Our School News
Week 8 | Commencing 16th June, 2014

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

Notes Home This Week
Wombat Stew Excursion: Year 1
NB: If you have misplaced a note sent home, please check our website (notes tab) first where most notes are uploaded

Weekly Reminders!
P&C Meeting: Tuesday June 17, 7pm
2B & 2J Excursion: To CEC Tuesday 24th June
Canteen Closed: Thursday, June 26 due to School Athletics Carnival
School Banking Send bank books in on Wednesday
Un-Named Lost Property: Parents, please come and check
NB: that items for this newsletter will NOT be accepted after Thursday

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.

Week 8 - Term 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon</td>
<td>16 Jun</td>
<td>K - 6 Assembly Life Education - all week Year 3 Excursion to Botany Bay Kindy 2015 School Tour</td>
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<tr>
<td>Tue</td>
<td>17 Jun</td>
<td>Canteen Fun Day P&amp;C Meeting 7pm</td>
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<tr>
<td>Wed</td>
<td>18 Jun</td>
<td>K-2 Gym School Banking Day</td>
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<tr>
<td>Thur</td>
<td>19 Jun</td>
<td>K-2 Gym Orange Fruito-Vego</td>
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<tr>
<td>Fri</td>
<td>20 Jun</td>
<td>K-2 Gym PSSA Rugby League v Narrabeen North @ Narrabeen Reserve #4 Soccer v Collaroy Plateau @ Kitchener Park Netball v Collaroy Plateau @ Boondah Oval</td>
</tr>
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Week 9 - Term 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon</td>
<td>23 Jun</td>
<td>Life Education K-2 Gym</td>
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<tr>
<td>Tue</td>
<td>24 Jun</td>
<td>Life Education Sydney Swans Visit - stage 2 2B &amp; 2J Excursion to Coastal Environment Centre</td>
</tr>
<tr>
<td>Wed</td>
<td>25 Jun</td>
<td>REPORTS SENT HOME K-2 Gym School Banking Day</td>
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<tr>
<td>Thu</td>
<td>26 Jun</td>
<td>CANTEEN CLOSED School Athletics Carnival K-2 Gym</td>
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<tr>
<td>Fri</td>
<td>27 Jun</td>
<td>K-2 Gym NO PSSA Last Day of Term</td>
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PRINCIPALS MESSAGE

Reports handed out next Wednesday
As you know from my messages in the last couple of weeks, this year we have changed the structural format of our reports. English and Mathematics comments and grades are still on the second page. On the third page we have all the other Key Learning Areas (KLAs) with assessment indicators rather than comments and appropriate grades beside them. On the last page we have included a general comment to enhance our commitment to learning and behaviour indicator boxes.

This year we are also implementing the first of the major changes to Australia’s curriculum, the new English syllabus. This document maintains all the important emphasis of the former syllabus, that is: learning to read, write and spell proficiently. The new aspects of the syllabus are also welcome: a move towards analysing different types of texts to persuade, entertain and inform us.

All these changes have necessitated modifications to our reporting template. For this reason, our reports will be handed out next Wednesday, June 25, not Monday June 23. Your understanding is appreciated.

P & C Meeting
Tomorrow we are holding our P&C meeting at 7pm in the staffroom.

PCS Art Exhibition – Wednesday June 25
Come along and enjoy the Peninsula Community of Schools (PCS) “Land Beyond the Sands Art Exhibition” next Wednesday, June 25 from 5pm – 7pm at Mona Vale Public School. This exhibition is part of the Guringai Festival, showcasing student artwork from Kindergarten to Year 12 across the 13 PCS schools. It is also part of our NAIDOC Week celebrations. The official welcome will be held at 5:30pm. Guests and visitors are asked to donate a gold coin on entry with all money raised from this event going to support the Literacy Backpacks initiative, aimed at improving Aboriginal youth literacy.

Gala Day
Congratulations to all the teams that competed at the combined zones gala day last Friday, and to all the teachers who attended. This is always a big day for everyone involved. Special mention should go to the senior netball girls team and Miss Clydsdale for their wonderful achievement in reaching the semi-finals. Well done!

Ghosted enrolment form returns
If you have a ghosted enrolment form for Kindergarten 2015 could you please return it to the office by the end of term if possible.

