



# Newsletter

23 May 2019 Term 2 Week 4

## Upcoming Events

Wednesday 22 May	Gateways (selected students Year 1-6)
Thursday 23 May	The Cottage Second Hand Uniform Shop open <b>9.15am-10.15am</b> and open in the afternoon from <b>3pm</b> Gateways (selected students Year 1-6)
Friday 24 May	Stage 2 & 3 Assembly School Hall 9am PSSA - AFL-ESL Hall, Netball & Soccer – Meadowbank, Tiger Tag – Morrison Bay Kindergarten last day of Ducklings
Saturday 25 May	School Trivia Night Heroes & Villains change of venue due to power outages <b>Phoenix Room Club Ryde X 728 Victoria Road Ryde 2112 6pm</b>
Monday 27 May	Kindergarten 2020 School Tour 12pm meet at Year 1 & 2 Cola near DEBASCA
Wednesday 29 May	Gateways (selected students Year 1-6) Zone Cross Country Meadowbank Park
Thursday 30 May	Gateways (selected students Year 1-6)
Friday 31 May	K-2 Assembly School Hall <b>9am</b>
Tuesday 4 June	Interrelate Evening Years 3-6
Wednesday 5 June	Gateways (selected students Year 1-6)
Thursday 6 June	Gateways (selected students Year 1-6)
Friday 7 June	Stage 1 & 2 Assembly School Hall 9am
Monday 10 June	Public Holiday Queen's Birthday
Wednesday 12 June	School Photos P & C Meeting staffroom <b>7pm</b>
Thursday 13 June	School Photos
Friday 2 August	NSW Premier's Sporting Challenge final day

# Principal Report

A big thank you to the P&C and their parent volunteers for the Election Day Cake, Book and Flower Stall. The cakes and flowers were all sold out and many books found new homes. The volunteers on the day and the bakers all contributed to the success of the stall.

## Building Update

The administration building is nearing completion and I was invited to walk through last week. The new spaces will provide additional room and amenities to our large staff. Once we have moved into the new administration area work will commence on refitting the temporary office space and returning it to learning spaces.

The new classrooms are all on track for completion prior to the end of the year.

## Community

The P&C are hosting their Trivia evening on Saturday 25 May at Club Ryde in the Phoenix Room 728 Victoria Road Ryde. This is a wonderful opportunity to socialise and test your knowledge around the theme of *Heroes and Villains*.

Every Wednesday from 8.00am there will be a coffee van in the Lovell Road Carpark for parents and staff to purchase a coffee. The school library will also be open for parent borrowing every Wednesday morning. This is an opportunity for parents to grab a coffee and borrow either a book to share with your child or to look at our expanding collection of parent reading matter. The collection will include parenting books and some general interest topics. Jo Armstrong is happy to collect a wish list. The coffee van is part of an initiative from the Salvation Army; they will donate part of the funds raised back to school for library resources.

Interrelate family evening for years 3-6 will be hosted 4 June from 6pm. Interrelate provide a service that encourages children to develop into healthy, respectful and resilient young people and adults.

<https://www.interrelate.org.au/programs-services/schools>

Flu season has hit early and we have had a number of students and staff quite unwell. Please assist in keeping our school a healthy place by keeping unwell children at home. Casual teachers are difficult to source at the moment due to high demand in all schools and whilst it is always the intention to find a familiar casual to replace an absent staff member sometimes this is not possible.

The parking rangers from Ryde City Council have visited the school this week. This is a result of several communications by families, neighbours and staff about unsafe parking and road behaviour. Please observe all traffic signs and note the times that are only drop off. The *Kiss and Drop* areas in Brabyn Street do not allow you to leave your car. Your child must be able to exit and enter your car independently to use these areas at the designated times.

# Principal Report

## Learning

The ducklings are visiting Kindergarten and the children are getting lots of hands on learning experiences. They have been involved in lots of writing and vocabulary development as well as learning how to care for a living creature. Lots and lots of cute factor too.

Maths Olympiad has commenced and our Maths enrichment teams are busy problem solving, developing creativity and working as a team.

Gateways also commences this week with Denistone East hosting an interschool enrichment opportunity for identified students in Stage One, Two and Three. The students will work with not only with their school peers but students from neighbouring schools to explore and expand their talents in language and literacy. A journey of imagination as they travel the globe and navigate their creative adventures. The students will challenge their imagination, work collaboratively and problem solve in the adventure *Oh the places You'll Go*.

Next week our gifted orators in the Debating team will compete and our talented artists will exhibit their work in preparation for the Operation Art selection. Thank you to the debating coaches Mrs Stuart, Mrs Eriksson and Mrs Simpson & Mrs Bowman for preparing and supporting Operation Art.

Last week Naplan was completed at Denistone East, and thanks to the careful preparation and support during the test sessions; disruptions and non-connectivity was minimised. Mr Wright and Ms Shearer were very diligent in their trouble shooting. Thanks also to all stage two and three teachers for supporting the students to enable them to be calm and test prepared.

