

The Entrance Public School

NEWSLETTER



A partner school



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DATES TO REMEMBER

Thurs 13 Sept - 27 Sept Drum Corp (\$10 per session)
Fri 14 Sept Autism Awareness Mufti Day
 – gold coin donation
 9:30am Whole School Assembly
Sat 15 Sept 9am – 12:30pm - Working Bee at TEPS
Mon 17 Sept Sydney North Athletics
Tues 18 Sept - Tues 25 Sept - K6B Swimming
Thurs 20 Sept Patch Celebration – 2:20pm-3:15pm
Fri 21 Sept Kinder Farm Excursion
Mon 24 Sept Year 4 Rockpool Rambles Excursion
Tues 25 Sept Passport to Party
 Disco
Fri 28 Sept Stage 2 Day Camp
 9:30am Whole School Assembly
LAST DAY OF TERM 3

Food Donations

Non Perishable food items and toiletries needed to help our Farmer friends in Nowendoc and Somerton during the drought.

Any donation of food items, such as tinned food, 2 minute noodles, toiletry items, water bottles, and other non-perishables would be appreciated. Your donations can be placed in the Front Office.

**DEPUTY PRINCIPAL'S REPORT**

This fortnight, TEPS has continued to cook up a storm using our mobile kitchen –Coco and Jaylie from IP made delicious cheesy twists and 5M made sausage rolls. Ashley from 4A also wrote some incredible writing.

What an outstanding morning we had for the Father's Day breakfast last week! 300 bacon and egg rolls were cooked for our awesome Dads! Many thanks to Ms Bayfield for her organisation and the TEPS staff for cooking and serving on the day.



All children who travel on the bus must have an Opal Card.

AUTISM AWARENESS MUFTI DAY



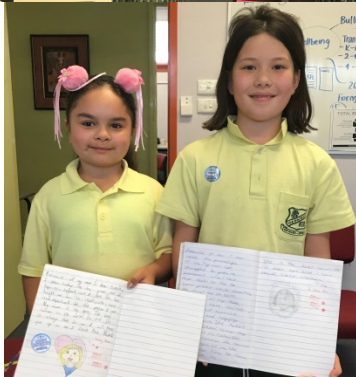
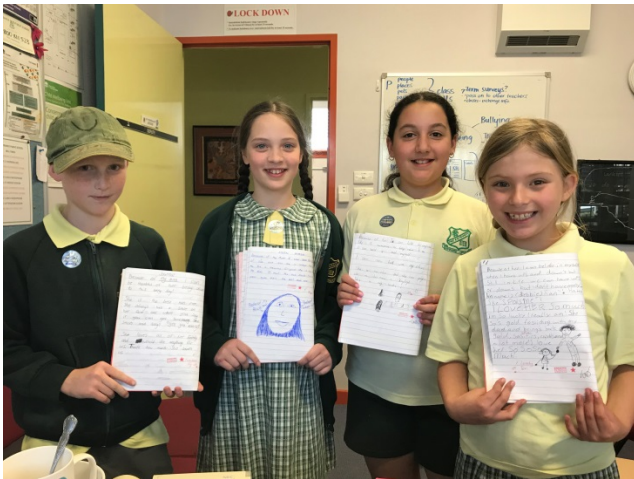
Friday 14th September

Wear bright colours

To represent the diversity of people and families living with Autism

Please bring a gold coin donation

P & C will be selling cakes, cookies and fairy bread



Last week we have celebrated SASS Recognition week. It is an opportunity to acknowledge the valuable work our School Administrative and Support Staff do every day at our school. Whether it's caring for sick children or helping our school run effectively, it is always done with a smile. Our school is very lucky to have such dedicated, hardworking and caring SAS Staff. Thank you, Jan, Robyn, Kim and Sandy.

Unfortunately we have had some negative incidences with students using their own mobile phones, ipads and DS consoles at school. All personal technology will be banned from use in school time. IF your child has to bring a mobile phone to school for security reasons, they must either hand it in to the school office, or keep it in their school bag all day.

