**Our School News**

**Week 6 | Commencing 03rd March, 2014**

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**Don’t forget to visit our website at**
elanorahts-p.school.nsw.edu.au

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**Notes Home This Week**

**Student Representative Council’s:**
Parents (of SRC students) invitations

**PCS Choir:** Letter #2 - Choir Rehearsals

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**Weekly Reminders!**

**Blue/Purple Fruito/Vego:** send in blue and/or purple fruit or vegetables

**School Banking:** send bank books in on Wednesdays.

**Un-Named Lost Property:** Parents please label ALL of your child’s belongings and don’t forget to check for lost property at the office

**NB:** that items for this newsletter will NOT be accepted after 6pm on the preceding Thursday

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**Week 6 - Term 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon</td>
<td>03 Mar</td>
<td>K-2 Assembly</td>
</tr>
<tr>
<td>Tue</td>
<td>04 Mar</td>
<td>Scripture begins</td>
</tr>
<tr>
<td>Wed</td>
<td>05 Mar</td>
<td>School Banking begins</td>
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<tr>
<td>Thur</td>
<td>06 Mar</td>
<td>Blue/Purple Rainbow Fruito/Vego Day</td>
</tr>
</tbody>
</table>
| Fri | 07 Mar | PSSA Tag v Wheeler Hts @ Rat Park  
Cricket v Wheeler Hts @ Plateau Park  
Softball v Wheeler Hts @ Rat Park  
T-Ball v Wheeler Hts @ Rat Park  
AFL: EHPS A v B @ NSHS Grounds |

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**Week 7 - Term 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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| Mon | 10 Mar | 3-6 Assembly  
Zone Swimming Carnival |
| Tue | 11 Mar | 2015 Year 7 PCS Extension Classes Test @ Narrabeen Sports High 9.15am  
P&C Meeting 7pm |
| Wed | 12 Mar | School Banking Day |
| Thur | 13 Mar | AFL Paul Kelly Cup Gala Day  
2015 Selective High School Test |
| Fri | 14 Mar | PSSA Tag v Narrabeen Lakes @ Rat Park  
Cricket v Narrabeen Lakes @ Kitchener Park  
Softball v Narrabeen Lakes @ Rat Park  
T-Ball v Narrabeen Lakes @ Rat Park  
AFL v Wheeler Heights @ NSHS Grounds |
# Principal's Message

**Student achievement**
Recently Liam B (4W), Aspen L (4C) and Nikita L (2B) travelled to the South Coast to participate in the Huskisson Miniman Triathlon. The event involved a sea swim, bike leg and run. Overall, there were 265 participants in the 7-9 year old category. Our students had great fun and did really well with Liam finishing 6th, Aspen 49th and first timer, Nikita 114th. What a great effort!

Congratulations also to Bailey T (6P) who participated in the NSW State Cup Touch Football Competition in Port Macquarie. Bailey represented the U12’s Northern Beaches Renegades and was selected as Vice-Captain. After participating all weekend, Bailey and his team made it to the semi-finals but were knocked out, coming 17th in the State. Bailey was also lucky enough to be presented with the Coaches Award and was then selected for the Sydney Scorpions merit team. Well done Bailey!

**Boom Gate times**
Last week we had an incident when the driver of a white car decided to leave the school while children were walking up the track. I would like to remind parents that there is no vehicular access between 8:25 – 9:10am and 2:25 – 3:10pm even if the gate is raised. The safety of our students is of the utmost importance so please abide by these times.

**Calling all Kindergarten, Year 1, Year 3 and Year 5 Parents**
We need your help! On Sunday, 23 March from 10am to 2pm the school will be holding its first Working Bee for the year. We will need parents to assist with weeding, gardening, covering books for the library and possibly some painting. If you can come along we would love to see you. The day will finish with a BBQ for all workers.

**When lunch comes home again – uneaten**
Almost nine out of ten Australian parents say children’s resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches is one of the battlegrounds. But it’s a battle families can do without so visit [http://www.schoolatoz.nsw.edu.au/wellbeing/food/when-lunch-comes-homeagain](http://www.schoolatoz.nsw.edu.au/wellbeing/food/when-lunch-comes-homeagain) where you can find some simple steps to help avoid the conflict.

**Help with English**

**School and P&C fees**
The family Statement of Account should have arrived in your letterbox. I would like to thank everyone who has paid their fees. Our preferred method of payment is directly into the school bank account, details of which are at the bottom of your account. Please remember to use your child’s name as the reference. The schedule of fees is also available on the school website under the “Notes” tab for those who might have misplaced their original Statement of Account.

