



# Newsletter

12 September Term 3 Week 8

## Upcoming Events

Thursday 12 September	Group Photos
Friday 13 September	Stage 2 & 3 Assembly school hall 9am Summer PSSA Round 8 Morrison Bay - Cricket, Newcombe Ball, Volleyball Meadowbank Park – Softball, Tball,
Monday 16 September	Soccer Club 8.15am-8.50am Performing Arts Concert rehearsal for students during school – students need to bring costumes to school for the rehearsal
Tuesday 17 September	Wakakirri – 11.30am students will travel by bus to Quaycentre Olympic Centre
Wednesday 18 September	Sports in Schools – Students to wear sports uniform Paul Sironen 7's League Gala Day – 10 students have been selected. Students need to be at school by 8.30am minibus leaving at 8.40am
Thursday 19 September	Performing Arts Concert 6.30pm – students need to arrive <b>6pm</b>
Friday 20 September	Kindergarten & Stage 1 Assembly school hall 9am Summer PSSA Round 9 Meadowbank - Cricket, Newcombe Ball, Volleyball Gannon Park – Softball, Tball,
Monday 23 September	Soccer Club 8.15am-8.50am
Tuesday 24 September	Math Olympiad
Wednesday 25 September	Sports in Schools – Students to wear sports uniform
Thursday 26 September	The Cottage second hand uniform shop open 9.15am-10.15am
Friday 27 September	Stage 2 & 3 Assembly school hall 9am Summer PSSA Round 10 Meadowbank Park - Cricket, Newcombe Ball, Volleyball Meadowbank Park – Softball, Tball Last day of Term 3
Monday 14 October	School resumes for all students
Tuesday 15 October	Ryde School Spectacular #3 Rehearsal – students need to be at school at 8.40am as buses will leave at 9.10am
Friday 1 November	School DISCO
Wednesday 6 November	P & C Annual General Meeting

# Principal Report

## **Cheers to our students**

Congratulations to our Wakikirri dance group. "An amazing flourish of colour and pizzazz to raise awareness on a very important issue. Really excellent use of your sets, props and costumes to enhance your story. Clever use of music for the changes in mood that occurred throughout the piece. Such clarity in your story telling and beautifully acted out with a super strong finale to finish. Congratulations" The panel comments from the performance last week at Riverside Theatre.

## **Awarded**

- Well- Rehearsed Performance
- Amazing finale
- Excellent Overall Costume Design
- Excellent Artwork on Sets
- Excellent Staging- combination of all Aspects.
- Story Award- *Best Environmental Story*

The gala performance and awards presentation will be held next Tuesday at the Quay Centre, Homebush Bay.

Well done senior debating team through to the semi-finals in the Premier's Debating Challenge- a first for Denistone East.

## **Building Update.**

Week Nine (next week) Stage 3 will move into the new block; the classes in the demountables will relocate to permanent buildings and kinder will gain some additional space. To allow classes' access to the best learning areas and to be grouped in grade and stage shared spaces there will be a lot of movement. A professional removal team will be provided to move furniture and teaching resources. Furniture and resources will be assessed and evaluated post move and additional and replacement resources will be ordered if required.

Stage 3 Team have spent time this week planning their big move and assessing how they can maximise the learning in their new spaces. All our classes are doing a spring clean to assess what resources are relevant in preparation for ordering for 2020.

## **Community**

A reminder that we have had family notifications of chicken pox, whooping cough and nits. Please monitor your children careful for symptoms of any of these. Several staff are absent at the moment awaiting clearance from their doctors to return due to the whooping cough notification.

Reminder to enrol for Kindergarten 2020 any siblings who may be starting school. Also remind, friends, family and neighbours that enrolments are due. The earlier we get enrolments the better we can plan for the children.

If any families are not returning to Denistone East in 2020 please notify the school office via email [denistonee-p.school@det.nsw.edu.au](mailto:denistonee-p.school@det.nsw.edu.au) as soon as possible. This will assist us with organising classes for next year.

# Principal Report

## Learning.

Our debating team has been making sound progress and is preparing for a further competition later in the week.