Teacher professional learning this week has included assessment and reporting with a focus on learning progressions and consistency in teacher judgement.

The learning progressions allow teachers to more accurately locate a student's current literacy and numeracy knowledge, understanding and skills to support planning for learning and teaching from the syllabus. The learning progressions are a resource to support implementation of the curriculum. They can be used at a whole school, teaching team or individual teacher level for:

- differentiated assessment
- planning for teaching
- diagnostic assessment
- monitoring progress over time
- student self-assessment
- scaffolding curriculum area learning
- identifying curriculum literacy and numeracy demands

Michelle Collyer  
Principal

# School Initiatives

## School Photos

School Photos will be held on the 12 and 13 June 2019. All individual student envelopes have been handed out please make sure they are brought back on photo day. Family envelopes are available from the school office. If you do not have a individual student envelope please collect a spare from the office.

## DENISTONE EAST PUBLIC SCHOOL

	Approx Time	Name of Group	Teacher /s	No. of Students in group		Approx Time	Name of Group	Teacher /s	No. of Students in group
1	9.25	S1 Cockatoo	Denise Chaouka		10	12.15	K Bilby	Jennifer Kim	
2	9.40	S1 Currawong	Nilly Paktan		11	12.30	K Echidna	Sophie Charalambous	
3	9.55	S1 Lorikeet	Deb Owen		12	12.45	K Possum	Iona McFarland	
4	10.10	S1 Parrot	Lucy Edmondson		13	1.00	S2 Rowling	Milena Osorio/Adriana Barbour	
5	10.25	S1 Peacock	Marny Yu		14	1.15	S3 Cowan	Keryn Simpson/Kate Bowman	
6	10.40	S1 Rosella	Laura New			1.30	LUNCH		
7	10.55	K Dingo	Michelle Pike /Vicki Engsall		15	2.15	S1 Ibis	Pedro Vargas	
8	11.10	K Goanna	Jana Limburg		16	2.30	S1 Budgie	James Hutchinson	
	11.25	RECESS			17	2.45	S1 Lyrebird	Aimee Burrows	
9	12.00	K Quokka	Emma Davidson		18	3.00	S1 Owl	James Hutchinson	

WEDNESDAY 12 JUNE

## DENISTONE EAST PUBLIC SCHOOL

	Approx Time	Name of Group	Teacher /s	No. of Students in group		Approx Time	Name of Group	Teacher /s	No. of Students in group
16	9.25	S2 Lester	Alex Blasonato		25	12.30	S3 Wentworth	Mel Shearer	
17	9.40	S2 Gibbs	Jan Breeze /Catherine Lee		26	12.45	S3 Reiby	Ryan Marshall	
18	9.55	S2 Fox	Ashten McPherson		27	1.00	K Nolan	Jocelyn Lindley	
19	10.10	S2 Blyton	Christine Dundas			1.25	LUNCH		
20	10.25	S2 Seuss	Jess Roberts		28	2.15	S3 Chisholm	Liz Stewart/Suzi McKenzie	
21	10.40	S2 Dahl	Allison Kenney		29	2.30	S3 Lawson	Sarah Rigby	
22	10.55	S2 Lewis	Gabriella Marsic		30	2.45	S3 Flynn	Dayna Pleass /Mischa Hardy	
	11.25	RECESS			31	3.00	S3 Bennelong	Sarah Stuart	
23	12.00	K Wombat	Jessica Saunderson/ Lee Magri						
24	12.15	S3 Mabo	Liam Wright						

THURSDAY 13 JUNE

# 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



# Student News

## Debating

On Wednesday 8 May we had our in-school debating workshop. It was for us to prepare for the PDC (Premiers Debating Workshop) which is very different from the Ryde district competition as we only have one hour to prepare our speeches.

At the debating workshop we learned various new strategies to help us with future debates. We played a game called the Hot Air Balloon game, which focuses mainly on persuasive impromptu speeches. During the day, we started a mini-debate to practise for the Premiers Debating Challenge.

We learned how to write many different things, including the scope, model and contextualisation, along with the allocation for the first speaker. We had fun creating speeches and presenting them to our wonderful teachers who gave up their time to help us. Mrs Stuart and Mrs Eriksson. We also learned how to put PEEL into practice and write a debating speech in a short time limit.

We learned a lot in one day, and hope it will happen again.

BY ELLA, AMELIE AND SIENA, IN FLYNN.

The School Finals of the Multicultural Perspectives Public Speaking Competition  
Congratulations to all the students and their teachers for participating in this year's Multicultural Perspectives Public Speaking Competition on Thursday 9 May.

