



# Newsletter

15 August Term 3 Week 4

## Upcoming Events

Friday 16 August	PSSA finals
Tuesday 20 August	Zone Athletics Carnival Sydney Olympic Park – students need to be at school 7.50am Maths Olympiad Music Evening Concert School Hall 6pm
Wednesday 21 August	Sports in Schools – students are to wear sport uniform
Thursday 22 August	Dress up as Book Character Day – parade to start at 9.45am Traffic Quiz Competition closes
Monday 26 August	3 Way Interviews
Tuesday 27 August	Wakakirri Performance Riverside Theatre Maths Olympiad Father's Day Portrait Competition closes
Wednesday 28 August	Sports in Schools – students are to wear sport uniforms
Thursday 29 August	Father's Day Breakfast 8am Father's Day Stall 9.30am – 2.30pm

# Principal Report

## Cheers to our students

Congratulations to an outstanding swimmer, Joshua from S2 Gibbs who swam at National School Sport Australia Swimming Championships in Melbourne. Joshua won the silver medal in the finals of the 50m butterfly and a bronze medal in the 200m medley relay. He then went on to take the gold medal in the 100m butterfly setting a new national record for his age group. Congratulations to our Junior Year Two Choir, second place in the Ryde Eisteddfod. The choir had a tough field of competition, singing against larger choirs. Bravo!

Also in the field of creativity, Joshua from Stage Two Lewis's artwork The Corroboree Frog has been selected for display at the Botanical Gardens in September. His work was selected to be part of the Spring Exhibition to raise awareness of threatened species.

## Building Update

The building of our new learning spaces is running ahead of schedule and the hand over will begin early September. This will provide teaching staff time to plan the transition and relocation of resources, as well working on teaching teams for the spaces.

## Community

Congratulations to the new P&C executive holders, President Jenny Yin, Vice Presidents Ming Cha and Mariana Zhang, Secretary Andrew Kwok. Welcome on-board and thank you for selflessly offering your time and enthusiasm to the roles. Included below the table displaying all current executive and subcommittee holders.

P&C Role	Full Name	Remarks
President	Jenny Yin	Newly elected
Vice President	Ming Cha	Newly elected
Vice President	Mariana Zhang	Newly elected
Treasurer	Wendy Woo	
Secretary	Andrew Kwok	Newly elected
Executives	Tammy Scharenguivel	
Executives	Amy Wu	
Executives	Wen Chiang	
Canteen	Kylie Tekell	
Traffic	Marlene Hsu	
Grounds	Nicole Marchhart	
2nd hand uniform	Sally Piper	
Music Instrument	Jennifer Ayoul	

# Principal Report

Many, many thanks to the past executive Sally Trigone (President), Miriam Brown and Jody Patman (Vice Presidents), and Shelley- Anne( Secretary). The staff at Denistone East would like to acknowledge your contribution to the wellbeing of students, staff and community.

Thanks you the many parents who purchase a book from our multicultural book display last week. The books provide a great opportunity for children to continue to enjoy and be exposed to their mother tongue.

Last week the school was honoured to host a group of academics from Soongsil University in Korea. The group visited learning spaces and watched school performances. The executive staff also had the opportunity to discuss and share education experiences and goals. We found much common ground with the challenges faced by students and educators to make our students ready and well-rounded lifelong learners.

## **Learning**

Thank you to all the staff for opening your classrooms for a day as part of the Education Week. Many thanks to the students and staff for the brilliant performances in the creative arts showcase. The Wakakakirri dance group, school choirs, bands, ensembles and our aerobic teams all contributed to the talent expo.

Marsden High School have invited a group of gifted and talent year five students to participate in their Wings Program. The program has opportunities for students who excel in the following areas

- Geography
- LOTE
- Science
- Dance
- Mathematics
- PDHPE

The program aims to challenge and extend student learning through engagement in critical and creative thinking, communication and collaboration skill, with the intention of enhancing student interest and knowledge in a specialised subject.

