



Newsletter

18 February 2021

Term 1 Week 4

Upcoming Events

Friday 19 February	Sportspro – Year K - 2 students are to wear sports uniform Summer PSSA – Round 2
Wednesday 24 February	Sportspro – Year 3-6 students are to wear sports uniform
Friday 26 February	Sportspro – Year K - 2 students are to wear sports uniform Ryde Zone Tennis Trial – 9.00am to 12.30pm Summer PSSA – Round 3
Wednesday 3 March	Sportspro – Year 3-6 students are to wear sports uniform
Friday 5 March	Sportspro – Year K – 2 students to wear sports uniform Summer PSSA – Round 4 Year 6 to Year 7 EOI Parent Information Sessions
Wednesday 10 March	Ryde Zone Swimming Carnival – 9.00am to 3.00pm Sportspro – Year 3-6 students to wear sports uniform
Friday 12 March	Sportspro – Year K - 2 students are to wear sports uniform Summer PSSA – Round 5
Wednesday 17 March	Sportspro – Year 3-6 students are to wear sports uniform
Friday 19 March	Sportspro – Year K - 2 students are to wear sports uniform Summer PSSA – Round 6
Wednesday 24 March	Sportspro – Year 3-6 students are to wear sports uniform
Friday 26 March	PSSA Winter Sport Trials Sportspro – Year K - 2 students are to wear sports uniform
Thursday 1 April	Last day of Term 1
Friday 2 April	Good Friday

Principal Report



From the Principal's desk.

Welcome to week 4. Thank you for your attendance at our meet the teacher last week. If you did not have the opportunity to attend please contact the school via our school email and information will be sent to you. A reminder too, if you have specific information you wish to share with your child's teacher please make contact to arrange an interview at a mutually convenient time.

Week 6 (Monday 1 March - Thursday 4 March) the school will host three way learning conversations in the school library. The children will have been working with their teachers to develop three learning goals, one of these goals will focus on a learning habit or behaviour. Each year group has been allocated a day. Appointments will be made available on the Parent Portal next week together with information on how to access the portal. The interviews will run from 8.00am – 5.00pm on the allotted day. If you are unable to make the times available your child's teacher will provide information on their availability at other times.

Congratulations to our successful swimmers who will represent the school at Zone Swimming in Week 7 (March 10)

Emy L
Sophie K
Chloe J
Joshua L
Hannah L (S2 Blyton)
Rosie M
Akira H
Sophia C
Lisa K
Malik K

Joshua K
Byron H
David K
Edward C
Jiayang X
Ethan W
Brendan F
Hannah L (S3 Wentworth)
Brian L
Tom H

Iris Z
Clara O
Leon L
William M
Dana P
Tom E
Ian W
Maya L
Sienna K
Joshua L

As we approach the end of week 4, I would like to remind you that school has been busy and your children are really engaged in learning. The school day is a full day and little people and bigger people may be very tired when they arrive home. Bedtimes that may have been quite flexible during the holidays need to be established to provide adequate sleep. I have included some information on establishing good habits around bedtime and sleep.

Principal Report

Sleep Hygiene for Children

Pre-schoolers (ages 3-5 years) generally need between 10-13 hours of sleep per night, and school-age children (ages 6-13 years) need between 9-11 hours of sleep per night.

1. Stick to the same bedtime and wake time every day, even on weekends.

Children sleep better when they have the same bedtime and wake time every day. Staying up late during the weekend and then trying to catch up on sleep by sleeping in can throw off a child's sleep schedule for several days.

2. Beds are for sleeping.

Try to use your bed only for sleeping. Lying on a bed and doing other activities (e.g., watching TV, using a tablet or computer) makes it hard for your brain to associate your bed with sleep.

3. A comfy, cozy room.

A child's bedroom environment should be cool, quiet, and comfortable.

4. Alarm clocks are for waking up.

Children who tend to stare at the clock, waiting and hoping to fall asleep should have the clock turned away from them.

5. Bedtime routine.

A predictable series of events should lead up to bedtime. This can include brushing teeth, putting on pyjamas, and reading a story from a book.