We have noticed a rise in students visiting Coles or 7/11 before school and spending their canteen money on energy drinks or sports drinks. Drinks such as Powerade contain as much as 60g of sugar, which is almost 3 times the daily recommended intake of sugar for children. Most energy drinks exceed this, but also contain other stimulants including caffeine. Teachers have observed behavioural and emotional changes in children consuming these drinks. Energy drinks, such as RED BULL, MOTHER or V are BANNED from school.



I am going on leave at the end of this week till the holidays and Mrs Haslam will be relieving Deputy Principal while I am away.

See you all on Friday for 3K's assembly item and the Dance Group performance.

Nicole Heazlewood
Deputy Principal



Swimming lessons commence
Monday 22nd October,
running daily until Friday 2nd November.

Final payments must be made by 28th September.

Boys and Girls Touch Football

Both our Boys and Girls Touch Football teams recently travelled to Kincumber to play in the first round of the State PSSA Touch Knockout. The teams trained hard for 3-4 weeks prior to the game and it was evident to see. Unfortunately our boys were defeated 7-4 and our girls 6-0. Even though the results didn't go our way, it was a pleasure to witness our students compete with great enthusiasm and sportsmanship.

Sydney North Regional Athletics Championships

On Monday 17th September, 11 students from TEPS will be travelling down to Sydney to compete in the Regional Athletics Championships. Each of these students is attempting to qualify for the State Athletics Championships by placing in the top 3 of their event against students from 12 other zones.

Kadin (5/6M) – Shot Put
Caili (5/6M) – Shot Put
Justine (5/6M) – 100m
Chase (4B) – Shot Put
Summer (6B) – 800m
Oscar (4B) – Shot Put and Discus
Lucas (6C) – High Jump
Jett (1/2D) - Multi-Class Shot Put, Long Jump and 100m
Gabriel (K/6B) - Multi-Class Shot Put, Discus, Long Jump, 100m and 200m
Tayla (K/6B) - Multi-Class Long Jump and 100m, 200m and 800m
Cait (K/6B) - Multi-Class 100m and 200m

We wish these students every success.



School Banking has arrived at our school with The Greater. Any student who wishes to bank money can bring their bank book and money to the office on **Friday mornings**.

A great new reward system is coming for all students who have a bank account, so make sure you start banking each week.

Ms Ally Bayfield
Organising Teacher

A MESSAGE FROM OUR MINDFULNESS INSTRUCTORS

Wow, what a fun term we have had so far. It's been a privilege to spend so much time at the school, going from class to class, practising, instructing and teaching Mindfulness to all of the students across the school. We only wish we had the chance to do this every day and at so many more schools. TEPS is such a proactive, forward-thinking school, and the well-being and support of their students and staff is second to none. We love coming into this school and being a part of such a wonderful environment.

At the beginning of this term, the school held a parents/carers mindfulness information session, which provided us (Carol & Julie from Conscious Evolution) an opportunity to talk with the school community. There was plenty of interest in the program we were going to be facilitating in all of the classes. Comments were very curious, welcoming and hopeful about the kinds of outcomes we were suggesting might come about as a result of teaching and practising mindfulness as part of the school curriculum.

We have been delivering lessons to every class for almost 6 weeks now. The children are showing so much growth when practising Mindfulness and are improving every week. So far in mindfulness classes, we have learnt things like mindful listening, mindful breathing, mindful bodies, heartfulness (sending kind thoughts), and learning how we can integrate mindfulness into our lives, whether we are at school, at home, on the playground or participating in activities that we love to do (like sport, art, play, etc).

Thank you so much to the families of TEPS for supporting Mindfulness and allowing your children to come home and teach you the principles and practices they have learnt at school as well!

We look forward to updating you again!

The girls from Conscious Evolution, Julie & Carol.

K6B NEWS

K-6B

Thank you to those parents and carers who came along last week to discuss and share in their child's learning. Research shows that a positive, collaborative approach between home, school and other members of a child's support team is a strong indicator of a child's success. If you were unable to attend last week, we look forward to meeting with you very soon.