The standard of the speeches given by our class finalists was outstanding. This is a great achievement for both the teachers and their students, as this was the first year where the students composed their prepared speeches in class to ensure the speech reflected the students' voice. To select the winners of each stage the judges had a very difficult task. Scores of both the impromptu and prepared speeches are combined and the students with the highest scores go on to represent our school at the Local Finals of the competition.

We would like to congratulate those finalists who will now be going onto the Multicultural Perspectives Public Speaking Competition Local Finals which will be held at our school in June.

Our Stage 2 winners are Ashwin and Lucas.

Our Stage 3 finalists are Miah and Sanvi.

We would like to thank all of the students' parents and staff members for their ongoing support and encouragement.

The EAL/D Team

## Year 3-6 Choir Ryde School Spectacular

Choir rehearsals for students in the Ryde School Spectacular take place on Monday mornings at 8:30am in Flynn classroom with Ms Marshall and Miss Limburg.

## Year 3-6 Choir

Students in the 3 - 6 choir have rehearsals on Wednesdays at lunchtime in Kindergarten Green with Ms Marshall and Ms Limburg.

# Student News

## NSW Premier's Sporting Challenge

This year our school has once again registered to participate in the **NSW Premier's Sporting Challenge**.

The purpose of the Challenge is to encourage students to participate in sport and physical activity to lead a healthy lifestyle.

Over a ten week period from Monday 13 May and continuing after the term break until Friday 2 August we will be monitoring physical activity levels during class time, at recess and lunch as well as during sport lessons. Physical activity outside school hours will also count towards the Challenge award. The aim is to work towards an average at least 60 minutes of activity a day for ten weeks.

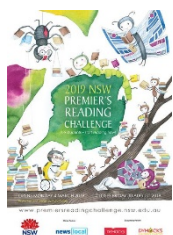
Classes in K-2 will be working towards a **class-based award** and Students in 3-6 will be working towards an **individual student** award at the conclusion of the Challenge. Students completing the Challenge will receive a personalised certificate (Diamond, Gold, Silver or Bronze) signed by the Premier of New South Wales.

*Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience.*

If you would like to discuss any aspect of the Challenge, please contact **Mrs Shearer** who will be pleased to talk further with you.

## Library News

### Premier's Reading Challenge



Congratulations to the 9 students in Year 3-6 for recently **completing** their Premier's Reading Challenge (PRC):

**Year 3:** Christine

**Year 6:** Isaac, Lita, Rose, Sean, Matilda, Lana, Sienna, Chella

Ms Diaco and the K-2 classroom teachers are continuing to read through the required 30 books to complete the challenge.

## Scholastic Book Club

Issue 3 Scholastic Book Club orders are due to arrive this week. Orders will be delivered to your son/daughter's classroom. Please be patient as this was a particularly large order.

# Student News

## Growing Strong Minds

During their next lesson, each stage will focus on the following character strength:

Stage 3 – Perseverance

Stage 2 – Kindness

Stage 1 – Energy

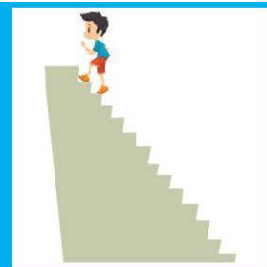
Early Stage 1 - Bravery

Please find following further information about each of these strengths – including *what to say* and *what to do* with individuals who display this strength. *Fun facts* and *shadow side* information is also included.

**Ms Armstrong & Ms Diaco**



## PERSEVERANCE



Perseverance refers to not giving up when things become challenging. It involves using different strategies and helpful self-talk to get through difficult times. Perseverance necessitates both effort and consistency to complete a task.

### WHAT TO SAY?

"I like how you persevered on that task - stuck with it even though it was hard. How did you do that?"

"I like how you used a different strategy when the first one didn't work."

"I like how you persevered to do up your shoe laces. You kept trying even though it was hard."

"Before you ask me to open the honey, try persevering first." "What did you tell yourself to get through that challenge?"

Rephrase what children say. For example, if they say 'I'm not good at maths' repeat back to them 'You're not good at it YET. You are good at ... (reading, sport, music etc.). How have you become good at that? Or, what would help you improve at maths? - you may need more practise, to try different strategies, ask for help etc."

"To get up the hill on your bike you need to persevere. That means you keep trying even though it is hard. You should pedal hard before the hill to build up some speed. Then keep pedalling harder as you are going up the hill. Tell yourself helpful things like "I can do this."