Jann Farmer-Hailey has confirmed her ability to work with both Kindergarten and Stage 2 and 3 in 2020. The programs will be designed to meet specific Denistone East needs. Kindergarten will focus on learning to read and write, developing the habits of good readers and writers. The Stage 2 and 3 program will focus on writing – creative as well as writing for other curriculum areas. The aim will be to develop field knowledge, an understanding of audience and purpose, the role of grammar and rich vocabulary.

This week I have included some information on sleep and its importance. Several staff members have come to me with concerns around bedtimes and the lack of sleep some little and bigger people may be getting.

I have included some extracts from reputable websites: <https://kidshealth.org/en/parents/sleep.html>

## Preschoolers

[Preschoolers sleep](#) about 10–13 hours a night. Those who get enough rest at night may no longer need a daytime nap. Instead, they may benefit from some quiet time in the afternoon.

Most nursery schools and kindergartens have quiet periods when the kids lie on mats or just rest. As kids give up their naps, they may go to bed at night earlier than they did as toddlers.

## School-Age Kids and Preteens

School-age kids need 9–12 hours of sleep a night. Bedtime problems can start at this age for a variety of reasons. Homework, sports and after-school activities, [screen time](#) (on computers, TVs, smartphones, and other devices), and hectic family schedules all can contribute to kids not getting the sleep they need. Sleep-deprived kids can become hyper or irritable, and may have a hard time paying attention in school.

It's still important to have a consistent bedtime, especially on school nights. Leave enough technology-free time before bed to allow your child to unwind before lights-out. Consider switching off the electronics at least an hour before bed and keeping screens out of kids' bedrooms.

## Teens

Teens need about 8–10 hours of sleep per night, but [many don't get it](#). Early school start times on top of schedules packed with school, homework, friends, [social media](#), and activities mean that many are chronically sleep deprived.

Sleep deprivation adds up over time, so an hour less per night is like a full night without sleep by the end of the week. Among other things, a lack of sleep can lead to:

- being less attentive
- inconsistent performance
- short-term memory loss
- delayed response time

Ideally, a teen should try to go to bed at the same time every night and wake up at the same time every morning, allowing for at least 9 hours of sleep.

This can lead to anger problems, trouble in school (academically and with teachers and peers), the use of stimulants like [caffeine](#) or [energy drinks](#) to feel more awake, and car crashes due to delayed response times or falling asleep at the wheel.

# Principal Report

Teens also undergo a change in their sleep patterns — their bodies want to stay up late and wake up later, which often leads to them trying to catch up on sleep during the weekend. But this irregularity can make getting to sleep at a reasonable hour during the week even harder.

Ideally, a teen should try to go to bed at the same time every night and wake up at the same time every morning, allowing for at least 9 hours of sleep.

## **Bedtime Routines**

No matter what your child's age, establish a bedtime routine that encourages good sleep habits. These tips can help kids ease into a good night's sleep:

- Stick to a bedtime, and give your kids a heads-up 30 minutes and then 10 minutes beforehand.
- Include a winding-down period in the routine.
- Encourage older kids and teens to set and maintain a bedtime that allows for the full hours of sleep needed at their age.

**Reviewed by:** [Elana Pearl Ben-Joseph, MD](#)

<https://www.healthdirect.gov.au/sleep-tips-for-children>

Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep.

**Establish a sleep schedule:** Make sure your child goes to bed early enough to get the sleep they need.

Once you have set an appropriate bed time, stick to it - even at the weekend.

**Establish a bedtime routine:** Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.

**Help your child wind down:** Busy children need some time to relax. Consider playing soft music or reading to them.

**Make sure the bedroom is suitable for sleep:** Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.

**Avoid stimulants:** Make sure your child avoids tea, coffee, chocolate or sports drinks, especially in the afternoon.

**Turn off technology:** Turning off computers, tablets and television 1 hour before bedtime should help your child sleep better.

Signs of sleep problems

If you establish good sleep habits and your child is still having trouble falling or staying asleep, they might have a [sleep problem](#). You might notice behaviour problems, difficulty concentrating or they might seem tired during the day.

If your child is not sleeping well please share the information with your child's classroom teacher. We may be able to assist with additional resources. A good night's sleep is key to successful learning and wellbeing.

Online safety has also been raised by a few parents and I have included the latest bulletin from the eSafety commissioner.

