From the Principal’s desk...

Principal’s Awards: Congratulations to Imogen Cooper KA; Ewan Wilson KA; Matthew Wilson KA; Kai Hunter KA; Charley Dickie KB; Rio Wong KB; Rex Savage KB; Ruby Raubal KB; Sienna Sloane KB; Caitlin Dean KM; Luca McDonald KM; Jarrod Lascelles KM; Eliza Schultz KM; Xavier Tosi KM; Jamie Simpson KW; Sonny Wilcock KW; Sean Coutts KW; Sasha Cipri KW; Matt Robertson KW; Toby Downs 1R; Colin Montgomery-Smith 1/2M; Aimee Teppo 1/2M; Murphy Thor 1/2M; India Searle 1/2M; Ash Adams 1/2M; Ava Beveridge 2CJ; Ethan Morris 2CJ; Nathan Barker 2CJ; Jonas Speyer 2CJ; Bradley Wallace 3M; Aiden Williamson 3M; Declan Bradford 3/4G; Connor Steven 3/4G; Liam Grogan 4P; Zac Bramble 5S; Marlee Hottes 6D; Zilla Gilmour 6D; Sophie Vertel 6D; Tahlia Withnell 6D and Bella Foster 6D. Well done, everyone!

Term 2 assessments are underway
It is a busy time in all classrooms at the moment as assessments are taking place most days. Teachers are then spending their nights busy marking the assessments in preparation of the student reports that will go out in the last week of the term. Please ensure that your child is at school on time as it can be difficult if they come in late and an assessment is underway. Many thanks.

Kindy 2014 information session tonight
Now that is it nearly half way through the school year, it is time to start the enrolment process for our new kindergarten students for 2014. Our first Kindy 2014 information session is planned for tonight, Thursday, 30 May at 6.30pm in the library. Please let your friends, neighbours and relatives know about this session if they have a child who is starting school in 2014. Also, we are happy for prospective NNPS families to arrange for a private school tour if they are unable to attend any of the day or evening sessions in the coming months. Just contact the office to arrange a time. Thank you.

School uniforms
As the weather cools for winter, some of our students are wearing jackets and jumpers that are not part of the NNPS uniform. Please ensure that your child is wearing the correct school uniform, either the regular uniform or the sports uniform every day. If you are looking for items of lost property, there are two racks of uniform items outside my office. Please come and look and claim what is yours. Thank you.

Earn and learn points
Thank you to everyone for collecting the ‘Earn and Learn’ stickers from Woolworths. We look forward to having as many stickers as we did last year when we purchased a large amount of much needed musical instruments. You receive one sticker for every $10 spent at Woolies. There is a collection box in the school office area as well as NNPS boxes at the Woolworths at Narrabeen and at Centro. Thanks for your support!

Our sentences of the week program – guest class: 1O
During our Sentence a Day writing, 1O have been using adjectives to make our writing more interesting. We started with the sentence ‘The boy rode his bike along the path’. Here are our interesting sentences…

The cute boy rode his green bike along the black and white path. Chanel

The little boy rode his red bike along the curvy path. Chloe

The handsome, cool boy rode his awesome, shiny bike along the hot and cold path. Harry

The grumpy, little boy rode his blue, shiny bike along the crooked, brown path. Clare

The little boy rode his muddy bike along the curvy path. Levi

The tall, handsome, birthday boy rode his new, shiny, red bike along the bumpy, curvy and long path. Tahlia

Well done 1O! Next week our guest class will be 2SG.

Robert Blanchfield
Miss Russell's Wrap Up...  

Kindergarten Information
Our Kindergarten team went to their first incursion today to see Lazy Town. They all seemed to have a great time. It is also a good time to remind parents that if we have outside “paid” services visit our school, we cannot send children who have not paid for the event. All children who attend are invoiced to the school for which we then need to pay. So please make sure that you have paid your child’s term invoice so that they will not miss out.

K-2 Athletics Carnival
Our K-2 athletics carnival will be on Friday, 14 June. The carnival will start at 9.20am and will be finished by 11.00am. All students K-2 will run in class groups, boys and girls then we complete a series of novelty activities.