"That's a good result, what strengths helped you achieve that?" (Perseverance, Bravery – taking risks in learning, Kindness to yourself – telling yourself it is okay to make mistakes)



# Student News

<b>WHAT TO DO?</b>	<p>Demonstrate a growth mindset (see Fun Fact below). For instance:</p> <p>Admitting when you make a mistake “I got that wrong, that’s okay, I’m only human, and mistakes are how we learn!”</p> <p>Trying different strategies, “I’m not sure of the answer to that, how could we find out?” Google it, ask someone.</p> <p>Practise – “I’m really improving at guitar now that I practise regularly.”</p> <p>Discuss with your child a failure that you have had and how you have learnt from it.</p> <p>Set a SMART goal refer to: <a href="https://www.growingstrongminds.com/resources">https://www.growingstrongminds.com/resources</a>.</p>
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<b>WHAT TO READ?</b>	<p><u>My Fantastic Elastic Brain</u> by JoAnn Deak</p> <p><u>Rosie Revere Engineer</u> by Andrea Beaty</p>
<b>SHADOW SIDE?</b>	<p>You may persevere too much, and become obsessed with tasks. For instance the child that stays up late doing hours of homework or trying to solve an equation.</p>
<b>FUN FACT?</b>	<p>Perseverance requires a Growth Mindset. A Growth Mindset is a belief that your character and IQ can be developed. This is supported by science. Someone with a Growth Mindset will view mistakes as learning opportunities, will take risks, exert effort, and be inspired by others success. These students perform better academically than those with a fixed mindset and are more eager to take on challenges (Dweck, 2006).</p> <p>A Fixed Mindset is the belief that your character and IQ are determined at birth. Advances in technology have demonstrated that this is not true, our brains are able to change, and this is called Neuroplasticity. Someone with a Fixed Mindset will be preoccupied with trying to look ‘smart’ rather than focusing on learning, view failure as being ‘stupid’, avoid challenges, and feel threatened by others’ success. When someone with a Fixed Mindset fails they generally give up. The suggestions of what to do and say above foster a Growth Mindset.</p>

# Student News



## KINDNESS



The strength Kindness refers to enjoying helping others. Kindness also requires thoughtfulness towards oneself, for instance saying helpful things to yourself (e.g. well done, you can do it, everyone makes mistakes) and looking after yourself (e.g. getting enough sleep, drinking plenty of water, having time to relax and doing things you enjoy).

Kindness can be demanding, as it involves doing the right thing, for instance providing children with boundaries, over an easier option.

<b>WHAT TO SAY?</b>	<p>Talk about the importance of looking after yourself. For instance you could say: "It is important that you are kind to yourself. This involves saying and doing kind things. What is something kind you could say and do for yourself?"</p> <p>For example: 'It's okay to make mistakes, this is how we learn. I tried my best, which is the important thing. With practice I will improve. Give it a go. You can do it. Well done! Calm down. Take three slow deep breaths. Let it go.'</p> <p>Discuss "When is it most important to be kind to yourself?" Ideally we want to be kind to ourselves all the time but particularly when we make a mistake, are trying something new, are learning, are cranky, upset or disappointed.</p> <p>"That was kind of you to get your brother a glass of water."</p> <p>"I saw how you comforted your friend when he was upset, that was kind of you."</p>
<b>WHAT TO DO?</b>	<p>Practise being kind to yourself. Tell your child "I'm going to be kind to myself and.. relax in the bath/ have another glass of water/ do a meditation."</p> <p>Do a random act of kindness for a stranger – hold a door open, smile.</p> <p>Write down your acts of kindness each day and count them at the end of the day.</p> <p>Together with your child discuss their top five strengths, they may like to write them down and put them somewhere.</p> <p>Role model self-compassion, for instance when you make a mistake. "Look I got that wrong, that's okay we all make mistakes. What could I do differently next time? What is one of my strengths that could help me with this? How could I learn from this?"</p> <p>Use more kind words and practice Diaphragmatic (belly) Breathing.</p> <p>Leave a note of kindness for your child – on their pillow, in their lunchbox, refer to the website <a href="http://www.ripplekindness.org">www.ripplekindness.org</a> for free downloadable.</p>

# Student News

<b>WHAT TO READ?</b>	<u>Have You Filled a Bucket Today?</u> by Carol McCloud
<b>SHADOW SIDE?</b>	<p>You may do too much for others, and not know when to say no. This results in you not showing enough kindness to yourself.</p> <p>Others may also ask too much of someone with this strength and take advantage of them.</p>
<b>FUN FACT?</b>	Performing acts of kindness can release the hormone oxytocin, which makes us feel good and decreases stress. Acts of kindness can also activate endorphins in areas of the brain associated with pleasure, social connections and trust. These feelings inspire further acts of kindness causing a ripple effect (Aknin, Dunn & Norton, 2012).



## ENERGY / ZEST



The strength Energy refers to having enthusiasm for life, committing 100% effort to everything and trying things with gusto.

