



ETTALONG PUBLIC SCHOOL HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257 02 4341 3655 | www.ettalongps.nsw.edu.au

Term 3 Week 8

10 September 2019

DATES FOR YOUR DIARY	
Wed 11 Sept	Discos for EPS students only; P & C meeting 9am; Kinder Cultural Continuum
Thurs 12 Sept	ICAS spelling; Kinder farm excursion; AECG.
Fri 13 Sept	Swim School concludes
Tues 17 Sept	ICAS English
Wed 18 Sept	Beach Safety talks K -6
Thurs 19 Sept	ICAS Maths
Fri 20 Sept	Choral Festival rehearsal

Dear Parent and Carers

Year Five students had a terrific day at BWSC Umina last week when they visited the high school for 'taster lessons'. The vegemite and cheese scrolls prepared and cooked by the children were a huge success so we now have many children eager to go to high school.

We are preparing for Headstart 2020 so if you have any neighbours or friends who are planning to enrol their young child at EPS, please ask them to do so soon so we can add them to our anticipated enrolment numbers. Ask them to call in to the office or phone us for information and we will be happy to help.

Our gardening club has been working overtime to make our school look colourful for the beginning of Spring. Flowers are in bloom and classrooms have adopted a tomato plant each to see who can grow the tallest plant. On Friday our Eco Warriors prize went to class 2P for being the most efficient in turning off lights and air conditioners and they won a lovely sunflower kit I look forward to watching the seeds grow into beautiful flowers. Mr Travers and his gardeners have again planted giant pumpkin seeds so we're in for an exciting time, watching these grow in preparation for next year's Royal Easter Show. Our fabulous Gardening Club runs at lunch times on Thursdays and Fridays.

Don't forget the school discos tomorrow night. Cost is the same as always at \$3 per child or \$10 per family. K – 2 disco runs from 3.30pm to 4.30pm; Stage 2 disco (Years 3 & 4) 4.45pm – 5.45pm. Stage 3 disco (Years 5 & 6) starting at 6pm and finishing at 7.15pm. Children enter through the door near the canteen but are released through the hall door closest to the Uligandi gate. To ensure safety, we ask that students are collected by an adult please. Discos are for Ettalong PS students only, are supervised by teachers and money raised goes to the Year Six farewell.

We send our very best wishes with Romeo R in 4T as he heads off on his soccer journey as a member of the Mariners Soccer Academy and West Ham Football Club Academy. Watch for his name in a few years' time! Well done also to Petrea A of 1L for her achievements in karate and Jaxon G also in 1L for his efforts at the Umina Bunnies RL.

Thank you very much to the Cattley family for their generous donation of a gazebo for use at carnivals and outdoor events. It is very much appreciated.

Lynn Balfour
Principal.

3R's AWARDS

Class	Name	Class	Name
KA	Jasmine S	KR	Ben H
	Vivian H		Violet McK
KZ	Anarchy H	KM	Bowie M
	Zariah H		Isabelle M
1H	Beau H	1P	Amarni H
	Mia H		Amber S
1L	Klyde P	2P	Mia B
	Sophie A		Rose K
2S	Ben H	2C	Ashley E
	Lara McC		Madison C
2/3R	Ruby H		

PRINCIPAL'S AWARDS

Congratulations to these students who consistently demonstrate the 3Rs

BettyAnn J

PLAYGROUND POSITIVE WINNER

Respect, Responsibility, Ready to Learn.

Sawyer S	Jai M
Mina T	Ben H
Acacia B	Isabelle M
Violet McK	Max Z



GENERAL INFORMATION



Disco Times

- . K – 2 disco runs from 3.30pm - 4.30pm
- Stage 2 students (Years 3 & 4) 4.45pm – 5.45pm.
- Stage 3 students (Years 5 & 6) 6pm - 7.15pm.



Recycle and win Community Garden Competition.

- The collection box in the front office (*large box covered in toothbrushes, near the fish tank*) is for students, staff and community members to donate their waste products.

We will be collecting oral health products until September 16th

HAVE YOU VOTED YET?

- Please help by voting for our school at the following link and sharing the link with family and friends.
<https://www.terracycle.com/en-au/contests/colgategardenvoting>
- Every vote helps us get a little closer to the win.

LAST DAYS!