At these events we always need parent helpers so that our day runs smoothly. All our parents that come to join in can help at each novelty event. The teacher at that station will advise you of what they would like you to do. This way you get to move around with your child and not be stuck at the one station for the whole event. If you are able to help with set up, running races and packing up, please come and see me, Miss Russell. All K-2 children are required to wear their sports uniform on this day.

Health Care Plans
A reminder for the parents with children that have allergies and/or require medication at school. Your documents were sent home this week. Please complete these and return them to me as soon as you can. Thank you for your cooperation with this. Remember to always inform the office if your child’s health care needs change.

HSIE in 1R
This term we are studying ‘The Way We Were’. This unit explores the changes and continuities in the way families have done things over time. I would like to ask our parents if they have photos of themselves when they were at school or when you were a child and the family car. Could you please send them to me at tanya.russell6@det.nsw.edu.au or give them to your child for class. Thank you.

Parent Volunteers
On Thursday, 20 June I am in need of some willing parents that can help me at our Kindergarten Information Session. The session runs from 9.30 to 10.30am. At this information session we take new visitors on school tours to let me see our fantastic school. It is always great to have parents doing the tours so that other parents can ask questions about our school and the experiences that you have had here at NNPS. If you are able to help on this morning can you please contact me on 9913 7928 or via email on tanya.russell6@det.nsw.edu.au.

Until next time,
Tanya Russell
Non Teaching Assistant Principal

Beyond the Board with Miss Dickson ...

‘A classroom is four walls with tomorow inside.’

Can you believe it is already the middle of term??? Time flies when you are having fun and engaged in a fantastic range of educational programs. Enjoy the Stage 3 update and thank you for supporting us in providing a quality education for our 21st century learners! A big thank you too to Mrs Wineberg and Mrs Shaw who are working so hard to make ipads really happen in our classrooms!

Sydney North Dance Audition
Congratulations to our Stage 1 and Stage 3 Performance Dance Groups who successfully auditioned for the Sydney North Dance Festival. Listed below are the important dates for both groups.

‘On Our Way’ Stage 3 Group
Dress Rehearsal:
• Tuesday, 25 June 1.00pm (we need to be at Glen Street by 12.45pm and will be relying on private transport)
Performance Dates:
• Tuesday, 25 June at 7.30pm (evening performance)
• Wednesday, 26 June at 5.00pm (twilight performance)
• Friday, 28 June at 11.30pm (matinee performance)

‘Pocketful of Dreams’ Stage 1 Group
Dress Rehearsal:
• Tuesday, 25 June 1.00pm (we need to be at Glen Street by 12.45pm and will be relying on private transport)
Performance Dates:
• Wednesday, 26 June at 7.30pm (evening performance)
• Thursday, 27 June at 5.00pm (twilight performance)
• Friday, 28 June at 11.30pm (matinee performance)

Tickets for all performances go on sale next Monday and all dancers have received the performance and ticketing information. Please return all permission notes, transport and code of conduct notes as soon as possible to either Miss Dickson or Mrs Williams. Mrs Mulkeen has kindly offered to organise an excursion for 67 students to support our dancers, at the matinee performance, on the last day of term. Only 67 tickets will be available so stay tuned for updates and information concerning the sale of these tickets.

Stage 2 and 3 Multicultural Speaking Competition
Last Friday the Stage 3 class representatives presented their speeches for the Multicultural Speaking Competition. Congratulations to all our finalists who spoke so impressively with confidence and poise. I was ever so proud of each and every one of you. I know the stage 2 teachers, who judged for us, had a very difficult time deciding who should move forward to the regional finals. At this week’s assembly, the Stage 3 students who are to compete at Collaroy Plateau on June 25, will be announced and we will also enjoy the Stage 2 speeches. All regional finalists will receive a note from me early next week.
Additional CAPA News

The CAPA Team has lots on the boil at them moment!! All team members are working hard to give our students some exceptional experiences.

