



Newsletter

5 March 2020

Term 1 Week 6

Upcoming Events

Friday 6 March	SUMMER PSSA Round 4 – All teams to Meadowbank
Tuesday 10 March	Kindergarten & Stage 1 Assembly School Hall 2.40pm
Wednesday 11 March	Ryde Zone Swimming Carnival Ryde Aquatic Centre students need to be at school 7.45am as the bus will leave at 8am Kindergarten Connections 2.15pm Gateways Science 9am -3pm Stage 2 & 3 AFL Skills Program students are to wear sports uniform Year 7 2021 High School Enrolment Parent Information Session held in the S3 Mabro & S3 Wentworth room 5pm
Thursday 12 March	Gateways Science 9am - 3pm
Friday 13 March	SUMMER PSSA Round 5 – All teams to Meadowbank
Tuesday 17 March	Stage 2 & 3 Assembly School Hall 2.40pm
Wednesday 18 March	Harmony Day Breakfast held at the canteen near DEBASCA 7.30am – 8.45am Harmony Day Assembly held at the canteen near DEBASCA 8.45am – 9.15am Stage 3 Aboriginal Cultural Incursion
Friday 20 March	SUMMER PSSA Round 6 – All teams to Meadowbank
Monday 23 March	Kindergarten Teddy Bear Hospital Incursion
Thursday 9 April	Last Day of Term 1

Principal Report



From the Principal's desk.

Thank you for a wonderful attendance at the Three-Way Learning Conversations on Monday afternoon. Our older students are becoming quite familiar with the process and are using the language of learning to discuss their learning goals. It was also great to see Kindergarten being active participants in their conversations. The term one conversations are about goals for learning and followed up in term three with another conversation about reflection, evaluation and future goals. The conversations aim to meet at least one of the following outcomes for our students.

- to help students demonstrate evidence of learning
- to teach students the process of reflection and self-evaluation
- to facilitate the development of students' organisational and oral communication skills and to increase their self-confidence
- to encourage students, parents, and teachers to engage in open and honest dialogue
- to encourage students to accept personal responsibility for their learning
- to increase parent understanding of their child's learning through improving attendance at and satisfaction with the reporting process.

If you were unable to attend please contact your child/children's teacher via office email and an opportunity will be provided to have the conversation. A reminder that it is essential for your child to be present.

The school executive and a community working group are soon to begin work on a process and procedure for students who bring electronic and smart devices to school, this will include mobile phones and smart watches. As of 2020 the NSW Department of Education has a policy that prohibits the use of electronic devices for non-educational purposes in primary schools in school hours or when students are participating in school-based activities (excursions, performances etc.). The process and procedure we seek to develop will look at how we can store and manage devices that are brought to school to ensure they are safe and not being used during school time. If you are interested in being part of the group please email the school office with your details.

A reminder to all that if you need to communicate with your child during the school day or they need to communicate with you it must be facilitated through the school office. This includes unwell children- the school office will contact you if your child is unwell or injured. Also all visitors (including parents) to the school, must report to the school office- this maximises the safety of our students, visitors and staff and also minimises disruptions to learning time.

Cheers to our students

Well done to all the new Student Representative Council (SRC) members. The SRC provides a wonderful opportunity for you to be proactive in school life. I hope you enjoy your role this year and look forward to you working with the school executive to make our school a connected and engaged learning community.



Congratulations to Eugene (Stage 2 Dahl) and Ethan (Stage 1 Ibis) on your second place in the under 11 boys double in table tennis. Both boys played in an outstanding manner and have set a goal to make the NSW State team.

Principal Report

Community

Kinder connections commenced on Wednesday. This is a wonderful program run in conjunction with Relationships Australia. It provides an opportunity to see how school works and what learning looks like in Kindergarten classrooms.

Harmony Day is coming up – please keep Wednesday 18 March free. The P&C together with DEBASCA will be providing breakfast. The school will again provide coffee for the grownups. The children are preparing posters to promote school, community and global harmony. The theme this year is *Moving Forward Together Picture a World of Harmony*.

Some of the posters will be selected for the 2020 Harmony Day Poster Competition.

A special guest, Laurie Bimson, has been invited to perform welcome to country and a smoking ceremony. Laurie is a traditional owner of Guringai Country. After the morning festivities Laurie will spend time in the classrooms deepening understanding of our local history and features of country.

Boundary changes; as many of you are aware Denistone East had its boundaries realigned when Smalls Road Public school opened. Two very close streets **Richmond Avenue** and **Cecil Street** have now been returned to our catchment. School boundaries are constantly being reviewed and revised based on a number of considerations.

Learning

Gateways Science commences next week. Selected students will participate in enrichment activities March 11 and 12. As with all Gateways programs the activities are investigative and encourage collaboration and problem solving. Denistone East students are provided the opportunity to work in a collaborative, innovative environment with peers from a range of other schools both public and private.



School leaders participated in the GRIP Leadership conference on Tuesday 3 March. The conference ignites their leadership potential and provides them with clear vision.

Topics covered

- Leading the way- knowing, going and showing the way.
- Generosity- unpacking this character trait as an influencer in leadership
- Ideas to lead the way- taking action, practical ideas for school
- Bringing your ideas to life- writing a plan to bring an idea to life

Aerobics, school choir, dance and PSSA sport have all commenced. Public Speaking and Debating will commence soon. A big thank you to all the students who choose to participate in our extra curricula opportunities and thank you to the staff who dedicate so much of their own time to the success of the programs.

Principal Report

Teachers

Stork Talk



Congratulations to Ms Cheltzie Hall and her husband Sam on the safe arrival of Ava Ellison Hall on Friday 28 February.

Mrs Jo Tanner welcomed a healthy grandson Finn. Finn was born last Tuesday and Mrs Tanner is thrilled!