We would appreciate the early settlement of family accounts. For families who may be experiencing difficulty meeting these costs please feel free to call me to discuss payment options or assistance.

**Maths Working Bee**
Recently Mrs Lomas ran a series of maths information nights for our parents. As a follow up I would like to direct your attention to [http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics](http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics) where you will find some tips and suggestions to assist you child. Our Maths working bee will now be held in Week 8. Look out for more information next week.

**P&C meeting**
At the last meeting we had six new members come along and join the P&C. This is a fantastic effort. Our school cannot continue to run the extensive educational programs without the assistance of a strong P&C. Please come along and help us to continue to make this school a valuable education resource for the community. The next P&C meeting is next Tuesday, 11 March.

Until next time,

Your Principal, Bill Gillespie
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.

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**SILVER AWARDS**

ALEX K  
SABRINA G

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**BRONZE AWARDS**

DARCY A  
ANGUS C  
SAMUEL H  
JAYDEN MC  
TARY A-Z  
POPPY C  
LILY H  
RYAN MC  
MILES B  
TONY D  
DAISY H  
WILLAIM P  
COOPER B  
MADISON E  
KAI H  
RUBY S  
HARRISON B  
ELLA F  
HUDSON K  
LACHLAN S  
TASMAN B  
MICHAEL G  
DANIEL K  
BEN B  
TOBY G  
ALEX K  
KIANA B-H  
MAX H  
HOLLY L

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**Kids Kafe Roster** | To volunteer call 9913 2721

Here is the roster for the next three weeks. Saladas and Dip Pots are only available for recess orders via Munch Monitor. If you have ordered this for your child, please ensure you tell them to come to the canteen at recess to pick up their order where it will be waiting for them. All snacks are available at recess over the counter with payment either by cash or their Munch Monitor account. Don’t forget to sign up to Munch Monitor account (log in details below), if you haven’t already, for a convenient cashless ordering system.

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**Weeks 6 to 8 – Term 1**

<table>
<thead>
<tr>
<th>WEEKS 6 TO 8 – TERM 1</th>
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<tbody>
<tr>
<td><strong>MON</strong></td>
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<tr>
<td>FIONA F</td>
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<tr>
<td>ANGIE K</td>
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<tr>
<td><strong>WEEK 7</strong></td>
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<tr>
<td>RENATE R</td>
</tr>
<tr>
<td>KATHRYN V</td>
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<tr>
<td><strong>WEEK 8</strong></td>
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<tr>
<td>JUSTINE S</td>
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<tr>
<td>EMMA J</td>
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</tbody>
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To order school lunches online go to www.munchmonitor.com

Use log in – username: Elanora and password: munch2101
INTERESTED IN HELPING OUR STUDENTS EAT AND EXERCISE WELL? | Jenny Cullen

NO REPLIES FROM LAST WEEK...SO I’M ASKING AGAIN...

Join the parent/teacher committee – LLW@S aims to bring parents and teachers together to establish healthy habits in the children. To get your input we need a parent/teacher committee which would meet just once a term to discuss ideas and organise simple initiatives. Past parent input has led to initiatives such as Rainbow Fruito-Vego, labelling days, fruit kebabs as rewards and the Make Your Own Lunch Challenge which will be run again this year.

We would meet at 3.00pm, preferably Mondays, but this can be flexible.
If you are interested, please return note below:

___________________________________________________________________

LLW@S Parent/Teacher Committee

I am interested in being part of LLW@S committee.
Name:_____________________________Child’s name and class:________________
Email:___________________________________ Phone:____________________

I am available at 3.00 pm on  Monday Wednesday Thursday
I cannot attend at 3.00pm but am happy to help as I can. •
Particular skills or interests:___________________________________________

BLUE/PURPLE FRUITO-VEGO | (Martha Leonard – Wholistic nutritionist @ deliciousnutrition.com.au)

When: Thursday, 6th March

Rainbow Fruito-vego is one way we encourage children to try new fresh foods by focusing on just one colour at a time. On Thursday please send blue-purple fruit and vegies e.g. blueberries, plums, purple grapes, cherries, dark nectarines, purple lettuce or cabbage, purple basil, purple carrots, kohlrabi, purple cauliflower or, as an exception to the requirement for only raw food, try eggplant or purple sweet potato. Martha Leonard is a nutritionist and ex-parent of Elanora who suggested the idea of Rainbow Fruito-vego and has provided nutritional information to support it.