<https://esafety.gov.au/about-the-office/newsroom/blog/helping-your-child-deal-with-unwanted-contact-online>

[www.esafety.gov.au/parents/skills-advice/good-habits-start-young](http://www.esafety.gov.au/parents/skills-advice/good-habits-start-young)

Both these links provide useful information.

*Michelle Collyer*  
*Principal*

# School Initiatives

## ENROL NOW FOR KINDERGARTEN 2020

Denistone East Public School  
Kindergarten Orientation Program



At Denistone East Public School we are keen to provide you and your child moving into Kindergarten in 2020 with a positive start to primary school.

PLEASE ENROL NOW TO ENSURE A SMOOTH TRANSITION FOR YOUR CHILD.

### School Tours

Bookings are essential for all school tours.  
Please ring our school administration office  
9874 6678.

Tour 1 – Monday 27 May 2019 12pm  
Tour 2 – Thursday 27 June 2019 12pm  
Tour 3 – Wednesday 24 July 2019 12pm  
Tour 4 – Tuesday 6 August 2019 12pm



### ORIENTATION SESSIONS

Parents/carers can book their child into sessions through our administration office on 98746678.

For these sessions your child will attend a Kindergarten classroom where they will engage in a variety of activities including art/craft, stories, games etc. We would encourage each child to attend at least one session and ideally all four sessions.

Parent information sessions will be run at the same time, in the school hall.

THURSDAY 24 OCTOBER  
10-11 am

Parent Information Session:  
Readiness for School Focus

Parents will be given information about School/Preschool/Home partnerships, Child Independence & School Readiness including tips for helping your child at home in preparation for starting school.

THURSDAY 31 OCTOBER  
10-11 am

Parent Information Session:  
Literacy & Numeracy Focus

Parents will be given information about how Literacy and Numeracy skills develop in Kindergarten. This hands on/interactive session will include literacy/numeracy activities.

THURSDAY 7 NOVEMBER  
10-11 am

Parent Information Session:  
Well-being Focus

Parents will be given information about student well-being and how they can work in partnership with the school to cater for their child's individual needs.

THURSDAY 14 NOVEMBER  
10-11 am

Parent Session:  
Welcome Morning Tea

This is an informal session. Morning tea hosted by 2019 Kindergarten Parents. A chance to chat about the Kindergarten year and an opportunity to ask questions.

## SAFE, RESPECTFUL LEARNERS.

For further information and to book a school tour please contact the school office on 98746678

# School Initiatives



## Character Strengths Parent Tip Sheet

### What are Strengths?

Character Strengths are the best parts of us. They are what is important to us, what we value. When we know and use our top strengths it helps us to feel great and do great things.

Discuss the 24 strengths in the handout from the parent session.

1

2



### Parents' Strengths

Identify your top 5 strengths by completing the FREE 15 minute online survey at:

<https://www.viacharacter.org>

Discuss the results with your family.



### Child's Strengths

Ask your child what they think 1-2 of their strengths are (for younger children give them a choice of 4-5). What would their friends, teacher, coach, grandparents identify in them? Discuss with your child what you think their strengths are.

Remember they are:

R: Really them

E: Energise them

O: Often used

3

4

### Strength Development

Strengths are like muscles, the more we use them the bigger they grow. Explain that all strengths can be developed and may change over time.

Ask your child to choose a strength they would like to develop, or one for the whole family to focus on.

Brainstorm different ways to use this strength.

Set a SMART goal to use this strength in a novel way in the next week. Refer

to: <https://www.growingstrongminds.com/resources>



### Spotting Strengths

Spots strengths in each other, in books and movies. For instance: 'What strengths were in the story? How was Sarah brave in the story? When have you been brave

(maybe when you have tried something new)?

Praise with strengths.

5

[www.growingstrongminds.com](https://www.growingstrongminds.com)

# School Initiatives

## ***Tell Them From Me* Student Feedback Survey Weeks 1 and 2 (Term 4 2019)**

We are delighted that early next term our school, like many other public schools in the state will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices. More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours in the students' Library time in Term 4 between Monday 14 Oct and Friday 25 Oct. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **Friday 6 September**.

Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>. The consent form and FAQs are available in 23 languages.

