



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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| www.ettalongps.nsw.edu.au

Term 4 Week 4

5 November 2019

DATES FOR YOUR DIARY	
Wed 6 Nov	NSW PSSA state athletics
Thurs 7 Nov	HeadStart 9.20am – 10.50am; Year Two local area walk
Fri 8 Nov	Grandparents' Day; Spider Day 11am – 1.35pm
Mon 11 Nov	Remembrance Day
Wed 13 Nov	P & C meeting 9.15am
Fri 15 Nov	Leaders 2020 applications close

Dear Parent and Carers

Many of our students from Years 3 – 6 represented our school at the annual Ball Games carnival at Kincumber last Friday. The children had a fabulous day playing games such as Captain Ball and Tunnel Ball and were especially successful in the Tug O' War contest, winning both the boys' and girls' final competitions.

It was pleasing to see asthmatic children being so sensible and responsible in knowing when and how to manage their asthma last week. With so much bushfire smoke in the air, children were allowed to remain inside if they wished or, for those who chose to play outside, puffers were quickly available on request.

Workmen erecting the new K – 2 equipment were being closely watched last week – by hundreds of young children who were mesmerised as they watched the colourful pieces of climbing apparatus being linked together to finally make up the complete set of equipment. Teachers will take all classes on the equipment to ensure every child is given the opportunity to use it, as quickly as possible. Funds to purchase it came from all students so it is only fair that all students are allowed to use it but it is expected that, after the novelty has worn off, it will be mainly used by young students as the older children climb the larger climbing frame.

Millie B will represent our school at the NSW PSSA Athletics Carnival in five events tomorrow. Three of our staff members will act as officials which is a real feather in their caps but also proof that EPS excels and provides opportunities in many areas including academia, the creative and performing arts and sporting activities.

Year Two students are looking forward to their walk around the local area on Thursday, weather permitting. They will discuss historical sites to find out what Etalong was like many years ago. Children will not be entering the water. This local area excursion is covered by permission given when enrolling so permission slips are not necessary.

HeadStart continues on Thursday. We are still taking Kinder enrolments for 2020 of course but this provides the little children a wonderful opportunity to familiarise themselves with our school surrounds and also provides parents the chance to meet and make friends with other new parents before school starts next year.

Last but absolutely not least, don't forget Grandparents' Day and Spider Day, this Friday! Year Six students will be selling 'spider drinks' at recess on Friday and the SRC will have lots of delicious cakes for sale. Grandparents are invited to join us for recess, watch a number of our fabulous performers, visit classrooms then enjoy a picnic lunch with grandchildren.

Lynn Balfour

Principal.

3R's AWARDS

Class	Name	Class	Name
KA	Tanisha A	KR	William H
	Allegra P		Ivy A
KZ	Joel S	KM	Ruby L-W
	Saleen F		Mia P
1H	Jax I	1P	San F
	Koa G		Imogen D
1L	Clayton G	2C	Marija A
	Nahlia K		Kiara M
2S	Skylah R-B		Jesse W
	Tyler A	2/3R	Asher T
2P	Dylan W		Ava B-M
	Jake H	K/6JL	Charles B

PRINCIPAL'S AWARDS

Congratulations to these students who consistently demonstrate the 3Rs

Respect, Responsibility, Ready to Learn.

PLAYGROUND POSITIVE WINNER

Leila T	4J
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Jaxon N	K/6JL	Cooper W	3M
Maximus M	KZ	Bridget O	4S
Alexia S	1L	Sienna M	5B
Lily T	1P	Jaxon S	5/6L

GENERAL INFORMATION

ATTENTION YEAR TWO PARENTS

On Thursday this week (7 November), Year 2 will be attending the local area historic walk excursion around Ettalong Beach. We will be discussing and learning about the significance of the area to both locals and the Aboriginal people in support of our lessons on History, Geography and Aboriginal Education.

Students are required to wear comfortable walking shoes, a hat and their school uniform. They also require a bottle of water and a packed lunch.

As we will be offsite during lunch, please no canteen orders on Thursday.

A permission note is not required for this excursion as consent was given to walk around our local area at enrolment. On this occasion, parent helpers are not required.

Questions can be directed to me to our child's teacher. Thank you.

Adam Penberthy
Stage 1 Assistant Principal.

Donations for White Elephant Stall

Dear Parents / Carers,

Year 6 are now accepting donations for the White Elephant Stall to be held at their Year 6 Mini Fete later this term. If you have any old toys or childrens books that your child/ren may have out grown and would like to donate, please drop them off to the Year 6 rooms or front office.

Many thanks in anticipation of your assistance.

Regards,
Year 6 students and teachers

HEADSTART

Headstart- Week 3

Thank you to all of the 2020 students and their parents who attended our second Headstart, Ettalong's Kindergarten Orientation last Thursday. This week, our third session will take place. Please take your children to the silver seats outside the Kindergarten rooms where their names will be marked off and their name badges will be given out. If you have purchased a Headstart T-shirt for your child, they can wear it. Last week the students had an active day doing some fun-filled physical education activities in the hall.

On Thursday, 07 November, the children will be participating in some math activities and will use our playground equipment if it's finished!

This week in the library, Merran Hansford will be presenting on phonemic awareness. Rebecca Penfold will talk to us about fine and gross motor development and co-ordination in children.

Please remember your five dollars if you would like to purchase a Headstart T-shirt for your child this year. These purchases will only occur in the library with Corinne Meti.