Teachers have a range of professional learning they are undertaking including a workshop on critical literacy, training for years 3 and 5 on NAPLAN, proactive Learning and Support and Stage Three teachers visiting and observing high school teaching practice to develop a deeper understanding of the rigours and requirements of year 7 and 8.

A suggestion of books to read and share with your children: Little people reads....

Ivanhoe Swift left Home at Six- Jane Godwin

Red House Blue House Green House Tree House -Jane Godwin

Starting School – Jane Godwin

Goodbye House, Hello House – Margaret Wild

Chalk Boy – Margaret Wild

Picture Books for older readers

How to Live Forever - Colin Thompson

The Rabbits – John Marsden

Girl on Wire – Lucy Estela

What I am reading at the moment.... I'm re reading a children's book Hazel Green by Odo Hirsch (great for year 3 and up) and my grown up read is Enough as She Is – Rachel Simmons (How to help girls move beyond impossible standards of success to live happy, healthy and fulfilling lives)

As we hit week 6 – I thought this might be useful for our Kinder parents.



How to Help Children Through an After School Meltdown

By Renee Irving-Lee, Children's Book Author © 2018 Learning Links

Many parents are no strangers to the dreaded after school meltdown. The temper tantrums, fighting, uncontrollable crying, emotional exhaustion, refusal to follow directions, and physical outbursts that follow a hectic school day can be exhausting for everyone involved. This can be especially true for those parents with children who are in their first year of school, are on the autism spectrum, have learning difficulties or are highly sensitive by nature.

Many parents can certainly relate with the following scenario:

It's 3pm and you pick up your child from school. They greet you with a smile on their face and after speaking with their teacher, you find out that they have been the perfect student all day long. They followed directions, sat quietly during circle time, put their hand up to speak and were extremely courteous to their teacher and friends. Fast forward to 3:30pm and your child is squabbling with their siblings, refusing to get changed into their gymnastics outfit, crying uncontrollably, and throwing the after school snack on the floor because it was put on the wrong colour plate.

Principal Report

What happened to that sweet, perfect student?

And who is this monster you see before your very eyes?

What could be causing a meltdown?

The after school meltdown or rapid downward spiral can manifest itself in many ways. While some children completely explode, other children become withdrawn and moody, or the meltdown is delayed and doesn't present itself until bedtime. Understandably, parents become completely confused as to why there is such a major dissonance between what the teacher says and how their child acts once they get home.

Firstly, it is important to recognise and acknowledge that an after school meltdown is completely normal and the best way to help a child through this difficult time is to understand why it's happening in the first place. Let's look at a typical school day, and exactly how much self-regulation and sensory input is required of a little person just to get through one day, alone. While every state has its different legislation, the typical school day lasts for a total of six hours, with the allocation of just two small breaks per day.

As opposed to the play-based learning philosophy adopted at most Early Learning Centres, or the unstructured play experienced at home, your child now needs to hold it together during an entire school day to:

- Go to the toilet during break times
- Have a structured time for eating and playing
- Play by the rules in which they must stay in designated areas, only run on grass, can't touch other children, or climb on everything they may want to.
- Put their hand up to speak, and will not always be called upon by the teacher even if they know the correct answer
- Sit still for long periods of time at a desk or on the floor
- Wear closed-in shoes all day long
- Behave a certain way as outlined by the teacher, even if they are not sure exactly why they have to behave that certain way
- Remember and follow all classroom and school rules
- Manage disappointments and setbacks without Mum or Dad present
- Understand and learn to interact with older children
- Cooperate with their peers, even though there may be some children they don't like
- Sometimes they must work with children who can behave irrationally or in an unexpected manner e.g. by saying something unkind, touching their belongings, interrupting their concentration, or even physically hurting them
- Be expected to calm down after an exciting or upsetting event to focus on school work
- Concentrate on multiple tasks throughout the day from a range of different learning areas
- Follow directions from several different adults (who in the eyes of the child can unexpectedly talk sternly towards them at any time)
- Be expected to work under a variety of classroom and environmental conditions

Supporting self-regulation

The self-regulation required to maintain composure over a full school day can be both emotionally and physically draining to young children. This self-regulation requires them to understand and manage their own behaviours by controlling both their impulses and their emotions. There are so many impulsive actions and words, that a child wants to do and say over the course of a school day but refrained themselves instead. Additionally, there are also so many mixed emotions they felt, but didn't let out.

Principal Report

They wanted to cry when a classmate laughed at their drawing, yell out an answer during class, eat their lunch at 9:30, make a house out of unifix cubes instead of using them for counting, climb the trees at recess, and most of all they wanted to lay down when they were supposed to be sitting up. Basically, by the time they meet their parents at the end of the school day, they don't have any emotional energy left in the tank. All the energy that they did have was used up by being 'good' all day and now they are completely and utterly exhausted.

And by contrast, a home is a place for most children, where they can behave without judgement, be spontaneous, express their emotions, have more freedom, be creative, and feel safe and secure. A home is where they can be their 'true selves' and once they are there, children finally have a safe space to let out all their bottled-up emotions. They haven't seen their parents all day long and finally have the people they trust most in the world to collapse into a heap with and still be loved unconditionally.

Parents get to see the best, and the very worst of their children, and the aftermath of a hectic school day is certainly no exception. While this behaviour is normal, parents can still put many measures into place to minimise the effect and prevent an after school meltdown:

1. **Save questions for later**

Parents are always enthusiastic to hear how their child's day went at school, but timing is everything! They have just spent a full day at school, and now they are being drilled for more information and expected to answer question after question. Sometimes that's all just too much. Find the time that works best for your child, it doesn't always have to be as soon as you see them. Let them unwind first and wait until they are ready to talk.