Matt Stanton's visit last Monday was a great success with the students and staff. His great sense of human entertained and engaged the students as he took them on a journey through his books and the crafting of characters. Big thanks to Ms Armstrong for arranging.

*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 on 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 you 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

## Student Attendance

A reminder that all students who arrive after bell time need to report to the office. The time of arrival is documented and the absence must be noted. Students will be asked why they are late and the reason may or may not be deemed justified. Justified absences should be explained by the parent in person, by note or phone call. It is also requested that students arriving after an appointment be brought to the office by a parent or carer; their absence will be noted and their time of arrival, prior to returning to the classroom.

## Girls4Tech

On the 5<sup>th</sup> of August week 3 the Stage 3 girls had an amazing experience at the Girls4Tech Program run by Mastercard and held at their headquarters in St Leonards. The program included lots of fun activities that all the girls enjoyed and they were very grateful that they got to take part in these inspiring activities at Girls4Tech.

1<sup>st</sup> August, 2019

Dear Parent/Carer,

## DRESS UP AS A BOOK CHARACTER Thursday 22 August



As part of our **Book Week celebrations**, students are encouraged to dress up as a book character for the day. If possible, students can bring a copy of the book to parade with and/or share with their class.

This is **not** a mufti day. If students do not wish to dress up they must wear their school uniform but are encouraged to draw or paint a picture of their favourite book/character. The parade is not a competition but a celebration of literacy and books. The parade will be held in the Lovell Rd playground or the hall if wet weather from **9:45am**.

Parents are welcome to come and watch the parade.

**Library Team** - Ms Armstrong, Ms Diaco





# School Initiatives

## Congratulations

Two weeks ago Joshua of S2 Gibbs attended the National School Sport Australia Swimming Championships in Melbourne after qualifying in the Zone Competition earlier this year. Joshua won the silver medal in the finals of the 50m butterfly and a bronze medal in the 200m medley relay. He then went on to take the gold medal in the 100m butterfly setting a new national record for his age group. This record had been held since 2005.

On behalf of all the staff and students of Denistone East Public School we would like to whole-heartedly congratulate Joshua on these amazing achievements and look forward to watching, and hearing about, his many successes in the future.

J. Breeze (S2 Gibbs)



## Jump Rope for Heart

### We're skipping through the term!

Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces. *D.E.P.S* has already raised \$1926.51 for The Heart Foundation.

### Top 5 fundraisers so far, for Jump Rope for Heart!

Alex in S3 Cowan

Isaac in S3 Flynn

Amelie and Ebonie in S3 Flynn and S1 Budgies

Friyana in S3 Cowan

Emily and Ben in S3 Reiby and S2 Gibbs

Well done to these students and all students participating in fundraising for The Heart Foundation!

It's not long until our Jump Off Day at the end of September so keep on practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause! Still need to sign up online? It's easy just follow this link and enter your details.

[www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)

Thank you,  
Miss Marshall

Heart Foundation

Jump Rope for Heart

# Student News

## Rugby 7's Gala Day Postponed

Unfortunately due to low confirmation numbers we have had to postpone the Rugby Gala that was to take place week 3 this term. We will reassess and aim for a new date either towards the end of this term or the start of term 4.

