11 Fletcher Street, Helensburgh, 2508.

PHS P S

Helensburgh Highlights

We would like to acknowledge the traditional custodians of the land on which Helensburgh Public School is situated. We pay our respects to the Dharawal people and to elders past, present and the future.

Helensburgh Public School

Ph: (02) 4294 1332 or (02) 4294 1050

PRINCIPAL REPORT

QUOTE OF THE DAY
Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.
Joseph Addison

125TH CELEBRATIONS
Members of the Helensburgh Public School 125th Committee have had their first meeting. Recommendations from that meeting have been collated and were presented at last week’s P & C meeting. Membership of the organising committee has been bolstered with the addition of teacher representatives. A fine selection of creative activities has been proposed to complement the annual program of events already undertaken by the school. I propose to have regular updates in the Highlights of events and activities related to the 125th as they come to hand.

REMEMBRANCE DAY 2011
Last Friday students from our school participated in the Helensburgh Remembrance Day Service. During the service our two School Captains Kane and Lucy laid a wreath on behalf of the school in remembrance of those who gave their lives in the service of our nation. Members of our school band performed an item along with representatives of other local schools. At the conclusion of the very moving service our school band members accompanied the singing of the national anthem to the rousing applause of all those in attendance. Thank you girls and boys, your parents and I were very proud of your performance and your excellent behaviour on the day.

KINDERGARTEN SYDNEY AQUARIUM EXCURSION
Last Thursday students and their parents attended a wonderful day at the Sydney Aquarium. This excursion is an annual event for all Kindergarten students but each year the stories and experiences are different. I would like to thank all the parents who attended and Mrs Badham and her team for organising such a fantastic experience for our students.

BUSH TUCKER GARDEN
Last week students, teachers and community volunteers prepared and planted out our new Bush Tucker Garden. Plants were selected in consultation with our local Aboriginal elders to be representative of local bush tucker. As well as planting out the garden Mr Lynch prepared and set in place our friendship poles. These poles will be decorated and painted in Aboriginal motifs and will be a lasting reminder of the formalisation of our Partnership Agreement to be signed later in the year. This garden forms part of our Landscaping Master Plan for the school, developed by our Environment Group and supported by Mr La Flamme.

Mr Christopher Connor
(Principal)

Important Dates to Remember

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>15th Nov</td>
<td>Dance Beat Stage 3</td>
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<td>16th Nov</td>
<td>Bike Day Yr 4</td>
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<td>28th Nov</td>
<td>Yr 6 Camp Mon 28/11/11 - Fri 2/12/11</td>
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<td>14th Nov</td>
<td>Gala Day Yr6 fundraiser</td>
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<td>1st Dec</td>
<td>Thank You Morning Tea</td>
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<td>5th Dec</td>
<td>Bulli HS Orientation</td>
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<td>6th Dec</td>
<td>Dance Beat Stage 3</td>
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<td>8th Dec</td>
<td>Special Assembly</td>
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<td>12th Dec</td>
<td>2012 Kinders Meet the Teacher Day 9.15am</td>
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<td>13th Dec</td>
<td>Presentation Day 9.30am/P&amp;C Meeting 7pm</td>
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<td>14th Dec</td>
<td>Yr 6 Farewell</td>
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<td>16th Dec</td>
<td>Last day of school for students</td>
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<td>19th Dec</td>
<td>Staff Development Day</td>
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<td>20th Dec</td>
<td>Staff Development Day</td>
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This school is a peanut/nut aware environment.

For our childrens safety, no peanuts/nut products, please!
SRC News

The SRC has registered our school to support the cancer charity CanTeen by collecting old mobile phones. The phones will be recycled to raise funds for cancer research. The school benefits by gaining rewards according to the number of phones we collect. As few as 65 phones will get our school a SONY camera and 450 phones could earn us an interactive whiteboard! The phone collection bin will be located in the office foyer so let’s get the collection underway!