2. **Early dinner**

Most children are generally ravenous by the time they get home from school. Sometimes they have been so engrossed in playing that they have forgotten to eat their lunch. Don't be afraid to give them their full dinner as early as 3:30 or 4:00. You will be surprised by how much their demeanor can change after a full meal. It doesn't have to affect the family dinner either – they can still eat a bowl of porridge or fruit salad when the family sits down to dinner at a later time.

3. **Early shower or bath**

Having water run over the body or being submerged in a tub full of water, can have a calming effect on any child who is in the most negative mood imaginable. There are no set rules about what time they should have a bath, so if it works, why not do it?

4. **Rest or move?**

After a long day at school, some children just need to rest, while others need to move and burn off some energy. Everyone is different, so find out what works for your child. If they need rest, organise some quiet time on the couch with a book or a puzzle. If they need to move, stop at the park or beach to let them run around freely.

5. **Reconsider after school and weekend activities**

If you have busy afternoons and weekends where you are rushing from one activity to the next, it may be time to reconsider whether they are worth pursuing right now. The rushing and busyness of additional activities can often add an extra burden to an already overstretched and overstimulated child.

6. **Connection activity**

Sometimes a one-on-one connection activity with a parent or loved one, is all that is needed to fill up the emotional tank again. A ten-minute quiet game with no phone, screens or interruptions can be something you both look forward to when getting home from school.

Principal Report

7. **Unstructured play**

Play and laughter are an amazing way to help release pent up emotions. Even though they have playtime at school, it is still bound by rules, structure, and expectations. Find a place where they can run around freely, direct their own play, be creative, and most importantly be themselves.

8. **Take a mental health day**

Taking care of our mental health is an important lesson for children to learn in relation to their overall physical health and emotional wellbeing. Everyone, even children sometimes experience feelings of being overwhelmed, exhausted or mentally and emotionally fatigued. Taking a day off, occasionally to acknowledge this can really help to rest, recover, and re-energise.

9. **Talk to the teacher**

While it is normal for children to feel the need to release their emotions after the school day, there may also be something happening at school that is triggering the meltdowns. Talk to your child's teacher to get a better picture of their day.

10. **Talk to your child**

If your child is unravelling immediately upon getting home, they are most likely internalising their feelings during the day and have just learnt to put off their reaction, rather than dealing with the problem when it occurs. Talk to your child about the things that have upset them during the day and how they can calm down and let it go while in the moment.

Sometimes even after careful planning and gentle parenting, the meltdowns can still occur. Children at all stages of development can have bad days, be overwhelmed, over stimulated and emotionally exhausted after school. And what helps to calm one child, might not necessarily help to calm another; sometimes it is just a case of trial and error.

The only certainty in early childhood however, is that children crave calmness, especially from their parents. If a child is in complete meltdown mode, the afternoon will always go much smoother if the parent keeps their cool and is the calm in their chaos. When parents get angry, it only adds to the child's emotional turmoil, and there is no one left to help sooth their overstimulated nervous system or be the voice of reason for their little minds. Just like when the oxygen masks drop in an airline emergency, the parent must save themselves first, in order to save their child.

During an after school meltdown, you must calm yourself first, before you are fit to calm your child. It's not always easy to be calm and composed in these situations, but sometimes that will be *all* you can do and sometimes that will be the *only* thing you can do.

Where to go for more help:

Be You – Social and Emotional Learning: Self Regulation Fact Sheet

Raising Children – Self Regulation in Young Children

Michelle Collyer
Principal

4 February 2020

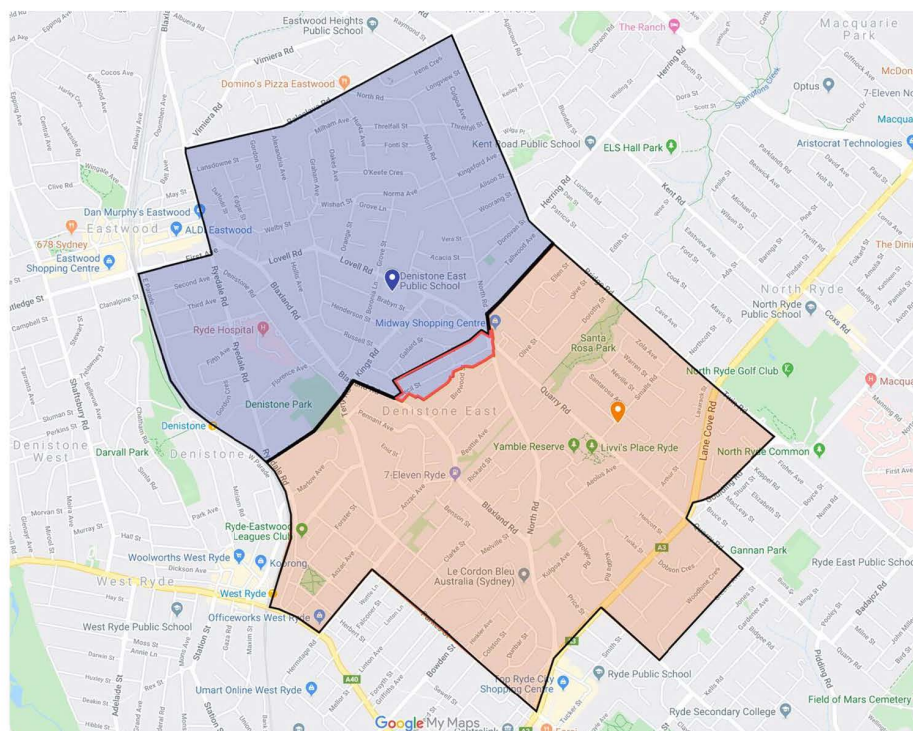
Smalls Road Public School catchment update – school newsletter announcement

Following community feedback regarding the implementation of the Smalls Road Public School catchment and the concern around the safety of students walking to and from school, the catchment area for Smalls Road Public School will be slightly amended.