<b>WHAT TO SAY?</b>	<p>"I like how you applied lots of energy to that task." "Your energy strength is really helpful when you play sport."</p> <p>"When is your energy strength helpful/not helpful?"</p> <p>"How could you show more energy/enthusiasm in your guitar lesson today?" (Look at the teacher, answer him in a loud voice with excitement).</p> <p>"I know fairness/kindness is an important strength for you. Do you think you are being fair to your brother jumping around like that when he is trying to read? How could you dial back your energy?" "Stop and take three slow deep breaths."</p>
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# Student News

<b>WHAT TO DO?</b>	<p>Exercise. Ride or walk to school if possible.</p> <p>Spend time in nature, this boost energy (Ryan, Weinstein, Bernstein, Brown, Mistretta &amp; Gagne 2010).</p> <p>Learn relaxation strategies such as:</p> <ul style="list-style-type: none"><li>- Belly (Diaphragmatic) Breathing. This is one of the most beneficial relaxation strategies to learn. It stimulates the cortex, the part of the brain required to feel calm and make logical rational decisions. See instructions below.</li><li>- Practice mindfulness, try the free app Smiling Mind.</li></ul>
<b>SHADOW SIDE?</b>	<p>Energy can often be over or underused. It is important that it is used with the right intensity for the situation. This can be challenging for children, given that their brain and ability to self-regulate is still forming.</p> <p>Sometimes your enthusiasm will intimidate others and you will need to slow down to achieve the best results.</p> <p>Some people find those who are high in energy/zest to be overbearing and “in their face”. You need to be aware of personal space, giving others time to talk and allowing others time to come up with ideas or contributions.</p>
<b>FUN FACT?</b>	<p>According to the VIA Character website, ‘this strength has the strongest ties to overall life satisfaction and a life of engagement.’</p>



## BRAVERY



The strength Bravery involves showing courage and standing up for what is right (when it is safe to do so). Bravery requires you to feel some fear but to act anyway.

# Student News

<b>WHAT TO SAY?</b>	<p>"I like how you tried to do that difficult maths problem. It shows bravery to take a risk and give it a go, even though you might get it wrong."</p> <p>"It sounds like you are worried about trying basketball. I normally feel worried when I try something new too. This is when I call on my bravery because every time I practise bravery I become a bit braver. This allows me to try new things and discover what I enjoy. What could you tell yourself that will help you be brave? What is a helpful thought? - 'It might be fun, I might learn something new, give it a go.'"</p> <p>"What strength(s) did you use to climb that tree?"</p>
<b>WHAT TO DO?</b>	<p>Practise belly breathing with your child. Belly (Diaphragmatic) Breathing is one of the most beneficial relaxation strategies to learn. It stimulates the cortex– the part of the brain required to feel calm and make logical rational decisions. See instructions below.</p> <p>Ask your child to think of something they thought they couldn't do but tried anyway. For example, asking a question in class or learning to ride a bike. What was one thing they may have said to him/herself to feel brave? This is called helpful self-talk. What does mum/dad/carers say to get them to be brave?</p> <p>Encouragement fosters bravery.</p> <p>Encourage your child to: try something new; ask questions in class; ask others if they can join their game; do news; express their opinion; stand up for others (when safe).</p>
<b>WHAT TO READ?</b>	<p><u>I Can Do It</u> by Pat Thomas and Lesley Harker</p> <p><u>Brave as Can be: A Book of Courage</u> by Jo Witek and Christine Roussey</p>
<b>SHADOW SIDE?</b>	<p>You may be too much of a risk taker. Consider dialling up your prudence.</p>
<b>FUN FACT?</b>	<p>Bravery includes saying 'no' if something feels unsafe or wrong. It is important to trust/ believe your gut instincts/how you feel inside – if something feels wrong say 'no' and tell an adult.</p>



# Student News



## BELLY BREATHING

This exercise can be taught with children placing either their hands or a soft toy or small pillow on their belly. Tell them that they are going to learn one of the most important exercises to use to calm down, called Belly Breathing.

Read this slowly: “When we are worried we take little breaths in our chest (demonstrate). To help us relax we can learn to take deep breaths from our belly (demonstrate taking a slow deep breath in through your nose as your tummy expands and out through your mouth, as your tummy contracts). See as I breathe in my tummy blows up like a balloon and as I breathe out my tummy goes down like a balloon deflating. You can do this sitting, lying or standing, today we are going to practice it lying. Lie down with your hands on your belly so as when you breathe you can feel your tummy rise and fall like a balloon. Close your eyes (if comfortable) so as it is easier to focus. Take a slow breath in through your nose, feel your belly expand like a balloon blowing up. Breathe slowly out through your mouth and feel your belly go back down, like a balloon deflating. Again breathe slowly in through your nose and slowly out through your mouth. Keep going and feel your belly fill up as you breathe in and go back down as you breathe out. We are going to breathe in to the count of three and out to the count of three. So breathe in through your nose, two, three and slowly out through your mouth, two, three. Relax your body. Again in as your belly blows up, two, three and out as your belly falls, two, three. In through your nose, two three, and out through your mouth, two, three. Slowly in, two, three and slowly out, two, three.” Continue for 4 more in and out breaths if your child is interested.