The Sydney Morning Herald

Kids Join the Breakfast Club

Rachel Browne

May 22, 2011

Years of public campaigns to persuade children to eat breakfast are paying off, with the number of children consuming a morning meal rising in the past decade.

A national study by the University of Sydney has found primary and secondary school students are more likely to eat breakfast.

Thousands of school children from years 2 to 12 were surveyed in 2000 and 2006. A follow up study is planned for next year.

Researchers found high school students in particular were now more likely to eat breakfast.

University of Sydney nutritionist Jennifer O’Dea credited public campaigns and school “breakfast clubs” for the improvement.

“It is such a simple thing but it feeds the child’s brain, it improves their behaviour and reduces their risk of overweight and obesity.” she said.

The number of high school boys missing breakfast fell from 19.9 per cent to 12.1 percent and the number of high school girls fell from 27.7 per cent to 18.7 per cent.

In primary school, the number of boys who did not eat breakfast fell from 9.4 per cent to 6 per cent, while the number of girls fell form 9.6 per cent to 6 per cent.

Dr O’Dea expects to see greater improvements when surveys are conducted again next year.

The nutritional quality of breakfast affects a child’s concentration and learning ability, Dr O’Dea found in separate research in 2008


Live Life Well

Fundamental movement skills

There is evidence that children with poor fundamental movement skills such as jumping, skipping, leaping, kicking, throwing and catching are less likely to be active. Give your kids a head start and teach them these skills.

Library News

Borrowing

Congratulations to all those children who enjoyed the resources of the library this year. Unfortunately, in preparation for stock take borrowing from the library has now finished for the year. Students who have not yet returned all their books should do so as soon as they have finished reading them.

Library Opening Times

The library will remain open at lunchtimes for the next 2 weeks but will no longer be open before or after school. This is to allow time to organise the library for stock take. I anticipate that the library will be opening before and after school as well as at lunchtimes next year.

Mr McQueen
Teacher Librarian

Bulli High School Yr 6 Orientation

Students attending Bulli HS will be having orientation on Monday 5th December 9.30 am to 12.30pm. Students will be picked up from school between 9 - 9.15 am by Greens buses, provided by Bulli HS.

Scholastic Book Club

All orders/ money must be returned by FRIDAY 18TH NOVEMBER 2011, to ensure delivery prior to end of term. This will be the final order for the year, and a good chance to pick up some great Christmas presents. If you do not want your order sent home with your child, please clearly state this on the order form, along with your contact number.

Happy Reading!
Band Update
A detailed note has been sent home this week, if you did not receive it, please contact me and I will send you one.

Instrument Returns, Holiday Instrument Rental and Music book returns
All instrument students should return their Essential Elements books back to the library as soon as possible. For children who would like to rent their instruments over the summer school holidays, the cost is $15. There is a holiday rental form to fill in at the office, see Mrs. Bannister to get a copy.

Band
There have been some fantastic band performances this term. Starting with the Instrument Festival at Wollongong Town Hall, the Helensburgh Fair, Remembrance Day and the Festival of Flight. I would like to take this opportunity to tell you all how proud I am of all you and your achievements this year. Well done!

Expression of Interest Forms for Band 2012
This week I will send out an expression of interest for band next year to all children in years 2 to 5. If your child is interested in joining the band in 2012, please fill in the form and get it back to me or the office. If your child is unsure of what instrument they would like to play, I will hold a "meet the instruments" gathering first half lunch on Friday December 2nd. Parents are welcome to attend.

For the children currently in band, if your child wants to continue with band next year please fill in the form and get it back to me or the office. If your child no longer wishes to continue with band, also fill in a form and state that on it.

Alison Garvie

P&C NEWS

Christmas Raffle
The P&C are holding a major Christmas Raffle for Term 4. It will be drawn on Presentation Day 13th December.
1st prize is a bar fridge filled with Christmas cheer.
Tickets are $2 each or 3 for $5 and will be sent home later this week.
Any donations for the Christmas Hamper would be greatly appreciated. Please leave at the Office.
Please support this last fundraising event for 2011.