Richmond Street and Cecil Street, Denistone East will remain in the catchment area for Denistone East Public School, to ensure a safer route to school for students residing in those streets. The boundary has been moved south to reallocate all houses of Cecil Street.

If you have any questions in relation to this change you are welcome to contact the Principal for clarification.

Proposed change to Smalls Road Public School catchment. The coloured shading shows the new catchment areas – Smalls Road PS in orange and Denistone East PS in purple.



School Initiatives

***Tell Them From Me* Student Feedback Survey, Weeks 8 and 9 (Term 1, 2020)**

We are delighted that this 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 1 between Monday March 16th and Friday 27th March. Participating in the survey is entirely voluntary for Year 4,5 and 6 students.

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 **Monday 9th March**.

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.



Harmony Day Breakfast

Wednesday, March 18

You are invited to our Harmony Day breakfast followed by a Harmony Day assembly with special guest Laurie Bimson, (Guringai man) who will conduct the Aboriginal Welcome to Country and Smoking Ceremony.

When: Wednesday March 18

Breakfast: 7.30am - 8.45am

Assembly: 8.45am - 9.15am

Where: COLA near DEBASCA and oval

Dress: Please wear multicultural clothing or orange

Bring: a picnic blanket and a gold coin donation for our South Coast sister school affected by bush fires.

Catered Multicultural food

Coffee Cart for adults

EVERYONE BELONGS
www.harmony.gov.au

School Initiatives



Play & Your Child

Playing is one of the most important things you can do with your child, because play is essential for your child's brain development. The time you spend playing together gives your child many ways to grow and to learn.



What does play do?

Play helps your child develop in all domain areas



Language

Spoken words, receptive skills, reading and writing development



Social

Interactions with others, respect and empathy



Physical

Small and large motor development, health and wellbeing



Cognitive

Thinking and intellectual development



Emotional

Feelings, behaviours and emotional regulation



Children need the freedom and time to play.
Play is not a luxury. Play is a necessity.
- Kay Redfield Jamison

For children, involvement in play stimulates:

- Exploration and discovery
- Motivation to gain mastery over their environment
- Promotes focus and concentration
- Development of social skills such as cooperation, sharing and responding to ideas, negotiating, and resolving conflicts

Throughout your child's education, your child will participate in play-based learning. Children are naturally motivated to play and learn through play, so this is a valuable style of learning for all. In this context, children can explore, experiment, discover and solve problems in imaginative and playful ways.



Communities
& Justice

Relationships Australia
NEW SOUTH WALES

Adapted from: <https://www.cca.com.au/what-children-need-for-play> and <https://www.cca.com.au/what-children-need-for-play>



놀이와 당신의 아이

놀이는 부모가 자녀와 함께 할 수 있는 가장 중요한 활동의 하나로서 자녀의 두뇌 발달에 필수적입니다. 부모와 함께 놀면서 보내는 시간은 자녀가 다양한 방법으로 바꾸어 성장하는데 매우 중요한 역할을 합니다.



놀이가 돕는 영역 발달

놀이는 자녀가 모든 영역에서 발달하도록 도와줍니다



언어 발달

말하기, 듣기, 읽기 및 쓰기 능력 발달



사회성 발달

타인과의 소통, 존중, 공감 능력 발달



신체 발달

작고 큰 근육 발달, 건강과 웰빙



인지 발달

사고 능력과 지적 능력



정서 발달

감정, 행동, 감정 조절 능력



“아이들에게는 자유롭게 놀 수 있는 시간이 필요합니다. 놀이는 사치가 아니라 필수입니다.”
- Kay Redfield Jamison

아이들에게 놀이가 정서하는 역할

- 탐구 및 발견
- 이해하는 과정을 촉진하는 동기 부여
- 집중력 증진
- 사회적 기술
- 협력, 아이-이-가 공유 및 나눔, 협상 및 갈등 해결 능력

자녀의 교육 과정에서 아이들은 놀이 중심 학습에 참여합니다. 이 학습 방법으로 아이들은 자연스럽게 놀이를 통해 배울 동기를 부여하고, 받으며 상상력을 이용해서 창의적으로 문제를 탐구하고, 실험하고, 발견하고 해결할 수 있습니다.



Communities
& Justice

Relationships Australia
NEW SOUTH WALES

Adapted from: <https://www.cca.com.au/what-children-need-for-play> and <https://www.cca.com.au/what-children-need-for-play>



玩耍与儿童

玩耍是能让家长与孩子之间互动的重要的活动，因为玩耍会促进孩子脑部重要部分的发育。孩子在与您玩耍的过程中能促进学习并且成长。



玩耍有什么益处？

玩耍让孩子的不同领域得到发育和成长



语言方面

例如说话、信息接收能力、阅读与写作技巧



人际关系方面

例如与人为善的能力、尊重他人及与长辈沟通与同理心



身体方面

例如精细运动、大肌肉运动与身心健康发展



认知方面

例如思想以及认知发展



情绪方面

例如对感受的认知，以及行为和情绪的调节



“孩子们需要自由时间去玩耍。对孩子来说玩耍不应是奢侈品，它是一种必需品。”
- 凯·雷德菲尔德·贾米森

对于儿童来说，玩耍可以促进：

- 探索和发现
- 获得对周围世界的掌控力和积极性
- 促进身体发育
- 发展人际关系技巧、沟通与合作能力、分享能力、沟通能力、解决问题的能力及团队合作的能力

在儿童的成长过程中，他们通过参与以及探索为未来的学习。儿童通过对于游戏和玩耍中学习的动力，这是一种宝贵的学习方式。在这种过程中，孩子们会有一种充满创造力的方式来探索、实验、发现及解决问题。