Well done to the Stage 2 and 3 ‘Dramalades’ who auditioned on Wednesday for the State Drama Festival. This group has been working hard all semester under the direction of Mr Brown and our fingers are crossed for a successful outcome.

Congratulations also to our Kindergarten Performance Dance Group, under the guidance of Miss White and Miss Berry, who auditioned on Tuesday for the PCS Festival to be held next term. We are very proud of our newest dancers and eagerly await the confirmation of their acceptance into the festival.

Stage 3 South Coast Excursion

On June 12 and 13 Stage 3 will be hitting the road, headed for Minnamurra Rainforest and Old Mogo Town. This excursion complements our units of work on global environments and the Gold Rushes. It is a long bus trip so please ensure your child has the appropriate medication or wrist bands should they suffer from travel sickness and that their class teacher is aware of this condition. A reminder also that the kitchen at our accommodation is surprisingly not ‘nut free’, although they do promise all food preparation is completed with separate utensils, in a separate part of the kitchen. The dinner menu is:

**MAIN - Roast Chicken with Pan gravy, Baked Chat Potatoes, Roast Pumpkin, Fresh Garden Peas, Fresh Bread with Butter/Margarine**

**DESSERT - Chocolate Mousse & Ice Cream**

As already advised, if this is a cause of concern for you, please pack and provide separate meals for your child and we will ensure they are heated and distributed. Further reminders regarding the itinerary and what to bring will be sent home next week. We are going to have the most fabulous time and really put our learning into action. Nothing beats real life experience and education.

Crunch and Sip, Waste Free Wednesday and Composting

All stage 3 classes report that students are supporting and loving Crunch and Sip. Thank you to Mrs Mulkeen and Mr Fox, members of the PD/H/PE Team, for their hard work in introducing this school wide program. Thank you also to all our families for helping us with the successful implementation of this initiative by making it a waste free experience and keeping the ‘crunch’ simple with things like cut up fruit and vegetables. Let's see if we can extend this effort and our Waste free Wednesday Program to being waste free everyday. Our Stage 3 classes are now working with our kinder buddies to do our own composting of our food waste. We are helping each other become more sustainable.

Student Leadership

Well done to our Yr 5 and 6 sporting leaders who accompanied Mr Brown to the Premier’s Sporting Challenge Leadership course at NSHS on Tuesday.

Check out their report within this newsletter. I was equally proud of the Yr 6 Leaders who represented NNPS at the PCS Leadership Day at Macquarie University on Tuesday. The accompanying teachers from Mona vale and Elanora sang their praises and from all accounts our students were a credit to themselves and our school.

Finally I would just like to thank our wonderful prefects, for doing a great job running our Banner Assembly with the help of Miss Yang and Mrs Shaw, in wet and trying conditions on Tuesday. Life wasn’t always meant to be easy or dry and at NNPS we pride ourselves on teaching our stage 3 students to be flexible, go with the flow and cope!!

Cyber Space and Cyber Safety

It has recently come to my attention that some of our students may not have been making wise decisions when signing up to social media sites such as Instagram, Kik, Tumblr, Facebook, Twitter etc. Please remember that many of these sites have a 13 years and older policy so actually no student from NNPS should be on them. That said, if with your approval, they have signed up please remind them not to ever use their school email address, username or password. Please also ensure they have activated all privacy settings and never post pictures of themselves online. Have the conversation with your child and for further information check out the Department’s School A to Z site for advice concerning cyber safety, cyber bullying and being a good digital citizen.

Here are five easy ways to help your kids stay out of trouble in cyberspace.

1. Don’t let your child post photos of themselves wearing their school uniform – it can be enough to identify your child’s school.
2. Ensure your child never organises to meet up with any strangers they have met online.
3. Talk about what websites are appropriate with your child so they understand and make the right choice.
4. By publishing without thinking, your child’s innocent work online may be something that comes back later to haunt them.
5. If your child starts being secretive about what they are doing online, check it out.

