



The Entrance Public School

TERM 1 Week 2 2024

A Safe, Respectful and Engaged Community

COMING EVENTS

TERM 4 2023

Week 2

Monday 5/2

- Kindy Start
- Channel Group Begins (Preschool)
- Newsletter Home
- Outside Agency Letters Home

Wednesday 6/2

- Lake Group Begins (Preschool)

Week 3

Monday 12/2

- SRC 3-6 Class Elections

Tuesday 13/2

- P & C Meeting
- K-2 Active Soccer Afternoon Session 3:30-4:430pm

Thursday 15/2

- 3-6 Active Soccer Afternoon Session 3:30-4:430pm

Friday 16/2

- Primary Assembly 2:20pm

Week 4

Monday 19/2

- Stage 1 Meet the Teacher Afternoon
- Goal Setting Interviews Info goes out.

Tuesday 20/2

- P & C Meeting
- K-2 Active Soccer Afternoon Session 3:30-4:430pm

Thursday 22/2

- 3-6 Active Soccer Afternoon Session 3:30-4:430pm

Friday 23/2

- School Swimming Carnival
- K-2 Assembly – 2:20pm

Notes You Should Have

- School Bytes Info
- Swimming Carnival (3-6)
- SeeSaw

Welcome Back

It was wonderful to see all of the smiling old and new faces this week. With students already knowing their classes we slipped right back into routine and learning on day one.

Particular emphasis was placed on our school expectations of being a Safe, Respectful and Engaged community and I am proud to say that all students demonstrated this during the first few days.

We welcome our new families and Kindergarten students to our school community and look forward to working with you as we grow and share together.

Our school was one of the best performed school in the area over the last few years and we have a commitment to maintaining this great growth.

It was also wonderful to see our new playground spaces in action especially the new lush grassed areas. This year we will finish the playground with the satge one area getting a sandpit/lomg jump pit, small soccer/basketball court area, large sports shed and proper landscaping to make the area look of the quality we deserve at TEPS. Next year promises to be exciting

Acknowledgement of Country



Together we gather each day on Darkinjung Country, to share knowledge and experiences, as the Elders of this land have done for thousands of years before us. We pay our respect to those Elders and extend that respect to all Elders of the present, including those emerging. As we learn and play together, we acknowledge all Aboriginal people who participate and contribute to the knowledge and experiences we share each day at The Entrance Public School.



School Bytes

School Bytes Parent Portal and App

The Entrance Public School is moving to a new Parent Portal and School App called School Bytes.

In this App you can manage absences, pay for excursions, give excursion permissions and a whole range of other opportunities.

To access School Bytes:

- **Method 1** - Parent Portal - accessed via this link: <https://portal.schoolbytes.education>
- **Method 2** - Parent App
 - App Store - <https://apps.apple.com/us/app/school-bytes/id6463097826>
 - Google Play - <https://play.google.com/store/apps/details?id=education.schoolbytes>

School Bytes provides a parent portal to help your school communicate with you.

Your school may use the parent portal for various things, including online permission notes, attendance, and payments, which can be accessed via a secure link.

Swimming Carnival

Our School Swimming Carnival is scheduled to be on Friday 23rd February 2023, at Toukley Aquatic Centre. The carnival will be for students from Years 3-6 (8yrs- 13yrs) who are capable swimmers. They will need to be able to swim a full length of a 25m pool without stopping.
Notes went home today

Meet the Teacher Afternoons

Meet the teacher afternoons will be held next week with years 1 and 2 on Monday, Years 3 and 4 on Tuesday and Years 5 and 6 on Wednesday. Each afternoon starts at 3:30pm and will be in the classrooms.

School Leaders Inductions

Parents will be invited to the Leaders induction assembly on the Monday 26th February at 9:30 am in the school hall. This is the time we award our leaders their badges for their positions. All community is invited.

School Uniform

It was great to see everyone in their school uniform looking neat and tidy. Please remember it is an expectation that everyone wears their full school uniform each day. This includes jackets and appropriate shorts/skirts/skorts.

The Entrance Public School Uniform is as follows:

- Shoes – Predominantly Black
- Socks – Navy
- Pants – Navy Shorts/Skirts/skorts (Can wear Navy tracksuit pants in winter, long navy pants accepted) Girls are not to wear Bike shorts.
- Shirt – School T shirt (Cultural design or Standard)
- Jumper – Navy School Jumper or Navy Jumper. There is a sports Jacket as well.
- Hat - School Baseball Cap or Bucket hat.