## Library

### Matt Stanton - author visit

What a FANTASTIC day. On Monday 5 August, award-winning and internationally bestselling author/illustrator **Matt Stanton** had students and teachers laughing out loud! In his highly engaging and inspiring presentation, students learned about:



- ❖ composing their own literary texts
- ❖ 'boring' and 'funny' words
- ❖ 'if you're stuck...put a but in it'
- ❖ creating their own character



## Premier's Reading Challenge

Congratulations to the following students who have recently completed their Premier's Reading Challenge (PRC):

**Year 3:** Daniel J., Chloe O., Joshua, Nathan, Shikha

**Year 4:** Ella J., Yoyo

**Year 5:** Joshua

**Year 6:** Amelia, Jason

**Friday 30 August** is the closing date for students in Year 3-6 to enter books read in to their online reading log.

## Growing Strong Minds

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

Stage 3 – Appreciation of Beauty & Excellence and Spirituality

Stage 2 - Curiosity

Stage 1 – Humour

Early Stage 1 – Reviewing character strengths

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

**Ms Armstrong & Ms Diaco**



# APPRECIATION OF BEAUTY AND EXCELLENCE



Appreciation of Beauty and Excellence refers to noticing and enjoying the beauty in nature and life. For instance, appreciating sunrises, amazing mountains or just the singing of a bird, the feeling of grass or the sight of blue skies. It includes valuing the skills of others, such as musicians, actors, and scientists.

<p><b>WHAT TO SAY?</b></p>	<p>"Look at that beautiful sunset."</p> <p>"Listen to that busker, he sounds talented."</p> <p>"Look at the colours on that butterfly."</p> <p>"Your desk is so organized, is that a reflection of your Appreciation of Beauty strength?"</p> <p>"How could you use your Appreciation of Beauty strength to tidy up these draws? Do you think you would prefer opening them if they looked better?!"</p>
<p><b>WHAT TO DO?</b></p>	<p>Go on a mindful bushwalk, focusing on the beauty around you. Research findings are that this enhances your experience (Nisbet, Zelenski &amp; Grandpierre, 2019).</p> <p>Admire a view.</p> <p>Listen to music or attend a concert/play.</p> <p>Visit an art gallery or museum.</p> <p>Take some photographs.</p> <p>Do some mindful colouring in or drawing</p>



# APPRECIATION OF BEAUTY AND EXCELLENCE



<p><b>WHAT TO READ?</b></p>	<p><u>The Lorax</u> by Dr Suess</p>
<p><b>SHADOW SIDE?</b></p>	<p>You may be a perfectionist and judgmental of those who are not.</p>
<p><b>FUN FACT?</b></p>	<p>Appreciation of Beauty and Excellence often leaves one with a feeling of awe and inspiration. Recent research into 'awe' has found that it increases pro-social behaviour, including generosity, helping behaviours and ethical decision making, as well as decreasing a sense of entitlement and self focus (Piff, Dietze, Feinberg, Stancato, &amp; Keltner 2015). It is important that people in urban environments access nature. Research in this field has found that people who live in areas with green space have less crime, more community cohesion (Weinstein, Balmford, DeHaan, Gladwell, Bradbury &amp; Amano 2015), and decreased aggression, frustration and anger than those in urban centres without flora (Groeneweggen, Van Den Berg, DeVries &amp; Verheij 2006).</p>





# CURIOSITY



The strength of Curiosity refers to a desire to learn new things. It involves asking lots of questions and being interested in many things.

<p><b>WHAT TO SAY?</b></p>	<p>"I wonder what this will taste like - I'm curious to find out."          "How could we use our curiosity to find out more about...?"          "Tell me more, I'm curious to hear what happens."          "What is one thing you learnt today?"          "I'm curious, what is one strength you used today or spotted others using?"          "I like how you ask all those questions it shows your curiosity."          "Remember sometimes we also have to wind back our curiosity and listen too!"          " What do you think might happen if "</p>
<p><b>WHAT TO DO?</b></p>	<p>Spend time in nature, observe insects          Try a new food.          Role model an interest in new things.</p> <p>Read a book with your child and stop along the way brainstorming together what might happen next.</p> <p>Read a factual book that interests you and your child e.g. about space, science, nature etc.          Conduct age appropriate experiments and remember to ask, "What do you think might happen if "</p>
<p><b>WHAT TO READ?</b></p>	<p><u>Imagine</u> by Alison Lester</p>
<p><b>SHADOW SIDE?</b></p>	<p>Too much curiosity may appear rude - you may ask too many questions and be considered nosy and intrusive. Children may also seem to not start what they finish or go from one interest to another.</p>
<p><b>FUN FACT?</b></p>	<p>Curiosity is related to a love of learning and life satisfaction (Fox-Eades 2010).          This strength is evident from birth (Waters 2017).</p>



# HUMOUR



Humour refers to enjoying laughter and trying not to take life too seriously. It enhances relationships and creativity, and helps us deal with adversity.