## ***Tell Them from Me* Semester 2 Parent Survey**

This Term our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 26 August and 25 October. Although participating in the survey is entirely voluntary your responses are very much appreciated.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>. To access the survey for our school go to: <http://nsw.tellthemfromme.com/d3862>

The survey is available in 23 languages.

Jenny Bashinsky  
Deputy Principal

# P&C News

## President's report

It has been a busy but great start for me to officially run the P&C. I am very fortunate to have a new committee who have formed a great and strong team culture. The communication between members and the cooperative efforts displayed by everyone was tremendous. Therefore I would like to say a big THANK YOU to all the people who have helped me.

In the past month, with the combined effort of the whole team, we have completed various tasks and here are a few highlights:

## Family Portrait

Family Portrait Weekend Event was a great success and we even had to open up more spots on Sunday to allow extra bookings. In total, we raised \$1,000.00 from the bookings of 50 families. We also received a \$150.00 bonus due to the large number of bookings. All monies will go towards school library resources.

We are considering re-booking Gina, the photographer, next year and this will most likely be around mid-Term 3 for a warmer weather look.

## Father's Day Breakfast and Stall

We raised \$393.70 from the Breakfast for Beyond Blue and the Father's Day stall raised a total of \$1,760.00 which will go towards our school library resources.

A big thank you to everyone who helped with this event: Ms. Collyer, Mrs. Hyland, Hayley, the DEBASCA team, Chef Chris, parent helpers Mahrokh and Maz Samini, Graham Butler, and last, but not least, thank you to all the parent volunteers that came to help make the day a success!

## DEPS P&C Logo Design

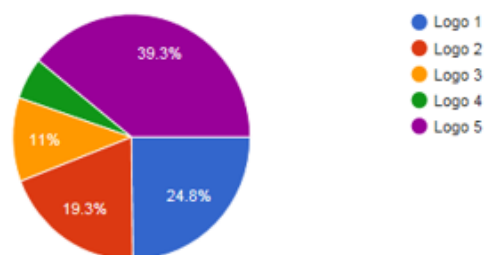
DEPS P&C logo design results have now been revealed (detailed information and image shown in graph below).

We have had an overwhelming response of 145 votes from parents in total. 57 of the 145 have chosen logo 5 which was equivalent to almost 40% and follow by 24.8% on logo 1. This winning logo will soon be used in various communication channels once the layout is finalised with the school office.



What is your favourite design?

145 responses



# P&C News

Count of What is your favourite design?	Column Labels	Logo 1	Logo 2	Logo 3	Logo 4	Logo 5	Grand Total
Row Labels							
15/8/2019			2	3		1	6
16/8/2019	10		5	2	3	7	27
17/8/2019	1					3	4
19/8/2019						1	1
20/8/2019			1				1
21/8/2019	4		6		1	4	15
22/8/2019	2						2
23/8/2019						1	1
25/8/2019						1	1
27/8/2019	16		12	9	4	35	76
28/8/2019	2		2	2		3	9
7/8/2019	1						1
9/8/2019						1	1
<b>Grand Total</b>	<b>36</b>	<b>28</b>	<b>16</b>	<b>8</b>	<b>57</b>	<b>145</b>	

## DISCO - Friday 1 November

DISCO will be held on Friday 1 November 2019

Please **SAVE THE DATE** now!

More detail will be announced soon.

## Music committee

Working together with Music Partnership to deliver more information on our Music Program in order to provide an opportunity for the children to learn and perform with a variety of instruments.

Please see detail if you would like to participate in the string program



### Join the Denistone East String Program

**Learn how to play a string instrument**

Lessons and ensemble are open to beginners and experienced students. The string program is open to students from K-6 (2019)

Instruments you can play include: Violin, Viola, Cello and Double Bass

Ensemble \$120 + GST per Term

### Private Music Lessons

- Violin, Viola, Cello Yr K-6
- Double Bass Yr 2-6
- 1/2 hour Private Lesson \$38 + GST
- 1/2 hour Paired Lesson \$25 + GST (subject to availability)
- 1/2 hour group Lesson \$15 + GST (subject to availability)

**To ENROL and further information:**  
<https://musicpartnership.com.au/school/denistone-east-primary-school/>

**EMAIL:**  
[info@musicpartnership.com.au](mailto:info@musicpartnership.com.au)



www.musicpartnership.com.au



www.facebook.com/MusicPartnership/

# P&C News

## Traffic and Road Safety

Did you know that children under the age of 10 need assistance dealing with traffic? ***They are not developmentally ready to make the crucial decisions needed to keep themselves safe.***

Whilst setting a good example is a wonderful way to pass on these important skills to our children, adults are responsible for the safety of children - not just our own kids, but the kids within our community that we live in too!



