



Ermington Public School Newsletter



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Week 1 Term 3

Tuesday 23rd July, 2019

CALENDAR OF EVENTS

Term 3

Week 1

Monday 22 nd July	Staff Development Day - No Students
Tuesday 23 rd July	Students Return for Term 3
Wednesday 24 th July	NAIDOC Performer Kindergarten 2020 School Readiness Session commences 5:30pm
Friday 26 th July	K-2 Athletics Carnival

Week 2

Monday 29 th July	Ryde School Spectacular Dance & Soloist Auditions
Tuesday 30 th July	Instrumental Concert
Wednesday 31 st July	OC Test (Year 4)

Week 3

EDUCATION WEEK

Tuesday 6 th August	Education Week Events <ul style="list-style-type: none"> • Open Classrooms – 9:15am – 10:00am • Extra-Curricular Performance Assembly – 10:00am
Wednesday 7 th August	Extra-Curricular Photos

Week 4

Tuesday 13 July	Kindy Excursion - Sydney Aquarium & Wildlife Zoo
Wednesday 14 July	Book Week Performance Years 1 & 2
Thursday 15 July	Intermediate Choir - North Epping PS

CURRENT NOTES/PAYMENTS

Year 6 Camp

- **Permission Note**
- **Instalment #2 - \$100.00 due 29th July**
- **Instalment #3 - \$100.00 due 12th August**

K-2 Athletics Carnival

- **Permission note due**

Kindergarten Aquarium /Wildlife

- **Payment and note due Tuesday 30th July**

P&C NOTES

- **Expression of Interest for Playground committee**

This term our classes will be participating in some more lessons on our 4 school expectations in the playground and the procedures for around the school. In the weeks coming up you may notice some new posters going up around the school. We would like to encourage to students to keep displaying the correct expectations to receive Ermo tokens for the weekly draw for a reward with Ms Riley.



Welcome to Term 3

Welcome back to Term 3. I hope each one of our students had a wonderful holiday and are now ready for an engaging term of learning. This term brings a range of activities including Education Week and Book Week where we celebrate teaching and learning and the education of students within NSW Public Schools.

Teacher Learning

Yesterday, our teachers participated in a range of professional learning activities where they evaluated the school plan and participated in Teacher Professional Learning on Reading, Learning and Support and effective habits of mind/learner qualities of students.

Safety Around Our School

Please follow the road rules and school safety expectations when dropping off or collecting your child from school.

Drive Safely: School Zones are 40km/h. Please adhere to this speed and watch out for children.

Kiss and Ride: These zones operate under the same conditions as no parking zones, which means you may stop to drop off or pick up children for a maximum of 2 minutes. You're required to remain in, or within 3 metres of, your vehicle.

The Kiss and Ride on Winbourne St, closer to Fir Tree Ave was implemented as a Parent and Citizens initiative with parent volunteers. As there are no parents who have volunteered to support at the Kiss and Ride, staff members endeavour to assist the students who are waiting, however at times staff have to attend meetings. If there are any parent volunteers who would like to assist, please contact the school office on 9874 4109.

Please ensure you pick your children up promptly from Kiss and Ride at 3pm when school concludes as there have been times where children have been waiting until 3:30pm.

Crossing Supervisors: The crossing supervisors support students and parents in crossing the road before and after school. Please follow the instructions of the crossing supervisor.

School Uniform

Last term, there were occasions where students were not in the correct uniform. Please see the images of Winter Uniform for girls and boys. There shouldn't be any variations. For Sports Uniform, black tights are not acceptable. If your child is not in full school uniform, you will need to write a note to your child's class teacher explaining why.



2-6 Athletics Carnival

The 2-6 Athletics Carnival was a great success. There was plenty of team spirit and I was impressed with the motivation and willingness of our students. Thank you Mr Lawless, Miss McMurray and Miss Workman for the coordination and to the students from Marsden High School who assisted teachers at field events. Ribbons will be handed out to those students from the 3-6 Athletics Carnival at this Friday morning assembly. I would also like to thank Mrs Dunn who was of great assistance at the long jump. Thank you to the P&C for the coordination of snacks and the sausage sizzle for the students. It was wonderful to see our community come together. On Friday this week, our K-@ students will participate in an Athletics Carnival at school

My Community Project Grant

The P&C recently submitted an application to obtain a grant to upgrade the play and learning space at Ermington Public School. Please vote for the project through the link: <https://mycommunityproject.service.nsw.gov.au/>

A lot of the P&C fundraising is being directed to improved play spaces and I appreciate the P&Cs commitment to this project.

