



ETTALONG  
PUBLIC SCHOOL

# HOMENOTE

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Term 3 Week 1

23 July 2019

## DATES FOR YOUR DIARY

Tues 23 July	Students return for Term 3 (staff only return 22/7)
Fri 26 July	State Cross Country carnival
Tues 30 July	Spelling Bee; Banksia recorder concert
Wed 31 July	OC Test; Debate at Woy Woy PS
Fri 2 July	Choral Festival
Sat 3 Aug	Winter Social organised by P&C
Tues 6 Aug	Education Week Open Day; Art Show opens

Dear Parent and Carers

Welcome to Term Three at our fabulous school where we have another exciting term planned, including our extremely popular art show, in Education Week.

Yesterday all staff from EPS spent the morning at BWSC Woy Woy campus listening to a terrific guest speaker Jill Sweatman who provided lots of interesting information on the effects of computer games on young children's brains. Jill is a retired teacher who answered questions and shared her experiences of possible side effects from these games. In the afternoon, our staff returned to EPS to receive more interesting and extremely useful information from Mrs Eva Brzozowska, an Assistant Principal, Learning and Support (APLaS) from our district office in Tuggerah. Included in Eva's talk was information to assist students to gain maximum potential out of their education, including their involvement in extra-curricular activities and excursions.

Our Learning Support Team has been extremely busy collecting information for the National Consistent Collection of Data (NCCD) for students who receive extra assistance at school. Please see the note inside this Homenote for further information.

Congratulations to our U/10 NRL team who are now the Central Coast Champions for 2019! A fantastic effort from a team who played like champions and also showed great sportsmanship. Well done to everyone involved, including the parents who helped with transport. Thank you. Our Touch Footy teams also won against WWSPS; our dancers wowed everyone at the Central Coast Dance Festival; our debaters have not lost a debate and our Aboriginal Dance Group made us all proud when they performed for NAIDOC Week celebrations. A truly fabulous effort by everyone.

Our play equipment was again open to the public in the school holidays under the Share Our Space program. Thank you to those families who visited our school and took pride in our property.

ABC of literacy and numeracy cont'd ... **Measure** things around the home e.g. the length of a table, compare lengths of towels such as bath towels and tea towels; **News** articles and documentaries are great talking points to encourage children's involvement in current affairs; **Organise** children to play board games instead of computer games, sometimes.

Congratulations to Mr Penberthy who returns this term as a married man.

Lynn Balfour  
Principal

### 3R's AWARDS

Class	Name	Class	Name
2/3R	Jennifer G	3M	Oscar T
	Abigail M		Dason C
	Linkin D		Tahlia M
4J	George C	4T	Mina T
	Mikaelee C		Sophie W
	Isabelle J		Hannah S
4S	Shaman J	5J	Graeme B
	Breanna K		Ami G
	Lexi F		Jake S
5B	Natalie D	5/6L	Isabel A
	Kloeh H		Cooper J
	Zara T		Peter I
6H	Coby H	6C	Logan K
	Amelia S		Dominic B
	Charlotte L		Reeanna M
K/6B	Cobey D		
	Makayla F		

### PRINCIPAL'S AWARDS

Congratulations to these students who consistently demonstrate the 3Rs  
**Respect, Responsibility, Ready to Learn.**

Abigail M
Zahn A
Audrey VDN

### PLAYGROUND POSITIVE WINNER

Michael 1L

### PLEASE BE REMINDED...

**School supervision begins each morning from 8:30am**

### GENERAL INFORMATION

#### National Consistent Collection of Data

Our school is completing the National Consistent Collection of Data. The national data reflects and supports the ongoing work of schools in providing additional support for students. This support could include students who receive assistance from Learning and Support Teachers, School Learning Support Officers in the classroom or are receiving Individual Learning Programs. Students in our support classes are included in the data collection. For more details on the NCCD collection visit the website <https://www.nccd.edu.au/tools/fact-sheet-parents-guardians-and-carers>.

If you do not wish your child to be included in the data collection, please return the note below to the office before Friday 26 July:

I do not wish my child to be included in the NCCD data collection.

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# WE ARE STILL COLLECTING



## Recycle and win Community Garden Competition.

By collecting oral health waste including old toothbrushes, used toothpaste tubes, cardboard and plastic packaging of new oral health items and floss containers. Then depositing them in the collection box in the front office, you will be helping our school collect garden points for the Terracycle 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 from now until September.