<b>WHAT TO SAY?</b>	<p>"That was a funny joke you told."</p> <p>"It's great how you don't take things too seriously and like to have a laugh. Humour is certainly one of your strengths."</p> <p>"Does your humour ever get you into trouble? That's when you might be overplaying it and need to wind it back. What other strength could you use more of?"</p> <p>"I like how you try to see the bright side of things."</p>
<b>WHAT TO DO?</b>	<p>With your child create a box of fun. A box of fun contains things to elicit positive emotions, for example jokes, funny lines from stories you have read, names of funny songs you like, crazy puppets, wigs, glasses, etc. Pull something out when you need a laugh or before doing an activity that requires creativity.</p> <p>Write down any funny things that you hear, or that happen to you throughout the day. Savour these at the end of the day.</p> <p>Watch a funny show. Read a funny book.</p> <p>Allow yourself to be more playful and fun. Play with your children and do a minimum of one fun thing a day. This might include telling a joke, pulling a funny face, listening to a funny song like 'Wash Your Face With Orange Juice.'</p>
<b>WHAT TO READ?</b>	<p><u>Walter the Farting Dog</u> by William Kotzwinkle &amp; Glen Murray</p>
<b>SHADOW SIDE?</b>	<p>You may use your humour in situations when it is not appropriate or take your humour too far and hurt others. You may use humour to avoid saying what you really feel.</p>
<b>FUN FACT?</b>	<p>Genuine laughter increases the production of oxytocin in the body, the 'feel good' hormone. When done with others it makes us feel more connected to them and can help build relationships. Positive emotions broaden people's perception (literally increasing their peripheral vision), allowing them to think of more solutions to problems and thus be more creative (Fredrickson &amp; Branigan 2005).</p>

# P&C News

## DEPS P&C Logo Design Survey

In order to clearly identify P&C committee communications, there has been a proposal to have a separate P&C logo.

The idea behind the design is a composition of the name P&C, our school motto "We Strive" and an icon representation of the cooperation between school, community, and students.

We are inviting you to be part of this process and to vote for your favourite design from the short list linked at the end of this article. We also welcome any further self-nomination or contributions at [depssec@gmail.com](mailto:depssec@gmail.com)

The voting closes shortly before the next newsletter. Please get your votes in!

The results will be tallied, and the final version will be chosen and in hopefully used in next communications.

Vote now! Survey link: <https://forms.gle/x1E95JVtVAptdvhx5>

## Father's Day Breakfast & Stalls -Thursday 29 August

Come and celebrate Father's Day with a delicious breakfast and fun with family, friends & the school community! DEPS, P&C, and DEBASCA will host our annual Father's Day Breakfast on Thursday 29 August 8am.

Whether Dad, Grandad, Gran-dude, or any other special man in your child's life is into reading, sports, or just chilling on the sofa there will be something special for your child to buy for him. Prices will range from **\$1 to \$5** per item, so please give your child some spending money for the stalls so they can get involved in the excitement of buying a present for Father's Day. **All proceeds will go towards our awesome school library.**



Making a difference in the lives of people in Australia affected by anxiety, depression and suicide.

We ask that everyone please bring a **GOLD COIN DONATION**, raising funds and awareness for **Beyond Blue** (you can also donate [here](#)).