I look forward to another great term of teaching and learning,

Ms Jen Riley
Principal

School Readiness Session

A school readiness session will be held this Wednesday 24th July at 5:30pm for any interested parents who would like to understand more about the transition from preschool to Kindergarten. This workshop is offered to the wider community, even those not necessarily attending Ermington PS in 2020. Please spread the word if you know any parents of pre-schoolers who are interested in learning more about school readiness. The information session will be held in the Kindergarten rooms.



Enrolling Now for Kindergarten 2020

We are currently taking enrolments for Kindergarten 2020. If you know anyone with children who will be starting school next year, please encourage them to enrol.

Ms Jen Riley
Principal

Stage News

Kindergarten

Welcome back to school! We hope the students had a lovely break and are ready to do some wonderful learning in Term 3. This Wednesday we are lucky to have a performance to celebrate NAIDOC week which was in the holidays. This week's news topic will be talking about something special you did in the holidays and bring in a photograph or drawing. We need parent helpers for Friday sport from 9-10am. Please contact your child's teacher if you are able to help out. The blue work sample folders need to be returned to your child's teacher. Sight words for this week are happy, sad, excited, holidays and felt. This week's sounds are 'cl' and 'bl'.

Stage 1

Stage 1 teachers would like to give students a warm welcome back to school. We are sure everyone has had a well-deserved break and are looking forward to the term ahead. This week, students will be revising sight words as well as past, present and future tense during spelling and grammar. Students will be practising the "magic c" formation in handwriting and will be participating in a range of fine-motor activities. This week in mathematics, Year 1 students will learn about the commutative property and Year 2 will focus on different mental strategies that will assist them with solving addition and subtraction problems. A friendly reminder that the K-2 athletics carnival is on this Friday. Parents are more than welcome to attend!

Stage 2

Welcome to a very exciting term 3. Stage 2 have started planning their independent informative texts on plants. Some classes have been introduced to their new novel study in literacy. In mathematics we are working on rounding numbers and expanding larger numbers. We are looking forward to NAIDOC day tomorrow. It was great to see such enthusiastic, happy students return to school for another term of learning. Ribbons for the Athletics carnival will be handed out this Friday.



Stage 3

Hopefully we have all returned to school refreshed and raring to go. Last term was really busy and perhaps this term might be less so (but that is doubtful)! On Monday all teachers took part in various workshops which were designed to help us come up with new ideas in ways to make your child's learning journey more interesting, exciting and meaningful. We are all on a learning journey which makes our lives so rewarding! On Wednesday we all will be celebrating NAIDOC week by coming to school in mufti, creating aboriginal art, participating in some traditional games and listening to indigenous speakers. Our recorder and violin musicians will be attending the combined Instrumental concert at the Opera House next Tuesday. These children will not be attending school as they will be at the Opera House for a rehearsal during the day and will perform in the concert at night. On Monday our dancers will be auditioning for the Ryde Spectacular. Choir members will begin to learn their many songs for the Spectacular. This term, beginning in week 3, Stage 3 will be put into groups to begin their work producing an electric circuit. Year 6 will be journeying to Canberra and our history studies will revolve around studies in government and Year 5 will be learning all about Federation. Ribbons for the Athletics carnival will be handed out this Friday.