Blue/Purple Foods

Blue/purple foods get their colour from a phytochemical called anthocyanin. Anthocyanin is a water soluble pigment. It is often found in the outer layer of the fruit/vegetable, i.e. in the skin. Plants produce phytochemicals such as anthocyanin to fight off diseases, insects and to perform biological functions. When we eat those foods, anthocyanins are also beneficial to us. They confer protection against age-related conditions such as cardiovascular disease, cancer, diabetes and obesity. Anthocyanin even helps us see in the dark!
So remember, if you want to stay young and see in the dark: think blue foods!!!

Examples of blue/purple foods:
Blueberries, plums, purple grapes, sweet cherries, purple cabbage, eggplant, purple basil, purple carrots, purple sweet potatoes, kohlrabi, and purple cauliflower.

Blueberry smoothie:
½ cup of frozen blueberries, 4 ice cubes, ½ banana, 1 cup of pineapple juice or milk, 1 squirt of honey. Mix all ingredients in a blender. Delicious - Enjoy the colour and the taste!
SCHOOL BANKING
Thanks to our two wonderful mums, Lucy Kelly and Fiona Freund, who have kindly volunteered to take over school banking from Mrs Chessell. School banking will once again be done every Wednesday starting this week.

Students are to give their bank books to their teacher at the beginning of the day and the bank books will be returned to them on Thursdays. Please make sure that the deposit slips are filled out correctly and that the correct money is in the pocket.

2014 STUDENT REPRESENTATIVE COUNCIL

K-6 Assembly
On Monday, 17th March (Week 8) at the K-6 Assembly, the 2014 Student Representative Council (SRC) members will be presented with their SRC badges. Parents of students who have been elected as their class representatives are invited to attend this assembly. An invitation will be sent home today.

Ms Vicki Bosler
Assistant Principal and SRC Coordinator

FANTASTIC READERS

Thank you for helping to Raise Readers!
K-2 FANTASY DISCO TUESDAY 25 MARCH

Parents are encouraged to stay for duration of the disco. A sausage sizzle will also be available under the K-2 Cola area for parents and siblings and of course our hungry disco dancers. Sausages and drinks will be available from 6pm onwards. (Only K-2 students will be allowed admittance into the disco)

$10 ENTRY (INCL SURPRISE GIFT)

Please return this section to school in an envelope marked “Social Committee – K-2 Disco”

Child’s Name:(1) ________________________________
Class: _______________________________________

Child’s Name:(2) ________________________________
Class: _______________________________________

TOTAL PAYABLE: $ ____________________________

Payment Method:(Please circle)

Cash / Credit card (Visa / Mastercard Only)

Credit card payments:
Cardholder name: ________________________________
Expiry: ________________________________
Card Number: ________________________________

I authorise EHPS P&C to debit my nominated credit card $ ___.00

Cardholder Signature: ________________________________

Cardholder contact number ________________________________

K - 2 DISCO WEDNESDAY 26 MARCH
5.30 - 7.00PM
DRESS FANTASY

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
**Parent Helpers**
The Band is getting to grips with its relocation to the Hall.

We seek the help of band parents for the following contribution:

**Tuesday Mornings:**
~ Yippee!! Welcome aboard Jo G, Max H’s mum who can assist with set up at 7.30 and supervise students until Frances arrives.

**Tuesday Afternoons**
~ Boo hoo :– ( No one yet. Arrive at 2.50pm to set up Flutes for Beginner lessons and assist Frances with any requirements prior to lessons. No requirement to stay.

**Wednesday Mornings**
~ Hurrah! This position is filled. A gazillion thank yous to Melissa B, Tasman F’s mum, whose contribution will make a huge difference to the morning rehearsal.

**Thursday Afternoons**
~ Hooray!! Bec T, Jess and Libby’s mum will help to set up Woodwind for Intermediate and Senior Band and assist Frances with any requirements prior to lessons.

**Tuesday and Thursday Afternoons**
At the end of each rehearsal session all the chairs, drum kits and stands are put away. Frances no longer has the capacity to do this. She is still recovering from a major health event, but irrespective of this, she is engaged by the Committee to teach music, not haul furniture and kit around. We assume band students are collected by their parents at the end of the last rehearsal session. We’d like to see you. Come into the hall and give a hand. Five minutes of your time, a mere blink. Metaphorical beers and roses will be handed out to those who assist.

A number of parents have volunteered to assist and we thank you. We do need more; please contact me at tim.cowdery@gmail.com if you can help.