### Details:

*When* – Thursday 29 August

*Where* – COLA outside DEBASCA

*Time* – 8:00am -9:00am

### Activities will include:

- Scrumptious breakfast, cooked by DEBASCA's chef Chris for a gold coin donation
- Father's Day Portrait Competition – see details
- Challenge your dad/granddad/parent to races and games
- Performances by DEPS talented musicians
- Coffee cart kindly sponsored by the school

# P&C News

How can I help:

**We need volunteers!** If you can spare one or more hours that morning for breakfast & stalls, please email [depssec@gmail.com](mailto:depssec@gmail.com) with subject 'Father's Day Volunteer' providing your contact number and the time slot(s) that you can come to help. Any help will be very much appreciated!

**Breakfast: 2 time slots are available from 7:30am to 9:30am** including preparation and clean up

- 7:30am - 8.30am
- 8.30am - 9.30am

**Stalls: 5 time slots are available from 9:30am to 2:30pm** including preparation and clean up

- 9:30am - 10:30am
- 10:30am - 11:30am
- 11:30am - 12:30pm
- 12:30pm - 1:30pm
- 1:30pm - 2:30pm

You are more than welcomed if you would like to help more than 1 hour.

## **Father's Day Portrait Competition**

P&C and DEBASCA are running a portrait competition during Father's Day Breakfast and it is open to all students. So kids, let's get your creative hats on and draw your dad or even your granddad how you see him! One prize will be awarded to the best portrait from each stage.

Please hand in your completed drawing to DEBASCA by Tuesday 27 August. Winners to be announced at the Father's Day Breakfast on Thursday 29 August. Happy drawing!

## **Canteen**

### **Friday Lunch Orders for PSSA Students**

Just a quick reminder to parents of students leaving for PSSA on Fridays that if they would like to order lunch, they will need to do so from the recess menu.

We have added 3 lunch items available to be ordered at recess on Friday for PSSA students: Sausage Rolls, Beef Pies, and a variety of freshly made Sushi in addition to the regular recess menu.

Remember that students are responsible for collecting their lunch orders from the canteen window at 11:00am.

It may help to remind your child in the morning to collect their order at **recess** (not lunch).

### **Healthy Canteen Specials**

Check out some **NEW** healthy specials on the menu, including:

- Cheese and Ham Baked potatoes
- Carrot sticks and Hummus
- Bento Box- falafel, Lebanese bread, carrots and hummus
- Frozen Watermelon Slice Popsicle

All of these great, healthy options are listed on Munch Monitor.