Around the School

NAIDOC

NAIDOC Day will be celebrated this Wednesday with a number of activities exploring the history, culture and achievements of Aboriginal and Torres Strait Islander peoples, traditional Aboriginal games and a special performance. Students are asked to wear mufti clothing in the colours of the Aboriginal and Torres Strait Islander flags and bring a gold coin donation. All money raised will be donated to Reconciliation Australia



PSSA – Friday 26th July 2019

Sport	Next game Location
Tiger Tag	Morrison Bay Reserve
Junior Soccer	Meadowbank Park
Senior Soccer	Meadowbank Park
Junior Netball	Meadowbank Park
Senior Netball	Meadowbank Park

Premiers Sporting Challenge

This week we have started the NSW premier's sporting Challenge. Students will participate in a 10 week physical activity Challenge period which aims to have more students, more active, more often. Physical activity isn't just about being fit, it's about building resilience, improving concentration, and supporting overall health and wellbeing. Students are given awards for the amount of time they spend being active.

Award levels for the 10 week challenge reflect a daily activity time commitment - either as part of a class or team or as an individual. All types of moderate to vigorous physical activities can count toward an award. Activities may include time spent in a broad range of sports and recreational pursuits during lunchtime, in school sport programs, class time, before or after school and on weekends.

Award Level	Daily Activity Time
Bronze	30 minutes per day
Silver	45 minutes per day
Gold	60 minutes per day
Diamond	80 minutes per day

Uniform Shop

The uniform shop will be open every Tuesday on weeks 1, 2 and 3 of each month and Wednesday, week 1 of the month. Online orders are accepted at all times.

Opening Hours

- Tuesday, 7th August – 8:30am – 9:15am
- Wednesday, 8th August – 5:30pm – 6:30pm
- Tuesday, 13th August – 8:30am – 9:15am
- Tuesday, 20th August – 8:30am – 9:15am
- Tuesday, 3rd September – 8:30am – 9:15am
- Wednesday, 4th September – 5:30pm – 6:30pm
- Tuesday, 10th September – 8:30am – 9:15am
- Tuesday, 17th September – 8:30am – 9:15am

Attention: Year 5 Parent/Carers

Education Week Morning Tea will be on Monday 5th August. Year 5 students are asked to please bring in a plate and drop it off at the hall the morning of the morning tea. Year 5 parents are needed to help serve tea/coffee and delicious treats.

- Set up 8.45 and Serving TBC

If you able to help or require more information, please email Belinda on nosworthybelinda@yahoo.com.au



Education Week Morning Tea

Monday, 5th August the Year 5 students and parents will be hosting morning tea for Visitors. All treats will be 50c each and Tea/coffee \$2.00. (Small change will be appreciated)

3-6 Athletics Carnival

A massive thank you to all the volunteers who gave up their time for help at the 3 to 6 Athletics Carnival. Many hands do make light work and lots of laughs.



Canteen News

McCAINS PIZZA SINGLES ARE OUT OF STOCK - for a few months (manufacturer issue). We will temporarily sell **Allied Chefs Stone Baked Ham & Pineapple Pizza (150g)** which is larger, and costs \$3.50.

CANTEEN POLICY FOR CHILDREN WITH NO LUNCH/IOUs

The IOU book is to be used as a necessity when a child has genuinely forgotten or lost their lunch and not as a convenience for parents. No exceptions. Children will be given a toastie or garlic bread for recess and a sandwich (vegemite/honey/jam) for lunch. No drinks will be given - the bubblers are available. No orders above \$2.50 per child. Thanks for your co-operation.

CANTEEN ONLINE ORDERING

We have numerous children coming to the canteen who are not sure if they have a lunch ordered online. Please discuss with your children when to expect an online lunch order or whether they have lunch from home. We are extremely busy serving at lunchtime and do not have time to keep checking the computer for online orders which have not been placed. If a parent has forgotten to order their child's lunch online and they have no food from home, a sandwich will be given according to the IOU policy above.

If you wish to use online ordering go to <https://myschoolconnect.com.au> to sign up.

VEGETARIAN BURGERS: \$4.00 with salad or \$3.00 no salad. Your choice of sauce included.

VOLUNTEERS The canteen is short of volunteers on Fridays. If anyone is available to help out on Fridays please let Wendy know on 0412154004 or wlarocca5@gmail.com thank you.