From "Kids and Traffic" website -

<http://www.kidsandtraffic.mq.edu.au/driveway-safety/>

This week's Traffic Message and Resource: ***Kids are unpredictable, and we cannot always see kids when we are in our cars.***



www.shutterstock.com · 357461795

**Please, no stopping in:**

- **No Stopping zones,**
- **Driveways,**
- **Bus stops,**
- **Intersections**

## Is this YOU?

You may not realise it, but stopping or parking illegally restricts visibility for other pedestrians and motorists. Fridays and rainy days have been observed to be particularly bad, with everyone rushing during drop-off and pick-up. Please be aware of some of the following unsafe and illegal behaviours, and gently remind your fellow parents.

Please join us for our next coffee morning tea. We have some action items to discuss from last month and will be discussing any new issues.

# P&C News

## Canteen

Thanks again to our great canteen volunteers and staff for delivering such a fantastic fresh menu. Check out the calendar below to see when your volunteer day is coming up.

There are lots of yummy healthy options available in our canteen so look out for the weekly specials and fresh juices on Munch Monitor.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
8	9 <sup>th</sup> September Zoe Smedley	10 <sup>th</sup> September Amy Wu	11 <sup>th</sup> September Sabrina Wang & Pui Fong	12 <sup>th</sup> September Eunhee Kate Lee	13 <sup>th</sup> September Jenny
9	16 <sup>th</sup> September Zoe Smedley	17 <sup>th</sup> September Dell Edwards	18 <sup>th</sup> September Lisa Lia & Pui Fong	19 <sup>th</sup> September Sarah and James	20 <sup>th</sup> September Maria Sanna
10	23 <sup>rd</sup> September Susanne Hayes	24 <sup>th</sup> September Viviane Zhuang	25 <sup>th</sup> September Tracey & Pui Fong	26 <sup>th</sup> September Tammy	27 <sup>th</sup> September Zoe Dalae

## The Cottage Second Hand Uniform Shop

The final opening of The Cottage for Term 3 will be at the special time of **3:00pm on Thursday 26 September**. Now is a good time to beat the rush for summer uniforms as the weather starts to warm up! We still have some larger size (14-20) brand new, old logo jumpers, and sports shirts for sale for \$2 per item. We also sell new music shirts and bags for \$15, and we have new girl's skirts available for \$5.

We always welcome donations of second hand uniforms. Please drop them in during opening hours or to the school office.

We also welcome new volunteers. Please email Sally if you are interested: [salp@iinet.net.au](mailto:salp@iinet.net.au).