Thank You
Terese Merchant

125th Celebrations
If any parent would like to be involved in the 125th Anniversary Celebration organisation there will be a meeting next Tuesday 22nd November at 3.30pm in the staffroom.

Canteen News
Cheese & Bacon Roll day is on again. Tuesday 22nd Nov. Order forms are being sent home today. Please return to canteen by this Friday for catering purposes. Keep up the good work eating apples. We can slinky one of ours for 50c or bring your own for 20c. Great for fruit break. Limited jellies will be available each Friday for 50c each. These are "green" treats, considered healthy and provide a variety for the children.
Details of our annual canteen night out have been finalised. Please return form and money to canteen by advertised date. We look forward to being able to thank all our canteen volunteers in person for your great efforts this year.

We will be compiling a new roster and we URGENTLY NEED helpers. This roster will be for 1st Term 2012. Canteen is approximately 1 day per month from 8.30 to 12.30. Without your help we can't run the canteen for the children.
Please fill out the form below and return to canteen A.S.A.P
Thank you for your continued support.

Jan and Bronwyn
BURGH'S GOT TALENT

Auditions for “Burgh's Got Talent” will be held in Week 7 Term 4.
So start practicing your dances, songs, acts, comedy skits, circus tricks, poetry recitals…etc TO GET READY!
It will be judged by two teachers and two SRC representatives. Students/Groups who are selected will perform at the “BURGH'S GOT TALENT” whole school performance on Thursday December 15th.

It will cost all students $1.00 to enter. All monies raised will go towards new resources for the school.
If your child/children are interested in entering, please fill in the permission slip below.

-----------------------------------------------------------------------------------------------------------------------------

My child _______________________________ of class_________ Would like to participate in the 2011 “Burgh's Got Talent” auditions.

His/her item will be _______________________________ or it is yet to be decided.

Parent/guardian signature: ________________________________

Thanking you,
Mrs. T. Gersback
Ms. M. Macmillan
SRC Representatives

Community Notice

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Hawaiian Beach Party Disco
Grass skirts, boardies, surfers, hang ‘o & the cream
Entertainment by DJ Music.

THEME: Hawaiian Beach Party Disco
DATE: Saturday 26th November 2011
TIME: 6.30 pm till 8.00 pm
VENUE: Helensburg Workers Club
ENTRY: $5 per child or $10 for a family of 3 or more children, from the immediate family. Parents & FREE.
FREE Glow stick given away.

Hawaiian Tunes, Kid’s Prices & great saves & major raffle draw.
For more information, email luckley@george.com.au

Fun activities and a great yam up.
FREE Morning tea provided.

ALL WELCOME!

Every Tuesday 10–12
Belambi Public School

Playgroup for Aboriginal families
& their children 0-5 years

Issue 35, Monday 14th November 2011  Week 6, Term 4
Community Notices
For Sale
Girls bike 8-12 yrs with helmet as new $25 Ph 0416 264 157
For Sale
Rinnai Gas Heater $150 Ph 0421 827 685

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Girls bike 8-12 yrs with helmet as new $25 Ph 0416 264 157
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Playgroup Stanwell Park
Fridays 9.30 til Midday. Safe, Friendly, Atmosphere. Stanwell Park Childrens Centre. Contact Monique 0425 320 597

Musical instruments for Sale
Buescher Alto Saxophone $1100. All have been fully re-padded and serviced. If interested, please ring Alison Garvie 040 808 9262 or email agarvie@aapt.net.au

Spanish Lessons
If your child has a birthday in this term please let me know so we can sing and make a fuss. Payment details:— If you are paying cash please put it in an envelope with your child’s name otherwise. Bank - Illawarra Credit Union Account Name - The Story Line Account number - 2653 3264 BSB - 802 249 Lilli

Carolyn Morgan Fundraising Night
Carolyn has a rare disease called Gastroparesis which has paralysed her digestive system which means she can not eat or drink anything. There is no cure. Our aim is to raise money to assist with medical bills and ongoing medical care. Friday 25th November 7pm at the Helensburgh Workers Club tickets $40 all proceeds to Carolyn Morgan for medical expenses and ongoing treatment. Finger food, Live entertainment, auctions, raffles. Come and support a great local family. out www.sckc.org.au