Congratulations and good luck to our 4 students who qualified to represent Tuggerah Lakes Zone at the North Sydney Regional Athletics Carnival next Monday. What a fantastic achievement! Gabriel, Tayla, Cait and Jett, we are

so proud of you! We know that you will try your absolute best and represent our school and zone with pride and commitment.

Upcoming Events

Friday 14th September: Autism Awareness Mufti Day.
Monday 17th September: Regional Athletics Carnival, Homebush
Tuesday 25th September: School Disco

Assembly Awards

Jahmin – for using more and more Key Word Signs in Class
Cait – for excellent improvement in reading

Mary Best & Deb Eastment
Support Class Team

KINDERGARTEN NEWS

K

FARM EXCURSION

There is only one more week until all of Kindergarten head off on the bus for our very first school excursion! We have been learning about farms and farm animals and can't wait to see it all first hand. I'm not sure who is more excited – the children or teachers!

Where - Golden Ridge Animal Farm, Dural.
When - Friday 21st September – Week 9.

Children must be at school at 7:45am and will return at approximately 3:30pm, depending on traffic. Children will need to wear full school uniform – including a school hat, and comfortable walking shoes. Please pack recess, lunch and a water bottle in a small backpack or plastic bag.

If you have any questions please speak to Ms Andrews or your child's teacher.

FRUIT AND VEG'EMBER

Our school has registered for Fruit & Veg Month 2018. The theme for this year is **'Happy Fruit & Veg'tember!'** Fruit & Veg Month runs for the last 4 weeks of Term 3, Monday 3rd to Friday 28th September. As part of Fruit & Veg Month, students will be involved in various activities which encourage them to eat more fruit and vegetables. Don't forget to pack some fruit or vegies every day.



HOME READING CHAMPIONS!

Home reading in Kindergarten is still going strong! We now have quite a few children receiving a book for 100 nights. Congratulations to the following children:

KL:

125 nights – Thomas, Lilly

KQ:

50 nights – Allyrah

75 nights – Jonah, Grace

100 nights – Noah

150 nights – Harley, Mikayla

KW:

50 nights – Jonty

75 nights – Tavian

100 nights – Grace

KD:

50 nights – Nylah,

75 nights – Havana, Wesley, Aiden, Ben

100 nights – Manaya, Lachlan

Donna Andrews, Nicole Quye, Nikki Wilson and Adam Loneragan

STAGE 1 NEWS

1

Kid's Healthy Eating Plate

2

**Healthy Bodies**

Active, growing children require good nutrition to build healthy bodies and to help them be the best they can be. Many attitudes towards food are shaped during early school years, forming the basis for future eating habits. As parents you can help your children build healthy foundations by encouraging a love of good food and good nutrition throughout these years. An easy habit to form is eating fruit everyday. **Students can get into the healthy habit of eating fruit everyday simply by packing fruit break.** This helps them to concentrate at school and to fuel their day to day activities (play and sport). As well as providing enough fuel for day to day activities, a child needs nutritious foods to grow and develop normally. An eating pattern that includes a variety of foods from across the food groups will provide children with the range of nutrients and fuel they need. To find out more visit www.nutritionaustralia.org

Healthy Minds - Mindfulness

Students in Stage 1 have been learning about mindfulness in weekly lessons from Carol and Julie from Conscious Evolution Coaching Services. We have been learning about mindful bodies, sending kind thoughts, heartfulness and the four different kinds of mindful breathing, including belly breathing, heart breathing, tent breathing and flower breathing.

**Grandma Bee**

Stage 1 were lucky enough to have a visit from Grandma Bee. Grandma Bee has been a bee keeper since she was just 10 years old. She shared so many cool facts and information about bees and beekeeping. We loved learning from Grandma Bee!

Home Reading

Thank you for making home reading part of your daily routine. Reading is the single most beneficial thing you can do to help your child succeed at school. Congratulations to these amazing home readers!

