeen Lakes @ Narrabeen Reserve Field 6 Cricket v Narrabeen Lakes @ Griffith Park Softball v Narrabeen Lakes @ Rat Park Fields 3 &amp; 4 AFL v Narrabeen Lakes @ Narrabeen Sports High School Grounds</td>
</tr>
</tbody>
</table>

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
Selective High School 2016 - current Year 5 students
Selective high schools cater for highly achieving academically gifted students who may otherwise be without classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level. More information about selective Government Schools can be found at http://www.schools.nsw.edu.au/shsplacement. All applications for high school placement must be completed online. Please contact the school office on 9913 7283 if you wish to receive an information booklet.

Student achievement
Congratulations to Layla R (5C) who was selected for the Sydney North PSSA regional team in Water Polo. Layla will compete in the State Championships in November at Sutherland. Well done Layla!

Congratulations also to Ethan S (5/6R) who competed for 4 days in the National Unicycle Champs held during the October weekend at Manly, Curl Curl, The Sports Academy, St Ives and Hornsby Mountain Bike Park. Ethan placed 2nd in the U15’s and 10th overall in the 4.8km MUNI (Mountain UniCycling) race, 3rd place in the U15’s High Jump and 3rd equal in the U15’s Trials event. Ethan also competed in the 5km road race, long jump and slalom events. A fantastic result Ethan!

In the recent AMEB examinations, Maddie S (4C) achieved an A grade in Grade 1 saxophone, whilst Charlie S (5/6R) achieved an A grade in Grade 2 flute. Charlie also achieved a High Distinction (97%) in her Grade 2 Music Theory Examination. Well done to both girls.

School Working Bee
I would like to thank everyone who turned up last Saturday to assist with the removal of Asparagus Fern on the school driveway. Although the turnout was very small, especially for a school with nearly 580 students, a lot of progress was made by the merry band of workers.

Are you leaving our school?
The school is currently looking at classes for 2015. If you know that your child/ren will not be attending the school in 2015 could you please complete the note on page 3 or email us at elanorahts-p.school@det.nsw.edu.au. Class structures and teacher numbers are dependent upon the number of students in the school so your information is vitally important. Thank you for your assistance.

Upcoming P&C events
Tomorrow night, 21 October, there is a P&C meeting in the school staffroom at 7pm. Please come along as a strong and vibrant P&C is vital to the operation of our school. At the meeting I will discussing our NAPLAN results and inviting parents to be an integral part of our new 3 year plan. I look forward to seeing you there.

On Saturday, 25 October, the P&C is holding their annual Fathers’ Day Camp Out on the school oval. This is a fantastic event and if you would like to be part of it, it isn’t too late. More information can be found further on in the newsletter.

Until next time,

Your Principal, Bill Gillespie
AND THE AWARD GOES TO...

The K-2 Bronze and Silver Awards will be given to the students at the K-2 assemblies and the 3-6 Bronze and Silver Awards will be given to the students at the 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 his/her award at assembly, please contact the office first 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. The cut-off time each week is Thursday after recess. Thank you.

NOTE TO PARENTS: The children’s names listed below relate to TODAY’S assembly ONLY.

GOLD AWARDS

COOPER B  BROOKE K  BENINO L  LUKE P
LACHLAN F  ALEX K  EMMA M

EXCELLENT FULL TIME/PART TIME EMPLOYMENT OPPORTUNITY

Elanora Heights P & C are looking for an enthusiastic Canteen Manager to run our fabulous School Canteen in 2015. The position is offered as 7.30am to 2.30pm, Monday to Friday, but consideration will also be given to employment of a canteen assistant.

The Canteen Manager is responsible for the day to day running of the canteen, food preparation, rostering of volunteers, ordering supplies and banking.

This is a wonderful opportunity for someone looking for work that fits in with school hours and school holidays. The successful applicant will receive training from our current Canteen Manager in Term 4 of this year. For further details and a full job description please contact Louise England at maecon@bigpond.net.au.

Children Leaving EHPS in 2015

(Please return slip to Office.)

My child/ren will not be returning to Elanora Heights Public School in 2014.

