



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

02 4341 3655

| www.ettalongps.nsw.edu.au

Term 2 Week 5

28 May 2019

DATES FOR YOUR DIARY

Wed 29 May	KM & KZ to art gallery; Support classes to Pearl Beach; R/L Wyong Cup
Thurs 30 May	KA & KR to art gallery; Year 2 Hunter Valley Zoo; Boys football (soccer)
Tues 4 June	CC Dance Festival Rehearsal at Laycock St Theatre
Wed 5 June	Year 3 Cultural Continuum Indigenous students
Thurs 6 June	Open Day new students 2020

Dear Parents and Carers

I'm not sure where to start this week! What a fabulous school we have with so many wonderful people. Congratulations to Shani Henderson 3W who is the winner of the Playground Positive free lunch reward this week. Thank you Sharni for being a positive member of our terrific school. Again, on Thursday we demonstrated what a generous, thoughtful community we are by raising \$723.30 for the World's Biggest Morning Tea, Cancer Council fundraiser. Thank you to everyone who contributed, including Chemsave Chemist and Goddess By The Sea, both at Ettalong who kindly donated prizes. Every child who purchased a cake and milk for \$2 had their name put into a draw to win a prize. Ten children were very excited when they heard they had won a prize! A big thank you to Cheryl Lynch and Corinne Adams for organising this great fundraising opportunity.

Our uniform shop is looking for donations of used school clothing please. We are always looking for jackets and track pants during winter so whether you have a few items or a lot, we will take them off your hands. And, of course, if you are looking for uniforms, please call in to our uniform shop on Tuesday mornings or Thursday afternoons to see what is available. Our lost property bin is again overflowing so please make sure your child's clothing is clearly labelled.

We have so much talent here at EPS, the children never cease to amaze me. Our debating team was triumphant against Woy Woy Ps this week, arguing against the topic 'Homework should be done in groups'. Debating is an extremely valuable, lifelong skill that should be encouraged. Our chess team has now won both of their challenges so far, beating Avoca PS last week. The girls' soccer team didn't make it through to the next round but coach Mr Travers was extremely proud of the girls attitude and sportsmanship. Yesterday our softball team played at Bateau Bay and last Friday I was extremely proud of our students who represented our school at the Zone Cross Country carnival and of our staff and helpers who coordinated the event. This week we also have AFL, boys' soccer and rugby league teams representing us.

We have another budding athlete who also deserves to be recognised. Katarina Carlsson, who is only in Year Four, competes in downhill mountain bike riding and is currently coming *first* in the 13 years girls' age group, leading by over 200 points! Congratulations to Katarina on a wonderful effort.

Our Breakfast Club has now increased to five mornings per week, thanks to our school leaders taking on this worthwhile cause. The leaders are now looking forward to serving breakfast and chatting to the children on Thursdays and Fridays. Breakfast Club is for any child who feels like an extra piece of toast, piece of fruit or a bowl of cereal when they get to school, even if they have already eaten at home. It's good, healthy food so a little extra won't do any harm.

Lynn Balfour
Principal

3R's AWARDS

2/3R	Alex S	3M	Narayana J
	Archer T		Brandyn C
	Alister B-W		Laylah B
3W	Jake D	4T	Liam H
	Georgia N		Nicholas S
	Harry W		Lemuria J
4J	Presley D	4S	Liliella M
	Selson F		Cayden H
	Maddy M		Reggae C-J
5B	Charli R	5J	Sophie G
	Jaia L		Lacie Van H
	Cayden G		Kayden-James F
6H	Lukai M	6C	Genna R
	Tahlia M-B		Riley V
	Amelia S		Lachlan B
K/6S	Kaden J	K/6B	Luke P
	Paige N	K/6P	Noah B

PRINCIPAL'S AWARDS

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

Respect, Responsibility, Ready to Learn

Ben H
Madelyn M
Luke P
Eliza P
Sophie G
Harry W

GENERAL INFORMATION

BREAKFAST CLUB IS COMING 5 DAYS A WEEK

Ettalong Public School's Leaders have decided to extend the Breakfast Club to 5 days a week.

Breakfast Club is already Open Mondays, Tuesdays and Wednesdays with the help of Red Cross volunteers. We are now proud to announce that it will also be open on Thursday and Fridays too and it's going to be run by us.

We want Breakfast Club to be a fun place to come with your friends and you can have a healthy breakfast while you're there.

To assist us in making this possible we are asking for donations of healthy breakfast items for example; jam, vegemite, butter, fruit and Nutri-Grain.

We will be asking local businesses to gain sponsorship for these items but would like your assistance to get us started. These items can be dropped to Mrs Lynch in the Canteen.