Communities
& Justice

Relationships Australia
NEW SOUTH WALES

Adapted from: <https://www.cca.com.au/what-children-need-for-play> and <https://www.cca.com.au/what-children-need-for-play>

School Initiatives



Denistone East Public School

Parents- YOU ARE INVITED

We're Going on a Bear Hunt
Michael Rosen Helen Oxenbury



Date:
Wednesday Afternoons
4.3.20- 8.4.20
(2 x 3 week sessions- please see roster)

Time:
2:15pm-3:15pm

Venue:
Your child's Kindergarten Class






KINDERGARTEN CONNECTIONS AFTERNOONS

Parents- please come along and join us.

Kindergarten activities:

- Scavenger Hunt- language development and dramatic play
- The Frog who wouldn't laugh- An Aboriginal legend
- Down in the jungle- A music and resilience activity



Denistone East Public School 1

Kindergarten Connections Afternoons

This year the Kindergarten Connections program will be run again through the *Ready for life, Ready for success* program organised through Relationships Australia.

This program will be implemented by trained facilitators for 6 weeks in Term 1 during a scheduled timeslots on Wednesday afternoons from 2:15 – 3:15pm in the Kindergarten classrooms. Parents and caregivers are welcome to attend these sessions. A session schedule and Program flyer will be displayed in all Kindergarten classroom windows and both have been included below for your information.

Families will be able to develop an understanding of how the dynamics of a Kindergarten classroom work during a range of varied activities both inside and outside the classroom environment.

If Kindergarten parents have any questions about this program please see your class teacher for further information.

Denistone East P.S Kindergarten Connection Rotating Roster 4th March-8th April

Wednesday afternoons 2.15- 3.15pm

	Activity 1-The Frog who wouldn't laugh An Indigenous activity and Dreamtime story which looks at the story of Tiddalik the frog- how he drank all the water in the land and what that meant for him and all the other animals.	Activity 2-Scavenger Hunt and Story A great finding and seeking activity to assist children in developing their English language skills and ability to work as part of a team.	Activity 3-Down in the Jungle This is a music and resilience activity to more greatly enhance children's ability to understand language and emotions and strategies to regulate those same emotions.
4.3.20	K Echidna	K Quokka	K Wombat
11.3.20	K Wombat	K Echidna	K Quokka
18.3.20	K Quokka	K Wombat	K Echidna
25.3.20	K Possum	K Dingo	K Bilby
1.3.20	K Bilby	K Possum	K Dingo
8.4.20	K Dingo	K Bilby	K Possum

Each Wednesday afternoon, when the lunch bell rings, we would ask that parents who wish to attend the session meet in the COLA in front of the kindergarten classrooms in order for them to forward off to their afternoon activity. We will finish the afternoon by 3.15pm, thus giving the class teacher enough time to go through any notes or messages for their class prior to the school bell.

The Kindergarten team

Library



The NSW Premier's Reading Challenge (PRC) is an initiative of the NSW State government. It aims to encourage in students a love of reading for leisure and pleasure and to enable them to experience quality literature. It is not a competition but a challenge to each student - to read, to read more and to read more widely.

Students must read a certain number of books to complete the Challenge:

Challenge	Number of books you must read	Minimum number of PRC books	Maximum number of Personal Choice books
K-2	30	25	5
3-4	20	15	5
5-6	20	15	5

K-2 students – complete the challenge at school. Teachers will read the 30 PRC books during Library lessons as well as in the classroom.

Year 3-6 students - must read the books independently and enter the books read in to their Student Reading Record, which is accessed via the Premier's Reading Challenge tab in their Student Portal. Students will be shown how to do this during their Library lesson.

When does the NSW Premier's Reading Challenge start and finish?

The 2020 Challenge opens 2 March and closes 28 August. Students in Year 3-6 must complete their online Student Reading Records by 28 August.

Scholastic Book Club

Issue 2 orders due Friday 13 March. Online orders and payments are preferred.

It is easy to order online and the **Book Club LOOP** platform for parents allows you to pay by credit card. You can place your child's order at www.scholastic.com.au/LOOP or using the **LOOP** app, which can be downloaded from the App Store or Google Play.



1. Sign in or register an account. You will need to create a password
2. Select Denistone East Public School
3. Select child's **Year Level** and **Class** (see table below)
4. Add child's name (so the school knows who the order is for)
5. Enter the product item number (from the catalogue)
6. Make payment via credit card

PSSA

Summer PSSA Round 3

Cricket		Softball	
Junior	Name	Girls	Name
DEPS d Ermington		EPS d DEPS	
P.O.M	Suyi	P.O.M.	KATIA
Sportsmanship	James C	Sportsmanship:	Amelie N
Senior		Boys	
DEPS d Ermington		EPS d DEPS	
P.O.M	Friyana	P.O.M.	Cameron
Sportsmanship	Josh L	Sportsmanship:	Koby

T-Ball		Newcombe Ball	
Girls	Name	Juniors	Name
EPS d DEPS		Ermington d DEPS	
P.O.M.	Danielle K	P.O.M.	Sasha
Sportsmanship:	Brenda R	Sportsmanship:	Sophie K
Boys		Seniors	
EPS d DEPS		ERM d DEPS	
P.O.M.	Leighton	P.O.M.	Akira
Sportsmanship:	Tom H	Sportsmanship:	Eve
		Volleyball	
		DEPS d ERM	
		P.O.M.	Kai
		Sportsmanship:	Rosie

P&C News



List of key dates for P&C events:

Date	Event
Wednesday, 18 th Mar, 8 – 9am	Harmony Day Breakfast
Wednesday, 18 th Mar, 7pm	2 nd P&C Meeting this year
Friday, 23 rd Oct, 5 – 9pm	Moonlight Market

President's Message

Following on latest appointment of Andrew being the P&C music program coordinator in our last newsletter; I am thrilled to announce another much-dedicated parent, Melissa Jackson, to be our new grounds coordinator. Melissa has always been an active community member and is passionately involved in many school and P&C events. There is no doubt that we will see Melissa playing a critical role in many exciting grounds projects already in the pipeline for this year!

