



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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Term 1 Week 2

4 February 2020

DATES FOR YOUR DIARY	
Wed 5 Feb	Swimming Carnival for swimmers only Years 2-6
Tues 11 Feb	Parent/Teacher Info sessions Years 3, 4, 5 & 6 and all Support classes.
Wed 12 Feb	P & C meeting 9.15am Araluen
Thurs 13 Feb	Parent/Teacher Info sessions K – 2. Volunteers Information morning tea.
Fri 14 Feb	Kinder Support students Best Start assessments
Mon 17 Feb	Kindergarten students finish at 2.55pm with all other students
Tues 18 Feb	Scripture and Ethics classes commence; Interrelate Stage 3 students

Dear Parents and Carers

It has been a costly return to school with a number of air conditioners, including the unit that runs 24/7 to cool our server, requiring either repairs or replacement. The air conditioning company has been working overtime to assist us and replaced the server air conditioning unit last Saturday morning, before the high temperatures returned for the weekend. We are very appreciative of their efforts to keep our students and equipment, cool and functioning.

Our whole school assembly last Friday ran like clockwork, thanks to our new school leaders doing a sterling job and all attending students sitting sensibly and showing their beautiful manners. I can see we are going to have a terrific year! this Friday I will award a number of Principal's Awards and I look forward to awarding many more, throughout the year.

Ms Harrison will relieve as the Stage 3 (Years 5 & 6) Assistant Principal, this year, in Mr Cardy's absence. Ms Harrison is an extremely capable Year Six teacher who is eager to take on this responsibility, ably assisted by her Stage Three team.

Maths text books have arrived and I am pleased to say we have chosen books that are less expensive than last year. Please see the note sent home with this Homenote, today, for methods of acquisition.

Tomorrow our swimmers who are eight years old and over will head to the Peninsula Leisure Centre to see who will represent our school at the Sydney North Swimming Carnival. We wish them all the best and I'm sure they will have a great day of serious swimming. Thank you also to those who have offered to help because we are not able to run our carnivals effectively without our hard working volunteers.

Don't forget to make a note in your diary about our Parent/Teacher information sessions that will be held next week. A free sausage sizzle will also be provided so you can have a bite to eat before or after your session, depending on which session you attend. Information about curriculum topics and excursions will be provided as well as an opportunity to meet your child's teacher, if you have not already done so. Whilst there is not time for individual meetings, parent/teacher interviews will be held later in the term. Feel free to contact the school office if you wish to meet with your child's teacher prior to this.

Lynn Balfour

Principal

3R's AWARDS FOR 2019

Class	Name	Class	Name
KA	Tiago R	KR	Mi Yeon K
	Kai D		Wilaaran L
	Heather M		Roisin O'Reilly
KZ	Indi H	KM	Jackson P
	Ivy L		Zanda D
	Sonny C		Emma M
1H	Shawn H	1L	Petrea A
	Nesta F		Sophia A
K/6JL	Jett D		



PRINCIPAL'S AWARDS

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

Respect, Responsibility, Ready to Learn

Annalise Caldwell	1F	Mia Greenwood	2C
Danica Kottaridis	1H	Brandon Bardetta	2S
Nate Dixon	1H	Violet Osborne	3T
Heather McMillan	1/2P		

Parent Information sessions

Tuesday, 11 February.

Years 3 & 4 & support classes: 3.15pm - 4pm

BBQ: 3.30pm - 4.30pm

Years 5 & 6: 4.15pm - 5pm

Thursday, 13 February.

Kindergarten: 3.15pm - 4pm

BBQ: 3.30pm - 4.30pm

Years 1 & 2: 4.15pm - 5pm.

All sessions will start in the library before moving to classrooms.
Support classes will meet in K/6P's classroom (Tues 11/2 from 3.15pm).