Looking forward to seeing you again.

Regards,

Merran Hansford
Rel Assistant Principal



P & C NEWS

Survey

Thank you to those that participated in the survey we recently conducted. Your comments and concerns have been heard and taken seriously and will be passed on to the relevant parties for review and consideration. All responses will be used to help shape the future P&C decisions.

Celebrating the New Playground

The new playground is almost complete! We would like to invite you to a family picnic one afternoon in the coming weeks to celebrate its opening. Keep an eye out for details – we will put the date on the school's facebook site. Please bring a picnic rug and a plate.

Uniform Shop

We are currently looking for volunteers that are interested in being trained up to help next year. If you are available weekly, fortnightly or monthly we would appreciate the extra help. Our uniform shop relies on volunteers to open and serves an invaluable service to the school.

Next Meeting

Our next meeting will be held next Wednesday 13th November at 9:15am at the school in Araluen Cottage. Please note that younger children are always welcome and morning tea is supplied. There is a collection of toys available for them to play with. If you would like a copy of the agenda to see what will be discussed please email epsandc@gmail.com.

COMMUNITY NEWS

Is your child using a handheld device?

This research will involve a two-part online survey that is expected to be completed in 2019 and in 2020. Each survey will take approximately 30 minutes. If your child is born between 30/10/2013 to 28/02/2015 and engages in handheld device use, we would like to hear from you!

You will go into the draw to win 1 of 4 \$100 Coles/Myer gift cards!!

More information please contact Nghi Bui on nghi.h.bui@student.uts.edu.au or Dr JOHN McAloon on john.mcaloon@uts.edu.au or 9514 7240 or Dr Josephine Paparo Josephine.paparo@uts.edu.au or 9514 4276.

PARENTING TIPS

Managing Christmas Chaos as a Sole Parent

Did anyone else blink and miss 2017? December is hard to navigate at the best of times, but when you're a single parent it can be particularly challenging logistically, physically, emotionally and mentally. The end-of-year school concerts, presentation ceremonies, work parties, school parties, social catch-ups, Christmas shopping, decorating, more parties ... anyone else exhausted just reading this? Nevertheless, here we are just weeks away from the busiest time of year, so it's time to get proactive about managing the chaos that comes with Christmas.

1. Get technical

Technology has been my saviour in recent years. If it isn't in my smartphone, it doesn't happen! As soon as you receive an invitation or notification of an event, enter it into the calendar on your phone. This will minimise the risk of double bookings or at least get you on top of logistics early. For each event I set a reminder for a week ahead, a day ahead and an hour ahead. Cozi (www.cozi.com) is a scheduling app that can link multiple users within a family. If you and your ex-partner are on Cozi, you can both see important dates that have been scheduled, such as school concerts and end-of-year presentations. Cozi is particularly useful for families that have shared care of the kids, helping everyone to stay across important dates with much less risk of something getting missed. There is also the Parachuute app (www.parachuute.com) to help with the logistics of getting multiple children to multiple locations. Created by two Melbourne mums, Parachuute is a carpooling app that allows you to tap into your trusted network for help with transporting the kids to their various events.

2. Ask for help

There is a reason the saying "It takes a village..." is so popular. It absolutely DOES take a village to raise a child, especially if you are doing it solo. You physically cannot be in two (or more!) places at once, so reach out and ask family, friends and neighbours you trust for help. When I moved two hours away from our family home in Sydney, I didn't know anyone. But less than a year later, I have a lovely bunch of friends – mostly parents of my sons' friends – whom I feel confident I can turn to when I need extra help. It may feel uncomfortable, but asking for help is one of the simplest things you can do to manage the busyness of Christmas.

3. Lower the high expectations you've set for yourself

This was a big one for me. Once I realised that aiming for perfection was only going to lead to disappointment – let's face it, nobody is perfect! – I relaxed the ridiculously high standards I had set for myself. These standards were borne of parent guilt, divorce guilt, any sort of guilt you can think of. I did the emotional and mental work necessary to loosen up and lower those expectations. Why spend hours handmaking individual gifts for teachers, coaches and dance instructors when a handwritten and heartfelt note of thanks will make just as much, if not more, of an impact?

4. Parenting down

My wonderful therapist shared this concept with me. It's for those tough days – those times when everyone is a little exhausted, ratty and emotional. You don't have to serve up a fresh, homemade meal with the perfect ratio of the five food groups. No way! If it's been a tough day, parent down. That's what 2-minute noodles or Weet-Bix for dinner is for. Give yourself a night off from your own expectations.

5. The gift of presence

Your financial situation changes when you separate, sometimes for the better and sometimes for the worse. If money is a little tight, the kids won't mind if there are less toys under the tree. Give the gift of your presence. Make a list of fun, low or no-cost experiences you can share together. Bushwalks, trips to the beach, even an afternoon running around under the sprinkler in the backyard. These are what memories are made of and memories last much longer than the latest Pokemon. I also use this little ditty to keep a lid on gifts: "Something they want, something they need, something to wear and something to read." Add some fun family experiences into the gift-giving mix and you'll have happy kids.

Christmas can be a tough time of year for single parents. Getting on the front foot from an organisational point of view will stand you in good stead for managing the physical, logistical and emotional demands December brings.

Just keep swimming. You got this.

Michael Grose Presentations.

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www.parentingideas.com.au