6. Quiet, calm, and relaxing activities.

Before bedtime is a great time to relax by listening to soft, calming music or reading a story. Avoid activities that are excessively stimulating right before bedtime. This includes screen time like watching television, using a tablet or computer, and playing video games, as well as physical exercise. Avoid these activities during a night time awakening as well. It is best to keep video games, televisions, or phones out of the bedroom and to limit their use at least 1 hour before bedtime.

7. How to relax.

If a child needs help relaxing, they can use techniques such as taking deep and slow breaths or thinking of positive images like being on a beach.

8. Start the day off right with exercise.

Exercising earlier in the day can help children feel more energetic and awake during the day, have an easier time focusing, and even help with falling asleep and staying asleep later on that evening.

Principal Report

9. Avoid caffeine.

Avoid consuming anything with caffeine (soda, chocolate, tea, coffee) in the late afternoon and throughout the evening. It can still cause night time awakenings and shallow sleep even if it doesn't prevent one from falling asleep.

10. If you can't sleep, get out of bed.

If a child is tossing and turning in bed, have them get out of bed and do something that isn't too stimulating, such as read a boring book (e.g. Textbook). They can return to bed once they are sleepy again. If they are still awake after 20-30 minutes, they can repeat the process and get out of bed for another 20 minutes before returning. Doing this prevents the bed from being associated with sleeplessness.

11. Put kids to sleep drowsy, but awake.

The ideal time for a child to go to bed is when they are drowsy, but still awake. Allowing them to fall asleep in places other than their bed teaches them to associate sleep with other places than their bed.

12. Cuddle up with a stuffed animal or soft blanket.

Giving a child a security object can be a good transition to help them feel safe when their parent(s) isn't/aren't there. Try to incorporate a doll, toy, or a blanket to comfort them when it's time for bed.

13. Bedtime check-ups should be short and sweet.

When checking up on a child, the main purpose is to let them know you are there and that they are all right. The briefer and less stimulating, the better.

14. Maintain a sleep diary

In order to track naps, bedtimes, wake times, and behaviours to find patterns and work on particular problems when things are not going well.

Principal Report

Congratulations to William H for his silver medal in Lucky Kids Art Competition. His artwork *Family Picnic* showcased his talent.

Finally, I love having children visit my office especially to celebrate something amazing that they have done. Today was one of those moments to celebrate great talent, great learning and wonderful teaching. I have included the writing of Sara from S2 Dahl.

The Night Garden

In the City, there was an eye-catching public garden. Millions of people came from all over the world just to catch a glimpse of this half man-made, half natural beauty. But no- one, not a soul knew what awoke in the garden at night...

In this garden, there was a statue of a lady made of stone. Thick moss and beautiful flowers covered the stone, making it look splendid. But all those wonderful things just happened at daylight. At night, there was much more to come. The people of the city named the statue Nimera.

One particular night, Nimera's huge green eyelids clicked open. The ground rumbled. The animal statues came to life and felt Nimera's anger. Nimera was furious of how humans were slowly destroying nature. She rose from the ground. The horses bucked and reared. The deer pranced. The birds squawked. Nimera slowly began to destroy the garden.

The next day, people began to clean the garden. As the people did this, more people stopped littering. Nimera forgave the people. The next day the garden was all cleaned up as if nothing had happened.

Everybody walks past a thousand story ideas every day. The good writers are the ones who see five or six of them. Most people don't see any.

- Orson Scott

Michelle Collyer
Principal

P&C News



The 1st P&C meeting of 2021 will be held in Term 8 on Wednesday, 17th March, 7pm. Everyone is welcome to the meeting, especially parents new to the school. More details to follow closer to the date including meeting agenda.

P&C – Come join us! Everyone is welcome!!
Opportunity to become part of 2021 P&C executive members

President position – VACANT

Grounds coordinator position – VACANT

Calling for enthusiastic parents to fill these positions! They currently still vacant. Why not give it a go??



The President is responsible for:

- The successful functioning of the P&C Association meetings
- Ensuring that the P&C Association takes part in decision-making processes in the school
- Fostering fair participation of all members and ensuring that all new members are made to feel welcome
- Supporting volunteers
- Acting as the P&C Association's spokesperson when public statements or actions are needed
- Setting up lines of communication with the Principal
- Chairing meetings

Please email depssec@gmail.com if you are interested or if you have further questions.