1P

225: Hunter

200: Kai

125: Kyarn

175: Charlotte

2C

175 & 200 Ziggy H-S

2K

125: Scarlett

150: Summer

150 & 175: Blair

200: Toby and Jacob

Kind Regards**Stage 1 team****STAGE 2 NEWS**

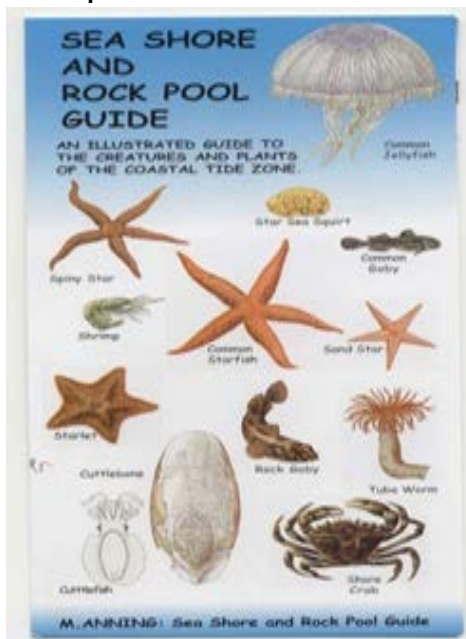
Welcome to Week 8.

3

4



The next two weeks are action packed for our Stage 2 Team.

Rock pool Rambles Excursion

On Monday 24th September (Week 10) a mini excursion, for our **Year 4** students has been organised to explore the local rock pools located between Blue Bay and The Entrance. This includes the study of the natural features of this area, its lurking dangers, as well as observing the fauna and flora that live in these habitats.

Cost for this excursion is only \$2.00 per student and they will need to bring along a clear plastic container, to collect and observe some of the small, **safe** rock pool marine animals. It is

expected that every Year 4 student attends this excursion, as it is closely linked to our Geography unit this term. Please return permission notes and money to the office as soon as possible. Thank you to Ms Ambrose for organising this great opportunity for our Year 4 students!

Stage 2 Day Camp!

Permission notes and medical forms for the Stage 2 Day Camp at *Gosford Active Outdoor Education* are now due. It is important to get these forms into the office ASAP as numbers need to be confirmed this week. The camp will take place on the last day of Term 3 Friday 28th September, 2018. The cost for this event will be \$60.50 per student, which includes transport to and from *Gosford Active Outdoor Education*, lunch and fun challenging activities for your child to participate in. It is expected that every Stage 2 student attends our day camp. This will be a fabulous way to end a great Term of learning together. You can pay this excursion off in increments at the office, however, we ask that final and full payment be received by next Monday 17th September, 2018. If you have any queries please contact Mrs Duncan or our lovely office ladies who can also assist.

For the Love of Reading!

This Wednesday, Bob from *The Entrance Lions Club* will be presenting all Stage 2 students with another 2 quality texts each, to support our home reading program at TEPS. These books have been purchased by the ongoing generous support of *The Entrance Lions Club*. Our students are very fortunate to have a valued learning partnership with this local community organisation. Special thanks goes out to Ms Bayfield and Ms Duncan for the efforts they go to in purchasing and organising this opportunity for our kids!



Passport to Party

Celebrations are scheduled for Week 10. The more stamps the students receive on their passports, the wider variety of activities they are able to participate in. Students earn passport stamps each term for displaying our core values of Respect, Contributing, Supporting, Listening & Encouraging.



Stage 2 Teachers

Mrs Haslam (4H), Ms Ambrose (4A), Mrs Burke (4B), Mrs Canobie (3C), Mrs Kirk (3K) and Mrs Duncan (3/4D)

STAGE 3 NEWS

5

Dear Parents/ Caregivers,

6

Although the Canberra Camp is over, there are still some outstanding payments to be made. **Please continue to make payments to the office.**

Year 6 RYSS (Regional Youth Support Services) Bus Incursion



Last Friday our Year 6 students were visited by the RYSS Bus. They delivered a program based on student transition to high school. They helped to answer questions and debunk any myths about high school which put most students' minds at ease. Students were given practical advice on what to do and who they could talk to if they were feeling anxious. Thank you so much Ms Bayfield for organising this!



Connecting Behaviours

Term 3 is quickly coming to an end with only a few weeks to go. This also means that TEPS' Passport to Party is approaching. We are encouraging all students to display the behaviours; listening, contributing, respecting, encouraging and supporting. Please continue to have

discussions at home regarding these connecting behaviours.