# P&C News

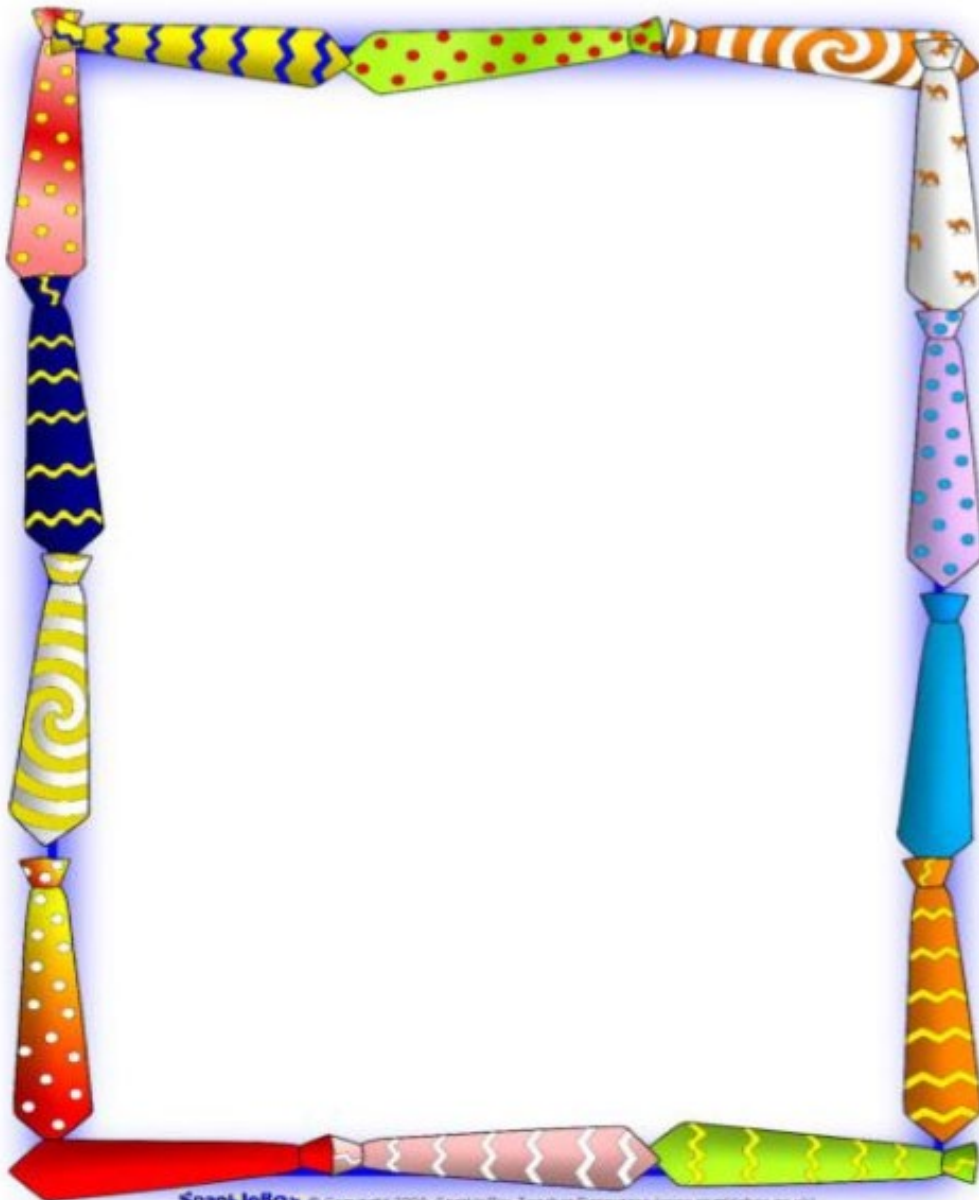


## Father's Day Portrait Competition 2019



Name:

Class:



SparkleBox © Copyright 2008; SparkleBox Teacher Resources (www.sparklebox.co.uk)

Please hand in completed portrait drawings to DEBASCA by Tuesday 27<sup>th</sup> August 2019  
Winners to be announced at the Father's Day Breakfast on the 29<sup>th</sup> August.



# P&C News

## Do you know how it grows?

### Avocado

Avocados grow on evergreen trees. Evergreen means the tree doesn't shed its leaves in the autumn. Avocado trees need to grow in an area that has excellent drainage, porous soil and is sheltered from strong winds and frosts. They prefer a climate that is tropical - cool winters and hot humid summers. Check out more fun facts at [freshforkids.com.au](http://freshforkids.com.au)



Source: [freshforkids.com.au](http://freshforkids.com.au)

## The Cottage Second Hand Uniform Shop

The Cottage Shop will continue to open fortnightly throughout Term 3. Dates for this term are:

- **Thursday 15 August, 9:15am**
- **Thursday 29 August, 8:30am\* special early opening during Fathers' Day Breakfast**
- **Thursday 12 September, 9:15am**
- **Thursday 26 September,\* special afternoon opening from 3:00pm**

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@inet.net.au](mailto:salp@inet.net.au)  
**A reminder that we accept cash only.**

## Grounds Update

Are you concerned that there will be more plastic in the ocean than fish by 2050?

Do you also want to include more exercise into your lives?



Have you heard of the new craze “Plogging”?