Classes & Teachers 2020

Principal – Mrs Lynn Balfour

Deputy Principal – Mrs Jodie Campbell

Deputy Principal (rel) – Mr Adam Penberthy

K/6P	Cathie Page(AP)
K/6JL	Sue Judge /Ashley Smith
K/6S	Kylie-Ann Scott
K/6M	Jessica Manuelle
KS	Anne Smith (AP)
KM	Jodie Jameson
KZ	Louise Zammit
KT	Glen Theobald
1/2P	Adam Penberthy (AP)
1L	Teresa Lechowski
1H	Bronwyn Hull
1F	Natalie Fabri
2C	Beck Crowther

2S	Marika Selwood
3S	Stephanie Seddon (AP)
3T	Tami Richards
3J	Joel Travers
3/4R	Renee Robertson
4J	Polly Jones
4S	Lisa Sayer
6H	Sam Harrison (Rel AP)
5J	Lisa Jager
5L	Peter Leary
5B	Matt Boutland
6D	Lisa Dempsey
6R	Vanessa Ryan

P & C NEWS

We would like to welcome you to 2020! A special welcome to any new families at the school. If you would like information on the P&C and what we do or have any questions or concerns please contact us at the following email address epsbandc@gmail.com.

We would like to encourage members to join the Ettalong P&C Facebook group. This will enable us to keep members up to date with current and future initiatives and fundraising opportunities.

Zippies Update

If you placed an order for uniforms last week, we are expecting the stock shortly. For those who have paid, the order will be sent directly to your child. If you haven't paid, we will advise you when these will be available to pick up. Thank you for your patience during this time.

We would also like to say a massive thank you to the volunteers who gave up their time to help on the pupil free day. Your time is really appreciated.

If you have purchased a school dress that doesn't have a logo on it, badges are now available to be sewn on if you require one. Please come and see us in the uniform shop for more information.

Currently the shop is open Tuesday 8.45am-9.15am and Thursday 2.45pm-3.15pm, however this may change depending on the availability of volunteers.

Next Meeting

Our first meeting of the year will be held on Wednesday 12 February 2020 at 9.15am. This will be held in the Araluen Cottage at the school. All are welcome and if you wish for a copy of the agenda please contact us on epsbandc@gmail.com.

Light refreshments are provided and younger children are welcome to attend. Hope to see you there!

PARENTING TIPS

Anxiety in Primary School Kids

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

The idea that one of our kids might be experiencing anxiety sets off all sorts of alarm bells in us as parents. It's fair to say it makes us anxious ourselves, and has us asking all sorts of questions like "What does it mean?", "What's 'normal'?" and "What can I do to help?"

Like anything else in life, the more informed we are about anxiety, the calmer and more empowered we'll feel, enabling us to support and advise our precious kids through their challenges and seeking help when needed. That's what this article is about. Giving you the facts and helping to settle your mind so that you can begin to help them settle theirs.

Before reading on, I want you to close your eyes and take three long, slow breaths in and out... Depending on what you're up to right now, you may indeed be experiencing a level of anxiety at the moment, and this breathing exercise will help.

Okay, let's get you some answers to those questions.

Anxiety, what is it anyway?

Anxiety is a feeling. We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances.

PARENTING TIPS CON'T

Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire, and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face up to the 'threat' or run like heck in the other direction. This is 'fight or flight' in action.

This reaction is a survival instinct dating back to early times when life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, preparing to talk in front of our colleagues or for a job interview, or simply noticing how many emails are awaiting our reply. Our lives are not in danger but our bodies react as if this were the case. The same can be true for our kids.

Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others.

Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. I have my ups and downs like everyone else but on the whole I live a rich, full and meaningful life. Your kids can too. Anxiety is common, it's treatable and there's so much we can do to help as parents.

Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources.

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

How do I know what's 'normal'?

All kids experience fear and worry about things. It's understandable given that so much is new for them; new experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala (remember that tiny part of the brain?) is causing them to react anxiously to situations where there is no danger. Signs of this include:

Their worries and fears begin to outweigh the situations and challenges that they are facing.

Their anxiety starts to interfere with their participation at school and the activities, sports, parties, playdates and events than other kids their age are enjoying.

They're more anxious, and anxious more often, when compared to other kids their age.

They're obsessed with symmetry or cleanliness and they repeat behaviours like hand washing.