Name ___________________________ Class _________

Name ___________________________ Class _________

Reason ________________________________________________

________________________________________________________________________

Signed______________________________ Date ________________

FORM
Kids Kafe Roster | To volunteer call 9913 2721

Just a reminder that there have been some slight price increases to our menu, all these have been updated on Munch Monitor and a hard copy is available from the canteen. Below is the roster for the next 3 weeks. We are still in need of helpers on quite a few days this term. **WE ARE IN NEED OF 2 HELPERS ON Friday 11th NOVEMBER**, so if anyone is able to help, please either call on the number below or drop by to see us. Our canteen strongly relies on our wonderful volunteers as we cannot operate without your help and we really do appreciate you giving up your precious time. **Also, if your child is no longer in a PSSA Sport**, please update their student profile on Munch Monitor to enable us to prepare their lunch at the correct time on Fridays so they do not receive it cold. If you need any help, please just let me know and I’d be happy to help. Thanks, Wendy.

### Weeks 3 to 5 – Term 4

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<th>TUE</th>
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<tr>
<td>Week 3</td>
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<tr>
<td>20/10</td>
<td>ANGIE K</td>
<td>KIM K</td>
<td>CAROLINE R</td>
<td>MANDY H</td>
<td>KATHERINE M</td>
</tr>
<tr>
<td>Week 4</td>
<td>LUCY K</td>
<td>RENATE R</td>
<td>SHARON C</td>
<td>DANNI Q</td>
<td>MARTHA J</td>
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<td>27/10</td>
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<td>24/10</td>
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<tr>
<td>Week 5</td>
<td>LUIZA P</td>
<td>NICOLE R</td>
<td>BARB LA G</td>
<td>ANGELA C</td>
<td>NEED HELP</td>
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<td>3/11</td>
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<td>7/11</td>
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To order school lunches online go to [www.munchmonitor.com](http://www.munchmonitor.com)
Use log in – username: Elanora and password: munch2101

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**DENTAL HEALTH WEEK** | **JENNY CULLEN**

Dentists urge: “Don’t let the Sugar Bandit rob your children of good teeth!”

*First the good news:* From the 1970s to mid 1990s, children’s rate of dental decay steadily declined. *Now the bad news:* From mid 1990s, the rate of decay in children’s teeth has steadily risen!

- 1 in 2 six year olds have decay in their baby teeth.
- 1 in 2 twelve year olds have decay in their permanent teeth.

In Children’s Dental Health Week (18-26 October) dentists are urging parents to take dental decay more seriously – a filled tooth is a weakened tooth, more likely to have a range of other problems over the years. Professor David Manton, of the Australian Dentist’s Association said: “While tooth decay is a chronic disease, for most it is almost entirely preventable. We can improve our children’s oral health by addressing the number ONE cause of tooth decay: the consumption of sugary foods and drinks on a regular basis.” Professor David Manton Oral

**Healthy nutritional and oral health habits are formed in childhood** – at home and at school give your child lots of fresh fruits and vegetables, water as a drink, and minimise processed or sugary foods and drinks.

**Snacks** – particularly avoid sugary or acidic snacks and drinks. The more often you expose teeth to sugar and acid, the more decay. Frozen iceblocks or slushies, fruit juices and soft drinks are often both sugary and acidic and are consumed slowly, maximising the exposure of the teeth to decay-causing ingredients. Teeth are rarely brushed after snacks, so it is particularly important to choose healthy snacks that do not leave decay-causing agents.

**Childhood dental health significantly predicts lifetime dental health.** Start now!

Keep smiling and choosing the best foods for your child’s lifelong good health.
RIDE-ON MOWER FOR SALE

2009 KABOTA 20hp T2080

Fair Condition. Used at school. For sale by tender. Bids are to be placed in a sealed envelope and received by the school by 3pm this Friday, 24 October. For further information and to inspect, please contact the school office on Ph 9913 7283.

ICAS AWARDS | VICKI BOSLER - ICAS COORDINATOR

We are delighted with the number of students in Years 2-6 who have participated in the ICAS tests this year. Normal practice would be to give these certificates out at a K-6 Assembly. However due to changes to the Assembly Timetable and the large number of awards to be presented, we have decided that these certificates will be given out at the next K-2 Assembly (Week 4) and 3-6 Assembly (Week 5) respectively.

Those students in Years 2-6 who achieved a Merit, Credit, Distinction or High Distinction in the ICAS Spelling, Writing, English and Mathematics Competitions will be given their certificates at these upcoming assemblies. Students who have been awarded a Participation certificate will be given their certificates at a morning assembly.

A note will be going home today to advise you if your child/children will be a recipient/recipients of one or more awards at these assemblies. We hope you can join us in celebrating these achievements.