Carpe Diem

Michelle Dickson
Assistant Principal Stage 3 (Teaching)
PD/H/PE, Student Leadership, Public Speaking and CAPA Team Leader

Siblings starting school in 2014

If you have not already done so please let Gail know if you have a child starting school next year so enrolment forms can be sent home.
NRMA ARTWORK COMPETITION

This year’s state-wide Bicycle Helmet Artwork Competition is now open for entries.

The Bicycle Artwork competition is Bicycle NSW’s campaign to increase awareness about overall bike safety among young people in NSW and ACT. The program is presented in partnership with NRMA and encourages thousands of students all over the state to enjoy riding their bike.

Students in primary school and high school are eligible to enter, and do so by creating a helmet design using the bicyclensw.org template. The most original, eye-catching and universally appealing design is then made into a limited edition helmet and sold Australia-wide to the general public.

The competition runs from Monday, 29 April until Saturday, 29 June 2013.

Email programs@bicyclensw.org.au

or

Visit mynrma.com.au/bikecomp for more information and entry forms.

Karen Reid
GATS Coordinator

Why is it so important that children drink water?

Water is good for us - our bodies are made up of 50-60% water. Water lost each day through breathing, sweating and going to the toilet needs to be replaced, especially in hot weather.

Adequate fluid intake is essential to good health. Not drinking enough fluid causes dehydration. Any level of dehydration can cause physical symptoms such as poor concentration in class, headaches and irritability.

Children rarely drink enough during break times at school and often forget to drink unless reminded. Crunch&Sip® provides an opportunity to drink water and helps to prevent dehydration.

How much water does my child need?

The recommended daily amounts of fluid for children and adolescents are:

- 5 glasses (1 litre) for 5 - 8 year olds
- 7 glasses (1.5 litres) for 9 - 13 year olds
- 8-10 glasses (2 litres) for 14+ years

* A glass is 250 ml

More water is needed if children are exercising or sweating due to heat.

Crunch and Sip

The Northern Sydney Scholastic & Sports Academy
at Narrabeen Sports High School

Come PLAY our GAME

Thinking of where to send your child for High School? Thinking of changing schools?

Narrabeen Sports High School is a comprehensive public school focused on delivering excellence in all areas of the curriculum. The school has a unique specialist sporting & scholastic Academy with professional coaching staff and world class facilities.

We are offering a free afternoon of activity for interested students in Years 5, 6, 7 & 8 to try an Academy sport, followed by a BBQ.

Interested parents will be able to attend an information session during the training sessions.

To secure a place please email Karen.Dipper1@det.nsw.edu.au or call 9913 7820 (Tues/Thurs)

When: Wednesday 31st July, 2013 3:30pm - 4:30pm
Where: Narrabeen Sports High School - 10 Namona St, North Narrabeen
Sports: AFL Rugby Union/League, Touch Football, Dance, Basketball, Netball, Football (Soccer) and Tennis.
Premier’s Sporting Challenge Leadership Program 2013

Our school has continued its participation in the NSW Premier’s Sporting Challenge Leadership Learning to Lead program. It is a program designed for those students who have an interest in sport and/or sports coaching. Our school took 12 students from Years 5 and 6, and they were taught the fundamental skills of various sports and instructed on how to teach these skills to others. The coaching workshops were conducted by Year 10 students of Narrabeen Sports High, and our school participated alongside students from Elanora Heights and Narrabeen Lakes. It was a fantastic day for all and we look forward to continuing with the program in the years to come.

Simon Brown
PSC Leadership Program Coordinator

New Menu Items

The canteen has developed delicious new menu items for Winter

Tuesday—Creamy Chicken Pasta $4 -

Wednesday—Meatballs and Pasta in a Neapolitan Sauce $4 -

Recess everyday
3 meatballs on a skewer $2
Must be ordered.

Enjoy!

School Uniform Shop

CLEARANCE SALE... all ‘new’ items are now $5. Sizes are limited and there is a list attached to the door of the uniform shop.
The next opening time is
Friday, 7 June, 8.45 - 9.15am.
Nicole Amundsen and Rachel Peacock

School Uniforms at Lowes

As this is our first winter with Lowes there has been some unfortunate shortages in stock.
We will endeavour to keep you up to date with the stock situation.
Currently they are missing the following:

- Sports Jumpers in size 6 & 8, stock is due on the 12/6.
- Long sleeve green jackets in sizes 8 & 12, stock is due on the 10/6.
- Long sleeve boys green polo shirts, stock is due on 12/6.
- Girls winter tunics in Size 6, stock is due on 3/6.