**Band Camp**
A massive cheer for Kelly Hindman who has volunteered to coordinate Band Camp on 7 and 8 April. A metaphorical case of champagne (Krug Clos d’Ambonnay) and 4 dozen metaphorical roses (long stemmed, mixed) are on their way.

**Band Camp Auditions**
ALL Senior and Intermediate Band students will audition for Band Camp. This is to ensure that students receive appropriate tuition for their skill level and every student leaves camp a better musician. We will email details of the audition to parents shortly.

**Instruments**
This advice covers all instruments and certainly covers hire instruments.

If something goes wrong with an instrument do not attempt to fix or repair it. Leave the pliers and the oxy-acetylene kit in the cupboard.

Bring the instrument to your next rehearsal and have it assessed. A fix on the spot, advice or repair will be organised at this point.

**Instrument Spares**
Cleaning kits, valve oil, reeds and the like are available from Mona Vale Music, 55 Basset St and Mall Music at Warringah Mall. Frances carries spare reeds for beginners.

**Northern Sydney Symphonic Wind Ensemble (NSSWE)**
NSSWE currently has vacancies in their Primary bands for most instrument groups.

Go to:  www.nsswe.org.au and register your interest. Generally require AMEB 2 or greater.

Rehearsals are on Tuesday afternoons at Forest High from 4.30 to 6.15.

**Thank yous**
To the Petch family for their generous donation of a keyboard to the Band and to Luke P (6P) and Sam K (5/6R) for their enthusiastic assistance with the Lunchtime Percussion Group.
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 Girls Pittwater Tag</td>
<td>Wednesdays 3pm – 4pm</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Junior Girls T-Ball</td>
<td>Fridays 8am – 8.45am</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Senior Boys Softball</td>
<td>Fridays 8am – 8.45am</td>
<td>Top Oval</td>
</tr>
<tr>
<td>Junior Boys Cricket</td>
<td>Thursdays 8am – 8.45am</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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<tbody>
<tr>
<td>Senior Girls Pittwater Tag A</td>
<td>CANCELLED</td>
<td></td>
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<tr>
<td>Senior Girls Pittwater Tag B</td>
<td></td>
<td></td>
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<tr>
<td>Junior Boys Cricket A</td>
<td>DUE TO</td>
<td></td>
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<tr>
<td>Junior Boys Cricket B</td>
<td></td>
<td></td>
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<tr>
<td>Senior Boys Softball A</td>
<td>WET</td>
<td></td>
</tr>
<tr>
<td>Senior Boys Softball B</td>
<td></td>
<td></td>
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<tr>
<td>Junior Girls T-Ball A</td>
<td>WEATHER</td>
<td></td>
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<tr>
<td>Junior Girls T-Ball B</td>
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Uniform Shop

Chairbags have arrived at the 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

Uniform donations are most welcome as Second hand uniforms are in demand!
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

Our school is part of the

Peninsula Community of Schools

DANCE ARENA
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BEGINNERS TO ADVANCED
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CONTEMPORARY

Katherine Ward
PAADTA AWST
ACBA,Cassetti
Royal Academy of Dance
Registered Teacher 113922

99712244
ENROL NOW
ESTABLISHED 1989

SYDNEY SWANS 2014
FAN DAY
FREE ENTRY
11AM - 2PM MARCH 9, 2014
THE SHOWNS, ENTERTAINMENT QUARTER, MOORE PARK

COME AND TRY AFL in 2014
Fun, Fitness and Friends
Pittwater Junior AFL Club has a team in the 2014 All Girls Comp.

• Emphasis on skill, fitness and fun!
• Bring your friends or meet new friends!
• All coaches AFL accredited!
• Modified rules for safety and skills development!
• No experience needed, we will teach you!
• Games are played on Sundays
• Season runs April to September, training starts March 2014
• Seeking new players born in 2000, 01, 02, 03.
Pittwater Tigers is a successful, friendly and well established family club

Contact Us:
T: Peter Francis - Girls Manager 0417410902
T: Mike Lay President 0407 999 911
e: pittwaterlgsa@gmail.com
w: www.pittwaterlgsa.com.au
Narrabeen Football Club is looking for girls to join our W13 & W14 soccer teams playing on Sunday mornings in the all-girls competition. Do you still want to play another sport on Saturdays and play soccer also? Well this is your chance! Or if you are a Mum wanting to play W035's we would love to hear from you.

For further information please contact: nfc.ladiescoordinator@gmail.com or phone Vicki on 0401 716 257.