To get the relaxation benefits of this technique it should be conducted for a minimum of two minutes, that is, two sets of ten in and out breaths to the count of three. Children may need to build up to two minutes, starting with just five in and out breaths for thirty seconds. Belly Breathing is tricky to learn, so remember to be kind to yourself, just give it a try and persevere.

Remind children that they can practice belly breathing anywhere – in bed, watching TV, or standing in line at school. The more they practice it the better they will be able to use it when they are upset or worried.

# PSSA Winter

Round: 4 Sport	Girls		Boys	
	POM	SM	POM	SM
NETBALL SNR A	Chella	Tilly		
NETBALL SNR B	Jennifer	Olivia		
Tiger Tag	Jasmine	Teresa Lee	Rari	Amer
Soccer (Senior)	Holly	Anastasia	Olek	Arthur
Soccer (Junior)	Rosalie	Marilena	Jason	Lucas
Soccer (Junior Bs)			Rian	Kai

Round: 5 Sport	Girls		Boys	
	POM	SM	POM	SM
Soccer (Senior)	Alicia	Eve	Olek	Ethan
Soccer (Junior)	Suyi	Marilena	Josh	Aymen
Soccer (Junior Bs)			Rian	Jaye
Tiger tag	Seraphina	Katia C	Patrick	Eric

# P&C News

## P&C Meeting – Week 7

Please be advised that our next P&C meeting will be in Week 7 Wednesday 12 June at 7pm in the staff room. More details to come.

## Wednesdays – Coffee Mornings & Parent's Library



Thank you to those who supported the Salvation Army Coffee Van on Wednesday 8 May. We apologise for last Wednesday 15 May but due to technical issues the Coffee Van couldn't operate but it was back this week.

So come along every Wednesday 8.30am-10.00am and buy yourself a nice hot drink and look at the books available in the new parent's library full of great books and resources for parents.

## Mother's Day Celebrations – Thank you

What an awesome Mother's Day celebration we had on Thursday 9 May!



Special thank you to DEBASCA and all the volunteers at the breakfast and stall for your time and effort on the day.



Thank you also for your wonderful generosity in supporting our charity focus for the breakfast - we're happy to report that \$1,118.35 was raised for the Cancer Council which is fantastic. The Mother's Day Stall was also a bumper success with us literally being sold out of stock by the end of day – we're still finalizing the numbers but it's looking like we raised close to \$1,300.



## Entertainment Books

The new 19/20 entertainment membership books are now available in both hard copy and as a digital app.

The book is full of great savings including:

- Buy one get one free savings - Zone Bowling; Sealife Aquarium & Madam Tussauds; Macquarie Ice Rink; Hunter Valley Gardens; Sky Zone; Reptile Park
- 25% off - Taronga Zoo; Luna Park



Order payment page link:

<https://www.entertainmentbook.com.au/orderbooks/217d861>

If you are wanting to view this year's content here's the link to the flip book:

<https://online.flippingbook.com/view/792393/>

# P&C News

## The Cottage – Second Hand Uniform Shop

The Cottage second hand uniform shop will be open on Thursday 23 May in the morning (from 9:15am) **AND** that afternoon (from 3pm). This is particularly for parents who need to buy new music shirts and bags for the weekend band eisteddfod. A special thanks to Ming for the additional opening.  
A reminder that we take cash only

## Traffic

This week we again ask you to choose **SAFETY** over CONVENIENCE around school zones in order to keep our children safe. There have been many parents seen doing u-turns across double lines, stopping in “No stopping” zones, and parking in the “No parking” zone. Please remember that the traffic rules are there to protect us.  
You endanger others by not abiding by them.

### ***This week's safety reminder please remember:***



**“No Parking” zones:** you can only stop here for less than 2 minutes to pick-up or drop off your child, but you must stay within 3 metres of your car at all times.  
**Penalty = \$183 + 2 Demerit points (School Zone).**

For a reminder of the other rules around school zones please

see: [https://www.ryde.nsw.gov.au/Community/Community-Safety/Safety-for-Kids/School-](https://www.ryde.nsw.gov.au/Community/Community-Safety/Safety-for-Kids/School-Zone-Safety)

[Zone-Safety](#) - the rules are available in English, Chinese, and Korean.

Thank you for keeping our kids SAFE, continuing to RESPECT our neighbours, and LEARNING the road rules.

## Trivia Night - Change of Venue!

Due to power outages at the school this weekend our trivia night has moved to:

### **Phoenix Room**

#### **Club Ryde X**

**728 Victoria Road**

**Ryde 2112**

Still same day same time – 6pm this Saturday 25 May. It is however no longer BYO. Food and Drinks will be available at club prices. There is a multi-level car park at the rear of the club.

Raffle Tickets will be available for sale on the night with some wonderful prizes up for grabs!