Helensburgh Girl Guides are selling Gingerbread House Kits to make for Christmas. The kits cost $28 and come with silver board, cellophane & Christmas ribbon for wrapping, pre mixed icing sugar (for construction) and an instruction sheet. You supply the lollies etc. for decoration. Kits can be collected & paid for from the Guide Hall on Tuesday 6 December from 6.30pm - or join us at the Hall to make the kit on the night - supper will be provided by the guides. (alternative arrangements can be made if you can’t collect on that night) To order please call Heather on 4294 3289 or email heatherblue99@hotmail.com by 25 November.

Hairstyles For Farewell!
Boys and girls, have your hair styled for the Year 6 Farewell! Only $10 per student. Contact me to discuss times and your ideas (picture or design) Elona Rey-Costa, email: elona.rc@gmail.com mobile: 0431267564

“Creating a firm foundation for lifelong learning”
CREATING A FIRM FOUNDATION FOR LIFELONG LEARNING

Email: helensburg-p.school@det.nsw.edu.au  Web: http://www.helensburg-p.schools.nsw.edu.au

Issue 35, Monday 14th November 2011  Week 6, Term 4

DAVID WAGSTAFF PLUMBING & MINI DIGGER
Plumbers Lic. No. 8987C
 Plumber  Drainer  Gasfitter  LP Gasfitter
 Sydney Water Accredited
 1.5t Excavator

Ph: 0417 677 345
PO Box 20 Helensburgh 2508

NICOLE’S ZUMBA CLASSES FOR 2011
ZUMBA IS ALL FUN AND ALL FITNESS COME AND GIVE IT A TRY IT'S A GREAT WAY TO LOSE WEIGHT AND KEEP FIT. CLASS LOCATIONS AND TIMES ARE AS FOLLOWS:-
TUESDAYS: 7PM AT HELENSBURGH PUBLIC SCHOOL HALL
THURSDAYS: 7PM AT MACKILLOP HALL, MACMILLAN ST HELENSBURGH (OPP HOLY CROSS SCHOOL)
SATURDAYS: 9AM AT HELENSBURGH PUBLIC SCHOOL
COST: $10 PER CLASS FOR ADULTS AND $7 PER CLASS FOR STUDENTS WHAT TO BRING: A DRINK AND A SMILE. EVERYONE WELCOME!

PH: 4294 2222

SWITCHED ON MECHANICAL
195 PARKES STREET, HELENSBURGH
SERVICES - VEHICLE MAINTENANCE & REPAIRS
PINK SLIPS INCLUDING LPG INSPECTIONS - AFFORDABLE TYRES
CHILD RESTRAINTS FITTED - COMPETITIVE PRICING

Gymnastics classes for children aged 2 – 12 years, all boy classes available. Have your next birthday party here out of the weather in our party room and save Mum the mess, hassle and stress. Affordable, easy and fun!

CALL IN 338 CEMETERY ROAD HELENSBURGH OR CALL US ON 42942253

Canteen Helpers

Name______________________________________________Phone No.________________________

Child’s Name______________________________________________Class____________________

Day Preferred________________________________________ Take me off roster _______________

Change of Day______________________________________________________________________

BLUEFIT HELENSBURGH

Memberships for only $14.50 per week
Gymnastics classes for children aged 2 – 12 years, all boy classes available.
Have your next birthday party here out of the weather in our party room and save Mum the mess, hassle and stress. Affordable, easy and fun!

CALL IN 338 CEMETERY ROAD HELENSBURGH OR CALL US ON 42942253

Formal Makeup $30

PETS FEEDING & MINDING whilst you go away
Feeding • Walking
Other services available
Just call Karen
0419 432 482
kpetcare@tpg.com.au

“Creating a firm foundation for lifelong learning”