Parent Contact Details and Class Reps

Every year we collect parent contact details for each class. These details will be coordinated by the Class Parent Rep.

You may give consent for your contact details to be shared by the P&C Executive with the Class Parent Rep, who will distribute to the class parents. The Class Parent Rep will maintain an opt-in contact list which is useful for parents to organise activities such as party invitations, play dates, carpooling, support from each other, reminders etc. An email group and a Whatsapp group (or similar) may be set up so class parents can easily contact each other with quick questions. You do not have to be the Class Parent Rep to use the group to contact other parents.

Or

You may give consent for your contact details to be shared by the P&C Executive to only the Class Parent Rep (not with other class parents). The Class Parent Rep may use your contact details to communicate messages from the Class Teacher.

If you have not already done so then please fill in your contact details via this form by 22 Feb 2021:
<https://forms.gle/wYiCxGLdc84vLgE36>

Are you interested in becoming the Class Parent Rep? If so you can read more about the role here:
<http://bit.ly/2N2YGyK>

If you have any questions feel free to contact the P&C at depssec@gmail.com

P&C News

Canteen News

The canteen is operated by the P&C and has a dedicated Committee who all aspects of its organisation and management. The canteen is staffed by our manager, Elaine and her assistants, Lenore, Lisa Wong and Lisa Hannah.

- **UPDATE CHILD'S NEW CLASS** - Please update your children's **ASAP**. Many children's lunches are going missing because they are sent to their last year's classroom!
- **PROFILE PHOTO** - It would be most helpful to canteen staff to have a current photo of your child on their Munch Monitor profile. **KINDY** - please add a recent face-only photo of your child to their profile.

If you don't already have an online account, go to www.munchmonitor.com and enter → → → → →

***Reminder** - Lunch Order Cut-off Time— **8:20 am**
Please order online for recess and lunch (on the day of your order) by 8:20am.



oversee
classes
being

SAVE TIME WITH OUR ONLINE CANTEEN!
Denistone East Public School Canteen accepts online orders using MunchMonitor

Setting up an online account is easy!

1. Go to www.munchmonitor.com
2. Click **LOGIN**
3. Click **REGISTER**
4. Enter
 - School ID: **denistone**
 - Password: **munch2122**
5. Click **Submit**
6. Enter your email address
7. Enter the password you want. Make sure you can remember your password
8. Review and tick on the Terms of use
9. Click **Create your Account**
10. Click on the **Activation Link** in the email we sent
11. Follow the steps to **create your Parent Profile**
12. **Add Students** to your account
13. Click on **Account Top-up** to transfer money into your account
14. **You are now ready to order online!**

Quick Information

Using MunchMonitor Online Ordering

- You can place orders online up to 4 weeks in advance
- Top-up your account online using VISA/MasterCard
- List allergies to alert canteen staff
- You can order anytime you want using web browsers such as Chrome or Safari
- You can use desktops, laptops, tablets or smart phone with internet access
- It only cost \$ 3.65 (incl-GST) per school term for the family account
- No sign up fee
- No transaction fee

Giving Student Snack Money using MunchMonitor Prepaid Card

- In the Student Profile, tick YES in ALLOW SNACK MONEY
- If you selected DAILY ALLOWANCE, enter the daily amount and the days to use
- If you selected WEEKLY ALLOWANCE, enter the weekly amount
- You can set banned food items from the menu
- The student or parent can GET THE PREPAID CARD from the SCHOOL CANTEEN
- You can view what they've ordered from the online transaction reports

Call us at 1300 796 190 or email us at help@munchmonitor.com if you require further assistance.

MunchMonitor...making your school day easier

Exciting News - Introducing 2 New Items to the Canteen!!

• **Freshly Popped Popcorn**

The canteen is offering **freshly popped hot popcorn**, cooked in coconut oil and seasoned with Himalayan sea salt.

A fresh & healthy version at **just \$1 per bag!**

Available over the counter for **recess only** - \$1/bag



• **Birthday Ice Block Package (only orders for the whole class, no single ice block order)**

Is your child having a birthday? How about ordering ice blocks from the canteen and get them delivered to your child's class hassle-free? **Birthday ice block package** is available at \$1 per ice block.