Chicken Pox
Please be aware we have a student in year 1 with chicken pox. If your child is not immunised, please take the appropriate precautions.

OPEN DAY 2014
2014 marks the 60th anniversary of the first Education Week, from Monday 28 July to Friday 1 August, and the theme is “Lighting the way to a better world”. At Elanora Heights PS we will be celebrating with an OPEN DAY on Wednesday 30th July.

Everyone is welcome – mums, dads, grandfriends, ex-students, community members. To alleviate some of our parking issues, we have arranged to use the parking area at Narrabeen RSL club and will provide a shuttle bus service to and from the front steps of the school during the event which will run from 9:30am – 12:00pm. More details will be following soon. WATCH THIS SPACE!!

Until next time,

Your Relieving Principal, Laurinda Lomas
**Kids Kafe Roster | To volunteer call 9913 2721**

Tomorrow is our “Canteen Fun Day“. There will be a sausage sizzle, **PRE-ORDER ONLY** and we will also have treats available at both, recess, **COUNTER SERVICE ONLY** and lunch, either along with your pre-order or counter service. The sausages will be purchased from Devitts Meats and are Gluten Free. The Honey Joys will be made following the “Kelloggs” Recipe. A full list of ingredients is available on request. The Canteen Fun Days help us raise some much needed funds that goes back to our precious kids. Your support is greatly appreciated. Thanks, Wendy.

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**Weeks 8 and 9 – Term 2**

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<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<th>FRI</th>
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<tbody>
<tr>
<td>Week 8 16/6 – 13/6</td>
<td>LUCY K</td>
<td><strong>CANTEEN FUN DAY</strong>&lt;br&gt;ANGIE K&lt;br&gt;PAULA B&lt;br&gt;LOU E&lt;br&gt;ANTHEA D&lt;br&gt;YVETTE B</td>
<td>BARB LA G</td>
<td>ANGELA C</td>
<td>KYM G&lt;br&gt;KATHY S</td>
</tr>
<tr>
<td>Week 9 23/6 – 27/6</td>
<td>GEORGIA D</td>
<td>DONNA P&lt;br&gt;ELISA P</td>
<td>KATE McG</td>
<td><strong>CANTEEN CLOSED DUE TO THE ATHLETICS CARNIVAL</strong></td>
<td>REBECCA C&lt;br&gt;JENNY T</td>
</tr>
</tbody>
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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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**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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**GOLD AWARDS**

TIMOTHY K  MONTANA W
MANLY ALL SCHOOLS GALA DAY

Rugby League  |  Clare Hagon
The Junior and Senior teams played some tough games. It was very close and the Juniors missed out on the semis by 1 point! Well done to all the boys and thanks to the parents who came to support our teams. A special thanks to Gina Whelan who managed the Junior team.

Soccer  |  David Waters
The boys battled hard against some tough competition and were unlucky not to have a win. Well done boys for your efforts.

Netball  |  Abby Clydsdale
The senior girls played extremely well and won all four of their pod games. They went on to the semi finals and lost by 1 point, missing the grand final. The Junior girls won three of their four pod games and were unlucky not to make it to the semis. Congratulations girls!

3-6 ATHLETICS CARNIVAL 2014  |  JONO ROSCONI

Our annual school Athletics Carnival will be held on 26th June, 2014 commencing at 8.30am. This year to reduce the cost to families we are asking parents to drop students directly to the Academy of Sport, Wakehurst Parkway, Narrabeen.

Years 3 - 6 are involved and any 8 year olds in Year 2 who are experienced 100m runners are also invited to participate

Students are to be dropped off and signed in at the Academy gate at 8:00am for an 8:30am start.

The first event is the 800m timed finals. Students will return to school by 2.30pm School sports uniform (optional – plain t-shirt (no logos) in the appropriate house colour) is to be worn as well as a school hat and sunscreen. Students must run in sport shoes and spikes may be worn in all events except the 800 metres.

Please bring your morning tea, lunch and drinks (plenty of water) and a canteen will be operating at the venue.
Please send orange fruits or vegetables this Thursday for our next Rainbow Fruito-Vego. Each term we highlight the nutritional value of one or two particular colours, and the importance of eating a wide range of fresh foods. Oranges and mandarins are fresh and juicy at the moment, or how about paw-paw, rock melon, persimmon or fuji fruit, carrot, sweet potato or pumpkin wedges ...? While Fruito-Vego is usually meant to be only RAW fresh food, cooked sweet potato or pumpkin is welcome on Thursday to increase the range of foods the children taste and see. Nutritional information is provided by Martha Leonard, ex-Elanora parent and nutritionist.

