



On The Grapevine

A quality education in a caring, innovative environment

September 2013 (Issue 1)

Lots of new computers

Our computer lab in the library is now equipped with 29 new computers. The computers previously in the lab are now in the classrooms.

PDHPE

Table Tennis Lessons



We were delighted to have a visit from Andrew Hill who promotes active lifestyles for students with a special focus on indoor activities. Andrew and his team demonstrated table tennis techniques using our recently acquired equipment. We now have 2 tables, with 2 more to be delivered along with a ball machine. We will be entering a team in the interschool Bennelong Cup competition later this year.



Professional development

Miss O'Flaherty and Miss Lodewijks attended the Active After-School Communities Coaching Program at The King's School in Parramatta. Read their report on page 4 of this newsletter.

Mrs Brown and Mrs Hungerford are currently developing a *Live Life Well Action Plan* and presenting workshops for the staff after attending a 2 day workshop on physical activity and nutrition. Crunch and sip is an integral part of implementing the action plan and we appreciate that so many families ensure their children have fruit and vegetable snacks for the crunch and sip breaks.

In the classrooms

First Aid Course for students

Looking out into the playground on Tuesday lunchtime we were greeted with the sight of many students with bandaged arms and arms in slings. I am glad to report that it was not the result of any accidents. Years 3, 4 and 5 had just completed a first aid course where they learnt about the first response in an accident situation, how to control external bleeding and bandage wounds. Each child also received a mini first aid kit.



Making yummy ice-cream

Our Kindy class made ice cream as a procedural activity. They mixed cream with vanilla and sugar and shook the mix in a bag of ice. The best part was tasting the ice-cream.



Foyer display



Year 6 have decorated the office foyer, taking inspiration from their recent camp to Brewongle Environmental Education Centre where they learned how to throw a boomerang. The boomerangs were decorated using the colours and many of the design elements of the Darug people, the original custodians of the Brewongle land and the land that our school is built on.

Eating veges from our garden

3/4H prepared and ate fried rice using broccoli and spinach grown in their class garden. Onion, carrot, capsicum, beans and celery were also added. Orlando summed up how much he enjoyed eating the rice when he commented 'It doesn't get any better than this' and Jack said 'I don't like this, I love it.'



Maths in the School Grounds

On the 27th of August, the Year 5 Maths Group went out to measure the boundary of the school. We used trundle wheels and took turns using them. Everybody had slightly different measurements so Mrs Brown calculated an average and rounded the measurements. We spent our whole maths session doing this. We also included the carpark and preschool measurements. We ventured into some places of the school that people rarely visit!

The next day, we calculated both the perimeter and area of our school. We calculated that the perimeter was 700m and the area was 25 400 square metres (25 400 m²). Some students converted the area to hectares (2.54 ha) and square kilometres (0.0254 km²). We estimated the school was around 2.5 hectares and also found out that the shape of our school is an irregular octagon. We discovered that our school's area multiplied by 40 would be approximately 1 square kilometre (1km²).

Jennifer: "I never knew our school was so huge!!"

By Em Z and Jen K

Youth Liaison Officer Visit



Constable Jammel visited to talk with the students about stranger danger and strategies for staying safe.

When crossing the road

- Stop
- Listen
- Look left and right
- Cross with an adult



Girls Winter Uniform Option

How gorgeous do our girls look in their winter uniform with the peter pan collared blue shirt which is now available for order from the uniform shop?

This shirt looks very smart and is a cooler option than the skivvy as the weather becomes warmer.

"We find that the skivvies get really hot and then uncomfortable in the classroom.

The benefit of the Peter Pan collar shirt is that it is much cooler and not itchy.

The shirt also looks smarter." Maeve and Jade H

Sustainability for the Future

The students in the Academically Gifted Class have been invited to present at the 2 day Youth Eco Summit (YES) in October at Sydney Olympic Park.

We have also applied to take a school leadership team to this exciting event.

Youth Eco Summit (YES) 2013 is a unique, curriculum-based sustainability event that promotes student leadership and showcases sustainability achievements and practices in both primary and secondary schools.

YES will showcase sustainability in many forms including Business Innovation, Skills for the 21st Century, Agriculture, Social Inclusion & Equity, Strengthening Communities, Health and Well-being, Arts & Culture, Environment, Resource Management, Media & Communications and Advocacy.

Celebrating the Arts

Ms Ivanek and I had a wonderful evening at the Celebrating the Arts performance on Wednesday night. We enjoyed the performances from many local schools and the combined choir sounded amazing. Congratulations to Phoebe who featured as a soloist. We spoke with lots of proud parents that night! Such wonderful opportunities are available because of the dedication and hard work of our amazing music coordinator Mrs Lesley Coker. Thank you Mrs Coker!