ROSTER

Mon 22 July	SDD	Mon 29 July	Wendy, Nirmali
Tues 23 July	Cecilia, Julia, Ku	Tues 30 July	Cecilia, Ros (5 th week)
Wed	CLOSED	Wed	CLOSED
Thurs 25 July	Amanda, Tirtha, Xiaomin (pm)	Thurs 1 Aug	Beth, Carol, Xiaomin (pm)
Fri 26 July	Wendy, Ahra, NEED HELP	Fri 2 Aug	Wendy, Emma, NEED HELP

FAMILY INFORMATION SHEET



Creating resilient kids together

It's important for your child to learn the personal and social skills that will help them to become more resilient and cope with problems and difficult situations that may come their way.



Self-management skills

- Be able to manage strong feelings such as fear and anger, and turn these feelings into better ones.
- Manage impulses that may present a risk to their safety and wellbeing.
- Be able to make plans.
- Be organised, self-disciplined and courageous to achieve their goals.
- Be able to predict problems and solve problems.
- Have an age-appropriate level of independence.
- Be able to focus on the positive things in negative situations.
- Use thinking that is grounded in fact and reality.
- Find something funny in a setback or problem to help keep things in perspective.

Social awareness skills

- Be able to read, predict and respond empathically to the feelings and needs of others.
- Appreciate others' points of view.
- Not exclude others because of their differences.
- Know where to go to ask for help at home, at school and in the community.
- Believe that relationships matter.

Self-awareness skills

- Be able to identify their strengths and challenges.
- Be able to know what might influence their successes and mistakes.
- Be able to see the way they think about mistakes and negative situations can affect how they feel and behave.
- Be able to self-reflect on their behaviour and decisions.
- Be able to accept that setbacks and problems are a normal part of everyday life and know that these situations often don't last and will improve with time and effort.

Social management skills

- Have the skills to make and keep friends.
- Be able to sort out conflict and cooperate with friends and peers.
- Be able to make decisions based on safety and respect for self and others.
- Be able to ask for help when required.

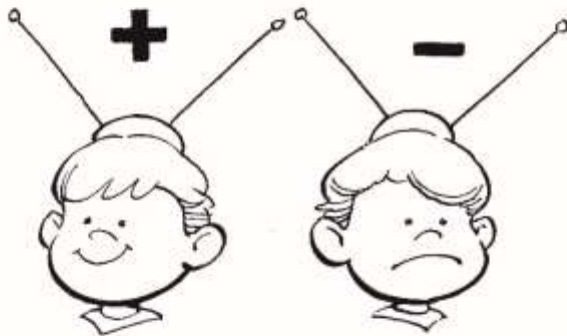
Thank you for playing a vital role in your child's resilience and wellbeing education.



Resilience skills to practise

Helpful thinking, having an optimistic outlook, getting along with others, and knowing how to deal with anger, are skills that will help your child to become more resilient.

Talk about each skill with your child and find opportunities to help them practise each one.



Helpful thinking

- Accept that it's normal to make mistakes.
- Think about the funny or good bits in a problem.
- Accept that unhappy or bad things happen to everyone.
- Accept the things that can't be changed in a problem.
- Understand if something bad happens once, it probably won't happen again.
- Accept that you sometimes need to talk to others to get the facts right.
- Work out the chances of something really happening.

Skills for getting along with others

- Start a conversation.
- Stay cool in an argument.
- Be positive.
- Tell a story in an interesting way.
- Give an honest opinion.
- Cooperate well.
- Be a good listener.
- Not talking about others behind their back.
- Not telling people off when they make a mistake.

Optimistic outlook

- Bad times don't last. Expect things to get better.
- Expect that good things are more likely to happen than bad things.
- Think of happy memories.
- Take credit for your own successes, no matter how small.
- Be grateful (thankful) for all the good things in your life.
- Look for the good bits in the bad things that happen.
- Stay hopeful even in unhappy times.
- Work hard and make your own luck.

Dealing with anger and ways to calm down

- Do some exercise or a physical activity.
- Breathe slowly and deeply until you feel more in control.
- Walk away so you can work things out.
- Listen to music.
- Do something you like until you feel calmer.
- Keep yourself busy with another task.

Ways to think more clearly (helpful thinking)

- Talk to someone you trust about your angry feelings and get a 'reality check'.
- Think about whether this is just a 'one off' on the part of this person who made you angry.
- Think about what part of the problem was your fault.
- Remind yourself that everyone feels angry at some time.