Parents can text Elaine with **2 days' notice** and get your child to pay Elaine with cash in an envelope or direct debit into canteen account. Ice blocks will be delivered to your child's class.

Details To Include In Your Order:

Name of child:

Class:

Amount needed (iceblocks):

Payment Total: _____ (cash/direct debit)

Contact 0415219446 to pre-order or send info with your child in an envelope.

P&C News

Music News

🎵 Join DEPS music! 🎵

Does your child like music? Would you like them to learn an instrument? Our bands and string ensembles are now open for enrolments!



Our **Training Band** is for complete beginners in Years 2–6. No experience required! The instruments you can play in band are: Flute, Clarinet, Oboe, Saxophone, Trumpet, French Horn, Trombone, Euphonium, Baritone Horn, Bass Guitar, Percussion and Drums. Training Band rehearsal is on Tuesday mornings 7.45–8.50 am in the Music Room.

Our **String Ensembles** are for intermediate and advanced players. The instruments you can play in strings are: Violin, Viola, Cello and Double Bass. There are two ensembles depending on the student's level. Rehearsals are on Thursday mornings between 7.20–9.00 am in the Music Room.

Why should your child learn to play an instrument?

Learning a musical instrument not only sustains and feeds the brain but also improves so many other cognitive and physical aspects of the human body. Playing an instrument is good for your memory, it's a way to meet new friends, and it's great fun!

Want to know more?

Please contact Alex Bieri for more information: alexbieri@musicpartnership.com.au

Enrol for band here: <https://musicpartnership.com.au/band-lesson-enrolment-form>

Enrol for strings here: <https://musicpartnership.com.au/string-ensemble-enrolment-form>

P&C contacts

P&C Music Coordinator: Andrew Wong (music.deps@gmail.com or 0409 196 267)

P&C Instrument Coordinator: Katherine Qin (kathmq@gmail.com)



P&C News

Grounds Report

The grounds coordinator position is vacant. If you are interested and would like to know more about the role, please email depssec@gmail.com for further information. No experience is necessary, just your love for nature and our school grounds.

'The Cottage' News (Second-Hand Uniform Shop)

LOCATION: In a small white building adjacent to the COLA next to DEBASCA on the Henderson St side

'The Cottage' will be open for appointments again this year. If you would like to be added to the waitlist for a 10-minute appointment, please email depescottage@gmail.com

Donations of good quality school uniforms are accepted and can be dropped off at the school office.

Road Safety News

Parking and Traffic Rules

Choose Safety Over Convenience

The parking and traffic rules around our schools are there to protect your children. If you break the rules you may be fined. Below is a quick guide to some of the most commonly misunderstood traffic rules.



No Stopping

What does it mean? You cannot stop in this area FOR ANY REASON (including queuing or waiting for space).

Why is it there? Keeps clear sight lines between drivers and children/pedestrians.

Penalty \$349 + 2 Demerit Points (School Zone)



No Parking

What does it mean? You can stop in a NO PARKING zone for a maximum of two minutes to drop off and pick up passengers. If no spaces are available you cannot queue on the road way or in any other zones while waiting for a space. You will need to drive away and park elsewhere, only returning when there is space to pull up. You must stay within three metres of your vehicle at all times.

Why is it there? To provide a safe place for children/pedestrian set down and pick up.

Penalty \$194 + 2 Demerit points (School Zone)

P&C News



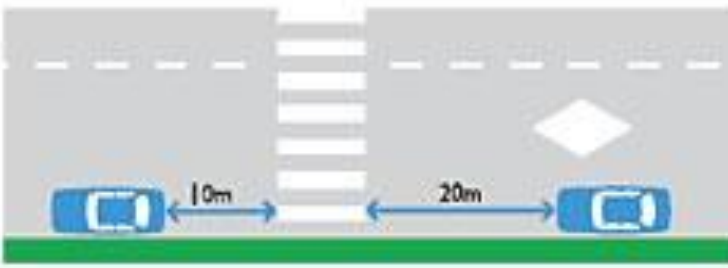
Bus Zone

What does it mean? You must not stop or park in a bus zone for any reason (including queuing or waiting for a space) unless you are driving a bus.

