



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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| www.ettalongps.nsw.edu.au

Term 1 Week

19 March 2019

DATES FOR YOUR DIARY

Wed 20 Mar	Discos for EPS students only
Thur 21 Mar	Down Syndrome Day; AECG meeting at Mingaletta 3.30pm
Fri 22 Mar	Harmony Day Gold Coin Donation to P&C for Easter Egg raffle
Sat 23 Mar	Cake stall State government election day
Wed 27 Mar	Year One sharks and rays excursion

Dear Parents and Carers

This Thursday March 21 is Down Syndrome Day, where we recognise children and adults born with a genetic chromosome 21 disorder. Children are allowed and indeed encouraged to wear coloured socks on Thursday to promote recognition of this disability.

Congratulations to our swimmers Harry and Zara who have successfully swum their way into representing our zone in the Sydney North competition. We wish them every success at Olympic Park on Thursday 28 March.

Our P&C now has a new executive so thank you and congratulations to the fabulous people who have offered to work hard for your children and our school. The position of President is still available if you would like to join this fabulous group, gain new skills and make new friends. A belated thank you to the Hadley family who also assisted at our working bee recently. Your help was very much appreciated.

Applications for the position of Aboriginal Education Officer at our school have now closed. I am sure I will be able to advise of the successful applicant very soon who will start in Term Two to assist all students, with a focus on Indigenous children and parents.

Don't forget to send in a cake to be sold at the Election Day cake stall, please. Mandatory voting for the NSW government election is next Saturday when your P&C will hold a cake stall and a hot food stall.

All students received a colourful bracelet last Friday as a reminder to 'say no to bullying'. This Friday we will be celebrating Harmony Day which is a celebration of our cohesive, culturally diverse society. Children are encouraged to wear an orange item this Friday in exchange for a gold coin that will be donated to the P&C to purchase Easter Eggs for the Easter Raffle.

A number of students in our Support classes have commenced horse riding lessons with Riding for the Disabled and they are thoroughly enjoying themselves. This highly successful program is to be commended.

Our very popular school discos is on tomorrow night. The discos are for students of our school only and the cost is still only \$3 per child or \$10 per family, whichever is less. Thanks to Year Six teachers for organising these. Please see inside for disco times.

Lynn Balfour

Principal

PRINCIPAL'S AWARDS

Congratulations to these students who have been consistently demonstrating the 3Rs

Respect, Responsibility, Ready to Learn

Joshua W
Keisha R-B
Nesta F
Lily G-E
Augi H

CRICKET NEWS

On Monday the 18th of March Ettalong played Woy Woy South in round 2 of the NSWPSA cricket knockout. The boys played extremely well but just missed out on advancing to round 3. The most pleasing aspect of the day was the sportsmanship shown by both teams. The behaviour and effort displayed by the Ettalong students was impeccable and they did themselves and their school proud. A big thankyou goes to all of the Ettalong cricket parents for their support on the day, especially Mark and Steve Cattley, who gave up their time to help train, mentor, umpire and score for the boys. Well done to all involved.

Mr Peter Leary - Cricket Coach

DISCO NEWS

Disco date Wednesday 20 March - next week, \$10 per family or \$3 each

Kindergarten – Year 2 3:30 – 4:30

Years 3 - 4 4:45 – 5:45

Years 5 – 6 6:00 – 7:15

GENERAL INFORMATION

Parent-Teacher interviews will operate between Monday 1 April and Monday 8 April, 2019. Interviews are in 10 minute intervals or 30 minutes for students in the support classes. **Online bookings open at 6pm today** and will close at 6pm on Wednesday 27 March, 2019. Phone interviews are available. Step by step instructions for online bookings have gone home with today's HomeNote. To make an online booking, go to <https://www.schoolinterviews.ca/code>

1. Enter the EVENT CODE: **utaxg** (it must be lowercase) press GO.
2. Enter your email address
3. Enter YOUR full name
4. Select how many children you have at EPS
5. Enter their name/s
6. From the drop down menu, select each child's class (double check you have the correct class for each child)
7. Make a selection from the available days and times

Interviews can also be booked via the paper booking sheets and should be given directly to your child's teacher.

To make a booking, please enter the event code:

utaxg

GO

Your school provides the event code, usually in a link in a newsletter or on their website. If you've already booked, the confirmation email we sent you also contains a link.

Calling for volunteers – we need your help!

Our students really enjoy participating in the Commonwealth Bank School Banking program and to keep this program running we need your help. The program requires another volunteer School Banking Co-ordinator as a back up to facilitate the banking and distribution of School Banking rewards. This only takes a small amount of your time one day a week and the Commonwealth Bank will provide support in how to run the program. Your help with the program will greatly benefit students as they develop vital saving skills and also help our school with fundraising.