School photos

School photo days are Wednesday 16 and Thursday 17 October. For your convenience we have attached a copy of the photo packages available so you can consider your options. Please see page 5 of this newsletter. The envelopes will be sent out closer to photo day with a reminder of uniform requirements.

Thank you to our volunteers

A huge thank you to the following people who helped out at the P&C Bunnings BBQ. This fundraiser made a profit \$987.

Troy Williams, Ralph Garcia, Jaheda Garcia, Rene Thomas, Jennie Spenceley, Cleudiane Da Costa, Melissa Welsh, Carol Piper and Family, Irene Aylward, Pete Aylward, Pete Mills, Jenny Snell, Inga Nicolson, Sue Barber, Pete Barber, Melinda Matthews and Simon Matthews.

It is not too late to volunteer for the Election Day stalls!

Keryn Hinchcliffe

Principal
6 September 2013

Dates For Your Diary

11 September	Planting trees excursion to Abbotsbury
12 September	Friendly debate
19 September	Talk like a Pirate day – Year 6 fundraiser
20 September	Last day for term 3
8 October	Students and staff return for term 4

Staff professional development

On Wednesday 4 September, we attended the Active After-School Communities Coaching Program at The King's School in Parramatta. It was a fantastic learning opportunity where we learnt about "Playing for Life". This idea focuses on using games to teach new skills in sport which results in incidental learning rather than direct coaching from the teacher/coach. We also received some fantastic resources that we will share with the staff and begin to implement during infants sport.

Miss L and Miss O

Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.



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: <http://napcan.org.au/>

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'Loughlin.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong>

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: <http://educationequals.com/what-you-need-to-know-about-learning-maths-in-high-school/>

SCHOOL PHOTOS

RYDALMERE EAST PUBLIC SCHOOL				PS BOOKLET	
Wednesday 16th & Thursday 17th October 2013					
NAME OF STUDENT _____		Class _____			
Home/Mobile _____		Email _____			
I give my permission for my child's name to be included underneath the class/year group photograph. If I do not wish my child's name to appear I will notify the school in writing IMMEDIATELY.					
PBVG \$39					<input type="checkbox"/> x \$39.00 = \$
PBG \$34					<input type="checkbox"/> x \$34.00 = \$
PBI \$32					<input type="checkbox"/> x \$32.00 = \$
BOOKLET ONLY Contains: Group Photos, Individual Portrait & more. Only \$22.00		KEYRING Photo Included		MUG 1 for \$18.00 2 for \$30.00	<input type="checkbox"/> x \$18.00 = \$ <input type="checkbox"/> x \$30.00 = \$
		FRIDGE MAGNET Photo Included		MOUSE MAT Photo Included	<input type="checkbox"/> x \$6.00 = \$ <input type="checkbox"/> x \$18.00 = \$ <input type="checkbox"/> x \$15.00 = \$
PLEASE NOTE: YOUR PAYMENT BY CHEQUE MAY NOT BE PROCESSED IMMEDIATELY If you have any concerns upon receiving your photos, please call us directly at The School Photographer on (02) 9674 9824 (NOT YOUR SCHOOL) ONLINE PAYMENTS—please go to our Website www.theschoolphotographer.com.au					TOTAL ENCLOSED \$ (Include GST)
ONLINE PAYMENTS—please enter your 6 digit ORDER NUMBER					<input type="text"/>

REPS P&C Cake Stall & Sausage Sizzle ELECTION DAY Saturday 7 Sept

8am to 12.30pm

Voting is at the school for the Federal Election on Saturday 7 September.

This is a chance to show off our school and raise some funds, so the P&C is hosting a

Sausage Sizzle Cake Stall Garden Stall

Raffle & Guessing Competition Tea/Coffee/Drinks

WE NEED YOU !!!

Volunteer to help on the day (just an hour or so)

Bake some cakes, slices or biscuits to sell

Donate some potted plants

Instructions to Bakers: attach an ingredients label, drop off at the canteen on Friday 6th 2.30-3pm or on the day by 8am. Cling wrap the baking or label your containers so we can return them.

To volunteer or if you have any questions contact:

Cakes - Carol Piper 0406730995 or Roster - Jaheda 0410769222 or General - Suzanne 0400474797

**AN INVITATION TO
Hornsby Girls High School
Edgeworth David Avenue
Hornsby
OPEN DAY**

**For Year 5 students seeking admission to this
Selective High School in 2015
Friday 11th October 2013
9.00am—11.00am**

**Parents and Students are asked to meet in the
School Hall**

**If you would like to participate in Band Workshops
after Open Day please contact the school.**

*As there is no parking facilities available in the school grounds,
parking at Westfield Shopping Centre is recommended.*

School holiday brochures available from the front office

- Parramatta City Council Spring Activities guide
 - MRSOCCER.COM.AU
- www.kidsinthepark.com.au. Sydney Olympic Park