Why is it there? To provide a safe place for large buses to set down and pick up school children.

Penalty \$349 + 2 Demerit Points (School Zone)

Pedestrian Crossings



You must not stop within 20 metres before a pedestrian crossing or 10 metres after a crossing unless there is a control sign permitting parking.

Why is it there? To ensure that children can be clearly seen by vehicles approaching the crossing.

Penalty \$464 + 2 Demerit Points

Footpaths, Driveways, Passageways, Ramps

and Nature Strips



You must not stop on any footpath, driveway, passageway, ramp or nature strip, or even a driveway crossing a footpath or nature strip FOR ANY REASON.

Why is it there? You could easily run over a child or force pedestrians onto the road to get around you.

Penalty \$349 + 2 Demerit points

Double Parking



You must not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.

Why is it there? Double parking forces other cars to go around you causing traffic congestion and reduces the view of drivers and children crossing the road.

Penalty \$349 + Demerit points

P&C News

Fundraising Athlete's Foot Program

DEPS P&C has collaborated with Athlete's Foot in a fundraising program. Every time you buy a pair of school shoes from Athlete's Foot @Top Ryde City and @Macquarie Centre, don't forget to mention the name of our school and \$5 from every pair of shoes purchased will go towards P&C who in turn will re-invest it back to the school.

For further information, please refer to the brochure below:

MyFit 3D EXCLUSIVE Fitting Technology only at The Athlete's Foot

Our MyFit zones bring together leading technology and shoe expertise to find your perfect fit. We're passionate that whatever you want to do, you're wearing the right shoes.

Shoes Off | My-13D Scan | Expert Analysis | Perfect Fit

MyFit Virtual

We're bringing our in-store fitting expertise online. Our Fit Technicians will help find your perfect fit based on your daily activities, foot type and how you walk.

Visit our website for more information.

Top Ryde 02 9908 6556 | North Ryde 02 9987 3975

theathletesfoot.com.au

DENISTONE EAST PUBLIC SCHOOL

2021 SHOE GUIDE

School Rewards



The Athlete's Foot

DENISTONE EAST PUBLIC SCHOOL

APPROVED SCHOOL SHOES

<p>GEL-540TR PS Junior \$99⁹⁹</p>	<p>GEL-540TR GS Junior \$119⁹⁹</p>
<p>APPROVE Junior \$119⁹⁹</p>	<p>INDULGE Junior \$139⁹⁹</p>
<p>ACADEMY Junior \$114⁹⁹</p>	<p>ADELA Junior \$114⁹⁹</p>

afterpay

AVAILABLE
IN STORE

KEY: 20% OFF | available in brown | available in black | multiple widths

Clarks & Harrison 20% OFF discount pricing valid from 30/02/2020 - 30/03/2021. School styles only.

APPROVED SPORT SHOES

<p>GEL-540TR GS Junior \$109⁹⁹</p>	<p>GEL-NETBURNER 20 GS Junior \$99⁹⁹</p>
<p>GT-1000 10 GS Junior \$109⁹⁹</p>	<p>GT-1000 10 GS Junior \$109⁹⁹</p>
<p>GEL-540TR GS Junior \$119⁹⁹</p>	<p>GEL-540TR GS Junior \$109⁹⁹</p>

**\$5 DONATED
BACK TO YOUR SCHOOL**

Every time you buy a pair of shoes.

P&C News

Digital Entertainment Book

Thinking of getting an Entertainment Book? Click on the link below to purchase Entertainment book and help us (DEPS P&C) raise more fund!

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



Get together to eat, play & have
fun these **summer holidays**

LOOK HOW MUCH YOU CAN SAVE!



Takeaway lunch for 4

Member offer: **25% off**

Savings: **Up to \$40**



Family cinema pass

Member offer: **Special offer**

Savings: **Up to \$40**



Activity with the kids

Member offer: **2 for 1**

Savings: **\$16.50**



Meal and food box delivery

Member offer: **25% off**

Savings: **Up to \$80**

How much you could save in a day
with an **Entertainment Membership***

Up to **\$176⁵⁰**

Community News

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

Register Online
www.rydepanthers.football

Junior Mixed & Men's All Age play Saturday

Girls & All Age Women play Sunday

Want to play Football?