I would also like to thank Nicole Marchhart on behalf of P&C for her dedication and support. Nicole has been committed as our school grounds coordinator in the past and, unfortunately, she will not be able to continue the role due to work commitments. Nevertheless, she has offered to still be around and will offer help wherever possible. THANK YOU NICOLE FOR ALWAYS HELPING OUR SCHOOL AND CHILDREN!

Many new and existing parents have expressed interest and approached the P&C wanting to know more and to offer their help. We are very grateful for all your generosity and really look forward to working with you all this year.

Stretch, Tone & Balance Class at DEPS

Calling all mums and bubs!!

Missing Friday morning assembly?

Thinking of doing some exercises to improve your balance and flexibility?

Think no more as we have our very own exercise class right at DEPS where you can stretch, tone and practice your balance under the supervision of a recently retired physiotherapist.

It's also a great place to meet other mums and have a good chat. Best of all, babies and toddlers are welcome!!

So come and meet Wan and other mums this Friday!

When: Every Friday

Time: 9.15-10.30am

Location: DEBASCA

Cost: \$2.00

Bring: A mat or towel

Class Parents

Thank you to all the parents who volunteered to be class parents. Your time and dedication will not go unappreciated!!

Only 2 classes still need a class parent:

•S3 Flynn

•S3 Reiby

You are essentially the main liaison person between teachers, parents, P&C and the school.

Your role will involve preparing a class contact list, organizing social events for the class to help parents get to know each other, organizing an end-of-year gift for your class teacher and supporting the P&C. The responsibilities of a class parent vary from class to class and stage to stage.

P&C News

It is also a good idea to speak to your teacher on the type of assistance he/she needs.

It's a fun and interactive role so parents in S3 Flynn and Reiby, if you are interested please email us at depssec@gmail.com

Clean Up Day Thank you!

A very big thank you to all the students and parents who enthusiastically pulled on their gloves, grabbed a rubbish bag, and spent their Friday afternoon assisting in picking up lots of litter from the school grounds. It was a very successful school clean up as part of Clean Up Australia Day.

Thank you to all our wonderful helpers!



Moonlight Market – Friday 23rd Oct 2020



SAVE THE DATE!!! MOONLIGHT MARKET IS BACK ON Friday 23rd October 2020

This is our biggest fundraising yearly event. It is an annual tradition that has been put on hold for two years due to construction. In the past, Moonlight Market has contributed major funding sources to the school P&C. With school building completion last year, now it is the time to bring our unique Moonlight Market back to action!!!

P&C are forming a Moonlight Market Committee and we are needing as many as helping hands to make our yearly event great and better! If any of these role sounds like you, please do not hesitate to contact us on depssec@gmail.com. Any help is appreciated and no matter how many hours you could dedicate and some of help might only take as less as one hour in total.

- **Coordinators for these initial phases of planning:**

- Raffles ticket
- Game stall
- P&C food stall
- External stall
- Marketing and Advertising

P&C News

Harmony Day - 18th March

Calling all parents, grandparents and caregivers! Let's all come together to celebrate Harmony Day on Wednesday, 18th March with breakfast from 7.30-7.45am followed by a special assembly 8.45-9.15am @COLA near DEBASCA.

DEPS, P&C and DEBASCA are proud to be hosting this fun event together. There will be a multicultural breakfast prepared by our own chef Chris and other catered food. Due to recent health and safety reasons, this event will be fully catered and the coffee cart will only be serving adults.

We are very excited to announce that there will be a special assembly straight after breakfast where a guest speaker, Laurie Bimson, a Guringai man who will be conducting a Welcome to Country and Smoking Ceremony.

Laurie Bimson is a descendant of Bungaree, a leader of the Guringai tribe at the time of European arrival. His people are saltwater people and have been the custodians of Guringai country for about 40,000 years.

*Due to the tight schedule of the event, please be aware that breakfast will finish promptly at 8.45am. Please come early so you don't miss out!!!

VOLUNTEERS!! We wouldn't have been able to hold any events without your help. So please if you can help out for an hour or even half an hour, we would be very grateful! Please use the link to sign up <https://volunteersignup.org/T8HD7>

WHEN: Wednesday, 18th March

WHERE: COLA near DEBASCA

BREAKFAST: 7.30am - 8.45am

SPECIAL ASSEMBLY: 8.45am - 9.15am

DRESS: Please wear multicultural clothing or orange

BRING: A picnic blanket & a gold coin donation to our South Coast sister school affected by bushfire
See you all there!

Canteen Update

Please find munch monitor information below should you like to go cashless and with many features and benefits.

<https://drive.google.com/file/d/1CZfwnGXCdQoU8nKytcoHZWxGkqUoJMY/view?usp=drivesdk>

Traffic and Road Safety

Keeping safe around school crossings



For your child's safety, it's very important to ensure you and they are use the school crossing at all times.

At all crossings you must wait on the footpath, at least one step back from the edge of the road.

Pay attention and wait for direction from our School Crossing Supervisor, "Mr Colin" before entering the crossing.

Wait until he has stopped the traffic and called you to cross.

If you are driving, you must remain stationary and not proceed until the School Crossing Supervisor's indicates that you may proceed through the crossing.