WE ARE STILL COLLECTING

LIBRARY NEWS



Due to the resounding success of our Book Fair, we will be purchasing exciting new books for the children to enjoy at school and at home. Now we have a wide variety of 'pre-loved' books on sale for 20c each. Children may purchase these at lunchtime or during their library session. Many thanks for your support.

P & C NEWS

We are pleased to announce that we have recently purchased and installed a new oven for the canteen. A big thank you to everyone that purchased tickets in the raffles, supported us in the Election Day BBQs and also attended the Winter Social this year as all your contributions made the purchase possible.

Please look out for an upcoming survey regarding the P&C. Participation in this will help us to continually improve the P&C and provide the best service for our school. More details will be provided in the coming weeks.

Next Meeting

Our next meeting will be held this Wednesday 11th September 2019 at 9.15am in the Araluen Cottage. Morning tea is provided and all are welcome. If you would like a copy of the agenda please email epsbandc@gmail.com. We hope to see you there.

CANTEEN NEWS



We now have gluten free pies back in for \$5



M&M Ice Creams are still available for \$2 for a limited time only

REMINDER

Just a small reminder to please clearly write on your child's lunch bag, their name and class. This will help all volunteers in the canteen find the right class for your child so no child misses out on lunch.

COMMUNITY NEWS

WHERE: Umina Tennis & Futsal Club, Umina

WHEN: Starts Monday 23/09/19

UNDER 9's

Mondays 3:45-4:15 & 4:15-4:45

UNDER 12's

Mondays 4:45-5:15 & 5:15-5:45

MENS Mondays 7pm MIXED ADULTS Wednesdays 7:30pm

Women Fri 7pm

UNDER 14/15's

Thursdays 5pm

**\$5 per week, no rego fees. All enquiries can be made by phoning
John 0415506635.**

PARENTING TIPS

Why developing empathy in your child matters

Parenting is a socialisation process during which parents develop in their children and teenagers the skills and attitudes that will enable them to fit into the different groups they encounter. These groups will exist inside the classroom, in friendship groups, during sports and leisure activities and elsewhere.

This socialisation process needs to begin from a young age.

Initially, most kids believe that their world and everyone in it revolves around them. "I want" is their mantra. Patient, firm parents will continually remind children that they need to think of others. "It's your brother's turn." "Nana doesn't feel comfortable listening to that language." "Think about how your behaviour affects others." These are the types of appeal to a less self-centred approach that many parents make.

The socialisation process operates on two levels. On one level its focus is on teaching and helping kids to follow social rules or conventions that exist to help them get along with each other. At a deeper level successful socialisation develops empathy in a child or young person.

Empathy – the ability to understand how another person is feeling or how they respond to a behaviour or an event – is the basis of all respectful relationships. Without empathy it's impossible for someone to enjoy a relationship based on respect and equality. It's easy for a person who doesn't practise empathy to reject, bully, intimidate or hurt someone else.

Empathy learned in childhood carries on to adult life

Empathetic adults enjoy better personal relationships and experience less stress. They also make better leaders who are more likely to get the best out of people than self-centred, result-focused leaders.

Anecdotal evidence suggests that empathy, if neglected in childhood, can be difficult to develop in adulthood. In some adults it takes a traumatic event or a 'road-to-Damascus' moment for them to adopt an empathetic perspective.

So, rather than wait until adulthood, let's focus on developing empathy in your children and adolescents. There is a good chance they will benefit very soon in terms of enjoying better friendships, improved wellbeing and more success at school. Here are five ideas to get you started:

- Model empathetic behaviour. Be kind even though the person in front of you in that queue is slow.
- Read fiction stories to kids or encourage them to read fiction. People who read fiction score highest on tests that ask them to infer other people's thoughts and emotions.
- Praise kind and compassionate behaviours. The behaviours that parents focus on, even with teenagers, are those that tend to expand, so bring their empathetic behaviours to the fore.
- Validate your child's feelings. When a child shares difficult stories or emotions let them know you understand, without offering solutions or advice.
- Invite your child to walk in someone else's shoes. Occasionally ask your child a question like, "What would it be like to be feel tall like Tanya?"

Empathy is too important to wait until adulthood so make it a priority to develop a sense of 'other' in your child from an early age.

Michael Grose Presentations.

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www.parentingideas.com.au