Please do not wear labelled clothing.



Morning Routines

Students are asked to be at school no earlier than 8:45 am. If they do arrive before that time they are expected to sit in the COLA (3-6) or Kindergarten (K-2) area. After week 2 Infants (K-2) will be asked to play in the Kindergarten playground at the top of the school. Parents are welcome to drop their children off and are encouraged to leave them before morning assembly.

Afternoon Routines

All gates around the school will open at 3:00 pm. Parents are welcome to sit in the COLA area and wait for their children.

Teachers will bring classes down after the 3:35 pm home bell.

Students catching the bus can line up at the bus lines.

Students can play on equipment if parents are watching.

Active After School Soccer Program



Our Active Afternoon Soccer Program will kick off again in Week 3. K-2 are invited to attend on Tuesday with 3-6 on the Thursday. Kids get expert soccer training and afternoon tea.

This term we are looking at a loyalty system where kids earn points when attending which can go towards prizes at the end of the year.

See you there!

School Playground

The new school playground has proven to be a resounding success since its completion. Its vibrant design and layout have transformed the area into a hub of active learning and recreational joy. Students have eagerly participated in physical activities, enhancing their motor skills and overall wellbeing. We are hoping that the final part of the playground will be finalised next week as the senior fixed equipment will go in. The grass is taking well, and we have our fingers crossed that we can utilise this area before the end of school this year.



Be at School Everyday Initiative (BaSE)

In some great news our 'Be at School Everyday' initiative has shown some improved results for our school's attendance. We now have a better attendance rate than the State average, Area average and Similar School's Group average. This was during the 'Sick Season' as well. Great work community. We would still like to get our 75%-85% attendees up and will continue to focus on them in the future! Remember, Be At School Everyday, even on your birthday!



Principal – Dave Stitt



EVERY DAY COUNTS...				
A day here or there doesn't seem like much, but...				
When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1% a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 1/2 years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed... **Every day counts!**

Monday
Tuesday
Wednesday
Thursday
Friday



GARAWA PRESCHOOL

THE ENTRANCE PUBLIC SCHOOL

ACECQA Exceeding National Quality Standard Rating



A NURTURING ENVIRONMENT

WHERE CHILDREN FEEL

HAPPY, SAFE AND SECURE.

Contact us: 02 4332 2422

80 Oakland Avenue

The Entrance NSW 2261

Website: thentrance-p.schools.nsw.gov.au

Scan the QR code to access our website

ENROLLING NOW FOR 2024



Have your details changed?

If any of your details have changed please fill in the following form and hand into school reception.



CHANGE OF ADDRESS AND PHONE NUMBERS

Students Name _____ Class _____
_____ Class _____
_____ Class _____

New address _____

Mother/Carer Name:	
Mobile:	Work No:
Email:	

Father/Carer Name:	
Mobile:	Work No:
Email:	

Emergency Contact Name:
Relationship to child:
Mobile:
Work:

Emergency Contact Name:
Relationship to child:
Mobile:
Work:

Notified by: _____ Date: _____

Emergency Contact Details

Please check your emergency contact details are correct and valid with the administration office



Waste Free Wednesday

The Entrance Public School is implementing a new sustainability program; Waste Free Wednesday. This will begin on Wednesday 6th September (Week 8) and run for the remainder of the year.

Students are encouraged to bring a waste free lunch box and avoid any plastic wrapping on Wednesdays. Students who engage in this initiative will receive TEPS Tails to encourage continued participation each week.

IDEAS FOR A WASTE FREE LUNCH:

- * SNACKS & LUNCHES IN A REUSABLE CONTAINER
- * DRINKS IN A REUSABLE BOTTLE
- * USE BEESWAX WRAPS OR SILICONE SANDWICH BAGS

WHAT TO AVOID

- * LUNCHES IN PLASTIC BAGS, CLING WRAP OR FOIL
- * DISPOSABLE BOTTLES AND JUICE BOXES
- * SNACKS PACKED IN SOFT PLASTICS E.G. CHIPS, MUESLI BARS, YOGHURTS



Healthy Lunch Box

Healthy Lunch Box website.

Your one-stop shop for all the information and ideas you need.