*It all started in Sweden with a combination of jogging and picking up rubbish along the way. Don't worry! if you cannot jog, you can complete this activity by walking as well. If you want to read more about this, ABC has podcasts and articles:*

<https://abc.net.au/news/2018-05-12/plogging-run-club-cleans-up-byron-bay/9746380?pfmredir=sm>

P&C Grounds team would like the community to get in on the craze! To start you could just bring a plastic bag to school pick up (don't forget the gloves) and help clean up the rubbish from the school grounds. Hope to meet you plogging!

# P&C News

## Traffic Update

We had a productive first meeting of the Traffic Committee and have fed some comments back to Ryde council on the proposed changes to the Brabyn Street “Kiss and Ride” zone. Please contact the Traffic Committee ([depstraffic@gmail.com](mailto:depstraffic@gmail.com)) if you missed this and would like to know more.

## WE ARE GROWING THE TRAFFIC TEAM!

With your involvement, we will be better able to communicate the message of road safety to our children and families.

The traffic team’s role is to improve the road safety standards in our school zones by working with the school, RTA & Council to improve the physical environment as well as by educating the school community about safe road practices.

There will be a variety of ways in which you can help out. So, if you have any time to contribute, or would like to send some suggestions to be considered by the committee, please email [depstraffic@gmail.com](mailto:depstraffic@gmail.com).

We will also appreciate translation volunteers fluent in Korean, Chinese, or other languages who can help with multilingual communication. The commitment will be light touch.

新的 Denistone East 公立学校交通委员会正在寻找家和監護人来讨论学校周围的交通和安全问题。如果你每个月能抽出一点时间,有不同的途徑可帮助我们的学校更安全。

Denistone East 초등학교 교통위원회는 학부모/보호자를 대상으로 학교 주변의 교통 및 안전 문제를 상의하기 위해 찾고 있습니다. 매월 조금만 시간을 할애 할 수 있다면, 우리 학교를 아이들을 위해 더 안전하게 만드는 데 도움이되는 여러가지 방법이 있습니다.

***This week’s traffic resource: Walking safely to and from school***

## Walking together safely to and from school

Walking to school and back home again is a great way to spend time with your children and encourage safe and healthy behaviours.

Here are a few things you can do to help keep your children safer as a pedestrian:

- Talk with your children about being alert in the road environment.
- Plan and practice your trip to school so you use pedestrian crossings where possible.
- Always hold your child's hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.
- Meet your child near the school gate and don't call them from across the road.
- Explain why the place you have chosen is the safest place to cross.
- Remind your child to **STOP! LOOK! LISTEN! THINK!** every time they cross the road and keep checking until safely across.
- Talk to them about why they should stop, look, listen, think before crossing a driveway, road or carpark.

Young children can learn and practice these safe pedestrian behaviours with you. This will help them to be safer pedestrians when they are old enough to travel alone.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](http://safetytown.com.au)



### Messages to share with your children in Kindergarten to Year 2

- Hold a grown up's hand when:
  - you cross the road
  - you're on the footpath
  - you're in a car park

### Messages to share with children in Years 3 to 6

- Use a safe place to cross the road
- **Stop! Look! Listen! Think!** every time you cross the road and keep checking until safely across

**STOP!**  
one step back from the kerb

**LOOK!**  
continuously both ways

**LISTEN!**  
for the sounds of approaching traffic

**THINK!**  
whether it is safe to cross and keep checking until safely across



Lives lost on NSW roads.  
**Our goal is zero.**



# P&C News

**Remember to model safe and considerate behaviour for your child – they will learn from you!**  
**COMPETITION TIME!**

This week we are introducing the DEPS Traffic Quiz, which will become a regular feature. Competition is open to parents, carers and children of Denistone East PS and the winner will receive one free hot chocolate from the school canteen, courtesy of the Traffic Team.