Currently, School Banking day is Tuesday.

If you are interested in volunteering for this great program, please fill in the tear off section below and return it to office ladies.

Yes, I would like to help with School Banking!

Name: _____

Phone: _____

Email: _____

Availability: _____



CANTEEN NEWS

Harmony Day Special Lunch Friday 22 March 2019

Lunch 1 \$6 Pizza – Ham & Cheese / Cheese
Fruit Popper / Fruit tube

Lunch 2 \$6 Hotdog – No sauce / Sauce
Fruit popper / Fruit tube

P & C NEWS

Our Annual General Meeting was held on Wednesday 13 March 2019. The following positions were appointed for 2019:

Executive positions:

- President – Vacancy
- Vice President – Barbara O'Reilly
- Vice President – Kristy Graham
- Secretary – Nicole Clarke
- Treasurer – Cathie Kelly

Non-executive positions:

- Uniform Shop Co-ordinator – Vacancy

We would like to thank Belinda Cassell, Barbara McNab and Kellie Tomlinson for their service over the years and to welcome Barbara O'Reilly and Kristy Graham to their new positions.

If you are interested in the vacant positions and would like further information regarding these roles and responsibilities, please email epsandc@gmail.com.

Election Day BBQ and Cake Stall

We will be operating an Election Day BBQ and cake stall this coming Saturday (23 March 2019). If you would like to help, there are still timeslots available between 9:00am – 12:30pm. For more information, or to let us know your availability, please email us at epsandc@gmail.com. Alternatively, you can leave the below slip at the office and someone will be in touch.

If you would like to donate baked items for the cake stall, please look out for cake trays that have been sent home today. Donated items should be delivered to the canteen on Friday 22 March. Please be sure to label donated items with a list of ingredients used.

Harmony Day – wear something orange in exchange for a gold coin donation. Proceeds to be put toward upcoming fundraising initiatives.

I am able to help at the **Election Day BBQ and Cake Stall** event on Saturday 23 March 2018.

I am available between the following time/s: _____

Name: _____

Phone #: _____

PARENTING TIPS

Giving kids scripts for social and school success

Recently, I heard my adult daughter rebuke a male friend for telling her that she'd lost weight.

"You just can't say that," remarked my daughter.

Realising his mistake this young man said, "So what should say instead?"

"Tell me I look healthy."

"Hey, you look really healthy!"

"That's better," remarked my daughter, who's not backward in coming forwards.

This young man's scripting was askew. He knew that a male complimenting a female on losing weight maybe no compliment at all, however he didn't know what else to say. My daughter gave him a new script that he can use in similar situations in the future.

This scenario is relevant to parenting. Parents should always looking for opportunities to give their kids the social scripts to express themselves in different situations.

Benefits of providing kids with social scripts

Social scripting wins the parenting trifecta. Giving kids the words to use helps them stay safe; become social and importantly, promotes their independence. Your job as a parent is to wean kids off you. Social scripting is a big part of this process.

So if keeping kids safe, while socialising and developing their independence is important then look for ways to give kids the right words to use. Here are some ideas to get you started.

1. Asking a teacher for help or assistance

Kids often coerces parents to do their bidding with teachers, coaches, siblings and other adults. It's easy to pick up the phone and arrange to meet a teacher or go into your child's room and ask for something on behalf of your child. Take a different approach. "Choose a time when your teacher is free, and then ask her if you can sit at the front of the classroom. You could say...."

2. Entering a game at school

Many kids struggle to enter into a game or activity at school, so they sit on the sidelines and miss out. Consider coaching a child about how he or she may approach a situation. Suggest that he or she looks for someone they know, and wait for a lull in the game before asking. Social scripting involves timing, not just the words to use.

3. Telling a sibling to stop annoying them

"Jessica, please stop flicking the ruler while I'm watching TV. I find it annoying." This may work. If not, this child could try, "Jessica, could you flick your rule elsewhere." It may work. It may not. But it's infinitely better than yelling, "Jessica, DDDOOONNNN'TTTT!!!!"

4. Saying No to a friend without losing face

Research shows that many teenagers struggle with peer pressure because they don't know how to say NO in a way that maintains their status. One strategy is to use an excuse rather than say give an outright NO. "I don't want to drink tonight because I've got football training in the morning."

5. Expressing their emotions

Both genders can struggle to express their feelings, particularly if they haven't been taught the words to use at home. Recently, I saw a mother prompt her three year old when he was clearly annoyed.

"Are you frustrated Maxie?"

"Yes, I frustrated!!"

"Would you like a hug?"

"Yessss!"

You're never too young or too old to be hugged. Just as you're never too young or too old to receive a social script from a well-meaning parent or friend.