**Orange Foods** | Martha Leonard – Wholistic nutritionist @ deliciousnutrition.com.au

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.

**PARENT-STAFF LIVELIFEWELL@SCHOOL COMMITTEE –**

First meeting Wednesday 25th June at 3.00pm in staffroom

Would you like to support LiveLifeWell@School?

Join the parent/teacher committee – LLW@S aims to bring parents and teachers together to establish healthy eating and exercising habits. We need a parent/teacher committee 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 in Term 3 for Years 3-6. Parents are needed to make this project possible.

A few people volunteered in Term 1 and I apologise for the delay in calling people together. But now is the time and we need more of you! Meetings will only be occasional as needed.

If you are interested, please return note below if you have not already done so in first term:

_____________________________________________________________________________________

**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 Wednesdays [ ]
I cannot attend at 3.00pm Wednesdays but am happy to help as I can [ ]
I would like to help with the Make Your Own Lunch Challenge for Yrs 3-6 [ ]

Particular skills or interests: __________________________________________________________
**VOLUNTEERS NEEDED!!**

**PARENTS & FRIENDS OF ELANORA**

**CAN YOU HELP??????**

Next term we need volunteers to help with the Intensive Reading program for some Year One and Year Two students. We need help on Tuesday, Wednesday, Thursday and Friday mornings.

It requires that you work with four students on an individual basis from 8.55am – 10.55am and a teacher will be with you at all times. Training will be provided on Thursday, 26th June at 2.30pm in the Stellar Room.

Your help will be very much appreciated by students and staff. If you can assist, just ring the office on 9913-7283 as soon as possible, and we will return your call.

We urgently need your help! Thank you

P.S. Tea and Coffee provided

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**Northern Beaches Instrumental Festival**

The Intermediate and Senior Bands are performing at Pittwater High School next Sunday, 22 June as a part of the Northern Beaches Instrumental Festival. Unless alternative arrangements have been organised we ask that **all Band members assemble from 8.50am** to ensure the Band is grouped and to allow for what may be tight parking and a longer than expected walk to the Pittwater High Hall. Our performance slot commences at 9.00am and all band members should be in the Hall by this time.

Tickets for the performance are available at the door at $5.00 per adult, $3.00 concession or $10.00 per family. There are no limits on tickets.

The Band will play in full Band uniform, i.e.

- Band T-shirt
- Long black pants
- Black shoes
- Black socks
- Long hair tied with gold or yellow ribbon

The Strings Group will perform on Saturday, 21 June in Session 2: Arrive no later than 3.20pm for the 3.30pm to 5.00pm Session

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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.

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**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
IN FOCUS

Peninsula Community of Schools
Land Beyond the Sands Art Exhibition
Mona Vale Public School
25th June

You are invited to attend the Peninsula Community of Schools Art Exhibition in celebration of the Guringai Festival

“Wellness and Wellbeing for all People”
Please come along and enjoy the “Land Beyond the Sands Art Exhibition” showcasing student work from Kindergarten to Year 12 of the Peninsula Community of Schools. The collection of artworks reflect the Guringai Festival’s theme: “Wellness and Wellbeing for all People”, the Reconciliation theme “‘Let’s Walk the Talk’” and the 2014 NAIDOC theme “Serving Country: Centenary and Beyond”

Where: Mona Vale Public School
Waratah Street Mona Vale

When: Wednesday 25th June

Time: 5:00pm – 7:00pm (Official Welcome at 5:30pm)

Admission: Gold coin donation
(Funds raised support Literacy Backpacks)