Try our interactive lunch box builder

Get kids involved in planning and packing a healthy lunch box



Snack ideas

Snack suggestions, swaps and recipes to make healthy snacking easy

Get inspired

Check out our ideas for sandwich fillings, sandwich alternatives and packed lunch boxes



Free, easy and delicious recipes

Hundreds of family-friendly recipes that can be filtered for dietary preferences

Keep up to date

Subscribe to our e-newsletter to get recipes, tips and ideas delivered to your inbox. Visit healthylunchbox.com.au/subscribe/



Visit healthylunchbox.com.au for recipes and information you can trust.



Cancer Council
Healthy Lunch Box

Pack your lunch box from these food groups

Breads and cereals



Water



Vegetables and salads



Fruit



Meat and alternatives



Dairy and alternatives



Visit healthylunchbox.com.au for recipes and information you can trust.



Cancer Council
Healthy Lunch Box

Nutrition Snippet

LUNCH BOX SNACKS

Need some quick and tasty snacks?



Check out these recipes that are easy to freeze and ready when you are!

- [Blueberry oat muffins](#)
- [Oaty biscuits](#)
- [Chewy fruit and seed bars](#)

For more ideas download our [Snack Solution guide](#)



Cancer Council
Healthy Lunch Box

Canteen

Welcome back to 2024. New menu out now and copies are available from the Canteen. Online ordering available through School App. Volunteers needed to help weekly, fortnightly or monthly. See Emma in the Canteen.

School caps available at Canteen for \$15 each. Eftpos available with a minimum transaction of \$2.00.

Thank you, Emma (Canteen)



TEPS & THE CANTEEN
NEED
YOUR HELP

**VOLUNTEERS NEEDED TO
HELP IN THE CANTEEN.**

**PLEASE SEE EMMA IN THE
CANTEEN FOR MORE
INFORMATION**



CANTEEN AND THE P&C

LUNCH SPECIAL

Cheese Toastie
Hot chocolate and a
Warm Bag of Popcorn
\$6.00



P&C – Easter Raffles

Each year the P&C runs Easter Raffles at the Easter Hat Parade.
Donations of Easter eggs can be donated to the Canteen.
Thank you for your help.



The Entrance Public School P&C Association

Meeting Schedule – 2024

Everyone Welcome

Term 1

Week 3 – Tuesday 13 February – 9.30am

Week 8 – Tuesday 19 March – 7.00pm (also Annual General Meeting \$1 annual membership to be paid at this meeting.)

Term 2

Week 3 – Tuesday 14 May – 9.30am

Week 8 – Tuesday 18 June – 7.00pm

Term 3

Week 3- Tuesday 6 August – 9.30am

Week 8 – Tuesday 10 September – 7.00pm

Term 4

Week 3 – Tuesday 29 October – 9.30am

Week 8 – Tuesday 3 December – 7.00pm

For any enquiries, please contact secretary@tepspc.org.au



COASTWIDE THERAPY SERVICES

Clinics at - Killarney Vale, Toukley, Wyoming & Woy Woy

Ph: 02 4388 1110 Fax: 02 4311 3775

www.coastwidetherapy.com.au

admin@coastwidetherapy.com.au

Fine Motor

Fine motor skills involve the small muscles in your hands working to help you hold your pencil, do up buttons, using scissors, cutlery, beading, Lego construction etc. We use our hands every day for a whole range of activities, but some children may have trouble with these tasks. At school it may present as sore hands, messy handwriting, slow handwriting, clumsy hands, buttons done up poorly, inability to tie shoe-laces, unable to open containers at recess and lunch time, difficulty using zips, and difficulty moulding playdough.

So what can you do?

Using play as a way of practicing skills is the best way to help kids learn. Here are a few different ideas of activities you can do with your kids at home to help strengthen their muscles in their hands for fine motor tasks.

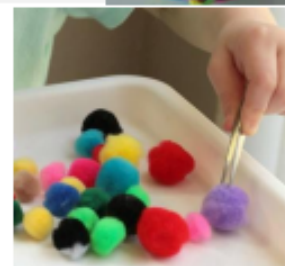
1. Play with playdough or make your own cookies and get your kids to help roll then squash the balls with their index finger. Can also use cookie cutters for half the batch. This helps to develop hand strength.