We would love to see you all there this Thursday 30 May at 8:30am for our first shift.

EPS Leadership Team.

GENERAL INFORMATION

Rehearsal at Laycock

Rehearsal at Laycock Tuesday 4th June. Performance Show E Tuesday 2nd July 6:00pm and 8:00pm.

Tickets will go on sale from Laycock Street Theatre on Tuesday 11th June after 10:30am Adult ticket \$24 Student ticket \$20.

P & C NEWS

Our next meeting will be held on Wednesday 12th June 2019 at 9:15am, in the Araluen Cottage. The position of President is currently vacant so if you are interested in the role please contact us at epsandc@gmail.com and we can provide you with a role description.

UNIFORM SHOP NEWS

Winter Clothing Drive

As the weather gets colder and the winter winds start blowing, jumpers and jackets are necessary to keep our little ones warm! Please have a look through your old uniforms and if you have a jumper, jacket or pants that may no longer fit your child, please donate this to the school.

Please hand any unwanted winter stock to the uniform shop or the office.

Thank you!

CANTEEN NEWS

Special thanks to McPhee Pharmacy, Goddess by the sea, Thompson Bakery, Impulse and Robyn Cattley for their great generosity for our biggest morning tea.

We raised \$723.30 just at recess. Thank you to our new mums and dads who have joined our canteen team.

New item Garlic bread \$2.00

COMMUNITY NEWS

Ph 0413 456086

日本空手道正晃会

KARATE

FREE KARATE LESSON

Ph 0413 456086

on presentation of this flier



NetStars Junior Netball Comp.

NETSTARS
SHOOT FOR THE STARS

-  **Under 12s**
L-5pm
-  **Under 16s**
5-6pm

- Are you between the ages of 10 and 14?
- Can't commit to Saturday's but still looking to play Netball?
- Are you a coach looking to develop your teams match fitness?
- Want an indoor location to stay warm and dry?

Monday
Peninsula Leisure Centre
STARTING TERM 3
BOYS AND GIRLS

Registrations Open Now!

✉ info@netstarscentralcoast.com
☎ 0481 528 599

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PARENTING TIPS

Unearthing kids' strengths

Personality strengths – our character – play a big role in helping us build our talents. Think about anyone who has built a talent and imagine if it could have been done without character. Imagine Einstein without curiosity, The Beatles without creativity, Mother Teresa without compassion or Neil Armstrong without bravery.

Yet for decades, scientists were blind to character strength. We focused on talent, often on physical strength and skills. In fact, when I first ask young children what they think strength is, they almost always point to their biceps or talk about being able to lift something heavy.

Once you get familiar with the language of strengths and a framework for seeing them, you'll see character strengths easily in your child. In fact, you may find your child calls on their character strengths more often than on talent to meet life's challenges.

Three key elements of strength

You've probably seen a child joylessly perform at a piano recital. They may hit all the right keys, but there's no energy or enthusiasm. It's as if they don't want to be there. On the flip side, we've seen the child onstage who's clearly motivated and energised and who fearlessly flails through every mistake – of which there are many.

It turns out that three elements come together to form a strength. For purposes of strength-based parenting, we need to keep our eye on all three:

1. Performance (being good at something).

Watch for when your child shows above-age levels of achievement, rapid learning, and a repeated pattern of success.

2. Energy (feeling good doing it)

Strengths are self-reinforcing. The more we use them, the more we get from them. They fill us with vigour. You'll notice your child has abundant energy when using strength.

3. High use (choosing to do it)

Finally, look for what your child chooses to do in their spare time, how often they engage in a particular activity, and how they speak about that activity.

For true strengths, these three elements form a beautiful feedback loop: great performance provides the child with a shot of high energy, so the child naturally chooses to do more. In turn, high use – also known as effort or practice – improves performance levels. So, for example, if you notice that your child is energised when they play the piano, and you provide enjoyable opportunities for them to play, if they're mining a true strength they will likely practise more, which improves their performance, which then energises them ... and so the loop continues.

Keeping this triad in mind will help you avoid pushing your child into an area that seems like strength just because your child is good at it. It will also help you differentiate between whether your child is bingeing on an activity in an escapist way or expressing a true strength.

For example, when a parent asks me, 'My son is great at computer games and wants to play all the time. Is that a sign of strength?' I reply, 'Observe his energy levels at the end. Is he drained and cranky? Or energised and full of life? Are you seeing the full triad?' Computer games can tap into a child's strategic and problem-solving skills or stimulate creativity (in some games, you invent whole new worlds). Or they might just be about filling time.

So look for all three signs. When you see your child do something well, with energy, and repeatedly, you'll know you've unearthed strength?

Michael Grose Presentations.

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www.parentingideas.com.au