Winning adults will win one hot chocolate for your child. Email your responses to [depstraffic@gmail.com](mailto:depstraffic@gmail.com)

- this week we will select the 5<sup>th</sup> person with all correct responses.

Competition closes on the Thursday 22<sup>nd</sup> August and winners will be announced in the next newsletter.

**Ready? OK, let's go!**

1. Who should be wearing a seatbelt when going for a trip in a car?

- a) Only the adults
- b) Only the children
- c) Everybody
- d) Nobody



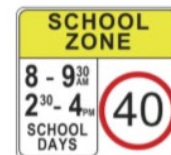
2. We have to Stop! Look! Listen! Think! Every time, we:

- a) Eat recess
- b) Cross the road
- c) See a bird
- d) Tie our shoelaces



3. The speed limit in a school zone is:

- a) 40km/h
- b) 50km/h
- c) 60km/h
- d) There is no speed limit



4. Where is it OK to park when taking children to, or picking up from school?

- a) Bus stop, as long as it's less than 2 minutes
- b) A driveway, as long as the owner isn't trying to get in or out
- c) A no parking area, as long as there is no traffic warden
- d) NONE of the above



5. Which is the best door to use when getting out of the car?

- a) The rear kerb-side door (side closest to the footpath)
- b) The driver's side door
- c) Any door
- d) Climb out the window





# Community News



Supporting parents and carers of children and teens with ADHD, learning difficulties and co-existing conditions

**Presentation:** ADHD: Executive Functioning

Thursday 12 September 2019, 6:45-9:00pm

Dr Caroline Stevenson, Senior Clinical Psychologist

This presentation by Dr Stevenson, a Sydney-based Senior Clinical Psychologist, will focus on how to help children with ADHD manage getting organised, staying focussed, sustaining effort and all the other tasks better known as Executive Functions.

Caroline Stevenson is a Senior Clinical Psychologist. She has worked for over twenty-five years in the field of ADHD and learning difficulties. She works in private practice in Frenchs Forest. She is also the Psychology Manager at Royal Far West in Manly, and a past president of the Board of ADDUL NSW.

**NEW VENUE** The Chats Function Room, The Ranch Hotel, Corner Epping & Herring Roads, North Ryde  
[www.theranch.org.au](http://www.theranch.org.au)

Parents are welcome to visit the bistro for dinner pre or post the talk, open till 9:30pm.

**TRANSPORT** Executive car parking is available at the hotel.  
Public transport options include buses along Epping or Herring Roads, or train to Macquarie University Station.

**RSVP** <https://www.tvbookings.com/BDXEH>

**COST** This event is free for financial members and \$10 for the general public online.  
Membership applications can be submitted online here to receive the member discount:  
<https://www.macquarieadhd.org.au/membership-form/>

**Details** Please arrive for 6:45pm with the speaker commencing at 7pm sharp, for approximately one hour presentation, followed by a short break.  
A Q&A session will follow with an opportunity to meet other parents.  
Maximum capacity 120pax. Tea & coffee provided.

**Contact Us**  
ADHD Centre Helpline: 02 9893 5577  
Email: [info@macquarieadhd.org.au](mailto:info@macquarieadhd.org.au)  
Website: <http://www.macquarieadhd.org.au>  
Facebook: <https://www.facebook.com/macquarieadhd.org.au>

Do you want to make a difference in the life of a child?



## Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0-18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required. Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 8303 7644 or email [CapsMetroCentral@facns.nsw.gov.au](mailto:CapsMetroCentral@facns.nsw.gov.au)



## SYDNEY BOYS HIGH SCHOOL

Open Day Thursday 12 September 2019, 9:30am - 12:00pm

**NURTURING SCHOLAR SPORTSMEN SINCE 1883**

[www.sydneyboyshigh.com](http://www.sydneyboyshigh.com) 556 Cleveland St, Moore Park NSW 2021 Ph: 9662 9300