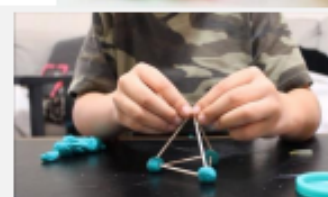
2. Wrap a small toy in rubber bands and get your child to remove all the rubber bands. This helps them to develop pinch strength needed for holding a pencil.



3. Use chopsticks/tongs/tweezers to move objects i.e. pom poms from one container to another. Tongs develops hand strength and tweezers/kids chop sticks develops finger strength. Can make it into a relay race between all of your children.



4. Make a tower or object using blue tack and toothpicks. This encourages your child to use their fingers to make precise movements. Can use playdough too.



Tuning in to Kids

Emotionally Intelligent Parenting

A six session parenting program for
parents of aged up to 12 years old

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?



Tuning in to Kids shows you how to help your child develop *emotional intelligence*.
Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success
than IQ!

Where: The Entrance Public School



When: **2024, Tuesdays 13th February, 20th February,
27th February, 5th March, 12th March, 19th March,
9.30am till 12noon.**

Contact: Wayne Osborne (Ossie) 0493 084 647

Go4Fun



Go4Fun is a **FREE** 10-week healthy lifestyle program for children aged 7 to 13 to enjoy along with their families. It is a fun way for kids to:

- Build confidence
- Reduce screen time
- Feel good by eating healthily
- Enjoy quality family time
- Plus win prizes!

Term 1, 2024 programs will take place at:

- Niagara Park Stadium, starting Monday 5th February 4pm–6pm
- Lake Haven Recreation Centre, starting Tuesday 6th February 4pm–6pm (Aboriginal program for everyone run by Bungree Aboriginal Association)
- Mingaletta Aboriginal and Torres Strait Islander Corporation, starting Thursday 8th February 4pm–6pm
- Go4Fun Online

To register, visit go4fun.com.au or call 1800 780 900 or SMS 0409 745 645 for a call back.



Central Coast
Local Health District



Volunteer Recruitment

Drive

About us

Meals on Wheels Central Coast has proudly supported Central Coast seniors and people with disabilities for over 54 years, providing affordable meals, social support, and a helping hand. Assisted by an army of dedicated volunteers, our trusted service has helped thousands of locals to live happily, healthily and independently.

The Opportunity

As a volunteer, you will have the opportunity to develop new skills, meet new people and gain a sense of fulfillment, as you help our Central Coast community.

Volunteering opportunities include:

- **Community Restaurants** – provides a fantastic weekly social outing for our clients, offering morning tea, hot lunch, dessert and beverages, along with fun-filled social activities
- **Assisted Shopping Program** – gives our clients a chance to shop at their local stores with the help of one of our wonderful volunteers
- **Online Shopping Assistance** – helps our clients to order everyday groceries from Woolworths or Coles.

Join today!

4357 8444 | www.ccmow.com.au/volunteering

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with The Smith Family and Berry Street.

It is funded by ANZ and Department of Social Services. Learn more at saverplus.org.au





Receive up to \$500 from ANZ for your 2025 back to school costs

Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:

- Be 18 years or older
- Have a current Health Care Card or Pensioner Concession Card
- Have a child in school, starting school next year, or be studying yourself
- Get a regular income (can be you or your partner)
- Agree to join in free online financial education workshops

Terms and conditions apply.



saverplus
saverplus.org.au



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join, participants must:

- Have a current health care card OR pensioner concession card
- Be studying yourself OR have a child in school
- Have regular income from work, yourself OR your partner

For full eligibility requirements, speak to a Saver Plus Coordinator.

Here are some of the school costs the \$500 can be used for:

- | | | |
|---|---|--|
| 
laptops & tablets | 
uniforms & shoes | 
books & supplies |
| 
sports fees & gear | 
lessons & activities | 
camps & excursion |

For more information, please contact Saver Plus:

 saverplus@bsl.org.au

 saverplus.org.au

 1300 610 355

 @SaverPlusAU

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

If an extra \$500 would help you prepare for the costs of starting high school in 2024, then please read on to learn more about the free Saver Plus program. Saver Plus is a matched savings and financial education program that matches participants' savings dollar-for-dollar up to \$500 for education costs such as uniforms, books, excursions, sports fees and laptops. Participants save for a period of 10 months, so families who start now will be able to complete the program and receive their matched savings in February 2024.