Winter Football Registration NOW OPEN!

Active Kids Voucher Approved

Early bird prompt payment discount closes 25.2.21

 info@rydepanthers.football

www.facebook.com/RydePanthersFootballClub

REGISTER NOW 

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



SPORTS
0447827788

Learn the Skills
Play the Games
School & Family Programs
Parties ○ Camps ○ Events


Learn Music on Keyboard at School
(Enrolment for Term 1)

Great songs! Musical activities!
Cool music knowledge!



- Convenient at-school venue
- Small group, 45-min weekly lesson
- Competitive rate
- Instrument not required initially
- Fun introduction to music
- Kindy student register now for Term 2



To enrol: www.learnmusicatschool.com.au
(02) 9411 3122
VIP Music acknowledges awareness & compliance with the health advice regarding COVID-19.

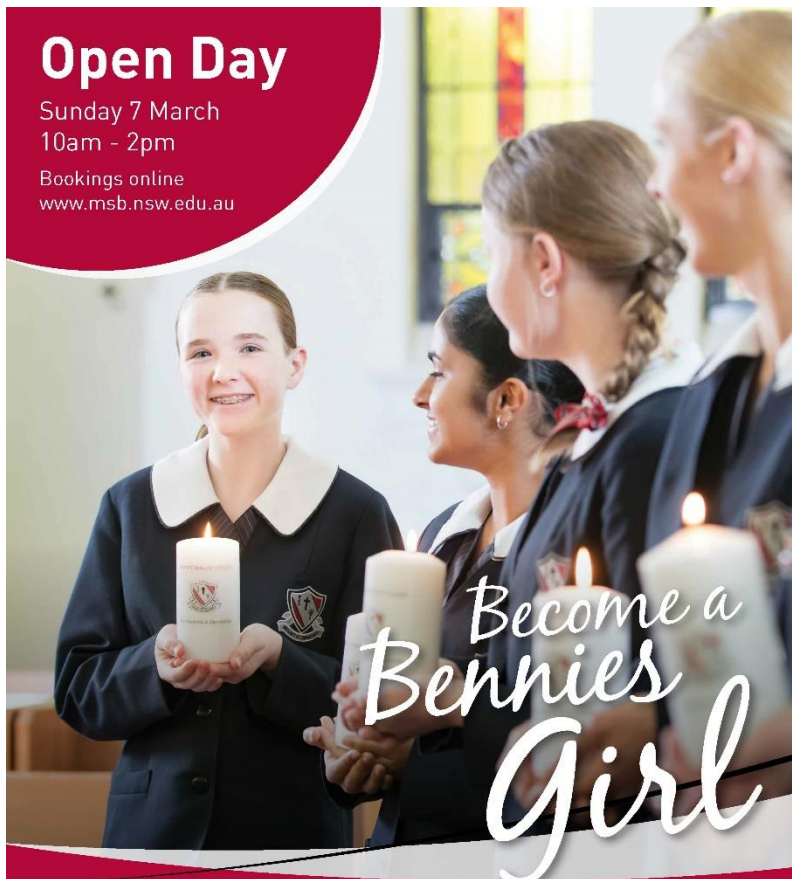
VIP Music est. 1984

Community News

Open Day

Sunday 7 March
10am - 2pm

Bookings online
www.msb.nsw.edu.au



Mount St Benedict
College

449C Pennant Hills Rd, Pennant Hills

www.msb.nsw.edu.au

DUNDAS CHINESE ENROLMENT FOR 2021

Thinking of learning Chinese? Here is your chance to learn **Cantonese** or **Mandarin** after school.

We have **small** native and non-native classes, catering from Kindergarten to High School age.

We focus on Speaking and Listening, Reading and Writing and Chinese Culture.

Offering one **FREE** trial lesson.

We accept Creative Kids vouchers as part of your payment of school fees.

Venue: **Dundas Public School**

85 Kissingpoint Road

Dundas NSW 2117

Date: **Thursdays** (during the school term)

Time: 3:30 – 5:30pm

Contact: Phillip Ng (School Principal)

0408 478 101 or dundascschool@gmail.com