## 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.

## P & C NEWS

### SAVE THE DATE

Plans for our *Parent's Winter Social* are well on the way so make sure you mark 3 August 2019 in your diaries. It would be great to see parents get together to socialise and raise money for items that will benefit our kids. This will be an adults only event and will be BYO. There will be live music by a talented local artist, raffles and games in a relaxed environment. Tickets are on sale now in the office! If you have anything that may contribute to the night please let us know. This may include contacts (yourself or someone you know) that can donate items for the event (ie. raffle prizes, bar tables, seating) or even just time in organising and setting up for the event, we would appreciate any help that you can provide. Please contact us at [epsandc@gmail.com](mailto:epsandc@gmail.com) or let the office know if you have anything you can contribute.

## CANTEEN NEWS

Welcome back to Term 3. A special thank you to Madelyn & Belinda Matwijow for a wonderful donation some Gluten Free product for our Breakfast Club.

I have been asked about additives in our fruit tubes. Our berry quelch 99% fruit juice 202, 211, 223, 466 and our kisko Nice'N'Juicy (not always available) 466, 211, 202, 960, 129, 150, 110, 102, 133.

Please remember to put Name and Class on lunch bags.

**No credit will be given.**

Our new drinks for a limited time only. Chill J Lemonade, Blastin Blackcurrant, Watermelon and Groovy Grape 250mls \$2.50.

## **PARENTING TIPS**

### **Making a smooth transition to secondary school**

Going to secondary school is both exciting and scary for many kids. There's excitement about new friends, teachers and ventures, but this can be overshadowed by anxiety and stress.

The sheer size of a high school building can be overwhelming to the uninitiated. The potential loss of status when moving from big fish in a small pond to tiny minnow in a large ocean can be hard to swallow for some. Add the increased number of teachers and the hormonal changes that accompany puberty and drive emotional and cognitive development and it is little wonder the first year of secondary school often sees a plateauing in learning. Most kids are flat out making new friends and getting used to how secondary school works, so learning takes a back seat for a time.

While it's easier for those who have a brother or sister already there who can pass on some tips about how to survive secondary school, many don't have that luxury. Fortunately, there are number of strategies parents can use to make the transition to secondary school easier.

#### **1. Know the school space**

Familiarity helps reduce anxiety. Most secondary schools have familiarisation programs for incoming students but it helps to reinforce with your young person where the key spaces are – such as administration, toilets, the tuck shop and drinking taps. A trip to the school during the holidays, if possible, can help reassure a nervous secondary school starter.

#### **2. Make the leap with friends**

Negotiating new friendships can be stressful so it helps to identify some friends from primary school or outside school that your child can travel with or meet up before school, at lunch breaks and during times when classes aren't scheduled. This will give them the opportunity to share and compare experiences, which is therapeutic for kids who are experiencing change.

#### **3. Help with planning and organisation**

Some students can be overwhelmed by the organisational demands of secondary school. If your child fits this category, be prepared to be on hand to coach your young person in the finer arts of being on time to class, organising work in folders, planning homework time, handing in multiple assignments and filling out forms.

#### **4. Set up a designated study space in the home**

Now that your young person has hit the big time it's important that they have a study space to call their own. Keep this outside the bedroom if possible – the bedroom is a space for sleeping and relaxing. Use any area that is reasonably quiet and well lit. Set up a desk with a computer, if possible, along with stationery items.

#### **5. Establish a work schedule**

If your child's primary school homework was given inconsistently then be prepared for a change. Most secondary schools try to coordinate homework between different teachers but there will be more times than not when your child will come home with multiple homework assignments to complete. Build the homework habit early and choose a regular time that allows for breaks. Encourage them to work quickly so that work does not drag on and become demotivating.

#### **6. Stay patient and positive**

The social and academic demands of going to secondary school can be mentally draining for young people. Some will miss old friends and the relative comfort of primary school. It's important for parents to be patient with their young person, to expect a few behaviour blowouts and to be prepared to listen and help them process their new experiences. If your young person has negative experiences, point them in the direction of the good things that may happen during the day.

Your young person's coping mechanisms are being tested during this time. They can change on a daily basis. If stress becomes overwhelming or persistent to the point that they don't want to go to school after the initial settling-in period, consider organising some extra assistance. A year-level coordinator, school counsellor or the local doctor can be good starting points should extra assistance be needed. Starting secondary school is one of many transitions your young person will face in life. With planning and support, your child can make a positive start to secondary school and enjoy an amazing time at their new school.