### **Denistone East Public School P&C Raffle**

- 1<sup>st</sup> Prize** 3 Month Membership at Ryde Aquatic & Leisure Centre
- 2<sup>nd</sup> Prize** \$150 Dinner at Rawsons Restaurant, The Epping Club
- 3<sup>rd</sup> Prize** \$120 Dinner & Drinks at Hawks Restaurant, RELC
- 4<sup>th</sup> Prize** Meat Tray from Pryde Meats Top Ryde
- 5<sup>th</sup> Prize** Gift Hamper from Star Discount Chemist West Ryde
- 6<sup>th</sup> Prize** \$50 Voucher from Superfresh Eastwood
- 7<sup>th</sup> Prize** Art of Flow Yoga Gift Voucher
- 8<sup>th</sup> Prize** Officeworks Brother Label maker
- 9<sup>th</sup> Prize** Game, Puzzle, Picnic Rug & Cooler Bag
- 10<sup>th</sup> Prize** Salt & Pepper Shakers & Wine Cooler Bag

# P&C News

## Opportunity to be a part of 2019 P&C Committee

We are still looking for a parent volunteer to fill the following role within our P&C in 2019, if you are interested please email [depssec@gmail.com](mailto:depssec@gmail.com)

### Canteen Committee Coordinator

- Liaise with parents & students, the school & our canteen manager.
- Assist with the canteen volunteer timetable.
- Assist the canteen manager with staffing, menu and other matters as required.

### Canteen Update

As our hamburgers and hotdogs have been so very popular. We are now going to offer them on two separate days, so starting this week:

- Wednesday is burger day.
- Thursday is hotdog day.

As well as our usual menu.

### Canteen Volunteers:

We currently have two openings on our permanent roster which we need to try fill; namely:

- Wednesday of week 4 of each month
- Monday of week 5 of each month

If anyone can spare some time on either of these days please either stop by and see Bronwyn in the Canteen or email your details to [depssec@gmail.com](mailto:depssec@gmail.com)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
20th May Zoe Smedley	21st May Dell Edwards	22nd May Michael Hee	23rd May Tammy Scharenguivel	24th May Zoe Dalae
27th May Suzanne Hayes	28th May Viviane Zhuang	29th May Iris Hao	30th May Melissa Ng	31st May Sally Triglone
3rd June Vani	4th June Amanda Karhani	5th June Boaly Cheung	6th June Rowena Henery	7th June Sunila Oak
10th June <b>Public Holiday</b>	11th June Amy Wu	12th June Sabrina Wang	13th June Eunhee Kate Lee	14th June Nicole Marchhart



# Community News

## FREE child car seat safety check



Your child is twice as likely to be injured if you use the wrong car seat

Make sure your child is safe with a free inspection by Authorised Restraint Fitters. You can have your child car seats, harnesses and booster seats checked for safety and fit.

Council is offering free vouchers to residents for a free child car seat safety check with our Authorised Fitters.

To apply for a free voucher (valid until 30 June 2019)

Call Customer Service on 9952 8222

For more information contact Council's Road Safety Officer on 9952 8222.



An initiative of City of Ryde as part of the Local Government Road Safety Program.



RIVERSIDE  
GIRLS HIGH SCHOOL

### Twilight Tour

By popular demand we will be holding a third Twilight Tour on Thursday 30th May. Parents and care providers of prospective Year 7 (2020) are cordially invited to attend. The tours take place from 4.00pm followed by a Q and A session in the hall till 5.30 pm. Interested parents are asked to phone Riverside on 9816 4264 to book a place in this tour.

### Jump Rope for Heart kicks off this term!

Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 35 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$75 million for the Heart Foundation's lifesaving work.



It's important you [register your child online](http://www.jumprope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.

[www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)  
Students will be skipping *throughout the term in PE lessons and sport days*, during this time you can share their online fundraising page with family and friends to help raise money for this great cause.

We will hold our school Jump Off Day on *27 September 2019* this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills. *Information relating to the jump off day will be provided closer to the date.* Thank you for supporting the Jump Rope for Heart program!

Heart Foundation  
*Jump Rope for Heart*

# Community News

## Live Life Well @ School

### TERM 2 2019 Newsletter Snippets Instructions

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 2 school newsletters.

The newsletter snippets are easy to copy and paste and provide information to families on healthy eating, physical activity and limiting screen time.

TERM 2	NEWSLETTER TOPIC
Week 4	Healthy Lunchboxes
Week 6	Fruit, Vegetable and Water Break
Week 8	Healthy School Canteens
Week 10	Energizers at Home
Extra	Reducing Screen Time
Extra	Less Salt, More Flavour!

Thanks! From the Northern Sydney LLW@S team ☺

## Live Life Well @ School

### HEALTHY BALANCED LUNCHBOXES

**Pack the core food groups every day  
to help kids...**

#### GO

Wholegrain breads, grains and cereals give us energy to "go go go". Mix it up with sandwiches, rice or pasta.