# Community News


**DEBASCA Sept/Oct 2019 | VACATION CARE**

BOOKING INFORMATION			CONTACT DETAILS	
<p><b>How to Book:</b> Please book online. Go to <a href="https://debasca.wufoo.com/forms/debasca-2019-septemberoctober-vacation-care/">https://debasca.wufoo.com/forms/debasca-2019-septemberoctober-vacation-care/</a> and complete the online booking form (one per child).</p> <p><b>Booking Period:</b> Weeks 6-9 (From 26th August - 18th Sept.)</p> <p><b>MUST BE booked online by Wednesday 18th Sept @ 5.00pm (AEST)</b></p> <p>\$10 late penalty will apply to forms submitted after the cut-off date.</p> <p><b>NO Cancellations/Refunds</b> will be processed after Wed 18th Sept. <b>ANY</b> change to a booking once it has been submitted will incur a \$5 fee per change, per child.</p> <p><b>IMPORTANT NOTE:</b> When booking, please book under your child's current 2019 school grade.</p>			<p><b>Location:</b> 35a Brabyn Street Denistone East 2112</p> <p><b>Phone:</b> 02 9874 6760</p> <p><b>Email:</b> <a href="mailto:admin@debasca.org.au">admin@debasca.org.au</a></p> <p><b>Website:</b> <a href="http://www.debasca.org.au">www.debasca.org.au</a></p> <p><b>Vacation Care Opening Hours:</b> 7am – 6pm</p> <div style="background-color: yellow; padding: 5px; text-align: center;"> <p><b>Government Subsidy is available for eligible families.</b>  <b>ENSURE you have COMPLETED THE CCS ONLINE ASSESSMENT otherwise FULL FEES will APPLY.</b></p> </div> <p>Please visit our website <a href="http://www.debasca.org.au">www.debasca.org.au</a> for further information on MENU, LOCATION &amp; REMINDERS and IMPORTANT INFORMATION.</p>	
<b>KEY: In House days = yellow   Excursion day = green   Incursion days = navy   BYO (Bring Your Own) Morning Tea (M/Tea) / Lunch = red</b>				
<b>Sept / Oct 2019 - VAC Week 1</b>				
<b>Mon 30th</b> <b>K-2 INCURSION</b>	<b>Tues 1st</b> <b>K-2 IN HOUSE</b>	<b>Wed 2nd</b> <b>K-2 INCURSION</b>	<b>Thurs 3rd</b> <b>K-2 EXCURSION</b>	<b>Fri 4th</b> <b>K-1 INCURSION</b>
<p><b>Laser Warriors \$90</b></p> <p>* Outdoors FUN, safe (and exhausting!)</p> <p>'Skirmish' with your friends</p> <p><b>LASER WARRIORS</b> mobile laser tag</p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>	<p><b>Snuggle Pot &amp; Cuddle Pie \$75</b></p> <p></p> <p>Books, Craft &amp; Nature Play!</p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>	<p><b>Habitat Helpers \$85</b></p> <p></p> <p>* We will become Habitat Helpers to explore sustainability issues and help save the planet!</p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>	<p><b>Stomping Ground \$100</b></p> <p>* Fantastic Inflatables, PlayStation Virtual Reality, 'Foosball' &amp; more!</p> <p></p> <p>* <b>MUST wear socks</b></p> <p><b>BYO M/Tea LUNCH PROVIDED</b></p>	<p></p> <p><b>Wasabi Kids! \$85</b></p> <p>* An authentic cultural performance encouraging children to experience the Japanese culture whilst having fun!</p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>
<b>3-6 EXCURSION</b>	<b>3-6 EXCURSION</b>	<b>3-6 EXCURSION</b>	<b>3-6 INCURSION</b>	<b>2-6 INCURSION</b>
<p></p> <p><b>Archery at SOP \$105</b></p> <p><b>Sydney Olympic Park Archery Centre</b></p> <p>Come and join the fun outdoors with archery! Session includes safety, equipment and instruction.</p> <p><b>BYO M/Tea and LUNCH</b></p>	<p><b>Theatre 'Roald Dahl's Revolting Rhymes &amp; Dirty Beasts' \$95</b></p> <p></p> <p><b>M/Tea &amp; BYO LUNCH</b></p>	<p><b>Bungaribee Parklands \$85</b></p> <p></p> <p>* Wear Runners/Sandshoes</p> <p><b>BYO M/Tea and LUNCH</b></p>	<p></p> <p><b>World Ju-Jitsu Martial Arts \$90</b></p> <p>* Join us for a day of Martial Arts as the team from World Ju-Jitsu join us!</p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>	<p><b>Sumo Suits! \$85</b></p> <p></p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>
<b>Oct 2019 - VAC Week 2</b>				
<b>Mon 7th</b>	<b>Tues 8th</b>	<b>Wed 9th</b>	<b>Thurs 10th</b>	<b>Fri 11th</b>
<b>CENTRE CLOSED</b> <b>LABOUR DAY HOLIDAY</b>	<p></p> <p><b>K-2 INCURSION</b></p> <p><b>Science FX Sounds Show \$85</b></p> <p>* Science Safari brings us a sound effects show followed by a simple workshop where the kids make a "clucking" cup, to sound like a chicken!</p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>	<p><b>Moving Bodies - Gymnastics \$110</b></p> <p></p> <p>* PLEASE WEAR COMFY CLOTHES *</p> <p><b>BYO M/Tea LUNCH PROVIDED</b></p>	<p><b>Ahoy Ye Pirates! Treasure Quest Fitness \$85</b></p> <p></p> <p><b>TREASURE QUEST FITNESS</b></p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>	<p><b>Hunger Games \$85</b></p> <p></p> <p><b>HUNGER GAMES Got Game</b></p> <p>* Hunger Games will have kids thinking and hearts pumping in order to survive a FUN game that will never be forgotten.</p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>
	<b>3-6 EXCURSION</b>	<b>3-6 INCURSION</b>	<b>3-6 EXCURSION</b>	
	<p><b>'Abominable' Movie \$90</b></p> <p></p> <p><b>BYO M/Tea LUNCH PROVIDED</b></p>	<p><b>Kapla Blocks \$85</b></p> <p></p> <p>* Creativity &amp; self-expression</p> <p>* Intro to 2D vs 3D</p> <p>* Sequencing &amp; Symmetry</p> <p>* Problem solving</p> <p><b>M/Tea &amp; LUNCH PROVIDED</b></p>	<p><b>Ninja &amp; \$110 PARKOUR</b></p> <p></p> <p><b>MOVING BODIES NINJAS</b></p> <p>COMMIT AND CONQUER</p> <p>* SOCKS MUST BE WORN *</p> <p><b>BYO M/Tea LUNCH PROVIDED</b></p>	