Nicole Amundsen and Rachel Peacock
The Newsletter from Narrabeen North Public School

BOOK FAIR
Fri 21st – Sun 23rd June, 2013
Balgowlah Boys’ Campus, BALGOWLAH

Dear Book Lover

Lose yourself at Lifeline’s Book Fair at Balgowlah Boy’s Campus from 21-23 June.

Navigate your way through a world of fantasy, mystery, history, humour, romance, adventure and more.

Search through thousands of donated and preloved books. At our prices you’ve got nothing to lose.

As always our industrious team of book volunteers will be on hand over the weekend. Make sure you stop by to give your knowledge if you are looking for a favourite title, author or specialist subject.

Venue: Balgowlah Boys Campus, Sydney Rd, Balgowlah.

Dates: Fri 21 June: 4pm – 9pm
Sat 22 June: 9am – 9pm
Sun 23 June: 9am – 2pm

Entry by gold coin donation is appreciated. Lifeline Northern Beaches will answer 25,000 calls this year from people in crisis. Help us save someone’s life. Our book fairs directly fund our services. This is why your ongoing support is important and valued.

Lifeline Northern Beaches

Northern Beaches

ADHD SUPPORT GROUP

A problem shared is a problem halved

Go come share your ADHD related problems ...

The Northern Beaches ADHD Support Group is a new voluntary group offering support for parents of children or teenagers with ADHD via regular meetings.

The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD and its co-morbid conditions in order to best help parents and kids alike.

Experienced parents and those new to ADHD are all welcome to attend our meetings to receive and extend support to other parents.

Depending on demand talks from ADHD specialists will be organized at future meetings.

Meetings will take place every 6 weeks at
Memorial Hall (next to the library)
1686 Pittwater Road, Mona Vale 2103

Date of Next Meeting: Monday 13 May 2013
Time: 7:00-8:30pm

A $2 donation would be appreciated to help cover costs Please RSVP via email to give us an idea of numbers

Email: phdhsupportgroup@hotmail.com

www.northernbeachesadhdsupportgroup.com.au

What is AustCycle’s ‘Get Riding’ Program?

AustCycle’s program is designed to teach children the important skills of bike control and road safety. It focuses on teaching children between the ages of 5 and 12 how to be confident and competent riders in both traffic-free and traffic environments so that they can safely ride on the weekend, to school or with friends and family.

What is the aim of the program?

• To provide children will the skills and confidence to ride their bikes safely
• To introduce children to bike riding in a safe, social and controlled environment
• To help children develop lifelong skills that will allow them to cycle for fun, fitness or transport
• To foster independence and a teach healthy lifestyle habits for children
• To ensure all Australian children have the opportunity to ride

For more information about AustCycle or the Get Riding program, www.austcycle.com.au

For any questions, please don’t hesitate to contact via email or phone (02) 9339 5831.

The Lakes Catholic parish of
St Joseph’s St Rose
Narrabeen & Collaroy Plateau

Family Based Sacramental Program

The 2013/2014 Family Based Sacramental Program is due to commence soon.

To be eligible for enrolment in this program your child needs to be baptized and at least in Year 2 at school.

An information evening about the program will be held in St Rose Church, 4 Rose Avenue, Collaroy Plateau at 7pm on Monday, 15 July (First day of Term 3).

If you are considering enrolling your child, it is essential to attend this information evening. We wish to make it clear that only parents who attend this meeting will be eligible to enrol their child in the 2013/2014 Family Based Sacramental Program.

If you have any queries please contact the Parish Office on 9982 1058.

PLEASE NOTE: Whilst every attempt is made to verify bonafide advertisers, the school does not accept responsibility therefore parents should use their own discretion.