Being a Friend

"Bullying can have a lasting impact on everyone involved, including those who witness it. That is why it is important to work together to create safe school communities for everyone."-DET 2018.



Bullying is taken very seriously at TEPS. Students who experience ongoing and repeated harm are encouraged to speak to a teacher about it (*even if your voice shakes*). All students have the right to feel safe at school.



2019 Leaders

Year 5 students who have nominated themselves for a leadership position for 2019 should have collected a note from Mrs Heazlewood. Please be mindful that a leadership position involves responsibilities that go beyond the classroom. For instance, school captains are expected to represent the school in public ceremonies such as the ANZAC Day ceremony and in TLLC functions.

Stationery

Please ensure that your child is equipped with the stationery needed for the school day. We ask that your child have a blue/black pen, a red pen, a lead pencil, scissors, glue, sharpener, rubber and a ruler (minimum). Getting into the habit of being organised and prepared will benefit them greatly, especially

leading into high school.

Sincerely,
Miss Martinez (Relieving Assistant Principal Stage 3),
Mrs Bayfield, Ms Chaffer, Mrs Robinson and Mr McInnes

What's On @TEPSLibrary

Chess Tournament Term 4

The TEPS school library will be hosting a chess tournament during lunch breaks in Term 4. All students wishing to participate in the tournament must register their names in the library before the end of this term. The tournament will cater for beginners, intermediate and champion level players, with students registering in the level that they feel comfortable. Chessboards will be out during lunch break for the remainder of this term for students to practise and hone their skills.



Mrs Evans
Teacher Librarian

The Entrance Public School in Association with The Entrance Lions Club Community Garden



Have access to a garden where you can grow your own produce.

Access to your garden bed is daily with your own key to unlock the gates.

Watering system is available.

Garden plots are available to rent for \$5 a term.

A refundable bond of \$10 is required for key access.

For enquiries please contact the school office on 4332 2422.

CANTEEN ROSTER

Thurs 20 th Sept	Judith, Kathy, Razaan
Fri 21 st	Kylie Caitlin, Kathy
Mon 24 th	Kathy, Rita, Sue
Tues 25 th	Sammi
Wed 26 th	Kristie, Sue, Kathy
Thurs 27 th	Razaan, Kathy, Judith
Fri 28 th	Caitlin, Kathy, Kylie

Uniform Shop – Any unwanted uniforms would be most appreciated for our second hand uniform shop.

Cheers,
Emma Brophy
4333 5174

Next P&C Meeting

Tuesday 23rd October at 9:30am

Everyone welcome, great way to meet people.

Children welcome.



— THE ENTRANCE —
FOOD HUB INC.

Enter via The Entrance road in
The Entrance Public School

Tuesday 9.30 - 3.45
Wednesday 2.30 - 3.45
Thursday 2.30 - 3.45
Friday 9.30 - 3.45



TEPS Working Bee



Saturday
15th September
9am - 12.30pm

Sausage Sizzle provided

BYO

Gloves, Hat, Water Bottle & Garden Tools (if you have them)



- Help improve our school gardens
- No experience necessary
- Children welcome
- Many hands make light work
- Contact Ally Bayfield for further info



TUGGERAH LAKE SOUTH
UNITING CHURCH IN AUSTRALIA

'ODD SOCKS DAY'

WEAR YOUR ODD SOCKS

And Support Mental Health

Wednesday 10th October 2018

10AM – 2PM

The Entrance Public School - Oakland Ave The Entrance

Jumping castle



Plaster fun



Games & fun activities



Face painting



FREE Sausage Sizzle, Community Stalls, Fun Activities, Odd Socks Competition, Information, and lots more

In the event of wet weather this event will be held undercover

For more information call Nicolle on 0439 427 582

... because anyone can have an odd day



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– Dianna, Busy Mum and CASHREWARDS Member

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THE ENTRANCE PUBLIC SCHOOL

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Dr Laura Barnfield
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Dr Thomas Bennett

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