**PLEASE REMEMBER** 

\* **DEBASCA UNIFORM:** is compulsory for ALL excursions. May be purchased through the booking form.

\* **NON- NOTIFICATION:** If your child will be absent for any given VAC day, please inform the centre by 8.30am on excursion days and 10am on an in-centre day. A non-notification fee of \$10 applies if you **do not** let the centre know of your child's absence.

\* **ARRIVAL TIME:** For all excursions, please be at the centre by 8:30am with the exception of 1st October, 10am for Riverside Theatre 'Roald Dahl's Revolting Rhymes and Dirty Beasts' excursion. **WE CANNOT wait for latecomers.**

\* **WATER BOTTLE:** Is required for ALL days. BYO Morning Tea (**M/Tea**) and or BYO Lunch where advised.  
**NO NUT Products permitted.**

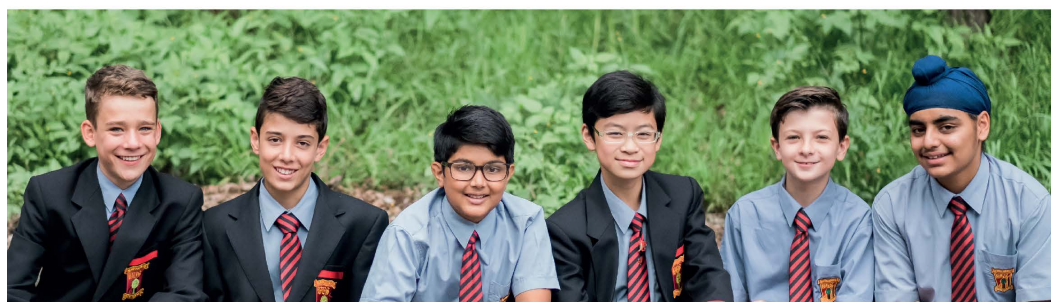
N.B: Program subject to change. If such change is made, families will be notified as soon as possible.

# Community News



**NORMANHURST BOYS HIGH SCHOOL**

*Fostering excellence in young men through holistic education*



## Open Day for Prospective Students, Year 7 2021

Thursday 26 September, 2019, 9:30 am to 11:00 am

On the day, there will be a Principal's Address  
and free school tours.

For further information, please visit our website from September 1.

Address: 54-72 Pennant Hills Road, Normanhurst, NSW 2076  
(Pedestrian entrance from Denman Parade/Fraser Road)  
Phone: +61 2 94891077 Fax: +61 2 94895722  
Web: [www.normanhurstboys.nsw.edu.au](http://www.normanhurstboys.nsw.edu.au)  
Email: [office@normanhurstboys.nsw.edu.au](mailto:office@normanhurstboys.nsw.edu.au)

### SCHOOL HOLIDAY CAMP



CAMP  
START  
FROM  
\$40

## VINCE BARCLAY TENNIS

1st week  
2nd week

Sep 30th - Oct 4th  
Oct 8th - Oct 11th

[www.barclayacademy.com.au](http://www.barclayacademy.com.au)

9877 0679

## OCTOBER SCHOOL HOLIDAY CAMP

*It's a great camp that will help children  
stay active during the holidays*

The junior Tennis Camps  
are run by qualified  
Vince Barclay Tennis  
Academy coaches who  
aim to include all  
participants in a variety  
of tennis, fun and  
engaging activities.