Group Photos on Display

Group photos are now on display at the admin office and ready to be ordered. Ordering/payment can be made either on-line or at the office. The preference of our school is that orders and payments be made through the Web Portal as this reduces the administration and associated security issues related to the return of cash and envelopes.

The group photos available are: School Captains and Prefects, Debating, House and Vice Captains, K-2 Choir, Learning to Lead, Library Monitors, PCS Choir 3-6, Junior Band, Senior Band, Stage Band, String Ensemble, Guitar Group, SRC, and the Year 2 Boys Dance group.

The photos can also be viewed on the Advanced Life Photography website once you have entered the school code.

The photos are $14 each, if ordered on-line, or $18 each if paying by cash or cheque. To place an order visit www.advancedlife.com.au and enter the code MKE 2BF BQR. Should you prefer to place an order through the school office, envelopes will be available at the front office.

All online orders placed through Web Portal will be returned to school for collection.

MILK BOTTLE IGLOO

Before/After School Care are planning to build a milk bottle igloo this term as part of their Disney/Pixar day during the January school holidays. To be able to do this they are collecting empty (and rinsed out!) 2L milk containers with their lids. Please drop off your empty bottles in the crate left outside their rooms. Ali would be very grateful. Thank you.
Calling all Dads & Kids!

You are invited to EHPS’ annual

FATHER’S CAMPOUT!

Saturday 25th October 2014

The fun will begin on Saturday, 25th October when Dads and Kids arrive with their tents and sleeping bags and set up on the top oval for an overnight stay!

The evening will include a sausage sizzle cooked by our Dads and lots of camping fun before everyone retires for the evening.

Dads and kids will wake up to the smell of bacon & eggs for breakfast.

Last year this event was a huge success with over 80 tents. Let’s make it 100 this year!

Complete the attached registration forms
Navy Band Performance

This Wednesday, 22nd Oct 10am-12pm the Royal Australia Navy Band is visiting our school. The Navy Band will do a workshop with our Senior Concert Band at 10:00am followed by a morning tea break and then a concert for our school community at 11:15am.

Members of the Senior Concert Band are to bring their music and instruments as well as a plate of food (not containing nuts) to serve for morning tea. Please drop your food off at the canteen before school.
As always, we seek the help of parents to set up and serve morning tea, so if you are available please let Bec Heather know ASAP.

Dates for your Diary

There are a few band performances and activities coming up this term so we thought we would give you the heads up now so you can schedule the dates in your diaries before the silly season starts.

Monday 3rd Nov 2 - 2:30pm: Senior Concert Band Assembly Performance

Tuesday 18th Nov 7pm: EHPS P&C AGM

Tuesday 25th Nov 9am - 3pm: Blow Test for all Year 2 students (and any other students interested in joining band in 2015)

Thursday 27th Nov 7pm: Musicale Night (all ensembles to play including strings and guitars)

Friday 12th Dec 5pm: EHPS P&C Christmas Carol Evening (all ensembles to play including strings and guitars)
SKORTS ARE COMING!!

EHPS Uniform Shop is excited to announce that we will soon be stocking Girls Sports Skorts.

What is a skort!? It is essentially **a skirt with a pair of shorts hidden underneath.**

Our royal blue skorts will be made of a bi-stretch shell fabric (the skirt) which sits very nicely, maintains shape well and looks very presentable.

The internal fabric (for the inbuilt stretch bike pants) is predominantly made from organic cotton, making it super soft to touch and comfortable to wear. The skorts are perfect for sport and general playground activities. There is also a zip side pocket to keep lunch money safe! The dyes used in the skort are non-toxic and therefore garments are very gentle on the skin.

Sizes will be soon be available to try on and will sell for a fabulous $22!

Watch this space for more information.

KINDERGARTEN 2015 STARTER PACKS

EHPS Uniform Shop would like to offer **DISCOUNT STARTER PACKS** to children starting Kindergarten in 2015. Packs are available in sizes 4, 6 and 8 for Boys and Girls.