#### GROW

Protein foods (dairy, meat/alternatives) help us grow healthy muscles, bones and teeth. Examples include egg, cheese, yoghurt, hummus, lean ham or tuna.

#### GLOW

Help kids shine bright by including fruit and vegetables. Try veggie sticks, salad in a wrap, fresh or canned fruit.

*Choose to include water as the best drink!*

For Go, Grow and Glow  
lunchbox ideas, visit  
[makehealthynormal.nsw.gov.au](http://makehealthynormal.nsw.gov.au)



Health  
Northern Sydney  
Local Health District

## Live Life Well @ School

### FRUIT, VEGETABLE AND WATER BREAK



#### Budget crunching

Buying fruit and vegetables in season often means they will be cheaper and better quality.

May	June
<b>Fruit:</b> apples, banana, grapefruit, grapes, kiwifruit	<b>Fruit:</b> banana, kiwifruit, mandarins, grapefruit
<b>Vegetables:</b> broccoli, carrot, cauliflower, mushrooms, potato, pumpkin	<b>Vegetables:</b> broccoli, carrot, cauliflower, potato, pumpkin

For a full seasonal calendar, search 'seasonal produce' at [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District

## Live Life Well @ School

### HEALTHY SCHOOL CANTEENS

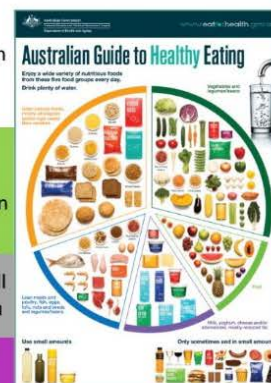
Great News! By December 2019 NSW school canteens will help students make the healthy choice, the easy choice.

Thanks to the NSW Healthy School Canteen Strategy and our canteens:

**EVERYDAY**, healthy, tasty, food and drink options will be the main items available\*

**OCCASIONAL** foods will be limited on the menu

**Sugary drinks** will not be sold.



\*based on the Australian Dietary Guidelines above.

For more information, visit:  
[healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au)



Health  
Northern Sydney  
Local Health District



# Community News

## Live Life Well @ School

### ENERGIZERS AT HOME

Try this fun  
brain &  
body  
energizer  
at home!



#### Hit The Deck

1. Place a deck of cards in front of standing players
2. Have 1 person select a card. Players then do the corresponding activity to the chosen suit for 20 seconds:
  - Hearts:** high knees
  - Diamonds:** squats
  - Clubs:** push ups
  - Spades:** star jumps
3. Repeat with another player to pick a new card!

For more ideas, visit:  
[healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District

## Live Life Well @ School

### LIMIT SCREEN TIME FOR GOOD HEALTH

We could set a 'no screen time' rule  
at dinner time and before school.



What could you do?

Developed by Murrumbidgee Local Health District

Search 'Switch off the Screen'  
for more tips at  
[healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District

## Live Life Well @ School

### LESS SALT, MORE FLAVOUR!

Use **herbs** and **spices** (fresh or dried)  
to add flavour to meals *instead* of salt.

The list is endless!

Try basil, oregano, rosemary, paprika, cumin.

#### Top tips:

Avoid dried herbs  
labelled 'seasoning'  
as they contain salt.

Try swapping Mexican  
taco seasoning for a spice  
mix of **2 tsp paprika**, **2 tsp  
coriander** and **3 tsp cumin**

For recipe inspiration,  
search 'herbs and spices' at  
[heartfoundation.org.au](http://heartfoundation.org.au)



Health  
Northern Sydney  
Local Health District

# Community News



*Become a Bennies girl*

**College Tour**  
Tuesday 21 May, 11am  
Bookings online  
[www.msb.nsw.edu](http://www.msb.nsw.edu)

**Direct Private Bus Service**  
Now stopping at: Ermington | West Ryde | Ryde | Putney | North Ryde | Marsfield | Epping

 Mount St Benedict College

449C Pennant Hills Rd, Pennant Hills [www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)

**Primary**  
ETHICS

## Volunteers Needed

*Could you be an ethics teacher for Denistone East Public School?*

We are urgently seeking volunteers so that **ethics classes** can begin for children in Year 3 and Year 4, currently on the waiting list. Ethics classes run during the school year as an alternative to non-scripture, on Tuesdays from 9.25am to 9.55 am.

Ethics teachers receive full training and lesson materials from Primary Ethics.

In ethics classes, children learn how to think logically, disagree respectfully and support their arguments with evidence.

If being a Primary Ethics teacher appeals to you, or you are keen to get involved to ensure your child continues the program, please visit [www.primaryethics.com.au](http://www.primaryethics.com.au) or contact Ryde Regional Manager, Swee Goh at [ryde-region@primaryethics.com.au](mailto:ryde-region@primaryethics.com.au) or 0418 480 833.

PRIMARY ETHICS

ETHICS EDUCATION FOR CHILDREN

THINK  
REASON  
DISCUSS