Half day 9am-12:30pm	\$40
Full day 9am-3pm	\$55

Package deals also  
available

For more information,  
please contact us

[barclayacademy@gmail.com](mailto:barclayacademy@gmail.com)  
[www.barclayacademy.com.au](http://www.barclayacademy.com.au)

# Community News



## Primary Ethics classes

Helping children develop skills for life

Primary Ethics' program gives children the opportunity to discuss ethical issues with their peers while developing important thinking, reasoning and discussion skills. Our innovative curriculum was developed by Dr Sue Knight, a specialist in both philosophy and education. Primary Ethics is a not-for-profit organisation approved to provide ethics education in NSW public schools.

### Ethics in the infant years

Ethics classes in years 1-2 focus on developing core skills such as listening to others, taking turns to speak and giving reasons.

Stories, poems and rhymes prompt children to discuss ethical issues such as hurting someone without meaning to, telling the truth, being kind, forgiving, ownership, fairness and empathy.

Our skills-based topics for this age group include asking and answering questions, disagreeing, changing your mind, working out what is true, giving and evaluating reasons as well as giving examples and counter examples. Logic is also introduced, with topics touching on inductive inference and deductive reasoning.

### Ethics in the primary years

In years 3-6, ethics students develop their critical thinking and discussion-based skills.

Stories, contemporary issues and real life scenarios form the basis of discussions on ethical issues such as selfishness, how we should treat living things, promises, greed, friendship, cheating, voting, punishment, homelessness, teasing and fairness in society.

Skills-based topics for this age group include respectful disagreement, inferring or figuring things out, validity, generalising, proving claims, structuring arguments, identifying incorrect conclusions, identifying faulty reasoning, evaluating the strength of evidence and thinking about thinking. Primary aged students are encouraged to develop their community of inquiry skills by asking each other well thought out questions and challenging each other's arguments.

Questions? Call 02 8068 7752 or email [info@primaryethics.com.au](mailto:info@primaryethics.com.au)



Primary Ethics Limited is a registered charity ABN 28147194349  
Suite 408, 21-30 Springfield Avenue Potts Point NSW 2011 Australia

Visit  
[primaryethics.com.au](http://primaryethics.com.au)  
to learn more

### Enrolling your child

Ethics classes run weekly during the school year within the Special Religious Education/Special Education in Ethics (SRE/SEE) timeslot.

Primary Ethics classes are free of charge.

If you'd like your child to attend ethics classes, advise the school office via a note or email. Your child can start as soon as an ethics teacher is available and a minimum of eight students have enrolled in a class.

### Getting involved

Ethics classes are taught by specially trained volunteers who are mostly parents or carers. Becoming an ethics coordinator or ethics teacher can be a very rewarding way to be involved in your school community. Volunteer ethics teachers are always needed to ensure that there are adequate classes to meet demand. Experience is not required, comprehensive training and access to lesson materials is provided.

**Primary**  
ETHICS

# DON'T SCARED

Come along to our FREE

## Kids Gardening Classes

**11am Mon 30 Sept - Fri 4 Oct  
& Tues 8 - Fri 11 Oct**

No classes will be held on Mon 7 Oct  
Kids under 5 must be accompanied by an adult



**flowerpower**



## Knights of the King

**K-5 KIDS**

**September SCHOOL HOLIDAY KIDS CLUB**

**\$50 2 DAYS**

**FAMILY DISCOUNT AVAILABLE**

**30 SEP - 1 OCT 2019  
9.30AM-4.00PM**

**RMC CONFERENCE CENTRE  
136 HERRING RD  
MACQUARIE PARK**

**REGISTER  
[maachurch.com/kidsclub](http://maachurch.com/kidsclub)**

**macquarie asian  
australian church**