Enquiries: sharon.smithies@det.nsw.edu.au

Proudly sponsored and supported by Transfield Services

One Toot Flute for sale!
Pearl 525E Quantz Advanced Student Flute. RRP $1130. Selling for $700. This flute is brand new - my daughter played it ONCE at her flute exam last year. Comes with lined shoulder bag and cleaning cloths. Please call Laurinda Lomas at school – 9913 7283.
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>Senior Boys Rugby League</td>
<td>Wednesdays Fri</td>
<td>Top Oval</td>
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<tr>
<td></td>
<td>2.55pm - 4pm, 8am – 8.45am</td>
<td>Top Oval</td>
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<tr>
<td>Junior Boys Rugby League</td>
<td>Wednesdays</td>
<td>Top Oval</td>
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<td></td>
<td>2.55pm - 4pm</td>
<td>Top Oval</td>
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<tr>
<td>Senior Girls Soccer</td>
<td>Fridays</td>
<td>Middle Oval</td>
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<td>8am – 8.50am</td>
<td>Middle Oval</td>
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<td>Junior Girls Soccer</td>
<td>Fridays</td>
<td>Middle Oval</td>
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<td>Senior Boys Soccer</td>
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<td>Junior Boys Soccer</td>
<td>Thursdays</td>
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<td>8am – 8.45am</td>
<td>Top Oval</td>
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<tr>
<td>Senior Girls Netball</td>
<td>Thursdays</td>
<td>Netball Courts</td>
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<td>7.50am – 8.25am</td>
<td>Netball Courts</td>
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<tr>
<td>Junior Girls Netball</td>
<td>Thursdays</td>
<td>Netball Courts</td>
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<td>8.25am – 8.45am</td>
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Training is **cancelled** if it is raining.

# PSSA Results

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<tr>
<th>SPORT</th>
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<tr>
<td>Junior Boys Rugby League</td>
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<tr>
<td>Senior Boys Rugby League</td>
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<td>Junior Girls Soccer</td>
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<tr>
<td>Junior Boys Soccer</td>
<td>SEE</td>
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<tr>
<td>Senior Boys Soccer</td>
<td>WRITE-UP</td>
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<tr>
<td>Junior Girls A Netball</td>
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<td>Junior Girls B Netball</td>
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<tr>
<td>Senior Girls A Netball</td>
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<tr>
<td>Senior Girls B Netball</td>
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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

THE GYM FACTORY
DROP INTO THE GYM FACTORY
BEFORE JUNE 30th AND QUALIFY FOR A
FREE 8-WEEK BODY BLAST PROGRAM!!

- 10/3 Vuko Place, Warriewood 2102
- membership@thegymfactory.com.au
- 02 9002 0322
- www.thegymfactory.com.au

DANCE ARENA
SCHOOL OF DANCE
ELANORA HTS
TERREY HILLS
BEGINNERS TO ADVANCED
CLASSICAL
H.S.C. DANCE
TAP
JAZZ / HIP-HOP
CONTEMPORARY

Katharina Ward
BA DTL Teach AISTD
ACBA Costume
Royal Academy of Dance
Registered Teacher 112922

9971 2244
ENROL NOW
ESTABLISHED 1989
One Weekend Can Change The World

The Weekend to End Women’s Cancers™ benefiting The Chris O’Brien Lifehouse is a 2-day, 60-kilometre walk through Sydney.

My name is Natasha Greenow (Mum to Toby- 1S and Flynn – KJ), I am walking to honour the memory of my Aunty who lost her battle to Cancer and for all of my fellow sisters, mothers, grandmas, daughters, nieces, and friends everywhere.

Be a part of my journey - by giving, walking with me, or simply by sharing my story with your circle of friends.

To donate or find out more about the event go to www.endcancer.org.au and enter my name.

Not only will your donation support a great cause, you will receive a tax deductible receipt for this financial year. Together we can beat cancer!
THE LAKES CATHOLIC PARISH OF ST JOSEPH’S NARRABEEN AND ST ROSE COLLAROY PLATEAU
FAMILY BASED SACRAMENTAL PROGRAM

The 2014/2015 Family Based Sacramental Program is due to commence soon. To be eligible for enrolment in this program your child needs to be baptised and at least in Year 2 at School. An information evening about the program will be held in St Rose Church, 4 Rose Avenue, Collaroy Plateau, at 7pm on Monday 21 July 2014. If you are considering enrolling your child in this program it is essential to attend this information evening.

It would be helpful for you if you went onto the parish website www.lakesparish.org.au click on Sacraments and subscribe at the end of the page. This will enable us to send you updates and reminders about the Sacramental Program. However it is very important that you attend the information night if you want to enrol your child/ren in the program.

The Lakes Parish Sacramental Team