Order Forms are available from the school office and the Uniform Shop. Packs are available for a **LIMITED TIME ONLY – Oct 7th to Nov 30th 2014.**

Girls pack RRP $233.50 on sale for $210. Boys pack RRP $200.50 on sale for $185

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**Uniform Shop**

**Uniform Shop Coordinator** KATE DUTTON

**Open** on Monday & Thursday from 8.15am to 9.45am

**Purchase** in store or by order form available online. **Pay by** cash or card (Eftpos, Visa or Mastercard)

**Email**: ehps.uniforms@gmail.com

**Alterations & Repairs** by Michelle Sturrock (Dressmaker and parent), great rates on offer to Elanora families. Details are available at the Uniform Shop.

**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
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>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Boys Cricket</td>
<td>Fridays 8am – 8.55am</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Senior Girls Softball</td>
<td>Thursdays 8am - 8.55am</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Junior Boys Softball</td>
<td>Fridays 8am – 8.55am</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Junior Girls Eagle Tag</td>
<td>Wednesdays 3pm – 4pm</td>
<td>Top Oval</td>
</tr>
</tbody>
</table>

Training is cancelled if it is raining

PSSA Results

<table>
<thead>
<tr>
<th>SPORT</th>
<th>VERSUS</th>
<th>RESULT</th>
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</thead>
<tbody>
<tr>
<td>Senior Boys “A” Cricket</td>
<td>Wheeler Heights</td>
<td>Loss 61 - 59</td>
</tr>
<tr>
<td>Senior Boys “B” Cricket</td>
<td>Wheeler Heights</td>
<td>Win 74 - 46</td>
</tr>
<tr>
<td>Senior Girls “A” Softball</td>
<td>WE FORFEITED</td>
<td>Loss (Forfeit)</td>
</tr>
<tr>
<td>Senior Girls “B” Softball</td>
<td></td>
<td>Loss (Forfeit)</td>
</tr>
<tr>
<td>Junior Boys “A” Softball</td>
<td>AS OUR</td>
<td>Loss (Forfeit)</td>
</tr>
<tr>
<td>Junior Boys “B” Softball</td>
<td>BUS DID NOT</td>
<td>Loss (Forfeit)</td>
</tr>
<tr>
<td>Junior Girls “A” Eagle Tag</td>
<td></td>
<td>Loss (Forfeit)</td>
</tr>
<tr>
<td>Junior Girls “B” Eagle Tag</td>
<td>TURN UP</td>
<td>Loss (Forfeit)</td>
</tr>
</tbody>
</table>
ENROL NOW!!

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

Elanora Heights Public School
43 Elanora Road, Elanora Heights
FRIDAY Juniors: 6:00pm

Terrey Hills Community Centre
Yulong Ave, Terrey Hills
TUES Juniors: 6:00pm

Phone: 04 1300 4094

www.tkma.com.au

MAKE THE RIGHT CHOICE FOR
THE HEALTH OF YOU AND YOUR FAMILY

We specialize in allergies, eczema,
food intolerance, detox
and preconception care

Book on-line or call now 02 9913 9781

Contact Us
Green Door Health Natural Therapies
Shop 6, 68 Kaling Road
Elanora Heights NSW 2100
Find us on-line: www.GREENDOORHEALTH.COM
Call us free: 1800 991 9783
Top a free consultation if you are unsure of our modality that suits you.

MASSAGE, READINGS, PSYCHOLOGY

MEDITATION AND MUSIC

Learn Music on the keyboard in
2015
Elanora Heights Public School

Learn great songs!  Musical activities!  Cool music knowledge!

Enrol for 2015 or immediate commencement

Smart Kids LOVE Music!

1 Convenient school venue
2 Small group - 45 min weekly lesson
3 Competitive rate - $57 per session
4 Uniform included
5 Instrument not required initially
6 Music material provided

Please call 9411 3122 to enrol

Property of the Week
Architectural
Masterpiece With
Stunning Lake Views
Offers Over
$1,725,000
4 Bed | 4 Bath | 2 Car

CONNECT | Week 3 - Term 4
Products & Services advertised are NOT endorsed by Elanora Heights P.S.
RAISING RESPONSIBLE DIGITAL CITIZENS
With Leonie Smith the Cyber Safety Lady

Leonie Smith is one of Australia’s leading cyber safety educators and a mother of four. Learn how to keep your kids safe online.

• Screen time balance
• Safe social media
• Cyber bullying
• Smart phone safety
• Avoiding adult content

Tuesday 21 October
7 – 8.30pm
Bilgola Plateau Public School
Plateau Road, Bilgola Plateau 2107
FREE but bookings essential on https://www.surveymonkey.com/s/7VWWG59
For more information call 9942 2681.