Clever tricks to solve the problem and still be friendly

- Remind yourself to not damage your friendship with this person.
- Decide whether you should just try to forget it.
- Calmly tell the person you are angry with why you feel that way.
- Try to solve the parts of the problem that were your fault.

Thank you for playing a vital role in your child's resilience and wellbeing education.

Newsletter Deadline

Articles should be submitted electronically to the School Office by 12 noon Monday.

These should be sent to:

ermington-p.school@det.nsw.edu.au

Subject: Newsletter Insert

The school often publishes information on behalf of community groups – parents need to decide on the appropriateness of activities involving their child. It is the responsibility of each parent to research the bona fides of any organisation in which you wish for your child to be involved. The school accepts no responsibility with regard to advertisements placed in the newsletter. Parents and guardians should make their own decision.



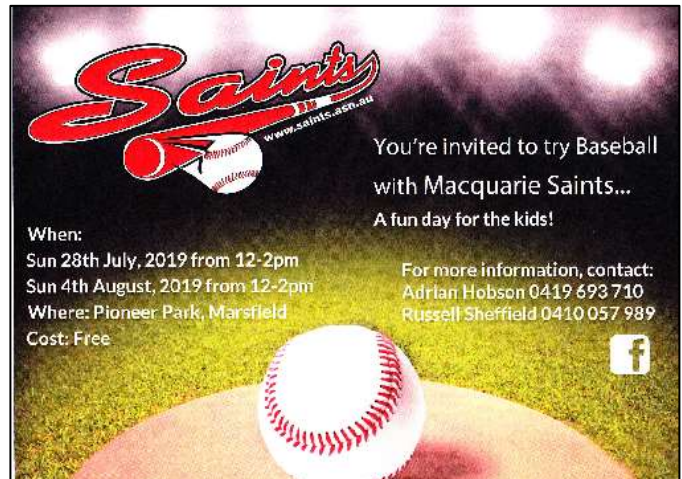
TRY BASEBALL
친구야 야구하자
**SUNDAY 4TH & 11TH AUGUST
2019 1-3PM**

Tigers
**BASEBALL & SOFTBALL
CLUB**

GEORGE KENDALL RIVERSIDE PARK
ERMINGTON

RECRUITING NOW!
회원모집

tigerball.com.au




Saints
www.saints.asn.au

You're invited to try Baseball
with Macquarie Saints...
A fun day for the kids!

When:
Sun 28th July, 2019 from 12-2pm
Sun 4th August, 2019 from 12-2pm
Where: Pioneer Park, Marsfield
Cost: Free

For more information, contact:
Adrian Hobson 0419 693 710
Russell Sheffield 0410 057 989





SYDNEY ACADEMY OF CHESS

ABN: 14 139 982 004

Phone: 02 9745 1170 Fax: 02 9745 1176

PO Box 1325 Burwood NSW 1805

info@sydneyacademyofchess.com.au

www.sydneyacademyofchess.com.au

Dear Parents,

Sydney Academy of Chess is looking at running chess coaching at your son/daughters school, Ermington Public School.

Chess is a valuable activity for children, developing their logical thinking skills, concentration and discipline, as well as being a source of much enjoyment! What great way to combine learning and fun!

These classes begin with an interactive lecture by one of our experienced coaches. During the second half of the lesson children play games against each other, putting newly learned strategies into practice. As the term progresses and the children become proficient in all the basics, the lectures will move on to more complex ideas such as strategy, middle game ideas and chess technique.

The cost for the coaching is \$9.00 per lesson per child. There are approx. 8-10 lessons during each term.

If you are interested in your child taking part in this activity, please fill in the form below and e-mail to info@sydneyacademyofchess.com.au

Thanks and regards,

Sydney Academy of Chess

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EXPRESSION OF INTEREST FOR CHESS CLASSES – 2019

Ermington Public School

I would like my child to take part in the chess coaching organised by the Sydney Academy of Chess in 2019 and give permission for my contact details to be used for this purpose.



Please print clearly

Student Name: _____ Year Group/Class: _____

Parent Name: _____ Contact #: _____

Email Address: _____

Parent Signature: _____