P&C News



Please Be Respectful, Safe and Courteous –
We're all in this Together
Let's Keep Kids and the Community Safe
Safe
Safety guide to driving and parking safely
near schools

The beginning and end of the school day are busy times for pedestrians and vehicles outside the school. So we need to take extra care and remember these rules:

- Park safely and legally, even if it means walking further to the school gate. Parking signs are planned with children's safety in mind.
- Slow down to 40km/h in the school zone and stay aware of crossings.
- Always park and turn legally around the school.
- Never double park as it puts children at risk.
- Manoeuvres such as U-turns and three-point turns are dangerous.
- Never park in a bus zone or in the school bus bay.
- Make sure your children use the Safety Door (rear footpath side door) to get in and out of the car.
- At a supervised crossing, observe the directions of the school crossing supervisor.
- Model safe and considerate behaviour for your child – they will learn from you.

Remember

DON'T park across the school driveway or the entrance to the school car park.

DON'T park across residential driveways

ALWAYS give way to pedestrians particularly when entering and leaving driveways.

Try to use the drop off and pick up area suggested by the school.

This will help keep all children as safe as possible during the busiest times of the school day.

Music News

Our DEPS ensembles

We now have five ensembles running in the DEPS music program. What is an ensemble, you may ask? An ensemble is simply a group of musicians performing together. We have two types of ensembles: **bands** and **string ensembles**.

Our **bands** are made up of brass (trumpets, trombones, French horns, euphoniums and baritone horns), woodwind (clarinets, flutes, saxophones) and percussion instruments (including drums), plus bass guitar and keyboard. We have two bands: Senior Band and Training Band. The bands are open to students in Year 3 and above (Year 2 in some cases).

Our **string ensembles** are made up of violins and cellos. We have three string ensembles: Mahler Ensemble (advanced), Stravinsky Ensemble (intermediate) and Beginner Strings. The string ensembles are open to students in kindy and above.

All ensembles have their rehearsals before school and there are many performance opportunities throughout the year, both at school and externally (for senior groups). It's not too late to join, so if you have a child who is learning a musical instrument and would like to play in an ensemble, please join us! Contact Alex at The Music Partnership to enrol (contact details below).

P&C News

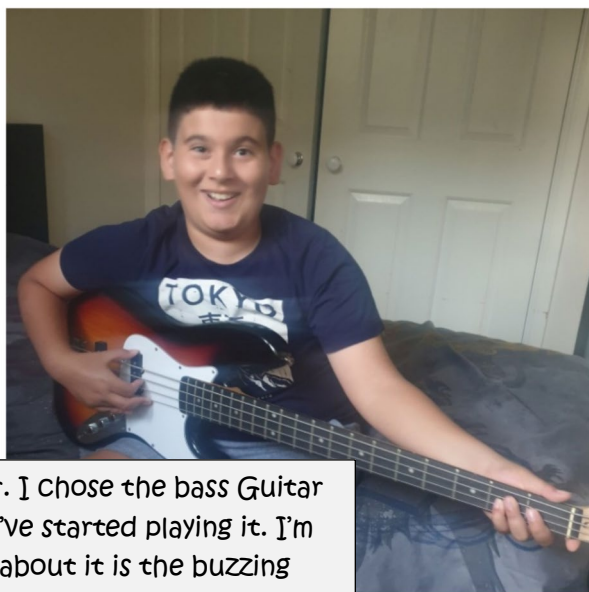
Music contacts

- For the P&C music coordinator, contact Andrew Wong at music.deps@gmail.com.
- For instrument hire, contact Jennifer at jennifer.deps@gmail.com.
- For our school's music provider, **The Music Partnership**, contact Alex Bieri by email at alexberier@musicpartnership.com.au or phone 0404 494 487.

Young musician profile

From time to time we'll feature one of our young musicians in the newsletter and find out what they think about being part of our school music program.

This week we feature Andre K from Year 5, who is in the Senior Band.



My name is Andre and I play the Bass Guitar. I chose the bass Guitar because it looks cool. It's been 1 year since I've started playing it. I'm getting better day-by-day, but the bad thing about it is the buzzing sound it makes when I press it in the wrong place. Joining band is an amazing idea so I definitely recommend it to everyone else 'cause it's very fun and educational.

The Cottage – 2nd hand Uniform Shop


The Cottage 2nd hand uniform shop sells donated second-hand uniforms, with all profits going to the P&C for allocation to school requirements for our kids.

In 2020 The Cottage shop will be open every fortnight (even weeks) on Thursday mornings from 9:15am – 10:15am.

We are located on the Henderson Rd side, in the small white weatherboard building near the COLA.

We welcome all new or returning parent volunteers – we always appreciate help in the shop, or with washing or mending donated items. Pop in during opening hours and speak to Sally if you are interested in helping out, or email salp@iinet.net.au.

Community News






Masada College
YEAR 7 EXPERIENCE DAY
18TH MARCH

Experience a day at Masada College Senior School.
Registration essential:
enrolments@staff.masada.nsw.edu.au or Ph: 9449 3744

Co-educational Jewish School Open to All
Ranked 35th in NSW HSC 2019

College Campus: Link Road St Ives

JCA   **THE HIVE**
OF POTENTIAL  Masada College



WEST RYDE
Easter
PARADE & FAIR

SAVE THE DATE!

SATURDAY
4 APRIL 2020

9.00AM – 3.30PM
WEST RYDE PLAZA

**Market Stalls, Entertainment,
Animal Farm, Parade,
Kids Rides & Competitions**

 **City of Ryde**
ryde.rocks/easter




ADHD SUPPORT AUSTRALIA

March Speaker Evening

**Improving Learning, Attention
& Emotional Health**

with
Sydney Neurofeedback Centre

Tuesday 10th March @ 6.45pm
Pittwater RSL, Mona Vale

Community News

City of Ryde **SATURDAY 21 MARCH 2020** **RYDE PARK // 11AM-3PM**

HARMONY DAY

PERFORMANCES, FOOD AND CULTURAL ACTIVITIES FROM AROUND THE WORLD

#EVERYONEBELONGS **RYDE.ROCKS/HARMONYDAY**

In Partnership with **CMRC**
Community Migrant Resource Centre


loreto
NORMANHURST



Open Day

SATURDAY 7 MARCH | 11AM - 3PM

Open Day is a wonderful opportunity to experience a day in the life of Loreto Normanhurst

Highlights include the Principal's presentation, tours of the school, classroom demonstrations, student music & drama performances, cake & food stalls in the gardens, BBQ, animal farm, train rides & more...

91-93 Pennant Hills Road, Normanhurst PH: 1800-LORETO
enquiries@loretonh.nsw.edu.au www.loretonh.nsw.edu.au

NORTH RYDE TWILIGHT COMMUNITY MARKET

FAMILY FUN EVENT
GOURMET FOODS | CRAFT | APPAREL | JEWELLERY | GIFTS

 6-8 CUTLER PDE
NORTH RYDE

 14TH
MARCH 14TH
4PM-8PM

 NORTH RYDE TWILIGHT
COMMUNITY MARKET



SOMETHING FOR EVERYONE !



**RYDE PANTHERS
FOOTBALL CLUB**
Girls, Boys, Women and Men's Teams

Register Online
www.rydepanthers.football

Junior Mixed League play Saturday

PINK Panther Girls play Sunday

Active Kids Voucher Approved

10% prompt payment discount by 20.2.20

Sibling discounts available



 info@rydepanthers.football



www.facebook.com/RydePanthersFootballClub

**Have FUN and BRING your FRIENDS
THE FAMILY FRIENDLY CLUB—est 1959**



MultiLit
Literacy Centres
Macquarie Park | Bella Vista

**Enrol in our School
Holiday Programs for
April 2020**

Program dates for NSW School Holidays

- Week 1: 14 – 17 April 2020
- Week 2: 20 – 24 April 2020

Program Format

Students complete a 50-minute session each day of the program. Programs are held over consecutive weeks (excluding NSW Public Holidays).

Lessons can be undertaken face-to-face with qualified tutors at one of our dedicated MultiLit Literacy Centres located in Macquarie Park and Bella Vista.

Lessons can also be completed live online or using a combination of both face-to-face and online tutoring services.

Costs

Two-week program: \$1,044 (9 lessons)

Placement test: \$52

(must be completed prior to commencement)

An additional option for existing MultiLit Literacy Centre students is a one-week program for \$640.

No Placement Test is required for continuing students.

About MultiLit Literacy Centres

MultiLit, a research initiative of Macquarie University, offers proven programs to improve reading accuracy, fluency, comprehension and spelling, designed specifically for students who are reading at a level significantly below their peers.

Analysis has shown that students who have completed two-term programs at a MultiLit Literacy Centre made three to six times greater progress than they were typically making prior to receiving MultiLit instruction.

Intensive programs at MultiLit Literacy Centres

- Intensive intervention programs for primary and secondary students, including young adults
- Customised literacy support based on needs
- Research-based programs delivered via high-quality one-to-one sessions by qualified tutors
- Face-to-face and live online sessions via Zoom conferencing available




For more information or to book a place:
T 1300 55 99 19
E literacycentre@multilit.com
W www.literacycentres.multilit.com

**Confident
Independent & Creative
Young Women**

Open Day

Thursday 5 March, 2020 3:30–6:00pm
PRINCIPAL'S OFFICIAL WELCOME 4:00PM

EXHIBITIONS | ACTIVITIES | GUIDED TOURS | GELATO | SAUSAGE SIZZLE

 **RIVERSIDE** Huntleys Point Road, Gladesville
Ph: 9816 4264
<https://riversideg-h.schools.nsw.gov.au/>



2-DAY SUPER CAMP
April
WHERE EVERY CAMPER'S TREATED LIKE A ROCK STAR

LAUNCH OFFER: 40% OFF

****PLUS FREE SNAPBACK HAT & JERSEY!**

Duration: 2-days Age: Kindy - Yr 6 Time: 8.30am - 3.30pm daily
 EXPERIENCE: 12 HYBRID SPORTS | 6 SUPER SESSIONS | AMAZING COACHING
 rydelanecove@motiv8sports.com.au 0414 891 802

GET MOTIV8TED DURING THE APRIL SCHOOL HOLIDAYS AT THE ONE AND ONLY MOTIV8SPORTS SUPER CAMP.

Held only once each year Super Camp is a sports festival designed just for kids. Super Camp is an energetic mix of sport, music, street culture, art and dance mashed up to create the ultimate atmosphere for kids who love having fun. With a live DJ pumping the beats and multiple prize giveaways, this is an event not to be missed. All camps are 8:30am - 3:30pm daily non-sleep over events.

ST. JOSEPH'S COLLEGE, HUNTERS HILL
16 & 17 APRIL

WE ARE A CREATIVE KIDS PROVIDER- USE YOUR 2020 VOUCHER TODAY!

motiv8sports **MOTIV8SPORTS.COM.AU**



Oakhill COLLEGE Feet on the ground. Aiming for the stars.

Open Day

SUNDAY 08 MARCH 2020 11.00AM - 3.00PM

Principal's Address at 11.30am, 12.30pm and 1.30pm

RESPECT / EXCELLENCE / INCLUSIVITY / FAITH / SOCIAL JUSTICE

★ www.oakhillnsw.edu.au

